



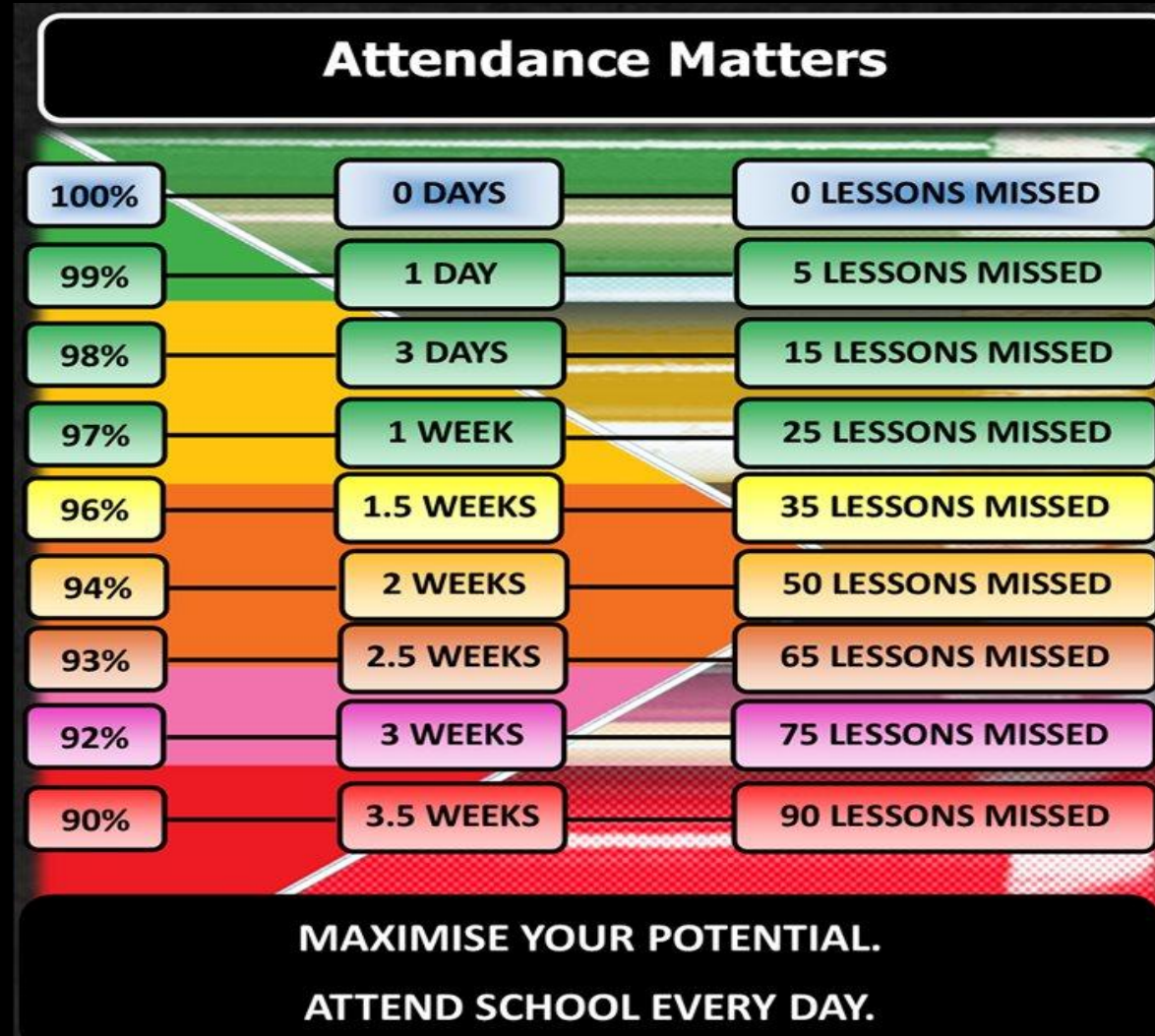
Whole School – 94.47%	
Year Group	Attendance
7	97.82
8	95.15
9	94.77
10	92.11
11	91.62



Year 10		92.11%
Team	Attendance %	Rank
AMC	90.40	5
CBR	98.29	1
GAU	89.82	6
IPA	96.83	2
LDE	93.28	4
SJO	94.80	3

General Expectations

✓ Attendance matters



Remember the impact that a low attendance figure has on College applications and life chances!



