

Welcome to ENDEAVOUR ACADEMY

JULY 2023

NEWSLETTER

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A message from The Headteacher



This year has been another very busy but successful one and we would like to thank you for your continued support for our staff team. We enjoy every minute we spend with your children. Over the academic year we have experienced our first ever whole school trip to Beamish which was enjoyed by everyone who attended. Our Science team led trips to Nissan and the Centre for Life. We won the Association of Citizenship Teaching Award for 'Best Project' recognising the work our students had completed on a campaign for teachers to undertake children's mental health training as part of their teacher training, and, we were nominated and shortlisted for 'Best Specialist Provision' of the year in the TES Awards. We had a student nominated for 'Young Physicist' on the Durham University project and we achieved the Wellbeing Award status. Whilst the awards are flowing we also need to recognise the effort of our Yr 11 students who completed GCSE and Functional exams during the summer term and the efforts of those students who recently completed Yr 10 key assessments.

We are so proud of how far our students have come since they first joined us and the achievements they have made and we look forward to another successful academic year from September 2023. Please do have a restful, happy and safe summer!



END OF AVERAGE



PROM!

Not everyone is lucky enough to find a position which brings with it, the job satisfaction that staff here at Endeavour Academy often get to experience. Last night's school prom can be described as nothing less than AMAZING!

The students looked fabulous, the parents and carers were beaming with pride and the generosity shown by the local community made it a very special event, which we are sure will be fondly remembered by all who took part.

Thank you from the bottom of our hearts to Groundworks, WOW events, HazelBlue Events, and the young ladies who were kind enough to donate dresses and decorations from home.

You made lots of people, very happy.

BETTER LUCK NEXT TIME!!

Unfortunately, we didn't bring home the trophy, but what an experience this was. As we would tell our children, it's not the winning that counts, it's the taking part that counts. Being shortlisted was a huge achievement and something we are extremely proud of. London was amazing and the event itself was so glamorous and hosted by celebrity James Nesbitt from Cold Feet.



tes

Tes Schools Awards 2023

Shortlisted

Specialist Provision
School of the Year



ACT Citizenship Award - WE WON!!

We are proud to announce that we have won the Association of Citizenship Award for our GCSE Campaign linked with promoting Children's Mental Health. As part of the GCSE Citizenship Programme, Endeavour Academy students carried out extensive research into children's mental health and identified there is a dearth of mental health training included in Initial Teacher Training Programmes. Students campaigned for all trainee teachers to complete the Level 2 Children and Young People Mental Health Award as part of their Initial Teacher Training programme. Students received a really positive response to their campaign from Sunderland University who were very receptive to the idea and congratulated the students on their initiative.





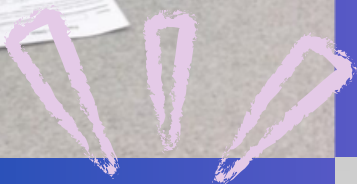
School Visits



Students recently had an unforgettable experience at 'Life' and 'EXIT' in Newcastle. They took part in forensic DNA analysis and an Escape Room, challenging their problem-solving skills and having a blast along the way!

Using their brains and working as teams students cracked codes, solved riddles and unlocked hidden clues.

By engaging in fun and educational experiences like this, our students are constantly growing, expanding their horizons and becoming the leaders of tomorrow. Endeavour Academy is dedicated to providing them with opportunities like this that shape their futures!



Physicist of the Year

Congratulations to our wonderful student who has been awarded Endeavour Academy's Young Physicist of the Year by Durham University.

What an amazing achievement! We are all really proud of you.



Transition

As our wonderful year 11 students move on to pastures new, and our fabulous year 10's move towards their final year, it is time we open our doors to our next cohort of students who join us from across County Durham and neighbouring boroughs. We wish each and every one of you the best of luck on your journey toward young adulthood.



