



RIVER ACADEMY

Student Bulletin

What's on this week?

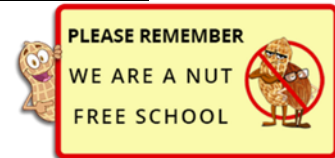
18th November – 22nd November

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:



Week Two: 09/09 • 30/09 • 21/10 • 18/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Chicken Tikka Masala with Basmati Rice Peas	Taco Tuesday	Southern Coated Chicken Burger with Wedges & Sweetcorn	Sausage & Mash with Peas & Gravy	Chip Shop Friday
Vegetarian Main	Quorn, Spinach & Chickpea Rogan Josh with Basmati Rice	Taco Tuesday	Vegi Quarter Pounder with Wedges & Sweetcorn	Macaroni Cheese with Garlic Bread & Salad	Vegan Sausage Rolls
Pasta & Jackets	Pasta Bar with Sauces Jacket Potatoes	Pasta Bar with Sauces Jacket Potatoes	Pasta Bar with Sauces Jacket Potatoes	Pasta Bar with Sauces Jacket Potatoes	Pasta Bar with Sauces Jacket Potatoes
Dessert of the Day	Cherry Crumble Custard	Jam Sponge Custard	Chocolate Brownie Chocolate Sauce	Pancakes & Syrup	Cake Selection
Dessert Alternative	Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly, Cake, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly, Cake, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly, Cake, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly, Cake, Cookie	Yogurt, Fresh Cut Fruit, Fruit Pot, Jelly, Cake, Cookie

Please ask for more information if you have any allergies.

PE updates:

Lessons in PE have started well this term with students focusing on serving in badminton and getting to know the court dimensions. In health and fitness, students have been learning the bones in our body along with functions of the skeleton.

Below is a reminder of the kit expectations for both sports along with the timetable of when each class is learning either badminton or football.

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.

Class	Lesson 1	Lesson 2
7.1	Tuesday – Badminton	Friday – Health and Fitness
7.2	Monday – Health and Fitness	Thursday – Badminton
7.3	Monday – Badminton	Friday – Health and Fitness
7.4	Monday – Health and Fitness	Friday – Badminton
7.5	Monday – Badminton	Friday – Health and Fitness
7.6	Tuesday – Health and Fitness	Friday – Badminton

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 sig 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 19 girls at football training. It was great to see so many students attend and show off their skills in the 45 minutes we had together, and I would love to see as many attend as possible next week. We have matches every week commencing on the 20th November and running until mid-December. Sadly, I cannot pick everyone for the games every week, but I will rotate so that everyone gets a game at some point.

Please check for messages on MCAS to see if your child has been selected.

Badminton Club:

Another packed out week at badminton club with Mr Dukinfield where students came and played some friendly games against one another. It is so encouraging to see this club being packed out every week and credit must go to Mr Dukinfield for creating such a welcoming atmosphere. The sign up sheet is almost full for next week so if you wanted to sign up, please go and see Mr Dukinfield.

Netball Club:

Our new netball posts have finally arrived and have been set up so we can now run up to 3 games of netball at once. The dedication the girls have shown so far this year has been amazing and watching their skills improve has been fantastic. With netball fixtures creeping ever closer, I cannot wait to see how we do when we come up against other schools.

Basketball Club:

24 students attended basketball club this Thursday and again just demonstrates the

desire and passion that River students have for sport, which fills me with absolute joy as Head of PE. We worked on core skills such as dribbling this week and it was great to see established players refine their skills, and new players to the sport make vast and rapid improvements. We have our first game on the 28th November against Blessed Hugh Faringdon and I cannot wait to see our students in action.



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!

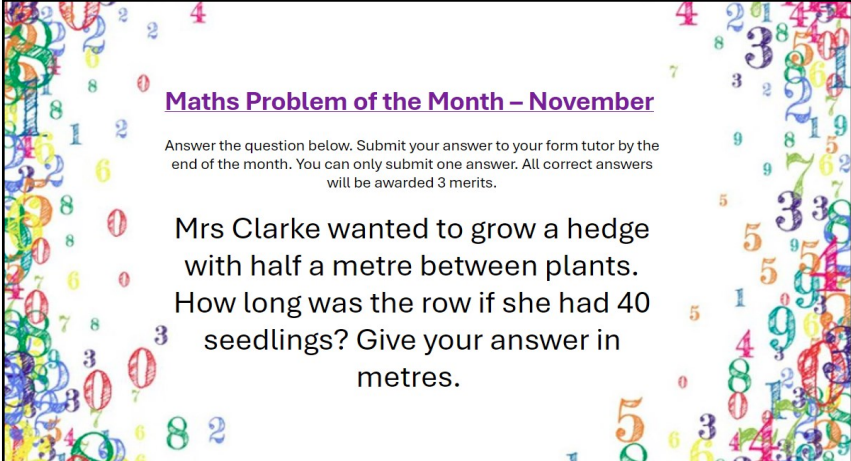
Monthly Maths House Competition - starting from November

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.