YEAR 10 SEMINAR WEEK STARTING 22ND SEPTEMBER 2025



HOLIDAY INSET Y6 TRANSITION

2025					2026						
August	September	October	November	December	January	February	March	April	May	June	July
1 Fr	1 Mo ³⁶	1 We	1 Sa	1 Mo ⁴⁹	1 Th ^{New Year's Day}	1 Su	1 Su	1 We	1 Fr	1 Mo ²³	1 We
2 Sa	2 Tu	2 Th	2 Su	2 Tu	2 Fr	2 Mo ⁶	2 Mo ¹⁰	2 Th	2 Sa	2 Tu	2 Th
3 Su	3 We	3 Fr	3 Mo ⁴⁵	3 We	3 Sa	3 Tu	3 Tu	3 Fr ^{Good Friday}	3 Su	3 We	3 Fr
4 Mo ³²	4 Th	4 Sa	4 Tu	4 Th	4 Su	4 We	4 We	4 Sa	4 Mo ^{Early May Bk. Hol. 19}	4 Th	4 Sa
5 Tu	5 Fr	5 Su	5 We	5 Fr	5 Mo ²	5 Th	5 Th	5 Su	5 Tu	5 Fr	5 Su
6 We	6 Sa	6 Mo ⁴¹	6 Th	6 Sa	6 Tu	6 Fr	6 Fr	6 Mo ^{Easter Monday 5}	6 We	6 Sa	6 Mo ²⁸
7 Th	7 Su	7 Tu	7 Fr	7 Su	7 We	7 Sa	7 Sa	7 Tu	7 Th	7 Su	7 Tu
8 Fr	8 Mo ³⁷	8 We	8 Sa	8 Mo ⁵⁰	8 Th	8 Su	8 Su	8 We	8 Fr	8 Mo ²⁴	8 We
9 Sa	9 Tu	9 Th	9 Su	9 Tu	9 Fr	9 Mo ⁷	9 Mo ¹¹	9 Th	9 Sa	9 Tu	9 Th
10 Su	10 We	10 Fr	10 Mo ⁴⁶	10 We	10 Sa	10 Tu	10 Tu	10 Fr	10 Su	10 We	10 Fr
11 Mo ³³	11 Th	11 Sa	11 Tu	11 Th	11 Su	11 We	11 We	11 Sa	11 Mo ²⁰	11 Th	11 Sa
12 Tu	12 Fr	12 Su	12 We	12 Fr	12 Mo ³	12 Th	12 Th	12 Su	12 Tu	12 Fr	12 Su
13 We	13 Sa	13 Mo ⁴²	13 Th	13 Sa	13 Tu	13 Fr	13 Fr	13 Mo ¹⁶	13 We	13 Sa	13 Mo ²⁹
14 Th	14 Su	14 Tu	14 Fr	14 Su	14 We	14 Sa	14 Sa	14 Tu	14 Th	14 Su	14 Tu
15 Fr	15 Mo ³⁸	15 We	15 Sa	15 Mo ⁵¹	15 Th	15 Su	15 Su	15 We	15 Fr	15 Mo ²⁵	15 We
16 Sa	16 Tu	16 Th	16 Su	16 Tu	16 Fr	16 Mo ⁸	16 Mo ¹²	16 Th	16 Sa	16 Tu	16 Th
17 Su	17 We	17 Fr	17 Mo ⁴⁷	17 We	17 Sa	17 Tu	17 Tu	17 Fr	17 Su	17 We	17 Fr
18 Mo ³⁴	18 Th	18 Sa	18 Tu	18 Th	18 Su	18 We	18 We	18 Sa	18 Mo ²¹	18 Th	18 Sa
19 Tu	19 Fr	19 Su	19 We	19 Fr	19 Mo ⁴	19 Th	19 Th	19 Su	19 Tu	19 Fr	19 Su
20 We	20 Sa	20 Mo ⁴³	20 Th	20 Sa	20 Tu	20 Fr	20 Fr	20 Mo ¹⁷	20 We	20 Sa	20 Mo ³⁰
21 Th	21 Su	21 Tu	21 Fr	21 Su	21 We	21 Sa	21 Sa	21 Tu	21 Th	21 Su	21 Tu
22 Fr	22 Mo ³⁹	22 We	22 Sa	22 Mo ⁵²	22 Th	22 Su	22 Su	22 We	22 Fr	22 Mo ²⁶	22 We
23 Sa	23 Tu	23 Th	23 Su	23 Tu	23 Fr	23 Mo ⁹	23 Mo ¹³	23 Th	23 Sa	23 Tu	23 Th
24 Su	24 We	24 Fr	24 Mo ⁴⁸	24 We	24 Sa	24 Tu	24 Tu	24 Fr	24 Su	24 We	24 Fr
25 Mo ^{August Bk. Hol. 3}	25 Th	25 Su	25 Tu	25 Th	25 Su ^{Christmas Day}	25 We	25 We	25 Sa	25 Mo ^{Spring Bk. Hol. 22}	25 Th	25 Sa
26 Tu	26 Fr	26 Su	26 We	26 Fr	26 Mo ⁵	26 Th	26 Th	26 Su	26 Tu	26 Fr	26 Su
27 We	27 Sa	27 Mo ⁴⁴	27 Th	27 Sa	27 Tu	27 Fr	27 Fr	27 Mo ¹⁸	27 We	27 Sa	27 Mo ³¹
28 Th	28 Su	28 Tu	28 Fr	28 Su	28 We	28 Sa	28 Sa	28 Tu	28 Th	28 Su	28 Tu
29 Fr	29 Mo ⁴⁰	29 We	29 Sa	29 Mo ¹	29 Th		29 Su	29 We	29 Fr	29 Mo ²⁷	29 We
30 Sa	30 Tu	30 Th	30 Su	30 Tu	30 Fr		30 Mo ¹⁴	30 Th	30 Sa	30 Tu	30 Th
31 Su		31 Fr		31 We	31 Sa		31 Tu		31 Su		31 Fr



5 WEEKS
UNTIL 1 WEEK HT
BREAK

5 WEEKS
UNTIL Y11 MOCK 3
5TH NOV

17 WEEKS
UNTIL Y10 GCSE
MOCKS
9TH FEB

26 WEEKS
UNTIL GCSE EXAMS
START
5TH MAY

36 WEEKS
UNTIL THE END OF
SCHOOL YEAR

ORGANISATION: Yr 10 WEEKLY ENRICHMENT



Monday

Whole-School Seminar
Sports Hall



Tuesday

Mastery Mindset/Contextualised Reading
LRC



Wednesday

RSHE
Team Rooms



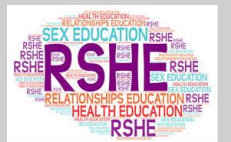
Thursday

Careers
Team Rooms



Friday

RSHE/Careers
LRC



COMMUNICATION: SPECIFIC



✓ Please make sure you know your exam board qualifications.

✓ GCSE Mock 1 – W/C 9th February

✓ Mock results & Parents Evening - 26th February

✓ WORK EXPERIENCE – **W/C 08.06.26-12.06.26**

✓ GCSE Mock 2 – 18th June till 1st July

✓ End of Year Reports Home – 16th July

✓ **WORK EXPERIENCE DEADLINE for
inputting employer choice:
05.12.25**

QUALIFICATIONS	
<ul style="list-style-type: none">• ENGLISH LANGUAGE - AQA• ENGLISH LITERATURE – AQA• FUNCTIONAL SKILLS ENGLISH LEVEL 2 - AQA• STEP UP TO ENGLISH - AQA	
<ul style="list-style-type: none">• MATHS (HIGHER) - AQA• MATHS (FOUNDATION) - AQA• ENTRY LEVEL MATHS - AQA	
<ul style="list-style-type: none">• BIOLOGY - AQA• CHEMISTRY - AQA• PHYSICS - AQA• COMBINED SCIENCE TRILOGY - AQA• ENTRY LEVEL SCIENCE - AQA	
<ul style="list-style-type: none">• GERMAN - PEARSON EDEXCEL• FRENCH - PEARSON EDEXCEL• ARABIC - PEARSON EDEXCEL• HISTORY - PEARSON EDEXCEL• ITALIAN - AQA• PERSIAN - PEARSON EDEXCEL• SPANISH - AQA	
<ul style="list-style-type: none">• GEOGRAPHY – AQA• RELIGIOUS STUDIES – AQA• HISTORY - AQA• ENTRY LEVEL GEOGRAPHY – OCR• ENTRY LEVEL HISTORY - OCR	
<ul style="list-style-type: none">• BUSINESS & ENTERPRISE – NCFE• COMPUTING (DIT) - PEARSON EDEXCEL• TRAVEL & TOURISM - PEARSON EDEXCEL• MEDIA - PEARSON EDEXCEL	
<ul style="list-style-type: none">• HEALTH & FITNESS – NCFE• PERFORMING ARTS – WJEC• HEALTH & SOCIAL CARE - OCR	
<ul style="list-style-type: none">• ART & DESIGN (ART, CRAFT & DESIGN) - AQA• ART & DESIGN (PHOTOGRAPHY) - AQA• MUSIC - PEARSON EDEXCEL• FOOD & COOKERY – NCFE• PHOTOGRAPHY - AQA	



NOTICES

- ✓ **Open Evening on Tuesday 23rd of September 4-6pm. If you are a prefect, please hand in your parent slips to Mrs Stokes ASAP.**
- ✓ NYBEP Work Experience emails/padlet/apply!

