



NOTTINGHAM UNIVERSITY  
SAMWORTH ACADEMY

**WC: 15/12/22**

Dear Parents/Carers,

**At NUSA this week:**

What a great week we have had!

Christmas Dinner day on Wednesday followed by Trips and activities day on Thursday has meant that NUSA has been in full 'Christmas Swing'. We held our rewards assemblies today and it was amazing to see how well some of children have done. We have had a huge number of students earning the 100% attendance award, in spite of lots of viruses and bugs going around.

We thank you all for your support this term. We are really proud of the children and look forward to seeing how they develop in 2023.

**Coming up at NUSA:**

We return to school as normal on **Monday 9<sup>th</sup> January 2023**. Reset assemblies will be held for all year groups on this day.

**Tuesday 10<sup>th</sup> January 2023** – Year 11 school photos will take place

Throughout both **January** and **February** we have a series of mock and real exams running for students in Year 10-13. Reading assessments will also take place for all students in January.

**Uniform:**

A reminder that all students should be returning to school in full school uniform after Christmas. This includes correct school shoes. Please make sure that you contact your child's Head of Year if you are struggling with uniform.

**Safeguarding corner:**

The information below contains information on a variety of apps that are available free of charge and support mental health strategies.

## stem4 Apps



**Calm Harm** A free app to help teenagers resist or manage the urge to self-harm.

[www.calmharm.co.uk](http://www.calmharm.co.uk) | [@calmharmapp](https://twitter.com/calmharmapp)



**Clear Fear** A free app to help children and young people manage the symptoms of anxiety.

[www.clearfear.co.uk](http://www.clearfear.co.uk) | [@clearfearapp](https://twitter.com/clearfearapp)



**Move Mood** A free app to help teenagers manage low mood and depression.

[www.movemood.co.uk](http://www.movemood.co.uk) | [@appmovemood](https://twitter.com/appmovemood)



**Combined Minds** A free app to help families and friends provide mental health support.

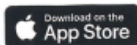
[www.combinedminds.co.uk](http://www.combinedminds.co.uk) | [@combmindsapp](https://twitter.com/combmindsapp)



**Worth Warrior** A free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders.

[www.worthwarrior.co.uk](http://www.worthwarrior.co.uk) | [@worthwarriorapp](https://twitter.com/worthwarriorapp)

Download today



The salvation Army Centre on Aspley lane is offering lots of family drop ins and support to families over Christmas and their contact number is 0115 9290465.

Have a wonderful Christmas and I hope your New Year is a healthy, enjoyable and prosperous one.

Emma Howard