



# Ramsey Voice

## Updates Newsletter

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### Note from The Head

Welcome to this year's third edition of the Ramsey Voice. It is fair to say that the start of 2019 has been busy but rewarding both for staff and students. On the first day back after the Christmas holidays we were informed that Ofsted would be visiting and we welcomed two of Her Majesty's Inspectors the following day. We were delighted that the judgement of the inspectors was that the Academy remains a 'good' school.

The Inspectors recognised the improvements we have made during recent years and confirmed the Senior Leadership Team have correctly identified the continued areas for development, due to our effective and accurate self-evaluation programme. The students were a credit to all of us during the inspection visit.

The areas for improvement identified by the Inspectors were already priorities in our School Improvement Plan and we will continue to work to implement them, with our overall aim to 'be an outstanding school in the heart of the community'.

This time of year is also 'Awards Season', with the seemingly never-ending celebrations of film, television, music and various other areas. The world of education is no different: in this newsletter are reports recognising the achievements of staff and student success. I was delighted to be presented with the Essex Schools Secondary Headteacher of the Year Award.

Even though it is my name on the trophy, that would not have been possible without the collaboration of the Senior Leadership Team, Governors, teachers and support staff who have supported me during recent years. They have all bought into our vision, culture and ethos which puts students as the priority in everything we do, aiming for them to 'be the best they can be.'

Congratulations to Mrs Kehoe, who was 'Highly Commended' in the 'New Teacher of the Year' category. She has made a fantastic start to her teaching career and will be a real asset to the profession. Her lessons enthuse the students about modern foreign languages and she is always willing to help and offer support outside of lessons.

Numerous students were presented with Jack Petchey Awards in recognition of their efforts to support and initiate a variety of projects to improve the opportunities and experiences of their peer group.

It is important to take the time to recognise these achievements and successes. Too often, many adults and young people do not take the time to reflect on what they have achieved, no matter how small the improvement or contribution to an event. We aim to develop the self-confidence of our students by recognising their successes and encouraging them to accept the praise of others. Whilst many of the students may shy away from this recognition, we want them to celebrate and acknowledge their achievements without fear of being judged by others.

The wellbeing of our students is one of our main priorities. Too often in the modern world, various external pressures may lead to anxiety or stress, which impact on many aspects of a young person's life. In this edition there are a number of websites listed, which offer support and advice for a variety of issues.

The following quote by Christopher Robin from the Winnie the Pooh books is worth students considering:

"Always remember you are braver than you believe, stronger than you seem, smarter than you think and loved more than you know".

### School Captains

We're over half way through the year now, and still in disbelief that we're in year 11! Teachers don't joke when they tell you it goes beyond fast! Our second set of mocks are nearly upon us and many of us are spending an extra hour after school every day as a 'period 6' as well as having revision sessions and intervention whenever there's a spare moment.

Although we have been working especially hard this year, we have had the opportunity to go on some trips that have provided us with lots of fun and have enhanced our education. Last term, Computer Science students visited the BT centre in Ipswich, Art were enthused by the works presented at the Tate Modern and the majority of the year visited Cambridge's Corn Exchange for the annual 'Poetry Live!' event. Being the last trip at Ramsey for most of us, it was a really memorable day spent together as a year group, and we don't think any of us will forget the moment when the legend that is John Agard walked on to the stage!

Obviously following our mocks, we'll then be preparing for the real exams in May. We can honestly say that, yes, year 11 has been a challenge so far, and we are sure that these feelings will only be amplified in the following months, but there have already been amazing highlights and the thought of the prom, our extra long holiday and (hopefully!) the even more positive Results Day in August will make it all worthwhile! Everyone has been so supportive. Staff and other students, we feel proud to be the representatives of such amazing people! Hannah B and Lily G - Year 11



# Christmas Concert

On Wednesday 12th December, 70 students from The Ramsey Academy took part in their annual Christmas Concert to help raise funds for the Music for Youth Charity. Music for Youth is a national youth arts charity working to provide young people aged 21 and under across the UK with free, life-changing performance and progression opportunities, regardless of background or musical style. Rousing performances of Christmas classics such as Slade's 'Merry Christmas Everybody' were given by the Academy choir, and bands along with solos from shows and even a Queen song! Our guests for the evening, First Class Brass, a brass band based in Colchester, performed a selection of Christmas melodies as well as accompanying the students. Saxophonist Tom Winter, who was presented his musical grading certificate on the evening, said 'It was the best concert we have done so far!' Mr Lewis-James