1) The Great Newsome Bake off.

2) Languages Treasure Hunt

3)What can Languages do for me?

[illegible]

EXCEPTIONAL



**THE
SPECIAL 6**
STEPS TO EXCEPTIONAL

- ✓ **ATTENDANCE**
- ✓ **ATTITUDE TO LEARNING**
- ✓ **CONDUCT**
- ✓ **REWARDS**
- ✓ **EXTRA-CURRICULAR**
- ✓ **HEALTH**



Fundamental British Values
underpin what it is to be a
citizen in a modern and
diverse Great Britain valuing
our community and
celebrating diversity of the
UK. These 5 values are:
**Democracy, Rule of Law,
Mutual Respect, Tolerance,
Individual Liberty.**



**Newsome
Academy**



**Which FBV does the theme
of 'drugs, smoking &
vaping' link with?**



Fundamental British Values underpin what it is to be a citizen in a modern and diverse Great Britain valuing our community and celebrating diversity of the UK. These 5 values are:
Democracy, Rule of Law, Individual Liberty, Mutual Respect and Tolerance.

1. Democracy

- 'Rule by the people'
- Making decisions together (voting)
- The right to voice your opinion

5. Tolerance

- Respecting different faiths and cultures
- Understanding that we don't all share the same beliefs and values and not imposing ours on others



2. Rule of Law

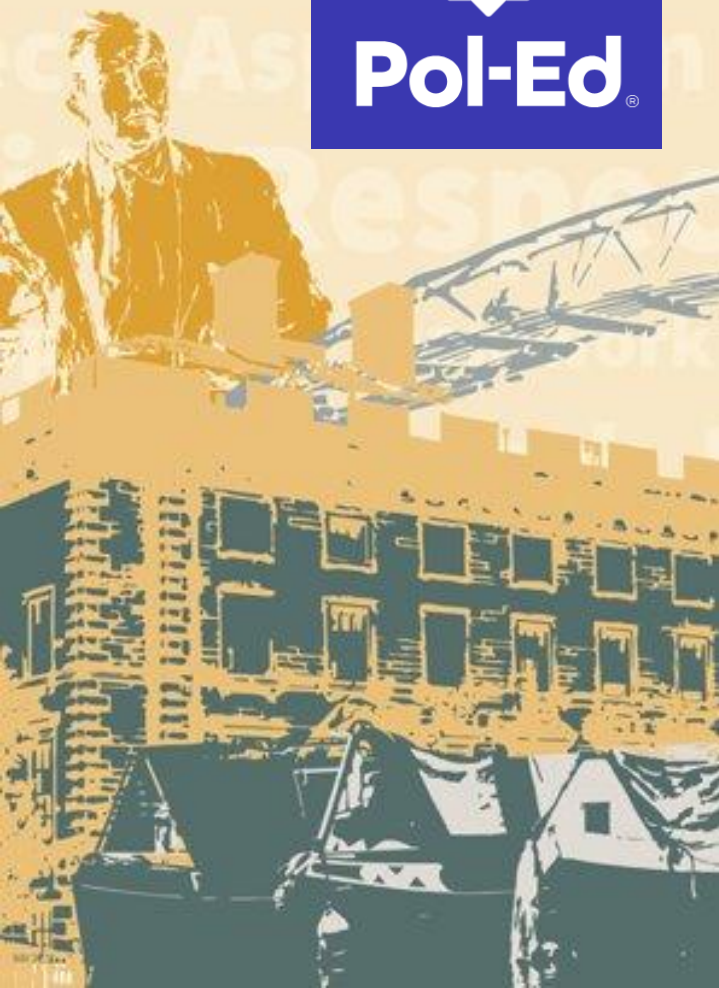
- Understand and obey the rules set by the government to develop order

4. Mutual Respect

- To treat people politely and thoughtfully, to show we value them
- Seeing things from someone else's viewpoint

3. Individual Liberty

- The right to believe, act and express oneself freely
- The right to freedom of speech
- The right to vote



