

OASIS ACADEMY ARENA

NEWSLETTER



A MESSAGE FROM OUR PRINCIPAL

Dear parents and carers,

I hope that everyone had a good Easter break. We have all had a very busy term and I have been so proud to see the developments of our school and how well our children are doing.

This term we had some amazing events. The visit from the Jacksonville Jaguars, NFL player Ayo Oyelola who ran a workshop for our students. It was so lovely to see the students learning and enjoying a new sport in school. I hope that this will lead to more students taking part in the extra-curricular activities which take place each week.

A group of students who have improved their attendance were taken on a visit to see The Lion King which I know they very much enjoyed. We all know the importance of good attendance at school, and we very much want to reward those who improve—a huge thank you to Mr Bayliss and Ms Matsouka for attending this trip.

Students also took part in “National Careers Week” where they had opportunities to find out more about their careers and learn how each of their subjects can be used in their futures. We very much want to provide opportunities for our students to find out about their futures.

We know that GCSE examinations are now just around the corner. The Easter holidays are a busy time for our Year 11 students (and their teachers) who are in school, continuing to take revision sessions each day. I know how hard they are all working and we know that they will continue to do their best to achieve great results in the forthcoming exams.

We held our termly “Motive” at the end of the Spring term to celebrate the achievements of our students. We reward our students for being “Ambitious, Kind and Professional”. Those students who achieved more than 150 points in the term. It was great to see our students dancing, singing and enjoying themselves and enjoying the wonderful food on offer.

I look forward to seeing you all in the coming weeks. Please do not hesitate to contact your child’s head of year at any time.

Mr Raymond
Principal

KEY DATES

Spring Term

Friday 31st March 2023 - Last day of Spring Term 2

Easter Holiday: Monday 3rd April to Friday 14th April 2023

Summer Term 1

Monday 17th April First day of Summer Term 1 - 8.30am start time

Monday 1st May 2023 -
May Day Bank Holiday: Academy Closed

Monday 8th May 2023 -
King Charles III Coronation Bank Holiday:
Academy Closed

Sunday 21st May - World Day for Cultural Diversity

Friday 26th May 2023 - Last day of Summer Term 1 - 3.00 pm finish time

Summer Half Term: Monday 29th May to Friday 2nd June 2023

June 2023 - Pride Month

Summer Term 2

Monday 5th June - First day of Summer Term 2

19th - 25th June - Refugee Week

Friday 23rd June - Oasis Trust Inset Day -
Academy Closed to students

Tuesday 18th July - Nelson Mandela Day

Friday 21st July 2023 - Last day of Summer Term 2

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 [Oasis Academy Arena](#)

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YEAR 7

Our Year 7 students have been particularly enthusiastic in their studies, exploring a range of topics such as Dance in P.E. and Beowulf in English. To reward their hard work, an "end-of-term motive" was arranged where they had a blast playing games, listening to music, and enjoying great food. We are also proud to mention that some of our students with perfect attendance were able to attend the Lion King in London and try out American Football with an NFL player, Ayo Oyelola, from Jacksonville Jaguars.

Mr Sutherland
Head of Year 7

YEAR 9

Spring Term 2 our Year 9 students had a fantastic Careers trip to Moody's in Canary Wharf on Wednesday, March 29th. The students were engaged and enthusiastic throughout the day, and their excellent behaviour demonstrated their professionalism, ambition, and kindness. We are proud to announce that three students received electronic notepads for answering a particularly challenging question, showcasing their high levels of energy and enthusiasm. Overall, it was a successful trip that provided valuable insights into the world of finance and business for our students.

Ms Evans
Head of Year 9

YEAR 11

As ever, I continue to be impressed by the continued hard work and resilience shown by our students and thank you for all of your support as parents and carers. We can only succeed when the school and parents work together, and an excellent example of this was demonstrated at our parents' evenings and face-to-face & phone call communication exchanges, which have all been very productive for the future success of our students, and your children.

We continue to push our work on character to support our students in becoming the very best versions of themselves. Part of this has involved tightening up our processes around bullying so that students who engage in repeated instances of bullying attend a series of meetings to help change their behaviour. A similar model is also done around respect - fortunately, although this applies to very few of our students, those students who show repeated defiance will be expected to attend 'respect workshops'. I am very grateful to our incredible pastoral teams who are working so hard to introduce these interventions to help students to make the right choices.