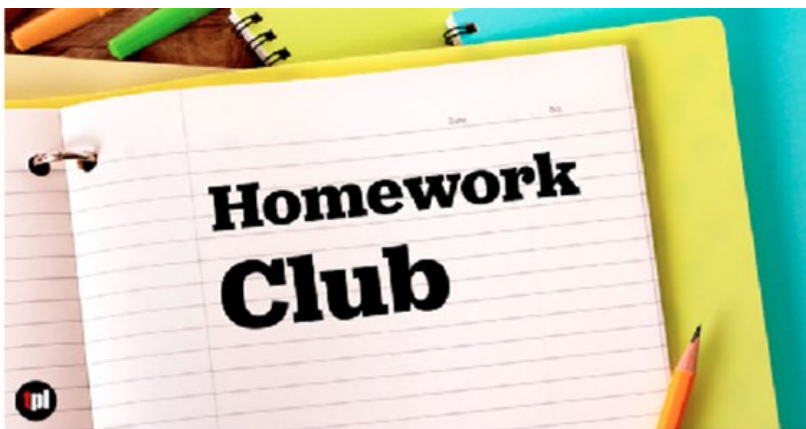
The more students that take part, the more merits you have a chance of winning for your tutor/house group.



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.

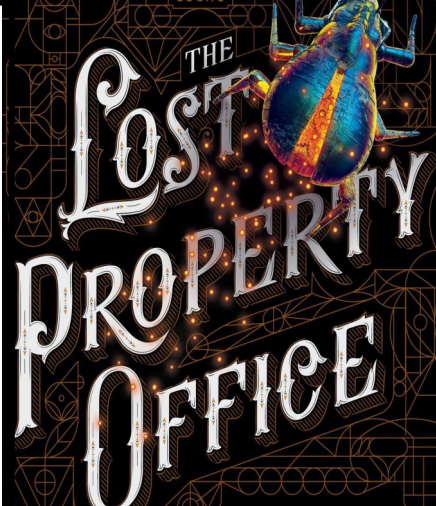
Mrs Clarke wanted to grow a hedge with half a metre between plants. How long was the row if she had 40 seedlings? Give your answer in metres.



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



The Parents' Corner

Please check your emails for information about the panto and school immunisations!

CBBEBIES 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!

SAT 7 DEC 24 - SUN 5 JAN 25
 whatsonreading.com | 0118 960 6060

HEXAGON imagine Reading

MAIDEN ERLEGH INSTITUTE

Train to Teach Information Evening

TUESDAY 19 NOVEMBER 2024

6:00PM - 7:00PM

Are you interested in kick-starting a new career in teaching?

If so, our Train to Teach event is the perfect opportunity for you to learn all you need to know about teacher training. You can discover if teaching is right for you, find out how to apply and explore what funding is available.

Maiden Erlegh Institute offers training places at a variety of primary and secondary schools in Reading, Wokingham and Bracknell.

You could train at:

- Aldryngton Primary School
- Birch Copse School
- Birch Hill Primary School
- Blessed Hugh Faringdon School
- The Forest School
- Great Hollands Primary School
- Katesgrove Primary School
- Kings Academy Easthampstead Park
- Maiden Erlegh Chiltern Edge
- Maiden Erlegh School
- Maiden Erlegh School in Reading
- Oak Tree School
- Reading Girls School
- Ridgeway Primary School
- River Academy
- Southcote Primary School
- Westwood Farm School
- Whitley Park Primary and Nursery

How to sign up?

If you are interested in signing up to the Train to Teach Information Evening, please [scan the QR code](#) below or click [HERE](#) to complete the booking form.



Event Venue:

Maiden Erlegh School
 Silverdale Road, Earley, RG6 7HS

SUPPORTING YOUR CHILD TO NAVIGATE LIFE ONLINE

Tuesday 19th November
5:00-6:00pm
 At Maiden Erlegh School in Reading

NO REGISTRATION REQUIRED
 Just turn up on the day

Miss Denton, our Safeguarding and Outreach Worker, will be in attendance to offer support to families. Plus local charities including Cowshed and Samaritans, amongst others.

81 Crescent Road, Reading RG1 5SL

INFORMATION EVENT



UK Health
Security
Agency



Protect yourself against flu

Flu immunisation in England

Information for those in secondary school



Flu immunisation
Helping to protect you against flu

Protect yourself against flu

Flu vaccine is offered free to:

Children aged
2 or 3 years old
(on 31 August before
flu vaccinations start
in the autumn)



All primary
school-aged
children

Some secondary
school-aged
children



Children with a
health condition
that puts them
at greater risk
from flu

Further information on which children are eligible each year can be found at: www.nhs.uk/child-flu

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Information for those in secondary school

Why should I have the flu vaccine?

