

# NEWSLETTER

SPENCER ACADEMIES TRUST NEWSLETTER FOR PARENTS AND STAFF  
MAY 2023 | ISSUE NO. 3

## WHAT'S IN THIS ISSUE:

Trust Updates  
Screen-Free Day  
Spencer Superstars



**SPENCER ALLIANCE**  
for LEADERSHIP & TEACHING

## Trust Updates

**New SALT Opportunities:** The Spencer Alliance for Leadership and Teaching (SALT) has introduced two new programmes to grow their training offerings: a first-of-its-kind primary internship and innovative student talent pool, which gives Spencer students priority in apprenticeship placements.

**Ofsted:** George Spencer Academy's Ofsted report has been published, highlighting the many wonderful features of the school and sixth form. Congratulations!



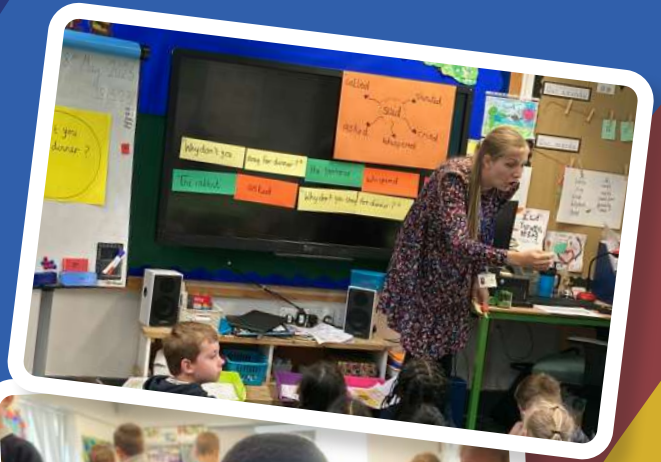


**CHETWYND**  
SPENCER ACADEMY

## Chetwynd Spencer Academy Kicks off Screen-Free Days

Under the leadership of the Pupil Parliament, students at Chetwynd Spencer Academy held a screen-free school day to explore the benefits of reduced screen time. In addition to saving energy and enhancing creativity, Pupil Parliament member Charleigh explained, "If your screen is on most of the day while you're learning, and then you go home and look at a screen until you go to bed, that's going to affect your brain."

Teachers adapted well to the change, focusing on projects or structuring lessons with more hands-on learning. "It feels like a trip down memory lane," said Year 5 teacher Mrs. Davenport.



**SUNNYSIDE**  
SPENCER ACADEMY

## Music Week at Sunnyside Spencer Academy

Under the leadership of Silje Berthelsen and Ian Homer, each year group at Sunnyside was assigned an instrument and a song that they practiced over the week. Their hard work culminated in a showcase where they dazzled the audience with their incredible performance.



**FAIRFIELD**  
SPENCER ACADEMY

## Fairfield Spencer Academy Hosts Drumba Session

Three Year 5 Drumba instructors at Fairfield led more than 20 Year 6 students from around Nottinghamshire in a fun and fit Drumba session. The programme combines music and fitness in an engaging exercise, and the instructors get to practice valuable leadership skills.



# Spencer Academies Celebrate Superstars Month



This month, schools in the Trust designated a day as Spencer Superstars Day to celebrate students' unique talents and strengths, as well as raise money for the Spencer Superstars Charitable Foundation. Spencer Superstars supports young people to pursue their dreams within their chosen field.

The month was a huge success. Huge thank you and congratulations to all!



Staff at Heanor Gate Spencer Academy stood in sponge stocks for 50p a throw.



Ashwood's Got Talent showcased pupils' incredible skills in song, dance and gymnastics.



Derby Moor Spencer Academy's superstars challenged fellow students in their fields of excellence.



Students participated in activities all week during the Fairfield Fringe Festival and Superstars Week.



Long Field Spencer Academy produced another hit video with "Long Field Does Eurovision... Badly!"

## Staff Spotlight

Ed McEwan, history teacher and head of Year 13 at Arnold Hill Spencer Academy, has been cycling every day for over a thousand days to raise money for the Nottingham Samaritans. He's currently cycled over 21,000 miles and raised over £3,000-- and counting!

*What drew you to cycling, and particularly for charity?*

Love of the challenge and being outside motivates still (having just passed day 1,000!). Samaritans is a charity I have volunteered for since 2011 as a listener. Linking this to the cycle challenge has added motivation for me and hopefully can help Nottingham Samaritans keep the lights on.

Samaritans offer a non-judgemental space for anyone. Actively listening, without assumptions or offering advice are key principles that I have come to really value. As well as being for people in despair, anyone having a terrible day can reach out to Samaritans for free on 116 123.

I had all these mental barriers, without realising. One was about how I could manage day to day, carrying things to and from school. It has helped so much with my own mental health, mainly having a space from school.

*If you could pick any three people, living or dead, famous or not, to have dinner with, who would they be?*

Too many to choose for a history teacher. Jacques Danton (French Revolution leader), Frantz Fanon (political theorist), and Salvador Allende from the Chilean Communist party.

*If the entire world were listening to you, what would you say?*

Try something new and be open to new challenges. Recognise the mental barriers you have in place; often these hold us back.



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## Loving Learning

It's easy to fall into the trap of thinking that "learning" is just something you do at school, but it's something that can—and should—happen every day. Learning looks different as an adult; it might be reading a book or go by the name of "professional development," but it's as important now as it is for children.

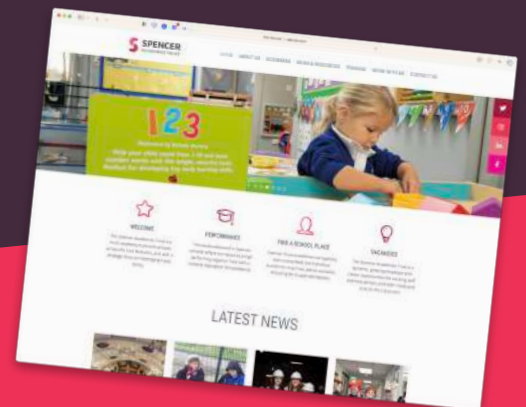
By staying on top of new trends and influences in your work, you can ensure that you remain up-to-date and relevant. Investing in your professional learning is an easy way to avoid stagnation and set yourself up for success in your career.

Learning is also a great way to be social. Joining interest clubs or picking up a new skill is an easy

way to expand your circle of friends, and countless studies show the importance of socialization on your brain, mood, and overall well-being.

If nothing else, mental activities like practicing a new language or mastering a new skill exercises your brain, and keeping your brain active is just as important as keeping your body active. Studies have found that lifelong learners are at a distinct advantage in terms of mental deterioration associated with age—learning helps keep you young.

Let's take a cue from our SAT students and take some time every day to learn something new.



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