



PARENT BULLETIN

FRIDAY 11TH OCTOBER 2019

7 WAYS TO IMPROVE RESILIENCE
by @inner_drive | www.innerdrive.co.uk

1 ACTIVE CHOICES View decisions as active choices and not as sacrifices.

2 THE RIGHT PEOPLE Surround yourself by people who make you feel good and further your development.

3 BELIEVE Believe in your ability to overcome hardships and guide your own destiny.

4 FAIL BETTER Take some time to reflect on what you have learnt from your setbacks.

5 SOME STRESS Don't totally avoid stressful situations. Some stress can be helpful.

6 FLEXIBILITY AND ADAPTION Be flexible and adaptable so that you can respond well in challenging situations.

7 PERSPECTIVE Maintain a sense of perspective, keep an eye on the big picture as well as the small details.

Messages for Students

If you need a message passed to your child, please ensure you call Reception no later than 2.50pm. Messages are passed to students as quickly as possible but it is not possible to guarantee that any message called in after this time will reach a student before they have left classes at 3pm.

Year 9 Parent Evenings

A reminder that the Year 9 Parent Evening booking system is now open and ready for you to book your appointments. Please ensure you do this as soon as possible to ensure you get your preferred appointment times. If your child is taught in the 'x band' then this will be held on Monday 11th November and if your child is taught in the 'y or w band' this will be held on Thursday 14th November. Both evenings will be 3.30 – 7pm.

Shepway Autism Support Group Coffee Mornings

For parents and carers of children on the autism spectrum.

- Monday 7 October
Michelle Lemar, The Beacon
- Monday 11 November
Dr A Eltom, Community Paediatrician
- Monday 16 December
Wendy Boorman, Kent Autistic Trust

All mornings are held at the Conference Room, The Beacon, Park Farm Road, Folkestone CT19 5DN between 10.00 - 12.00

Any questions? Please ring us on 07773 708321

SIMS Parent App

SIMS Parent App was launched recently – if you have any difficulties please email:

itsupport@marshacademy.org.uk.

Diary Dates

End of Term 1: Fri 18th October 2019

First Day of Term 2: Tue 5th November 2019

Year 9 Parent Evenings

Students in 'x band': Mon 11th November 2019

Students in 'y or w band': Thur 14th November 2019

