



## WEEKLY COMMUNICATION TO FAMILIES CONTENT LIST

Date: Friday 20<sup>th</sup> October, 2023

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# PARENT AND CARER WORKSHOPS

## SUPPORTING YOUR CHILD AT SECONDARY SCHOOL



### The Teenage Brain

 Thursday 16th November 2023  4:30pm - 6:00pm

There are lots of reasons why teenagers behave the way they do, and it is all in their brain. This session will look at the Neuroscience of adolescent development, helping us understand their thoughts, feelings and behaviours.

### Developing Resilience in Teenagers

 Tuesday 23rd January 2024  4:30pm - 6:00pm

Managing boundaries, consistency and safety is a constant balancing act for parents. In this session we will look at teenagers development and help create realistic strategies that work for your family while considering your child's resilience, independence and relationships.



### Anxiety

 Thursday 14th March 2024  4:30pm - 6:00pm

What is anxiety? Signs to spot when worry and stress tip over into anxiety and what you as parents can do to help. We'll talk through when to refer on and what environmental factors may help ease symptoms.



### Parent Self-Care

 Tuesday 30th April 2024  4:30pm - 6:00pm

We'll spend this session taking some time to think about you; exploring how to find balance, boundaries and discovering the little ways you can "fill up you cup" to ensure your wellbeing remains as robust as possible while managing the many demands of your life.



### Wellbeing & Social Media

 Tuesday 18th June 2024  4:30pm - 6:00pm

Most of us are using online platforms everyday. We will look at what drives our use of social media and how you can support your child to find a balance between online and real life relationships, expectations and support network, ensure your children have balance and healthy wellbeing.



**The Lowry Academy**  
The best in everyone™  
Part of United Learning

All workshops will be held at The Lowry Academy, if interested, please email [ask.lowry@lowryacademy.org.uk](mailto:ask.lowry@lowryacademy.org.uk).



**United Learning**  
The best in everyone™

Ref: **KS3 Homework on Sparx**

Date: 18/10/23

### **Dear Parent/Guardian – Y8 & Y9 Students**

On behalf of Lowry Academy, we hope that your child has enjoyed their first half term of their new year at the Lowry Academy.

Both Maths and English Departments have commenced setting online homework using Sparx Maths and Sparx Reader.

There are many advantages for students in completing homework on a regular basis:-

- homework is beneficial because it can be great for helping students get through their required coursework and reinforce required knowledge
- Homework provides spaced repetition for long-term memorization
- Homework improves student achievement
- It also reduces screentime and can promote good habits and discipline.

Furthermore, It is important that students are reading for a minimum of thirty minutes a week on Sparx reader. Evidence suggests that students who read every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, better comprehension and are more likely to develop their critical thinking skills.

Here at the Lowry Academy, we welcome your full support in ensuring all students complete their homework on time and to a 100% successful completion rate.

Homework is set on Friday by both subjects with an expected completion date of the following Friday. Therefore, providing ample opportunities for students to complete.

The Academy provides opportunities for homework completion on Tuesday nights in L8 and P12 and every lunchtime in L8 where they will have the full support of both Maths and English staff plus full use of computers or iPad. All students are expected to have achieved their 100% by 4.00pm the following Friday.

All students have had the opportunity to log onto both Sparx Maths and Sparx Reader. However, if any students need further support logging into either of these platforms, or as parent/carer you have any questions regarding Sparx, then please do not hesitate to email me at the following email address.

[michael.mcguinness@lowryacademy.org.uk](mailto:michael.mcguinness@lowryacademy.org.uk)

On behalf of the Academy, we welcome your full support in ensuring that all students succeed at the Lowry Academy.

Best regards,

**Michael McGuinness**  
**Lead Practitioner - Maths**

**Ref: Year 7 Homework on Sparx**

Date: 17/10/23

Dear Parent/Guardian – Y7

On behalf of Lowry Academy, we hope that your child has enjoyed their first half term at the beginning of their Lowry Academy journey.

Both Maths and English Departments have commenced setting online homework using Sparx Maths and Sparx Reader.

There are many advantages for pupils in completing homework on a regular basis:-

- homework is beneficial because it can be great for helping students get through their required coursework and reinforce required knowledge
- Homework provides spaced repetition for long-term memorization
- Homework improves student achievement
- It also reduces screentime and can promote good habits and discipline.

Furthermore, it is important that students are reading for a minimum of thirty minutes a week on Sparx reader. Evidence suggests that students who read every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, better comprehension and are more likely to develop their critical thinking skills.

