

# Fowey River Academy

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## MOVING FORWARD...

BY MR EDDY

It's hard to believe that we are about to enter the last half term of the year. After the disruption to learning in the previous academic year we had hoped for more normality in 2020/21, the good news is that as restrictions are lifted we are slowly moving back to what we call "normal".

We have learnt some valuable lessons from the pandemic and some of the changes that we put in place have worked so well that we will keep them. Having two shorter lunch breaks allows all of the students to use the canteen without long queues and so we will continue to do this.

From Monday Fowey River Academy will have a new member of staff, we will be welcoming "Charlie" who is a four-year-old female Boston terrier. She is an experienced therapy dog and will be working at school each day. If you see her please say hello and make her welcome.

Before we broke up on Friday I ran assemblies with each year group explaining the results from the mobile phone surveys (results shown later in the newsletter) and explaining the rules regarding phones that will be applied when we return. The results from pupils and parents are very clear and this is backed up by national research that phones are a distraction to learning. Many schools have completely banned phones for the whole school day. We are being very clear and are saying that phones are not allowed inside the building at any time (including wet breaks). During break and lunchtime outside they can be used. Can I ask that you support us with this and don't try to contact your children directly during lesson times.

We have also emphasised the uniform rules, with an increase in the temperature there is no longer any need for coats to be worn inside and a reminder that hoodies and jumpers that are not plain black with a v neck may not be worn under or over the blazer. Due to the cost of new uniform we are reminding everybody that from September no students will be permitted to wear black jeans or trainers.

I hope you have all enjoyed the sun and look forward to seeing you all on Monday.

All the best, Mr Eddy

## WHAT'S INSIDE

COMMUNITY UPDATE

STUDENT STORIES

DATES FOR YOUR DIARY

# COMMUNITY



## FOWEY REGATTA

We are delighted to announce that we are working in partnership with the Fowey Regatta Committee to help ensure the fantastic music events that we are so accustomed to seeing during regatta week continue. COVID has meant changes are needed and the Committee were looking for an alternative, COVID friendly venue, and we were keen to help...so join us on Friday and Saturday 20/21st August.

## MORVARGH SAILING

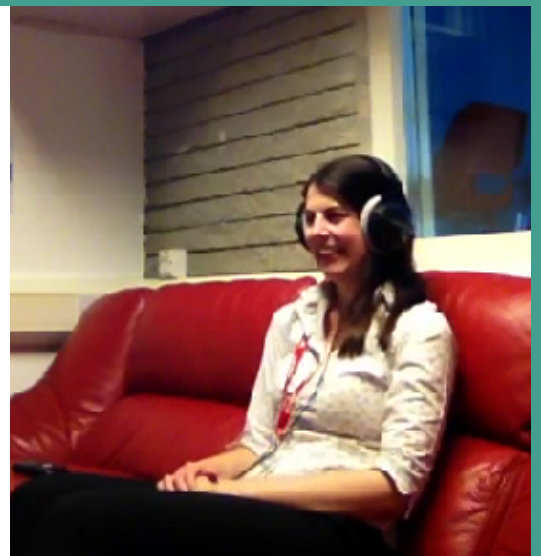
With COVID measures relaxing, we are delighted to be back in conversation with Morvargh about bringing sailing to our students...initially, the current Year 10's will benefit as they were due to be sailing round Britain...but then we hope to start fundraising to widen participation...we can't wait to get cracking!

## PARKING

We all know parking in Fowey during the summer months is a real hot potatoe...with visitor numbers set to increase further, we have been asked by local organisations, the Council and businesses to investigate parking at FRA to help ease congestion...we will update you shortly on our proposed plans.

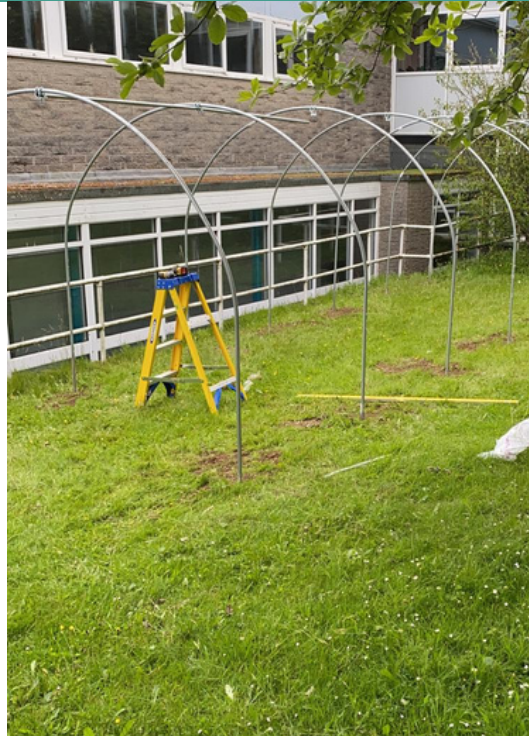
## FRA ALUMNI

We have been slowly building a network of ex-students and it's great to see this growing and starting to have an impact on students. We have some amazing alumni who have gone on to do all sorts of interesting things...some of which we are starting to highlight through our new podcast channel...we recently spoke with ex-student and Barrister Emma Cross and have lots of other alumni lined up...so if you went to Fowey, and want to stay connected, please join our [Facebook](#) and [LinkedIn](#) groups. Thanks for your support.



# FRA ENTERPRISES

**fowey  
river farm**  
from school to plate



## 15 MINUTE PYRAMID AMRAP

10 DOWN UPS  
12 AIR SQUATS  
14 PRESS UPS  
16 SIT UPS  
18 GLUTE BRIDGE  
20 MOUNTAIN CLIMBERS  
18 DOWN UPS  
16 AIR SQUATS  
14 PRESS UPS  
12 SIT UPS  
10 GLUTE BRIDGE

DONT FORGET TO WARM  
UP FIRST!

