



Friday 28 April 2023

Headteacher's weekly update for parents

Dear Parents,

A big thank you to the many parents, students and family and friends that attended last night's International Evening. It was so lovely to come together to celebrate our amazing students and the diversity of the CGA community. Please look out for today's CGA News in your email inbox. This will include photos and updates on this event. If you attended and did not complete the feedback survey, [please click here](#).

Key dates for your diary

Monday 1 May	Bank Holiday
Tuesday 2 May	NEU National Day of Strike Action Friends of CGA meeting – 5.30-6.30pm at Clapton Table, E5 8EQ
Wednesday 3 May	Key Stage 3 exams begin
Thursday 5 May	Duke of Edinburgh Bronze practice expedition (revised date)
Monday 8 May	Bank Holiday – King's Coronation
Tuesday 9 May	GCSE/A-Level exams begin
Thursday 11 May	New Families Evening (6.30-7.30pm) for Year 6 students joining CGA in September

Industrial action – Tuesday 2 May

Due to industrial action, the academy will be closed to students in year 7, 8, 9, 10 and 12. Information was sent out to parents regarding arrangements for vulnerable students and Year 11 and 13 students. Edenred vouchers have been sent to eligible families to cover the cost of school lunches for 27 April and 2 May.

Reminder: Key Stage 3 - summer exams and assessments

Over the coming weeks, Key Stage 3 students will sit assessments and exams ahead of their Progress Reports being issued in May (Year 8 and 9) and June (Year 7). The majority of these assessments will take place in class and students will be informed of when they are happening and how to prepare for them by their teachers. Year 9 will sit some of these under exam conditions in the Nightingale Hall. Further information about the exams and how to prepare can be found [on our website](#).

Date	Time	Year 9 exams	Length	Room
Weds 3rd May	9am	RE	50mins	Nightingale Hall
Weds 3rd May	12:50pm	Maths Paper 1	1 hour	Nightingale Hall
Thurs 4th May	9am	French	1 hour	Nightingale Hall
Thurs 4th May	12:50pm	English	1 hour	Nightingale Hall
Fri 5th May	9am	Maths Paper 2	1 hour	Nightingale Hall
Fri 5th May	12:50pm	Spanish	1 hour	Nightingale Hall



Helping your child with exam stress

Please see below some helpful links from our WAMHS (Wellbeing and Mental Health Support) staff member. The WAMHS focus is on building academic, social and emotional resilience and coping skills in students and helping them to identify and access additional support if needed.

[NHS guide to helping students overcome exam stress](#)
[Support+your+child+with+exam+stress-+some+tips+for+parents.pdf \(squarespace.com\)](#)

Some of the suggestions in these links may feel frustrating for young people. If your child is resistant to trying strategies out, please focus on reminding them that exams don't go on forever and that these are strategies that can help them do their best and cope as effectively as possible while exams are taking place.

New Families evening – Thursday 11 May 6.30-7.30pm

We are excited to welcome our next cohort of Year 7 students to CGA. A letter went out to all new parents inviting them to our New Families Evening. At the event we will be introducing students and their families to the academy and supporting the start of the transition process from primary to secondary school.

Safeguarding reminders

We encourage parents to [use this link](#) to download the City and Hackney Safeguarding Children's Partnership 'Safer Schools App'. This app offers daily updates on local and national safeguarding concerns, including advice on keeping children safe online.

Are you concerned about your child's social media use, or worried that social media might be negatively impacting their wellbeing? [Click here](#) for an article with useful advice and guidance for parents.

You can also, at any time, contact the academy's Designated Safeguarding Lead, Mr Fyles, if you need advice.

Uniform update

During the winter, students were allowed to wear a black scarf in lessons to address changes in temperature. We have now reverted to the normal CGA uniform. Students must wear: the academy blazer, the academy lavender shirt, smart black tailored trousers or a black, knee-length skirt and optional academy jumper. Hats and scarves must be removed before the start of the school day and will be confiscated if seen in lessons or corridors. Confiscated items can be collected from Student Reception at the end of school. All uniform breaches are recorded as behaviour incidents, which can result in a 30-minute afterschool detention.

Friends of CGA meeting

The Friends of CGA will be meeting on Tuesday 2 May @ 5.30pm. As this is a planned strike day, the meeting will take place at the Clapton Table restaurant. The address is 159 Lower Clapton Road, E5 8EQ.

Kind regards,

Anna Feltham - Headteacher