Here at the Lowry Academy, we welcome your full support in ensuring all Year 7 students complete their homework on time and to a 100% successful completion rate.

Homework is set on Friday by both subjects with an expected completion date of the following Friday. Therefore, providing ample opportunities for students to complete.

The Academy also provides opportunities for homework completion on Tuesday nights in L8 and P12 and every lunchtime in L8 where they will have the full support of both Maths and English staff plus a full use of computers or iPad. All students are expected to have achieved their 100% by 4.00pm the following Friday.

During the next half term, The Lowry Academy will be asking Year 7 students who have not completed either homework to complete a compulsory Sparx club on Monday night afterschool for no longer than 45mins. If a student is unable to attend Monday, then there will be further compulsory Sparx club on Tuesday which again will be no longer than 45mins. Again, please may we ask for your full support to providing your child the best opportunities in the future.

All students have had the opportunity to log onto both Sparx Maths and SPARX Reader. However, if any student needs further support logging into either of these platforms, or as parent/carer you have any questions regarding Sparx, then please do not hesitate to email me at the following email address.

[michael.mcguinness@lowryacademy.org.uk](mailto:michael.mcguinness@lowryacademy.org.uk)

We welcome your full support in ensuring that all students succeed at the Lowry Academy.

Best regards

Michael McGuinness  
Lead Practitioner - Maths



## The Lowry Academy ‘ASK LOWRY’ communication procedure

We are working to improve our communication with parents and carers. We have taken feedback from families and have been working behind the scenes to offer another way in which you can easily contact us.

We have set up what we are calling ‘Ask Lowry’. This is a tool to contact school for all requests and enquiries including passing a message to a member of staff, requesting a member of staff to call you back, requesting a meeting, uniform queries, plus all general queries and enquiries.

To contact us with your request/enquiry you can do this by either:

1. Visit the contact page on our school website [www](http://www). And complete the online ‘Ask Lowry’ form.
2. E-mail us on [ask.lowry@lowryacademy.org.uk](mailto:ask.lowry@lowryacademy.org.uk)

### A few points to remember:

- The school working day is 0800 – 1600 but you can send an enquiry at any time of the day.
- You will receive a response during the school working day during school term time.
- Any enquiries/requests received during school holiday time will be responded to on the first day back to school.
- Please use the Ask Lowry facility and we ask that parents avoid telephoning the main office unless for except in an urgent situation.

### Benefits of using Ask Lowry

- Your enquiry whether by e-mail or website form will be logged.
- You will sent an acknowledgement, telling you we have received your email and giving you a timescale to expect a response by.
- Your enquiry will be sent to the relevant person in school with a deadline to respond by and you will receive a response within the timeframe given.

### Note:

Calls to the absence line to inform of a child’s absence should continue as normal.



# Salford City Council

October 2023

Dear Parents,

If you have a child aged 2 or 3 years old you should receive a letter in September or October from your GP inviting your child for a free nasal influenza vaccination. We would encourage you to ensure your child receives this protective vaccine; this will help to prevent the spread of influenza in children and also in friends and relatives who may be at risk of complications from influenza. It will also prevent time spent away from work looking after a sick child, if applicable.

The nasal spray influenza vaccine is also available for all school aged children and offered routinely to all children in school. The vaccine is given as a single dose of nasal spray squirted up each nostril. **This is not a needle** (a big advantage for children), the nasal spray works even better than the injected influenza vaccine. The vaccine is very safe with few side effects and has been used for a number of years in the UK.

It's quick and painless and will mean your child is less likely to become ill, resulting in less time away from school, if they come into contact with the influenza virus. Its brand name is Fluenz.

Children are good at spreading influenza, because they tend to sneeze everywhere and don't use tissues properly or wash their hands. Vaccinating them may also protect others that are vulnerable to influenza such as babies, older people, pregnant women and people with serious long-term illnesses. A common complication of influenza can be bronchitis; occasionally this can become serious and develop into pneumonia and even cause death.

Questions and answers are on the back of this letter that will hopefully answer any queries you may have. If you have any further questions, please do not hesitate to contact your GP, school nurse or Health Visitor.

If anyone you know falls into the at-risk groups encourage them to have the influenza vaccine to prevent them becoming ill.

Yours faithfully



Gillian McLauchlan

Deputy Director of Public Health



## What is Influenza (flu)?

Flu is caused by a virus and cannot be treated with antibiotics. The most common symptoms of flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. Healthy individuals usually recover within 2 to 7 days but for some the disease can lead to hospitalisation, permanent disability or even death.

## Can I avoid flu?

The best way to avoid catching and spreading flu is by having the vaccination before the flu season starts!

