



RIVER ACADEMY

Student Bulletin

What's on this week?

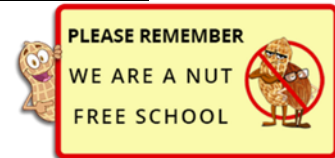
25th November – 29th November

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	<u>Vegi</u> Meat Ball Pasta Garlic Bread Carrots	Vegetable Korma Basmati Rice Mixed Vegetables	<u>Vegi</u> 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.

PE updates:

In lessons this week, students have been learning over-head clears in badminton and refining their skills in a serve. It has been great to see students show understanding around why we play these shots and the impact they have on a point/game.

In health and fitness, students have been learning the muscles in our body through giving them a work-out in circuit training. Really valuable and engaging conversations have been held over the types of muscles in our body, their location and the role they play in assisting us with movement.

Below is a reminder of the kit expectations for both sports that will stay in place for the remainder of this term.

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 for 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	Trainers, socks, shorts/ tracksuit bottoms and PE
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 this week we played our first game away at Bohunt and Prospect, picking up one draw and one loss, which is not a bad effort in our first ever outing as a team. What was great to see was the support and encouragement the girls showed whether they were playing on the pitch or whether they were a substitute. A few special shout outs must go to Bruna, Alyssa, Aneeqa, Nadia and Molly who were our standout players across both games.

Training is happening again on Tuesday next week where we will focus on a defensive structure and then how to break out of defensive and launch a counterattack. We also have another game next Wednesday which is away at JMA School. The team sheet has gone out on MCAS and is also up in the dining hall for the students to tick their names.



Badminton Club:

Badminton club continues to go from strength to strength with high numbers every week and students looking to win our weekly tournaments and come away with the coveted prize of beating Mr Dukinfield and having played him myself, this is no easy thing to achieve. Please remember to sign up with Mr Dukinfield if you would like to attend.

Netball Club:

Students continue to excel at netball club and this weeks numbers were still very impressive despite the weather. Miss Moore calculated that last week we had 31 girls attend, with only 87 being in the entire year group, which is just fantastic and yet again demonstrates the desire and hunger our students have to learn and improve.

Basketball Club:

Due to meetings this week there was no basketball club but we have our first fixture next week at home vs Blessed Hugh Faringdon. The teamsheet has gone out on MCAS so please double check if your child’s name has been selected. There is also a team-sheet up in the dining hall so that I know students have been ticking.

Boys Football:

This is taking place Friday after-school this week (22nd) as we have an upcoming 5-a-sie tournament in early December. I know how desperate the boys are to play football, so I am hoping for large numbers and to give the boys a chance to show off their skills and give themselves a chance of making that 5-a-side team. This is by no means a ‘trial’ and does not determine the team moving forward, but I also know some boys will be disappointed to not be chosen, but I can only select 10-11 students for a 5-a-side team. The team-sheet for that tournament will be coming out next week.



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



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!

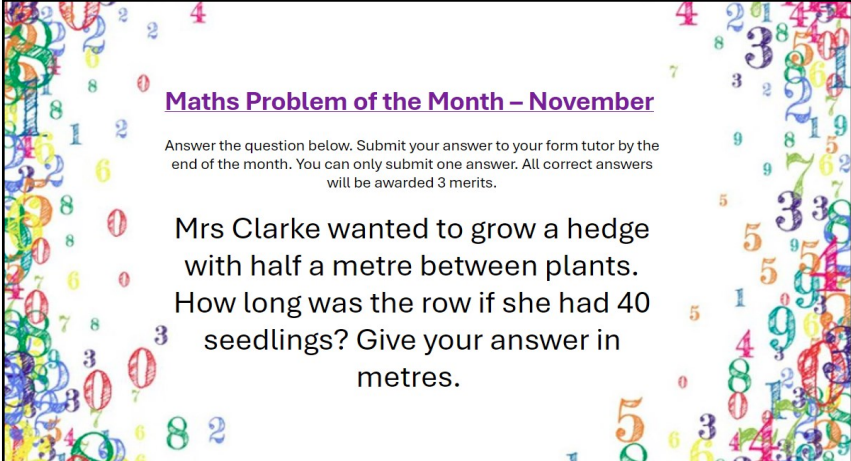
Monthly Maths House Competition - starting from November

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.

