

January 2026

Happy New Year!
Welcome Back!

Compassion
Self-discipline Love
Honesty Forgiveness
Respect Hope

New Year's Resolutions

I hope you all had a restful break and are feeling ready for the year ahead. A new year often feels like a fresh page – a chance to pause, reflect, and think about what we want to do differently or better.

Our TFCHA is about **New Year's resolutions** – not the kind that are forgotten by the end of January, but realistic, meaningful goals that can genuinely help us grow.



What is a resolution?

A resolution is simply a decision to change something – an intention to improve.

People often make resolutions like:
Spending less time on their phones
Being more organised
Working harder at school



But research shows that many resolutions fail because they are:
Too vague ("I'll do better this year")
Too big ("I'll completely change everything")
Based on pressure rather than purpose
We are going to think about **better ways to set goals**.

Progress not Perfection

Social media often tells us that January is about becoming a ‘new you’ – more productive, more confident, more successful.

The **truth** is:

You don’t need to become a new person – you have **lots of positive qualities**, there are simply some areas you might need to work on.

Growth doesn’t mean perfection – it means **progress**. Each choice you make is a **step nearer your goal**.

Small changes, done consistently, are far more powerful than big promises that don’t last.



SMART Resolutions

Try the following approach:

S – Specific: Clear and focused

Not: “I’ll revise more”

But: “I’ll revise maths twice a week”

M – Measurable: You can track it

For example: time spent, tasks completed

A – Achievable: Realistic for your life

Small steps matter.

R – Relevant: It matters to *you*

Not because others expect it.

T – Time-bound: Set a timeframe

This week, this term, or this month

An example might be:

“This term, I will read for 15 minutes, three times a week, to improve my concentration.”

Now decide on 1
resolution you are going
to focus on for this term
based on your school
work and write it in your
pastoral exercise book.

SMART Resolutions

- Not all goals need to be about grades.
- Some of the most powerful resolutions are about **character and wellbeing**, such as:
 - Being kinder to others
 - Speaking more positively to yourself
 - Asking for help when you need it
 - Making time to rest
 - Trying something new, even if it's uncomfortable
 - Success isn't just about results – it's about who you become along the way.

Now decide on 1 resolution you are going to focus on for this term based on your character/wellbeing and write it in your pastoral exercise book.

Important Reminders

It is important that we remember the key values we hold dear at CHA so all members of our community can feel safe and thrive both academically and socially.

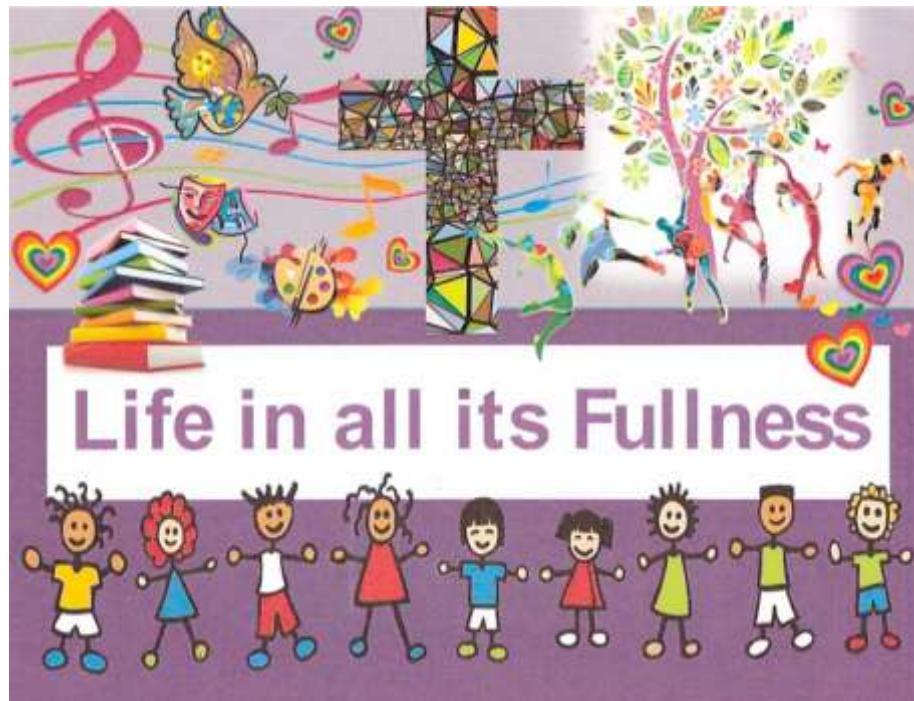
The following slides are reminders of our Vision, Values and the role we all play in making this happen.