## If I get flu how do I reduce the risk of spreading it to someone else?

To prevent spread: cover the mouth and nose with a tissue when you sneeze or cough, dispose of the tissues and then wash your hands. "Catch it, Bin it, Kill it."

## Who should have the flu vaccination?

Even if you feel healthy you should have the free flu vaccination if you are:

- **All health and social care workers**
- **All carers- both paid/unpaid**
- **age 6 months to 65 years if you have an underlying health condition**
- **a household contact of an immuno-compromised person**
- **living in a residential or nursing home**
- **pregnant women**
- **2 and 3 year old (nasal) via GP**
- **All school aged children (nasal) via schools programme**

## How do I get the flu vaccine?

The vaccines should be given during October or early November. If you fit the above criteria speak to your GP or Practice Nurse to book a vaccination appointment and get the best possible protection.

## How effective is the flu vaccine?

The annual flu vaccination will protect you against flu this coming winter. No vaccine is 100% effective; however, people who have had the flu vaccine are less likely to get flu. If you do get flu despite having the vaccine, it will probably be milder than if you haven't been vaccinated.

## Flu vaccines side effects – what are they?

The flu vaccine does not cause flu. However, you may experience some mild side effects after having the vaccine, such as a slight temperature and cold-like symptoms for a couple of days afterwards. The flu vaccine only protects against flu, but not other illnesses caused by other viruses such as the common cold.

## Can the flu vaccine be given to my child at the same time as other vaccines?

Yes. The flu vaccine can be given at the same time as all routine childhood vaccines. The vaccination can go ahead if your child has a minor illness such as a cold but may be delayed if your child has an illness that causes a fever.



18<sup>th</sup> October 2023

**Dear Parent/Carer – Y7**

Your child has been invited to support our community initiative to undertake litter picking at the **Little Hulton Precinct** on Wednesday November 1<sup>st</sup> 2023 and then participate in litter collections and helpful ad hoc tasks in the local community during the school day over the coming year.

The purpose of these activities are to allow your child the opportunity to participate in community work as part of their membership in the Lowry Academy's Community Events and Fundraising Club.

We hope that this visit and the community activities over the coming year will place our most enthusiastic and caring pupils on the path to a lifelong passion for taking part in community events and activities, allowing them to appreciate the benefits and rewards of playing an active part in the local community.

We will all be walking together to the precinct on the afternoon of November 1<sup>st</sup> 2023 and will return to school no later than 3pm. Students will be expected to attend in full school uniform.

There will be no cost involved to students, and we hope your child will take part in this worthwhile activity. If you have any questions please do not hesitate to contact me on the following email address – [sarra.smith@lowryacademy.org.uk](mailto:sarra.smith@lowryacademy.org.uk)

Please return the slip overleaf to Mrs Swift as soon as possible, but no later than Tuesday 30<sup>th</sup> October to secure their place and involvement in other activities over the coming year.

Yours faithfully

Mrs S Smith  
**Transition and Community Lead**





**Authorisation Slip –Litter Picking in the community at Little Hulton Precinct *and* participation in ad hoc tasks in the local community during the school day over the coming year.**

I give consent for ..... to attend the litter picking activity in Little Hulton on 1<sup>st</sup> November 2023 and participate in ad hoc tasks in the local community during the school day over the coming year as well as participating in photographs, which may be used on the school’s website and social media page.

Whilst I accept that all reasonable care and attention will be undertaken, I understand that the teachers cannot be held responsible for any accident beyond their control or any situation arising from lack of following instructions or guidance.

**Emergency Details**

Name:.....

Phone Number:.....

Does your child have any medical conditions or dietary requirements that need to be taken into consideration? Yes/No

If Yes please give details below:

.....  
.....  
.....

Parent/Carer:(signature) .....

Print Name: .....

Date: .....



Dear Parents/Carers Y11 Students

What a great first half-term it's been for Year 11! We've been so impressed by their hard work and determination upon entering the first half-term of their GCSE preparation.

We want to thank you for your support in encouraging our Year 11's to attend Period 6 every day – they have engaged brilliantly. An even bigger thank you to those of you who have encouraged your child to attend Period 7 and Saturday tuition – we know it will make all the difference to their success in their first round of mock exams.

### **Mock Timetable**

**You have been sent separately the mock exam timetable.** It is vital that your child attends school every day during the mock exam period, so they get the critical exam experience before they sit their real GCSE's. We encourage you to support your child through the exam series by giving them lots of encouragement and praise regarding revision, ensuring they get to bed at a reasonable hour, and that they have breakfast before they leave. All we ask is that they try their best. Please do let us know if there is anything we can do to support you.

