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## Message from the Deputising Principal

It has been a great week at the Academy, as we continue our appointments of staff for the next academic year starting in September. We have created a new team to lead the school forward and support the school in providing the best education and opportunities to allow all our students to reach their potential. We are still busy recruiting support staff for a variety of positions but I know that we will be ready to hit the ground running in September.

I do really want to thank our very own Mr Driscoll for his outstanding commitment to leading our students through the Bronze and Silver Duke of Edinburgh Award expeditions last week. It was so impressive to hear of the successes as the students walked and planned their journeys in the July heat. I know from Mr Driscoll that there were lots of aches and pains but also a real feeling of determination as all our students completed the expeditions. The feedback from the organising company, Ocean Rock, were that our students are amongst the best that they have ever worked with and that they are looking forward to working with us again in the future. This is a real recognition of how superb our students are and how Mr Driscoll's work with them should be celebrated. I hope that we continue to have such a large number of students participating in the Duke of Edinburgh Award in the coming years. Please do contact us if you would like more information on this.

We also have had an amazing Art & Photography Exhibition on Monday and Tuesday evenings this week. This is an annual event to show off the work of our Year 11 and Year 13 students. The Design corridor has been glowing with fantastic work. Staff, parents and students have been coming into school to view the work and comment on the high standards that our students show in Art, Photography and Design. We are very proud of the work that our students do in these departments and the high quality of work that is produced.

We have so much to look forward to in the coming week. On Friday we have a non-school uniform day to support 'Peace in the Park' to be held in Chesham in September. We are asking students to wear non-school uniform and contribute £1.00 for this privilege, which will go towards supporting this local community event.

We have our first ever CHA Culture Day on Wednesday 19 July. Students are busy producing displays for the atrium on countries that our students represent culturally. Our teachers are busy planning activities to cover the whole day and for all our students in Years 7 to 10 to take part in. We have a representative from the local community – Mr Parveiz Aslam coming into talk to the students about culture and his own personal experiences. We also would like our students and staff to wear their own clothes that represent their culture. This day is therefore a non-school uniform day too, but we are not asking for any contributions for this. Then on Thursday 20 July we will have our first Activity Day since before the Covid-19 Pandemic. Each year group has planned activities in which to take part to provide opportunities for teamwork, fun and to build on the values which we hold at the centre of all we do at the school.

I will write the last newsletter of the academic year to you next week. I am really looking forward to the coming days and finishing the year in a really positive way. Thank you once again for all your support. Please do not hesitate to contact me if you wish to discuss anything at all to do with your child's education or Chiltern Hills Academy in general.

Tim Dobbs

## Diary

Date	Event
14 July	Y13 Leavers' Assembly, 11.30am Y13 Prom, 6.30 to 10.00pm
19 July	Culture day
20 July	Activity day
21 July	Last day of summer term, school closes at 1.00pm
17 August	GCE/BTEC result day, 9.00 to 10.30am
24 August	GCSE/CNAT/BETC result day, 9.00 to 11.30am Sixth Form enrolment, 9.30 to 11.30am
4-5 September	INSET days
6 September	First day of Autumn term 1 Y7 start at 8.40am, Y12 start at 9.30am
7 September	Y7, Y8, Y9, Y10, Y11, Y12, Y13 all return to school for 8.40am

## Parent Meetings

Working in partnership with parents/carers is a crucial aspect of ensuring the highest of outcomes for our students. Your role is invaluable in maintaining high standards and we very much value your views. We are delighted to offer face-to-face bookable appointments with the Senior Leadership Team. These 15 minute appointment slots are available if you have anything that you wish to raise or share. If you would like to book an appointment, please contact Mrs Sanders: [wsanders@chacademy.co.uk](mailto:wsanders@chacademy.co.uk) to arrange a mutually convenient time. Please also use this email address if you feel you have concerns that are not being addressed in a timely manner.

## Safeguarding

### Staying Safe online in the Summer Holidays

During the summer holidays many students are likely to spend more time gaming and using other online platforms. The UK Safer Internet Centre has provided some useful tips on keeping children safe online. We hope that you find them helpful.