# SPORTS NEWS: SPORTS NEWS: SPORTS NEWS: SPORTS NEWS:

## District Handball Success

On Friday 11th January 2019, seven Year 10 students attended a Handball Tournament at Notley High School. The Ramsey Academy team won the whole tournament beating Notley High, Alec Hunter and The Rickstones Academy. Our team won the Under 16s category even though the team consisted of players that were actually under 15. The team has now been entered in the County Championships that are due to take place in March. A team of Year 8 students has also been entered in this tournament. The Ramsey team consisted of: Ryley C, Harrison R, Alfie H, Bleu M, Josh D, Will and Kiane M. Well done, boys! Mr Child



## Staff Bootcamp

Ramsey staff are starting the new year with a keep fit frenzy! Mrs Patching along with the PE Department, has arranged for locally-based 'BlitzFitMe' to come into school after all the students have left for the day, to help staff stay fit and healthy. BlitzFitMe is a health and fitness company which offers long term lifestyle solutions through sustainable exercise and nutrition programs. The BlitzFitMe motto on their website states, "Train hard, eat clean and enjoy the journey". Mrs Patching



## District Futsal

On Wednesday 16th January, seven Year 10 boys attended a District Futsal competition at Notley High School. The Ramsey Academy was placed in a group with The New Rickstones Academy, Notley High School and Honywood School. Our team progressed through the group stages to beat Honywood in the semi-finals for a place in the final. The boys, a team consisting of Ryley C, Josh D, Billy J, Bleu M, Sam K, Pat C and Robin P, played really well and finished runners-up after losing to Notley in the final match. Mr O'Gorman



## Badminton Winter Games

On Friday 18th January 2019, Mr Child and Miss Lewis took two teams to compete in the Badminton Winter Games at The Garrison Gym in Colchester. The best badminton Schools in Essex were invited to take part. Teams from Chelmsford, Colchester, Southend and Braintree Districts took part and Both teams played extremely well against some high level competition. The under 16 girls only narrowly missing out going through to the knock outs. The pupils really enjoyed playing against some tough competition. The Ramsey Academy Under 16 girls team consisted of Molly G, Larissa S, Becky H and Katie R and our Under 13 boys team was made up of Callum H, Tom L, Harry S, Frankie S and Will G. Well done to both of our teams. Mr Child and Miss Lewis



## Sportshall Athletics

On Monday 4th February 2019, Boys and Girls teams were chosen from students in Years 7 and 8 to represent The Ramsey Academy at the District Sports Hall Competition. They competed in the following events: Track events : 4 X 1 Lap Relay boys and girls, 2 Lap individual race boys and girls, 4 Lap individual race boys and girls, 6 Lap individual race boys and girls, 8 Lap Paarlauf boys and girls, 4 x 2 Lap Relay boys and girls. Field events: Shot, Standing Triple Jump, Speed Bounce, Standing Long Jump and Vertical Jump. All teams performed brilliantly and overall our Year 7 boys won their tournament and have progressed to the finals which will be held in March. Well done! Miss Hibble



# Jack Petchey Awards Ceremony January 2019

On Monday 14th January 2019, The Ramsey Academy's Jack Petchey Award recipients were invited to a ceremony that took place at The Braintree Arts Centre at Notley High School. Worthy winners from all schools were presented with medals and a £250 grant to benefit their school. Jack Petchey Achievement Award winners are young people who have gone above and beyond to achieve - perhaps when others thought they might fail. Awards mean different things to different people. The Achievement Awards are not solely for academic achievement - they may be used to recognise a personal triumph for someone who has faced a challenge, a young person who has pushed themselves outside of their comfort zone, or it may be an opportunity to recognise the outstanding efforts of a team player.



## Amy Tyler:

Amy received the award for her commitment to the House Charity events and for supporting younger students throughout the school. Amy is a positive role model to younger students. Amy spent her grant on lunchtime activity equipment for the school.



## Bence Halasi:

Bence has been awarded this for volunteering and giving up his own time to help students improve their Product Design skills at lunchtime. Bence also supports students with English as an Additional Language. Bence chose to spend his grant on materials and tools for the RM faculty.



## Josh Blunkell:

Josh received his award for his volunteering and commitment to leading and supporting the PE department in running extra-curricular football activities. Josh is a positive role model for younger students. He chose to spend his grant on new team kits.



