



NOTTINGHAM UNIVERSITY  
SAMWORTH ACADEMY

**WC: 03/07/2023**

Dear Parent/Carer,

**This week at NUSA:**

We have been so proud of our students on work experience this week. I was lucky enough to go out and complete a few visits and it was wonderful to hear how responsible and mature the students had been. We are already planning work experience week for Y9 so please keep an eye out for information on that.

Our Ofsted report was published this week. We are so incredibly proud of our students and I am really proud of our staff. It is a wonderful read and we already have plans in motion for working on developing some areas of our curriculum even further.

<https://reports.ofsted.gov.uk/provider/23/135761>

You will note in the Ofsted report how important reading is to us here at NUSA. With this in mind, as we head in to the holidays, we would like to offer students the opportunity to take a book home from our library to read over the summer. If they would like to take us up on this offer they need to go to see Mrs. Standen who will sort the book for them.

We have all headed out to Sports day today. I have got no doubts that it will be a wonderful, if not a little warm, day! I look forward to seeing the students collecting the elusive medals.

**Industrial action update:**

Thank you for being so supportive of us during the industrial action period. We have not had an update regarding what happens next but I will write to you when we do.

**We need your voice!:**

We are running our next round of parental surveys. The closure date for the survey is 21<sup>st</sup> July 2023. This time there is opportunity for 5 people to win an Amazon or Tesco voucher worth £25. All you need to do is complete the survey and enter your email address at the end to be included in our draw!

[www.edurio.com/poll/Ns9kge](http://www.edurio.com/poll/Ns9kge)

**Coming up at NUSA:**

End of term plans  
Thursday 20<sup>th</sup> July – Rewards assemblies  
Thursday 20<sup>th</sup> July – Achievers awards evening  
Friday 21<sup>st</sup> July – Alton Towers for selected students  
End of term Friday 21<sup>st</sup> July at 3pm.

**Safeguarding corner:**

This weeks safeguarding corner comes from CAMHS



## Systemic Family Practice...

### What is it?



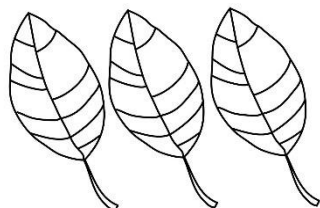
It can help those in close relationships to:

- Try to understand each other better
- Be able to express and explore difficult emotions safely
- Understand each other's experiences and views
- Appreciate each other's needs
- Build on family strengths
- Work together to make useful changes in their lives

### Family life isn't always easy...

Families can be very complicated because everyone is unique. Each person thinks and talks about things in a different way and each person has different ideas, feelings, worries and strengths.

All kinds of changes can make family life more stressful, such as an illness, unemployment, moving home, new family members, getting older, divorce, death and trauma. Some families find their own way to manage these changes, and some families find it much harder, for all sorts of reasons.



SFP can help families when they're feeling overwhelmed, sad and angry; when they're not sure what to do for the best; or when they feel stuck in repeating patterns of hurtful or harmful behaviour.

### How might SFP help me and my family?

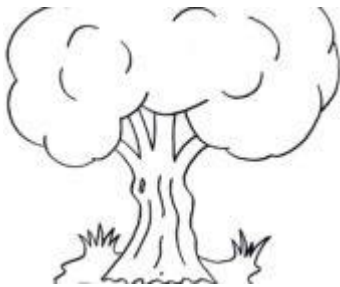
SFP helps family members and friends to support each other. Your worker tries to help everyone feel safe so they can talk about their difficult thoughts and feelings and hear each other in a way that maybe they haven't done before.

Your worker will help you to talk about your hopes and work towards the goals you set as a family.

### What will my worker do?

Here are some of the things that your worker might do with a family:

- Talk about each person's hopes
- Encourage people to talk about their experiences and to listen to everyone else
- Respect and clarify each person's beliefs, values, needs, hopes and assumptions to help them understand each other better
- Help families to stop blaming each other and to begin exploring how everyone can work together to make things better
- Help people to understand the effect their words and actions have on everyone else in the family
- Explore what family members do well and what they're proud of
- Draw a kind of family tree (called a genogram) to help people think about the different relationships in their family
- Help families to talk about the challenges they're facing



Have a lovely weekend,

Emma Howard  
Headteacher