

THE ELIZABETHAN ACADEMY

Spring Term 2 Highlights 2026



Facebook: The Elizabethan Academy

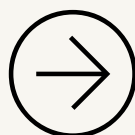
Instagram: @theelizabethanacademy

X: @elizabethanac

Please take a look at the [Community](#) section of our website for more information about training, support and other resources available in our community.



[Sixth Form](#)



[Our Website](#)



[Prospectus](#)

Message from our Principal

As we come to the end of a busy and rewarding spring term, I want to express how proud I am of our students and staff. The Elizabethan Academy continues to thrive as a community built on ambition, kindness, and resilience.

A real highlight this term was our whole-school Careers and Education Fair, which brought together a wide range of employers, apprenticeship providers, colleges and universities. The engagement and maturity shown by students throughout the day was outstanding, and the positive feedback we received reflects the strength of our academy community.

We have also seen fantastic generosity and compassion through our fundraising efforts for Red Nose Day and Epilepsy Awareness Day. These events not only raised important funds but also encouraged students to think about the wider impact of their actions and the importance of supporting others.

Our school production was another standout moment of the term, showcasing truly amazing performances from our students. I would like to extend my sincere thanks to all staff involved—their dedication, creativity and hard work ensured the production was a great success.

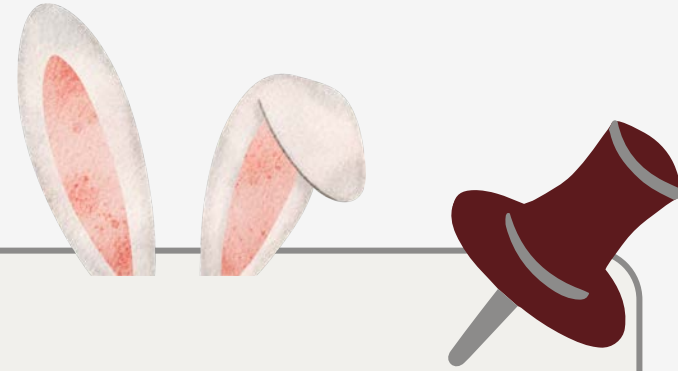
As we move into the final stages of the academic year, I want to offer my very best wishes to Year 11 and Year 13 as the countdown to the summer examination series begins. Your efforts and determination throughout the year have been clear, and we are all behind you as you prepare for this important milestone.

Thank you to all students, staff, parents and carers for your continued support. I hope you have a restful and enjoyable break.

Tom Crowther
Principal



Key Dates & Information



Parents Evening Dates

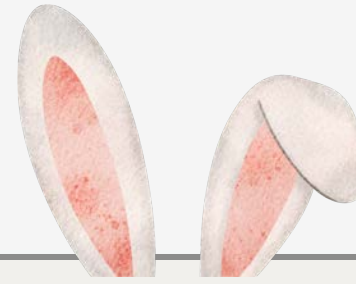
- Year 10 Parents Evening - Wednesday 13th May
- Year 8 Parents Evening - Wednesday 17th June
- Year 6 Transition/Parents Evening - Thursday 2nd July

Events

- School Disco - Thursday 7th May
- Half Term - Monday 25th - Friday 29th May
- Parental Meeting - Skipton Cycling Trip
- Year 8 HPV Immunisation - Tuesday 9th June
- Year 11 Prom - Thursday 25th June
- Year 6 Transition Day - SEND only - Monday 29th June
- Year 6 Transition Day - SEND & Vulnerable students only - Tuesday 30th June
- Year 6 Transition Day - all year 6 students - Wednesday 1st & Thursday 2nd July
- 6th Form Taster Day - Friday 10th July
- Year 8 HPV Immunisation - Tuesday 9th June
- Inset Day - Friday 26th June
- Year 10 Work Experience - Monday 29th June - Friday 3rd July
- Year 12 Work Experience - Monday 6th July - Friday 10th July



Key Dates & Information



Trips

- Criminology Trip, York - Years 12&13 - Tuesday 14th April
- Engineering Trip, Rolls Royce - Thursday 16th April
- Year 9 Macbeth Workshop - Wednesday 24th June