Compassion
Self-discipline Love
Honesty Forgiveness
Respect Hope

A Reminder of Our Vision

We are determined to provide you with great learning opportunities both inside and outside the classroom and develop key life skills eg punctuality, resilience, responsibility, respect and many more.

John 10.10



Unlock
potential

Quality first
teaching

Values

STUDENT
Education
for all

Cultural
capital

Create...
Aspire...
Excel...

Staff
relationships

Community
relationships

LIVE LIFE IN ALL ITS F

Focus on Learning & Developing Life Skills

What happens in the classroom is very important and you need to be ready for learning, respect all other learners and adults and work hard.



You are expected to attend all your lessons with the correct equipment. Think about it as having the right tools for the job.

We will be regularly coming into classrooms to see how you are getting on with your learning and to see how you are reflecting our values and developing key life skills eg punctuality, resilience, perseverance, responsibility, being part of a community etc.

We believe in your potential and are here to support you every step of the way.

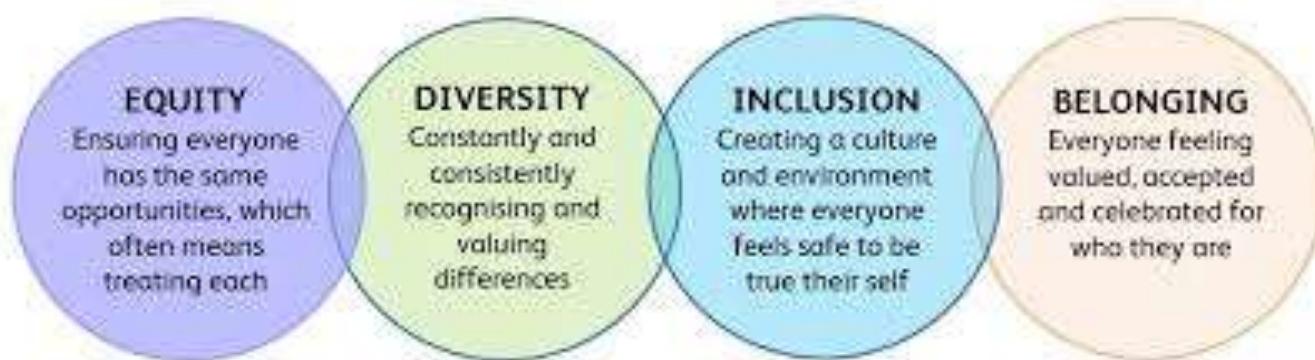
Let's make 2026, one filled with progress, positivity, and pride.

Our CHA Community

Everyone is a valued member of our Community.

We are all different, we have different strengths and areas for improvement.

We don't have to agree with each other, but we do need to treat each other with kindness and respect.



Our CHA Community – House System



Wear your House tie with pride! Your House gives you the opportunity to belong to a group of people who are all striving for the same thing, success!

The more House Competitions you enter the more chance your House has of winning the Cup.

You are an important member of your House and you need to be actively involved in helping your House win the Cup!

