



THE MESSENGER



Dear Parents & Carers

As we reflect on the Summer Term, it heartening to be able to celebrate so many fantastic successes. The term started with an amazing Sports Day at the Alexander Stadium and culminates with the wonderful celebration of the achievements of students at Prize Evening. I am exceptionally grateful to all of the staff who have organised the wide range of events which are included in this newsletter. Staff have committed to providing a significantly increased number of trips based on feedback from students which enriches the curriculum experience.

Mr D Smith

UPCOMING DATES

- 2nd and 3rd September- Staff Training Days
- 4th September- Year 7, 12 and 13 return.
- 5th September- Year 11 return. Years 7, 12 and 13 also in school.
- 6th September - All years in school



PRAYER CORNER

Dear God,

Thank you for making me as you have,
Help me to discover the gifts you have
planted in me.

Inspire me to invest in them,
Help me to enjoy what I turn my hand to,
and to work at everything as if I am doing it
for you.

May I reflect you in all I do, and use all that I
am for your glory.

Amen

SMITH'S MYTHS

A: Camels have three sets of eyelids.

B: The capital of Australia is Sydney.

C: The national flag of America has 50 stars.

SCHOOL EVENTS

Sports Day 2024

On Wednesday 5th June Blue Coat held its annual sports day. This year's event was different to previous years as we had the opportunity to hold the day at the 2022 commonwealth games venue, the Alexander stadium.

The day was an amazing experience for all the students who took part, and we even got the weather too.

It was certainly a day to remember for our students as they composed themselves fantastically when competing and supporting their fellow peers. Blue coat students were split into 6 different teams, who all represented sporting stars from Walsall and the surrounding areas. The winning team was Matt with a staggering 1224 points followed by Gillingham in second place with 1067 points. Overall,

Sports Day 2024 was a resounding success, showcasing the dedication, talent, and sportsmanship of all the students. It was a testament to the power of sports in bringing people together and creating unforgettable memories.



Shakespeare's Birthday

To celebrate Shakespeare's birthday on the 23rd April, the English department dressed up as characters from his plays.

We had the witches and Lady Macbeth, from Macbeth, Miranda, from The Tempest and Queen Margaret, from Richard III.



Road To Success Events

Immediately after the Easter break the Progress Team ran two days of intensive work for Year 11 and 13 in preparation for their examinations. The days included; study skill sessions, individual appointments with teachers and exam based sessions with subject teachers. We have been running these events for the past 6 years and this has proved to be the most successful yet, with students giving very positive feedback. Students felt that they improved their exam technique and were able to identify specific goals to work on. We look forward to making a similar impact in the next academic year with our current Year 10s and 12s!

Year 10 Futures Day

On Wednesday 8th May, we ran our Year 10 futures day.

The absolute powerhouse that is Rose Rees from Midland Metro Alliance kicked off the day with an assembly highlighting really varied opportunities! We also had several other inspirational employers, including:

- Lauren Delday from Primary Goal on Apprenticeships
 - West Midlands Police on Police Careers
- Barclays Life Skills delivering Parts 3&4 of their programme around Employability, CV-writing and Interview Skills
 - 1-1 Interview Experience
- "Old Blue" Amrik Singh of Vibrant Networks
 - "Old Blue" Tali Clair of BAE Systems
 - "Old Blue" Ben Hunt of Core Attack Fitness
 - Anita Wright from Power Utilities Group
 - Becky from JC Academy LTD
 - Andrew Clayton from Walsall Council
 - Tom and Lisa from West Midlands Police
- Paramjit Dubb FCCA and Bayo Balogun from Midland Metro Alliance
 - Mel Dovey and Matthew Peniket from Taylor Woodrow
 - Chantel Brooks from CB Consulting
 - Terri Walker from CLC Group Limited
 - Carol Facey, our very own Careers Advisor

And a special thank you to Julie Cornfield, our diamond Enterprise Coordinator.

So much generosity from all, they make a real difference in supporting the lives of young people.

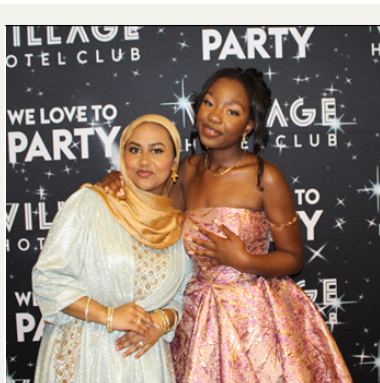


PROM

Year 11 Leavers 2024

Blue Coat Prom 2024 was again a great success with over 70 students from year 11 enjoying a fantastic evening at the Village Hotel, Walsall. All of the pupils looked absolutely fantastic in all their splendour with some arriving in cars that you and I only dream of. The pupils enjoyed a red carpet arrival with a mocktail drink followed by a night of dancing to the resident DJ who had already been given his instructions on what music to play!