Moving onto academic matters, we are now just weeks away from the all-important exams for Year 11, and students have worked hard on their mock exams, and should now be putting in the final effort to revise before the Summer term. Families should have received the GCSE examinations timetable and more information on some of our support, for students sitting exams.

A selected few students were invited to their Motive Party, organised by Mr Litchmore and Miss Dodd, to celebrate excellence at OA Arena: Professional, Ambitious and Kind. It was amazing seeing our students dancing, singing, enjoying amazing food...in a few words, spending a fantastic moment of relaxation on the school premises.

Mr Carnoy
Head of Year 11 and French Teacher

ACADEMY UPDATES

YEAR 11 GEOGRAPHY TRIP

Our Year 11 Geography students recently participated in an exciting urban fieldwork trip to central Croydon, where they collected valuable data on the changes that have taken place in the area. They examined past images of Croydon and analyzed the differences with the present day. They also surveyed people's perceptions of the area and gathered some excellent fieldwork data. This hands-on learning experience provided a unique opportunity for our students to apply their knowledge and skills to real-world scenarios, preparing them for future academic and career pursuits.

Ms Polyviou
Assistant Principal



EQUALITY AND DIVERSITY AT ARENA

The Oasis Academy Arena equality and diversity group (EDI) with students from the student council took part in a storytelling workshop with Jack Swan from Citizens UK. This was in preparation for a Croydon Youth listening event that was held at Woodside Baptist Church. Here, some of the students took part and shared their concerns about safety in the borough. They also met the Mayor of Croydon, who attended the event and had some pictures taken.

Our Equality and Diversity group planned, prepared and delivered assemblies to all year groups. The theme was LGBT history month and although nervous, they did an awesome job of raising awareness of the LGBT community and their history to the whole school community.

Ms Polyviou
Assistant Principal

ACADEMY UPDATES

ARENA LIBRARY

During Spring Term 2, we organised a fun World Book Day scavenger hunt for our students. We are also encouraging our KS3 students to participate in the 'Martha Mills Young Writers Prize' writing competition for 11 to 14-year-olds. For more information about the competition, [click here](#).

Additionally, our Chess Club has been in full swing, and we are excited to announce that the final will be held in the second week of Summer Term 1, with a trophy for the winner and prizes for runners-up.

Mr. Shannon
Librarian



S.E.N.D CLUBS AND PROVISIONS

Reading Plus Awards

This term our students on the Reading Plus program have shown great commitment to their reading and have made good progress since starting the program. Staff at Oasis Academy Arena appreciate the efforts of parents/carers who have encouraged our students to complete Reading Plus assignments at home. This consistent support from both teachers and parents/carers helps us to ensure our students are engaging with comprehension, developing their skills and developing their love for reading. We are proud of the positive attitude our students bring to each Reading Plus session and look forward to seeing the same enthusiasm next term.



KS3 Spring Term Winners

This term, our KS3 winners for most books read above 80% are:

Year 7

1st – Nathan Beard
2nd – Scarlet Habgood
3rd – Davian Roye

Year 8

1st – Lisandro Camara Bomba
2nd – Harry Holder
3rd – Kacey Harvey

Year 9

1st – Hollie Holt
2nd – Courtney Kelly-Killick
3rd – Mohamed Bahar

A big congratulations to our winners, who were awarded a certificate in addition to either a gift voucher, or VIP entry to our termly 'motive' or doughnuts.

Ms. Myers

Teaching Assistant and Reading Plus Lead

YEAR 11 GCSE EXAMS: Exam Pressure

Some of our SEND students can feel high levels of anxiety when doing exams and this anxiety can be further heightened when faced with the daunting prospect of doing public exams, such as their GCSEs. We support our SEND students as best as possible by ensuring that they have all the access arrangements that they are entitled to such as a reader, scribe, prompt, extra time or in some cases a 'quiet room' if they meet the specific testing requirements criteria for this.



What can parents do to support their children?