## FOWEY RIVER FARM

The site team have been busy beavering away between maintenance work, helping to develop the farm space in the centre of school. We now have a sturdy fence to keep it secure and the framework for the poly-tunnel is in place. Through the next half of term we should see the first signs of growing happening and the chicken houses starting to appear!

## tools & volunteers needed

PLEASE GET IN TOUCH...

## SPORTS HUB

With restrictions lifting, the Sports Hub is starting to get back to normal. Membership is rising steadily which is great news as our community realises what fantastic facilities we have on offer. Classes have started again and we are looking forward to new events in the future.

## FRA WATERSPORTS CENTRE

We have had some positive meetings with both Cornwall Council and Cornwall Outdoors recently which have resulted in our ideas for an FRA Outdoor Adventure Centre, close to the River Fowey taking a step closer. Our ambition at FRA is to connect our students with the environment around us, and we have a great opportunity to do that by working closely with local partners and businesses. We will update you as things develop...



# SCHOOL NOTICES

## MOBILE PHONES

We recently surveyed parents and students on the impact of phones in school. It's fair to say it gets people pretty fired up and that's why there has been a growing national and international debate on the issue. The results of the survey are fairly resounding and here is a snapshot.

207 parents and 267 students responded.

- 94% of parents think it can lead to instances of bullying
- 1 in 4 students say they or a close friend have been affected by it
- 87% of parents believe restricting phones will lead to better learning outcomes
- almost 50% of students have been in a lesson where phones have caused disruption
- Nearly 80% of parents agree with confiscating phones
- and nearly 60% of students would understand if a phone was confiscated

## DUTY OF CARE

The results were fairly resounding and so from next Monday, we will have a much stronger policy for phones in place...check out the video for further info. We have also listened, we understand students may need phones in the evenings so parents can stay in touch, so we will always have a conversation with you before confiscating overnight.



CLICK  
HERE

## Online Parents Evenings

To ensure you know how your child is doing and to help us manage the issues around visitors on site and COVID regulations, we have decided to give online parents meetings a go. Lots of schools and colleges have been using this effectively and it can be more practical and effective given our busy lifestyles. We have produced some information which has gone out to you via ParentMail but can also be [found here](#): The key thing to remember is that you need to access FireFly to attend and that you only get 5 minutes for each slot with a teacher!! So make sure you have key questions ready and you can always follow up by email after.

School communication is done via a variety of ways. However, to enable us to get important messages to you, we need you to be signed up and using ParentMail. This is our preferred way of getting important messages to you. There is a handy app which you can download, but to get the most from it, you need notifications to be ON!



FireFly is our way of communicating with students. It's how we set homework, update students on tasks and communicate about a range of school issues. Did you know though that Parents can also use FireFly to keep an eye on their child's work? FireFly for parents also gives you access to the virtual parents evenings, so you'll need to be able to access FireFly to participate. Details have been sent to you via ParentMail but can be [found here](#).



## UNIFORM

As we start to get back to full normality, school uniform also needs to get back to normal. We know that some parents would like to see an end to school uniform, but there are lots of good reasons for keeping a school uniform, not least the pressure it places on students to keep up with their peers and the latest

fashions. So we will be keeping school uniform and would like to see it improve. From half-term, please ensure you are in the correct uniform. We have a [SwapShop](#) that can help reduce costs and there is a complete run down [here](#) of what we expect. Thank you.

# CAREERS

iTunes

amazon  
music



## #WeAreFowey

Fowey River Academy is a secondary school in Cornwall that is thinking big...we have stories to tell that are relevant to all...join us to find out how we can all make a difference! Music: Newer Wave ...

podbean.com / PodBean Development



## CAREERS PODCAST

We now have an amazing recording studio and recently launched our very first podcast channel. The idea behind a podcast channel centred around careers was to connect current students with ex-students to talk about the world of work. We're taking 10 Year10 students and connecting them with 10 ex-students! We've recorded two episodes so far, the first was a fun test episode with Ms Bennett and Pamela and the 2nd was with barrister Emma Cross and Ellie...both are available to download via iTunes, PodBean or Amazon Music...just search for #wearefowey or the Powerof10 podcast. If you fancy joining us on the sofa let us know, we'd be delighted to hear from more ex-students and use their stories to inspire current students.



#WeAreFowey

Episode 1 - Pamela and Ms Bennett

PodBean



0:00

CLICK  
HERE



**THE ART CORRIDOR HAS HAD A MAKE OVER THIS WEEK WITH HELP FROM NATHAN FROM THE SITE TEAM. WE HOPE TO BE ABLE TO ADD TO THIS DISPLAY AND KEEP IT UP TO DATE IN THE FUTURE...**



**YEAR 10 HAVE BEEN WORKING ON OUTCOMES FOR THEIR THEME OF FLIGHT, THEY HAVE EXCELLED IN THEIR FINAL OUTCOMES.**

**WE LOOK FORWARDS TO BEING ABLE TO HAVE SOME EXHIBITIONS TO SHOW THEM OFF FURTHER.**





# Textiles

**GCSE TEXTILES  
HAS BEEN  
REALLY BUSY  
THIS TERM WITH  
FINAL  
OUTCOMES,  
CORSETS,  
DRESSES,  
SKIRTS, AND  
FASHION  
ILLUSTRATIONS.**



**STUDENTS HAVE BEEN USING ALL THE SKILLS THEY HAVE LEARNT TO MAKE A SERIES OF FASHION ITEMS. THIS HAS INCLUDED REPEAT PATTERS, PHOTOSHOP, EMBROIDERY, SCREEN PRINTING, AND FABRIC PAINTING.**

Overview





# SCIENCE

*by Marianne Bryan*

**Year 7 are currently studying the Blue Planet, which is all about life on Earth. They are starting with an introduction to the cycles that aid life, eg water cycle. They will be learning about how the Earth's atmosphere was formed and how that shaped how life has evolved, to the growth of plants and investigating how to sample the planet for different species abundance. We are currently working to develop a collaborative project with the Beach Guardian from Cornwall wildlife to investigate the abundance of plastic on a local beach comparatively with the species abundance and distribution, which will hope will be an exciting project involving the whole of Year 7 later this year.**

