

# GEA Newsletter

Be Kind and Aim For Excellence

14th March 2023



**George Eliot Academy**

Part of The Midland Academies Trust

## Easter Bingo night

Save the date—our PTA are holding an Easter Family Bingo night on Tuesday 28th March, 6.30pm to 7.30pm. More information to follow on Weduc.

## Personal Development Curriculum in Action: Coventry University trip feedback

It has been lovely to receive the below feedback from parents and pupils regarding the year 7 pupil trips to Coventry University.

### Parent & Carer Feedback from Year 7 Coventry University Trip 2023



My child enjoyed the trip and loved looking at everything there

100% of parents & carers said it led to talks at home about future career paths

Sam really enjoyed the whole experience

Robbie really enjoyed the trip, he is very interested in cars and engineering

It was really useful, making them think about future careers

### Pupil Feedback from Year 7 Coventry University Trip 2023

I would recommend it because it has a lot of different job courses and it is a very good university.

I would recommend it because they can learn something new and it is a nice adventure to enjoy.

It opened a new choice to me about university because before I went on the trip I didn't want to go to University but now I'm rethinking my options

It was very informative

It's a great way to think about your future.




Here is rundown of careers events that have taken place, and are still due to take place, during March.

### Careers Event this half term

Event	Date
Options Evening	2 <sup>nd</sup> March
Year 9 Option Interviews	Week Commencing 6 <sup>th</sup> March
National Career Week	6 <sup>th</sup> -11 <sup>th</sup> March
Think higher Year 10 pupils	10 <sup>th</sup> March
Career Breakfast – Cancer Research	10 <sup>th</sup> March
Science workshop – Cancer Research	10 <sup>th</sup> March
British Science Week	10 <sup>th</sup> -19 <sup>th</sup> March
Tourism Week	18 <sup>th</sup> – 27 <sup>th</sup> March
Speed Networking at MIRA (year 8)	29 <sup>th</sup> March



## Key Dates

Date	Year group	Event
13th March 2023	ALL	Carnegie Shortlist Bookclub launch
27th March 2023	8	HPV1 vaccine
30th March 2023	10	Geographers to Carding Mill Valley
28th March 2023	9	HPV2 vaccine
31st March 2023	ALL	Inset Day
1st - 16th April 2023	ALL	Easter Holiday

All key dates can be found on our website by [clicking here](#)

## Summer Term Student Train Tickets

Please see the below poster regarding cut price train tickets for pupils during the summer term.



**Up to 50% savings on train travel per term**

Only available at [wmr.uk/students](http://wmr.uk/students)

[f](#) @westmidsrailway [t](#) @WestMidRailway





02476 744 000 - [infoGEA@MidlandAT.co.uk](mailto:infoGEA@MidlandAT.co.uk)

[www.georgeeliot.midlandat.co.uk](http://www.georgeeliot.midlandat.co.uk)

## Mental Health in School Team Update

Please see an update from the RISE and Mental Health in Schools Team which this week focuses on Nutrition and Hydration.



### Mental Health in Schools Team (MHST) Tips For Wellness:

## NUTRITION & HYDRATION


Research shows that drinking water and eating fresh, healthy foods (especially fruit, vegetables, fish, and fibre) are great for our mental health!  
Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we're sleeping!) so we must fuel our brain with nutritious foods to help us function. What we eat also affects our mood too!

**Our tips for staying hydrated and eating well:**


- 1- Try to drink 6-8 cups of fluid a day. Have a drink with your breakfast and go to school with a full water bottle, remember to drink at break and lunch time too! You could also ask an adult to remind you.
- 2- Eat food with a high water content as these can increase your fluid intake, e.g., fruit, vegetables, soup and yoghurt.
- 3- Learn to cook! Consider the 'Healthy Eating Plate' and choose a balance of food groups to create a delicious, healthy meal.
- 4- Be prepared! Being organised and bringing a healthy snack or lunch to school can help you to avoid feeling hungry and buying an unhealthy choice in the canteen.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!  
[thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk)

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.



Scan for hydration tips (13 years+)



Scan for healthy eating tips!

## Attendance

Excellent attendance is the key to a pupil's success in school.

