

We now draw to the end of Spring 1. Lots of amazing things have been happening at Sunrise. The primary children had a tractor at school, where they were allowed to sit in it and learn lots about tractors. One interesting fact is they can drive on their own!

Some students went to the Waterlane Leisure Centre in Lowestoft and were able to use the climbing wall. They were amazing! The confidence that the students had and learning new skills.

As you can see in this newsletter there has been some good academic work by all year groups. If you want to know more about what the child in your care is learning, email or phone their teacher.

Students return to school on Tuesday 25th February.

Best Wishes

Patrick Hamilton
Head of School



Sunrise Academy
Newsletter Spring 2025

Messages from the Office

School dates



PDay ~Monday 24th February

Pupils return ~ Tuesday 25th February

Easter Holiday start on the 4th April

Lost Property



We have a few bits of clothes in the office to return but they have no names in, so if you have lost anything please contact the office.



Medical appointments Absences or late

Please report absences or lateness to the office via the absence line or email the office, where possible, before 9am. Please state clearly child's full name, class and reason for absence. If you child is unwell, please state what is wrong, i.e. cold, sickness bug etc.

Lunches

School meals are ordered the week before, Ms Gowing and Ms Winsor assist in making choices from the menu

Exams information

Yr 11's are getting ready for exams.

The office will be sending out notification of exam dates and times after Easter by post and email.



School uniform

Please be reminded that school uniform is plain black tracksuit bottoms, plain black top, white or blue polo shirt black school shoes or trainers

We can only administer medication if the appropriate paperwork has been completed and returned to the office, this includes Calpol, paracetamol.

ARBOR

We have had a good response to using ARBOR with over 55% engaging with us that way.

Thank you.

P.S. If you need any assistance please contact the school office

Family Support Matters



Family support

Family Support Workers: are available to offer support and guidance to all Sunrise Academy families, This could be financial support, sign posting to another service, offering advice on supporting your child at home, the list is endless.

Feeding the family.

If you are struggling to feed the family, please look at accessing help from a local foodbank:

[Lowestoft Foodbank](#) | [Helping Local People in Crisis](#)

We also offer small food parcels from school, at a cost of £2 per bag through our FareShare packages. Please contact the office to order or for more information.

School Uniform

We do have some spare uniform for students should they require it when in school. We do ask if your child comes home in something from school, please wash and send back as soon as possible so we can continue to provide this.

Parent/carers coffee mornings!

Keep a look out these in the New Year
Come and join us for a relaxed opportunity to meet other parents and carers along with the pastoral team to chat about supporting our young people.

Thank you to those parents who attended the last coffee meeting, we hope you found it useful and informative.

If you have any safeguarding concerns about your children, please contact us on safeguarding@sendat.academy

Trauma informed approach:

At Sunrise, there are currently 4 members of staff who are trauma and mental health practitioners, having gained Level 5 Diplomas in Trauma informed schools, 3 of which are located within the pastoral team.

Trauma informed practices involve:

- Realising the widespread impact of trauma and understanding paths for recovery.
- Recognising signs and symptoms of trauma.
- Integrating knowledge about trauma into policies, procedures, and practices.
- Creating a safe and caring environment.
- Avoiding re-traumatisation.
- Focusing on safety, trustworthiness, choice, collaboration, and empowerment

If you would like more information on the types of work we do and support we can offer your child, please contact us to discuss.

Attendance Updates for Spring Term

Careers – Mrs. Vanstone

Careers Engagement Update

At Sunrise Academy, we are committed to providing our students with a broad and engaging careers education. Recently, we have taken part in several exciting opportunities to inspire and inform our students about future career pathways.

We have joined the **National Teen Book Club**, which has brought fantastic opportunities for our students to engage with literature and the publishing industry. As part of this, we are thrilled to soon welcome authors into school to share their experiences and insights into writing as a career.

Additionally, **Eastern Arts** is running the **Move Shake** project with our students, focusing on careers in the music industry. This initiative gives young people a deeper understanding of the range of roles within the sector, from performance to production.

Our Year 11 students have also been actively preparing for their next steps, attending a **college visit** and taking part in **college interviews** to support their transition into further education.

For our younger students, we arranged an exciting visit from a **tractor**, where primary children learned about careers in farming and agriculture, helping them to see the many opportunities available in the agricultural sector.

These experiences are part of our ongoing commitment to ensuring all students have access to meaningful careers education, helping them to explore different industries and consider their future aspirations.



Key Stage 2

English

This half term students have been reading the folk tale 'Quill Soup'. They have enjoyed taking part in drama to explore the characters feelings and have worked hard to produce good quality of work during their writing. It is exciting for us to see how much progress they are making in their reading, engaging in reading for pleasure more often!



Maths

This half term students have been practicing their multiplication and division skills and learning how to do this more effectively. Students have developed confidence in working through problems and have even worked with remainders and tricky word problems.

