

# GEA Newsletter

Be Kind and Aim For Excellence

21st March 2023

## Microsoft Teams

A reminder that pupils have catch-up and revision work set on Teams to support their homework and independent learning. This can be found by clicking 'files'.



**George Eliot Academy**

Part of The Midland Academies Trust

## Macbeth Performance

On Thursday 16th March, all of year 11 enjoyed a live performance of Macbeth. This lively and engaging performance will support their whole text understanding and their understanding of stagecraft.



## Personal Development Curriculum in action: Springboard Young Chef Competition

We are extremely proud to announce that Emily B placed in the top 12 pupils out of 14,000 entrants in the Springboard Future Chef finals held at Westminster Kingsway College in London.

Emily used her incredible culinary skills to deliver her dishes to a high standard while keeping her cool in a professional kitchen. As part of the competition, Emily stayed at the 5\* Sheraton Grand Park Lane and enjoyed a gala dinner at the 5\* Berkeley Hotel in Knightsbridge.

For placing, Emily was also awarded a signed recipe book from Adam Handling, a winners plate and a £100 voucher!



## Key Dates

Date	Year Group	Activity
27th March 2023	8	HPV1 vaccine
27th March 2023	10	Geographers to Carding Mill Valley
28th March 2023	9	HPV2 vaccine
31st March 2023	ALL	Inset Day
1st - 16th April 2023	ALL	Easter Holiday - Including Easter Y11 revision sessions

All key dates can be found on our website by [clicking here](#)

## KE6 Open Event



OPEN EVENT 2023  
**29th March 2023**

**W BUILDING - 4:30pm - 6:00pm**

Subjects: Film Studies, Media Studies, Drama, Photography, and Music Technology

**MAIN SITE - 4:30pm - 7:30pm**

All other subjects

Don't miss your chance to come and see the college, meet the teachers and find out how you can shape your future with us!

**Book Now!**



Better Futures Multi-Academy Trust

Coventry University

[www.ke6n.ac.uk](http://www.ke6n.ac.uk)




02476 744 000 - [infoGEA@MidlandAT.co.uk](mailto:infoGEA@MidlandAT.co.uk)

[www.georgeeliot.midlandat.co.uk](http://www.georgeeliot.midlandat.co.uk)

## Mental Health in School Team Update

Please see an update from the RISE and Mental Health in Schools Team which this week focuses on Self-Care



**Mental Health in Schools Team (MHST)**  
**Tips For Wellness:**  
**SELF-CARE**

20th March - International Day of Happiness


Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself, thinking "how do I feel?" and understanding "what do I need?". Self-care looks different for everybody, so it is important to try out different methods to find what works for you!

**Our tips for practicing self-care:**


- 1- Ask yourself "how do I feel?" If you feel sad, worried or angry, talk to a trusted adult and choose an activity that you enjoy, e.g., listening to music, drawing, playing a game, reading a book, or going for a walk.
- 2- Make time for a relaxation activity, why not try out the breathing and meditation exercises by following the QR codes?
- 3- Try to look after yourself by eating and sleeping well!
- 4- If you notice yourself feeling overwhelmed, take some time out and ask yourself "what do I need?" Is there anything you can do to help yourself to feel better? Or do you need to take a break to recharge?
- 5- To learn more about self-care and how we can look after ourselves better, scan the QR code!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!  
[thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk)


MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.



Try out this breathing exercise!



Scan to practice meditation.



More self-care tips!

## Healthcare experience taster day



**NHS**  
 George Eliot Hospital NHS Trust

Are you a student? Needs some help on career options or A-Level choices?

Join us for a Day in the Life of an Allied Health Professional (AHP's) on Saturday 25th March 2023 from 9.30am - 2pm.

Come along and find out more about:

- Physiotherapy
- Occupational Therapy
- Paramedics
- Diagnostic Radiographers
- Operating Department Practitioners
- Speech & Language Therapists
- Dietitians

In groups of 5, you will follow the journey of a patient and see how they interact with AHP's.

Time slots available: 09:30, 09:50, 10:10, 10:30, 10:50, 11:10.

Booking required: email [nicola.layte@geh.nhs.uk](mailto:nicola.layte@geh.nhs.uk)

## An evening full of song – Choir performs with the Kings Singers in Concert

The GEA Choir had the fantastic opportunity to perform live with the Kings Singers at St Mary's Church in Warwick on Thursday 16th March 2023 thanks to the Armonico consort group.



Having worked really hard over the last few months, the pupils' hard work paid off culminating in a fantastic concert at a beautiful location.

Our pupils really did us proud, showing exemplary behaviour along with their amazing talent. They performed as part of a mass choir comprising of over 100 primary and secondary school pupils, all of whom performed with the Kings Singers vocal group.

We are really proud of all pupils involved and look forward to joining Armonico consort in future events.



## Carnegie Award Book Club

Our Carnegie Award book club is now in full swing. There's plenty of time for pupils to join up, sessions run every Friday from 3.20pm in L003.

Calling all students and staff!

The yoto **Carnegies**

It starts with a spark.

The Carnegie Award recognises outstanding books for young people. George Eliot Academy has been given the amazing opportunity to read the books that have been nominated. A group of students and staff will decide which book they think deserves to win this prestigious prize.

Please speak to Miss Benfell to register your interest.

Starting on Friday 3<sup>rd</sup> March, every week, at 3.20 in L003.

The winning author will be announced sometime in June.



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## Star Awards

Well done to all of our pupils for their wonderful attendance, hard work, focus and gratitude in live lessons this last week. We are very proud of each and every one of you

### Self Discipline

English	Sophie H
Spanish	Ruby L
PE	Henry H
Drama	Elise D
Music	India E
Science	Josh M
Maths & Computer Science	Summer T
Humanities	Lucie P

### Tenacity

English	Jasmine S
Spanish	Kaycee M-C
Technology & Art	Jack H
PE	Ryan H
Drama	Summer C
Music	Olivia B
Science	Kelsey F
Maths & Computer Science	Millie H
Humanities	Bailey D

### Ambition

English	Wiktor P
Spanish	Che B
PE	Ben H
Drama	Ethan C
Music	Leo R
Science	Sofia D-B
Maths & Computer Science	Dylan A
Humanities	Imogen H

### Responsibility

English	Benjamin S
Spanish	Tsz Yin L
PE	Toby G-M
Drama	Travis R
Music	Andreea M
Drama	Jessica M
Maths & Computer Science	Ethan H
Humanities	Ashton D

**WELL DONE!**





From the GEA PTA

# **The George Eliot Academy**



## **Easter Bingo**

**Tuesday 28th March 2023**

**Bring your family or come with school  
friends**

**Doors open at 6:15 pm**

**Refreshments available to purchase**

**Raffle with Easter prizes**

**Bingo books to purchase on the evening**

**Prizes of Easter chocolate**

**Open to all years**



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