## Tom Winter:

Tom received his award for his commitment to representing the school in musical events. Tom is also a positive role model who supports younger students develop their confidence and skills within Music. Tom has decided to buy more music equipment including sit- on drums with his grant.



## Becky Woods:

Becky received the award for the positive leadership of her peers and commitment to successfully raising money for charity. Becky also received it for her support and ongoing commitment to the Humanities Faculty. Becky chose to spend her grant on interactive weather stations.



## Maisie Smith:

Maisie received the award for her commitment to the House Charity events and for supporting younger students throughout the school. Maisie is a positive role model to younger students. Maisie spent her grant on lunchtime activity equipment for the school.



## Abigail March:

Abigail received this award for her volunteering and commitment to coaching golf to younger students in the community. Abigail is a positive role model and chose to spend her grant on golf equipment for the school.



## Hannah Wallace:

Hannah received her award for her positive leadership, as she pro-actively set up cooking competitions throughout the school. This provided enrichment for students alongside raising money for charity. Hannah has decided to spend her grant on more catering equipment.



## Thomas Brackley:

Thomas was given his Jack Petchey Award for setting up and running a catering club with the Technology Faculty. His positive leadership has helped students with their catering skills. Thomas has used his grant to buy more catering equipment for the school.





## Jack Petchey Awards Ceremony January 2019



## Essex Teaching Awards 2019 - And the Winner is.....

The Ramsey Academy has cause for double celebration, as both our Headteacher Mr James and teacher Mrs Kehoe had success at the Essex Teaching Awards Evening.

Outstanding teachers, support staff and early years settings have been recognised at the 2019 Essex Teaching Awards.

The annual awards, which are in their sixth year, took place at Hylands House in Chelmsford on Tuesday 5th February 2019.

The Essex County Council event celebrates excellence in education and highlights the amazing work of teachers and staff in the county's schools and early years settings.

The award values the impact of teachers in some of the most important years of people's lives. The Essex Teaching Awards give the opportunity to ensure those individuals get the recognition they deserve, allowing us to identify, celebrate and share best practice.

Over the past five years the boards have acknowledged outstanding teachers, headteachers, teaching assistants, governing bodies and school teams that work in Essex.

Councillor Ray Gooding, Essex County Council's Cabinet member for Education, said, 'I'm delighted to have had another opportunity celebrate the fantastic contribution our education colleagues make to the lives of children and young people across the county. The high number of nominations we received this year speaks volumes, and each one is testament to the talent and skills we have in Essex. Congratulations to everyone that won and who were highly commended this year'.



The awards are a very high accolade and we are very proud to announce that the overall Secondary Headteacher of the Year Award was presented to our very own Mr Rob James. In the New Teacher of the Year award, our Mrs Georgia Kehoe was recognised as Highly Commended. Congratulations, Mr James and Mrs Kehoe. The school is very proud of you both.

## Tate Gallery Trip

On Wednesday 23rd January 2019, a group of Year 11 students visited the Tate Modern Gallery in London to enhance their GCSE studies. All students were a credit to the school with their behaviour and they all had a great day. Student Esha R summarised the days events. 'Visiting the Tate Modern was amazing and insightful, as we were shown famous pieces from artists such as Picasso and Monet which was truly inspirational and was a massive help towards our coursework and the theme of Reflections. Not only this, many pieces were unique and somewhat humorous and wacky, making the trip extremely eventful'. Esha R



## Holocaust Memorial Day

On Thursday 27th January, Year 9 children helped to commemorate Holocaust Memorial Day 2019. They attended a webcast organised by the Holocaust Education Trust and joined over 30,000 pupils nationwide who were able to listen to Harry Spiro's first-hand account of his survival against the odds.



Harry was born in 1929 in Piotrków Trybunalski, Poland. He lived with his parents and younger sister and was brought up in a religious Jewish household.

Harry was 10 when Germany invaded Poland in 1939. Piotrków was the first city where the Nazis established a ghetto in October 1939, and all Jews, including Harry and his family, were forced to move there. Life in the ghetto was terrible, with families living in overcrowded, unhygienic conditions and forced to work for the Nazis - even though he was still a child, Harry worked in a glass factory.