**Year 8 are currently studying the science of human development, human reproduction and contraception, and genetics and the structure of DNA. Although there is little practical work involved with these topics, it is fascinating to learn and think more deeply about where we have all come from, and what makes us what we are.**

**Year 10 are studying "Life in the Universe" at the moment, which builds on the ecology that the Year 7s are currently learning about. Year 10 are looking at how competition, interdependence and many other factors affect habitats and the abundance of species, and the impact that humans can have. Our Science pond is teeming with a huge diversity of species, which they will be investigating by doing some pond dipping.**

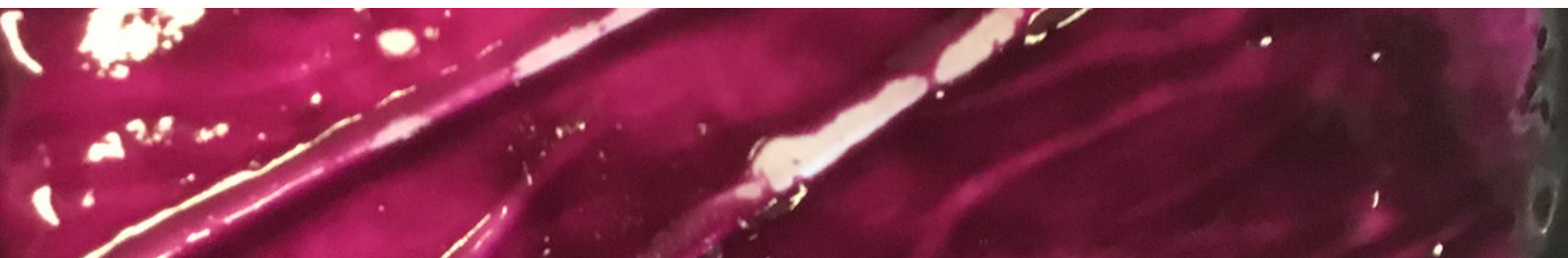




On Monday 10th May some of our Year 9 students made plastic from seaweed, as part of a Future Scientist Project from the Royal Society of Chemistry in collaboration with Libby Challoner, a student from Falmouth University who is studying Sustainable Product Design, and Janine Bisson who is a STEM coordinator for Cornwall Council. The day began with a talk by Andrew Wallis, the Head of School and College Partnerships at Falmouth University, who gave us an overview of the wide range of exciting hands-on and creative opportunities and facilities that there are at Falmouth University. There were several really good questions about the facilities and opportunities at Falmouth, for example in game design and film editing and several students expressed a keen interest in finding out more; we are in the process of arranging visits for Year 9 to the Falmouth campus so they can see the university facilities at first hand - watch this space!

Libby explained to us her path from doing science A-levels to doing a BA in Sustainable Product Design at Falmouth, where she is in her final year. She told us about the course and a variety of the hands-on projects that she and fellow students have done. Libby's final year project is to develop techniques to produce to make biodegradable plastics from materials extracted from seaweed. Our Year 9s were able to have a hands-on go at copying this process to make their own plastics, and then to experiment further for themselves by varying the mixtures to produce harder or softer plastics. These plastics are biodegradable or dissolve in water - and we are likely to see a lot more of them in packaging and materials soon, as they replace the oil-based plastics that are currently used, and which will pollute our environment for many years.

The main compound that goes into making "seaweed plastic" is agar, which is a water soluble substance that can be dried into a powder or mixed with water to form a gel. It takes Libby several weeks to extract agar from seaweed, so we bought in agar to use. The agar powder is mixed into a jelly, and combined with cornstarch and vegetable glycerine, and food dyes, to produce a plastic. Pupils managed to make a variety of plastics, ranging from opaque, hard and brittle, to translucent jelly-like plastics, and even some flexible plastic sheets. There has been a lot of interest from other pupils, so we will be rolling this activity out more widely. This experiment is great fun to do and can be done at home, particularly as the materials are easy to obtain - however, it can be dangerous as the agar needs heating, and it can easily get extremely hot (and sticks to the skin) so can cause really nasty burns and scalds. Although we have a safe method to use at school with supervision, our advice has to be not to try this experiment at home.





## STEAM - Rockets

Miss Bryan and Mr Walmisley have restarted our redesigned STEAM club for Year 7. One of their projects was to design and construct bottle rockets using recycled bottles and 3D printed parts. To begin, the group looked at the engineering concepts involved; aero dynamics were used in the construction of the 3D printed nose cones along with guidance fins for stability, all printed on site using a PLA 3D printer. These were then combined to form the basic shape of the rockets. The propellant used was hydrogen which was generated in class and used to fill the bottles, ready for launch. The testing phase saw the rockets ignited using a sophisticated launch platform (an inclined piece of gutter and modified hand-held cooker ignitor to produce a spark to ignite the hydrogen/air mixture). All rockets launched successfully - with some going further than others. We might take this project further, to investigate why some rockets flew further than others; was it aerodynamics, the hydrogen/air mix or some other factor?

Over the next half term we will be exploring the use of electronics. We will be looking at different types of circuits including amplifiers and transformers to drive external components. The focus is to understand resistance and capacitance of circuits so that they can create their own tone generators and amplifiers.



# ENGLISH

*by jade ramage*

Our Year 11 cohort have been practising and perfecting their persuasive writing skills over lockdown. They were tasked to consider their personal views on whether the death penalty should be reintroduced to our country or kept in the past. Throughout the Spring semester they have been working on a range of techniques to bolster and pack the punch into these arguments, as this piece of work contributes to their English Language GCSE.