<https://saferinternet.org.uk/guide-and-resource/staying-safe-online-in-the-summer-holidays>

Mrs J Conway  
Vice Principal

## Art and Photography Exhibition

Thank you to parents, staff, students and previous colleagues who turned out this week to support the Art & Photography department in their first exhibition since 2019. This is an important annual event that allows us to celebrate the efforts of our awesome GCSE and A Level students. Guests on Monday and Tuesday evening were treated to a diverse range of high quality work. Well done to all our Art & Photography students.



Ms D Baker  
Art and Design

## Culture Day- Henna Allergy Test

Some students will be doing henna with Mrs Iqbal during the Culture Day on Wednesday 19 July, we are asking students with sensitive skin or allergies to be mindful of this and to not take part in this specific activity. Also, if any students are unsure whether they are allergic or not, please try to test it at home before taking part in the workshop.



Mrs S Iqbal  
Teacher of Psychology

## Y11 Message

On Friday 30 June we had a fantastic Y11 Assembly which celebrated all their successes over the year. There were many certificates, trophies, speeches, a dance routine and, perhaps the highlight for many, was Mr Dobbs and Ruby's duet. I would like to thank the students, parents and carers and the staff for supporting this event. The Prom was held that evening and it was a fantastic night with lots of dancing, table tennis and pizza eating.

It has been a privilege to work with you all over the last four years. I wish our Y11 students every success for the future. I am so proud of you all.

Here's what one of our Year 11s, Rosie, had to say about Prom Night:

"Prom was a celebration following the Celebration Assembly dedicated to all our successes this year as both individuals and a year group. The school was all glammed up with glitter and decorations making it a beautiful setting to enjoy our final moments together. It was a great night, the highlight for me must be the dance circle that formed around Mrs Anning during 'Dancing Queen'."

Mrs C Anning  
Year 11 Academic Year Leader



## Geography South Asian Heritage

Chiltern Hills Academy is proudly part of the Royal Geographical Society (RGS), Geography for All project which aims to address equality, diversity and inclusion in Geography. As part of South Asian Heritage Month, we are celebrating and recognising the contributions of the South Asian Community to Geography.

This week, CHA students have listened to the story of Iram Sammar, who is the Ordnance Survey Award winner for Excellence in Geography Education. She spoke of how Geography influenced her life as a Muslim living in Britain and how she brings this plural identity into the classroom. Iram also shared images from her most recent trip to Pakistan.

Ms L Wilkinson  
Curriculum Leader for Geography

## Dance event

Ex student, Robyn Gamston, who, after undertaking her GCSEs, went on to study at The BRIT School and London Contemporary dance school, is putting on an event at Wycombe Arts Centre on Saturday 29 July as part of the Buckinghamshire Open Weekend. She is inviting the dance group of which I am a part, to teach a workshop and perform some of our work.

Here is a link to our event for more info:

<https://www.visitbuckinghamshire.org/event/we-are-now-at-wycombe-arts-centre>

Mrs J Lumsden  
Curriculum Leader for Dance

## Drama Props request

The drama department need help in obtaining an array of props and costume for our production of 'Oliver!'. If possible, we are looking for donations of any of the following:

Handkerchiefs	Old watches
Wine bottles	Old jewellery
Glass bottles	Wooden Pegs
Top hats	Candelabra
Victorian Style Clothing	Battery operated candles
Baker Hats	Burlap Cloth
Blazers	Victorian style tablecloths
Tailcoats	Wooden boxes
Wallets	

Anything else you think would enhance our set design! You can send your donations in with your child to be delivered to Ms Leathers in the Drama department. Thank you in advance for the support.

Ms P Leathers  
Curriculum Leader for Drama

## Numeracy Practice

What are the benefits of doing **some** Maths holiday homework during the holidays?

The summer holidays are to be enjoyed. Students need the time to rest, relax and do the things that they enjoy. However, six weeks is a long time. Many students would benefit from doing some maths during the summer holidays. It would help maintain the skills learnt at school and could be a great opportunity to focus on the areas in which they may need a bit more support. There is often a dip in the academic abilities of students after the summer holidays.



Research suggests 30 minutes, 3-4 times a week is a very effective way of helping children catch up, maintain or even improve their current levels, especially if it is one-to-one.