In October 1942, there was an announcement that everyone in the ghetto had to stay inside their homes except for those who were working in the glass factory. Harry wanted to stay with his family, but they insisted that he go to the factory with the other workers. While Harry was at the factory, the ghetto was liquidated and all 22,000 inhabitants, including Harry's family, were taken to Treblinka extermination camp where they were murdered. The factory workers were then moved into a smaller ghetto with a population of around 2,000.

Eventually, the smaller ghetto was liquidated, and the inhabitants were sent to a labour camp in the nearby city of Cz stochowa, where they worked making munitions for the German army. As the Soviet army advanced, the prisoners were put onto trains and sent to Buchenwald concentration camp in Germany. At this camp, Harry did not work, but he did have to endure Appell (roll call) twice a week. During Appell prisoners were forced to stand for very long periods while the Nazis counted everyone. After a short time in Buchenwald, Harry was then sent to Rehmsdorf, a satellite camp of Buchenwald.

As the war was drawing to a close, the prisoners from Rehmsdorf were all put on to trains to be transported to another camp. However, the train line was bombed, and so all of the prisoners were forced to march the rest of the way to Terezín (Theresienstadt) in Czechoslovakia. Of the 3,000 people who started the march, many died before reaching Theresienstadt, either through illness, starvation, or were shot, as they were unable to keep up. Harry was among the group of 270 survivors of the march to arrive at the camp, where he was later liberated by Soviet soldiers.

In 1945, the British government decided to allow 1,000 child survivors of the Holocaust to come and settle in the UK. Harry was one of the 732 children who travelled to Britain in 1945 as part of a group of teenage boys and girls who became known as 'The Boys'.

After learning English and working in several different jobs, Harry eventually opened a shop. In 1957, he married Pauline. Today, Harry lives just outside of London and talks in schools to students about his experiences during the Holocaust as part of the Holocaust Educational Trust's Outreach programme. Mrs Perrins



## Boccia - Student Report

On the 14th January 2019, I went to a Boccia competition at Basildon Sports centre with Lincoln S, Ivan S, Charlie H, Zac W and Jemma J-L, representing The Ramsey Academy.

When we arrived, we split ourselves into 2 teams. Team 1 was Ivan, Zac and myself. Team 2 was Lincoln, Charlie and Jemma.

We arrived at 11.00am and had lunch and had a little practice, then we started playing. Both teams competed very well, scoring lots of points but unfortunately none of us made it past the group stage. However Team 1 was 2nd in their group. They also achieved one of the highest scores in the whole competition: 15-2. Well done to both teams for showing good behaviour and sportsmanship.

Mia-Grace Year 8



## Year 5 - Primary Able and Talented Art Club



This is a write up from a Year 5 Student from Holy Trinity School about the Able and Talented Art Club: 'I have really loved art club! The project has been all about birds..... Week one - Sewing. We all made some amazing birds and stuffed them. Week two - Cooking. Since our theme was birds we made some delicious flapjacks and a cup bird feeder. Week three - Woodwork. We made some crafty bird boxes and at the end we got to paint most of it. Week four - Ceramics. We made hooting pottery owls. Week five .....is yet to come but I can't wait! It has been really fun and a wonderful experience to go to Ramsey. It has made me more intrigued about Art. I am looking forward to Secondary School. Thank to all the Ramsey teachers that have organised the Art Club'. Isabella L aged 10



## Dead End - Hard hitting Road Safety Play

On Tuesday 15th January, Year 11 students had a visit from Collingwood Learning to perform a play entitled 'Dead End'. The impactful play is part of Safer Essex Roads Partnership's (SERP) road safety programme and is delivered to highlight passenger responsibilities. This is timely as students may be approaching a time when they may travel with newly qualified drivers.

'Dead End' is delivered through incredibly powerful monologues interspersed with theatrical action and imagery via a projection screen. The audience is guided powerfully through the key messages. Students were able to see the build-up to, and consequences of, two crashes. Designed for this age group, the performance uses a 'Talking Heads' style approach, with graphic descriptions of the crashes and the emotional scars. This performance has been particularly effective as a means of communicating powerfully with Year 11s, who have proved highly receptive to this more sophisticated and emotive approach.



Key messages: Do not Drink/ Drug drive; Wear Seatbelts; Don't distract the driver; Don't speed or show off. Mrs Ayres

## Year 11 Health and Social Care trip to Anglia Ruskin University

Last term, the Year 11 Health and Social Care students visited Anglia Ruskin University in Chelmsford to experience what university life is like and have a look at the facilities they have on site.

