



PERSONAL DEVELOPMENT NEWSLETTER

ALL SAINTS
ACADEMY

Issue 2—January 2024

Second 'Feeling Safe Day'

Following on from the success of our last 'Feeling Safe Day' in September 2023 where we focused on physical safety, students took part in another safety day on Thursday 11th January which focused on their mental health. Throughout the day, students participated in lessons on road safety, self-regulation and reflected on how the language they use can make others feel. Students also took part in a workshop on 'Prevent' where they learned about the Government's anti-terrorism strategy, discussing different types of extremist groups, radicalisation and how to help themselves and others make the correct choices. In the afternoon, students participated in mindfulness sessions to teach them techniques they can adopt to combat stress and anxiety. Students very much enjoyed these sessions which included baking, singing, meditation, football, netball and balloon modelling.

Importantly, students were given the opportunity to have a one-to-one conversation with their tutor and discuss how they feel in school in terms of their safety. At the end of the day, students took part in a short survey so we can gauge what they have learned and ensure any issues are addressed in our next safety day in the Summer term.

Caroline Doolan

Deputy Principal – Personal Development

Electives 2023/2024 HT3 Update

We continue to offer an extensive electives programme during the Spring term at All Saints Academy which provide our students with a wide range of opportunities to access enrichment activities that they may wish to attend to further develop existing skills, or because they wish to try out something new! Either way, we welcome our students to attend as many electives as they wish. The elective activities that are available this half term as follows:

Colouring mindfulness	Special effects make up	Chess Club
Reading Club	Sewing	Outdoor Gym
Crochet	Jewellery Making	Computer Aided Design
Board Games	Personal Statements	Learn to play Recorder
Reading Clubs	Pom Pom Making	Book Club
Keyboard Club	Art Club	How do we save the planet?
Doodling		

Andrew Minns

Assistant Principal—Personal Development—Upper School

SEND

Our SEND coffee morning will take place on Thursday 18th January at 8:30 am. Please come and join us so that we can discuss any concerns and share our successes in supporting all students with SEND.

Please email any questions to vhoffman-gibbs@asadunstable.org.

Vinette Hoffman Gibbs

Assistant Principal—Personal Development—SENDCo and Preparation for Work

