



The
Ongar
Academy

Parental Bulletin 14th September 2018
Week Commencing Monday 17th September 2018 will be B Week.

COMMUNICATION

If you need to contact a member of staff, can we please remind you to use the following email address: admin@theongaracademy.org

If you need to contact the Headteacher please use the following email address: head@theongaracademy.org

Our staff will endeavour to respond within **24 hours**.

MILK

Due to technical issues beyond our control, MILK is unable to run as normal. Your child and all staff are aware. As soon as the firewall problem is fixed we will inform Parents and Carers. We would like to thank you for your patience and understanding with this matter.

ABSENCES

We would like to remind Parents and Carers of the NHS guidelines for student absences, attached. Please ensure that if your son/daughter is unwell, that you call in to our absence line before 8am, or email admin@theongaracademy.org with detailed reasoning for their absence. We appreciate your ongoing support with this and would like to thank Parents and Carers for ensuring that students are not missing out on their education.

If you would like us to give your son/daughter any necessary medication, please come to the school office and complete a consent form. Please ensure that medication is in date and in its original packaging.

SCHOOL PHOTOS

Individual student photos will take place on the 24th of September. Please ensure that your son/daughter is neatly presented and in the correct uniform.

SCHOOL DAY CONSULTATION

Your son/daughter has been sent home today with a letter regarding a new school day consultation. All letters are now available on our website.

PROMOTIONAL BOARDS

We have 20 estate agent boards that we would like to place around Ongar, promoting our Open Evening on the 1st of October. If you can help us, please contact us via 01277 500990 or admin@theongaracademy.org by Monday at the latest.

CAR PARK

Due to our new intake and the potentially limited space in our car park, we would like to ask our Parents and Carers to please drive respectfully and consider others. Please use the one-way system and do not use the Leisure Centre car park. We would like to thank you for your support in this matter.

HAVERING AND BRENTWOOD BEREAVEMENT SERVICES BALL

Please find attached an invitation to the Annual Fundraising Ball for the Havering and Brentwood Children's Bereavement Services. The evening will include a 3 course meal, reception drinks, an auction, raffle and entertainment, along with further information about HBBS. All proceeds will go to #4ME Children's Bereavement Services.

ONGAR MUSIC SCHOOL – SUMMER 2018

The longstanding Ongar Music School will continue to meet at Chipping Ongar Primary School on Monday afternoons from 3.00pm–6.30pm. Enrollment takes place on Monday 10th September from 3.00pm–5.45pm. Teaching starts on Monday 17th at 3.00pm. As an Essex Music Hub music school, they operate 10 week terms. Instruments taught include piano, keyboard, jazz piano, flute, clarinet, saxophone, trumpet, cornet and lower brass. They teach beginners through to grade 8 and diploma. Every student has the opportunity to study theory and are often entered for ABRSM exams.

The music school is open to all students in full time education, up to the age of 18. New students are welcomed and encouraged, with places available from September.

Contact Chris Burn 07929 009402 to discuss fees and lesson times.

WOMEN LIKE US FESTIVAL – ZINC ARTS

Zinc Arts are holding a "Women Like Us" festival on the 7th of October. Please see the attached flyer for more information.

EPPING UPPER CLAPTON RUGBY CLUB – UNDER 15S

Epping Upper Clapton Rugby Club are recruiting Year 10's for their under 15s club. Please visit their website for further information.

EPPING AT THE MOVIES

Please see attached the flyer for the next "Epping at the Movies" evening screening, Friday 21st September 2018.

DATES TO REMEMBER

1st October – Open evening – School closes at 12:30
2nd October – School starts at 12:10pm
8th October – Year 7 - “Meet The Tutor” – 4:30pm-7:00pm
14th October – Musical Aptitude Test
19th October – Last day before half term

PTA SUPPORT

If you would like to support us at any events coming up this year, please let us know at [**ongarpta@gmail.com**](mailto:ongarpta@gmail.com). Follow us on Facebook **THE ONGAR ACADEMY PTA**. You can also contact us on twitter **@ongarpta**.

