

TSLA NEWS



The Fourth Focus: All Your Latest Community News!

Welcome back! Our fourth edition is officially here, marking two incredible terms of momentum. Dive into this milestone issue for captivating updates and inspiring community stories, all in one handy spot! If you missed any previous editions, you can catch them on the TSLA website:
<https://tsla.co.uk/tsla-news/>



World Book Day

Staff transformed the school into a literary wonderland on Thursday March 5th, 2026. Swapping uniforms for robes and tea-party gowns, they brought Hogwarts and Wonderland to life with pure holiday magic, sparking joy in every classroom.



Eid Assemblies Inspire

Year 10 students showcased leadership delivering powerful assemblies on Ramadan and Eid. Their presentations highlighted charity and community, fostering deep cultural understanding and inspiring peers across the entire school.

Spotlight on the Future: Why Personal Development Matters

By James Stainton

As Assistant Headteacher for Personal Development, it is a privilege to lead such a vibrant and thriving area of academy life. Personal Development is the "golden thread" woven through everything we do at TSLA, acting as the foundation upon which our students build their futures.

From Spiritual Development and PSHE to Character Awareness, we are committed to nurturing the whole child. Providing a robust CEIAG (Careers Education, Information, Advice, and Guidance) program and wider enrichment is essential. It equips our young people with the resilience, empathy, and ambition they need to navigate an increasingly complex world.

Our CEIAG provision has been particularly impactful this year. Our three annual Raising Aspirations Days continue to broaden horizons through careers fayres, immersive workshops, campus visits, and guest speakers. We have also strengthened our curriculum-based careers links alongside our new weekly "Futures" Career Spotlights. Because we provide over six times the statutory requirement for employer encounters, TSLA continues to achieve a higher-than-national success rate for post-16 enrolments.

Looking ahead, I am incredibly excited about the upcoming Year 10 Work Experience process. These placements are vital for building professional confidence and clarifying long-term goals.



I must thank the TSLA staff who go above and beyond in seeking, planning, and implementing these opportunities. Please enjoy reading about the numerous Personal Development events featured throughout this newsletter. I am excited to continue improving our provision—watch this space for more amazing opportunities on the horizon!

The Final Countdown: One Last Push to the Finish!

On March 31st, we held our final, pivotal Year 11 Parents' Evening. It wasn't merely a routine check-in; it served as the official launch of our intensive final push toward the GCSE exams.

With the finish line in sight, the evening focused on precision. We moved beyond general progress to prioritise targeted interventions and the "marginal gains" that transform predicted grades into reality. It was a vital moment for aligning school and home support, ensuring every student felt empowered for the challenges ahead. We truly made every second count.

Building Bold Futures: Our Girls Construct Success at Baths Hall!

Our trip to the Baths Hall for the Women in Engineering and Manufacturing Conference was a resounding success. Twenty-three of our girls attended, diving into the world of STEM. They engaged with industry leaders including the Royal Air Force, Phillips 66, and Associated British Ports, gaining invaluable insight into technical careers.

The event empowered our students to envision their futures alongside giants like the Royal Navy and GEV Wind Power. Meeting these professionals bridged the gap between the classroom and industry. We are proud of our girls for exploring these ambitious paths and representing our school with such impressive curiosity.



Manchester Magic: TSLA Athletes Triumph on Tour!

A Grand Slam Weekend - Triumph and Teamwork in Manchester

Earlier this month, students travelled to Manchester for an action-packed sports tour that ran from Friday 7th March to Sunday 9th March. Staff have praised the group for the high energy, impeccable manners, and outstanding teamwork they displayed throughout the three-day trip.

The competitive action began with intense fixtures against The Grange School. It was a triumphant morning for the footballers, with the Year 8/9 team securing an impressive victory on the pitch. Meanwhile, the netball teams showed great determination and resilience, giving their absolute best against very tough opposition. Following the matches, the students enjoyed the warm hospitality of their hosts before moving on to a series of high-octane leisure activities.

The itinerary remained non-stop from start to finish. The group experienced the "chaos" of Total Ninja and the inflatable parks along spending an electric evening watching the Manchester Storm ice hockey team. They also headed to the Trafford Centre for a classic Bowling & Burger night to refuel. The journey reached its grand conclusion on the Sunday with a prestigious

visit to Old Trafford, the "Theatre of Dreams," which Mr. Stainton noted was the home of the greatest football team in the world. Special thanks are extended to the staff—Miss Peach, Mrs. Shutes, Mr. Wraith, and Mr. Stainton—as well as the parents, whose vital support made this memorable weekend possible.



Order in the Court! Year 9 and 10 Take on Nottingham National Justice Museum

On March 2nd, forty of our Year 9 and 10 students travelled to the National Justice Museum in Nottingham for a fascinating look at the evolution of British law.

