



RIVER ACADEMY

Student Bulletin

What's on this week?

2nd - 6th December

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 ONE



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Spaghetti Bolognese Garlic Bread Broccoli	Katsu Curry Basmati Rice Mixed Vegetables	Chicken Burger in a Bun Potato Wedges Sweetcorn	Sausage & Mash Carrots Gravy	Chip Shop Friday
Vegetarian	Macaroni Cheese Garlic Bread Salad	Vegetable Korma Basmati Rice Mixed Vegetables	Vegi Burger in a bun Potato Wedges Sweetcorn	Quorn Sausage & Mash Carrots Gravy	Cheese & Onion Pastie
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.

PE updates:

In lessons this week, students have been learning the smash shot in badminton. In previous weeks, we have looked at how to set up a point through playing shots such as an overhead and underarm clear, but this week we focused on how a smash can win us a point. Students have also been working on shot combinations and how a typical rally/point should look like in a match. For example, focusing on a nice high serve which pushes the opponent back, into an overhead clear return, followed by a smash shot to win the point. It has been great to see students this week focusing on where to hit the shuttle on the court and move their opponents around.

In health and fitness, we have continued to focus on types of training methods, with circuits being the focus this week. I have been really impressed by the students' grit and determination to continue and carry on, even when they are tired and their bodies ache! This has been exemplified even further by the students completing activities such as the 'Bring Sally Up' challenge. Our work in health and fitness also ties in nicely with the work the students have been doing in their personal development lessons, which has been around positive lifestyle choices. The students have been discussing the importance of exercise due to the release of endorphins and serotonin along with the stress release we experience too. One of the most encouraging things about the circuits we have been doing is that they have not included any equipment, making them accessible to students at home should they wish to complete them there.

Just a reminder for kit expectations for PE:

Badminton - trainers, tracksuit bottoms/shorts, River PE top, long football style socks

Health and Fitness - trainers, tracksuit bottoms/shorts, River PE top, long football style socks.

Here is a reminder of the clubs this term. Please remember that students must sign up badminton and basketball, whereas girls football and netball there is no sign up required.

Day	Club	Sign up required	Kit required
Tuesday	Girls football club	No	Boots, shin pads, long socks, PE shirt and tracksuit bottoms/shorts
Tuesday	Badminton	Yes – 32 spaces with sign up sheet with Mr Dukinfield.	Trainers, socks, shorts/tracksuit bottoms and PE top
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
Thursday	Netball	No	Trainers, socks, shorts/tracksuit bottoms and PE top. Please note this will now be done outside.

Girls football update:

On Tuesday, we had 18 girls at training which was a fantastic turn out. On Wednesday we had our second round of fixtures away at JMA school, where we played large and well-known schools such as Blessed Hugh Faringdon, JMA and Maiden Erlegh School. Unfortunately, this week, the results did not go our way and we lost all three games. There were a few stand out performers however, including Lexi in goal who made some fantastic saves, Bruna and Aneeqa in defence who never gave up, and Nadia who scored two goals this week and the first ever goals for River Academy. Once again, the students were such a delight and a credit to themselves and the school with the way they represented themselves both on and off the pitch.

Badminton Club:

Badminton club is yet again proving to be a huge success with the students and thank you to Mr Dukinfield for continuing to run this club. Seeing the sheer number of students there week after week is fantastic and Mrs Billingham and Mr Hartley have even challenged (albeit unsuccessfully) those who play at lunchtime too. I love to see everyone attending so please remember to see Mr Dukinfield to sign up!

Netball Club:

It has been great to see so many students engaging with netball since September and it has become one of our most popular extra-curricular clubs here at River, with students coming on leaps and bounds and making lots of progress since the start of the year. Due to the light leaving us quickly around 4pm, the decision has been made to postpone Netball club from next week and pick it up after Christmas when the light is a bit better. So next Thursday 5th December, there will be no netball club.

Basketball Fixture:

We were so excited to host our first ever fixture here at River Academy this week as our basketball team welcomed Blessed Hugh Faringdon for a friendly fixture. Our students were very welcoming and were great hosts, with teachers from BHF commenting on the politeness and friendliness of our River students, which makes me incredibly proud of them. It was also fantastic to see so many members of staff come and watch the team play, and I know how much it meant to the students that they were so well supported. As for the game itself, we had a great mixture of students who are experienced basketball players and those who were playing for the first time. It was good to give these students an opportunity to play, and I hope they all enjoyed themselves. The result did not go our way as we lost 18-28, but some of the standout performers were Maks, Julius, Zaydan and Febyian. We host Denefield on the 10th December for some more action-packed fun.



Boys Football:

Last Friday myself and Mr Hartley took approximately 40 boys to Rivermead to host our very first football training session of the year in preparation for the annual 5-a-side tournament next week. Having only watched the boys play at lunchtime, it was lovely to see so many turn up and show off their skills. What was even more great to see was the enthusiasm they had as well as the support they showed one another when things did not go quite right. As I explained to them on Friday, making the team for the upcoming 5- a-side tournament does not guarantee their spot in the side for the rest of the year, nor does it mean that those who weren't selected do not stand a chance of making it into the team after Christmas when the regular season begins. I am really excited to write to you next week to let you know how we did and whether we brought home the trophy or not.



