



## PARENT BULLETIN

FRIDAY 15<sup>TH</sup> NOVEMBER 2019

**7 WAYS TO IMPROVE RESILIENCE**  
by @inner\_drive | www.innerdrive.co.uk

- ACTIVE CHOICES** View decisions as active choices and not as sacrifices.
- THE RIGHT PEOPLE** Surround yourself by people who make you feel good and further your development.
- BELIEVE** Believe in your ability to overcome hardships and guide your own destiny.
- FAIL BETTER** Take some time to reflect on what you have learnt from your setbacks.
- SOME STRESS** Don't totally avoid stressful situations. Some stress can be helpful.
- FLEXIBILITY AND ADAPTION** Be flexible and adaptable so that you can respond well in challenging situations.
- PERSPECTIVE** Maintain a sense of perspective, keep an eye on the big picture as well as the small details.

### Instrumental Lessons

This term we have begun our piano lessons with our external provider, Kent Music. The other instrument lessons available to students are; Drums, Flute, Saxophone, Recorder, Guitar and singing. If you would like more information, including prices and discounts available. Please visit [www.kent-music.com](http://www.kent-music.com) where you will also have the opportunity to register your interest for lessons or sign up.

### Scholastic Book Fair

The Scholastic Book Fair is coming to the Marsh Academy. The book fair will be situated in the library until 15:30 from Monday 18<sup>th</sup> the Friday 22<sup>nd</sup> November. Hundreds of books available from only £2.99.

### Post 16 Open Evening Thursday 28<sup>th</sup> November

All Year 11 students and parents/carers are encouraged to join us from 6pm on 28<sup>th</sup> November to gain information about the pathways available to students and the wide range of courses we offer at a range of levels at Post 16. The evening also provides valuable information about student life in our very successful Post 16 provision. All Yr 11 parents/carers have been sent a letter which gives more details about the evening. If you have any questions, please contact the school either via telephone: 01797364593 or email: [info@marshacademy.org.uk](mailto:info@marshacademy.org.uk). We look forward to seeing you.

### Parent Forum

Our second Parent Forum of the academic year will take place on Wednesday 20<sup>th</sup> November at 5:00pm. At this Forum is entitled 'Supporting your child with learning, looking at content for subjects and how families can support at home.' The session titles along with dates of the Parent Forums can be found on the Academy website under the parents/carers heading. All parents and carers are welcome to attend but we do ask that you let us know you intend joining us either by calling the academy on 01797 364593 or emailing [info@marshacademy.org.uk](mailto:info@marshacademy.org.uk).

WEEK NUMBERS TERM 2 2019/20	
Week beginning Monday 18 <sup>th</sup> November	Week 2
Week beginning Monday 25 <sup>th</sup> November	Week 1
Week beginning Monday 2 <sup>nd</sup> December	Week 2
Week beginning Monday 9 <sup>th</sup> December	Week 1
Week beginning Monday 16 <sup>th</sup> December	Week 2

### Diary Dates

Parent Forum 2 – Wednesday 20<sup>th</sup> November 2019  
 Year 11 Options Evening – Thursday 28<sup>th</sup> November 2019  
 Monday 9<sup>th</sup> December – Yrs 11 and 13 mock exams begin  
 Wednesday 18<sup>th</sup> December 2019 – Christmas show  
 End of Term 2: Friday 20<sup>th</sup> December 2019

**Non-uniform day and 1pm finish**