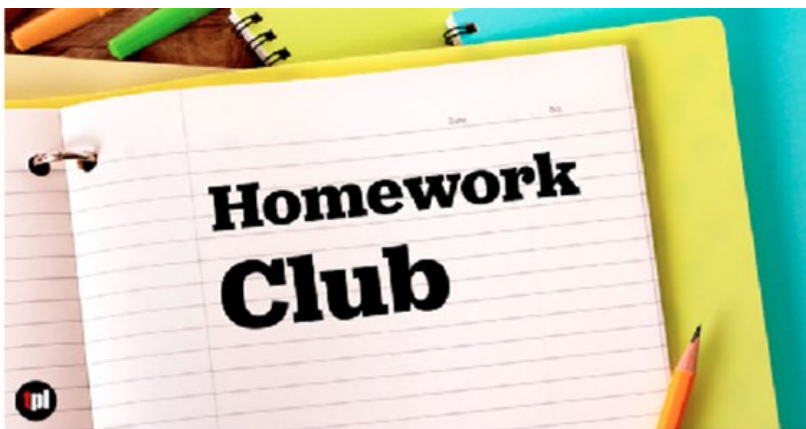
The more students that take part, the more merits you have a chance of winning for your tutor/house group.



Maths Problem of the Month – November

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

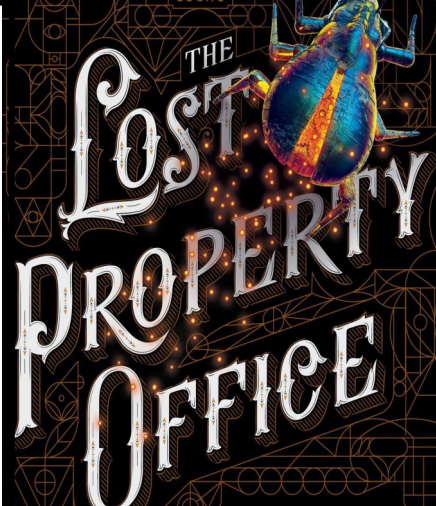
Mrs Clarke wanted to grow a hedge with half a metre between plants. How long was the row if she had 40 seedlings? Give your answer in metres.



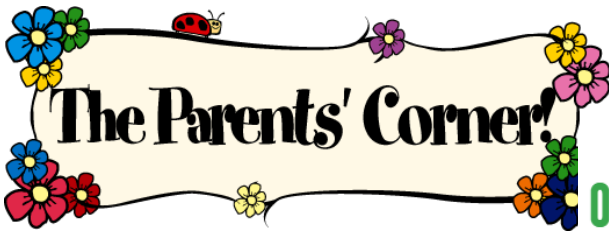
Homework Club will run on Tuesdays and Thursdays from 3.35pm until 4.30pm in Room 1.26, starting Tuesday 17th September.

It is a voluntary, supervised, drop-in session each time. Students need to let their parents know in advance that they will be staying to Homework club. A register is kept for students to sign in and out. Students should bring with them booklets, books and equipment needed for them to do their homework independently, with adult support available. We look forward to seeing you!

We have LOTS of bits in lost property!!



Lost your blazer?
Can't find your tie?
Walked home in one shoe?!
Come and look in our Lost Property Box in Reception before or after school



Open Weekend – 23rd & 24th November 2024

Rivermead, Palmer Park, South Reading and Meadway leisure centres will all be offering a **FREE** Day Pass, which will provide access to Gym, Swim and Classes on offer.

The Free Day Pass will be available from the 21st November 2024. You will be able to redeem this [here](#).

Our friendly teams will be on hand to provide anyone with a tour of the leisure centre and answer any questions you may have.

Additionally, we have a variety of activities for you to get involved with at Rivermead & Palmer Park, all free of charge:

Rivermead		
Activity	Day/Time	Booking
Open Day Gym	Saturday & Sunday 9am – 2pm	Available from 21st
Open Day Swim for All	Saturday 2.10pm – 3pm Sunday 2.30pm – 3.30pm	Available from 21st
Open Day Foundation Swimming Lessons Taster	Sunday 8am, 8.30am, 9am, 10am	Available from 21st
Diving Albatross Public Diving Session	Saturday 3pm – 4pm	Available from 21st
Open Day Soft Play	Saturday & Sunday 9am – 10am	Available from 21st
Open Day BoxFit	Saturday 1pm – 1.40pm	Available from 21st
Spectator Event – Netball <i>National prem team are playing New Campbell at 10.30am followed by our 2 regional teams. Div 1 regional v Sussex Nrg Div 2 regional v Cd Phoenix.</i>	Sunday 10.30am	No need to book - turn up and show your support!
Healthchecks (Suki)	Saturday 2pm - 4pm Sunday 10am - midday	No need to book!

For more information on our centre timetables and the open day weekend, please click [here](#).