To keep it relevant, all students addressed their letters to our local MP, Mr. Double, who oversees the St. Austell and Newquay constituency. Here at Fowey River Academy, we are lucky enough to have a strong connection and consequently have sent student's letters for him to read. Below are two exceptional examples from Bruno Colwil-Heap and Paris Richardson, take a look:

Bruno Heap  
Fowey River Academy  
Windmill, Fowey  
PL23 1HE

Tuesday 4<sup>th</sup> March 2021

MP Steve Double  
Conservative Party  
Government Office, 3 Fore Street, St Austell ›  
PL25 5PX

Dear Mr Double,

I am writing to you today to talk about the reintroduction of the death penalty. I believe capital punishment is unholy and uncivilised in today's society. As you're a conservative, you believe that everyone should have the best chance in life. With this being said, do you think that then serving them the death penalty is giving them this? Therefore I do not believe that capital punishment is neither fair nor true.

Primarily, a reason for being against the death penalty is the fact that you are killing an innocent human being, who did not take anyone else's life. They did not take part in the horrific crime of murder or manslaughter, so I am baffled that anyone would agree that this is ethically or morally correct. There are other alternatives than taking someone's life. An example I could think of would be prison for life without parole. If you did this, you could investigate why that person did what they did and maybe help prevent it from happening to anyone else. In the case something like this may happen again, you would have learnt how to stop it because of the person you decided not to kill. This would also make it seem a lot easier for people to come to you for help because they know that you can help them.

Another big factor would be how both race and place in the social system play a massive part in how you will be treated if given the death penalty. If you are a place of high power or social status, then you would get treated differently to someone who was working class. And it is the same with race, people of colour have accounted for a disproportionate 43% of total executions since 1976 and 55% of those currently awaiting trial. We live in a world where in 60% of all countries have the right to murder an innocent human if THEY think necessary. So that means that someone who has a high status would have more of a chance of surviving than someone who was just a working human, even if they committed the same crime. Doesn't that sound unfair to you?

One more argument against this would be how much we pay for something more than 60% of the world disagrees with (according to [deathpenaltyinfo.org](http://deathpenaltyinfo.org)). More than £1.26 million are spent on capital punishment every year. This money you could instead be spending on something that needs it a lot more important like the NHS who are currently extremely underfunded. If we look at a place like America where capital punishment is legal, you can see how the states with capital punishment have a higher murder than the states with no capital punishment. This is because they believe that they have nothing to live for. This has been a consistent trend from 1990 to current time.

drug that kills the Person at question pulling out, it is very hard to even. Get hold of it. This madness is that the person in question would be waiting for the day he or she would die without knowing when. This could drive any person into extreme dark thoughts and would not be a good thing to show the public. An example of someone who had been falsely executed would be Donte Morris who was executed on June 25 , 1989. He wasn't a murderer or anything like that , he was a schizophrenic who had the mental age of 8. And he was killed.

In conclusion, I think that capital punishment should not be legalised in the UK or anywhere for that matter. So please read and take into consideration what I have said.

Yours sincerely

Bruno Heap

Signature \_\_\_\_\_

Fowey River Academy  
Windmill, Fowey  
Cornwall, PL23 1HH

Dear Mr Double,

I am writing to you today to address your perspective on reintroducing the death penalty. I do not believe such a heinous punishment should be permitted within today's society. It is sickening and inhumane. A reintroduction of such an awful immoral act is unjustified and uncalled for; it is a sickening joke. We cannot teach that killing is wrong by killing. This ideal of retribution, as a way of justice, is far from what you may perceive it to be. If anything, it is feudal at best. Our communities will be detrimentally worse off and no justice will be served. It will cause havoc through the brutalization of society; a manifestation of negative pathways into crime will ascend with it. Therefore, before you make such a militant and extremist decision, I beg you to at least to read my following arguments against capital punishment.

I hope you have read and understood my points against any form of reintroduction of capital punishment. It should never be condoned; It is essentially murder. I thoroughly trust you'll make the best moral decision in any case. Our society needs peace. Our society needs justice. What our society doesn't need is the death penalty. The problem is people only see the bigger picture of, "removing the evil of the world". But this just isn't how to do so by any means, it can never be implemented to serve justice, it just materialises negative behaviour within society.

We don't want more criminals. We don't want capital punishment.

Yours sincerely,  
Paris Richardson.



# PE & OUTDOORS

Date	16:00 – 18:00	Track	Field
Wednesday 9 <sup>th</sup> June	Year 10 Boys & Girls	16:00 – 17:00 Girls	16:00 – 17:00 Boys
		17:00 – 18:00 Boys	17:00 – 18:00 Girls
Wednesday 16 <sup>th</sup> June	Year 9 Boys & Girls	16:00 – 17:00 Girls	16:00 – 17:00 Boys
		17:00 – 18:00 Boys	17:00 – 18:00 Girls
Wednesday 23 <sup>rd</sup> June	Year 8 Boys & Girls	16:00 – 17:00 Girls	16:00 – 17:00 Boys
		17:00 – 18:00 Boys	17:00 – 18:00 Girls
Wednesday 30 <sup>th</sup> June	Year 7 Boys & Girls	16:00 – 17:00 Girls	16:00 – 17:00 Boys
		17:00 – 18:00 Boys	17:00 – 18:00 Girls

## ATHLETICS IS BACK

Every Wednesday after school, with a late bus provided free of charge for students who need it.

We have also entered the local Mid Cornwall Athletics events at par track as follows, but if you don't want to compete and just come along to improve your skills and fitness then you are still welcome to the club.

Well done to those students who have been out training with Mr Horton, Mr Chapman, Mr White, Miss Martin and Mrs Smith. Excellent effort so far!

If Athletics is not your thing (yet!) then come along to cricket and rounders on a Thursday night; or Tennis, Table Tennis, Girls Football, Basketball, Tag Rugby or Fitness Suite - all on during lunchtimes! See MiXx brochure for more info.

## HEALTHY LIFESTYLE CHAMPIONS

Mr Horton and Miss Martin have teamed up with the Youth Sports Trust to train students in Year 8 to be this years Healthy Lifestyle Champions. Evie, Alfie, Maisie, Kadie, Logan, Will and Lewis trained with Paralympic swimmer David Hill To understand how to engage other students in a healthy active lifestyle and understand the importance of exercise, diet and sleep. The Champions are organising, planning and delivering sessions to students in Years 7 and 8 for the next ten weeks. So far, sessions have involved team work, problem solving, drinks and sugar education and sleep awareness.