This immersive trip allowed them to bridge the gap between their RE and History curriculum by exploring ancient artefacts, dark dungeons, and the grim realities of historic punishment throughout the ages.

The absolute highlight of the visit was a high-stakes mock trial held within a real Victorian courtroom. Students stepped into the professional roles of judges, witnesses, and barristers,



debating the nature of justice with impressive passion and sharp intellect. It was an excellent day out, and we certainly hope the students enjoyed the entire experience as much as Mr. Darcy did!





Center Stage: Our Dancers Shine at the Baths Hall

We are incredibly proud of our two talented dance groups who performed on Friday March 20th, at the Senior Dance Showcase. Held at the prestigious Baths Hall, our students delivered truly incredible performances that left the entire audience in awe. It was an unforgettable evening of artistry, where every dancer demonstrated remarkable skill and passion. Watching them command such a professional stage was a highlight for everyone involved, and their hard work throughout rehearsals clearly paid off in every choreographed step they took during the show.

A massive thank you goes to the Get Ahead Partnership for making this wonderful opportunity possible for our young performers. This was an unbelievable experience for the students, many of whom were stepping onto a professional stage for the very first time in their lives. Despite those initial nerves, every one of them absolutely shone under the spotlight with confidence and grace. We are thrilled they had the chance to participate in such a high-profile event, creating lifelong memories. Congratulations to all our dancers for their stellar achievements!



Social Science: Mapping the Future

On February 26th, John Leggott College hosted an inspiring "Future Focus" event, welcoming Year 9 students from six local schools for a deep dive into Social Sciences. The day was designed to bridge the gap between current studies and post-16 pathways.



Students participated in a dynamic carousel of specialized sessions, expertly pitched to spark curiosity about future careers and higher education. The visiting students were praised for their exceptional engagement throughout the day. Following this success, the college looks forward to showcasing more academic departments to help local students map out their ambitious futures.

BRITISH SCIENCE WEEK

A Creature Feature: Year 9 Get Wild for Science Week!

Science Week celebrates discovery and innovation, sparking curiosity through hands-on experiments, inspiring the next generation of scientists to explore the world.. The Year 9 students kicked off Science Week with a thrilling visit from ZooLab, bringing the wonders of the natural world directly into the classroom. This hands-on experience offered a unique opportunity for students to get up close and personal with a variety of exotic creatures, moving beyond textbooks to witness biology in action.

Throughout the session, students had the chance to stroke or hold an impressive lineup of guests, including a sleek snake, a lizard, giant snails, and a giant frog. While the more daring pupils jumped at the chance to handle the animals, the tarantula certainly provided a spine-tingling moment for a few!

Beyond the initial excitement, the visit focused on evolutionary adaptations. Students learned how each organism's unique physical traits—from the snail's protective shell to the lizard's camouflaged skin—allow them to thrive in their specific environments. Seeing these organisms close up left the Year 9s truly wowed, making for a fabulous and memorable start to their scientific celebrations.



Students Shine During JLC Visit



On Friday 13th March, Year 11 Triple Science students visited John Leggott College to celebrate British Science Week with a hands-on Chemistry A-Level taster.

The aspiring scientists stepped into the labs to master the Tollens' reagent test. By oxidizing aldehydes, students successfully created "silver mirrors" on the inside of their test tubes. This gleaming experiment offered a brilliant glimpse into the precision and excitement of college-level practical chemistry.

Igniting Inspiration: The Science Show That Went With a Bang!

Thursday of Science Week was truly unforgettable as the Science Department delivered an explosive showcase that literally started with a bang! Designed to spark curiosity, the event treated Year 7 students to a thrilling array of high-energy demonstrations.

The Westaby hall was filled with excitement as hydrogen balloons ignited in massive fireballs and "Whoosh Bottles" roared with cascading flames. Students watched in awe as dry ice created eerie vapors and the famous "Elephant Toothpaste" erupted in a mountain of foam. From the chemical reaction of magnesium and hydrochloric acid in Pringle tins to mesmerising states of matter, every moment was a masterclass in engagement. It was a fantastic way to celebrate science, leaving our youngest students inspired



ATTENDANCE

Why it really matters!

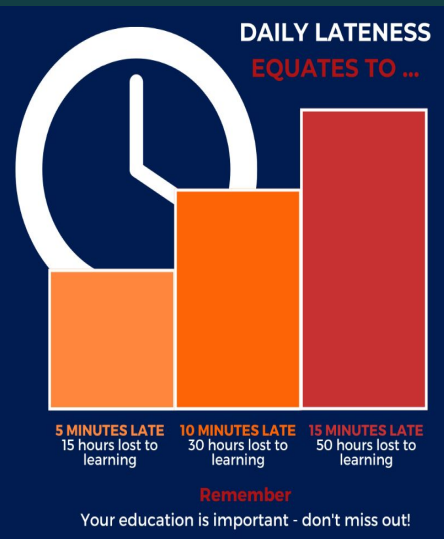
GCSE Performance: Year 11 students with 100% attendance are **1.9 times more likely** to achieve a Grade 5 or above in English and Maths compared to those with 90-95% attendance.