STUDENTS OF THE WEEK

Year 7 – Thomas Payne
Year 8 – Hannah Ketley
Year 9 – Ronnie Gargan
Year 10 - Louie Stedman

STUDENT ACHIEVEMENTS

Huge congratulations to Annabelle Smith, for being selected for the under 13 junior Mavericks netball team. This is a massive achievement. We wish you all the best with your training and can't wait for you to captain year 8 netball at The Ongar Academy.

Please see Annabelle's diary entry below:

One of my netball coaches at my netball club also was the coach at Mavericks, which if you didn't know is a superleague netball team who happen to also have a junior under 13 team the category that I come under. My coach suggested that I trialled for this team so I could improve and develop my netball skills. On Sunday 2nd of September, I had to drive to Walthamstow to trial for 3 hours. The trialers told us all to warm up and stretch. Then for 3 hours we played non-stop matches in random combinations, I played my chosen positions of Centre (C) and Wing attack (WA). The competition was very tough and everyone was absolutely amazing and they all had many unique traits but at the end of the trailing session I tried my best to stay positive. All of the coaches were very supportive of everyone and they gave us the valid information we needed: you will be emailed soon with our results and the training session details. The night when I got home my Mum got an email saying that I HAD GOT THROUGH... I was very excited and ecstatic. I really can't wait to start training on the 1st of October. I want to thank all the coaches in October.

Another huge congratulations to Leah Ford for completing her Level 1 award graded examination in Dance, achieving a grade 3 in Modern Theatre.

PE NOTICES

The year 7-10 district netball league begins, week commencing 24th September 2018. There will be games once a week (mainly Wednesdays). We will be playing the following teams both home and away, St Johns, Debden Park, Davenant, King Harold, West Hatch, Braeside and Roding Valley.

Cross country, football and rugby fixtures are due to start next week.

Please encourage your son/daughter to check the PE notice board, write down any information for fixtures and tick off their name. Away fixtures will be posted on MILK for Parents and Carers to access.

REWARD POINTS

Highest Number of reward points
7A Jen Luetchford Jake Thompson Grace Woollard
7B Keira Dean
7C Jake Chilvers Connor Healy
7D Cudalbu Iannis Eshan Jarvis Sammy Miller Ben Spencer Daniel Wood
8A Grace Owers Ellie Spurdle
8B Alana Wawman
8C Scarlet Myers
8D Alexi Cleland
9A Oliver Bartram Kyle King Jessica Lee Shannon Watkins Max Wonnacott
9B George Crudgington
9C Rhys Crafer Noah Crudgington
9D Ellie Rose
10A Lucy Anderson Hollie Christie Tom Clouston Abigail Collins Harry Nottage Beth Whichelo Alfie White
10B Tia Bell Lilly Mann Riley Palmer Brooke Plummer Molly Rayner Teddy Shurety Emre Uguz Charlotte Wright
10C Brooke Hedges
10D Alfie Harper

If you do have any issues related to school which you would like to discuss, please do not hesitate to contact the school office.



Book Now
Tickets £60
(Early bird price £55
if booked before
12/09/18)

HAVERING & BRENTWOOD
BEREAVEMENT SERVICE

Annual Ball



Friday, October 12, 2018 at 7.30pm
Top Meadow Golf Club, North Ockendon
(All proceeds to #4ME Children's
Bereavement Service)

Kate 01277 283190 or
katy.okeefe@hbbscounselling.org

**EVENING SCREENING:
7.45pm FRIDAY 21 SEPT 2018**

LADY BIRD (15)



Christine McPherson (Saoirse Ronan), aka Lady Bird, has big – somewhat unrealistic – dreams for herself, looking for something beyond her life at catholic school. Passionate and stubborn, she clashes with her mum daily, a nurse working tirelessly to keep her family afloat. Saoirse Ronan delivers one of her greatest performances and Greta Gerwig's directorial debut marks her out as one of the boldest voices in contemporary cinema. Dir. Greta Gerwig, US 2017 93min

Venue: Epping Hall, St John's Road, Epping CM16 5JU

Tickets: £5.00 adults / £2.00 16yrs and under

Tickets available in advance via our website:

www.eppingatthemovies.com

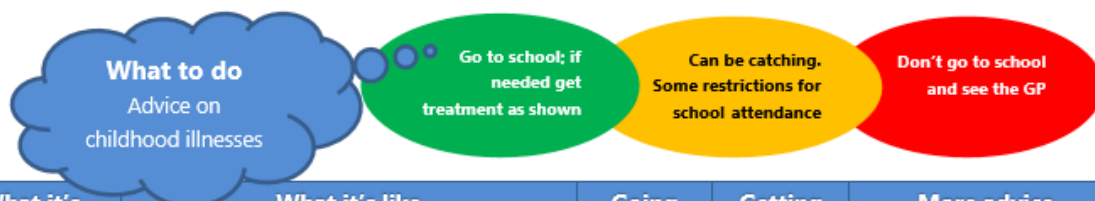
or in person from Epping Library (cash only).