Exams

- Music Performance GCSE Exam: Monday 13th April
- Dance Practical GCSE Recording Exam: Friday 17th April
- French & Spanish Speaking GCSE Exam: Monday 20th April
- Spanish External Speaking GCSE Exam: Tuesday 21st April
- Photography A Level Final GCSE Exam: Wednesday 22nd & Thursday 23rd April
- German and Spanish External Speaking GCSE Exam: Friday 24th April
- Photography A Level Final Exam: Monday 27th April
- Art GCSE Final Exam: Monday 27th & Tuesday 28th April
- Art A Level Final Exam: Wednesday 29th April - Friday 1st May
- Photography GCSE Final Exam: Thursday 30th April & Friday 1st May
- Year 11 GCSE Exams: Thursday 7th May - Thursday 18th June
- Last Year 11 GCSE Exam: Tuesday 16th June
- Last Year 12/13 A Level Exam: Thursday 18th June
- Year 10 & Year 12 Mock Exams - Tuesday 16th June: Thursday 25th June



Uniform

School Uniform – No Changes for September 2026

We are beginning a review of our school uniform in line with government guidance on affordability and inclusivity. As part of this process, we are gathering the views of parents and students, and we would really appreciate your feedback.

Please share your views using the form below:

<https://forms.office.com/e/ef3rGZhu58>

Please be assured that there will be no changes to our current uniform for September 2026.

If any future changes are proposed, these would be shared well in advance and only after careful consideration of cost, practicality and impact on families.



Free School Meals Information

We would like to remind parents about the Free School Meal (FSM) allowance and how it works. You can find information on eligibility and the application process on the [Nottinghamshire County Councils website](#).

Each child entitled to FSM receives an allowance of £2.61 per day. This allowance can now be used at break time too.

Breaktime Purchases - If a student uses their allowance during break, they will not be able to access a meal deal at lunchtime. The lunchtime meal deal is better value for money and is more nutritious so we would recommend using the allowance at this time. They can choose individual items up to the value of £2.61. If they exceed this amount and have their own funds, the extra cost will be deducted from their account.

Meal Deals (£2.60) : Currently, students can choose from:



- Sandwich Meal: Sandwich, biscuit, and large water (or swap biscuit and large water for crisps and small water)
- Main Meal Deal: Meal of the day (rotating on a 3-week cycle) with pudding and custard (or swap for cookie or flapjack)
- Jacket Potato Meal: Jacket potato with two fillings (e.g., cheese and beans) and a milkshake
- Pizza Meal Deal: Plain pizza, splash-flavoured water, and cookie or flapjack

Breakfast Club - All students entitled to free school meals are welcome to attend Breakfast Club from 8:00–8:35 am, where they can choose one item such as croissant, pain au chocolate, waffle, sausage in a bun, bacon sandwich, yogurt, fruit, or toast free of charge. The costs will be covered by the academy.

New menus will be introduced soon, so watch this space for updates!



Click on the book to view



our Prospectus

The Elizabethan Academy logo is displayed in the center, featuring a shield with a large 'E' in the top left, a lion rampant in the top right, a lion rampant in the bottom left, and a large 'A' in the bottom right. Below the shield is a banner with the Latin motto 'FINIS COR ONAT OPUS'. To the right of the logo is the text 'THE ELIZABETHAN ACADEMY' in blue and gold, with the school crest below it. Below the logo and text is a collage of four images: a girl in a school uniform sitting at a desk, a girl in a school uniform working in a science lab, a boy in a school uniform playing soccer on a field, and a boy in a school uniform reading a book in a library.

We also have a variety of other useful information on our website.