Be Ready to Learn

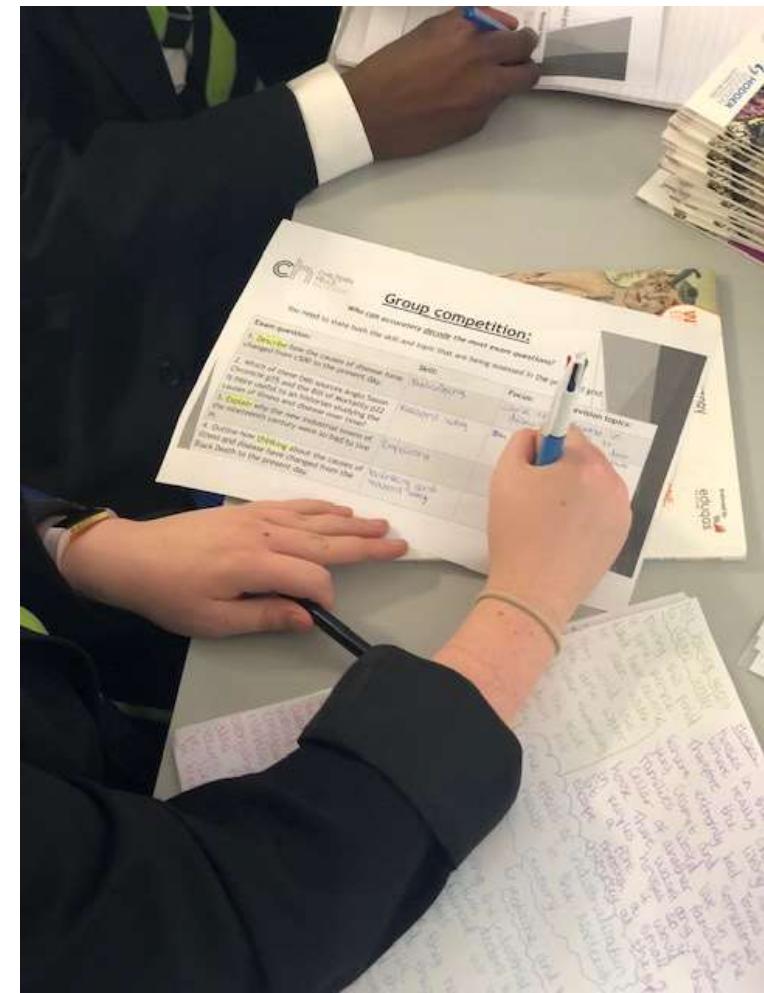
- Attend school every day
- Be on time to school and to lessons (punctuality is key). Be in perfect school uniform all the time
- Have all your equipment – you need a good bag to carry everything in.
- You need – pen (AND A GREEN PEN), pencil, ruler, rubber, calculator, colours, reading book
- For PE – you need full CHA PE kit and studded boots for the AGP
- Line up quietly
- Do your homework
- Walk sensibly around school (keep to the left) and follow the One Way System



Our Learning Routines

Start of Lessons

- Line up outside the classroom
- Stand behind your chairs
- Complete your do now once seated
- Self/peer assess your do now with green pen



Question for the class

Why are routines important?

Merits for the best contributions!

Our Learning Routines

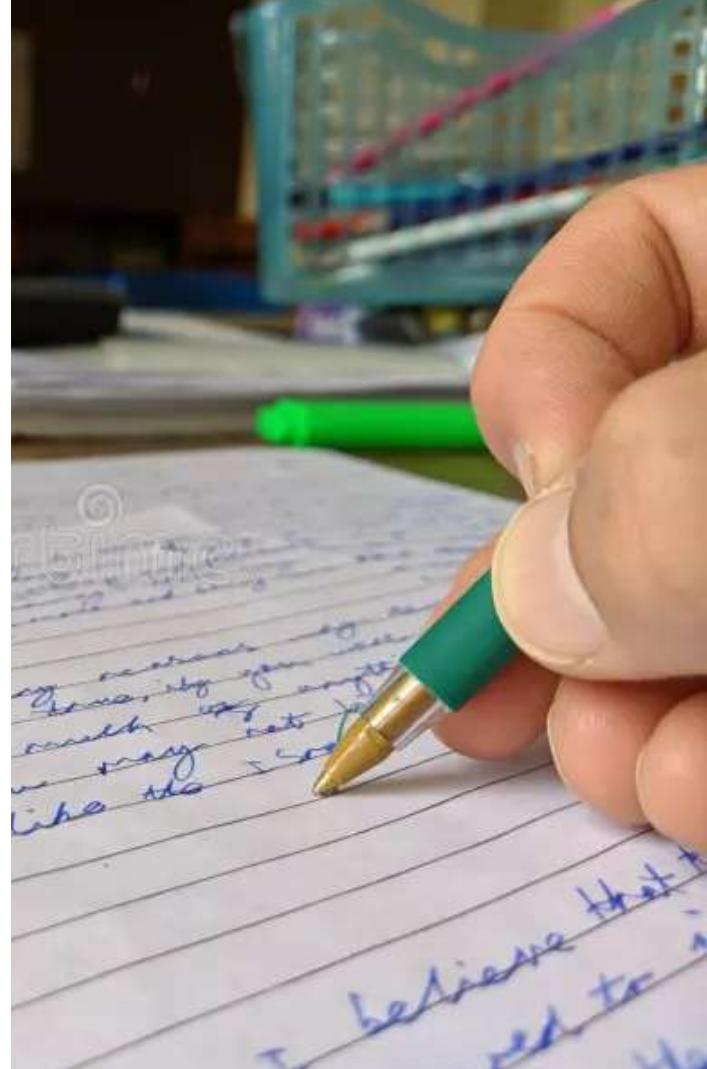
Feedback

You will receive feedback in your lessons through:

- verbal feedback
- self assessment
- peer assessment
- whole class feedback
- teacher marking

At CHA students respond to feedback using green pen. Edit and improve your work with green pen.