When we arrived, we were thrown into the middle of a CPRathon by a group of trainee paramedics, who were doing CPR for twenty-four hours non-stop to raise money for Essex Air Ambulance. Some of our braver students also took part and learned how to do CPR.

We then had a tour of some of the university buildings, which included a brand new medical centre, along with the student union, library, classrooms and canteen. We were particularly impressed with the medical centre, which had rooms in it that were set up just like hospital wards, and we saw some trainee nurses at work.

Later on, the students took part in some group activities and got to meet a trainee paramedic who showed us how to intubate a patient and use a stethoscope to listen to someone's heart. She also talked about some of her most memorable experiences from her latest placement and answered the students' questions.

Everyone really enjoyed their day, as it gave them a great insight into university life and what they can aspire to in the future.  
Ms Linsdell



**Apprenticeship Information Event**  
**Colchester Institute Braintree Campus, CM7 7SN**  
**Thursday 7<sup>th</sup> March 2019 4 – 7pm**





## IEM Music Industry Workshop

On January 29th, 22 year 9 students took part in a Music Industry workshop led by Conan Mac. Conan Mac is a UK artist who combines catchy guitar-driven, singer-songwriter tracks with commercial pop synths. Their previously released acoustic hits gained top-20 status in the iTunes chart. Students were given the opportunity to explore song writing skills and formed bands to perform what they had created. In the afternoon, all of year 9 were treated to a performance by the bands Conan Mac and Angus. Student Matthew J said 'We met two great musicians called Conan and Angus who taught us how to construct a song. After that, we got into groups and spent the rest of the day making a song. In the last hour, my group, along with some other groups, performed in front of the rest of Year 9. It seemed a bit worrying to perform at first, but it was fun. Overall, it was an interesting and creative day where all of us could experience song-writing and find out more about the music industry. A great day of musicmaking was had by all! Mr Lewis-James



## Poetry Live!

On Thursday 31st January over 100 Year 11 students had the opportunity to attend Poetry Live! at the Corn Exchange in Cambridge. Many of us were so excited as we'd been studying a lot of the poems that were going to feature in the event and were in awe of the fact that we were actually going to hear the poets speak about their poems in person.

We left the school around 8:30 and managed to get to Cambridge in good time. Once there, we immediately walked to the theatre, got to our seats and looked around at the mass of other students around us who were also full of intrigue at how the day would progress?

The presenter for the day, Daniel, introduced himself and gave a brief overview of what we were to expect for the day. Our first speaker was Tony Childs, an examiner, and his sessions with us (one in the morning and one after lunch) were so useful, as he gave us exam tips and what to avoid when writing a response for the unseen poetry section.

Next, we had the pleasure of hearing Gillian Clarke talk to us about her poems, and then it got to a really special part, one of our poets came out! When studying English Literature at GCSE you only study half the anthology, and so of the authors at the event we wouldn't be familiar with. However, when we met the first poet we recognised, it was a very poignant moment. Carol Ann Duffy's War Photographer has been revised and taught numerous times to us, and to have spent such an extensive amount of time revising the piece and to have the reward of meeting Duffy and to hear her speak about it was incredible!

Throughout the day, we continued to hear wonderful poets speak of their poems, but also read other poet's poems which was an interesting experience too. Although the whole day was an actual dream come true for me, the best part, and I think I can speak on behalf of everyone when I say this, was when the charismatic and inspirational John Agard made an appearance and recited 'Checking Out Me History' in the enthusiastic manner in which we'd hoped he would! We're so thankful for Ms Williams

and Mrs Gibbs for organising the event, and also for the teachers who came along with us. It has prepared us further for our upcoming exams and has meant that we experienced an alternative perspective on the poems we've studied.

Hannah B- Year 11



## HELPFUL ADVICE & MENTAL HEALTH ISSUES: USEFUL LINKS

Parents : Please find below a selection of websites available with information and support on various matters:

Barnardo's - [www.barnardos.org.uk](http://www.barnardos.org.uk); A charity that works with families and children in many ways including counselling, support for young carers and children affected by exploitation.

ChildLine - [www.childline.org.uk](http://www.childline.org.uk); A free and confidential service dedicated for children and young people up to the age of 19. ChildLine also offers online confidential live one-to-one chat. Helpline: 0800 1111.

Children's Society - [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk); Guidance and support for young carers who are forced to grow up early and miss out on the same opportunities as other children.