The Adventures of Bertie



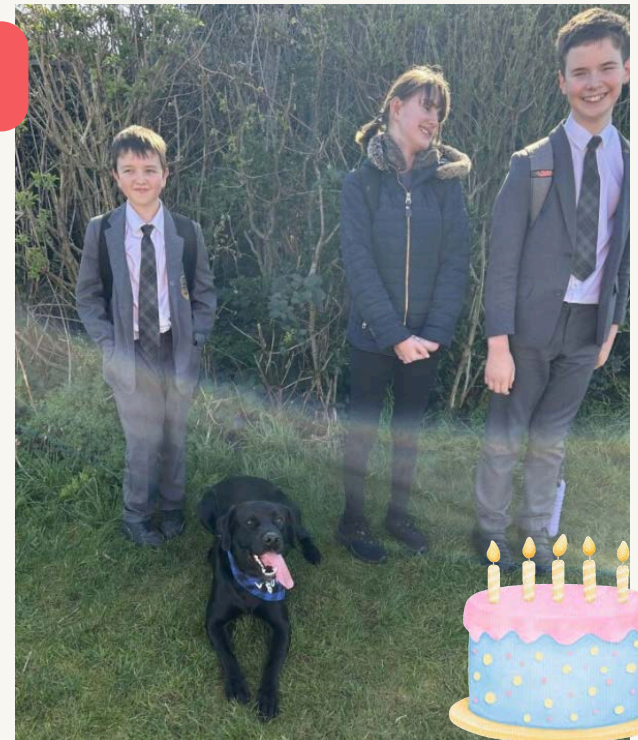
This term we celebrated Bertie's Birthday!



A Bertie and Dylan Reunion



Red Nose Day!





Enrichment



In Mrs Mason's Mindfulness enrichment, students practised a range of yoga poses and then followed a video to link them together into a flowing sequence. She was really proud of how the whole class threw themselves into the activity and gave it their best effort. Yoga offers huge benefits for teenagers. It can help reduce stress, anxiety, and low mood, while supporting emotional regulation and boosting self-esteem.





#ExcelAtElizabethan



Students have been involved in some amazing initiatives this term, and produced some exceptional work in lessons and for independent homework



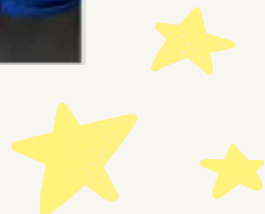
Mr Whinfrey's Year 9 Product Design group who have created keyrings in the style of Memphis design movement



Mr Mason set a much tougher paper for his Year 10 mathematicians. Abbie triumphed with the top score, having worked so hard for weeks to get to the top of the league, a fabulous example of following our 3Rs ethos ... well done Abbie!



Miss Moore is so proud of 7S1 who had a great time carrying out neutralisation reactions and exploring the pH scale in science



#WorkOfTheWeek



Careers



This has been a very rewarding term for the careers team at the Elizabethan Academy.

In March, as part of National Careers Week, we delivered bespoke assemblies to each year group which focussed on aspirations, knowledge, skills and ideas. In the same week we launched the career platform UNIFROG to each year group. UNIFROG is a comprehensive online "destinations platform" that helps students to explore interests, compare education and training opportunities and submit applications. It is our intention to use UNIFROG to generate a career portfolio for every student within the school that captures their career interests, skills, preferences, activities and interactions. It is a fabulous platform that will help our students to understand their strengths and the career and education options available to them. I'd be grateful if you could encourage your child to engage with UNIFROG as we will be using it extensively over the coming years to organise and record career interactions and work experience. Thank you to all the parents and students who have already started using the platform.

Here are some career headlines:

- We have completed in-excess of 100 career interviews with year 11 students (25 interviews left to go). We have also started year 10 interviews, and these will become a priority when the year 11 students commence their GCSE's.
- 2nd to 6th March 2026 – Nation Career Week assemblies and apprenticeship promotion. UNIFROG launched to all students in the academy.
- 17th March 2026 – 40 year 7 students visited DRAX Power Station in North Yorkshire.
- 18th March 2026 – 28 students from year 8 visited the 'Get up to Speed with STEM' fair at Magna Science Adventure Centre in Sheffield.
- 24th March 2026 – the Elizabethan Academy Career and Education Fair. Over 1200 students attended the fair throughout the school day.



Careers

Our annual Career and Education Fair on Tuesday 24th March 2026 was a great success. The school hosted 36 stalls including employers, apprenticeship providers, colleges and universities. Our aspiration was to help students with their decision-making process and to appreciate the range of educational and career pathways available to them. The sports hall was a hive of focussed energy and activity throughout the day. Feedback from the exhibitors was very positive with one visitor stating that the students were a 'real credit; they asked insightful questions; behaved impeccably and were engaged with the process' (Department of Work and Pensions).

The focus for the next term will be the completion of year 11 career guidance interviews.

Top Tip: please ensure your child has logged on to UNIFROG. They will have received an email through their school email account. When they have logged onto UNIFROG we would recommend completing the quizzes in the 'Access All Tools' area.



