



Easter 2019



this is
WESTLANDS

Horizons Specialist Academy Trust

**INSIDE : Westlands Multi Gym,
Post 16 Options, New Website, Parent Voice
and more...**

From the Principal

As always things have been busy during the last term and I am delighted to be able to announce that Westlands Academy now has a brand new state of the art Multi Gym. I have always been a great lover of sport and there is a large amount of evidence available that links a physical active lifestyle with a good sense of wellbeing. This research, shows that regular exercise can ...

- Reduce anxiety and create happier moods
- Reduce feelings of stress
- Provide clarity of thought
- Gives a greater sense of calm
- Increases self-esteem
- Reduces the risk of depression

Other positive benefits of sport are

- Provides the chance for individuals to be part of a team
- Enables students to be able to manage success and failure in a more managed, low stakes environment
- Increases fitness and lowers potential body awareness issues
- Enables students to have fun in a safe, managed environment

We have been trying to improve our sports facilities at Westlands for some considerable time but were unable to get the funding required. Thanks to a huge effort from Doug Mulholland, our PE lead, as well as Caroline Thomas and Jill Huddlestone from HSAT Finance we were able to receive a grant of £10,000 from Sport England. On top of this, the Trust Directors also provided us some extra funding to ensure that students at Westlands get the best possible facilities.

We are now starting the summer term and it is pleasing that the Year 11 students are continuing their determined push to achieve the best possible qualifications they can. Many of the Year 11 students have been with the trust for many years and it is really pleasing to see how they have developed into the young adults we knew they could be. I would like to thank them as well as their parents and carers for the hard work and dedication into not only making themselves better, but also for the positive contributions they have provided to the whole of Westlands community over the years. The best praise I can give them is to ask other students to use them as role models and look at how they have developed and progressed over the years. Everyone at Westlands wishes all Year 11 leavers good luck in the future and don't forget to keep in touch!



Did you know ...

Westlands Academy is built on part of what used be Thornaby Royal Air Force Station. It opened on 29th September 1929 and Fighter Command, Bomber Command and Coastal Command all operated from the base over its history. It was here that the 'Thornaby Bag' was developed which was an emergency bag dropped down to aircrew at sea and contained food, drinks and first aid equipment for downed fliers. Many of the buildings from the RAF days have now been replaced but some are still in existence, mainly around Thornaby Snooker centre.

Staff and students at Westlands Academy are proud to have this geographical link with such an important part of our history and we are looking at ways in which we can make this important link more central to the school.



Post 16 Options

It is often a daunting prospect for students when their time at Westlands draws to a close and, as well as having the pressure of completing coursework and exams, have to make a choice about their next step. We are currently developing the way we look at this across the school and are starting to introduce careers education across all year groups. Most of our leavers go on to join a college or training provider to start and gain further skills and qualifications that will help them in their future career.

There are a wide range of providers that offer high quality post 16 provision and it is worth publicising these so that you can start working with students of any age to help them formulate their ideas about where they would like to go and what they would like to do. To help you get started, you will find some basic information about some of the providers that we use and ways in which you can get further information. We will include further information about other providers in future newsletters.

Stockton Riverside College <https://www.stockton.ac.uk/>

Stockton Riverside College offer a wide range of exciting full time courses.

College is a big step from school. It's great preparation for the rest of your life as you're treated like an adult.

Managing your time and studies is up to you but we are always here to provide help and support where needed.

As one of our students, you will learn in a caring and friendly environment. We want to see you reach your full potential and get the most out of your time with us.

We provide the support and direction you need together with lots of extras which makes your time here happy and fulfilling - giving you the best preparation for work or further learning



Askham Bryan College—Middlesbrough Centre <http://www.abcstewartpark.com/>

The campus offers a full range of courses that can either be full time, part time or Apprenticeships, and from Entry Level to Level 3 in the following programmes of study:

- Animal Management
- Equine
- Land and Plant
- Countryside and Horticulture



Additional to the main campus building is the Stewart Park Visitors' Centre and reception as well as Henry's Café, walled and kitchen gardens, all open to the public throughout the year. In the wider park the college looks after the animal enclosures housing avians, farm and other large animals including fallow deer, llamas and goats.

Other providers will be featured in future newsletters but please have a look at their websites to gain a better understanding of what they offer.

Middlesbrough College - <https://www.mbro.ac.uk/>

NACRO— <https://www.nacro.org.uk/>

NETA— <http://www.neta.co.uk/16-19/>

Multi Gym

The multi gym at Westlands Academy has been kitted out with brand new state of the art, commercial grade fitness equipment.

The equipment installed is not available on the high street but instead it is equipment that is supplied and professionally installed by a company that specialise in gym equipment installation on a nation wide scale. The significant investment in the high quality equipment and the renovation of the room means that the students will have access to the state of the art facilities for years to come.

