



## HEADTEACHER'S MESSAGE

Dear Students/Parents and Carers,

We were delighted to have all the students back in on Tuesday after the long Easter break. The majority of students returned smartly dressed and ready to learn. Thank you for your support in ensuring that students can start the day off positively and equipped to learn, as this is vitally important to their success.

At the time of writing the 45 students and 6 staff on the trip to France have arrived safely to begin their cultural experience in Paris. We are confident that they'll have a wonderful time and make lasting memories.

Good luck to those Year 11s starting their final exams next week with GCSE Spanish Speaking and BTEC Travel & Tourism exams. I have no doubt that their achievements will reflect their effort and commitment to their learning. The [timetable](#) for all year 11 examinations can be accessed via the school website.

We have all been very impressed with Year 10 this week who have really upped their game! Their attendance to, and attitude towards, their first GCSE mock examinations has been excellent. Teachers will spend the next two weeks marking the exam papers and will then be providing detailed feedback to students. We're looking forward to seeing how they have done and celebrating the progress they've made so far.

Lastly, can I please ask once again for your support regarding mobile phone usage in school. There is increasing evidence of the detrimental impact smartphones have on young peoples' brain development and mental health - we want to reduce this impact by providing students with a break from their phones in school. The school policy clearly states that mobile phones should not be seen or heard in school. Students who are using mobile phones will have these confiscated and must collect them at the end of the day.

Thank you for your continued support. I hope you all have a lovely weekend.

Best wishes,

Vicki Dillon-Thiselton

Headteacher

## UPCOMING EVENTS

Date	Year Group/s	Event Details
Friday 25th to Monday 28th April 2025	Year 7, 8, 9	Paris trip
Friday 2nd May 2025	Years 7-10	Kings Theatre Workshop
Friday 9th May 2025	Whole school	Red House Charity Day
Tuesday 13th & Wednesday 14th May 2025		HPV vaccines
14th May 2025	Years 7, 8, 9	Parent/Tutor Evening
15th May 2025	Whole school	Wear it Green Day

Our calendar is available on our website: [www.havant-tkat.org/news-dates/calendar](http://www.havant-tkat.org/news-dates/calendar)

## KS3 &amp; KS4 ASSESSMENT DIARY

Year 11	<ul style="list-style-type: none"> <li>GCSE exam period 25th April - 18th June 2025</li> <li>JCQ Contingency dates 11th and 25th June 2025</li> </ul> <p>Please see our examinations website page for the full timetable. <a href="http://www.havant-tkat.org/students/examinations">www.havant-tkat.org/students/examinations</a></p>
Year 10	<ul style="list-style-type: none"> <li>Bronze (Mock) exams 22nd - 30th April 2025</li> </ul>

## LAST WEEK'S TOP POINT SCORES

TOP HOUSE		TOP 5 TUTOR GROUPS	
Blue	3525	8KSA	1394
Yellow	3123	7SKO	1247
Red	2917	8RSM	1229
Green	4090	7JRO	1129
		7REV	1002





### GCSE EXAMS

The 2025 GCSE exam timetable is available on our website.

[www.havant-tkat.org/students/examinations](http://www.havant-tkat.org/students/examinations)

### BRONZE (MOCK) EXAM TIMETABLE APRIL 2025 (Year 10)

Day	Date	Session 1 9-10:50pm	Session 2 11:35 - 1:35
Tues	22nd	<b>English Language Paper 1</b> 1 hr 45 mins	<b>Geography Paper 1</b> Physical Environment 1 hour 30 min
Wed	23rd	<b>English Literature Paper 1</b> 1 hr 45 mins	<b>History Paper 2</b> Anglo Saxon & Norman England 1 hour
Thurs	24th	<b>Mathematics Paper 1</b> (Non-Calculator) 1 hr 30 mins	<b>Spanish Listening</b> F- 35 min H - 45 mins <b>Spanish Reading</b> F - 45 mins H- 1 hour
Fri	25th	<b>Physics</b> 1 hour 15 mins	<b>History Paper 1</b> Crime & Punishment 1 hour 20 mins
Mon	28th	<b>Mathematics Paper 2</b> (Calculator) 1 hr 30 mins	<b>Spanish Writing</b> F - 1 hour H - 1 hour 15 mins
Tues	29th	<b>Biology</b> 1 hour 15 mins	<b>Citizenship Paper 1</b> 1 hour 45
Wed	30th	<b>Chemistry</b> 1 hour 15 mins	<b>Catering</b> 1 hour 20 mins





Great news story about Havant Academy students in The News, Portsmouth. Thank you to Leadership Skills Foundation for giving our school and students a chance to be part of this fantastic pilot programme.