Year 10 Work Experience



Monday 29th June 2026 - Friday 3rd July 2026

We are really pleased to have recently launched the Year 10 Work experience 2026 Programme. All students, parents and carers have been emailed a copy of each relevant form;

Form 1

Form 2

Form 3

Form 1 (green copy) - to be completed by student and signed by parent / carer, and handed into Miss Robinson at the Main Office
Form 2 (green copy) - to be signed by the work placement provider and handed into Miss Robinson at the main office by student, alongside a copy of their employers and public liability insurance
Form 3 (white copy) - to be handed into the work placement provider, on the first day or work experience

Deadline for all paperwork to be handed in is

Friday 15th May 2026

Please encourage your child to actively seek a potential work placement - and these 2 weeks off during half term could be a brilliant opportunity to call about!

Miss Robinson has created a notice board which is located in the dome for all students to see - this has some potential work placements ideas / previous work placements used by previous students in case they are stuck on what to do. Furthermore Miss Robinson has a large database with all contacts of placement used in the last 2 years, please ask your child to pop to see her in the main office if they have any enquiries.



Year 11 Notices - Prom and Leavers Hoodies!



Prom 2026

The countdown for Prom is officially on!

Miss Robinson and the Prom Committee have been working together on creating invites, and coming up with ideas to make this a night to remember. Please keep an eye out for these ideas!

Important Information about arrivals

- Please ensure to keep referring back to the prom letter, on visitor expectations and policies
- Due to the venue, please note anything “wider than a Range Rover” will unfortunately not fit around the venue. Please consider your arrival method, and if your transportation is wider than the measurements, you will be able to park outside the venue and then walk in to the arrivals. Please feel free to Email Miss Robinson if you would like to check your if your arrival method is suitable for the venue.

Leavers Hoodies 2026

The deadline to order a Class of 2026 Leavers Hoodie is 6th April 2026. Please note this deadline falls in the middle of half term.

I cannot stress this deadline enough, we unfortunately do not order any spares therefore once this deadline passes the online shop automatically closes and there will not be another opportunity to place an order.

Please see the most recent email sent on 23rd March from Miss Robinson, which includes the link to order a hoodie.



Reward Point League



Every Monday we congratulate these students who have topped the reward point league table for showing an excellent attitude to learning - they join together for breakfast and a photo with Mr Crowther!



Sixth Form



Year 12- UK University and Apprenticeship Fair

Year 12 visited the university and apprenticeship fair hosted by The University of Sheffield.

From exploring a wide range of university courses to discovering exciting apprenticeship pathways, students made the most of the opportunity to speak to industry professionals and admissions teams. It was great to see them gathering information and really starting the process of mapping out their next steps beyond sixth form.



SIXTH FORM

If you have not applied for your place at our Sixth Form yet then please speak to Mr Dainty

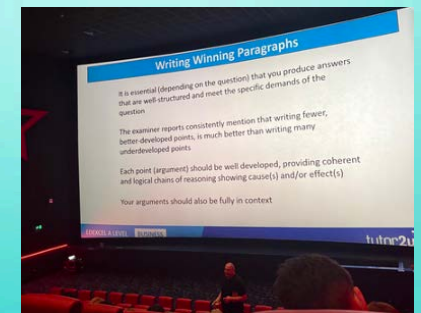
Our updated Course Directory is now available on the website to see what fantastic courses we have available.

Year 13 Cinema workshops Edexcel A-Level Business grade booster

Year 13 attended a fantastic grade booster workshop run by tutor2u subject experts.

They had a full day of crucial exam technique and core topic revision, all delivered on the big cinema screen.

The session was informative, well structured and all students came away feeling more confident in the run up to their exams.



Sixth Form

Sheffield Hallam University visit- Student Finance worksop

We were incredibly fortunate this term to welcome Sheffield Hallam University, who delivered an engaging and highly valuable session to our Year 13 students on student finance and the realities of budgeting for university life.

The transition from sixth form to higher education is exciting, but it also comes with many important decisions—especially around money.

Sheffield Hallam's team offered clear, practical guidance designed to help students feel more confident about the financial aspects of university, an area that can often feel overwhelming.

