

# PARKLIFE

Winter Edition 2021 — Issue 3

[www.jesmondparkacademy.org.uk](http://www.jesmondparkacademy.org.uk)

## Sixth Form News

Page **04**

## Wellbeing at Jesmond Park Academy

Page **10**

### Also including:

- 05** Student Leadership
- 06** Jesmond Park Academy Sports News
- 08** A Trip to Newcastle United Football Club
- 09** Key Stage 3 Art Club



**Jesmond Park  
Academy**

# INSIDE THIS EDITION

03

Principal's Message

04

Sixth Form News

05

Student Leadership

06-07

Jesmond Park Academy Sports News

08

A Trip to Newcastle United Football Club

09

Key Stage 3 Art Club

10-11

Wellbeing at Jesmond Park Academy





# PRINCIPAL'S MESSAGE

## Steve Campbell

Welcome to the Christmas edition of Parklife, the Jesmond Park Academy magazine that celebrates our students' achievements and offers a fuller view of school life. We have come to the end of a long term and the whole school community is looking forward to a well-earned rest. The prospect of Christmas cheers us and lifts our spirits away from the cold, dark and depressing weather of the season.

I would like to take the opportunity to say a heartfelt thank you to every one of our fabulous students. Who would have thought that the pandemic would still be with us now, when the first lockdown hit us back in early 2020? The disruption to schools and the wider society have been significant, yet despite all the obstacles faced over the last 18 months, the students have demonstrated unfailing resilience and have impressed me constantly with their optimism, hard work and desire to achieve. They are undoubtedly the best students I have worked with in my time in education. I am sure that students, parents and carers would like to join with me in thanking all of the staff at Jesmond Park Academy for their continued tremendous hard work and commitment to the students of the school. Likewise, we the staff and pupils would like to thank all parents and carers for all your support – we could not do this without you.

We have spent a large amount of time this term going into lessons and having a real focus on Teaching and Learning and how well students are coping in the classroom. The results have been superb, with excellent commitment and dedication being evident and truly impressive work in the books of the students. Moreover, we can see a real enjoyment in their learning and this is of the highest importance to me as Principal. Our teachers are privileged each day to participate in their student's academic journey. They recognize and applaud just how hard their students try. They celebrate their students' achievements whether they be great or small and they share with pride the progress their students make with their learning.

However, the impact of Covid has not been forgotten. We are increasing the amount of academic intervention that is in place in the new year, to carry on with our recovery work to address the lost learning that has taken place. We must also focus on student wellbeing and this is why we are now working in partnership with Streetwise, an organisation dedicated to helping children with their mental health and well-being. As I have said previously, we will shortly be opening a Streetwise Hub at Jesmond Park Academy to support youngsters and families, both in term time and the school holidays. We are excited about this new intervention and feel that this will enable us to identify and provide support to youngsters and families who are struggling with their mental health.

One of my main objectives when I joined was to nurture and develop the skills, enthusiasm and talent of the young people within with a specific focus on enrichment and leadership. In this respect, we are still finding our feet following Covid, but I am delighted that we have put a full programme of enrichment and sporting activities in place, although there is more to come in the new year in terms of music and the creative arts. This term has shown me that there is an abundance of talent on display at this school and we will continue to find ways to let it shine.

I conclude this message by offering the Jesmond Park Academy community my very best wishes for the festive season. I sincerely hope you all have an opportunity to experience the real meaning of Christmas, enjoy the festivities of the New Year and spend quality time with loved ones. I look forward to welcoming everyone back for the start of the Spring term.

I shall leave you now, to read through these pages and see some of the events that have occurred this term.



# SIXTH FORM NEWS

## Donation to St Vincent-

Thank you so much to everyone who donated to the collection for Vinnie's! Some of our students, accompanied by Mr Anderson and Mrs Routledge, delivered the supplies to the centre and they were very thankful.

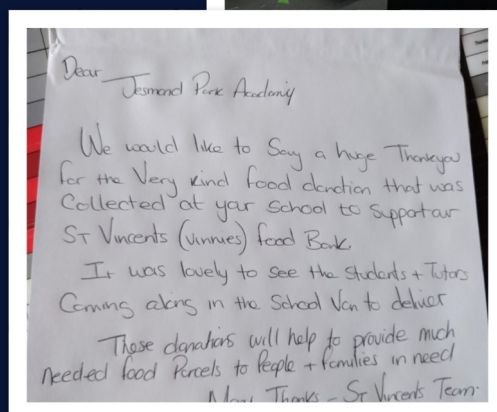
Vinnie's sent a thank you card for the Staff and Sixth Form students.

## Christmas Jumper Day-

On Friday 10<sup>th</sup> December Sixth Form students and staff from Jesmond Park Academy participated in Children's Christmas Jumper Day.

This was organised by the Sixth Form council, we had a great variety of festive jumpers and everyone really enjoyed doing something to raise money for Vinnies, Streetworx and Save the Children! These good causes work locally and in the UK and around the world to make sure children are safe and healthy. They support them to learn, grow and become who they want to be.