Green is growth.



Over to you

In pairs, can you give an example of each type of feedback?

Our Learning Routines

Active Thinking

- Listen in silence to your teacher
- Think hard, this helps the learning stick
- Listen to student contributions
- Be ready to answer

Question for the class

Why is it ok to get things wrong?

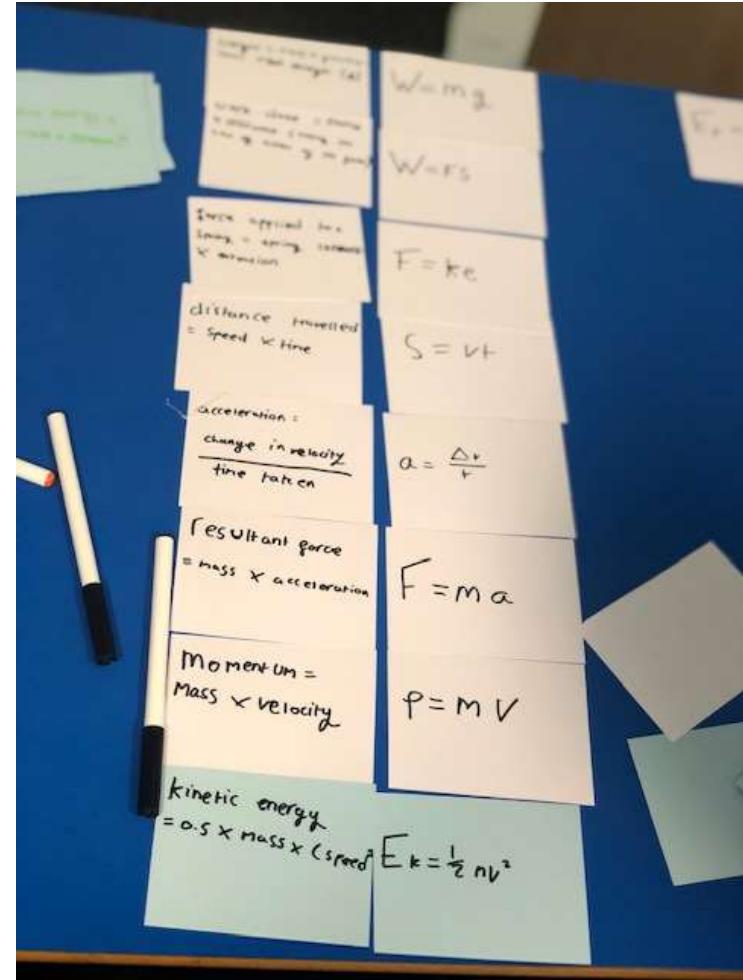
Merits for the best contributions!



Our Learning Routines

What to expect in CHA lessons:

- Think, pair, share
- Thinking hard
- Questions that activate thinking
- Collaborative tasks
- Creative tasks
- Success criteria
- Models
- Clear instructions



Questions from the class....

What questions do you have about your lessons and your learning?

Phones

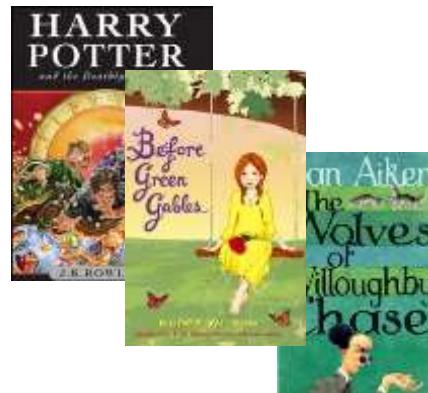
- If you want to bring your phone to school, you **MUST** place it in a phone pouch and lock it before you walk into school.
- Your phone pouch must be in good condition with no graffiti or other damage.
- You will not be able to hand your phones in to Student Services this year.
- You either have your phone switched off in your pouch OR you leave your phone at home. Replacement pouches can be bought on ParentPay.
- **We have this process because phones in school have a negative impact on our concentration, on our learning and they prevent us from building relationships within our CHA Community.**



Equipment Expectations

This is the very least you should have in school

If you have this equipment you will be properly prepared for your lessons. If you do not have the basics then you will have difficulty getting started and others will also be delayed. Should others have to wait for you?