The "17-Day" Rule: Missing just **17 days** of school in a year (less than 10%) has been shown to result in a drop of one full GCSE grade across all subjects.

Mental Health: While anxiety can make school hard, regular attendance actually helps build **resilience and social connections**.

Belonging: Students who attend daily are more likely to feel a "sense of belonging," which is a key protector against depression and low self-esteem.

Punctuality isn't just about the clock; it's about the psychological transition into a learning mindset. The Stress Spike: Students who arrive late often experience a "cortisol spike." Walking into a quiet room where everyone else is already working triggers social anxiety and a feeling of being "watched." Our line up is there each day to help support all students and remove any barriers that they may be facing at the start of the day!



The Filtered Reality: The Hidden Costs of Growing up Online

Social media is deeply embedded in the lives of many children and young people, offering spaces to connect, create, and explore. However, these platforms can expose them to experiences that are difficult to manage without support. Understanding the specific risks is essential for helping children navigate these environments safely and confidently.

Common risks:

Unwanted contact:

Children may encounter people online they don't know, and not all interactions are safe. Unsolicited messages, friend requests, or group invites can lead to uncomfortable or even dangerous situations.

Exposure to inappropriate content:

Children can be exposed to harmful material through group chats, disappearing messages, and peer pressure. Social media algorithms can also add to this risk by suggesting content based on what users engage with.

Distorted body image & unrealistic standards:

Filters, editing tools, and curated posts often present an idealised version of reality. This can lead children to compare themselves unfairly, which can affect their self-esteem and body image.



WHAT CAN YOU DO TO HELP KEEP YOUR CHILD SAFE?

MONITOR REGULARLY

INSIST LOCKDOWN ON ALL PRIVACY SETTINGS

REITERATE APPROPRIATE AGE LIMITS

MODEL A HEALTHY ONLINE RELATIONSHIP

TALK ABOUT IT REGULARLY

CHALLENGE NEGATIVITY

Sleep Hygiene for Teenagers

The Sleep Revolution: A Guide for TSLA Parents

As teenagers hit puberty, their internal clocks naturally shift later (the "circadian delay"), making them night owls. However, with school starting early, this can lead to a "sleep debt" that affects mood, memory, and physical health.

Creating the "Sleep Sanctuary"

A teenager's bedroom is often their social hub, study, and cinema. To sleep well, the brain needs to associate the bed with rest. Desk vs. Bed: Encourage them to do homework at a desk or the kitchen table rather than on their bed. This helps the brain distinguish between "work mode" and "sleep mode."

Managing the "Blue Light" Battle - the 2026 digital landscape is designed to keep us awake.

Melatonin Suppression: The blue light from phones mimics daylight, tricking the brain into thinking it's noon. Suggest using "Night Mode" filters, but remind them that **content** (scrolling TikTok or gaming) is just as stimulating as the light itself.

The "Out of Reach" Rule: If possible, have phones charged in a different room. This prevents the "just one more video" loop at 1:00 AM.

We know it is hard to manage mobile phones at night, these are our top tips to get our teenagers well rested!

TSLA SEND & INCLUSION

This Term in SEND: Listening, Supporting and Growing Together

Our SEND team has been strengthening communication, consistency and wellbeing across the academy. Families can now contact us directly at send@tsla.co.uk for quick, accessible support—something we know helps everyone feel informed and reassured. We are also committed to clearer updates: as one poster explains, *“support plans will now be shared every time they are updated, so families always know what support is in place”*.

This term, every student on the SEND register has met with a member of the team to review their Individual Learning Plan (ILP), ensuring their pupil voice is central to the process. Shortly, parents and carers will receive a copy of this term’s ILP, including the strategies in place and the young person’s own reflections. The process flowchart can be found on our school website.

Spotlight on Nurture Club by Scarlet and Lillie

Scarlett and Lillie have been a permanent feature of Nurture Club, attending every session.

Lillie and Scarlett have been extremely busy, creating Valentines cards, playing Uno and playing basketball. They have learned some sign language from an older student and Lillie has been teaching some other students how to fold origami boats and chatterboxes.

Lillie tells us the best parts of Nurture Club as “Playing games in Nurture, making things, everything is good in Nurture”

We are looking forward to summer and enjoying even more fun activities outside.