Click on the link to read the article.

[Havant Academy students swap the classroom for the great outdoors as part of Environment Leaders Programme](#)



## DUCKLINGS

We're starting the incubation of duck eggs!

Year 10 Animal Care have been very keen to try this and have a duck family at school. Year 8 and 9 have worked really hard digging a pond area ready for when the ducks are big enough to swim. We have 28 days until our new arrivals. However, it will be another 6 weeks until they can be outside.







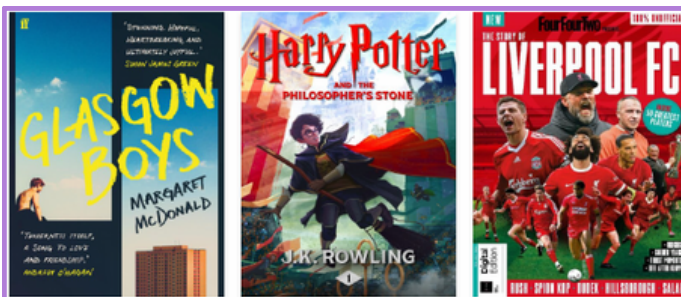
### TRIP TO FRANCE

Several of our students are crossing the English Channel today for an exciting weekend in France! They'll have the chance to explore new places, experience French culture first-hand and create unforgettable memories. We wish them safe travels and can't wait to hear all about their adventures when they return!



### SORA

Our eBook service remains accessible year-round providing uninterrupted access to a diverse and ever-expanding digital collection of books. These titles were the most popular this month.



## Become a Teen Book Reviewer

Are you in Year 10 and love reading?

Want to share your thoughts on the latest teen fiction with other students?



Here's how it works:

- Borrow a book from a handpicked selection of new books in the library.
- When you're done, scan a QR code to submit your review online.

What we're asking you to share:

- Three emojis to describe the book.
- A star ★ rating out of 5.

*Speak to Mrs Fletcher in the library if you are interested.*







## RECOMMENDED READS

The Reading Agency is a UK charity with a vision to get more people fired up about reading. Here are some of their recommendations for some great teen-reads to help understand feelings and boost confidence.

### Healthy Minds



#### Be Resilient: How to Build a Strong Teenage Brain for Tough Times

Nicola Morgan

PB: 9781406399257

EB: 9781529501780

From building a support network to building optimism, find positive, practical advice for preparing for, coping with and bouncing back from the toughest of times. Authoritative and backed by the latest science, this is a reassuring companion for teenagers everywhere. Walker books



#### Be Happy Be You: The Teenage Guide to Boost Happiness and Resilience

Penny Alexander & Becky Goddard-Hill

PB: 9780008367565

This positive and insightful guide gives you the tools to build your confidence, eliminate negative feelings and boost happiness in all areas of your life. Being a teenager has its own unique challenges, but it's also the perfect time to shape your own mental wellbeing and happiness. There are tons of ideas to try from creating an anxiety toolkit, to planning a digital detox and meditating, plus you'll learn the science behind why they work. Carry out the activities by yourself or with family and friends and take your happiness into your own hands! Collins



#### You Can Change the World!

Margaret Rooke

illustrated by Kara McHale

PB: 9781785925023

EB: 9781784508975

If you want to achieve against the odds and create genuine impact, this book may be the encouragement you need. The interviews cover race, sexuality, violence, grief, neurodiversity, bullying and other issues central to life today. Jessica Kingsley Publishers



#### One in a Hundred Thousand

Linni Ingemundsen

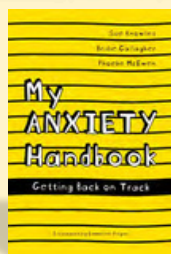
PB: 9781474940641

EB: 9781474971256

Fifteen-year-old Sander wishes he was like everyone else. But Sander has a rare medical condition that affects one in a hundred thousand people. It means his growth is stunted, and it seems the biggest, strongest and loudest guys get all the attention. But Sander notices the little things other people miss, and he's about to make a big impact... Usborne

### Managing Feelings

### Anxiety and Depression



#### My Anxiety Handbook

Bridie Gallagher, Sue Knowles & Phoebe McEwan

illustrated by Emmeline Pidgen

PB: 9781785924408

EB: 9781784508135

Helping young people with anxiety learn to recognise and manage their symptoms, this anxiety survival guide teaches young people aged 10+ how they can overcome their biggest worries. With practical chapters on sleep, exam stress, transitions, and seeking extra help, this is a go-to guide for any tween, teen or young person living with anxiety. Jessica Kingsley Publishers