Every day
You must have a reading book and your planner and a green pen

On certain days you may also need:

- Full P.E. kit
- Colouring pencils
- Ingredients for Food
- Materials for D&T

What else might you need to bring?



One way system

During the school day there will be a "one-way" system in C Block and D Block.

This is to make the transitions between lessons smoother & safer.

Watch the video to see how it will work:

- Small staircases will all be up
- Atrium stairs will be down

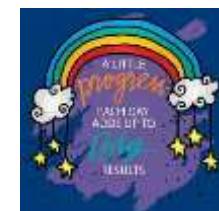
Please follow this at all times.

Lower D
Block
Corridor

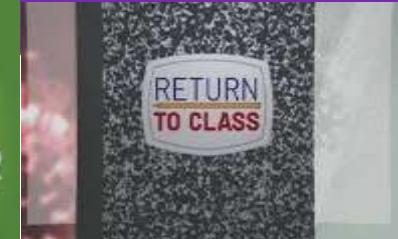
CHA Routines

- Students line up outside classrooms in silence with correct uniform.
- A member of staff will greet you at the door and invite you in.
- Students stand behind their chairs in silence. During this time you will get out your equipment including your planner and place it on your desk.
- The teacher has created a seating plan so you sit in the place which has been chosen for you.
- Students complete a Do Now task.
- Students answer the register Yes Sir, Miss, Mrs Anning etc while the rest of the class is silent.
- Students complete all written tasks in silence.
- Students will not leave the classroom unless permission has been given.
- If you leave the classroom you must have a pass or note from the teacher.
- This is our school and we look after our environment so any mess must be cleared away.

• We want you to be successful and make progress and to do this you need to be focussed on your learning which is why we will insist on these routines.



CHA Routines – Fire Bell



- You will hear a bell which is different from the change of lesson bell.
- Students line up in silence and do not take their bags.
- Follow the Green Man signs out of the building.
- All students should be walking in silence.
- Students line up on the AGP. Y7 are at the far end of the AGP and Sixth Form are the nearest to the Hard Courts.
- You line up with your form in alphabetical order and in silence..
- The register will be taken.
- Mr Dobbs or another member of SLT will speak to us and tell us when it is safe to return into the building.

CHA Routines – Lockdown Process

- You will hear this statement over the tannoy system.

[LockDn.mp3](#)

- If you are in a lesson, Form Time or in an intervention your teacher will:
 - Remind you to be silent
 - Ask you to sit under your desks
 - Take the register
 - Lock the door
 - Make sure the windows are closed and the blinds are down
 - Turn the lights off
 - Turn off smartboards but will leave their computer screen on
 - Remind you to leave your phones switched off in the pouches.
- If you are outside the classroom eg you have gone to the toilet, go into the first classroom you find.
- If you are outside eg doing PE, your teacher will take you to a safe space and follow the same process as above.
- During break and lunch
 - Go straight to your form room



CHA Expectations

- **Keep to the left when walking in corridors**

- **No eating in corridors, the AGP or Hard Courts**

- **We do not go into classrooms at break and lunchtime – unless a member of staff has asked you to see them**

- **We put rubbish in the bin and make sure your environment is tidy.**

- **Queue sensibly for food and be polite to the staff who serve you.**
- **Be kind and respectful to everyone you meet.**

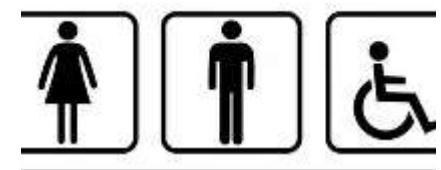


CHA Expectations

- Toilets are **only** for personal use – 1 person per cubicle



- Atrium and ground floor E Block are mixed toilets, PE toilets are female toilets, science toilets are male toilets.