A Space to Belong: How Our ELSA Room is Changing Lives

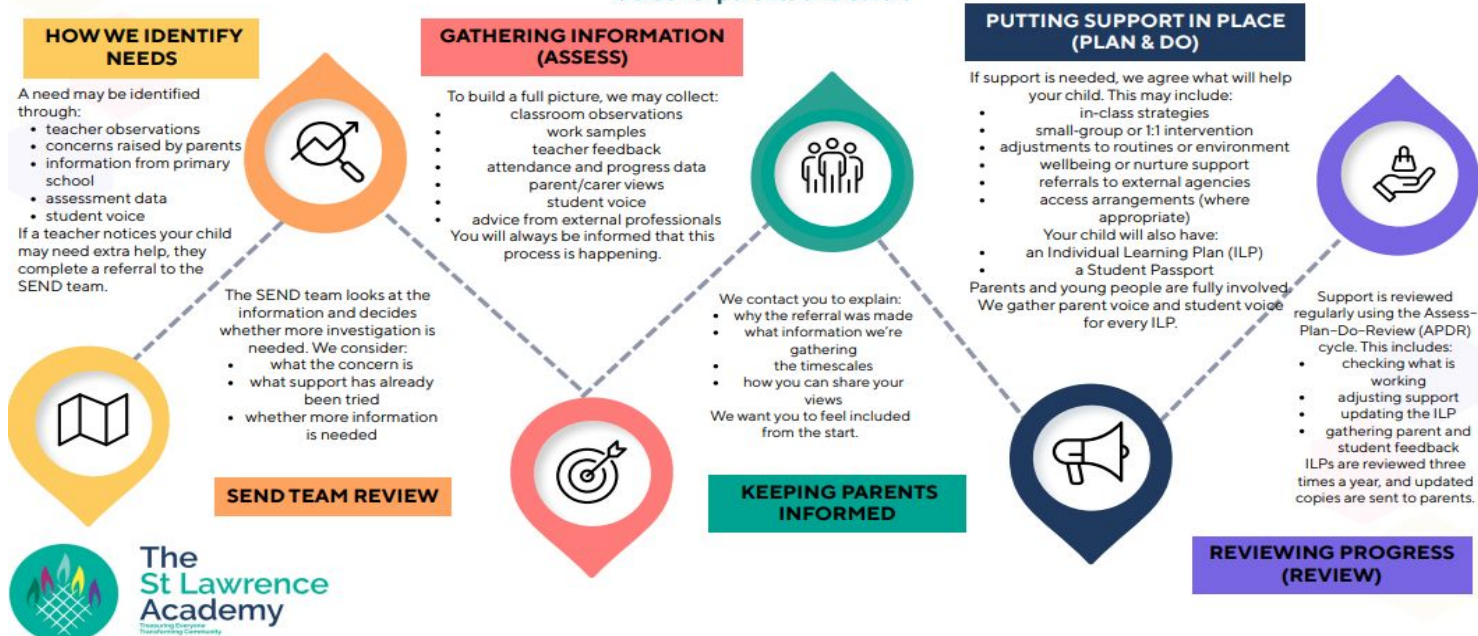
We are extremely fortunate to have a space specifically designed to deliver ELSA interventions and to support our most vulnerable students to regulate their emotions.

The ELSA sessions taking part in this room cover a range of topics from anger management and self esteem to communication skills.



TSLA SEND Support Process

Guide for parents and carers



Aiming High: A Truly RAD-ical Day of Success

The Academy was transformed into a hub of professional ambition for Raising Aspirations Day on Wednesday 4th March, bridging the gap between the classroom and future careers.

At the Careers Fayre, students networked with representatives from the University of York, Bishop Burton, John Leggott, and North Lindsey College to explore various post-graduation pathways.

Academic focus remained sharp with a "Positively You" Exam Workshop and a hands-on STEM Challenge testing engineering skills.

The event balanced work with creativity, featuring a performance by Box Clever and high-energy Taskmaster challenges. These activities fostered teamwork and critical thinking, equipping students with the confidence to thrive beyond the Academy.



Inspiring Futures: National Careers Week

National Careers Week was a resounding success, highlighted by impactful assemblies delivered by HETA, Humberside Police, and specialists in Tech Apprenticeships. These sessions provided students with invaluable insights into vocational pathways and the evolving digital landscape.

By connecting classroom learning to professional excellence, we continue to empower our students to dream big and plan confidently for their future careers.



"Egg-ceptional" Easter services

Our school community gathered for special Easter services that reflected on new beginnings. Led by Collective Worship Leaders with thoughtful readings and hymns, which brought to life the joy of the season.

These services provided a wonderful time for us to pause, reflect on our "fabulous term," and share in the message of kindness and community before the holiday break. To finish the celebration, every student received a chocolate egg as a token gift from the Easter Bunny!



Wishing everyone a wonderful, restful holiday break filled with joy. We look forward to seeing all our students refreshed and ready to learn when we welcome you back on **Tuesday, 21st April**

