

Welcome!

Welcome to our first edition of the Essa Express! Our Student Leadership Team have put together a monthly newsletter to showcase the 'good news' and events taking place at Essa Academy.

Whilst this newsletter is a celebration of our students' achievements, we want to start this first edition off with a special thank you.



On behalf of everyone at Essa Academy,
thank you to our wonderful parents and carers.

To every single parent and carer who has been there for the students over the past year, on behalf of Essa Academy we want to say thank you.

We cannot express strongly enough how grateful we are to each of you for the endless support you have offered to students and teachers alike. From home learning to home testing, school gateway to being there on the school gates, we could not have made it through the past year without you. The unsung heroes of lockdown... our superb parents and carers. Thank you.



In the News



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This month we welcomed all students back to Essa Academy following the Easter break. With a high number of Covid cases amongst students prior to the holidays, we made the decision to conduct lateral flow testing for all students in school every Monday, which so far is going extremely well. This week we managed to test every single student in the building before 10.40am – an astonishing achievement!

So far we are delighted in the way students have returned to the Academy. We love seeing all students back in their lessons every day and enjoying their learning. Long may it continue!

As learning resumed in the classroom, we also received some very exciting news for our very own Mr Knowles...

Martin Knowles, Principal of Essa Academy, shortlisted for National Headteacher of the Year Award

We are extremely proud of Mr Knowles for this achievement and we wish him the best of luck with the next stage of the process which takes place in early May!

Martin Knowles, the Principal of Essa Academy, has been shortlisted for Pearson's National Headteacher of the Year in a Secondary School Award for 2021.

The Pearson National Teaching Awards, established in 1998, are an annual celebration of excellence in education, recognising the amazing work of teachers across the UK. Known as the 'Oscars' of the teaching profession, they receive a significant number of entries across the country each year within each of their sixteen award categories, and only a few of the nominated candidates are shortlisted. This is an exceptional achievement for Martin, who has been Principal at Essa Academy for almost four years and has driven significant school improvement during that time. Essa Academy is now oversubscribed and in the top 20% of schools nationally for pupil progress.



For more news as it happens, remember to follow us on social media @EssaAcademy!





The Month of Ramadan

Written by Riza Patel 10-2



Artwork by Abdul Zaidi (Year 9)

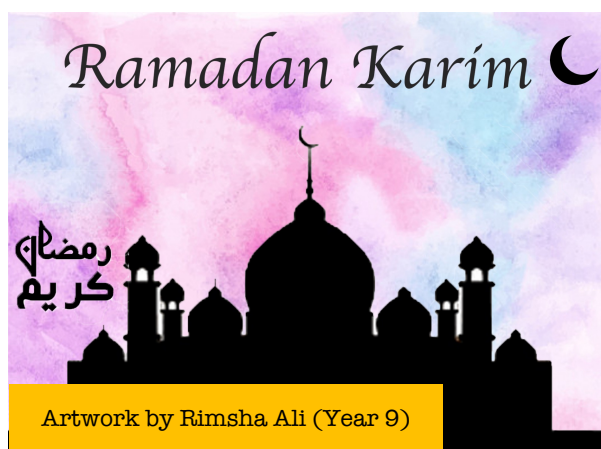
Top tips for students:

1. **Plan** - Plan your timetable as far in advance as possible, so you can schedule organising your relevant coursework, revision, rest, daily exercise, prayer and meals in the most efficient way possible.
2. **Rest** - Ensure you are as well rested as possible. Although fasting can make you feel lethargic, getting as much sleep as possible will help you manage this.
3. **Suhur (pre-dawn meal) choices** - Try to make good food choices when eating a suhur (pre-dawn meal). Eat slow energy release food such as grains, oats, beans, and protein, as well as maximising your fluid intake. Staying hydrated is vital to your health, wellbeing and cognitive performance. If you experience headaches or drowsiness, this could be a sign of dehydration.
4. **Exercise** - Limit physical exertion. Stay indoors or in the shade and limit your physical activity.
5. **Evening meal options** - When it comes to breaking fast, try to eat a balanced meal. Again, planning for this is important. This would be a meal that contains the proper proportions of carbohydrates, fats, proteins, vitamins, minerals and water necessary to maintain good health.
6. **Mental health and wellbeing** - There is a wide and diverse range of opinions as to how to observe Ramadan. Be kind to yourself. Remember to take care of your mental health and wellbeing during this time.

In the first of a series of articles where students share their views about issues important to them, Riza Patel of 10-2 discusses the holy month of Ramadan.

First of all I'd like to say a late Ramadan kareem to everyone celebrating it. It's such a blessed month for Muslims and anyone participating in it. The purpose of fasting is to teach self-discipline and self-control as well as stepping into the shoes of those who are less fortunate by being charitable.

Fasting in school can be so hard, especially in this heat. Teachers are so understanding of this, but students need to understand the reason they are fasting and not make it an excuse to get out of there P.E lessons or writing or participating in class!



Artwork by Rimsha Ali (Year 9)

Do you want to stand on the Student Soapbox? See Mr Sutton to discuss your topic and prepare your article.

The Health Faculty



Despite battling through the current pandemic that we all continue to face, during the Spring term there has been a lot to shout about in the Health Faculty at Essa Academy.

We have seen students take part in a variety of live workouts and cooking competitions during the lockdown period. As students came back to school, the emphasis was on getting active again and reinforcing our love for sport and an active lifestyle. Students participated in sports such as basketball, kick-rounders, football, bench-ball, dodgeball and danish long-ball. We even held a staff vs. student cricket competition!

Some of the Highlights:

Dance: In January, the Year 9 BTEC dancers learned about and took part in a zoom call with professional dancers Natalie Maloney and Bethany-Jayne Dalton. This session gave students an insight into where dance could take them and into the career of a dancer.



