



# RIVER ACADEMY

## Student Bulletin

### What's on this week?

### 9th – 13th June 2025

#### School timings:

Please be reminded of our school timings:

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

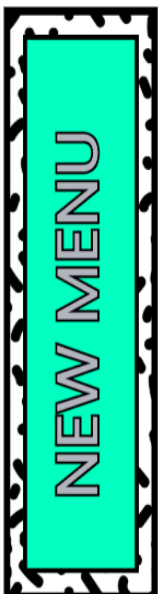


Fri	
09:10-10:05	Lesson 1
10:05- 11	Lesson 2
11-11:20	Break
11:20– 12:15	Lesson 3
12:15-13:00	Lunch
13:00-13:55	Lesson 4
13:55-14:50	Lesson 5
14:50-15:15	Celebration Assembly / Tutor time



# RIVER ACADEMY

WEEK THREE



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Sweet n Sour Chicken Balls Steamed Rice Stir Fry Vegetables	Cheeseburger with Wedges and sweetcorn	Chicken Fajita Wrap Salad	Beef Lasagne Garlic Bread	Chip Shop Friday
<b>Vegetarian</b>	Sweet & Sour Quorn Steamed Rice Stir Fry Vegetables	Spicy Bean Burger in a Bun Potato Wedges Sweetcorn	Vegetable & Bean Fajita wrap Salad	Roasted Vegetable & Feta Lasagne Garlic Bread	Vegetable & Cheese Bake
<b>Jackets</b>	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
<b>Dessert of the Day</b>	Apple & Cinnamon Crumble Custard	Syrup Sponge Custard	Chocolate Brownie Chocolate Sauce	Chocolate Chip Sponge Custard	Ice Cream Pot
<b>Dessert Alternative</b>	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.**



**Year 7: from all of the staff at River Academy, well done!**

**You have completed a tough week – and you did it beautifully. Congratulate yourself on achieving so much this week.**

**Thank you for demonstrating all of our school values, whether it be empathising with each other, working as a community, or sheer determination to do your best.**

**We are very proud!**

# Brains Behind the Brawn

PE Masterclass/3.45-4.45/1.22, 12th June



RIVER ACADEMY

Silver

Programme

Free event!

We all know that when we exercise, our heart rate and breathing rate go up. But why does this happen? What benefits does this bring us?

Also, when we participate in a training programme over 12 weeks and our muscles get bigger, bones increase in density and capillarisation occurs, how does this help us perform to a higher standard in sport?



Sign up required – outside  
1.22 (Mr Clare's Room)

Speak to Mr Clare if you have any questions.

Which of the following are short term responses and long term adaptations to exercise?

- Increase in heart rate
- Increase in bone density
- Increase in red blood cell production
- Decreased resting heart rate
- Increased V02 max
- Increased blood volume
- Increased tolerance to lactic acid
- Vasodilation and vasoconstriction

## Bike Helmets!



- You must wear a bike helmet if you are cycling to and from school.
- If you are seen without your helmet, you will be given a warning.
- If it happens again, you will not be allowed to use the schools bike storage facilities for one month.
- Stay safe and wear your helmet!

# June Maths Problem of the Month

May maths problem of the month, answer was Helen, Bridget, Mandy, Camilla, Lizzie. - well done to those that took part - 3 merits each.

Here is June's Maths Problem of the Month: Lots of students got this correct - very well done.

## Maths Problem of the Month – June 25

Answer the question below. Submit your answer to your form tutor or Mrs Strong by the end of the **25th June** . You can only submit one answer. All correct answers will be awarded 3 merits.

It takes Alan 15 hours to sort and fold 900 leaflets. Jenny does the same work in 10 hours.

How long will it take if they do the job together?



## Maths - Kerboodle

### **Maths - kerboodle**

A quick reminder that all students have access to the maths text book we use in school, online, via [www.kerboodle.com](http://www.kerboodle.com).