Topic

This half term students have been learning all about the human body! They have been looking at how to keep themselves and their body healthy and the impact poor diet can have on the body. Students particularly enjoyed the 'Great Poo' experiment in which they mimicked the intestines and made a mess!

Year 7

In Mathematics this term we are looking at **Multiplication and Division**. We are currently supporting our learning with use of a **Multiplication square, place value grids and using Base ten blocks as a visual**.

Specifically, we will be looking at **common factors, prime factors and cube numbers**. This will support us in our learning of multiples and division so we can solve real life problems using these operations to help us understand as move into the wider world.

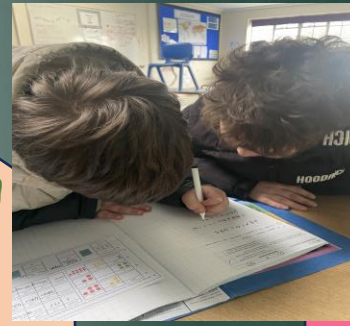
Some examples are on this slide of the super learning created by our students in their books.

Did you Know?

We value 'workings out' in books, they are not mistakes! They may count towards points in future exams!

Art year 7 have been looking at different materials this term, practising sewing skills, paper mache, printing and making play dough.

PSHE
Students have been looking at the section of Jigsaw focusing on Dreams and Goals.



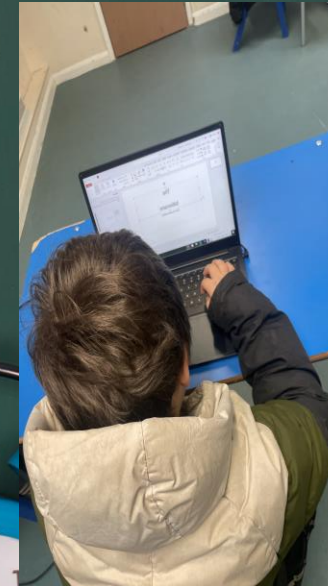
In English this term we have been reading our new class book 'Billionaire Boy' by David Walliams

The students have most recently created a movie trailer using multi-media material such as a Powerpoint presentation. These have been insightful to what we know about our book so far.

The students have read between themselves or to their teacher this term in which Miss Clarke has seen an improvement in reading..

Brilliant work Year Seven!

:)



PE – In Year 7 students have been learning about the components of fitness and have been working hard to improve their fitness. They have been doing this through circuit training, interval training, continuous training and through partaking in various sports such as volleyball and hockey.

Year 8

Year 8 Explore Writing Skills Through Theme Parks

Our Year 8 students have been honing their writing skills with an exciting theme park-inspired project! Using the thrills and adventures of roller coasters and attractions as inspiration, they have been crafting persuasive adverts, descriptive narratives, and engaging reviews. This creative approach has helped them develop their vocabulary, structure their ideas effectively, and bring their writing to life. Keep an eye out for some of their fantastic work—it's sure to be a thrilling read!

Maths

Every student follows an individualised curriculum in maths. They start at entry level 1 and work their way through entry 2 and 3 before starting their GCSE journey. Each student works at their own pace and is at a different stage of the journey.

Humanities.

The students have worked really hard when studying The Roman Empire. In particular they have examined sources from the time as well as after the time. I have been especially impressed with their willingness to think about new ideas and embracing challenge.

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PSHE

Art students have been looking at abstract art with a focus on the artists Kandinsky and Mondrian. They have used textiles, paint and collage this term,

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Year 9

English

Year 9 Dive into *Kick*

Our Year 9 students have been immersing themselves in *Kick*, an inspiring novel by Mitch Johnson. Through the story of Budi, a young boy with big dreams and challenging circumstances, students have been exploring themes of ambition, resilience, and social justice. Engaging discussions and analytical activities have helped them deepen their understanding of the text while developing their critical reading skills. It's been fantastic to see their enthusiasm for the novel and the important conversations it sparks!

Humanities.

The students have been studying Climate Change. They have been considering the impact globally as well as locally and considering what can be done to reverse it.

Science – Learning about environment and evolution

PSHE Students have been looking at the section of Jigsaw focusing on Dreams and Goals.

Maths

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Art

Students have been looking at portraits with a focus on Picasso and Fridha Khalo. We have looked at proportion drawing and textile skills.

PE – In Year 9 students have been learning about the components of fitness and have been working hard to improve their fitness. They have been doing this through circuit training, interval training, continuous training and through partaking in various sports such as volleyball and hockey.

Year 10

Year 10 Develop Essential Writing Skills

Our Year 10 students have been focusing on developing their Functional Skills writing abilities, preparing them for real-world communication. Through practical tasks such as writing formal letters, emails, reports, and articles, they are learning how to structure their writing clearly and effectively. These essential skills will support them in both academic and everyday situations, ensuring they can communicate with confidence and accuracy. Keep up the great work, Year 10!

Maths - Every student follows an individualised curriculum in maths. They start at entry level 1 and work their way through entry 2 and 3 before starting their *GCSE* journey. Each student works at their own pace and is at a different stage of the journey.