Students explored:

- How student loans work, covering both tuition fees and maintenance support Repayment rules, including earning thresholds and how repayments are calculated
- Budgeting strategies to manage day-to-day living costs
- Tips for financial independence, such as tracking spending, avoiding common pitfalls, and making decisions with long-term impact in mind

What made the session particularly valuable was its relevance beyond university applicants. Even students unsure about their next steps gained useful life skills around budgeting, planning, and financial responsibility—skills that benefit everyone, regardless of the path they choose after Year 13



Year 12 -PPE Exams

Our Year 12 students will be starting a timetable of PPE exams in June so they are all starting to prepare themselves with hard work and revision.

We are very proud of the dedication that they are showing

We wish them the best of luck and are looking forwards to seeing all the hard work paying off!

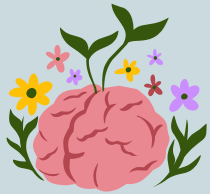
Upcoming events

We have a lot of exciting events coming up in the next few months which we are looking forwards to !

These events include Subject specific masterclasses run by Sheffield Hallam University in Maths, Computer Science, Health and Social Care and Sports Studies.

We hope that these will be a fantastic introduction to university life and education for our Yr 12 students and we are hoping to book more subject areas as the year progresses.





MHST and The Elizabethan

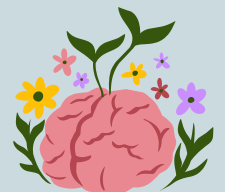
We continue to work with the Nottinghamshire MHST service, below is a link to the Notts MHST webpage where you can find information on the service and resources to support you and your young person.

<https://www.nottinghamshirehealthcare.nhs.uk/mhst-resources>

You can follow this link to find out more about what MHST do:

<https://www.youtube.com/watch?v=8wwVBJFPDH4>

You can scan this QR code or follow this link to make a parental referral or speak to a member of the Year Team to make the referral.



Hardwick Honours

We are really keen to recognise, acknowledge and reward any Hardwick students, where they have made an outstanding achievement and/or contribution to their house and in doing so, have demonstrated one, two or all of the three 'R's' of 'Respect', 'Responsibility' and 'Resilience' and our House motto 'Through difficulty to greatness'.

Examples of this could be related to sporting achievements, voluntary work, acts of kindness, dedication and commitment to a subject.

If you would like to make a nomination, please complete the online form by clicking on the link below.

Link to online form: <https://forms.office.com/e/AN1pFZgBYV>



HARDWICK HONOURS

Contact & Socials

www.elizabethan.notts.sch.uk

office@elizabethan.notts.sch.uk

01777 713700



The Elizabethan Academy



@theelizabethanacademy

And don't forget...



@booksandbertie



Safeguarding *Matters*

In recognition of National Child Exploitation Awareness Day on 18 March, it is timely to remind our parents and staff, as significant adults in our children's lives, about the key points around child sexual exploitation and county lines we should be aware of. Please try and gauge your child's understanding of these safeguarding issues and their awareness of the signs to spot in keeping themselves and others safe. There follows links to 2 short videos that we use for staff safeguarding training which parents/carers may find useful as the signs may be similar at home ...

[Child Sexual Exploitation](#) and [County Lines](#)

What is child sexual exploitation (CSE)?

- A form of child sexual abuse
- An individual or group taking advantage of an imbalance of power to coerce, manipulate or deceive a child into sexual activity

The sexual activity may be:

- In exchange for something the child needs or wants, and/or
- For the financial advantage or increased status of the perpetrator, and/or
- Through violence or the threat of violence

It can affect any child (male or female) under 18

- The child may have been sexually exploited even if sexual activity appears consensual. Children who are 16 or 17, and can legally consent to have sex, can be victims too
- It doesn't always involve physical contact – it can include non-contact sexual activity and can happen through technology, e.g. involving children in the production of sexual images, or grooming a child via the internet
- It may happen without the child's immediate knowledge, e.g. through others sharing videos or images of them on social media
- It can be a one-off event or a series of events over time, and can be opportunistic or organised
- It can be carried out by individuals or groups, men or women, and children or adults
- It can be more frequent when people are struggling with money – criminal gangs can take advantage of families struggling under financial pressure
- High tensions at home and less money to spend on activities/clubs means children may spend more time online, or out and about unsupervised in places where they can be targeted

Safeguarding *Matters*

Child sexual exploitation (CSE)

How do we spot it?

