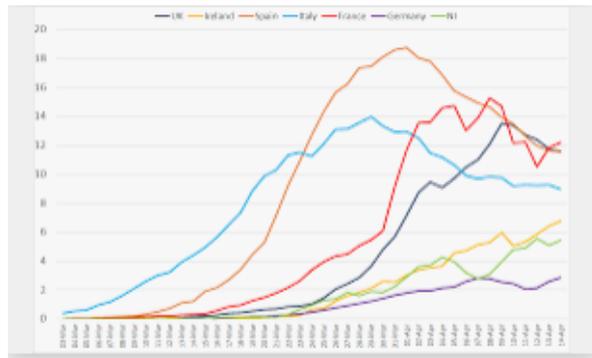
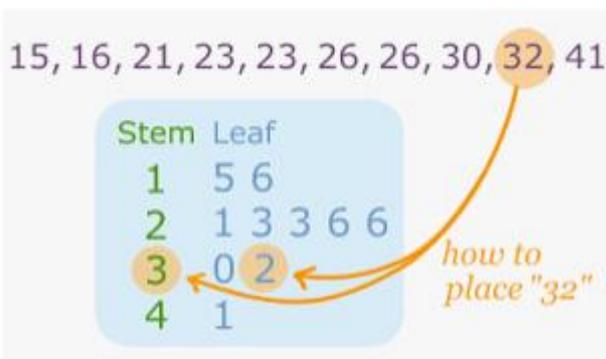




Maths

Recently in maths we have been studying how we display and analyse data using different charts and graphs. Students were able to create suitable charts and interpret the data in order to come to conclusions.

This is an invaluable skill for life as we are often presented with graphs and charts in the news and it is important that students are able to understand what the graph shows to ensure that the information is presented correctly.



EXAMS RESULTS DAY - THURSDAY 25TH AUGUST 2022

We wish all of our students the very best of luck with their exam results.

If you need to speak to the Exams Officer, or any member of staff regarding exams, please do not hesitate to contact School on 0191 518 5595.

KEY DATES

Summer Holiday – school closes Wednesday 20th July at 1pm.

Thursday 21st July – Schools backdated Jubilee Day – school closed to students.

Summer Holidays Friday 22nd July – Tuesday 6th September.

Return to School Students return Wednesday 7th September.





Summer Support Offer – Secondary School

Piece of Mind - Mental Health Support Team

The Piece of Mind team are currently working within your child's school. We offer early intervention and preventative support including 1:1, groups and whole school approaches.

Our team includes a number of roles depending on the area of need.

The mental health support team clinician will in the summer holidays be offering these virtual sessions **to young people aged 11 years and over.**

Confidence Session

Delivered via **Microsoft Teams**

1 hour Session aimed to help young people -

- Understand the meaning of confidence/resilience.
- Develop basic strategies to improve confidence.
- Discuss their strengths and improve self-esteem.

Dates/Times: (only need to attend one session)

- **Tuesday 2nd August 10.00am-11.00am**
- **Friday 12th of August at 2.00pm – 3.00pm**

Managing Anger

Delivered via **Microsoft Teams**

1 hour Session aimed to help young people -

- **Understand the stress response and why they may feel angry.**
- **To develop strategies to support with managing anger.**
- Discuss triggers and de-escalation strategies

Dates/Times: (will only need to attend one session)

- **Thursday 28th July 10.00am – 11.00am**
- **Tuesday 9th August: 2.00pm – 3.00pm**



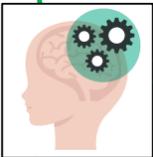
If your child is interested, please speak to a member of school staff and provide details of which session your child would like to attend, your full name, your child's full name, an email address and contact number.



Summer Support Offer - Secondary School

Piece of Mind - Mental Health Support Team

The Piece of Mind team are currently working within your child's school. We offer early intervention and preventative support including 1:1, groups and whole school approaches. Our team includes a number of roles depending on the area of need. Education Mental Health Practitioners (EMHP) and Psychological Wellbeing Practitioners (PWP) from the team would like to offer their support to parents and caregivers over the summer holidays.