In total we raised £115.67, a huge thank you to everyone who participated and donated.



# STUDENT LEADERSHIP

I wanted to take time to praise our students who have shown great leadership this term during school events. Developing leadership in the student body is one of the targets for the school and we want to see students more involved in key events and decisions. Leadership can provide students with a range of opportunities and help develop key skills and confidence.

On this note, we have had our most successful Open Evening in recent times on Wednesday 6<sup>th</sup> October, with well over one thousand visitors to the school.

One of the key factors was the role that the students played, as tour guides and department helpers. We had over 400 volunteers from the student body, all devoted their energies to making sure the evening was a success. One of the evaluation forms after the event stated:

*Dear Mr Campbell and the JPA Team, my son and I visited JPA on Wednesday, for the Open Evening. I just wanted to send you our thanks. It was a great opportunity to look around the school, and we really enjoyed it. We had some very helpful conversations with many of the teachers, who gave us an excellent insight into how things work at the school. We also had the opportunity to see many of the school's fantastic facilities - though they are so extensive that we didn't manage to fit in everything! The school has a lovely bright, uplifting feel and felt very welcoming. The students we met were very polite and friendly. Congratulations on the great work you are doing. We are looking forward to joining the JPA family next year. Best wishes,*

When we have talked to students after the event, it is clear that they thrived on the responsibility given to them and they were keen for more opportunities.

Following this, we organised visits to take Year 7 students back to their Primary Schools, to talk to Year 6 students about Jesmond Park Academy. Unfortunately, a couple of these visits were cancelled due to Covid but the ones that ran were extremely successful. As teachers, we are used to speaking to large groups of students, but for a Year 7 student it is a new experience. I was in awe of the confidence shown by the students and by how well they answered all the questions that were put to them. It shows me what a strong school community we have when students are so keen to talk to others about their positive school experience.

Furthermore, we have relaunched the Student Council this year to try and encourage more leadership from the students and involve them more in decisions that are made with regards to the school. This is an exciting project and will again enhance the opportunities given to students. Connected to this, we have also launched focus groups to look at key issues in education, so we can take on board the views of the students.

Students are the main ingredient of any school and we are proud of how they are developing leadership and involving themselves in the school community. Well done!



Mr Campbell and Ms Sayers with Lyric-James Anderson, Lexi Baty, Robin Coates and Kenzie Wardle at Chillingham Road Primary School.

# JESMOND PARK ACADEMY SPORTS NEWS

## Year 8 Boys Athletics 1st and Year 7 Girls Runner ups:

Congratulations to our Year 8 boys indoor athletics team have won the city championship in their age group.

Our Year 7 girls team came runners up in their age group.

Both teams now go through to the County finals on the 10th January.

Yr 8 Boys
Jesmond Park Academy 224
Gosforth Central Middle 208
Gosforth Junior Academy 198

Yr 7 Girls
Gosforth Central Middle 219
Jesmond Park Academy 199
Dame Allans 174



Jesmond Park Academy  
@JesmondPark

Our Year 8 boys table tennis team competed at the U13 Boys City School Games Championships. Our team played fantastically throughout and took first place.

The students involved were a credit to the school – Ben, Harry, Aston and Matthew. Well Done Boys!



## Year 8 Table Tennis Victory:

Congratulations to our Year 8 Table Tennis Team for competing at the U13 Boys City School Games and taking first place!



### Year 7 Girls' Football Victory:

Congratulations to our Year 7 Girls' Football Team who won the Newcastle Schools FA Girls 5 a Side Cup. In a strong field with over 10 schools represented, Jesmond Park Academy defeated Sacred Heart 3-1 in the final, with Georgia Buttrick scoring a hat-trick in the match. Well done to the rest of the winning squad Zahra Gani, Dhalia Khalil, Caitlin Costello, Lilly Costello, Maria Rouf and Imogen Alderson, and to Mrs Gray who managed them so well.



# A TRIP TO NEWCASTLE UNITED FOOTBALL CLUB

Huge congratulations to **Daniel Hassan** in Year 10 who won the Helen McArdle Award at the NUFC awards evening, which is a fantastic achievement. Daniel had a great evening meeting Amanda Staveley and Mehrdad Ghodoussi, the new owners of Newcastle United, as well as NUFC players past and present.

Daniel took ill before Christmas last year and suffered a full body motor skill loss. He spent lots of time in hospital undergoing operations and rehabilitation. Amazingly he is now back at school and is attending mainstream lessons.

This is all down to his remarkable positive attitude and determination, which he should be commended for.