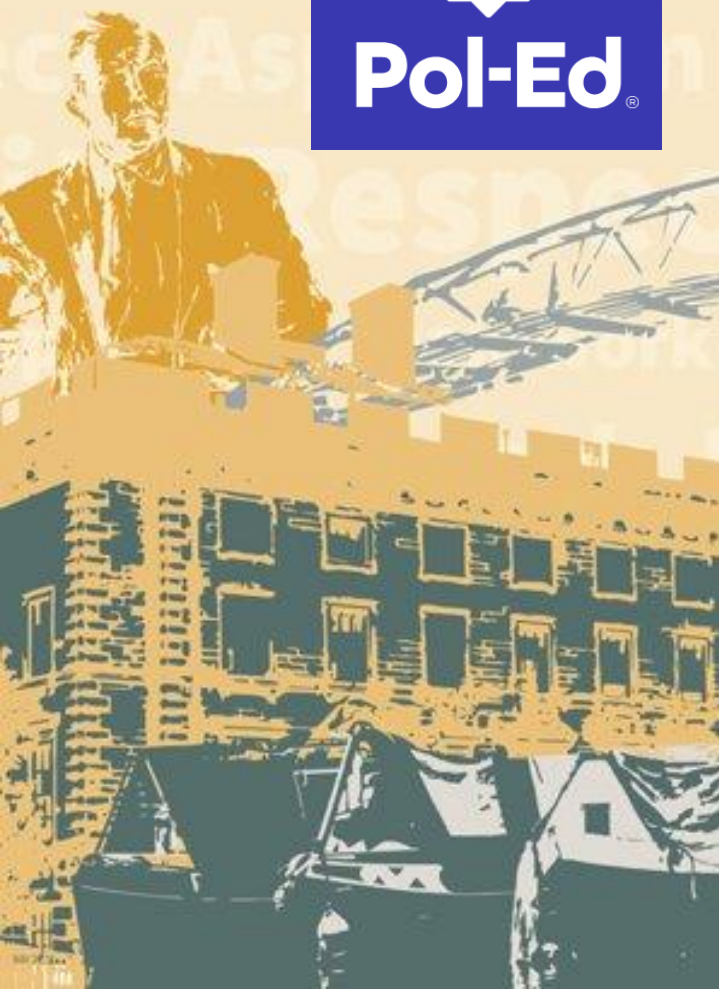
Newsome
Academy

**Do
now!**

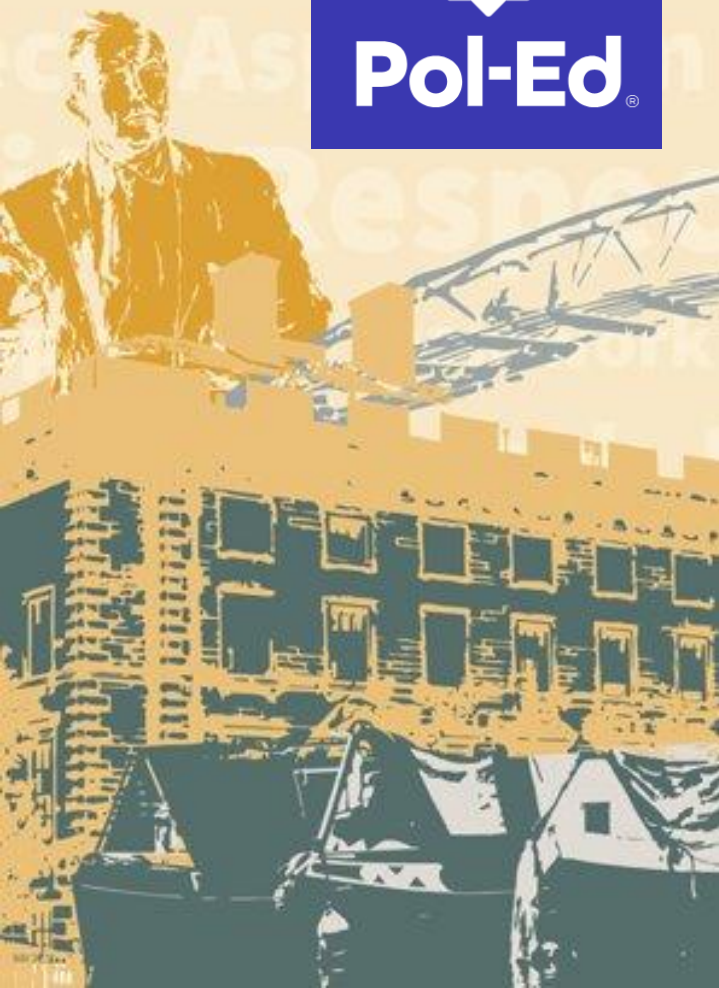
What are drugs? Write a definition.

A drug is a substance that changes
the way a person thinks, acts or feels.





**How safe are
legal drugs?**



Talk about it...

Caffeine

Non-
prescription
medicine

Nicotine

Alcohol

Prescription
medicine



Discuss:

These are all legal
drugs.

Can you think of
specific examples
for each?

How/why are they
used?



Learn about it...

Alcohol is found in drinks such as beer and wine. It can make people feel relaxed, confident and happy and is therefore often used socially at parties or during mealtimes. You must be 18 to buy alcohol.



Nicotine is found in cigarettes and vapes (as well as nicotine products to support smoking cessation). It can make people feel more alert or more relaxed. You must be 18 to buy nicotine products.

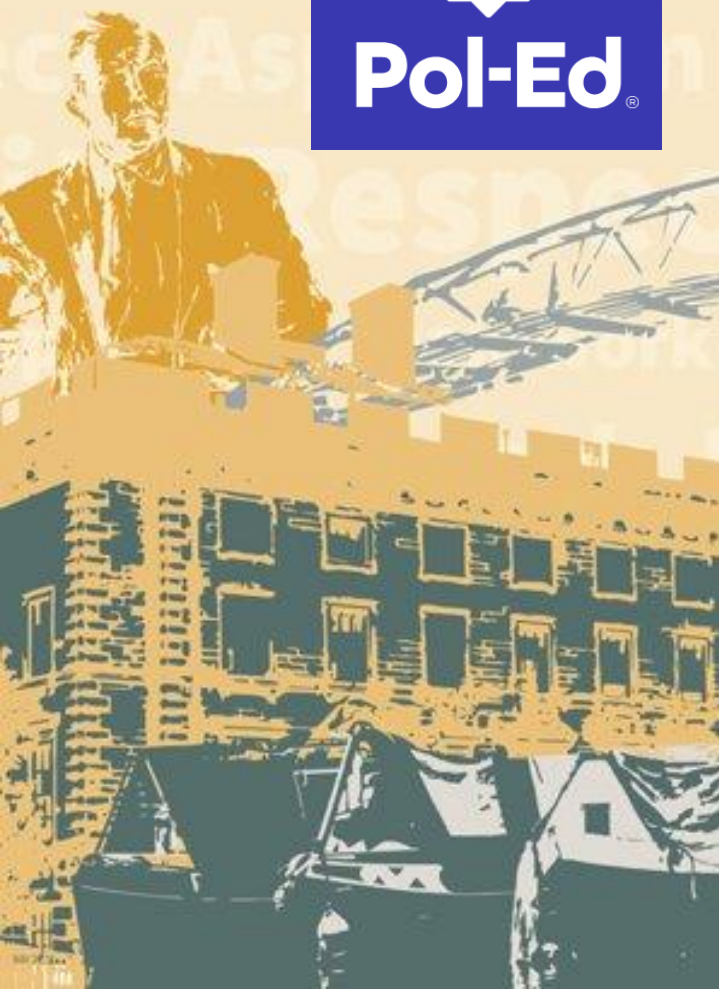


Caffeine is a stimulant found in coffee, tea, energy drinks, and some confectionary products. It can make people feel more awake and focused.



Medicines are drugs used to treat or prevent illness or pain. They can be bought over the counter or prescribed by a doctor, depending on their strength and purpose.