The evening went off precisely as planned with fun had by all. We would like to wish all of our year 11 students every success in what they will be doing next year.



Year 11 Leavers Prom

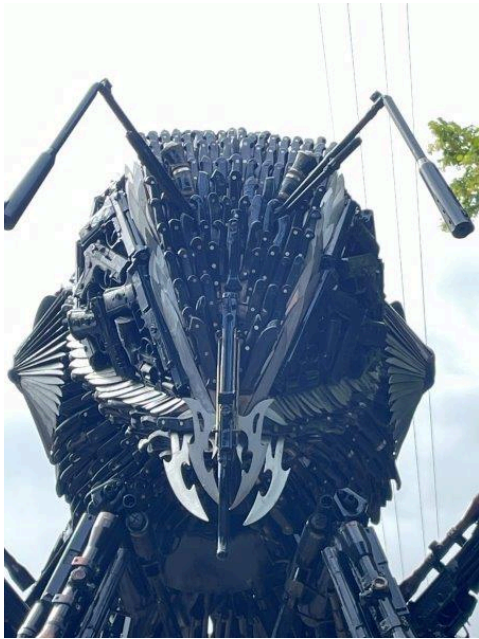


Blue Coat Class of 2024

On Saturday 29th June 2024 our Year 13 prom took place at Walsall Football Club, where it was magnificently organised and co-ordinated by our two student principal's Lily and Alina, who ensured the event took place through many months of hard work and many school fundraisers. The night was well attended by both students and staff who thoroughly enjoyed their night, as shown by Mrs Homer on the dancefloor embracing her inner Taylor Swift. A massive thankyou to all those who attended and made the night a special goodbye to our leaving Year 13s, who I'm sure will remember their final celebration as Blue Coat students.

MANCHESTER BEE MONUMENT

The Bee of Peace



Created by the British Iron Work Centre, in collaboration with Great Manchester Police, as the first UK sculpture to be made entirely of firearms, this Bee Monument is a dedicated monument for the UK's second largest city, Greater Manchester, designed to become a catalyst for an area-specific anti-violence programme. The 'Bee of Peace' is currently touring the UK and on 2nd July the monument arrived in Walsall.

The statue is a powerful visual for our young people, we hope the visit will encourage more open conversations with our students, with regards to the dangers of carrying weapons and how they can protect themselves.

DIVERSITY DAY

5th July 2024

Our annual diversity day took place on the 5th July and once again it was a magnificent day enabling all different backgrounds and cultures to come together and celebrate in style!

There were a range of sessions on for all year groups which involved: Learning a European language– year 7's were able to look at Eastern European countries and learnt a bit of Polish!

How cultures pray– year 7's were able to look at different cultures and the way they pray.

Banner creation– year 7's and 8's had the opportunity to create the banners for diversity day which lead the parade in the afternoon.

360 Booth– year 8's got the opportunity to bust some grooves and captured the moments in a short clip!

Bollywood dancer– year 8 and 9 learnt a routine that was based on Bollywood dancing.

Bhangra dancers– year 8 and 9 got to experience and learn a Bhangra dance routine in style.

Steel pan drums– year 8's were able to look at the steel pan drums and play a beat.

African dancers– year 9 got to take part in African dancing and how it works.

F2D– a hoodie company which helped year 12 design hoodies that they can take away in September.

Performance post– year 10 were able to spend the day with Kurly and Ryan who helped them look into their poetry skills and come up with a rap about themselves or their culture.

The day ended with a parade to church involving the Dhol player Taj Seera and some students playing the Dhols all the way to church. During the afternoon and as with previous traditions some students took part in the fashion show and performed dance's based on their culture. It was a fantastic day and everyone enjoyed coming together, all from different backgrounds and part of the Blue Coat Family ❤️

Photos coming soon



ANNE FRANK AMBASSADORS

17th July 2024

On Wednesday 17th July, a selection of Anne Frank Ambassadors from across the country were invited to Pladis (Mc Vities) headquarters in London to interview their CEO Salman Amin about how their global company address issues around inclusion, diversity and equality.

Miss Addison took two Blue Coat students, both of which are Anne Frank Ambassadors, as part of their role they strive to educate and encourage their peers and others around inclusion, diversity, and equality.

Olanike and Amirat were amongst 5 other students quizzing Salman and did an incredible job.

Some of the ambassadors then delivered a speech to an audience of Pladis employees about their journey on becoming an ambassador and how the Anne Frank Trust has inspired them on helping people challenge diversity in their community.

Amirat delivered her speech, and she was incredible. She had such composure and confidence in what she was saying, she took it all in her stride and was such a credit to Blue Coat Academy.

In the afternoon the group were lucky enough to visit the McVities factory and see how their delicious snacks are made, baked and packed ready for delivery across the globe. This was such an incredible experience to be part of.



What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

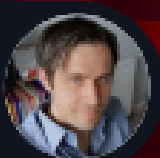
Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Elliott is Associate Vice Principal for Personal Development at Parleton Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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