Please support the school by ensuring your child attends school every day.

Days Absent	Missed Time	Number of Missed Lessons	Attendance
1	1 day	6	99.5%
2	2 days	12	99%
3	3 days	18	98.5%
4	4 days	24	98%
5	1 week	30	97.5%
10	2 weeks	60	95%
15	3 weeks	90	92.5%
20	4 weeks	120	89.7%
25	5 weeks	150	87.5%
30	6 weeks	180	85%
35	7 weeks	210	82.5%
40	8 weeks	240	80%

## Parent Pay

A reminder to parents that we no longer use Parent Pay. We now use the sQuid function through the Weduc App.

If you require any support, please email [infoGEA@MidlandAT.co.uk](mailto:infoGEA@MidlandAT.co.uk)



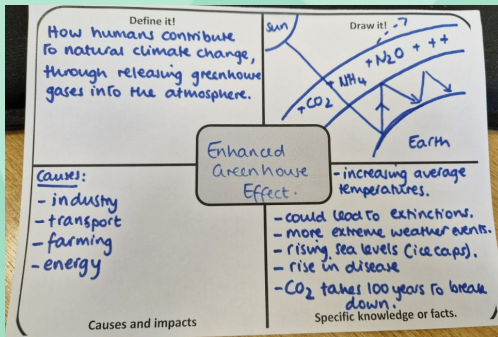
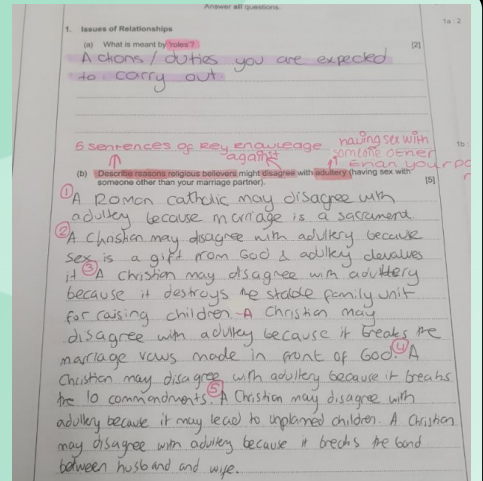
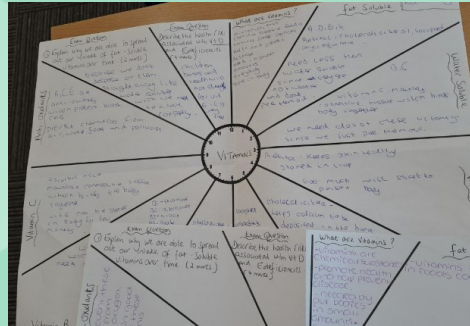
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# Curriculum in Action

## Revision Skills Fortnight

Our year 10 pupils have recently spent time during intervention sessions learning a range of revision skills to support them in their independent studies. They were taught explicit exercises to do at home that maximise their long term memory and recall, which is particularly important in revision. More information can be found on the website here: [CLICK HERE](#)



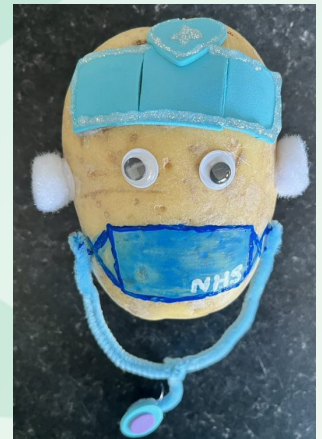
### 21 day revision challenge

Follow the QR codes to each activity. The pages refer to the revision section of bitesize. The times given are estimates - the tasks may take longer or less time!

Day	Activity	Approx. Time
Day 1	Practise present tense verbs on Quizlet	15 mins
Day 2	Family and relationships revision and test: BBC Bitesize, Pg 1, 2, 3	35 mins
Day 3	Practise present tense verbs on Quizlet	15 mins
Day 4	Marriage revision and test: BBC Bitesize, Pg 1, 2, 3	35 mins

## World Book Day

To celebrate World Book Day 2023, staff and pupils created their own World Book Potatoes, each depicting a character or scene from a favourite book. Can you guess the book from the potato?



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