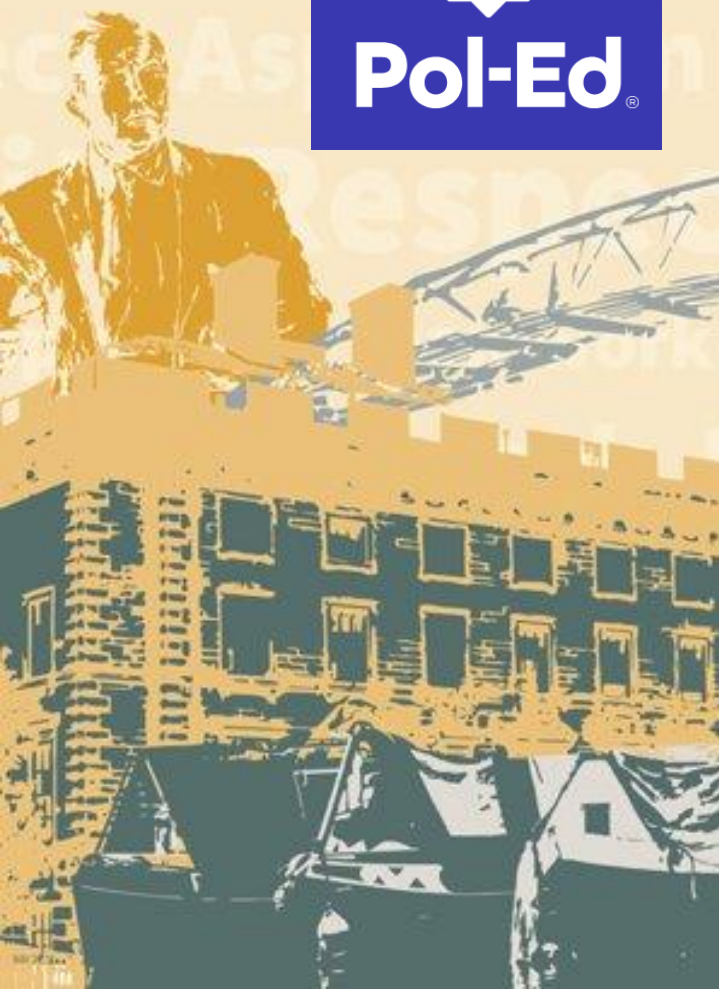




Newsome
Academy

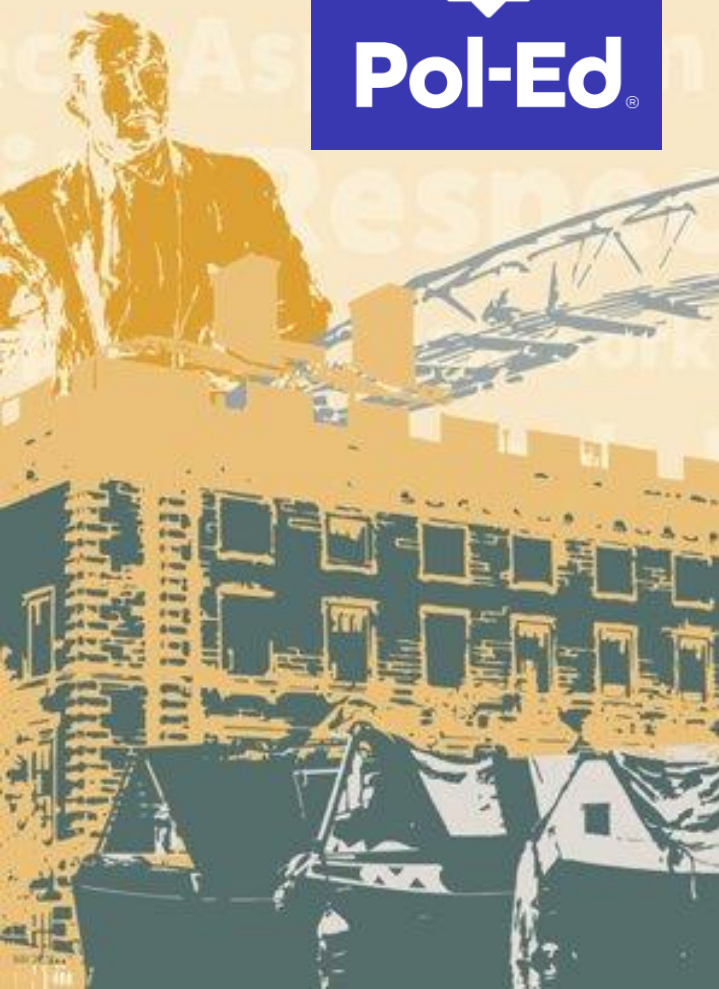
Alcohol carries many risks including physical, social and legal risks. Drinking too much alcohol can cause people to feel dizzy and sick, in severe cases it can cause alcohol poisoning which can be fatal. Alcohol also lowers people's inhibitions which can make them more likely to engage in risky behaviours that could be dangerous or illegal. Alcohol can impact how people act, which may cause relationship problems.

Does anyone want to change their score?



Nicotine is highly addictive. If people smoke cigarettes to receive nicotine, they are exposing themselves to a wide range of toxic chemicals. Whilst vapes do not contain the same toxic chemicals, they can still cause an addiction to a substance and might not be completely risk free.

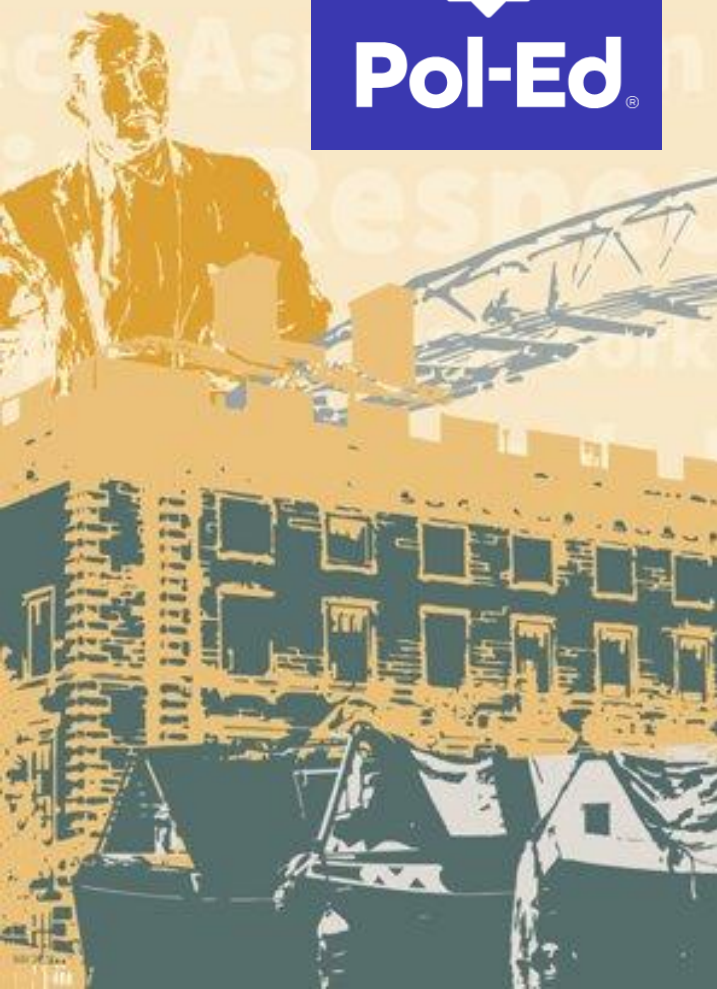
Does anyone want to change their score?