TOILETS

- All toilets will be monitored at break and lunchtime

CHA Expectations

- **Wearing our uniform with pride.**
- Students are expected to wear their uniform with pride eg having your shirt **tucked in at all times** including break times and lunch times.
- The **ONLY** exception is if you are playing sport on the AGP or the Hard Courts.
- As soon as you leave those areas you will need to have your shirt tucked in, your tie worn properly and be wearing your school shoes.
- **Late to school**
- If you are late to school you will be issued with a lunchtime detention that will take place on the day you were late.
- If you are late twice in a week you will have an after-school detention.
- If you are late three times in a week you will have an SLT detention
- **End of the School Day**
- School ends for all students at 3.10pm
- The Bottom Gate will be open for you to use if you wish.



8:35

**DON'T
BE
LATE**

CHA Expectations

- **Being Considerate and Keeping our Community Safe**
- Some members of our community have allergies or other issues so to ensure they are equally safe at school we do not bring any nut products or aerosols, perfume sprays etc into school.
- Aerosols and sprays can cause problems for anyone with breathing issues. We suggest if you need to you bring in the roll on equivalent eg deodorant instead.
- To keep our community safe we need to be very careful not to bring in any item which might be used to cause harm to ourselves and others eg large scissors or anything sharp, alcohol etc.



Attendance Matters



CHA students are expected to attend school every day.

There is a direct link between school attendance and GCSE outcomes.

Attendance and Impact on GCSE grades

Research shows

Attendance	Grade per subject achieved against expected result	
95% +	0.5 of a grade above	↑
95%	expected progress	
90%	0.5 of a grade below	↓
85%	1.3 of a grade below	↓
80%	2.2 of a grade below	↓

At Lunchtime

- The school is zoned for lunchtime.
- Year Groups are allowed in the following areas only:
 - Year 7 – Design Courtyard & Atrium Toilets
 - Year 8 - Courts outside E Block and E block Toilets
 - Year 9 – Hard Courts and E Block Toilets
 - Year 10 – Hard Courts and E block Toilets
 - Year 11 – English courtyard and Atrium Toilets
 - Sixth Form – Sixth Form Area & Sixth Form Toilets
- All students can eat in the Hall and the Atrium and the picnic area between Sports Hall and AGP



At Lunchtime

PLEASE



**NO PEANUTS
OR
NUT PRODUCTS**



shutterstock.com - 2379939731



- We only bring food which does NOT have any nuts or nut related products
- We only drink fruit juice, squash or water
- We only eat, drink and talk to our friends, play sport during our lunchtime.
- We bring in food from home or we buy our food from the School Canteen

Keeping Safe at CHA

Your safety at CHA is vital.

- If you feel uneasy about something online
then share this with an adult.
- If you are approached coming to or going home by someone you do not know then tell an adult.
- If you are feeling unhappy about comments or things being said by anyone, share this, we can help you.
- If there is an adult at CHA without a visitor's badge/lanyard then please tell someone.

SAFEGUARDING YOU

Are you worried about someone or about something?

Do you need someone to talk to or want to share your concern?

THE CHA SAFEGUARDING TEAM ARE HERE TO SUPPORT YOU WHEN YOU NEED THEM

You can email us safeguarding@chacademy.co.uk

Your Safeguarding Team

Mrs Conway



Vice Principal
Designated Safeguarding Lead

Ms Sprenger



Senior Deputy Safeguarding Lead

Miss McCowan



Deputy Safeguarding Lead

Wider Safeguarding Team are:

Year 7 – Miss Bale and Miss Finch
Year 8 – Mrs Forsling and Mrs Finch
Key Stage 3 (Year 7, Year 8 & Year 8) Lead - Mr Humphrey
Year 9 – Mr Driscoll and Mrs Walters
Year 10 – Miss Medina and Mrs Webb
Year 11 – Dr Bertram and Ms Hrabovszki
Key Stage 4 (Year 10 & Year 11) Lead – Mr Falcon
Year 12/13 – Mrs Hemsworth and Miss Forsling
All members of the Senior Leadership Team



Jan Martin
Director of Education
Executive Safeguarding Lead



Michael Mill
ODBST Trustee with responsibility for
Safeguarding

HOMEWORK

**"If you can't explain it simply,
you don't understand it well
enough."**

Albert Einstein



Show My Homework (*Satchel one*)

SMHW moved to SSO (Single Sign-On) this year.

All students should sign-in using their school Microsoft account.

Method 1:

1. Go to the show my homework website satchelone.com
2. Select 'student' from the tabs above the login window.

satchel:one

Search for your school to login to Satchel One.