Anxiety – 1 Session support for parents/caregivers

Delivered by our EMHPs/PWPs via **Microsoft Teams**

1hr 30mins session aiming for parents/caregivers:

- To develop an understanding of what anxiety is and how it presents in children.
- Develop basic strategies to support your child's symptoms of anxiety.
- Discuss next steps if you identify that your child would benefit from further support

Dates/Times: (only need to attend 1)

- **Friday 5th August at 9.30am**
- **Friday 12th August at 3.30pm**

Low Mood – 1 Session support for parents/caregivers

Delivered by our EMHPs/PWPs via **Microsoft Teams**

1hr 30mins session aiming for parents/caregivers:

- To develop an understanding of what Low Mood is and how it presents in children.
- Develop basic strategies to support your child's symptoms of Low Mood.
- Discuss next steps if you identify that your child would benefit from further support

Dates/Times: (only need to attend 1)

- **Friday 19th August at 10.00am**
- **Monday 22nd August at 2.00pm**



**If you are interested, please speak to a member of school staff and provide:
Which session you would like to attend, your full name, child's full name,
email address and contact number.**

In Science this week we have been building rafts and testing how much mass they could carry before they sank. We are pleased to report that the winner was HMS Cheeseburger III designed and built by Evan Gowland. It was able to load 62g of PlayDoh before it began to go under.



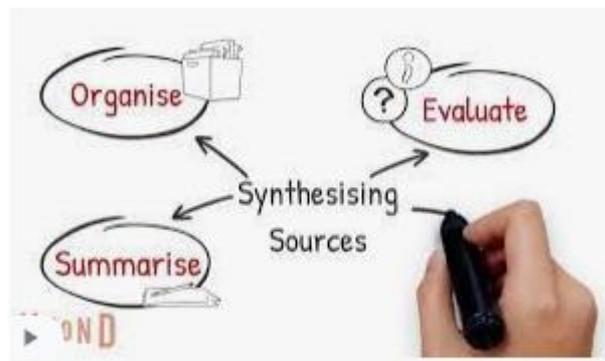
CLASS OF
2022
YOU DID IT!



Our Year 11's marked their last ever school term with us by attending their Prom Night last week.

'We hope they all had a great night'

English Language



June in English Language was all about summary writing. Students compared writers' ideas and perspectives, developing their synthesising and inference skills. The benefits of such skills far exceed the English Language curriculum. Summaries offer an effective method of communication utilised in many workplace contexts: most job roles include email communication, and the most effective and productive are brief and to the point; some job roles involve writing meeting minutes, which summarise the outcome of a meeting; certain job roles may require crisis or conflict resolution, which means summarising and communicating the key points to resolve the issue.



On behalf of the Endeavour Staff team, we wish you a wonderful Summer break and look forward to seeing you all on our return in September.

Mrs Whelan

Student Safety Plan

ENDEAVOUR
ACADEMY

Sometimes all we need is a FRESH START

**SAFETY
FIRST**

Remember, if you find yourself feeling stressed, anxious or in danger, there are steps you can take to support yourself.

Take a moment.

- Stop what you are doing.
- Look out of a window.
- Let your shoulders drop.
- Stretch your shoulders back.
- Allow your mind to calm and refocus.

Deep breaths

- Close your eyes.
- Take deep breaths, in and out.
- Think of your favourite place, Focus on that place and picture yourself there.
What can you see?
What can you hear?
What can you smell?
What can you feel around you?

Useful websites

- www.Kooth.com
- www.mindfulnessforteens.com
- www.youngminds.org.uk
- www.harmless.org.uk
- www.nshn.co.uk/downloads/Distractions.pdf
- www.harmless.org.uk
- www.papyrus-uk.org
- www.themix.org.uk

Important Contacts

Learning Mentors(Pastoral Support) Available 8:30am-4:30 Mon-Fri
Dixon 07483404316, Hackworth 07483169596,
Browning 07483404309. Also available on TEAMS 9:30-3:30

Designated Safeguard Leads (Safeguarding or welfare concerns)
8:30-4:30

Mrs Wood – 07483135984. Mrs Whelan 07483135983

One Point and Families First 03000261116 / 03000 263139
(you can be directed to any one point hub in County Durham)

First Contact 03000 267979

CAMHS Crisis Team 0191 4415733

“Shout” Crisis Text Service: 85258

NSPCC 0800 800 5000.

Police – Non emergency 101.



Childline 0800 1111

Emergency Services 999