A child may:

- Be secretive
- Show changes in mood, character, behaviour or emotional wellbeing
- Have money or items that they can't or won't explain
- Change their friendship group
- Have an older boyfriend or girlfriend
- Stay out late or overnight
- Be absent from school for prolonged periods or on repeat occasions
- Show physical signs of abuse, such as bruising or bleeding in their genital or anal area
- Misuse drugs or alcohol
- Receive an excessive amount of texts or phone calls
- Become involved in gangs or criminal activities, such as selling drugs or shoplifting
- Suffer from sexually transmitted infections or become pregnant
- Display sexual behaviours beyond their expected level of sexual development

What is 'county lines'?

County lines is a form of child criminal exploitation (CCE). It is a term used to describe gangs and criminal networks involved in exporting illegal drugs using dedicated mobile phone lines or other communication methods. This activity can happen locally, as well as across the UK.

Children – typically teenagers, but sometimes even primary-aged children – are groomed and exploited to move, store and sell drugs and money. This includes travelling miles from home, finding 'customers' and dealing with rival gangs. Criminals can use coercion, intimidation, violence (including sexual violence) and weapons to ensure compliance from children.

Social media is increasingly being used to target and recruit children online. Once involved, children can become trapped by this type of exploitation – gangs manufacture drug debts, which need to be worked off or threaten violence towards victims and their families if they attempt to leave the county lines network.

Safeguarding *Matters*

County lines

How do we spot it?

Victims may not recognise or be able to disclose that they are being exploited, e.g. due to fear of retaliation. Indicators of county lines exploitation can include:

Behaviours

- Going missing from school or home, being unwilling to explain their whereabouts, and being found in areas away from home
- Being found in accommodation they have no connection with, often called a ‘trap house’ or ‘cuckooing’, or hotel room where there is drug activity
- Displaying a significant decline in school attendance, results or performance, including behaviour issues
- Self-harm and/or displaying significant changes in wellbeing – this can include becoming more withdrawn or aggressive
- Being involved in violence, anti-social behaviour or other criminality
- Spending more time on their phone or appearing stressed when they can’t use it
- Using drug and county lines-related slang (see examples below)

Listen out for children using any of these key terms:

Possessions

- Drugs and drug paraphernalia, e.g. needles, scales, cling film, small snappy bags
- Unexplained items such as a new mobile phone, clothes and money
- Have multiple mobile phones and/or receive excessive numbers of texts or calls
- Carrying or storing weapons

Relationships and appearance

- Associating with controlling/older individuals or groups
- Isolating from usual friends or social networks
- Unexplained injuries – these are usually minor like small cuts, but can be more serious life-threatening injuries like a stab wound

“Trap house / bando”	House used for storing and selling drugs	“Going OT / going country / going cunch”	When a child is being sent “out there” to another area to transport and sell drugs
“The line / trap line / deal line”	Number or phone line used to take drug orders	“Food/pebbs/pebble”	Drugs. Pebbs/pebble are small quantities of drugs
“Plugging / stuffing / body packing / banking”	Refers to the hiding of drugs in body cavities	“Spoonng”	The process of retrieving items that have been hidden in body cavities

Safeguarding *Matters*

Which children are most at risk?

- Any child, regardless of their circumstances, can be targeted by criminals and coerced into county lines exploitation. However, some children are more at risk, including those who:
- Come from families experiencing difficulties, e.g. domestic abuse
- Have mental health problems
- Have special educational needs (SEN)
- Live in poverty
- Are refugees or migrant children
- Have been excluded from school
- Attend a pupil referral unit (PRU)

If you are concerned about your child's safety and/or welfare, you can seek support from the local Family Hub Network, Family Service or Social Care at the Multi-Agency Safeguarding Hub (MASH). Information for all is contained in the following link <https://www.nottinghamshire.gov.uk/care/safeguarding/childrens-mash>

You can also connect with our school's designated safeguarding team by emailing safeguarding@elizabethan.notts.sch.uk or directly onto our safeguarding platform MyConcern via this community referral link

<https://form.thesafeguardingcompany.com/f290d817-1fbc-4026-961b-73878652c317>

Safeguarding Concerns

This form enables students, parents and carers to report safeguarding concerns at any time, so they can be assessed by the Safeguarding Team, triggering the necessary support.

