

17th May 2024

Dear Parent(s) and Carer(s)


A huge shout out to our year 11s who this week have started their GCSE exams in earnest. They have had some big exams this week and have been superstars with how they have handled the pressure - really mature and sensible. Thank you also to our other pupils who have been so considerate and supportive in being quiet around the building.



We have had some more trips to Frank Chapman Centre this week - the pupils have been brilliant in their resilience - giving new experiences a try and overcoming their fears. They have enjoyed the opportunity to try new


activities and we are so proud in how they have approached the experience. Well done to all the children who have participated!

This week we celebrated 'Wear it Green Day' - an initiative to raise awareness around Mental Health. Staff and pupils wore green clothes and accessories, took part in a sweet-stake, completed a scavenger hunt and also took part in a Walk and Talk opportunity around the local area. It is so important that anyone experiencing difficulties for any reason has someone they can talk to. We are so lucky at Albright to have so many qualified staff and our doors are always open for anyone that needs to talk (pupils and parents!!)



MOVEMENT CALENDAR

MAY 2024



Being active is so important for our mental health and this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television - it all counts!

This movement calendar is an amazing way to keep track of all your daily movements and plan out your movements for each week!

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Do some yoga, pilates or core exercises	2 Walk, run, swim or cycle 20 min	3 Meditation / Breathwork	4 Rest day or movement of your choice
5 Rest day or movement of your choice	6 Walk, run, swim or cycle 20 min	7 Clean the house!	8 Walk, run, swim or cycle 20 min	9 Meditation / Breathwork	10 Do some yoga, pilates or core exercises	11 Rest day or movement of your choice
12 Rest day or movement of your choice	13 Walk, run, swim or cycle 30 min	14 Bake a tasty cake!	15 Meditation / Breathwork	16 Do some yoga, pilates or core exercises	17 Walk, run, swim or cycle 30 min	18 Rest day or movement of your choice
19 Rest day or movement of your choice	20 Dance around the house to your favourite music	21 Walk, run, swim or cycle 30 min	22 Do some yoga, pilates or core exercises	23 Meditation / Breathwork	24 Walk, run, swim or cycle 30 min	25 Rest day or movement of your choice
26 Rest day or movement of your choice	27 Walk, run, swim or cycle 40 min	28 Do some yoga, pilates or core exercises	29 Do an activity around the house	30 Walk, run, swim or cycle 40 min	31 Meditation / Breathwork	

*13-19 of May is Mental Health Awareness Week

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There have continued to be breaches of our uniform policy despite me writing about it in the newsletter last week. Please be mindful that we will start implementing consequences for pupils who continue to flout our rules. Pupils should wear;


- No Crocs
- BLACK footwear only!
- If wearing shorts or skirts they are to be **knee length**

Ultimately, our uniform is far more relaxed than mainstream uniforms. If pupils do not adhere to our uniform, they will have to wear their mainstream uniform instead. Again, thank you for your support in this matter.


Albright Plus have had a showcase day today, to show off all of the amazing provision that is available for pupils at our new West Bromwich site. Thank you to all the Plus staff who have arranged and facilitated this event - a lot of hard work goes into these things. It is so nice to be able to share with parents and carers the brilliant progress that our children make at Albright. I will share some photos with you next week!

In the meantime, have a lovely weekend - one week left before half -term!!

Mrs Hazelwood



Albright Education Centre



Uniform

Black/Albright hoodie

White T-shirt/shirt

Black jogging bottoms/trousers

Black trainers/shoes



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