The Maths department has set work for each year group:

- **Years 7 and 8** are taking home their Mental Arithmetic booklets that they have been using for numeracy this year. The link to the introductory, 1, 2, 3, 4, 5 and 6 answer booklets are on Show My Homework for students to check their answers.
- **Year 9** are being given a 5-a-day booklet. The answers for each booklet are on Show My Homework.
- **Year 10** are being given a problem-solving booklet. The answers are on Show My Homework. We will not be marking it, but we will be available to go through questions when students return to school in September.

Mrs K Smaje  
Teacher of Mathematics

## Y8 Girls' Trip to Valtech

Last week some of our Year 8 girls had the opportunity to visit Valtech in London for a day's work experience. Valtech are a global digital marketing company that has worked with some the most well-known companies in the world, including L'Oreal, MAC makeup, Emirates airlines, BMW and Audi.

Right now, there is a gender gap in technology. Ultimately every career will have technology underpinning it, so it was a great way for our girls to gain valuable insights into working life at Valtech and discover what it is really like to work in a highly dynamic technology industry. The students were introduced to the basics of HTML and CSS, took part in coding workshop and built their own webpage and blog, supported by the female ambassadors at Valtech.

"My biggest success of the day was creating a cool webpage with a background that changes colour. I was taught how to code it so that when the mouse hovers over the text it got bigger! The helpers on the day explained how there are so many opportunities to get into technology in many different companies." Amelia.

"When I was stuck on how to do something, the Valtech team showed me how to research using a website to problem-solve the code I was writing. The day was a useful experience, as it showed me that there can be a lot of pressure with deadlines, but you will also have fun." Shhivika.



Mrs A Hemsworth  
Careers Lead

## Library News

As the term is ending, it is amazing to see how far our library has come in 9 months! From an empty room last August as our new build had just finished, the library is now a beautiful, bright colourful space that has over 2,600 fiction and non-fiction titles. Our library is a lovely place for the children to read, study and complete homework and there is lots planned for the new term.

I am planning an evening of Poetry Excellence for our students to enter, to take place in the library in December, in conjunction with Chapter Two Bookshop in town. Keep an eye on the newsletter for more details. September will also bring the Book Buzz challenge for Years 7 and 8, again, more information will follow very soon. I am also planning to launch an Instagram page for the library!

I continually want the library to grow and to obtain new books for the children, so if you would like to buy the library a gift, please click on the link below and buy us a book from our Amazon Wishlist.

[https://www.amazon.co.uk/hz/wishlist/ls/2SA7D39VE70IR?ref=abls\\_nvfly\\_yl](https://www.amazon.co.uk/hz/wishlist/ls/2SA7D39VE70IR?ref=abls_nvfly_yl)

I am always looking for new ideas and ways to celebrate books and literature in the library. If your child has any ideas, or any books they would really like to see in the library, please ask them to pop in for a chat, or just to look around. It is lovely space and, as someone unknown once said:

"Libraries are such an unsung pure luxury, You don't need money. You can have nothing at all but you still have the library. You can't keep the books, but checking them out still lets you step into a thousand different lives, and the stories you love, you'll carry inside you forever."

Mrs K Davenport  
Librarian



## Y8 Work Experience

Last week, Year 8 undertook work shadowing for the day and gained real life insight into the world of work. Work shadowing encourages students to appreciate the distance people must travel to work, the relationships formed in a business environment, the variety of skills that a job requires and how technology is applied.

Our students had a fantastic day and learnt many new work-place skills. It was a great opportunity for them to get to grips with genuine work tasks.

"The experience made me understand why my family members are tired in the evenings! You must show resilience and self-discipline. You also have to earn the trust and respect of the children, so I was able to use the Chiltern Hills Values in my experience day too." Rhys.

"It gave me the opportunity to experience working in a global company, trying out many different aspects of event planning." Libby.

"The work experience day helped me learn about teamwork and having patience whilst completing tasks." Darcey.

"I made a survey which would help the company get information about how their customers watch sporting events. I had to write out all the fixtures for the survey, which was challenging because it was a formal piece of work which would be seen by real customers, so I had to be careful not to make any spelling mistakes. The experience was also useful as I had to commute on the train, so now have experience of dealing with train times and also about official assignments." Jake.