The multi gym has been designed to cater for all levels of fitness and physical ability. It includes a range of resistance training machines such as cable cross over stations, hack squat machines, lat pull downs, leg press, seated row machine and bicep curl machine. All of these machines are designed to help the user develop muscular strength and endurance in a safe and controlled manner.

The multi gym also includes a range of free weights. The free weights are again designed to improve muscular strength and endurance but they have a greater degree of flexibility than the previously identified machines. The free weights range from as light as 2kg up to weights in excess of 200kg so these certainly cater for all ranges of ability.



The third aspect of the multi gym is the cardiovascular section. This section includes state of the art treadmills, cycling machines and rowing machines. Most of these pieces of equipment have internet connectivity and allow users to download exercise programmes and challenges ensuring that they remain focused and motivated.

The cardio vascular section is designed to improve muscular endurance but also significantly it helps students develop and maintain a strong cardiorespiratory system. The cardiorespiratory system is the heart and lungs working together.

The benefit of the cardiovascular section is it benefits in terms of body composition. Along with weight training, a good cardiovascular training programme can also help user reduce excess body fat if carried out in conjunction with a healthy diet.



Local Sports Centres

As well as having access to state of the art gym equipment at Westlands Academy, we would encourage our students to take full advantage of the local leisure centres that offer a wide range of exciting activities.

Here is a selection of local leisure centres and web links to find out in more detail what they offer



Leisure Centre	Main Facilities	Website and Phone Numbers
Billingham Forum	Multi Gym Ice Skating Swimming Go Climb	https://www.teesactive.co.uk/billingham-forum/ 01642 551381
Middlesbrough Sports Village	Athletics BMX Track Multi Gym	https://www.everyoneactive.com/centre/middlesbrough-sports-village/ 01642 300777
Splash	Swimming Multi Gym	https://www.teesactive.co.uk/splash-stockton/ 01642 660610
Neptune Centre	Multi Gym Fitness Classes Swimming	https://www.everyoneactive.com/centre/neptune-centre/ 01642 242212
Thornaby Pavilion	Multi Gym Large Sports Hall Squash	http://www.teesactive.co.uk/thornaby-pavilion/ 01642 760971

The importance of parental and carers views

It is always pleasing when meeting with parents and carers to hear the positive views they have about Westlands Academy. Although this is important, we are wanting to gain an understanding about how else we can develop and improve the school to help students and parents. I sent out a parental survey before the Easter holidays and I would like to thank all of you that have completed them and sent them back or completed the survey over the phone. The school is already looking at the results and looking at how we can continue to develop.

Westlands would really like to develop the home school partnership and would welcome any feedback or suggestions as to how we can do this. In particular I would like to gather your thoughts and ideas around the following areas

- Printed or digital Newsletters
- Regular Emails
- Social Media
- School Apps



Westlands Summer Fair: Friday 28th June 2019 9.30am—11.00am

All parents and carers welcome, more details to follow



Welcome to Westlands

Westlands Academy is an 11-16 SEMHD school and is part of Horizons Specialist Academy Trust.

[READ MORE](#)

Our new website has gone live and is packed full of news, information and support to help students, parents, carers and staff to get the best out of Westlands.

In an effort "to do more and do it better", we have decided on a new direction for our online presence. Containing all of the key information that was held on our old website, the new one has a bright, fresh, new feel and even more of the information that everyone needs. Whether you're looking for information on local support, in need of revision ideas or would just like to see when the Academy is open, all of this (and more) can be found at www.westlands.horizonstrust.org.uk.

The improved Westlands website will be able to contain videos, downloads and documents for a variety of reasons. Need a revision guide? Look on the website. Want to know how the Academy football team has got on? Look on the website. Want to see the video of the latest fundraising event? Look on the website! With dedicated sections for News, Events and links to our social media feeds, our 'site should be your only stop for all of the latest on Westlands.

For those who want more on Horizons Specialist Academy Trust (which Westlands is a member of) or any of our other academies, head over to www.horizonstrust.org.uk for the wealth of resources that it offers.

In this section / Parents and Carers

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Term Dates 2019–2020

Half Term	Start of Term	End of Term
Half Term 1	Tuesday 3rd September 2019	Friday 25th October 2019
Half Term 2	Tuesday 5th November 2019	Friday 20th December 2019
Half Term 3	Monday 6th January 2020	Friday 14th February 2020
Half Term 4	Monday 24th February 2020	Friday 3rd April 2020
Half Term 5	Monday 20th April 2020	Friday 22nd May 2020
Half Term 6	Monday 1st June 2020	Friday 17th July 2020