*Required

Concern Date/Time*

When did you become aware of the concern?

12/2/2025 22:23 

Details*

Record all the information you have which might be relevant

Your details (Name / Phone number / Email address)*

Submit



MENTAL HEALTH SUPPORT TEAM

FAMILY BELONGS
Parent/Carer Newsletter

Spring EDITION 2026

"The greatest gift you can give yourself is the gift of belonging" - Shannon L. Alder

We commenced February enjoying Children's mental Health Week. This year the theme was "My place". We wanted to continue this theme into spring by thinking about a sense of belonging and explore how this can be nurtured to help your child/young person feel a strong sense of belonging.

Children's Mental Health Week 2026

Children's Mental Health Week is a national annual event to highlight positive strategies to help children & young people develop and maintain good mental health. This year's theme was 'My Place' - helping children feel they belong.

What is Belonging & Why it Matters

Belonging means feeling like you are part of a group, a community, or a place. It is about knowing you have a place where you feel safe, accepted and valued. Belonging is a basic human need and crucial for our mental health and wellbeing.

For children, belonging is especially important as it helps them:

- develop emotionally,
- understand who they are,
- feel safe.

When children feel they belong, they are more willing to try new things, be creative, and make strong friendships.

Belonging vs Fitting in
Sometimes, when children do not feel they belong, they try to "fit in" by changing themselves. This can help them make friends or join groups.

But fitting in is different from belonging. If children have to change who they are or what they believe in, it can hurt their self-esteem and sense of identity. True belonging allows children to be themselves and feel valued.

Click the heart



For ways to support your child at home!



Here are some things you can try at home:
Families - Children's Mental Health Week

Here's what we got up to

Last year's festive fun

As we commence the season of Spring we wanted to reflect back on the last year, considering how the MHST belong in your schools. The festive fun we enjoyed and shared within your schools gave us a real sense of belonging as it was a time to come together to reflect, rejoice and make plans for the future. Below are some photos that capture the fun had in one of our schools.



Lawrence View Primary - Christmas Fair Friday 5th December 2025. Our Mental "EIF" Jude and Support Worker Wayne, taking a lucky dip from the Happy Notes created by the school Mental Health Ambassadors.



Parent Corner

We all hear the term belonging and you likely have ideas, places and people that come to mind when you consider who/what you belong to, but what does it truly mean to belong?

Belonging is a basic human need and impacts upon our wellbeing, health and relationships. It begins within with positive self-acceptance and is influenced by our connections with others, our communities and our experiences.

When we feel that we belong, it empowers us to contribute to the world and make a real difference. So nurturing a sense of belonging for your child is very important and here are so top tips on how to do this



Top Tips for creating a sense of belonging for your child/young person

- ▶ FOSTER CONNECTIONS
- ▶ EMBRACE/NURTURE YOUR/THEIR HERITAGE
- ▶ CREATE FAMILY RITUALS.
- ▶ SPEND QUALITY TIME TOGETHER.
- ▶ COMMUNICATION IS KEY.

Click on the icons for further information/top tips to create a sense of belonging in your family



MENTAL HEALTH SUPPORT TEAM

FAMILY BELONGS
Parent/Carer Newsletter

Spring EDITION 2026

MHST Parent Offer...

- Without a Referral:**
- Talk to us at Parents Evening Stands
 - Children's Emotional Health and Wellbeing Webinar
 - Understanding Your Teen Webinar
 - Self-Harm Webinar
- With a Referral:**
- Managing Anxiety with your Child (MAC) Group
 - Neurodiversity and Anxiety Parent (ND&A) Group
 - Forever Families Group (Positive Behaviour Management)
 - Parent Adolescent Relational Training (PART) Group

Activity Ideas to try at Home...

Younger children activities:

- ▶ Draw a picture of yourself and write down all the amazing and unique things about you! Ask people you trust like family and friends to add things they like about you!
- ▶ Have a look at this art activity on making a map!