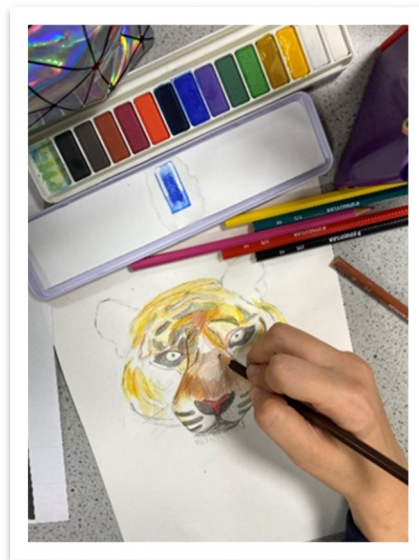
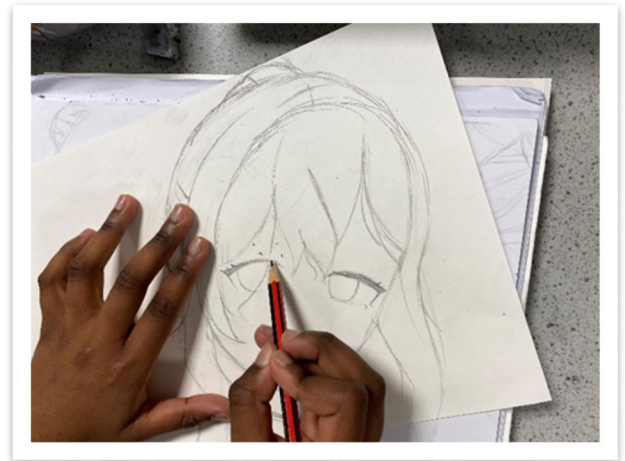




# KEY STAGE 3 ART CLUB

We had a great response to the restarting of KS3 Art Club on Wednesdays period 7. Even more students arrived on our second session, keen to use the time to be creative and were super excited to have some freedom with the materials available to create their own art!

KS3 Art club is open to those who wish to use the time for support with art homework, make and create their own artworks, drawing for relaxation and wellbeing or to follow a teacher led project; the first being on Climate Change for The Big Draw 2021. Students will also get the chance to be part of our Arts Council and use their 'student voice' to influence arts and cultural opportunities at JPA.



# WELLBEING AT JESMOND PARK ACADEMY

## What is Mental Health?

'Mental health is a state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.' (World Health Organization)



## What is Mental and Emotional Wellbeing?

Sarah Stewart-Brown, professor of Public Health and a Wellbeing expert, says:

"Feeling happy is a part of mental wellbeing. But it's far from the whole. Feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental wellbeing. Self-esteem and self-confidence are too. So is a feeling that you can do the things you want to do, and so are good relationships, which bring joy to you and those around you.

Of course, good mental wellbeing does not mean that you never experience feelings or situations that you find difficult," says Professor Stewart-Brown. "But it does mean that you feel you have the resilience to cope when times are tougher than usual."

"It can help to think about 'being well' as something you do, rather than something you are. The more you put in, the more you are likely to get out. No-one can give wellbeing to you. It's you who has to take action," says Professor Stewart-Brown.

## Well-Being Centre @ Jesmond Park Academy

The Well-Being Centre is dedicated to improving the emotional wellbeing of all our students, along with their families and the Community as a whole.

When young people are happy their educational chances are greatly enhanced and ultimately they find it easier to learn.

The Well-Being centre works closely with the Year Teams in order to provide students with the emotional support needed in order to fulfil their academic and personal well-being.

## Services

### School Health

Students can directly interact with the 0-19 school nursing team in a safe and confidential way via text.

The service is confidential between the young person and the school nursing team, but if the nurses judge the health, safety or welfare of the young person or someone else to be at significant risk then local safeguarding protocols may be implemented.

### First Aid/Wellbeing adviser

Students can access the centre if they are feeling unwell or require first aid. Students can also be assessed and referred onto external services.



## Counselling/Mentoring

Counselling gives students the opportunity to explore their problems and address any issues that may be affecting them. With the aim of equipping those students with the tools needed to build resilience and self-esteem whilst enabling them to make informed decisions now in order for them to prevent problems as they grow into young adults. A counsellor does not give advice but tries to help the young person to find a way of coping with their issues.

Students can access the Well-being Centre during lunch or break to see if counselling could be an option for them. Alternatively they can speak to their Year Team.

## Who is our School Counsellor?

"Hi my name is Pete Hardaker, I am a qualified counsellor with over 12 years' experience of working with children and young people in a variety of settings.

I am committed to delivering the best possible care and support to the students and families at Jesmond Park Academy."

"I am a Humanist counsellor, however my approach is very much integrative as I like to use a variety of tools and techniques in order to implement the best approach for each individual student"

## Mentoring

Mentoring can help young people as they go through challenging life transitions, including dealing with stressful changes at home or transitioning to adulthood. Mentoring can support and encourage people to manage their own learning in order that they may maximise their potential, develop their skills, improve their performance, build confidence and relationships, develop resilience and character, or raise aspirations and ultimately become the person they want to be.

The specific benefits of mentoring include:

- being encouraged and empowered in personal development
- being helped to identify and achieve life goals
- increasing confidence

For further information please contact:

Mrs Rachael Earle

Well-being Centre Manager

Or Mr Pete Hardaker

School Counsellor

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Pictured : Mr Hardaker, our school counsellor







If you have any articles you would like to share you can send them to [hdonnelly@jesmondparkacademy.org.uk](mailto:hdonnelly@jesmondparkacademy.org.uk)