Girls Football Club

When?	Every Tuesday after-school 1535-1635
Where?	Meet after line-up but it will be on the 3G at Rivermead
Who can come?	Anyone!
Is there a sign up required?	No!
What do I need to bring?	Shin pads, long socks, shorts/tracksuit bottoms, football boots, River PE Top
Why should I come?	Chance to meet new people, make some friends, play some competitive sport.
Will there be games against other schools?	Yes, starting on the 20th November there will be games every Wednesday
How do I get onto the school team?	Come to training and Mr Clare will choose the team!



Basketball Club



Every Thursday after-school in the Sports Hall

Fixtures will be taking place

[Sign up required](#) - speak to Mr Clare

32 places - 16 for boys and 16 for girls with reserve places available

[The kit you require is:](#)

Trainers

Socks

Shorts/tracksuit bottoms

River PE Top

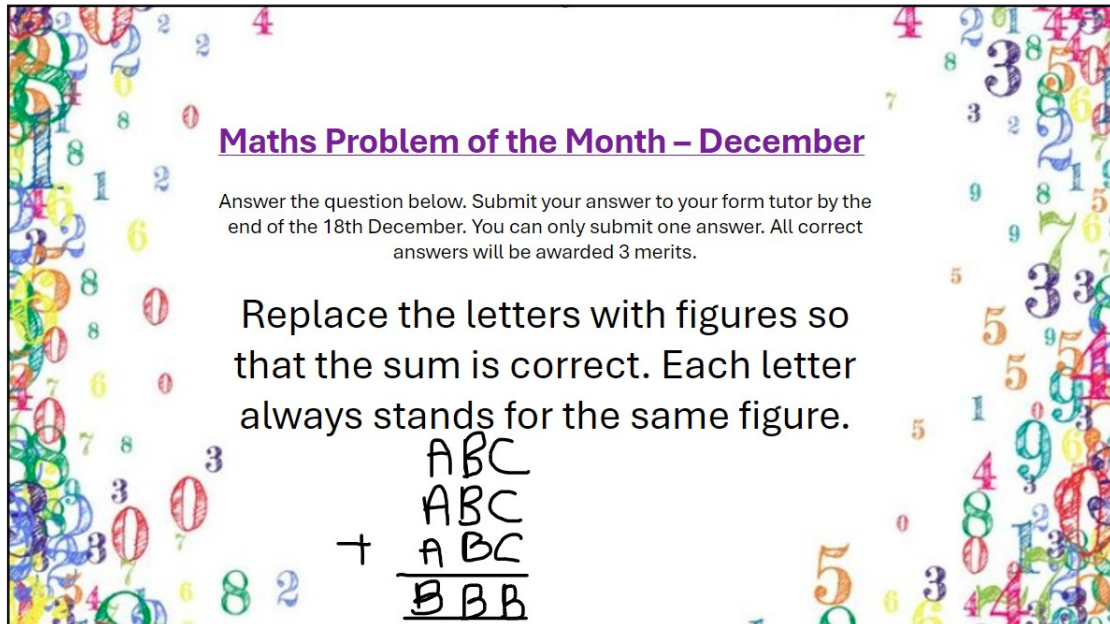
Monthly Maths House Competition - December

Every month, a maths problem will be posted on the student bulletin and displayed in your tutor rooms.

You can give only one answer in the month. Hand your completed answer to your form tutor by the end of the month.

The maths team will award every student with the correct answer 3 merits each.

The more students that take part, the more merits you have a chance of winning for your tutor/house group.



Maths Problem of the Month – December

Answer the question below. Submit your answer to your form tutor by the end of the 18th December. You can only submit one answer. All correct answers will be awarded 3 merits.

Replace the letters with figures so that the sum is correct. Each letter always stands for the same figure.

$$\begin{array}{r} ABC \\ + ABC \\ \hline A BC \\ \hline B BB \end{array}$$

SPARX MATHS

Sparxmaths XP:

Well done to 49 students last week who, not only completed 100% of their compulsory homework, but **also** completed 100% of their XP. With three merits each, that was 147 merits earned for their tutor groups - amazing excellence and determination from those students.

Sparxmaths Compulsory Homework - From Next Week:

A reminder, Sparxmaths compulsory homework will now be due by Friday. Any students who have not completed it by Friday morning, will be required to attend the compulsory homework session after school on Friday to complete the homework.



Dear Families

I am writing to let you know that we have recently started woodwind lessons at River Academy, and we have plenty of spaces for new pupils. Whether you are a complete beginner, or already have some musical experience, we would love to hear from you! We currently have pupils learning the flute, and it would be fantastic to have many more people join us and grow the community of young musicians at River Academy. As well as the flute, lessons are available on the clarinet, saxophone and recorder.

