# **NEWSLETTER**

PSA JAN & FEB 2023

#### **EMBEDDING OUR VALUES**



# Values (Cacondary Academy





# Aspire Set ambitious goals. Have no limit.



# ntegrity Always do what is right. Be honest and trustworthy.



#### Seva

Always seek to help others. Be selfless.



# **quality**Embrace our differences. Treat everyone fairly.





Part of the Sikh Academies Trust

#### **KEY DATES**

#### Wed 1 March

NEU Strike Day 2

# eece

#### Thu 2 March-

World Book Day

#### Thu 9 March

· Bucks Hub Skills Y10 trip

#### Wed 15 March

NEU Strike Day 3

#### Thu 16 March

NEU Strike Day 4

#### Mon 20 March

Y9 HPV 2nd Dose

#### Thu 23 March

· International Women's Day Event

#### Thu 30 March

Y10 Parents Evening (online)

#### Fri 31 March

Early Finish (12pm)

Our aim is to create tomorrow's leaders, who can make the world a fairer and kinder place. We intend to do this by providing students with a range of experiences throughout their time at PSA, and teach them about our core values: Respect, Aspire, Integrity, Seva and Equality.

Our values are represented in the word 'RAISE' and consist of the characteristics that we believe underpin the development of our students. Learning to embrace these values will help them lead a meaningful, fulfilling life beyond school and will provide them with clarity regarding what is expected inside and outside the school environment.

We are enforcing this through the introduction of values week, where each week a value is identified and presented to the students. It is encouraged that the students aim to use the value during the week and are reminded as to why it is is so important. As part of building our values in to the culture, we are asking parents to refer to our values when the opportunity arises to do so.

## **OUR SCHOOL**

#### SIXTH FORM

December and January have been incredibly busy months for the Sixth form with UCAS applications being submitted to a range of universities. All students have had one to one guidance and careers advice which has enabled them to apply to a range of Universities or for an apprenticeship.

We have seen responses from the universities that are incredibly positive for our students, many receiving conditional offers to read subjects including Law, Accountancy, Computer Science, Digital Marketing and Medicine.

The taste of success has been witnessed for students that have been accepted onto competitive apprenticeship courses and others who are progressing well through the rigorous application process.

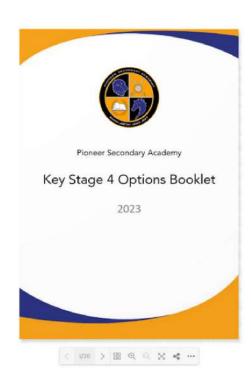
Our new 6th form centre Sefton Park is currently on track of completion for Summer 2024! Which is critical for the future growth of the school.

#### **Y9 OPTIONS**

The website has recently been updated and now includes a section dedicated to Key Stage 4 Options, it will allow both parents and students to navigate the site easily and find out information about the process.



The new section is listed under 'curriculum' and includes an interactive booklet, which provides information on every subject available.



#### **STRIKE UPDATE**

Further to the Parent Mail sent last week, the school will only be open to Year 11 and 13 on March 1, with the rest of the school working remotely. We recommend that Parents keep a close eye on the national news as there are ongoing discussions taking place between the Education Unions and the Department for Education. If an agrreement cannot be reached, scheduled strikes for 15 and 16 March will go ahead. We apoligise for this unavoidable disruption.

# **SEHAJ PAATH**

We are pleased to announce that we commenced a Sahej Paath in our school on Tuesday 17 January, this is a continuation of reading from the Siri Guru Granth Sahib from the beginning to the end which we aim to complete by the summer term.

We are doing this to seek blessings for our staff, students, partners and parents of PSA. Everyday, in assembly we ask for health & happiness and wellbeing for all including peace and unity in the world. The students and staff will become ONE and will all take part in reading a few Ang (Pages of Sacred text) on a daily basis.

At PSA, we endeavour to spread more harmony, peace, positivity and kindness in our school and believe that this will be felt by all those that are attached to us and cross our path. This is also a moment where students and staff can sit and read together and listen purely on a voluntary basis. I would like to reiterate that this process will not impact any lesson or learning time and will be done during break, lunch, and after school only.