Any remaining tickets are sold on door of screening (cash only) / Affordable refreshments are available to buy at venue (cash only) and fruit/tap water is always provided / If arriving by car - Bakers Lane car park is less than 5min walk away (charges may apply) / Access to auditorium is via stairs or lift / For full details please visit our website.

Please follow us on social media:

facebook.com/eppingatthemovies

twitter: @eppingmovies



What it's called	What it's like	Going to school	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters	●	Pharmacy	Back to school 5 days after on-set of the rash
Common Cold	Runny nose, sneezing, sore throat	●	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	●	Pharmacy	Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache body aches and pain, exhaustion, sore throat	●	Pharmacy	Ensure good hand hygiene
German measles	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards.	●	G.P.	Back to school 6 days from on-set of rash
Glandular fever	high temperature, sore throat; usually more painful than any before and swollen glands	●	G.P.	Child needs to be physically able to concentrate
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)	●	G.P.	Only need to stay off ill feeling too ill for school
Head lice	Itchy scalp (may be worse at night)	●	Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	●	G.P.	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red, blotchy rash	●	G.P.	Back to school 4 days from on-set of rash
Ringworm	Red ring shaped rash, may be itchy rash may be dry and scaly or wet and crusty	●	G.P.	
Scabies	Intense itching, pimple – like rash Itching and rash may be all over the body but commonly between the fingers, wrists, elbows, arm	●	G.P.	Back to school after first treatment
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash	●	G.P.	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea	●	Pharmacy	See GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus	●	Pharmacy	Ensure good hand hygiene
Tonsillitis	Intense Sore throat	●	Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow
Whooping cough	Violent coughing, over and over, until child inhales with "whooping" sound to get air into lungs	●	G.P.	Back to school after 5 days of antibiotics or 21 days from onset of illness

See www.patient.co.uk for further information on each of these conditions

This leaflet has been produced in partnership between



This information is a guide and has been checked by health professionals however, if you are unsure about your child's wellbeing we recommend you contact your pharmacy or GP to check.

#

WOMEN LIKE US FESTIVAL

EPPING

7TH OCT 2018
10AM-2PM

adidas

**ZINC ARTS
GREAT STONY**

**HIGH ST, CHIPPING
ONGAR CM5 0AD**

THIS
GIRL
CAN

Active Essex

 Epping Forest
District Council
www.eppingforestdc.gov.uk

WOMEN LIKE US FESTIVAL 2018

**WOMEN
LIKE
US
FESTIVAL**

EPPING

WHEN?

▶ **SUNDAY 7TH
OCTOBER
2018** ◀

WHERE?

▶ **ZINC ARTS
GREAT STONY
HIGH ST, CHIPPING
ONGAR CM5 0AD** ◀

WHAT
TIME?

▶ **10AM-
2PM** ◀

REFRESHMENTS WILL BE AVAILABLE THROUGHOUT THE DAY!

WHAT'S ON

- ▶ Pilates
- ▶ Stretch & Cool
- ▶ 90s Music Aero Class
- ▶ Bounce
- ▶ Kick-boxing
- ▶ Yoga
- ▶ Walking Netball

Throw it back at 90's Music Aero Classes, let your feet fly at Kickboxing, or take great strides at Walking Netball – whatever gets you up and moving there's an activity for you at the Epping Women Like Us Festival! If you can't wait to work up a sweat and want to bag your place in the session of your choice, make sure you register your interest **in advance** to seal your spot. It's first come first served and spaces will disappear fast, so don't be left disappointed!

JOIN IN THE FUN & SIGN UP AT:

WWW.ACTIVEESSEX.ORG/GIRL-CAN-ESSEX-FESTIVALS