Great work Champions! Keep it up!

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## PE KIT

These two students are demonstrating the PE kit required by students at FRA. When students are in the correct PE Kit they look really smart and represent the school and themselves in the best possible way. We understand there is cost involved, so please donate old kit to our swap shop and [have a look here to see what is available.](#)

What counts as PE kit? And what if it's a cold day?

PE Kit includes:

- Black and grey FRA T-shirt or rugby shirt
- Plain black shorts, plain black legging. If you choose to wear a plain black skort for PE, please bring tights or leggings to wear in school when in lessons.
- If it is cold you may wish to wear black tracksuit bottoms with minimal logos on.
- Plain white sports socks, trainer socks, or plain black long rugby/football socks
- FRA sports hooded top and or waterproof jacket



[For more info go to our website:](#)

## ACTIVE COMPASS

Mr Horton and Miss Davies have teamed up with Boccia England to deliver fun, active sessions every Friday Lunch 2, ensuring all students at Fowey River Academy have access to physical activity clubs.

Fancy a nice quiet, pleasant atmosphere to be active and socialise with a small group of people? Come and join us! Speak to Mr H or Miss Davies for more info.



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# TEN TORS

by Jon Payne

We have our first Ten Tors team ever at Fowey River Academy - and despite 2020/21 probably being the worst year to start, as the event has been cancelled due to the Covid pandemic, our new team, drawn from Year 10, have stepped up again to prove their mettle, after we were able to resume training in March. We have been carrying full backpacks of camping gear since then, and have been lifting our fitness levels again after the enforced layoff. We have had 3 single days of training on Dartmoor - a foggy day, a sunny day and a challenging day of torrential rain - when the streams flooded and the team had to walk around the sources of the streams to get off the moor!

We had our first wild camping weekend on 22nd/23rd May - after a 12-mile walk navigating their way perfectly across Great Steeple Tor, White Barrow and Great Mis Tor, through Princetown to Peat Cott, the team camped in a wild but sheltered valley beside a babbling stream for the night, with the staff camping a little upstream. As the Sun went down, a cuckoo was calling almost non-stop. It was a beautiful, dry evening, although it went from chilly down to 1C overnight, which was a useful test of everyone's sleeping gear. On Sunday morning, the team showed off their excellent navigation again on the 5 mile walk back into Princetown to meet the minibus.

Looking ahead, we have one further 3-day, 2-night expedition on Bodmin Moor before the team attempt our own 35-mile Ten Tors challenge, to mimic the real event.

We are already planning for Ten Tors 2022 - it is looking likely that the current Year 10 team will go forwards to do the 45-mile challenge next year. We will shortly be asking for expressions of interest from the current Year 9s (next year's Year 10s) to join the new 35-mile team for next year.



# YEAR 11 UPDATE

So here we are Year 11's final week – where did this year go? We need to express our heartfelt thanks to all the Year 11's and parents/carers who have helped to make this year as smooth as possible in these difficult times.

Our Year 11 students are with the support of their parents/carers and teachers continuing to work hard towards their final grades.

Mr Bayes and Mrs McHardy have spoken too many of the Year 11's over the past couple of weeks and it has been a privilege and a pleasure to hear their plans and ambitions for the future. We wish them all the success for their futures.

A promotional poster for the Callywith College Open Event, featuring a group of students and the text "COME & SEE CALLYWITH COLLEGE OPEN EVENT" and "SAT 03 JULY 10AM - 3PM".

Are you in Year 11? Have you applied to join us this September or are planning on applying but not had a chance to look around the College yet?  
We're opening our doors. Come along, talk to tutors, tour the campus and explore your options.

Callywith College logo and Ofsted Outstanding badge.

# YEAR 11 UPDATE

## **YEAR 11 BALL**

Attached with this update we have attached a letter with all the information in relation to the Year 11 Ball which we are looking forward to, and hope it will be allowed to go ahead, Covid restrictions allowing. This letter will also be sent to your child.

Please can you ensure the slip is returned to Mrs McHardy as this is a safeguarding document to ensure we have all the relevant contact details for the evening.

We are pleased to let you know that we have managed to secure a reduction in the ticket price this year and tickets will be £30 (They were £40 in previous years) and will include a two-course meal and mocktails on arrival. Please contact Mrs McHardy on the above number if you wish to discuss any aspect of the ball and payment.

## **PROGRAMME FOR YEAR 11's LAST DAY 7th 2021**

We have some fun and games arranged for Year 11, and we ask that they arrive in school in PE kit (not jeans or non-school uniform). Please can we ask that all students bring in a spare white shirt for the traditional shirt signing.

We have some informal PE lessons arranged, lunch in the canteen with the Year 11 team and a bit of Karaoke and shirt signing.

We will then hold our final year 11 assembly to give everyone a chance to say goodbye and to look back at their time at Fowey River Academy. Tissues will be required! Students will then be asked to remove their signed shirts and get back into their PE kit for the journey home on the bus.

# YEAR 11 UPDATE

We have been so proud of the Year 11 behaviour this year, and in previous years and how they behaved on their last day. Please can we remind all students and parents/carers that any unacceptable behaviour on the last day will result in students not being allowed to attend the Ball and possible sanctions.

## **KAYAK TRIP**

Do not forget that we have arranged a kayak trip for Year 11 to take place on Wednesday 9th and Thursday 10th June 2021. Please contact Mrs Higman [shigman@fracademy.org](mailto:shigman@fracademy.org) or Mrs Bryan [mbryan@fracademy.org](mailto:mbryan@fracademy.org) if you require further information.

## **STUDENT INVITES AND FUNCTIONAL SKILLS EXAMINATIONS**

Just a reminder that some students may be invited in to complete any outstanding work week commencing 7th June 2021. Staff will be in touch with the relevant students. We also have functional skill examinations taking place this week and your child has been notified of the dates for these.