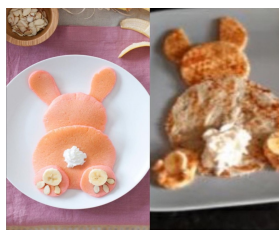
Store Cupboard Challenge

Food: Last term we hosted competitions including the Store Cupboard Challenge, a pancake competition and even the Great Manchester Bake Off!

All students who took part did a superb job. Here are just some of the entries below:



Pancake Challenge



Winning Entry - Malaika Arshad

Last term saw Essa Academy host the Virtual Great Manchester Bake off. Candice Brown (previous Great British Bake Off winner) was selected as a guest judge.

We had entries from students across nineteen schools in Greater Manchester and we are delighted to announce that Raniya Mohammed beat off the competition to become the overall winner for Key Stage 4. Congratulations Raniya!



Raniya Mohammed (Year 10)

Extra-curricular clubs held every Tuesday and Friday after school in the new food kitchen will be based around the Tom Kerridge and Marcus Rashford initiative named Full time: Get Cooking.

We will be preparing and cooking recipes created by the duo, designed to inspire people to make healthy meals on a budget.



@FullTimeMeals



PE: Stakes were high in the highly anticipated Staff vs. Year 11 cricket game. The students made 78 runs in their 16 overs. They got off to a great start. Unfortunately for them however, Mr. Stutchbury high-scored with a magnificent 30 not out and Mr. Lorenzen finished the game off for a staff win.

The students were excellent throughout and we look forward to the rematch towards the summer.




Faculty Focus



The Health Faculty

Extra Curricular clubs are back up and running across the Health faculty. Take a look at the options below and feel free to come along!

<div><h3>Health Faculty Extracurricular Clubs Spring 2021</h3><div>essa Academy</div></div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Year 11 Only</u>	<u>Year 8 Only</u>	<u>Year 9 Only</u>	<u>Year 10 Only</u>	<u>Year 7 Only</u>
Astro Football/Cricket	Kitchen Lets Cook (Mr Atkins) Sports Hall Dodgeball (Miss Lowis) Dance (Miss Kerwin) Back yard Boxing (Mr Farrington) Astro Football (Mr Taylor)	Sports Hall Dodgeball (Mr Lorenzen) Dance (Miss Kerwin) Back yard Basketball (Mr Taylor) Astro Football (Mr Farrington)	Sports Hall Female only Fitness (Miss Lowis) Boxing (Mr Farrington) Back yard Basketball (Mrs Shaw) Astro Football (Mr Lorenzen)	Kitchen Lets Cook (Mr Morris) Sports Hall Dodgeball (Mrs Duckett) Dance (Miss Kerwin) Back yard Cricket (Mr Lorenzen) Astro Football (Mr Farrington)
4 Reward points and Health Reward card signed.				

Students: If you haven't already, please collect a Health extracurricular rewards card. These can be collected from any of the Health staff, so make sure you are asking for them when you have Health lessons.

Students who show consistent participation will be rewarded with **Bronze**, **Silver**, **Gold** and **Platinum** badges as well as gaining access to Health's extracurricular rewards party!

Sports Day 2021

Plans are underway for our unbelievable Sports Day to go ahead for 2021 – this will be a great way for us to come together and celebrate a tough year through healthy competitive sport.

Keep your eyes and ears open for updates, I heard Mr. Morris may even be over his knee injury and competing in the relay for staff.... We'll see!

We can't wait!





Know Your Teacher

Mr Airey

Assistant Principal

In this section we will feature a different teacher every month. In this month's edition, let's get to know our very own Mr Airey!



"I am 50 years old but can't actually believe that I am. I still feel 17 (even though I know I don't look it!)"

I am originally from Stretford in Manchester but moved to Bolton when I was 8. I went to University in Sheffield and had the time of my life.

I like riding my bike but only when it's nice weather. I hate cycling in the rain! I won't tell you what my top speed is... but it's very fast. When I'm cycling I hate it if someone passes me and they don't say hello. When this happens I hunt them down then blast past them saying 'hi!' very loudly!

I have a great group of friends at Essa but the people that make me laugh the most are Mrs Sidebottom and Miss O'Connor. The people that annoy me the most are also Mrs Sidebottom and Miss O'Connor."



Events

Work Experience

Starting in May, some of our Year 10 students will be taking part in work experience based at Essa Academy! These students will be gaining valuable skills through supporting our staff in the essential roles which keep the Academy running, from working on site to in the classroom. Good luck to all involved! For all other Year 10 students, listen out in form time over the next few weeks more for information about work experience.

Lateral Flow Testing at Home

Every Thursday before 4.30pm. Remember to upload your results every week!

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Last week we hosted the auditions for our very own Essa's Got Talent in the new and improved Theatre! We had some superb entries and cannot wait to present the final coming very soon! Watch this space for the date!

Dame Rachel de Souza Visit

This week we will be hosting a visit from the Children's Commissioner, Dame Rachel de Souza DBE! This visit has been organised in correlation with The Big Ask Survey and we are delighted to have been chosen to take part. For more information, check social media and next month's newsletter!

Students, have you completed the survey yet? See Teams for more information!

The
Big Ask

Parents' Evenings

Over the next few months we will begin our parents' evenings for Years 7 - 10. These will take place virtually for the time being (if this changes we will let you know). More information for each year group to follow:

Year 9 - Wednesday 7th May 2021

Year 8 - Thursday 20th May 2021

Year 7 - Thursday 17th June 2021

Year 10 - Thursday 8th July 2021

Year 11 Prom

The Year 11 Prom will take place on Thursday 24th June! We cannot wait. Year 11, speak to your form tutor for more information!

Check next month for more!

Thank you for reading