We want our school to be unique and this is one more small step towards making sure that our school stands out and stands up for others in every way possible. We will be honouring the spoken word, manifesting our faith, belief and values of freedom, justice, equality and inclusivity for ALL. Together we will ensure that our school culture stands strong and will not accept anything less than excellence in all that we say and do.

Thanking you
Sardarni Navleen Kaur
Head of Sikh Ministry

# **GUEST SPEAKERS**

#### **KARENJEET KAUR BAINS**

Team GB's first ever Sikh Female representative, Karenjeet Kaur Bains, Powerlifter visited the school, on 13 January providing our Year 11 and 13 students with an educating and inspiring talk. Surrounding the world of Athletics and some of the struggles she faced as a minority in her field. The talk allowed students to grasp an understanding of the hardships Karanjeet has had and the journey she has taken to get into the position she is in today. Not only this, but Karenjeet also delivered a practical lesson to our PE GCSE Year 10 and 11 students, putting them through their paces. As well running a session for parents, on "How to build confidence and motivate your child".



We also had a competition winner (Anand Y11) who won a signed copy of the Guiness World Record Book.

"I was so happy that I won the competition! Especially because Karenjeet is the first Sikh Female Powerlifter and comes from the same culture as me. Making me feel like I can achieve anything! She is really inspirational".

#### PRITPAL BHULLAR

We welcomed Pritpal Bhullar to PSA on the 31 January. Pritpal plays huge role in the local community:

- Senior HR Business Partner for the Royal Air Force within the MOD
- Member of the Defence Sikh Network Executive Board
- Head of Engagement for Sikh FORB
- Governor at Piper's Corner School
- Volunteer for Diversity Role Models
- LGBT+ Advisor to the Office of Sikhnet's Global Affairs Advisor



Pritipal provided an insightful talk upon Human Rights and Equality in the UK, exploring the historical setting, modern day context and how this fits in with the Sikh religion and belief.

#### **DAVE SMITH**

On Wednesday, 10 January, comedian, public speaker, and travel and creative writer, Dave Smith, visited our year sevens, eights, and nines. Smith used his light-hearted humour and excellent storytelling to inform students about, previously unknown to them, careers in creative writing. Our students eagerly engaged with Smith, and laughed at his easy to relate to jokes. Smith offered our students easy-to-follow steps to create their own funny stories too.

Student's shared that they have a better understanding for how to make stories more relatable, descriptive, and unpredictable. Many of our students also loved the possibility of travelling for magazines and newspapers to report on their time spent in far off places. Some students feel they now understand they can have creative jobs that provide enough for them to live comfortably, but equally important that they can enjoy their work!



We are very grateful for Dave Smith's visit, his unique approach and humour made it an enjoyable experience for the students. We look forward to having him back to speak with other students in the future!

-Ms Poulin



# CCF

#### 21 JANUARY 23 - EX JACOB THE GOOSE

On Saturday 21 January 2023, CFAVs and cadets with assisting cadet NCOs completed a full day's training covering basic fieldcraft. Although cold, all participating enjoyed the day and all cadets passed the course. The day ended in contact drills using our newly acquired paintball rifles (courtesy of the CCFA - Combined Cadet Force Association - £5000 grant awarded).





Saturday was definitely a day to remember. Not only did we learn essential skills that are required during fieldcraft, but we learnt about each other as a unit. It was great seeing all the different topics come together and interweave with each other; like different hand signals needed for formations etc...The best part of my day was cooking lunch outdoors with the rest of my team! -Amritpal, Y10

Ex Jacob the Goose has been an amazing opportunity to build on my leadership skills. Since I have already passed Basic Fieldcraft, I enjoyed helping and teaching other cadets.