Older young people activities:

- ▶ Create a 'web of connections' to look at who you have for support around you! Click on the web to watch a video on how to do it!
- ▶ Have a think about who supports you and where you feel safe. When was the last time you went there or spoke to them? Make a plan of how to do this again. Example: go to a club you haven't been to in a while, or spend some time with a friend you haven't seen recently!

Feedback

Parent: (MHST Parent Group) really helped with understanding my child's needs more and validated that I am doing the right thing. We are a lot calmer with her now. We have a better understanding of her needs.

Parent: I just wanted to email you to say thank you so much for all the help and support you've given my child. I've made a difference; she's definitely seemed more settled and calmer and I feel that my relationship with her is much more positive. I really do appreciate everything you've done for her and I know she's found the sessions helpful and supportive too. I'm so grateful to you and your service - I feel lucky that we were able to access it for help.

Parent: there has been a remarkable change in my young person over the last weeks, she is coming out of her shell, being proactive. I am over the moon for her. Thank you so much for everything you have done.

Calendar dates Spring 2026:

20/3/26 International Day of Happiness	2/4/26 World Autism Awareness Day	3/5/26 International Family Equality Day	June 2026 PRIDE month
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Referral Information

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: CAMHS - Mental Health Support Teams

Find Notts Healthcare Mental Health Services online...

Icons for YouTube, Instagram, Facebook, and a link icon.

QR codes for:
bit.ly/37qstz
bit.ly/37znn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:
 CAMHS Crisis Team: 0115 844 0560
 24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies

Missed a vaccine at school?

We've got you covered!



If you live in Nottingham or Nottinghamshire and have a secondary school-aged child who has missed a vaccination, you can make a free appointment for one of our catch up sessions.

Call Intrahealth on 0333 358 3397 option 4 followed by option 2



Monday 30th March 2026	Chilwell Family Hub Great Hoggett Drive, Chilwell NG9 4HQ	9.30am-3.30pm
Tuesday 31st March 2026	Intrahealth Unit 2, East Bridgford Business Park, Kneeton Road, East Bridgford, Nottingham, NG13 8PJ	10am-4.00pm
Wednesday 1st April 2026	Summer House Family Hub Clare Road, Off Leamington Drive, NG17 5BB	9.30am-3.30pm
Thursday 2nd April 2026	Arnbrook Family Hub Bestwood Lodge Dr, Arnold, NG5 8NE. (Located off Home Close	9.30am-4.00pm
Tuesday 7th April 2026	Nottingham High School, Wavely Mount, Nottingham NG7 4ED	9.30am-4.00pm
Tuesday 7th April 2026	Hucknall Family Hub (Ashfield Family Hub) (Butlers Hill and Broomhill) - Broomhill Road, Nottingham NG15 6AJ	10am-3.30pm
Wednesday 8th April 2026	Retford Family Hub, Spa Lane, Retford DN22 6EA	10am-3.30pm
Thursday 9th April 2026	The Mary Potter Centre, 76 Gregory Blvd, Radford, Nottingham NG7 5HY	10am-4pm

Scan the QR code for more information and a full list of clinics:



Community Adolescent Immunisation Clinics



For children attending secondary school, SEN, PRU or electively home educated in the Nottingham and Nottinghamshire area
If you are a parent/carer and have a child who is year 8 - year 11 and is outstanding a HPV, DTP, MEN ACWY OR MMR immunisation. We can offer an appointment for any of these immunisations at the below clinics.

Wednesday 8th April 2026
Retford Family Hub,
Spa Lane, Retford DN22 6EA
10am-4pm

Please note this is a free vaccination for any eligible child.
Call IntraHealth on 0333 3583 397 option 4 option 2 to book an appointment at the fore mentioned clinics.



Community Adolescent Immunisation Clinics



For children attending secondary school, SEN, PRU or electively home educated in the Nottingham and Nottinghamshire area
If you are a parent/carer and have a child who is year 8 - year 11 and is outstanding a HPV, DTP, MEN ACWY OR MMR immunisation. We can offer an appointment for any of these immunisations at the below clinics.

Friday 10th April 2026
Ollerton & Boughton Family Hub, Dukeries Academy Site,
Whinney Lane, New Ollerton, NG22 9TD
10am-4pm

Please note this is a free vaccination for any eligible child.
Call IntraHealth on 0333 3583 397 option 4 option 2 to book an appointment at the fore mentioned clinics.