### **Half-Term Revision Sessions**

Below you will find the **revision sessions we are running during the half-term.** Again, please encourage your child to attend. Their revision will be far more effective if completed with an expert, and we will have snacks at the ready to keep them going! We encourage our students to complete "The Lowry Ten" which is ten hours of extra study per week – anything that they attend in school (Period 6, tuition, revision sessions) counts towards this. Please encourage your child to strive for this, but also make sure they find some time to do the thing they enjoy for their well-being.

Day	Subject	Time/Staff
Monday	Drama & Dance	9.00 – 14.00 – Miss Wishart & Miss Challender
Tuesday	No sessions	
Wednesday	History – all students invited	9.00 – 13.00 – Mr Thursfield & Mr Fox
Thursday	Maths – both Higher and Foundation – all students invited	9.00 – 11.00 - Miss Blain & Mr McGuinness
Friday	Science – Triple/Higher	9.00 – 11.00 - Miss Halewood

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### Revision Resources

We have equipped our students with everything they need to revise in the run up to their exams – now it's over to them. Revision resources include:

- **Microsoft Teams** – all subjects have placed their revision materials in the Year Group Team.
- **Revision Packs** – we have given every child a pack of revision materials they can use.
- **Sparx Maths** – students should complete their Sparx homework every week, by Friday. Please check on their progress throughout the week.
- **Seneca Learning** – this is an online learning platform, that students can use to revise for all subjects.
- **Educake** – this is an online learning platform for Science revision.
- **Countdown booklet** – this contains a week by week guide of specifically what students should revise.



Dear Parent/Guardian,

### MFL Madrid Trip – February 2024

We are excited to be proposing a school tour to Madrid to support our curriculum plans for Spanish students and enhance learning experiences within the school.

Here are the key details about the planned trip:

- 3 days (2 nights) in Madrid
- Departs on Monday 19<sup>th</sup> February 2024 (Precise details TBC)
- Returns on Wednesday 21<sup>st</sup> February 2024 (Precise details TBC)
- The cost is £635 per pupil
- This price includes:
  - Flights to and from Madrid
  - One item of hold luggage
  - Coach travel whilst in Madrid
  - Bed & Breakfast Accommodation in a central Madrid Hotel
  - Activities as detailed below.
  - Transport to and from Manchester Airport & Airport transfers in Madrid.
  - Travel Insurance
  -

We have 9 places remaining and would like to offer these to our Year 10 students. Places will be allocated on a first come, first served basis upon return of the expression of interest consent slip below. These should be given directly to Miss Jones in the MFL department by **Friday 3<sup>rd</sup> November**. We will contact you to confirm that your child has successfully been allocated a place and with further details about payment. The initial deposit of £300 would be required by 9<sup>th</sup> October or before.

The itinerary for the trip will include; a guided visit to Las Ventas Bullring and Museum, a visit to El Escorial Monastery, The Valley of the Fallen, San Miguel Market and the famous Prada Museum. The trip will also include a 2 Hour Language Lesson at Lingua and a Tapas meal at La Catedral restaurant in central Madrid.

In addition to the tour cost, we recommend that your child has adequate spending money for the trip and enough to cover both lunch and an evening meal for 3 days (approximately £5 per meal, per day). They will also require a current and valid passport with at least 6 months remaining from the departure date.

The initial payment of £300 is due by Monday 13<sup>th</sup> November followed by a final payment of £335 by 10<sup>th</sup> January 2024. Interim payments can be made between the dates outlined above. All payments should be made directly via Parent Pay [The Lowry Academy > Parents > ParentPay](#). This will be confirmed in writing for you with full instructions regarding payment once places have been allocated.

The trip is being booked through European Study Tours who work closely with us during the whole tour planning process to ensure that your child will get the very best learning experience whilst away. Should you require any further information about this exciting opportunity, please don't hesitate to contact me by email [sarah.jones@lowryacademy.org.uk](mailto:sarah.jones@lowryacademy.org.uk)

Sarah Jones  
Teacher of MFL

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**MFL Madrid Trip February 2024 Expression of Interest**

Student's name.....

[YEAR GROUP/FORM].....

**I wish to reserve a place for my son/daughter on this trip and confirm that I will be able to pay the deposit of £300 by Monday 13<sup>th</sup> November and further instalments as outlined above.**

Name..... Signature.....

Please return this completed slip by Friday 3<sup>rd</sup> November to Miss S Jones in P8 Modern Foreign Languages.