Personally, I enjoyed going for a patrol around the school premises whilst guiding my squad into the correct formations. Also, it was great to talk to other people from different year group who I wouldn't usually talk to on a day to day basis. -Simrah, Y10

# SPORTS FIXTURES AND RESULTS

#### **BOCCIA TOURNAMENT**

On Friday 27 January students from PSA attended the Boccia festival at Wexham School lead by Ms Kaur and Mr Bryden. The Boccia tournament was an overwhelming success. There was some apprehension before arriving at Wexham school but after the event started there was no trace of it. The sport's accessibility and easy-to-understand rules made everyone participating quite comfortable and in the short amount of time the students were there, the improvement in ability was clear to see. The PSA students built a comradery during the games and showed support whenever possible. The apprehension and dejection quickly turned to glee and reluctance to leave. The journey back to PSA comprised of loudly made plans to return next year. As a spectator, the games themselves were very exciting to watch. It was the perfect choice to cater to the groups' needs and was a great event all-round. While the PSA second team started off with a few unlucky losses, they turned it around in the last friendlies winning both games in dominant style, one win being 9-0. The PSA first team demonstrated great ability, strategy and teamwork which gave them a rightly earned spot in the semi-finals where their journey would come to an end. Our students represented our school with pride however and demonstrated great sportsmanship after the loss with a series of handshakes with the opponent team. They would then go on to win the 3rd place match to bring bronze back to PSA which they wore with immense pride.





#### **YEAR 10 LEADERS**

On Monday 30 January, Year 10 leaders supported the Primary schools' Year 4 fencing festival at Singh Sabha. As part of the sport course all students must have experience and demonstrate leadership in front of a small group of people. This event was a perfect chance to develop confidence before their assessment in this aspect and the feedback from the organisers and little musketeers was fabulous. Some students were invited to apply for work experience with them at any time because of their natural abilities to lead. The day involved two sessions of fencing with a warm up to begin, followed by a games skills circuit and ended with a mini competition.







# **ACHIEVEMENTS**

#### **CPL RANDHAWA**

Corporal Randhawa has passed the senior cadet instructors cadre with flying colours.

She is the first PSA cadet to do this since the units formation and saw off some tough competition to emerge at the front of the pack when the assessments were taking place.

We are looking forward to seeing her lead the cadets back at school later this term.

Cpl Randhawa we salute you, you are true leader in the making!





#### **MIKAEL**

Having being crowned Home Counties Champion, Mikael progressed to the England Boxing National Championships earlier this month.

With three fights in three days Mikael done fantastically well to reach the semi finals, finishing 3rd in the country in his weight division.

Congratulations on your amazing achievement.

IF YOU HAVE A GOOD NEWS STORY TO SHARE, PLEASE DO LET YOUR FORM TUTOR OR HEAD OF YEAR KNOW.

# **EVENTS**

#### **DRAMA TRIP**



Year 11 GCSE Trip to the Lion King.

On the 8th Feb Year 11 GCSE Drama and Music travelled into London and then to the Pride Lands in preparation for their Exams.

It was amazing. I'm speechless. The music caught everyone's attention. Their costumes were out of this world. The way they acted was magnificent. I couldn't take my eyes off it - no words would be good enough to describe it. Overall such a fabulous show!

Avleen,Y10





Mr Bullen is planning more trips to the theatre.
Year 8 parents please complete the google form for the Wicked Trip. <a href="https://forms.gle/2vqdKBbsEsADbJKJ6">https://forms.gle/2vqdKBbsEsADbJKJ6</a>

More information on trips for Year 7,9 and 10 will come in due course.

# **EVENTS**

#### **LANGLEY**

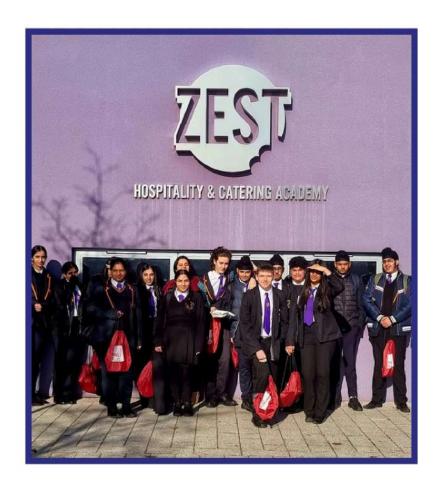
The Food Technology students were provided with an amazing Hospitality Industry Day at Langley College! In which they were able to interact with industry professionals as well as expand their knowledge through demonstrations, some of which the students were able to partake in. The students really enjoyed themselves and felt as though they took a lot away from the experience.