HeadMeds - [www.headmeds.org.uk](http://www.headmeds.org.uk); A website created for young people to offer straightforward information about mental health medication.

Kids Health - [www.kidshealth.org](http://www.kidshealth.org); General information about physical and emotional wellbeing for children.

KOOTH - [www.kooth.com](http://www.kooth.com); Free, safe and anonymous online counselling support for young people.

Mind - [www.mind.org.uk](http://www.mind.org.uk); A national mental health charity that provides comprehensive information and support on all mental illness. Helpline: 0300 123 3393.

National Institute of Mental Health - [www.nimh.nih.gov](http://www.nimh.nih.gov); Comprehensive information on mental health conditions across all ages.

National Society for the Prevention of Cruelty to Children (NSPCC) - [www.nspcc.org.uk](http://www.nspcc.org.uk); Offers information to adults who are concerned about the safety or welfare of a child. Helpline: 0808 800 5000.

Samaritans - [www.samaritans.org](http://www.samaritans.org); Offers confidential, 24-hour emotional support to anyone in crisis. Helpline: 116 123.

Time-To-Change - [www.time-to-change.org.uk/about-us/what-are-we-doing/children-and-young-people](http://www.time-to-change.org.uk/about-us/what-are-we-doing/children-and-young-people); Information aimed to educate children and young people about mental health issues.

YoungMinds - [www.youngminds.org.uk](http://www.youngminds.org.uk); Provides information and advice on child mental health issues. Offers a helpline specifically for parents: 0808 802 5544 (Monday - Friday, 9:30am - 4pm).

### Anxiety

NHS - [www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/](http://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/); A website that is full of accurate and reliable health information about anxiety in children and young people.

The Child Anxiety Network - [www.childanxiety.net](http://www.childanxiety.net); Thorough and up-to-date information about child anxiety.

### Bereavement & Separation

Cruse Bereavement Care - [www.cruse.org.uk/children](http://www.cruse.org.uk/children); Promotes the wellbeing of those affected by bereavement and helps children to understand their grief and cope with their loss. Helpline: 0808 808 1677.

Child Bereaved Charity - [www.childbereavement.org.uk](http://www.childbereavement.org.uk); A national charity mainly focussed on helping bereaved families where a baby or child has died. Helpline: 0800 028 8840.

Divorce Aid - [www.divorceaid.co.uk/child/teenagers.htm](http://www.divorceaid.co.uk/child/teenagers.htm); A website that offers advice and support for children going through their parents' divorce.

Winston's Wish - [www.winstonswish.org.uk](http://www.winstonswish.org.uk); A childhood bereavement charity that supports children and their families after the death of a parent or sibling. Helpline: 08088 020 021.

### Bipolar Disorder

Bipolar UK - [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk); Helps people with bipolar disorder, their relatives, friends and others who care, and educates the public and caring professions about bipolar disorder.

SANE - [www.sane.org.uk](http://www.sane.org.uk); A national charity that offers support to those affected by mental illness. Helpline: 0300 304 7000.

### Depression & Suicide

Campaign Against Living Miserably (CALM) - [www.thecalmzone.net](http://www.thecalmzone.net); A charity that campaigns on behalf of helping young men and is dedicated to preventing male suicide. Helpline: 0800 58 58 58.

Rethink Mental Illness - [www.rethink.org](http://www.rethink.org); Supports those suffering with a mental illness and provides a nationally available range of services.

The Mix - [www.themix.org.uk](http://www.themix.org.uk); Free information and support for young people aged under 25, with a range of support and advice about mental health and other key issues facing young people. Helpline: 0808 808 4994 or text 'THEMIX' to 85258 for crisis support.

Papyrus - [www.papyrus-uk.org](http://www.papyrus-uk.org); A suicide prevention charity that provides confidential helpline support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person, HOPELINEUK: 0800 068 4141.



## USEFUL LINKS Continued

### Domestic Violence

The Hideout - [www.thehideout.org.uk](http://www.thehideout.org.uk); Women's Aid have created this website, dedicated to help children and young people to understand domestic abuse and how to take positive action.

### Drug & Alcohol Addiction

Talk to Frank - [www.talktofrank.com](http://www.talktofrank.com); Free and confidential drugs information and advice. Helpline: 0300 123 6600.