"It was a lot different to being at school and was a long day. I learnt many new skills like how to use a compress gun, fit a sink and fix a boiler so I know it will be useful in the future." Jayden.

Mrs A Hemsworth  
Careers Lead

## Exams – Results Collection Days

GCE/AS Level/BTEC Level 3 results will be available from school on **Thursday 17 August 2023**

GCSE/BTEC Level 1&2/CNAT results will be available from school on **Thursday 24 August 2023**

Students may collect their GCE/AS Level/BTEC Level 3 results between **9.00am to 11.00am** on Thursday 17 August and GCSE/BTEC Level 1&2/CNAT results between **9.00am to 11.00am** on Thursday 24 August 2023. The results will be available to collect by alphabetical order according to your surname.

Students should go directly to the main hall to collect their results. Parents can wait outside or in cars whilst students collect their results (students can open these outside with them, if they wish).

Results must be collected by the student who has taken the exams. If this is not possible, written permission should be given by the student detailing who will be collecting the results on their behalf. The representative collecting the results should bring the letter with them and a form of photo ID, e.g. passport or driving licence. Unfortunately, if no photo ID or a letter from the student is provided, we cannot issue results.

Alternatively, if a student is unable to collect their results in person, they may be posted out to their home address. Please provide an A4 stamped address envelope for Mrs Dell, the Examinations Officer, by Wednesday 19 July.

### Post Results Services

What can I do if results are substantially different from what is anticipated and have concerns?

It must be remembered that examinations can only measure performance on the day, and that candidates can do better or worse than anticipated for a variety of reasons. It is advisable to obtain a copy of the script and mark scheme before proceeding to RoRs (Review of Results), which is very expensive. If there are serious grounds for concern about a result, then the school can initiate an enquiry with the appropriate board. Details of the procedures and the fees involved are available from the Examinations Office and are available on the CHA website. The process should be started as soon as possible after consultation with the head of department concerned. The final date for submission to the exam boards for post results is **28 September 2023** (internal request deadline is **25 September 2023**).

### Please note:

Candidates **must sign a consent form** before any Review of Results (RoRs) or access to scripts are processed. Payment of fees **must be made**, or your application will not be processed.

Services available are:

<b>Service 1</b>	<b>Clerical re-check</b>
<b>Service 2</b>	<b>Review of marking</b>
<b>Priority Service 2</b>	<b>Review of marking for GCE with University places pending GCE Deadline 24th August 2023</b>
<b>Service 3</b>	<b>Review of Moderation</b>
<b>Priority Access to Scripts only</b>	<b>GCE Deadline 31st August 2023 and GCSE Deadline 7th September 2023</b>
<b>Non Priority Access to Scripts deadline</b>	<b>28th September 2023 (internal request deadline 25th September 2023)</b>

All results collection times and post-results services, fees and consent forms can be found on the CHA website. Please follow this link: <https://www.chilternhillsacademy.co.uk/school-life/curriculum/examinations>

If you require any further information regarding results collection and post-results services, please contact Mrs Dell via email: [tdell@chacademy.co.uk](mailto:tdell@chacademy.co.uk)

We wish all the students the best of luck with their results.

Mrs T Dell  
Exams Officer

## Returning Laptops Borrowed from School

Students who will be leaving school this summer need to return the laptops loaned to them. Laptops and chargers should be returned to Mrs Tole in the Cover Office near the staffroom or handed in to Reception.

Students in Years 7, 8, 9 and 10 who have borrowed a laptop can continue to use the device at home for homework.

Students in Years 11, 12 and 13 who borrowed a laptop need to return their device now please.

Mrs R Tole  
Laptop Administrator

## Student Contact Details

It is vitally important that the school holds the correct contact details for all of our students.

If you have the SIMS app, please would you check all details are correct, **especially** phone numbers and email addresses. Any updates can be made if you go on your child's name and then click the Data Collection box and we will then be able to update our records.

Alternatively, you can use the following link - <https://www.chilternhillsacademy.co.uk/parentinformation> and fill in the 'Updating your contact details' form. You can then email it to [mkhurshid@chacademy.co.uk](mailto:mkhurshid@chacademy.co.uk), or return the form to Student Services for us to update our records. Thank you for your attention to this matter.

