



PARENT BULLETIN

FRIDAY 18TH 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.

Student Safety

Please remind your children to take care on their journey to and from school, when out and about in the community and when crossing the busy roads around school, particularly at this time of year when it is dark. It is a parent / carer's responsibility to ensure their child has a roadworthy bicycle with working lights and any students cycling must ensure they can be seen in the dark, either with reflective clothing or wearing bright colours.

Catch-up and Revision

We will be offering catch-up days for the following subjects over October Half Term, please encourage your son/daughter to attend:

- Art Subjects (inc. Photography) – Tuesday 22nd October, 9am-2pm (Art Department)
- Food – Tuesday 22nd October, 9am-2pm (Business Area)
- Music – Monday 28th October, 9am-2pm (Business Area)

Please also note that after school revision sessions have now started and please encourage your child to attend.

Any questions please contact Mr. Scrivener,
jscrivener@marshacademy.org.uk

Shepway Autism Support Group Coffee Mornings

For parents and carers of children on the autism spectrum.

- 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

Diary Dates

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

Parent Forum 2 – Wednesday 20th November 2019

Year 11 Options Evening – Thursday 28th November 2019

School Show – 17th & 18th December 2019

Last day of Term 2 – Friday 20th December 1pm finish & non-uniform

