
NEWSLETTER

SPENCER ACADEMIES TRUST NEWSLETTER FOR PARENTS AND STAFF
MARCH 2023 | ISSUE NO. 1



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MILLSIDE
SPENCER ACADEMY

Trust Updates

Topping Out: Millside Spencer Academy celebrated the construction milestone of “topping out” at the end of February. The school is on track to open for the 2023-34 school year.

Ofsteds: The Trust has had four Ofsted inspections already in 2023, at Hilton Spencer Academy, Arnold Hill Spencer Academy, Highfields Spencer Academy, and Ashwood Spencer Academy. The reports highlight many of the great things we have going on at our schools and outline pathways to continue our journey to providing high-quality education to every student within our communities.



ARNOLD HILL
SPENCER ACADEMY

Year 12 Students Visit Cambridge University

Eleven Year 12 students from Arnold Hill Spencer Academy recently returned from an exciting day at University of Cambridge, where they participated in tours, lectures, and conversations with active Cambridge students. This trip was part of HE+, a programme designed to motivate and encourage young people to apply to competitive universities.

Overall the day was a success. One of the participants said, "The trip to Cambridge was a very fulfilling experience, allowing me to learn the key skills to create a competitive application for a world-renowned university. It also allowed me to explore my ambition of studying at such a high-level university as well as living and learning in the establishment with so much history and so many incredibly successful alumni."



Spencer Primary Academies Perform Together at Albert Hall

Through partnership with Music for Everyone and Inspire Nottinghamshire Music Hub, children from Chetwynd Spencer Academy, Fairfield Spencer Academy, Portland Spencer Academy, Sunnyside Spencer Academy, Glenbrook Spencer Academy, Rosecliffe Spencer Academy, and Millside Spencer Academy came together on Friday, 17 March to perform a selection of music at Nottingham's historical Albert Hall.

This was the second concert put together through this partnership. Directed by Ms. Pascall, children performed a programme of songs selected to celebrate the connecting power of music. The result was a mass choir of over 270 children lighting up Albert Hall with the joy of their collaboration.

One parent said of the show, "The concert was amazing. Watching the children burst into song with such joy was wonderful. They didn't stop smiling, and neither did we. . . So

proud of their confidence and enthusiasm!"

The young vocalists were equally happy with their performance. In one child's words, "It wasn't what I thought it would be. It was better!"

Another young singer said, "I loved seeing the audience applaud and seeing my family enjoying my singing."



SPENCER TRUST CHOIR

Staff Spotlight

Wellness looks different for everybody. For Karen Squire, principal at John Port Spencer Academy, it involves running... a LOT. She describes her journey below:

"I started running when I was 15 to escape my colourful revision timetable and get time to myself. Throughout my early teaching career in Hampshire, I continued running and competed in the Great North Run for many years.

As the stress levels increased, my distances increased, and I completed my first marathon during my second headship in Doncaster. I enjoyed the distance, but running for four hours on a road is not very exciting. I changed my focus to off road and completed my first ultra-marathon in 2019: a 40-mile run through Clumber Park and Sherwood Forest. Ultra-marathons are basically mobile picnics. The food provided at the regular food stations is amazing and you know you can eat what you want!

I then moved to hills and completed The Grand Tour of Skiddaw, which was a 44-mile run up a mountain with a total climb of 7136ft. I am scared of heights so this was not my favourite!

I decided to revert to distance as a challenge and completed "The Wall" last year, which is a 70-mile run from Carlisle Castle to the Millennium Bridge in Newcastle. The most frightening part of this challenge was running down the quayside in Newcastle around midnight, with the drunks trying to assist me to the finish line!

I absolutely love running and, despite my rather long commute, try to run daily. I don't like my training to affect others, so I usually run at 4.00am. This means I can run through the fields and enjoy the peace and tranquillity with no one around. It really does enable me to start the day with a clear head—and also the knowledge that I can eat cake for the rest of the day.



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Investing in Wellness

Wellness is not something you have, it's something you do. Maintaining overall wellness—both mentally and physically—may seem daunting, but it all comes down to building and maintaining habits.

Building a habit starts with creating a routine: Once you do something frequently and consistently enough, it becomes second-nature. The key, Harvard Business Review explains, is to be realistic and clear. Set goals that are achievable. Understand your motivation. Anticipate roadblocks.

You might find it helpful to establish a new routine by putting it in your calendar—plan it as

intentionally as you would a work meeting. It can also help to start small and build up to bigger goals—for example, if you want to eat healthier, you'll have more success adding a vegetable to your dinner every night than turning your entire diet upside down all at once.

If you struggle with motivation, remember you don't have to go it alone! Having an accountability buddy or joining a community is a great way to stay energized and focused.

Wellness, like any journey, begins with a single step. What will yours be?

If you have a story you'd like featured, please email rachelschollaert-semark@satrust.com.

