



RIVER ACADEMY

Student Bulletin

What's on this week?

21st–25th October

School timings:

Please be reminded of our school timings below:

Mon, Tues & Thurs		Wed		Fri	
09:10-9:35	Tutor	09:10-09:35	Tutor	09:10-09:20	Tutor
09:35-10:35	Lesson 1	09:35-10:35	Lesson 1	09:20-10:15	Lesson 1
10:35-10:55	Break	10:35-10:55	Break	10:15-11:10	Lesson 2
10:55-11:55	Lesson 2	10:55-11:55	Lesson 2	11:10-11:30	Break
11:55-12:55	Lesson 3	11:55-12:55	Lesson 3	11:30-12:25	Lesson 3
12:55-13:35	Lunch	12:55-13:35	Lunch	12:25-13:00	Lunch
13:35-14:35	Lesson 4	13:35-14:35	Lesson 4	13:00-13:55	Lesson 4
14:35-15:35	Lesson 5	14:35-15:35	Lesson 5	13:55-14:50	Lesson 5
		15:35-16:30	Elective	14:50-15:15	Celebration Assembly

Canteen Menu:



RIVER
ACADEMY

WEEK Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Meat Ball Pasta Garlic Bread Carrots	Chicken Tika Masala Basmati Rice Mixed Vegetables	Lasagne Garlic Bread Sweetcorn	Chicken Fajita Wrap Salad	Chip Shop Friday
Vegetarian	Vegi Meat Ball Pasta Garlic Bread Carrots	Vegetable Korma Basmati Rice Mixed Vegetables	Vegi Lasagne Garlic Bread Sweetcorn	Macaroni Cheese Garlic Bread Salad	Vegan Sausage Roll
Jackets	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad	Jacket Potato Cheese/Tuna/Baked Beans/Salad
Dessert of the Day	Apple Crumble Custard	Syrup Sponge Custard	Chocolate Brownie Chocolate Sauce	Jam Sponge Custard	Donuts
Dessert Alternative	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Cookie

Please ask for more information if you have any allergies.



The Iceberg Illusion

Well done to you all for showing great dedication in our choral responses as part of our assembly this week - just the 'tip of the iceberg' in terms of what you have achieved this term - AND NO PUN INTENDED!

Remember - Excellence only follows hard work, sacrifice, and often: failure and disappointment. This is part of growth and to be expected!

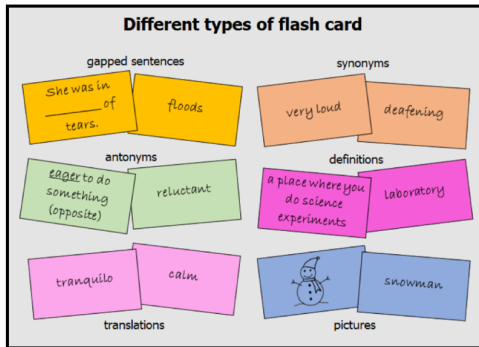


This week in Supported Study you will practise the revision methods that we explored, but notes are below so that you can get started at home!

1. Mindmaps

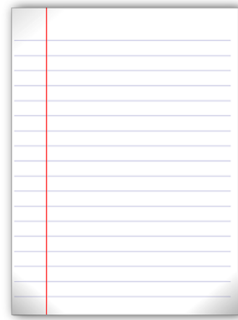
- Start big – drill down
- Make connections
- Use colour and images

2. Flashcards



- Good for short Q/A and recall
- Can be used as an individual task or made for 2!
- Process of making supports revision too!

3. Blank Paper Revision



- Quickest and easiest way to know what you don't know!
- Good to do after 1. and 2.

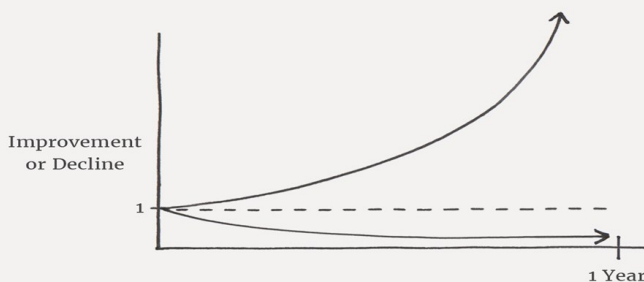
Perhaps you could create a mind-map of the Gothic Genre? Or flash cards with your new French vocabulary?