Art – Students are looking at Identity and how it fits into different media with a focus on 3D model skills

Humanities.

The students have been starting their EBAC qualification course. They have studied Tudor England and Coastal erosion. This course will run for the rest of the year as well as all of Y11.

PSHE- Students have been looking at the section of Jigsaw focusing on Dreams and Goals.

Core PE – In Core PE, students have been learning about the importance of staying active into adulthood, and how we can make plans to improve our fitness, the nutrients we need and how we can motivate ourselves to make healthy choices.

NCFE Sport – Students have had the opportunity to go to NR Health and Fitness club to complete a training programme that they planned themselves following an initial fitness test. In theory, they have been learning more about the cardiovascular and respiratory system.



Year 11

English

Year 11 Focus on Exam Preparation

Our Year 11 students are working hard as they approach their upcoming Functional Skills and GCSE English Literature exams. They have been practicing key skills such as reading comprehension, analytical writing, and structured writing. Through focused revision and exam-style questions. Through focused revision and exam practice, they are building confidence and learning techniques to achieve their best possible results. Forward, Year 11—you're almost there!

PSHE Students have been looking at the section of Jigsaw focusing on Healthy me.

Humanities.

The students have started to wind down their EBAC qualifications. They have examined The Suffragette movement and their struggle. I am very pleased to say that all 3 students have been entered for the exam this year.

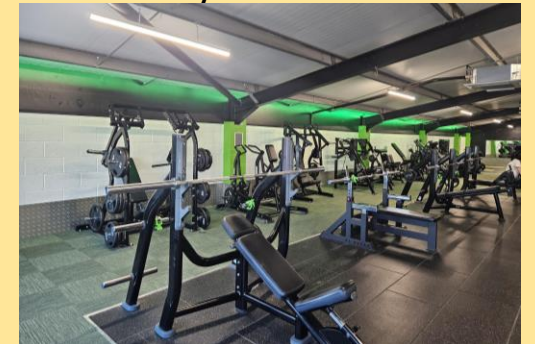
Maths

The year 11 students that are to sit their exams in the summer are currently working on past papers so that they get a feel for the different types of questions and how best to answer them.

Art - Students are working on the GCSE theme and looking at artist research skills.

Core PE – In Core PE, students have been learning about the importance of staying active into adulthood, and how we can make plans to improve our fitness, the nutrients we need and how we can motivate ourselves to make healthy choices.

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Student Council

After the return from the holidays the students have been full of exciting ideas on ways to improve the school. They have been considering what they can do for the community alongside making the school a better place.

Students are keen to see another round of *Gunge* the teacher. So, school council made it happen!

This will be taking place towards the end of the Spring term. If students would like to take part in this then they will be able to pay 50p or trade 5 merits for a vote.

Well done to all our school council representatives who join our fortnightly meetings and share the ways that they believe we can make school better.





Schools and community groups were invited to sign up to be part of the trail and fundraiser. They received a blank stargazer sculpture and then decided how they wish to design and decorate it! We want everyone to have fun and let their creativity run away.

By joining the programme they also received a learning pack, to guide them through the project, including a cross-curricular lesson plan, templates and activities to help inspire learning, along with fundraising ideas.

After the summer trail and our farewell event in September 2025, the stargazer leverets will return to the schools and community groups for them to keep as a lasting legacy.

- We have been very fortunate to have been donated a sculpture to paint at Sunrise.
- Students across Primary and Secondary have been designing and painting our stargazer sculpture this term. Students have worked really well together, listening to each other's ideas and working in small groups to achieve some lovely design work.

Sports this half term

High School Bowling – 30/1/25

On Thursday 30th January, Sunrise attended a Ten Pin Bowling tournament. 6 students were selected to compete against 11 other teams. Each students bowled their game, and the total scores were added together and divide by the 6 members. This average score then determined where they finished. Sunrise scored an average of 87.33 which resulted in them finishing 7th out of the 12 schools. Students behaved well off-site and John W and myself are very proud of their efforts. Each student received a medal.

Primary School Bowling – 31/1/25

On Friday 31st of January, Sunrise attended a Primary Ten Pin Bowling tournament. 5 students were select to compete against 11 other teams. Each students bowled their game, and the total scores were added together and divide by the 5 members. This average score then determined where they finished. Sunrise scored an average of 93.7 which resulted in them finishing 1st. Students behaved well off-site and Amy and I are very proud of their efforts. Each student received a gold medal, and we have a fantastic trophy to showcase in reception with the others. They have also been invited to the regional competition on the 19th of March in Norwich, due to their performance in this event.



Upcoming
Fixtures:

3rd March – Y6
and Y7 –
Inclusive
Gymnastics at
Waveney
Gymnastics
Club.

Vocational

In construction the students have been completing their portfolios, to achieve a NCFE unit accreditation in Occupational Studies. The skills they have been learning include marking out on wood, using a tenon saw and a mallet. The types of wood joints they have made include, halving and cross halving joints.