Food Technology Overview

Class	Lesson time
7X TE1	Wednesday Period 2
7XTE3	Wednesday Period 3
7Y TE1	Monday Period 1
7YTE3	Monday Period 3

Date	Class	Cooking	Ingredients	Additional equipment to bring from home	Additional comments
Monday 25th November	7Y TE1	Fruit Crumble	Page 20	Overproof dish and foil to cover	
Monday 25th November	7YTE3	Fruit Crumble	Page 20	Overproof dish and foil to cover	
Wednesday 27th November	7X TE1	Fruit Crumble	Page 20	Overproof dish and foil to cover	
Wednesday 27th November	7X TE3	Fruit Crumble	Page 20	Overproof dish and foil to cover	
Monday 2nd December	7Y TE1	Mac and Cheese	Page 21	Overproof dish and foil to cover	
Monday 2nd December	7YTE3	Mac and Cheese	Page 21	Overproof dish and foil to cover	
Wednesday 4th December	7X TE1	Mac and Cheese	Page 21	Overproof dish and foil to cover	
Wednesday 4th December	7X TE3	Mac and Cheese	Page 21	Overproof dish and foil to cover	
Monday 9th December	7Y TE1	Theory	N/A		
Monday 9th December	7YTE3	Theory	N/A		
Wednesday 11th December	7X TE1	Theory	N/A		
Wednesday 11th December	7X TE3	Theory	N/A		
Monday 16th December	7Y TE1	Bread	Page 22	Container or large sealable bag to take rolls home in	You can purchase yeast for 20p a sachet during the lesson
Monday 16th December	7YTE3	Bread	Page 22	Container or large sealable bag to take rolls home in	You can purchase yeast for 20p a sachet during the lesson
Wednesday 18th December	7X TE1	Bread	Page 22	Container or large sealable bag to take rolls home in	You can purchase yeast for 20p a sachet during the lesson
Wednesday 18th December	7X TE3	Bread	Page 22	Container or large sealable bag to take rolls home in	You can purchase yeast for 20p a sachet during the lesson
Christmas Holidays					

Monday 6th January	ZY TE1	Thai Green Curry	Page 23	Large container with airtight lid	You can purchase the green curry
Monday 6th January	ZYTE3	Thai Green Curry	Page 23	Large container with airtight lid	You can purchase the green curry paste for 20p during the lesson
Wednesday 8th January	ZX TE1	Thai Green Curry	Page 23	Large container with airtight lid	You can purchase the green curry paste for 20p during the lesson
Wednesday 8th January	ZX TE3	Thai Green Curry	Page 23	Large container with airtight lid	You can purchase the green curry paste for 20p during the lesson
Monday 13th January	ZY TE1	Tomato Soup	Page 24	Large container with airtight lid	
Monday 13th January	ZYTE3	Tomato Soup	Page 24	Large container with airtight lid	
Wednesday 15th January	ZX TE1	Tomato Soup	Page 24	Large container with airtight lid	
Wednesday 15th January	ZX TE3	Tomato Soup	Page 24	Large container with airtight lid	
Monday 20th January	ZY TE1	Theory	N/A		
Monday 20th January	ZYTE3	Theory	N/A		
Wednesday 22nd January	ZX TE1	Theory	N/A		
Wednesday 22nd January	ZX TE3	Theory	N/A		
Monday 27th January	ZY TE1	Pizza	Page 25	Pizza tray if you have one. Large container with lid or tin foil to wrap your pizza in	You can purchase yeast for 20p a sachet during the lesson
Monday 27th January	ZYTE3	Pizza	Page 25	Pizza tray if you have one. Large container with lid or tin foil to wrap your pizza in	You can purchase yeast for 20p a sachet during the lesson
Wednesday 29th January	ZX TE1	Pizza	Page 25	Pizza tray if you have one. Large container with lid or tin foil to wrap your pizza in	You can purchase yeast for 20p a sachet during the lesson
Wednesday 29th January	ZX TE3	Pizza	Page 25	Pizza tray if you have one. Large container with lid or tin foil to wrap your pizza in	You can purchase yeast for 20p a sachet during the lesson
Monday 3rd February	ZY TE1	Scones	Page 26	Large container with airtight lid	
Monday 3rd February	ZYTE3	Scones	Page 26	Large container with airtight lid	
Wednesday 5th February	ZX TE1	Scones	Page 26	Large container with airtight lid	
Wednesday 5th February	ZX TE3	Scones	Page 26	Large container with airtight lid	
Monday 10th February	ZY TE1	Fajitas	Page 27	Large container with airtight lid and small container with airtight lid for salsa	You can purchase the fajita seasoning for 20p during the lesson
Monday 10th February	ZYTE3	Fajitas	Page 27	Large container with airtight lid and small container with airtight lid for salsa	You can purchase the fajita seasoning for 20p during the lesson
Wednesday 12th February	ZX TE1	Fajitas	Page 27	Large container with airtight lid and small container with airtight lid for salsa	You can purchase the fajita seasoning for 20p during the lesson
Wednesday 13th February	ZX TE3	Fajitas	Page 27	Large container with airtight lid and small container with airtight lid for salsa	You can purchase the fajita seasoning for 20p during the lesson
Half Term					