Careers Newsletter

CAREERS EDUCATION

Welcome to this edition of the Endeavour Academy Careers Newsletter. Each year we look to further develop our personal Development Programme, offering a wider range of experiences both in and outside of school. This year we have BIG plans but as always, we welcome suggestions from our students, their parents/carers, and professionals to ensure we meet individual needs and interests.

EXCITING TIMES AHEAD

Our two-year program aims to provide students with the opportunity to take part in college experiences through vocational sessions, taster days, visits, and guest speakers. We also hope to have every student interview professionals working in areas of interest, visit workplaces or training providers, access work shadowing sessions, and where possible longer, work experience placements bespoke to the student's individual interests and needs. Visits are scheduled throughout.

Order of play



Access
College
Vocations



Work
Shadowing



Work
Experience
Placement

Job of the week

Each week Miss Brewer shares with students, the job Of The Week resource which includes Local Market Information, salary expectations, entry requirements, and a brief overview of the specific role. We have many of these available, so feel free to ask, should you want to find out about a particular job which might be of interest.



WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

The National College®

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KATVIST

The National College®

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/news/dam-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

LISTENING

SPEAKING

PROBLEM SOLVING

CREATIVITY

STAYING POSITIVE

AIMING HIGH

LEADERSHIP

TEAMWORK

Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the Internet.



Also safety, we believe in empowering parents, carers and trained adults with the information to hold an informed conversation about online safety with their children. This guide because as one of many apps which we believe trained adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, news and

What Parents & Carers Need to Know about TIKTOK

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 175 countries, it has more than 1 billion active users worldwide (as of April 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

PRIVATE CONTENT

Users' feed only shows content from people they follow. However, if a user's account is set to 'private', only people they've approved can see their content. This means that anyone who isn't approved can't see their content, but the user can still see it if they're logged in and view it.

CHALLENGES

Users can participate in challenges, which are often created by influencers or celebrities. These challenges can be fun and creative, but some can be dangerous or even harmful. Parents should talk to their children about the risks of participating in challenges and encourage them to think carefully before taking part.

TH STRANGERS

Users can interact with people they don't know, which can be risky. Parents should talk to their children about the dangers of interacting with strangers online and encourage them to be cautious.

IN-APP SPENDING

TikTok has a feature called 'In-App Purchases' that allows users to buy virtual gifts and other items. Parents should talk to their children about the risks of spending money on these items and encourage them to be cautious.

ADDICTIVE NATURE

TikTok is designed to be addictive, with features like 'For You' and 'Following' feeds that show users content they are likely to enjoy. This can lead to users spending a lot of time on the app, which can be harmful to their mental health and academic performance.

TIKTOK NOW

Introduced in late 2022, TikTok's 'New' feature lets users see content from people they don't follow. This can be helpful for users to discover new content, but it can also be addictive and lead to users spending a lot of time on the app.

Advice for Parents & Carers

PRIVATE ACCOUNTS

Although under-18s will have their TikTok accounts set to private by default, it's important that parents talk to their children about the importance of keeping their accounts private. This means that only people they've approved can see their content, which can help protect their privacy and safety.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android, you can set a limit on how much money they can spend on in-app purchases. This can help protect their finances and encourage them to be cautious when spending money online.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the signs. Increased isolation and a lack of concentration are potential red flags, as are changes in their eating or sleeping patterns.

Expert

Advised technology journalist with a focus on 10 years in the industry. Previously led the project, Carly is now a journalist, editor and consultant.

NOS

National Online Safety

Don't forget we have a whole library of resources that help keep children, young people, and adults safe online. If you need advice or guidance around a specific topic, please do not hesitate to make contact with us here in school where we will be happy to assist.