Newsome
Academy

**Can alcohol and
nicotine be used
safely?**





Learn about it...

People have different opinions about the safety of nicotine and alcohol.

People must be 18 to buy alcohol or nicotine products. Some people think this helps with safer consumption as users are more mature and can make informed decisions.

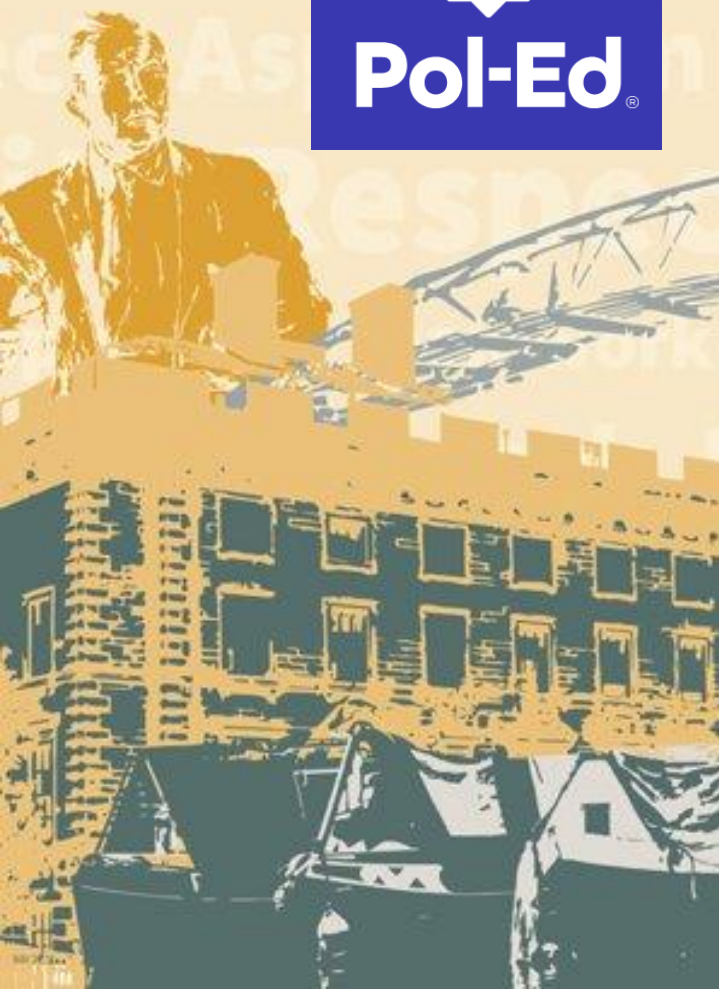
Nicotine is highly addictive, so the safest bet is not to start. The NHS state that nicotine alone is much less harmful than toxins found in tobacco.

For established smokers, switching to vapes is safer than continuing with tobacco. But vaping isn't risk free, so it's safest not to use either.

There are guidelines (for adults) which provide recommended maximum weekly amounts of alcohol to consume to ensure an unhealthy amount isn't being drunk.

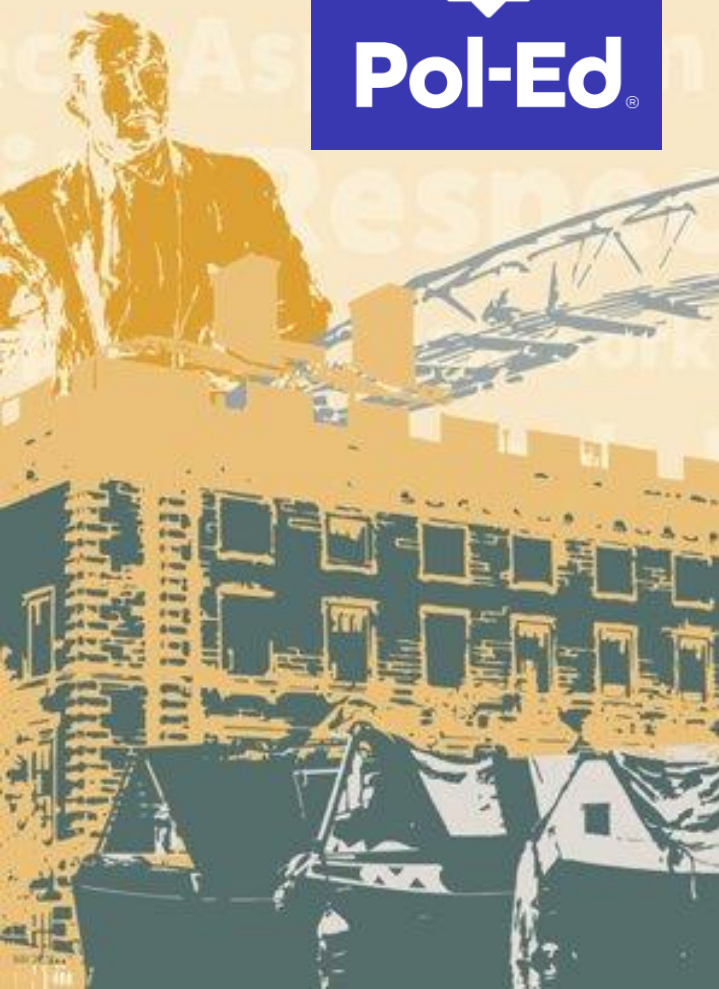
Most risks with alcohol occur if people get drunk and become ill or make risky decisions or if they regularly exceed the recommended amounts, causing physical issues such as liver disease.

Alcohol and nicotine should not be consumed until adulthood. At this point, individuals should make informed decisions about the potential impact to their health and well-being.



**Can caffeine be
used safely?**





Learn about it...