## **GCSE RESULTS DAY**

Results day will be earlier this year for Year 11 and will take place on Thursday 12th August 2021. Results can be collected between 9am and 11am from the main school hall. Please can we ask that you keep an eye on the website and social media for updates just in case Covid restrictions change any of the arrangements.

## ADVICE TO YEAR 10 FROM YEAR 11's

Every year your parents, teachers, Heads of Year and CGS Managers tell you what you need to do to be successful in Year 11. Every year it often falls on deaf ears and we have the usual panic at the end of the year, with comments such as you should have told us – we did.

So this year we thought we would ask the current Year 11 for their advice to Year 10 after what has been a very strange year for them. Even though they did not have to complete their exams this was still the advice they would like to pass on to Year 10.

### **Don't Panic**

**LISTEN TO YOUR TEACHERS – they do know best!**

*Be Kind and Supportive to each other*

**Try not to fall out with your parents**

*Don't worry*

**Do not leave everything until the last minute**

**Year 11 goes so fast it only feels like yesterday I was in Year 7**

**Christmas mock exams are important – especially this year**

**Work hard the year finishes sooner than you think**

**Be sure of what you want to do**

*Do not but stuff off*

**Stay focused work hard from the start**

*Start revising as early as possible*

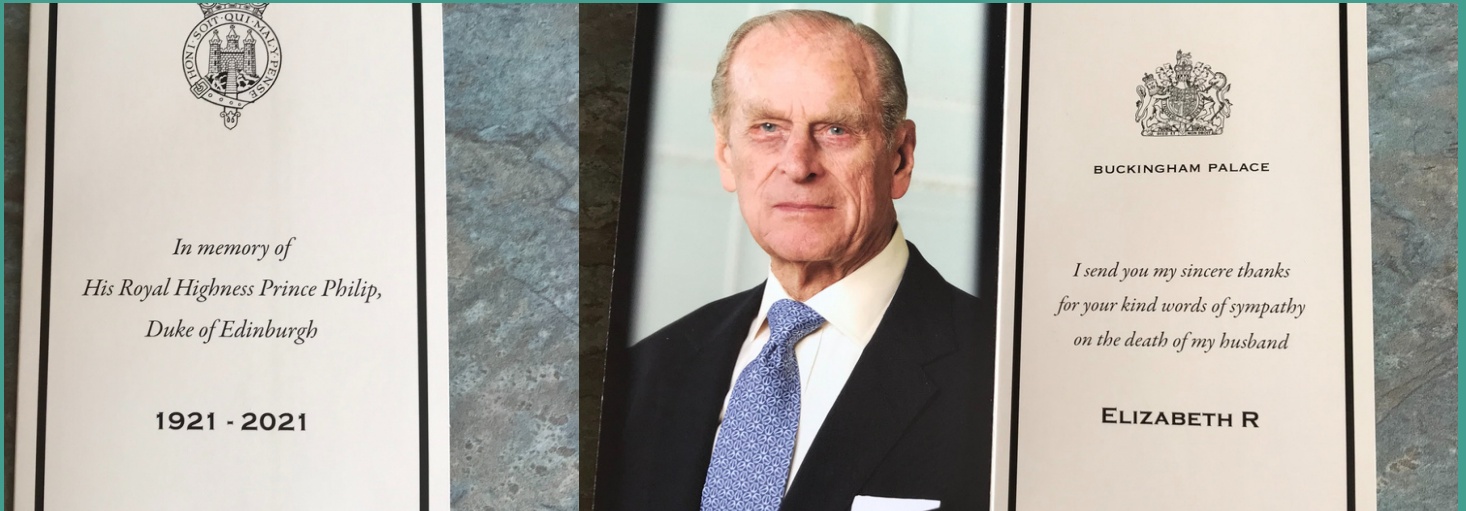
*Don't think you have loads of time*

**Don't stress too much**

As we lose our lovely Year 11's we look forward to meeting all our great Year 10's and hope that they will treat the college well and take a note of what their fellow students are telling them in preparation of things to come.

**YEAR 10 we look forward to welcoming you to Year 11 – see you all soon**

# STUDENT STORIES



## WELL DONE DAN!

Congratulations to Dan Peareth in Year 10 who is a member of the Cornwall Youth Wind Orchestra and will soon be part of their first live concert on Sunday 18th July 2021. This will be a brilliant opportunity for him to take part in an orchestral performance which was unfortunately postponed due to lockdown last year

## ROYAL REPLY!

Year 8 Fern was surprised to get a reply from the Queen following her heartfelt letter of condolence that she sent the Queen following Prince Philip's death. Quite remarkable!

## BRANDON WINS!

Are you ready - BAKE OFF! Teamwork, competition and fun for our life skills students. After a conference, during which time several other staff members arrived, having been attracted by the delicious smells in the corridors, the winner was announced to be Brandon West-Major.



## Maths in real life!

Last week Mr Horton and Mr Chapman treated year 8 students to a real life Maths lesson. Students used knowledge of ratios, weight and time to create tasty shortbread biscuits.

Parents might be wondering why no shortbread biscuits made it home.... they were rather delicious, not many made it out of the kitchen....





# Students Honour 'Gentle Girl Guide'

Tuesday 25th May 2021

*In Loving Memory Of Gillian Louisa Davey*

On May 25th 2020 Gillian Davey 17 (from Wade bridge Cornwall ) was with three others when their boat capsized near Padstow. Three others in the boat survived and made it out. Sadly Gillian passed away due to the accident.