This trip was phenomenal and, in my opinion, it was a work of wonders! Probably one of the best experiences I have ever witnessed as a food student.

This trip helped me to expand my knowledge and I met fantastic people!

It was a fantastic day and I give my many thanks to Miss Bajwa and Mr Regnier for this opportunity.

Gaganpreet, Y10





To<mark>day we had the opportunity to spend the day at Langley College for their Hospitality and Catering workshop. We were involved in a lot of activities and numerous chefs explained to us their recipes! We also had the opportunity to visit the college's kitchen and the restaurant! During the day we ate lots of delicious food!!</mark>

After each activity took place a singer and two dancers would do a performance for us so it kept us entertained for the entire time that we spent there.

I love going on these trips because we learn new things and at the same time we have fun!

While the activities were taking place, we were given snacks so we got to eat and watch the activities taking place. They provided a range of different foods from all over the place so we received a good range of flavours. Two of our own students participated in the eclair decorating competition and they made a very tasty looking éclair!

Nimr, Y10



#### **LONDON IRISH RUGBY CLUB**

We are really pleased to be working in partnership with London Irish Rugby Club. They started their 6 week development series recently with our Y9's, encouraging them to get stuck into the sport and develop their skills!



#### **KEY OUTCOMES**

- Transition from Project Rugby activities into regular rugby participation
- Improve individual physical and mental well-being
- Reduce social misconduct and isolation
- Challenge existing perceptions of the game, positioning rugby as a sport for anyone regardless of background, ability or gender
- Use positive role models to act as mentors



# #ITSNOTOKAY & E-SAFETY WEEK

#### **#ITSNOTOKAY**

#ITSNOTOKAY week- There are unfortunately many voices that often go unheard or with little recognition. Its not okay week is an opportunity for anyone that wants to use their voice to join a conversation with thousands of others. Together we can amplify the voices that should be heard, we can spotlight support services and we can engage those outside of our sector, in the discussion.

During this week we ensured to post valuable information on our social media platforms, dedicated to targeting the students through relevant advice and information, which fits their school life.



# E-SAFETY Be Careful of what you post onlineHide anything that might show your personal details, as it is not safe! People could use this to find out where you live or go to school!

#### **E-SAFETY**

E-Safety refers to being safe on the internet. During this week we felt it was vital to share information with the students about keeping safe on the internet. As technology advances it is key that students are aware of the dangers on the internet and scenarios they should keep an eye out for.

We also posted valuable information this week through the form of tips to keep students safe. We made sure to create the tips relevant to the students and platforms they currently use.

### **SUPER LEARNING DAY**

#### MATT PINKETT

Our guest speaker Matt Pinkett from GEC (Global Equality Collective) delivered an amazing workshop on misogyny to the students. identifying what it is and how students should react when faced with various scenarios. He used a youthful approach to discuss the topic, through mentions of various individuals such a Andrew Tate. Making the workshop engaging and relevant to the students. Matt Pinkett is the author of 'Boys don't try', a book in which he explores the idea of masculinity in schools. Matt also provided roundtable workshops, allowing deeper more personal discussion on diversity and inclusion. The students found his workshops thoroughly informative.







#### SCHOOLS CONSENT PROJECT

The Schools Consent Project is a charity dedicated to educating and empowering young people to understand and engage with the issues surrounding consent and sexual assault. School Consent provided us with three amazing speakers, Monica, Atalanta and Rachita. All three of which had a background in Law. The vast knowledge by all three speakers meant for very informative workshops in which the students learnt about the law of consent and what is applicable. The speakers used role play and activities to help educate the students on various issues as well as where consent is and is not demonstrated.

Workshops of such are extremely important as future jurors, police officers, parents, and community members should understand what consent is. The workshops aim to empower students to understand what consent looks like, how to give it, seek, withdraw and withhold it, how the law works, and how to have honest conversations with partners and other people in their lives.