Online Safety

An Introduction to Online Safety for Parents of Children Aged 11-14

★★★★★ 13 reviews

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

NOS National Online Safety #WakeUpWednesday

- #### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is when we listen without interrupting or making judgements and show interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.
- #### 2 ASK TWICE

The campaign from time to change is great. It's important to ask twice. The first time is to see if your child knows when your questions and support come from a place of wanting to help and care.
- #### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.
- #### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are honest to share information or talk about a difficult subject. For example, you may be talking about death or loss. It's very sad that Nina has died or 'I feel sad that Nina has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.
- #### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.
- #### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'
- #### 7 EMPATHISE

'It makes sense that you would feel this way. It is understandable.' Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If there are a younger child, it is likely you will need to lead the conversation and explain next steps.
- #### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If there are a younger child, it is likely you will need to lead the conversation and explain next steps.
- #### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.
- #### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tip/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVEL LODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' main with every adult meal.

IKEA

Kids eat a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL

FREE SUMMER HOLIDAY FAMILY FUN IN PETERLEE 2023

LIMITED PLACES
BOOKING ESSENTIAL *AGES 4YEARS - 16YEARS*
RING TO BOOK 0191 5862491/5869957



DESIGN & MAKE YOUR OWN TOTE BAG
WOODHOUSE PARK, SR8 2NX
WED 26TH JULY - 12NOON - 2.30PM
*TICKETS GO LIVE TUES 11TH JULY



MUSICAL THEATRE WORKSHOP
THE LION KING THEME,
PETERLEE PAVILION, SR8 1ER
WED 2ND AUGUST, 12NOON - 2.30PM
*TICKETS GO LIVE TUES 18TH JULY



MAD HATTER'S TEA PARTY
WOODHOUSE PARK, SR8 2NX
WED 9TH AUGUST - 12NOON - 2.30PM
*TICKETS GO LIVE TUES 25TH JULY



FAMILY SPORTS DAY
PETERLEE PAVILION, SR8 1ER
TUES 15TH AUGUST, 12NOON - 2.30PM
*TICKETS GO LIVE MON 31ST JULY



BUG HUNT & DINO EXPERIENCE
SHOTTON HALL GROUNDS, SR8 2PH
WED 23RD AUGUST,
10AM - 12.30PM OR 1PM - 3.30PM
*TICKETS GO LIVE TUES 8TH AUGUST



FAMILY FOOTBALL WORKSHOP
PETERLEE PAVILION, SR8 1ER
WED 30TH AUGUST, 12NOON - 2.30PM
*TICKETS GO LIVE TUES 15TH AUGUST

Must arrive 15minutes prior to start of event

All children must be accompanied by an Adult



FREE Food and Summer Activities at Peterlee and Horden Family Hubs

Day	Activity	Start and End Time	Venue
Tuesday 25 July	Circus skills Suitable for all ages.	2pm - 3:30pm	Peterlee family hub
Tuesday 1 August	Animals about town Suitable for all ages	10.30am - 12.30pm	Horden family hub
Tuesday 8 August	Creative Kitchen Suitable for all ages	11am - 1pm	Horden family hub
Monday 17 August	Pond dipping and craft event at Hardwick Park Suitable for all ages	Pick up from Horden family hub at 9:15am then Peterlee Leisure Centre at 9:25. Returning pick up from Hardwick Park at 2pm	
Thursday 24 August	Arts and crafts session Suitable for all ages.	1pm - 2:30pm	Peterlee family hub
Wednesday 30 August	Back to school event Suitable for all ages	9:30am - 10:30 am	Horden family hub
Thursday 31 August	Back to school event Suitable for all ages	9:30am - 10:30 am	Peterlee family hub



Dates for your diary

2023

- Year 10 Parents Evening – 19.07.23 between 2pm – 5pm.
- Year 10 Reports to be issued – 17.07.23
- Break up for Summer – 21.07.23 students finish at 1pm
- GCSE Exam Results Day – 24.08.23
- Staff return to school for training – 04.09.23
- Existing Endeavour students return – 06.09.23
- The new intake of students start date – 07.09.23

IMPORTANT REMINDER

Parents and Carers should download and regularly check the SchoolPing app as this is where we share important information regarding your child's school



SchoolPing

**Join us on
FACEBOOK**



**ENDEAVOUR
ACADEMY**

Endeavour Academy

54 likes • 71 followers