Get in touch | Legal | Status Page

Chiltern Hills Academy

satchel:one

Staff Parent Student

Enter email address or username

Enter password

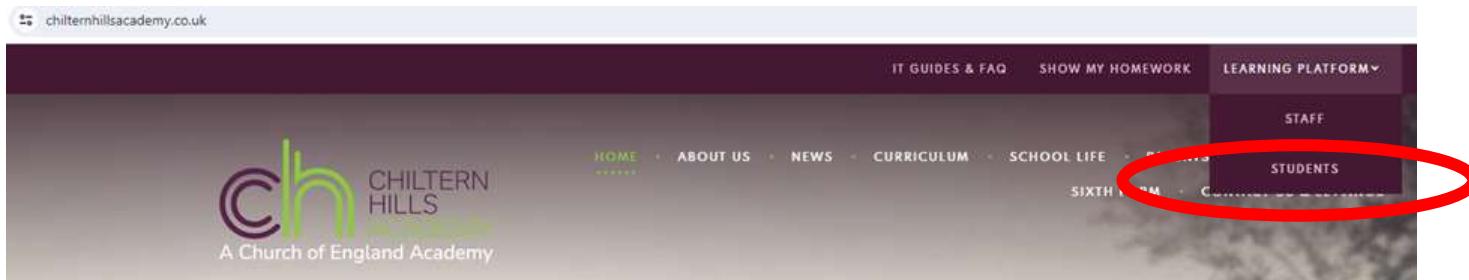
Login

Sign in with Microsoft

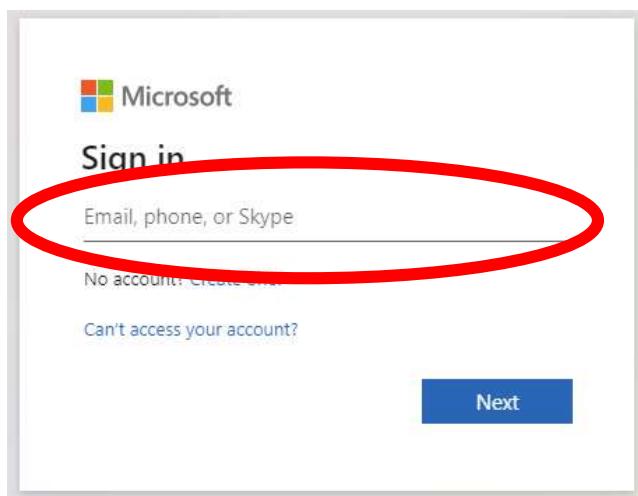
Switch school

Method 2:

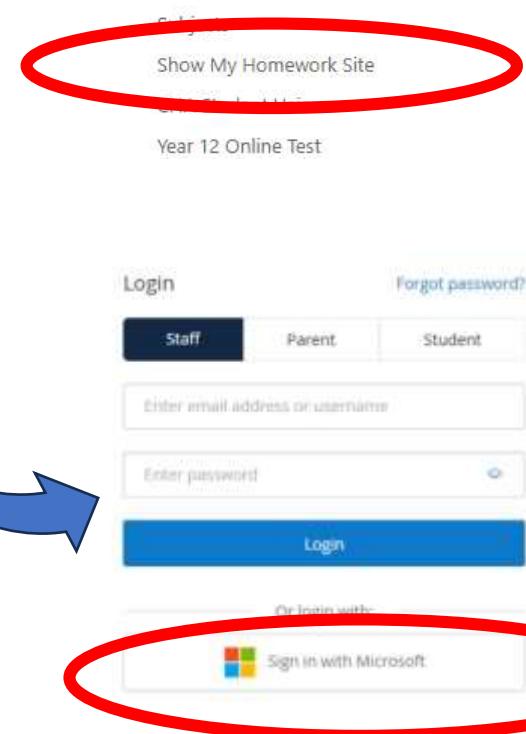
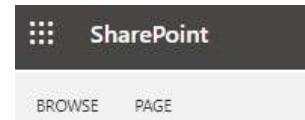
Step 1 – visit <https://www.chilternhillsacademy.co.uk/> >>Learning platform >> Students



Step 2 – Enter your school email id and password that you use to login into school computer



Step 3 – Using the left menu bar, choose Show My Homework Site



Step 4 – Instead of using login details, click on Sign in with Microsoft

