



Robert Smyth Academy

Dear Families,

Wet Weather

The wet weather this week seems to be a timely reminder to families that students would be well served by the addition of a **suitable coat** so that they can be kept as warm and comfortable as possible and so that they do not spend every waking moment looking for spaces to dry their blazer around the house in time for the morning. It is important that students think about the weather when packing their bags the night before.

The Power of the Positive

As the days grow shorter and the weather turns colder, it's more important than ever to prioritise our students' mental health and well-being. Research has shown that reduced exposure to sunlight can significantly impact our mood and overall health. Establishing consistent routines and creating a positive environment can help mitigate the effects of seasonal changes and by embracing the seasons, students can learn to enjoy (honestly!) the changing nature of the calendar year.

At Robert Smyth Academy, we are committed to positive recognition, and this enables us to create a nurturing environment. By acknowledging and reinforcing positive behaviours and attitudes, we can help our students develop a strong sense of self-worth and resilience. We are focused on this as a school, and our staff are committed to providing regular praise and encouragement to our students. This includes:

- **Warm welcome:** The Senior Leadership Team and Assistant College Leaders welcome students as they arrive at school every morning. We are happy to see them, and we make sure that they know that. We try to spot struggling students so that we can give them bespoke support if they need it.
- **Daily Encouraging Interactions:** Our teachers and staff consciously interact with students in a positive and supportive manner. We meet our classes at the door.
- **Merits and Golden Tickets:** Students who exhibit exemplary behaviour or academic achievement are rewarded with merits or golden tickets, which can be exchanged for prizes or privileges.
- **Postcards:** Personalised postcards are sent home to celebrate students' achievements.

This term, our students have been assigned 18,427 achievement points including 3,944 Golden Tickets!

We have seen a significant increase in the number of positive points awarded to our students. This is a testament to the positive and encouraging culture created by our staff team. During the wrap-up section of each lesson, at least one student is recognised for their contributions and positive behaviour.

We encourage you to continue to support your child at home by providing a positive and supportive environment. **Keep offering praise and encouragement for their achievements** and help them develop healthy coping mechanisms for stress including organisational tools so that they are well prepared. This is as relevant for a Year 12 student as it would be for a student starting in Year 7.

Support

We remind families that if students are struggling, they can get support from our [Safeguarding Team](#) in school or report their concerns via [My Voice](#) which is posted on Satchel One every week as a reminder. Students can also self-refer to Teen Health by following this [link](#). Our message is always; **"Don't bottle it up"** and we are here for our students in the good times and the bad.

Thank you again for your ongoing positivity for your child and for supporting your child to succeed.

Yours sincerely,

D Cleary
Principal