On the one hand, **some people think too much caffeine can cause heart palpitations, disrupted sleep and anxiety. They think it could cause hyperactivity and make concentration difficult, so therefore should not be viewed as safe.**



On the other hand, **some people think caffeine is fine in moderation and can even be of benefit to some people who might need an energy boost. They feel caffeine can be used safely if the user is aware of their caffeine sensitivity.**



Newsome Academy



SMOKING - is the leading cause of preventable deaths and illness in the UK; around 80,000 deaths each year are linked to smoking. A cigarette contains around 4,800 different chemicals and 69 of these chemicals are known to cause cancer.

ALCOHOL - The government guidelines around alcohol recommend a weekly limit of 14 units – if a person regularly drinks more than 14 units of alcohol a week, they risk damaging their health. 14 units equates to around 6 pints of average-strength beer or 10 small glasses of wine.

DRUGS - Any substance that affects our body or mind is classed as a drug. Medicines such as painkillers and antibiotics are drugs – they are considered to be safe to use, but they can still be harmful if you take too many or use them incorrectly. Some medicinal drugs are very strong and people can easily become addicted to them.

Social drugs are also legal, but their use should be controlled/limited in order to avoid health problems. Examples nicotine (found in cigarettes), alcohol and caffeine (found in tea, coffee and energy drinks).

Illegal drugs – it is against the law to own, sell and use these drugs and they are considered to be highly damaging to your health. You will learn about these in your RSHE session tomorrow in teams.

TODAY, we are going to focus on ...

VAPING - An electronic cigarette or vape is a device that simulates tobacco smoking. It consists of an atomizer, a power source such as a battery, and a container such as a cartridge or tank filled with liquid. Instead of smoke, the user inhales vapor. As such, using an e-cigarette is often called "vaping".

What are the dangers of vaping?

Besides nicotine, e-cigarettes can contain harmful and potentially harmful ingredients, including:

ultrafine particles that can be inhaled deep into the lungs.

flavorants such as diacetyl, a chemical linked to serious lung disease.

volatile organic compounds.

heavy metals, such as nickel, tin, and lead.



**Newsome
Academy**





**Newsome
Academy**



What does vaping do to your body?

The particles you inhale while vaping can cause inflammation (swelling) and irritation in your lungs. This can lead to lung damage like scarring and narrowing of the tubes that bring air in and out of your lungs. Researchers don't yet know all the effects vaping can have on your body.

Which is worse cigarette smoking or vaping?

Some experts consider vaping less harmful than smoking, but there's still a lot to learn about its long-term effects. Vaping still poses many of the same risks that smoking does. The risk comparison of e-cigarettes and vaping devices has been a topic of debate among health experts for years.

What are the scary facts about vaping?

Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s. E-cigarettes can contain other harmful substances besides nicotine. Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.





**Newsome
Academy**

Myth 1: Vaping is just as harmful as smoking

Fact

Nicotine vaping is not risk-free, but it is less harmful than smoking.

In 2022, UK experts reviewed the international evidence and found that "in the short and medium-term, vaping poses a small fraction of the risks of smoking".

Cigarettes release thousands of different chemicals when they burn – many are poisonous and up to 70 cause cancer. Most of the harmful chemicals in cigarette smoke, including tar and carbon monoxide, are not contained in vape aerosol.

People who switch completely from smoking to vaping have reduced exposure to toxins associated with risks of cancer, lung disease, heart disease and stroke.



Myth 2: Nicotine is very harmful to health

Fact

While nicotine is a highly addictive drug, it does not contain toxic chemicals found in cigarettes, including tar and tobacco.

It is the many other toxic chemicals contained in tobacco smoke that cause almost all the harm from smoking.

Nicotine itself does not cause cancer, lung disease, heart disease or stroke and has been used safely for many years in medicines to help people stop smoking.



Myth 3: Vaping does not help people quit smoking

Fact

Nicotine vapes are one of the most effective stop smoking aids.

Evidence shows that nicotine vapes are actually more effective than nicotine replacement therapies, like patches or gum.

Some people find vaping helps them because the hand-to-mouth action is like smoking, plus you get similar sensations, like "throat hit".

It's important to choose an e-liquid with enough nicotine to reduce withdrawal symptoms and urges to smoke. A specialist vape shop or your local Stop Smoking Service can advise you.



Myth 4: Switching to a vape is just swapping one harmful addiction for another

Fact

While vapes contain the same addictive substance as cigarettes, vaping nicotine is less harmful.

Smoking gives you nicotine by burning tobacco, which creates many harmful toxins that can cause serious illnesses including cancer, lung disease, heart disease and stroke.

Vaping gives you nicotine by heating an e-liquid, which is less harmful. Vaping exposes users to fewer toxins and at lower levels than smoking cigarettes.

When you are ready and feel sure you won't go back to smoking, you can gradually reduce the nicotine strength in your e-liquid and your vaping frequency until you have stopped fully and are nicotine-free.



Myth 5: People use vapes more frequently than cigarettes – that must be worse

Fact

It is normal to vape more frequently than you used to smoke, and this is not more harmful.

Each puff on a vape carries a small fraction of the risks of a puff on a cigarette.

Vaping is different from smoking in the way it delivers nicotine to the brain. With smoking, you get a very quick hit in the short time it takes to smoke a cigarette.

With vaping, generally it takes longer for nicotine to reach the brain and you need to "sip" on your vape more frequently.



Myth 6: Vapes are not regulated and we do not know what's in them

Fact

In the UK, nicotine vaping products are tightly regulated for safety and quality.

All products for sale must be notified to the Medicines and Healthcare products Regulatory Agency (MHRA) with detailed information including listing of all ingredients.



Myth 7: Vaping causes 'popcorn lung'

Fact

Vaping does not cause "popcorn lung", the common name for a rare disease called bronchiolitis obliterans.

The disease was found in a group of factory workers exposed to a chemical (diacetyl) used to flavour popcorn.

Diacetyl is contained in cigarette smoke, but it is banned as an ingredient in UK-regulated nicotine vapes and e-liquids.