Students have been given their usernames and have set their own passwords. If a password reset is needed, students need to speak to their maths teacher. The institution code for the school is dyu6.

We are coming to the end of Chapter 5. If any student has missed anything in class or would like to go back through the work, having access to the textbook online will be helpful. Please don't get ahead of lessons in school though.

## PE Update

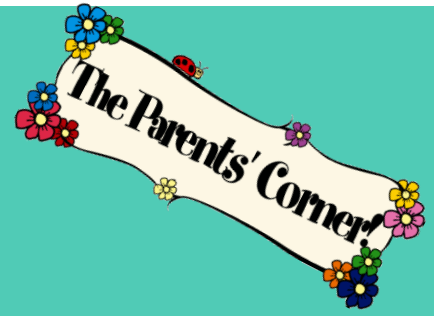
### Lessons:

Just as a reminder that after the Easter holidays we will be moving to our summer PE kit. Whilst the River PE shirt will remain the same, students are to no longer wear tracksuit bottoms or the long, black football style socks. Instead, they are going to be expected to wear crew length white socks (pictured below) and black shorts. The reason for this is because the weather is (hopefully!) going to improve and tracksuit bottoms will not be necessary in the heat. Furthermore, if everyone is wearing white socks, this will create a sense of community and everyone looking the same with no one standing out. I do not mind if there is a logo on them, such as the Nike tick on the socks in the picture below. Please note that students wearing black/grey/blue socks will result in a demerit and breaktime detention for incomplete kit. If this is going to present an issue, please email me and let me know and we can discuss how to move forward.



### Injury/illness in PE

Again, just as a reminder that if your child is poorly/injured and is unable to take part in PE as they normally would, can you please ensure they are still sent to school with their PE kit so they can still get changed to take part in the lesson. Whilst this does not mean they will be taking part as a participant, there are other roles in the lesson they can undertake, such as that of an official, coach, sports analyst, or helping with equipment. Moreover, if it is raining and we still go outside, I do not want the students' uniform to become wet and then they must sit in damp clothes for the rest of the day. If, however, they have broken their arm/leg/foot or are in a cast or on crutches, then there is no expectation they bring in their kit to get changed. Thank you for your cooperation with this, if there are any issues, please email me on [j.clare@maidenerlegitrust.org](mailto:j.clare@maidenerlegitrust.org) and we can discuss how to move forward



## FOOD FESTIVAL at River Academy

Friday 20<sup>th</sup> June 2025, 3:15pm

Dear Parents,

The PTA would like to invite all Parents and Families to the 1<sup>st</sup> River Academy Food Festival, a celebration of community and culture through food.

Venue: River Academy, Main Hall

Date: Friday, 20<sup>th</sup> June 2025

Time: 15:15

There are two ways you can take part:

- Cook a dish and represent your culture** – please fill in the following forms to let us know what you will prepare:

- o Dish Registration: <https://forms.gle/7ZQx14imobwMuT1u7> - the deadline is Sunday 8<sup>th</sup> June

- o List of Ingredients: <https://forms.gle/ZzJyYz6WLUd4g4FL9> - the deadline is 15<sup>th</sup> June

- Join as a guest to enjoy the food** – please register here:

- o Guest Registration: <https://forms.gle/JQFfagdSAgpNdHLMA> - the deadline is 11<sup>th</sup> June (this form is optional, but will be very helpful to organise the event)

Please note:

- All dishes will be prepared without nuts, but we cannot guarantee the absence of nut traces**
- Guests are welcome to bring plastic containers if they would like to take food home
- Bottled water will be available to purchase
- Payments on the day can be made by cash or card

**All money raised from the event will go directly towards school needs, such as books for the library or sports equipment. We hope you will join us in making this a fun and meaningful event for our school community!**

Best wishes,

River Academy PTA Members

Contact: [RiverAcademyPTA@gmail.com](mailto:RiverAcademyPTA@gmail.com)