Just think - how much are you willing to give?

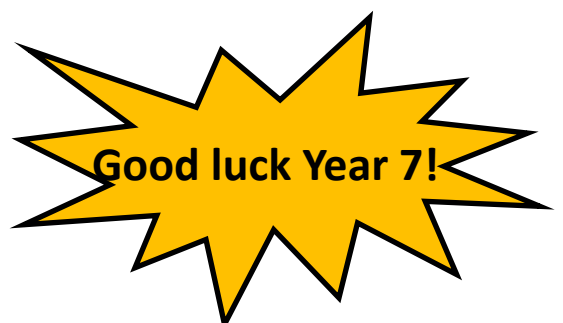
Just 1% extra each day - a TINY gain - will add up to a huge amount!

The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$
 1% worse every day $0.99^{365} = 0.03$



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PE update:

Rugby Fixture 15/10/24

On Tuesday this week we travelled to Bohunt School for a double fixture against the two teams at the top of the league in Bohunt-A and Reading Boys-A. There were a few fresh faces in the team this week and it has been great to see so many students ask me to play in the fixtures. Our first game against Reading Boys-A could not have started better, with our new players Sean and Aryan both scoring tries to put us 10-0 up inside the first five minutes. We then struggled for a short period where some strong running from their players created lots of space on our wings which they exploited a few times to give them a 15-10 lead at the halfway point. We spoke briefly as a team about a need to work harder in defense and ensure we are organising our defensive line properly and not leaving space or gaps. The players took on this feedback well and responded quickly with a score of our own. Tired legs kicked in however and Reading Boys-A ran away with two tries of their own, leaving the final score at 20-15. Our second game saw us face off against Bohunt-A, who have beaten everyone they have played so far this season scored 30+ points against all of them. However, lessons were learned from our first game and again strong runs from Saad, Tommy, Sean and Aryan put us in a great position on the pitch and camped in the Bohunt half. The game in general was a lot faster paced, and credit must go to the players for their resilience, determination and fitness levels for not giving up. Our defense was fantastic and the opposition had a hard time breaking us down, and in attack we were ruthless, with every player contributing well. In only his second game ever, Jason was described as 'breaking their ankles' with some amazing side steps and showing great turns of speed. The final score read 20-20 which was a fantastic result. The boys have really improved this year and every week they show a better understanding of the game. They are all also a huge credit to the school in the way they conduct themselves both on and off the pitch and represent everything we stand for at River Academy.



Netball Club

25 fantastic netballers once again turned up for our club on Tuesday. It is so amazing to see so many turn up and improve their skills. Their knowledge around where they can and cannot play on the court is wonderful and their general skills of passing, shooting and marking are getting better week on week. Our fixtures in netball do not start until February so to have this much training so early on is fantastic and I doubt any other school in Reading is doing as much work as our girls are. Please remember anyone is free to attend, all you need is your PE kit and trainers.

Badminton club

Badminton was yet again another sell out this week with maximum numbers of 32. Skills such as serving and overhead clears are becoming autonomous now and seeing the progress from week 1 to now is immeasurable. This week, the students played a ranked tournament where they were split into two teams, then the different ranks in each team played off against one another. They are such a fantastic group who are eager to learn and get better every week.

Extra-curricular next term

Day	Club	Sign up required	Kit required
Tuesday	Girls football club	No	Boots, shin pads, long socks, PE shirt and tracksuit bottoms/shorts
Wednesday	Girls football fixtures	Mr Clare will select the team	Boots, shin pads, long socks, PE shirt and tracksuit bottoms/shorts
Thursday	Basketball	Yes – max space of 30. Spaces for 15 boys and 15 girls and reserves	Trainers, socks, shorts/tracksuit bottoms and PE top