Mrs M Khurshid  
Student Services Administrator

## Current Vacancies

Job descriptions are available to view on our website: <https://www.chilternhillsacademy.co.uk/staffrecruitment>

### Assessment Data Manager

**30 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 3 (£24,310 - £26,295 pro rata) dependent on experience**

**Permanent contract, from September 2023**

The Academy is seeking to appoint a hardworking and motivated person to manage the Academy's assessment and tracking databases and provide analytical reports, student data and student reports.

**Closing date for applications: Friday 14 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

### Attendance Officer

**32.5 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 3 (£24,310 - £26,295 pro rata) dependent on experience**

**Permanent contract, from September 2023**

We are seeking to appoint an Attendance Officer who is required to join our Student Services Team to monitor and act upon unexplained and unauthorised absences. They will work alongside key staff in school to promote whole school attendance strategies, improve punctuality rates, reduce levels of absence and work with students and families to promote high levels of attendance. The ability to analyse data and be an effective communicator is essential.

**Closing date for applications: 14 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

### Exams Administrator

**20 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 2 (£21,879 - £23,961 pro rata) dependent on experience**

**Permanent contract, from September 2023**

We require a part time Exams Administrator to assist the Examinations Officer. The role will involve all aspects of internal and external school examinations ensuring that the process runs smoothly and is delivered in a timely and accurate manner. The successful candidate will need to have excellent ICT skills with experience of Microsoft Office and the ability to work with spreadsheets (Excel). The post holder will also need to have excellent organisational and communication skills and be able to prioritise and work to strict deadlines.

**Closing date for applications: 14 July 2023**



Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## **Alternative Provision Tutor**

**Term-Time, Permanent**

**Bucks Pay Range 3 (£24,310- £26,295 pro-rata)**

**Required from 1st September 2023**

We are seeking to appoint an enthusiastic and passionate Alternative Provision Tutor to provide teaching support to improve the learning opportunities of those students who are not attending school due to being signed off as medically unfit. The successful candidate will provide a complementary service to teaching and support staff in an off-site setting (home, library or other appropriate venue) and will work co-operatively with key staff to ensure progress and achievement for our young people.

**Closing date for applications: Friday 14 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## **Science Technician**

**25 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 2:11 (£21,879 pa FTE pro-rata, £12,471 pa actual)**

**Permanent contract, from 1st September**

Applications are invited for a part-time Science Technician. The hours of work will be 10.00am to 2.30pm with half an hour unpaid lunch break. Responsible to the Head of Science, the role involves maintaining a high quality technician service to the science laboratories by supporting the teaching staff in meeting the needs of students in support of the curriculum. Previous experience of working in a lab would be preferred but training will be given.

**Closing date for applications: Friday 14 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## **DT Technician**

**30 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Range 2 (£21,879- £23,961 FTE) pro-rata**

**Permanent contract, from 1st September**

The Chiltern Hills Academy are seeking to appoint a Design Technology Technician. Responsible to the Curriculum Leader of Design, the Technician will contribute to the efficient running of the Design Department. They will be responsible for the preparation of materials and equipment, stock checking, storage of students' work, worksheets etc. and assisting students as directed by the Curriculum Lead.

**Closing date for applications: Friday 14 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## **Senior Science Technician**

**32.5 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Working pattern 8.30am – 3.30pm daily excluding 30 min unpaid lunch break**

**Bucks Pay Point 4 pro rata (£26,477 - £28,645 per annum FTE) dependent on experience**

**Permanent contract, required to start as soon as possible**

Applications are invited for a Senior Science Technician. The hours of work will be 8.30am – 3.30pm with half an hour unpaid lunch break. However, flexibility is essential for this role. Responsible to the Director of Science, the role involves maintaining a high quality technician service to the science laboratories by supporting the teaching staff to meet the needs of students in support of the curriculum. We are fortunate to enjoy state-of-the art science facilities.

We are seeking a responsible, methodical individual to provide practical assistance and advice to the Science Department and lead the other two technicians to support the achievement of outstanding outcomes for our students. Previous experience of working in a lab would be preferred but training will be given.