Myth 8: Exposure to vape aerosol is harmful to people around you

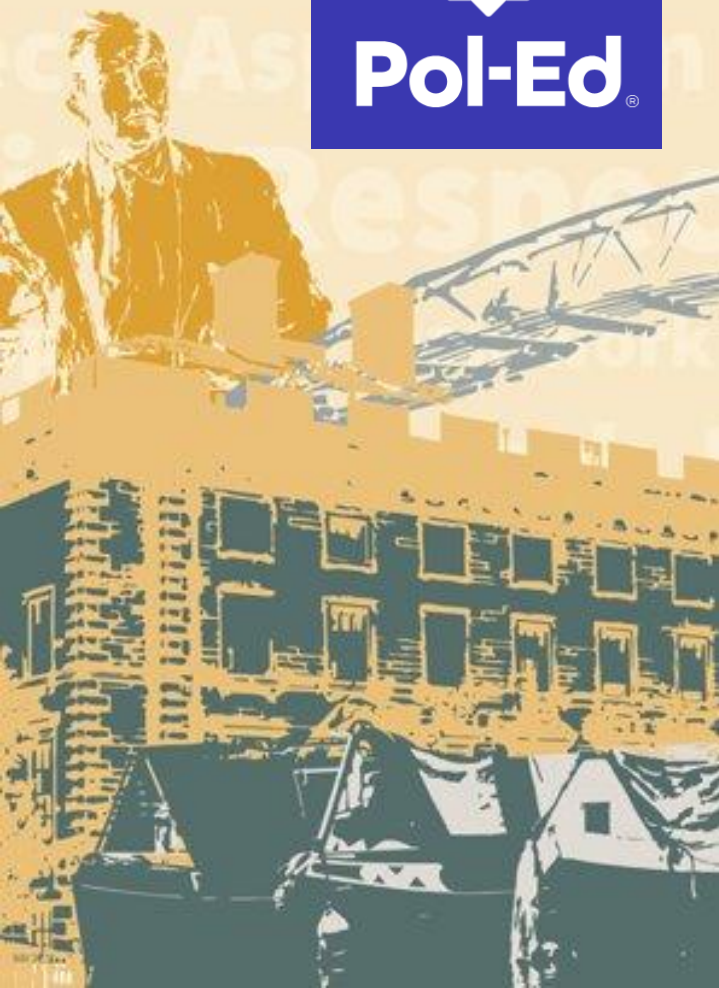
Fact

There is no evidence so far that vaping is harmful to people around you.

While secondhand smoke from cigarettes causes serious harm to others, there is no evidence so far that vaping is harmful to people around you, and any risks are likely to be very low.

But as a precaution, it is best not to vape around babies and children if you can avoid it. Young children often copy what adults do.

Always be considerate when vaping around anyone else, especially people with health conditions like asthma who might be more sensitive to vape aerosol.



Learn about it...

There are organisations that can help people who are worried about the use of legal drugs:

Doctors can provide advice and guidance about different types of drugs.

Childline has lots of information about drugs and guides about how to be assertive if offered drugs. [childline.org.uk](https://www.childline.org.uk)

Talk to Frank is a website designed for young people to teach them about the risks of drugs. [talktofrank.com](https://www.talktofrank.com)

Kooth is a confidential online mental well-being charity for young people. They will listen to concerns about drug use. [kooth.com](https://www.kooth.com)

Teachers and other trusted adults at school can also speak to you about any concerns you may have about drugs, including if you are worried about someone in your family.





EXTRA-CURRICULAR TIMETABLE

AUTUMN TERM 1 2025-2026

BE
exceptional

Extra-Curricular Activities: Autumn Term 25/26 (3-4pm)

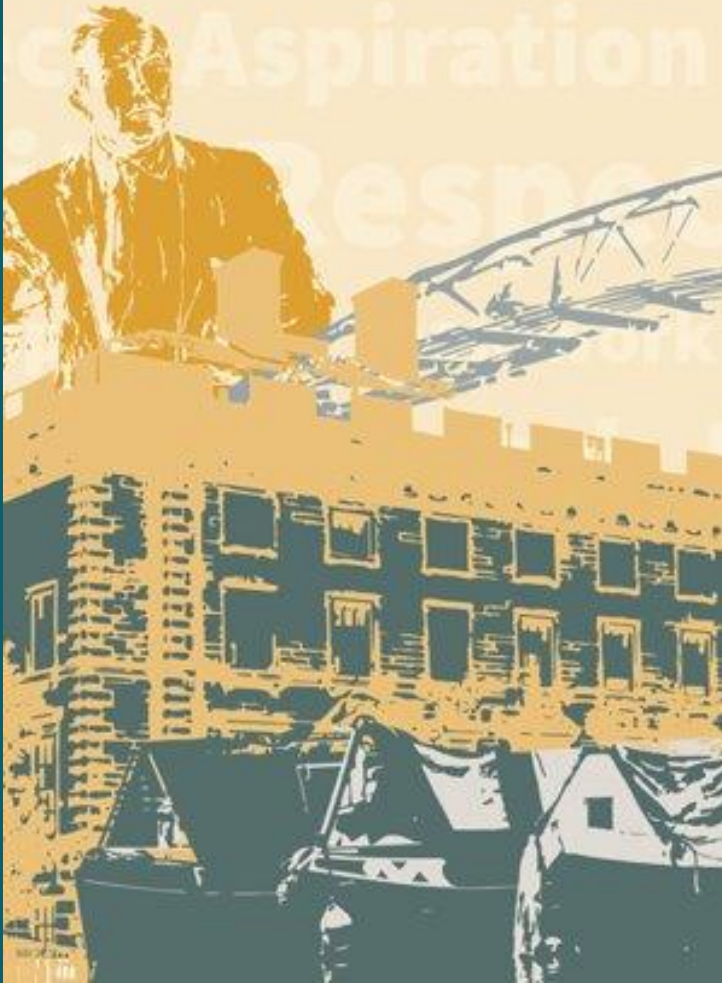


Day	Club	Location	Staff Lead	YR11 P6 WK A	YR 11 P6 WK
MONDAY	Netball DOFE Table Tennis	<ul style="list-style-type: none">Sports Hall402Gym	<ul style="list-style-type: none">HRA/MH/SMTGEA/JDAGEA/JDA		
TUESDAY	<ul style="list-style-type: none">Wheelchair sports clubMusic Club (Invite Only)	<ul style="list-style-type: none">Gym401	<ul style="list-style-type: none">SCUAMC		
WEDNESDAY	<ul style="list-style-type: none">Sparx Support Club7/8 Girls FootballBSL ClubCoding ClubSTEM on Track (Invite only)Music Club	<ul style="list-style-type: none">606Astro805608Lecture Theatre401	<ul style="list-style-type: none">EBUHRA/HHDCR/ SheOMOEGAAMC		
THURSDAY	<ul style="list-style-type: none">Girls FitnessYr 7 Boys footballReading/HW Club (KS3&4)IDEA LabChoir	<ul style="list-style-type: none">Fitness suiteAstroLibrary503401	<ul style="list-style-type: none">SMTGEA,JDA,DHOKSTEGAECO		
FRIDAY					

ACTIVITIES



Newsome Academy



Have a **great** weekend!

**Ms Fletcher, Mrs Stokes
& your Team Leaders**

**will be ensuring you are 100% focused
on your studies so that you excel in
your GCSE studies!**