#### Anxiety is Really Strange

Steve Haines

illustrated by Sophie Standing

PB: 9781848193895

EB: 9780857013453

In this guide, anxiety is explained in an easy-to-understand, engaging graphic format with tips and strategies to relieve its symptoms, and change the mind's habits for a more positive outlook. Jessica Kingsley Publishers



#### Depression (A Book About)

Holly Duhig

illustrated by Danielle Webster-Jones

PB: 9781786373410

EB: 9781839275548

This informative and supportive series explores in detail some common mental health issues affecting the lives of children today. Working to tackle and destigmatise mental health issues these creative and factual titles explore depression. Readers can learn about causes symptoms and practical coping strategies including mindfulness talking therapies and when to seek professional help. BooklifePublishing



#### Hope

Rhian Ivory

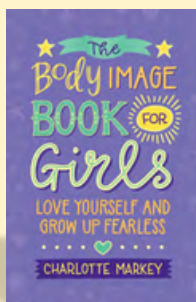
PB: 9781910080627

EB: 9781910080634

The summer between school and sixth-form. When Hope doesn't get into drama college, and her friends do, all her plans fall apart. She's struggling with anger, grief for her father and a sense that her own body is against her. She meets Riley on the ferry and his texts give her someone to talk to. But this isn't a story about a boy fixing everything. It's about trying new things and having the courage to ask for help. Firefly



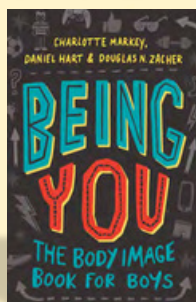
## Body Image



**The Body Image Book for Girls: Love Yourself and Grow Up Fearless**  
Charlotte Markey

PB: 9781108718776

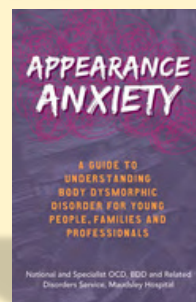
Through this easy-to-read and beautifully illustrated guide, Dr Markey teaches girls how to nurture both mental and physical health to improve their own body image, shows the positive impact they can have on others, and enables them to go out into the world feeling fearless! **Cambridge University Press**



**Being You: The Body Image Book for Boys**  
Charlotte Markey, Daniel Hart & Douglas Zacher

PB: 9781108949378

Easy-to-read, evidence-based guide to developing a positive body image for boys aged 12+. It covers all the facts on puberty, diet, exercise, self-care, mental health, social media, and everything in-between. Boys will find answers to the questions most on their mind, the truth behind many diet and exercise myths, and real-life stories from other boys. **Cambridge University Press**

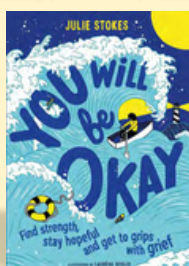


**Appearance Anxiety**  
National and Specialist OGD, BDD and Related Disorders Service, Maudsley Hospital

PB: 9781785924569  
EB: 9781784508326

The first book for teens that explains the causes and impact of body dysmorphic disorder (BDD). The book is interspersed with accounts and artwork from young people with BDD, along with perspectives of their families. BDD is a debilitating mental health disorder, and this book gives advice on treatment including CBT and medication, and shows where to get help. **Jessica Kingsley Publishers**

## Understanding Bereavement and Loss



**You Will Be Okay**  
Julie Stokes

PB: 9781526363893

The death of a parent, sibling or friend is one of the most traumatic experiences for a child or young person and it can be hard to know how to talk to them about it. In this honest, comforting and strength-building guide Julie Stokes, a clinical psychologist and founder of childhood bereavement charity Winston's Wish, provides readers with the tools they need to navigate this tough and turbulent time. **Hachette**



**A Monster Calls**  
Patrick Ness

PB: 9781406361803  
EB: 9781406345834

Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive. **Walker Books**



**When Shadows Fall**  
Sita Brahmachari  
illustrated by Natalie Sirett

PB: 9781788954365  
EB: 9781867581574

Kai, Orla and Zak grew up together, their days spent on the patch of wilderness in between their homes, a small green space in a sprawling grey city. Music, laughter and friendship bind them together and they have big plans for their future –until Kai's family suffers a huge loss. Trying to cope with his own grief, as well as watching it tear his family apart, Kai is drawn into a new and more dangerous crowd, until his dreams for the future are a distant memory. Excluded from school and retreating from his loved ones, it seems as though his path is set, his story foretold. Orla, Zak and new classmate Om are determined to help him find his way back. **Little Tiger**