**Closing date for applications: Friday 14 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## Site Manager – casual hours

Hourly rate £11.87 - £13.34 dependent on experience

Required as soon as possible for an immediate start

We want to add to our existing team to assist Site Management in the running of the Academy's facilities. They will work as an integral part of the team and be responsible for all aspects of site management, including health and safety, cleanliness and security. Flexibility to work differing hours, including evening and weekends to cover absence, school events and evening lets when the facilities are hired to external users.

Interviews will be arranged as applications are received

## Learning Support Assistant

32.5 hours per week, term time plus INSET days (39 weeks)

Working pattern: 8.30am – 3.30pm Monday to Friday. Salary: Bucks Pay Range 2

£20,258 - £22,766 pro rata (actual £15,092 - £16,960) dependent on experience.

Permanent contract, required for immediate start

We are seeking to appoint enthusiastic and committed Learning Support Assistants to join us. SEND students are at the heart of our Academy and this role is integral to helping some of our most vulnerable students to progress and succeed. Do you have:

- A passion for education and for lifelong learning?
- The ability to relate to young people, to support their increasing resilience and inspire them to become independent, enthusiastic learners?
- Excellent communication skills, a flexible approach and a sense of humour
- Empathy, patience and understanding

This is a fantastic opportunity for someone who may be considering a career supporting academic and pastoral progress. You may also be interested in progressing to a career in teaching but looking to first gain experience in a school environment. Training will be provided so no prior experience is necessary within a school setting, although this would be advantageous.

Taster Days are available for those interested in an LSA position. Please email [office@chacademy.co.uk](mailto:office@chacademy.co.uk).

Interviews will be arranged as applications are received

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For more details on our vacancies, please go to: [chilternhillsacademy/staffrecruitment](http://chilternhillsacademy/staffrecruitment)

Completed applications should be submitted by email to [HR@chacademy.co.uk](mailto:HR@chacademy.co.uk) and should include a letter indicating your strengths for this position. Please note we cannot accept CVs. Applications should include a letter indicating your strengths for this position. The school reserves the right to close the advert early if the right candidate is found.

***We are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share in this commitment. All staff appointments are subject to pre-employment vetting checks which include an audit of social media presence and an enhanced DBS check. Chiltern Hills Academy is an equal opportunities employer.***

Principal: Ms S Chapman  
Chiltern Hills Academy  
Chartridge Lane, Chesham  
Buckinghamshire HP5 2RG

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No 07718351

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Registered Office Diocesan Church House Oxford,  
Langford Locks, Kidlington, Oxfordshire. OX5 1GF



A Church of England Academy





## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### TO BE CONFIRMED...

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL



## Family Support Service

How to deal with...

# Stress, Anxiety and Low Mood

Online course for young people



Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above then our 2-day, interactive course could be for you!

### This course covers:

- What stress, anxiety and low mood actually are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

You will need to be able to attend both days for a place on this course. Sessions will be held on Microsoft Teams.

**Book by 7 August 2023**

To secure your place, scan the QR code for more information.

If you need help email  
[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)



Tuesday 22 and  
Thursday 24 August



1:30pm to 3:30pm



**SCAN  
ME**



# Buckinghamshire Family Learning

**Help your child manage their Wellbeing  
with these FREE Online Workshops**  
for parents and carers with a child in Years 7-11 only

## **YEARS 7, 8 & 9**

- Help your Child to Manage their Behaviours  
Monday 18 September – 6pm to 8pm
- Help your Child Build Confidence and Resilience  
Monday 25 September – 7pm to 9pm
- Help your Child to Cope with Stress and Anxiety  
Monday 2 October – 7pm to 9pm
- Help your Child to Develop Positive Friendships and Manage Peer Pressure  
Monday 9 October – 7pm to 9pm
- Happy, Healthy and Safely Online-tips to Help your Child  
Monday 16 October – 7pm to 9pm

## **YEARS 10 & 11**

- Help your Child Cope with Stress and Anxiety  
Monday 18 September – 7pm to 9pm
- Help your Child to Develop Confidence and Resilience  
Monday 25 September – 6pm to 8pm
- Help your Child to Develop Positive Friendships and Manage Peer Pressure  
Monday 2 October – 6pm to 8pm



**SCAN ME**



To book your place, please scan the QR or phone the Enrolment Team on 01296 383582.

For more information, text Lou on 07814 305345, with your name and the course date.



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