The National Association for Children of Alcoholics (NACOF) - [www.nacoa.org.uk](http://www.nacoa.org.uk); Information and support for children and young people who are affected by a parent's drinking habits. Helpline: 0800 358 3456.

### Eating Disorders

B-eat (Beating eating disorders) - [www.b-eat.co.uk](http://www.b-eat.co.uk); Online support and a network of UK-wide self-help groups to assist adults and young people in beating their eating disorders. Youthline: 0808 801 0711.

SEED Eating Disorder Support Service - [www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk); A website that recognises how difficult it is to experience an eating disorder and offers professional help and assistance in overcoming eating disorders. Helpline: 01482 718130.

### Lesbian, Gay, Bi-sexual, Transgender (LGBT)

Outhouse East - [www.outhouseeast.org.uk](http://www.outhouseeast.org.uk); Support available to individuals and their families within the LGBTQ community, as well as providing training and awareness. Information line: 01206 871394.

### Obsessive Compulsive Disorder (OCD)

International OCD Foundation - <https://kids.iocdf.org>; An international organisation that support those who have OCD and related disorders, as well as their families, friends and professionals.

OCD Youth Info - [www.ocdyouth.org](http://www.ocdyouth.org); A website written for young people with OCD, giving information on the disorder.

### Self-Harm

Harmless - [www.harmless.org.uk](http://www.harmless.org.uk); Provides a range of support, advice and advocacy services to people affected by self-harm.

Life Signs - [www.lifesigns.org.uk](http://www.lifesigns.org.uk); Promotes awareness about self-injury and provides information and support to people of all ages affected by self-injury

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## Prom Outfit Giveaway

Struggling with the cost of a prom outfit? Have a prom outfit that you could donate? Come along to The Hub, Unit 17, Newlands Shopping Centre, Witham, Essex, CM8 2AP on Saturday 16th February 2019 from 11am until 2pm to either donate or try to find an outfit right for you, free of charge. Find them on facebook <https://www.facebook.com/promdonationsgreatnotley/> or call 0845 860 1358



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## Educational Tools

### Free Seneca Learning Platform

Students. Learn 2 x Faster!

Replace boring revision guides with a fun way to study. Join 650,000 students improving their KS3, GCSE & A Level grades. Seneca Learning Platform. Did you know? All students and teachers now have free access to Seneca - a revision and homework platform making studying more fun.

Seneca is an interactive way to learn official course content. Their web app covers 150+ exam board specific courses condensing what students need to know for their exams. The software is able to identify gaps in learning. For instance, when you get a question wrong, the platform will repeat the topic in different formats and their smart algorithm has proven to make students remember topics twice as fast. Seneca is totally free for students, teachers and parents. You can sign up via: [senecalearning.com](http://senecalearning.com)





The graphic features a red background with a stylized white Christmas tree on the left, composed of a series of white stars at the top and a series of white ovals below. The text is centered in white. In the top right corner is the Braintree Area Foodbank logo, and in the bottom right corner is the Trussell Trust logo.

**A Big Thank You for Your Donation**

**Ramsey Academy**

**You donated 124.66kg of Food**

**Your winter donation will help someone in food poverty within Braintree, Halstead, Witham and surrounding villages.**

Braintree Area Foodbank Ltd is part of the Trussell Trust's UK wide foodbank network.  
Registered Charity Number: 1148782 | Registered in England and Wales

## Braintree District Foodbank Collection

Ramsey students were asked to make a contribution to the Braintree District foodbank, covering Halstead, over the festive season. This was a timely reminder that some people living in our community, and beyond, are less fortunate than us. Kind hearted pupils and their families collected a bumper amount of items over a two-week period to donate to the foodbank. School Captain, Hannah Birch, sincerely quoted; 'Donating to the food bank is so important because many children don't have the basic necessity that is food and no one deserves to feel hungry. Small sacrifices for us can mean a huge difference to others'. In total, Ramsey students, families and staff donated 124.66kg of food, which contributed to the foodbank being able to provide over 5000 meals to people in need during December. Mrs Vivian Salter, Director of the Braintree area foodbank, thanked us all very much for our generosity to the cause, as sadly, so many people are now reliant on the foodbank all through the year. Mrs Ayres



### Dates For your Diary

Friday 15th February- last day of half-term

Monday 25th February - Back to school

Tuesday 26th February - Year 11 Photo's

Friday 5th April - End of Spring term

Tuesday 23rd April - Start of Summer Term

Monday 6th May - Bank Holiday