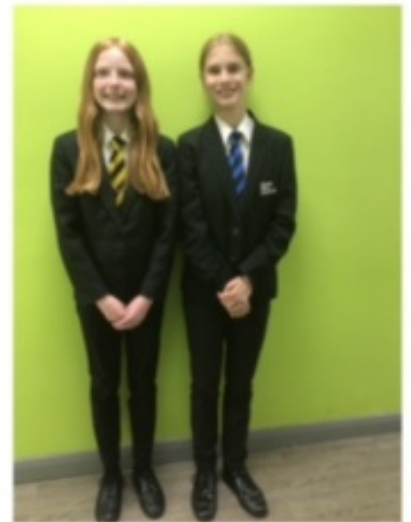
## 'Gentle' Girl Guide

Gillian was beautiful, always smiling and a friend to many. Such a gentle young girl who's life sadly came to end with a tragic accident.

On Sunday 23rd of May 2021, I decided that I wanted to show my support at this sad time for Gillian's family. As Gillian was a beautiful girl guide I decided to put on my guides uniform along with a friend of mine at school in remembrance of Gillian. I will continue to show my love and support to her family at this time.

When something like this happens you have to remember to stay strong and remember all the happy times you had. When I get the chance I will take some flowers up to Gillian's grave and lay them down and know that Gillian is now an angel and will rest in peace. Remember the happy thoughts and keep the sad ones tucked away in the back of your mind. Now a poem for Gillian:

*The world changes  
from year to year.  
Our lives from day to day  
..but the love and memory  
of you shall never pass away.*

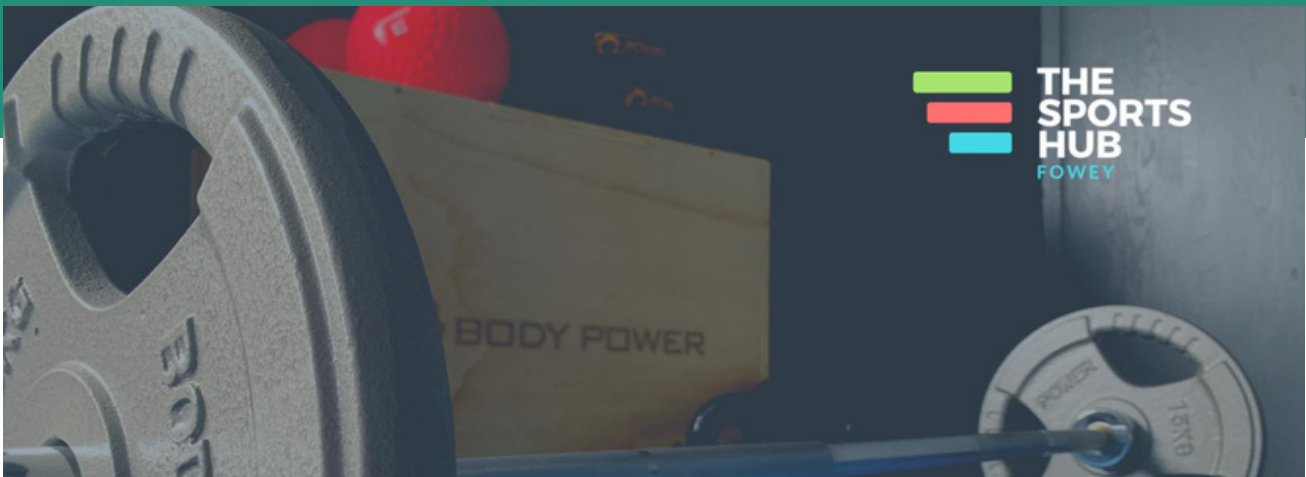




# DATES FOR THE DIARY

- 8th June: Year 9 Virtual Parents Evening
- 10th June: Year 9 Virtual Options Session
- 14th June: School INSET Day
- 14th June: Year 8 Virtual Parents Evening
- 30th June: 'StarCrazy' Outdoor Event
- 14th July: Year 10 Virtual Parents Evening
- 20th/21st Fowey Regatta Music Festival  
at FRA

**TERM DATES FOR THE FULL ACADEMIC YEAR  
CAN BE FOUND BELOW**



### **What's happened since April**

We were so pleased to open our doors on April 12th to members old and new, with covid safety measures firmly in place and maximum numbers on hourly gym slots, members have been enjoying the refurbished gym spaces.

Now with strength areas, new equipment and functional spaces to cater for a wide range of fitness levels and demands.

We welcomed back our children's ballet and tap on Saturday mornings in association with Jason Thomas dance. Instructor Jo Conac has loved seeing the students return and immerse themselves in their morning dance classes. Interested parties should contact 01872 262358 for more information.

### **What May offered us!**

We reinstated indoor exercise classes from the 17th May, timetable and schedule is detailed on facebook and our website so please check out glofox for bookings, or contact us on 01726 833931 for more information.

Classes include: studio cycling, functional circuits, boot camp, junior gym, stay active and mobility delivered by our own expert instructors.

### **What's to come!**

The use of sports hall for indoor football, badminton, other sports and uses along with our squash courts and dance studio will become more available throughout May and June following Covid easing and following guidelines.

As always watch this space as exciting things are always happening at The Sports Hub Fowey, and we want the community to be part of it!

How to join, download glofox the app or speak to our staff who can set you up. Search for 'the sports hub'