Flu can be a very unpleasant illness causing fever, stuffy nose, dry cough, sore throat, aching muscles and joints, and extreme tiredness. This can last several days or more. Some people develop complications and need to go to hospital for treatment.

What are the benefits of the vaccine?

Having the vaccine will help protect you from what can be a very nasty illness. It can help you avoid having to miss out on the things you enjoy and disruption to your education.

Why are so many young people being offered the vaccine?

The vaccine will help protect you against flu and reduces the chance of you spreading flu to others so in turn helps protect your family and friends.

It will help to reduce flu levels in the population in the winter when there may be pressure on the NHS with COVID-19 and other respiratory viruses in circulation.

I had the flu vaccination last year. Do I need another one this year?

Yes: flu viruses change every year so the vaccine may be updated. For this reason, we recommend that you are vaccinated against flu again this year, even if vaccinated last year.

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How will the vaccine be given?

It is usually given as a nasal spray.

So how does the nasal spray work?

The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help you to build up immunity.

The vaccine is absorbed quickly in the nose so, even if you sneeze immediately after having had the spray, there's no need to worry that it hasn't worked.

Are there any side-effects of the vaccine?

You may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much less serious than developing flu and its complications. Serious side-effects are uncommon.

What if I am not feeling well on the day?

The vaccination may be delayed if you have a fever. Also, if you have a heavily blocked or runny nose, it might stop the vaccine getting into your system. In this case, the flu vaccination can be postponed until your nasal symptoms have cleared up. Sometimes an injected vaccine may be offered instead.

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What about those young people who have a long-term health condition?

If you have a health condition that puts you at higher risk of serious complications from flu, you should have the flu vaccine every year. If you have one of these health conditions and are not in one of the groups being offered flu vaccine at school, you can also ask your GP surgery to give you the vaccine. You can also ask your GP surgery to do this if, for example, you don't want to wait until the school vaccination session.

Long term health conditions that put you more at risk from flu

These conditions include:

- serious breathing problems, such as asthma needing regular use of steroid inhaler or tablets
- serious heart conditions
- kidney or liver disease
- diabetes
- weakened immune system as a result of a condition or treatment with medicines such as steroid tablets or chemotherapy
- problems with the spleen, for example, sickle cell disease, or the spleen has been removed
- learning disability
- problems with the nervous system, such as cerebral palsy

Visit www.nhs.uk/child-flu for more information

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Are there any young people who shouldn't have the nasal vaccine?

The nasal spray vaccine is offered to young people as it is more effective in the programme than the injected vaccine. However, some young people with long term health conditions may not be able to have the nasal vaccine (see details below). Your parents will be given a consent form to complete ahead of the vaccination, which will include questions to check whether it is suitable for you. They can speak with the school immunisation team if they have any questions. If you cannot have the nasal spray, you will be offered an injectable flu vaccine.

Who shouldn't have the nasal vaccine?

Instead of the nasal spray vaccine, you should have an injected flu vaccine if you:

- are currently wheezy or have been wheezy in the past 72 hours
- have a very weakened immune system or someone in your household needs isolation because they are severely immunosuppressed
- have a condition that needs salicylate treatment
- have had an anaphylactic reaction to a flu vaccine, or any of the components, in the past (other than egg)

Young people who have been vaccinated with the nasal spray should avoid close contact with people with very severely weakened immune systems (for example those who have just had a bone marrow transplant) for around 2 weeks following vaccination. If contact is likely or unavoidable then an alternative flu vaccine should be given.

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If you're not sure, check with the school immunisation team, or the nurse or GP at your surgery.

Your parents should seek the advice of your specialist, if you have:

- had a severe allergic reaction (anaphylaxis) to egg in the past that required intensive care treatment
- asthma that's being treated with steroid tablets or required intensive care treatment in hospital

Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?

Yes. The nasal vaccine contains a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

The nasal vaccine is offered to children and young people as it is more effective in the programme than the injected vaccine. This is because it is easier to administer and considered better at reducing the spread of flu to others, who may be more vulnerable to the complications of flu. However, if you are at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine you should have the flu vaccine by injection. For those who may not accept the use of porcine gelatine in medical products, an alternative injectable vaccine is available. Your parents should discuss the options with the school immunisation team.

5 reasons to have the flu vaccine

1. Protect yourself.

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia

2. Protect your family and friends.

Having the vaccine will help protect more vulnerable friends and family

3. No injection needed.

The nasal spray is painless and easy to have

4. It's better than having flu.

The nasal spray helps protect against flu, has been given to millions worldwide and has an excellent safety record

5. Avoid lost opportunities.

If you get flu, you may be unwell for several days and not be able to do the things you enjoy

Where can I get more information?

Visit www.nhs.uk/child-flu for more information. Talk to the school immunisation team, your GP, or practice nurse if you have any further questions.



www.nhs.uk/vaccinations

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