I am one of the woodwind teachers at Berkshire Music Trust, which you may already know provides music lessons in many schools throughout the county. Lessons take place during school time, and pupils can learn individually or in small groups of up to 6 students. Lessons in groups cost £10 per week, and individual lessons start at £20.60. Instruments are available for hire for £34.20 per term. For more detailed information about fees please see www.berksmusictrust.org.uk. Family discounts and financial support are available - please see our website.

As well as lessons, the Trust operates Music Centres across Berkshire where young musicians can join bands, choirs and other groups after school and at weekends, and have the opportunity to take part in concerts, as well as national and international tours.

If any pupil would like to come and try a flute, clarinet, saxophone or recorder in school, or if you would like further information, please contact me at the email address below.

I look forward to hearing from you!

With best wishes

Caroline Owen

Woodwind Tutor

Berkshire Music Trust

CarolineOwen@berksmusictrust.org.uk

CBEEBIES MEGASTAR
JUSTIN FLETCHER
PAUL MORSE SAMANTHA DORRANCE
 CARL TRACEY BEX ALLINGHAM CASSANDRA LEE
 RACHEL DELOOZE ADAM PETTIGREW

FEATURING AN AMAZING DIGITAL SET

Cinderella

The Magical Family Pantomime!

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HEXAGON imagine Reading Borough Council



Merry Christmas
 Wednesday 18th December

★ **MAIN MEAL**
 Roast Turkey & Pigs in Blankets served with
 Roast Potatoes, Vegetables, Gravy

★ **MAIN MEAL**
 Tomato, Basil & Goats Cheese Tart
 served with
 Roast Potatoes, Vegetables, Gravy

★ **DESSERT**
 Choice of Chocolate Fudge Yule Log
 Or
 Christmas Pudding with Cream

£3.50

On December the 18th we will be inviting students to come to school in their Christmas jumpers to raise money for Save the Children. Please bring £1 to support the charity and wear normal school uniform apart from blazers under your festive jumper. There will also be a Christmas lunch served in the canteen which must be pre order by 10th December [here](#). It will cost £3.50 and you can pay on the ParentPay shop [here](#) unless you are entitled to Free School Meals.

WE'RE CELEBRATING

CHRISTMAS JUMPER DAY

The Parents' Corner!

Christmas HAF



Holiday Activities and Food (HAF) programme

Brighter Futures for Children co-ordinates the Holiday Activities and Food programme on behalf of Reading Borough Council, funded by the Department for Education.

Please note: HAF registration is only open to children eligible for pupil premium free school meals.

The HAF programme provides activities and lunches for children across Reading who are eligible for pupil premium free school meals and those identified as vulnerable by the DfE. The activity clubs are offered over Christmas, Easter and summer holidays providing a range of energetic physical activities, exciting new experiences and delicious meals too!

If you are eligible, please email:

joseph.pegg@brighterfuturesforchildren.org

and Joseph can provide you with a code.



Mental Health coffee mornings in READING SCHOOLS 2024/25

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term.

These informal coffee mornings are run by Amanda Mavunga, Reading MHST CAMHS Senior Clinician at BFIC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school. Places are on a first come, first served basis.



**YOU MAY ATTEND ANY OF THESE SESSIONS AT ANY SCHOOL
SPRING TERM**

DATE/TIME	SUBJECT	SCHOOL
13 Jan 2025, 9.15-11.15am	ADHD	Whitley Park Primary and Nursery School
17 Jan 2025, 9.15-11.15am	Managing behaviour (limited to 20 spaces)	E P Collier Primary School (no parking)
22 Jan 2025, 1-3pm	Anxiety	Churchend Primary Academy
30 Jan 2025, 1-3pm	Self-harm and suicidality (limited to 15 spaces)	Geoffrey Field Junior School
3 Feb 2025, 9.15-11.15am	Low mood and depression	St Anne's Catholic Primary School
7 Feb 2025, 9.15-11.15am	Understanding Berkshire CAMHS and neurodiversity service processes (limited to 20 spaces)	Wilson Primary School
12 Feb 2025, 1-3pm	Anxiety	The Heights Primary School
24 Feb 2025, 1-3pm	Sleep	Whitley Park Primary and Nursery School
6 March 2025, 9.15-11.15am	Autism and anxiety (limited to 15 spaces)	Oxford Road Community School
12 March 2025, 1-3pm	Body image and eating disorders	New Town Primary School
17 March 2025, 1-3pm	Anxiety (limited to 20 spaces)	Wilson Primary School
28 March 2025, 9.15-11.15am	Low mood and depression	Churchend Primary Academy
2 April 2025, 1-3pm	The impact of social media on mental health	Caversham Park Primary School
4 April 2025, 9.15-11.15am	Managing behaviour (limited to 15 spaces)	Geoffrey Field Junior School

**Richfield Garden Centre
CHRISTMAS
TREES**

VISIT US AND PICK YOUR PERFECT TREE THIS CHRISTMAS. CHOOSE FROM OUR BEAUTIFUL, FRESH CUT, NON-DROP, PREMIUM, NORDMAN FIRS OR GROW YOUR OWN WITH ONE OF OUR LOVELY POTTED CHRISTMAS TREES.

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