**Sign up for free!**  
**Book and pay as you please!**  
**Only £20 a month membership.**  
**BOOK HERE NOW**

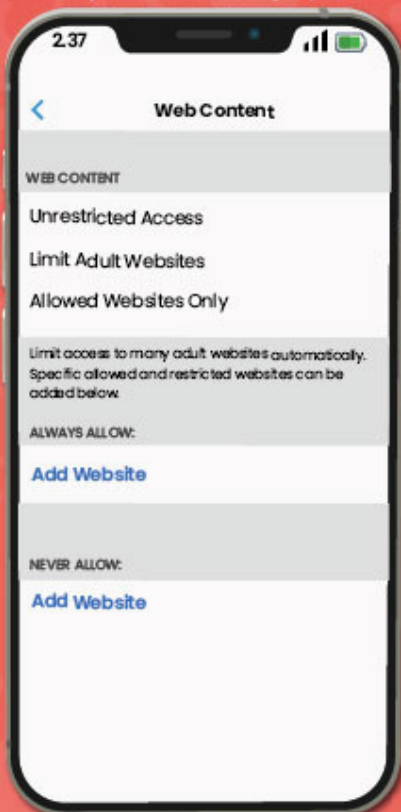
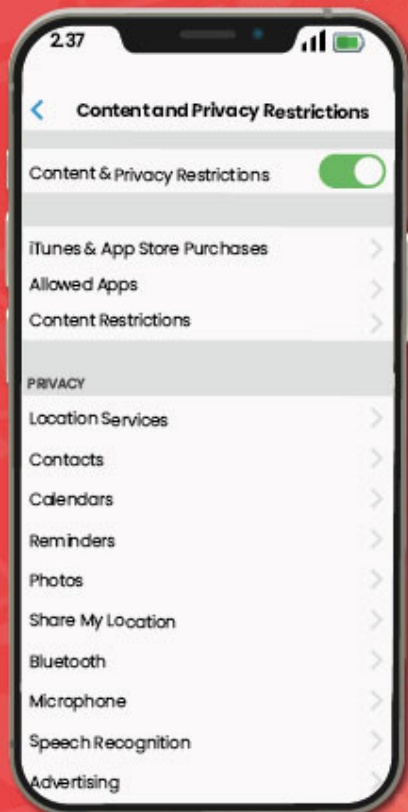
# How to Set up PARENTAL CONTROLS

to limit age-inappropriate

## CONTENT iPhone



The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content ratings, Siri and web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.



### 18+ Set up content rating restrictions

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Enable Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Choose the Settings for each feature you wish to restrict



### Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to approved sites.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 4 Tap Web Content
- 5 Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
- 7 Choose which websites you wish to allow/block

### Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Scroll Down to Siri
- 6 Choose to block either or both Web Search Content and Explicit Language

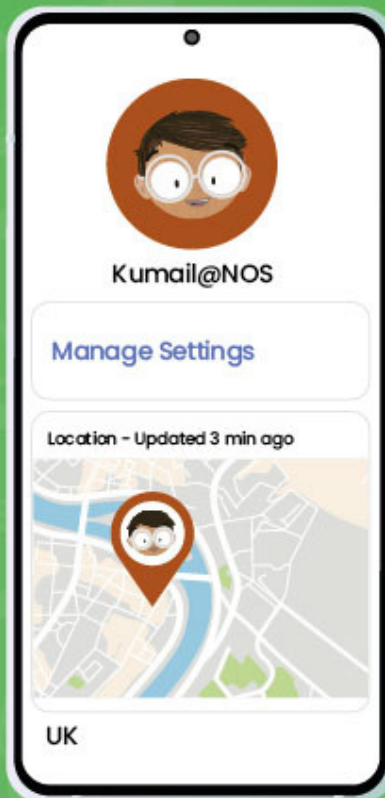
# How to Set up PARENTAL CONTROLS

## to limit age-inappropriate CONTENT Android Phone



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



### Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

### Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



FRA Presents:

**MIRACLE**  
THEATRE

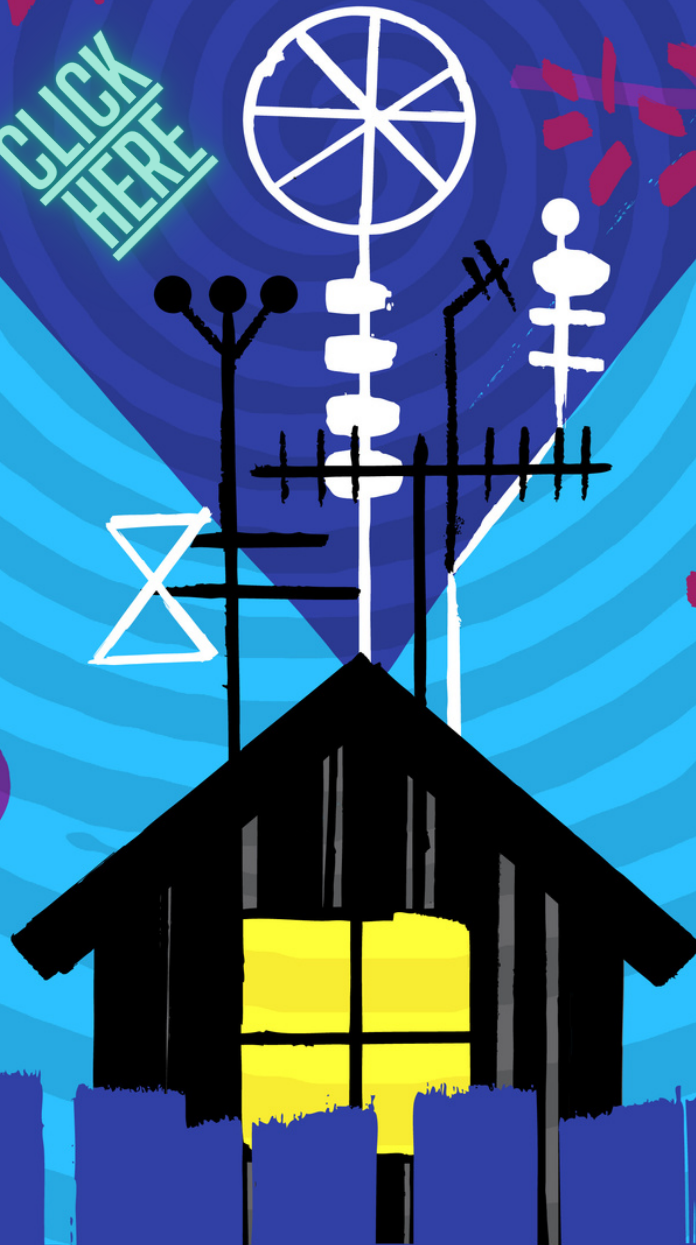
30th JUNE

7pm

# STARGRAZY

A COSMIC COMEDY TOURING  
THE GREAT OUTDOORS

CLICK  
HERE



SUMMER 2021

[miracletheatre.co.uk](http://miracletheatre.co.uk)