Here are a few tips for how you can support a young person with exam stress:

- Remind them that it is normal to feel some level of stress during exam time
- Notice and help them to notice and name how they are feeling. This will enable them to realise when they are becoming too stressed and put things in place to reduce stress
- Be available to talk if they need it
- Support them to use revision tips shared by the school and to reach out for help with particular subjects if they need it
- Try not to put extra pressure on them to achieve: praise them for the effort they are putting in rather than focusing just on the results
- Try to remain calm, especially if the young person presents with behaviour that feels difficult to cope with, and model good emotional regulation yourself (easier said than done!)
- Be kind to yourself, and make sure you have time for some self-care

S.E.N.D CLUBS AND PROVISIONS

Some things that can help ease the pressure:

- Support your child to have a good routine, including healthy food, keeping hydrated, getting some fresh air and exercise, and having enough sleep
- Help them to create a manageable revision schedule, including regular breaks and time to wind down before bedtime
- Help them to find a good balance between studying and doing things they find enjoyable and relaxing. You could even plan to do something together

Here are 2 relaxation strategies:

1. Controlled or calm breathing

When we get anxious and the fight/flight/freeze response is triggered our breathing often becomes very fast and shallow. Learning how to slow our breathing down and ensure that we use all of our lung capacity can be a really helpful way of calming down and reducing feelings of general anxiety and stress. It's really important initially to practice this skill when you are in a calm and quiet place. Once you have practised it a lot and feel confident, it is then much easier to use to help you calm down at times when you are anxious or stressed.

Find somewhere comfortable to sit or lie down.

1. Put one hand on your chest and one hand on your stomach.
2. Take a deep breath in slowly through your nose for 7 seconds; both your hands should rise gently as you breathe.
3. Hold your breath for 2 seconds.
4. Release the breath slowly for 11 seconds.
5. Repeat

2. Progressive Muscle Relaxation

This technique can help you recognise how different your body feels when you are tense and when you are relaxed. Learning to relax your muscles when thinking of a keyword, such as relax, can help at times when you feel stressed and anxious. Tense each muscle in the series below for 5 seconds and then release the tension whilst thinking of the word "relax". Notice how different it feels when you relax the muscles.

- Hands - clench your left fist and then relax, do the same with your right.
- Arms - bend your elbows and tense your arm and bicep and then relax.
- Neck - press your head back and roll it from side to side slowly. Feel the tension moving and then bring your head back into a comfortable position.
- Face - focus on the jaw and forehead. Lower your eyebrows into a frown and then raise them. After 5 seconds relax them and clench your jaw for 5 seconds and then relax.
- Chest - take a deep breath and notice your chest rising. Hold it for 5 seconds and relax.
- Stomach - tense your stomach as tight as you can and then relax.
- Legs - straighten your legs and stretch out as far as possible. Bend your feet up towards your face. After 5 seconds of tensing, wiggle your toes and relax.

The most important point to remind your child is that being nervous about doing well in their GCSE exams is perfectly natural and the good news is that it will all be over by the end of June!

We wish all our students well.

Ms. Manderson
SEND Manager

Here are links for more support tips:

1. [YoungMinds Parents Lounge: Exam Stress - Roundup](#)
2. [The Physiological Society: Conquering exam stress: lessons from our bodies](#)
3. [Childline: Exam stress and pressure](#)
4. [YoungMinds: Exam Time & Exam Stress](#)
5. [Family Lives: Exam stress](#)
6. [BBC Bitesize: Exam stress - How can parents help?](#)

ACADEMY UPDATES

LIVES NOT KNIVES CHARITY IN COLLABORATION WITH NFL PLAYER, AYO OYELOLA (JACKSONVILLE JAGUARS) VISIT

View the whole gallery from the visit [here](#)

Photo credit: Paul Bogle



ASHBURTON COMMUNITY HUB

A warm and welcoming cafe has been created with the intention of providing people with a free place to socialize and connect with others at Oasis Academy Shirley Park Secondary School and Sixth Form. The cafe will offer refreshments and a range of activities for visitors, along with complimentary Wi-Fi access.

The warm space will be open on **weekdays** (apart from Wednesdays) from **5.30 pm to 8.30 pm**.

Address: Oasis Academy Shirley Park, Shirley Road, Croydon, CR9 7AL

Oasis Hub Ashburton Park

Free snacks

Monopoly

Draughts

Boggle

Top Trumps

Wi-Fi

WARM SPACE
We are open and the heating's on

Mondays,
Tuesdays,
Thursdays,
& Fridays.

5:30 pm to 8:30 pm

Oasis Academy
Shirley Park,
Shirley Road,
Croydon