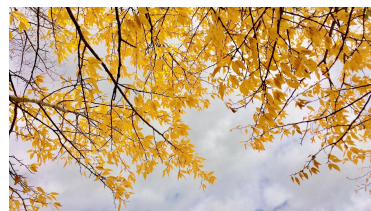


Eton Academy Monthly Newsletter - Welcome!

October 2025

Dear Eton Academy Community,

Welcome back to a brand new academic year! We hope you all had a wonderful summer break and are ready for another year of learning, growth, and achievement. A special warm welcome to our new students and families joining us this term — we're so excited to have you as part of the Eton Academy community! 🎉

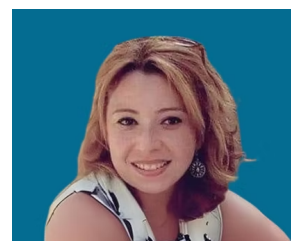


Newsletter Changes

You may notice something a bit different about this year's newsletter! We've merged our Careers Newsletter into this monthly update, and we've also added a brand new **Wellbeing Section** to ensure we're supporting the whole child — academically, emotionally, and beyond. Keep an eye out for helpful tips, resources, and updates in every edition.

NASEN Awards 2025 – Good Luck Dr Soha!

We're bursting with pride to announce that our very own **Dr Soha has been nominated for Support Practitioner of the Year** at the prestigious NASEN Awards! 🌟 The team will be attending the awards ceremony on Friday 3rd October to cheer her on. Dr Soha's dedication to supporting our learners is truly exceptional, and we're keeping everything crossed for her on the big day. Good luck, Dr Soha — you're already a winner in our eyes!



Key Contacts – Who's Who at Eton Academy

As we start the new year, here's a quick reminder of some key people you might need to contact:

- **Principal and Safeguarding Lead:** Dr Gabrielle Hargreaves – gabrielle.hargreaves@eton-academy.net
- **Deputy Principal and Deputy Safeguarding Lead:** Danielle Viney-Burton danielle.viney-burton@eton-academy.net
- **Wellbeing Support Officer:** Ms Rosie – wellbeing@eton-academy.net
- **SENCO:** Dr Soha Tarek – soha.tarek@eton-academy.net
- **Student Services:** Nate – student.services@eton-academy.net / +44 161 521 1549

If you ever need support or have a question, don't hesitate to reach out — we're here to help!

Student Voice: Our New School Values

This term, we did something really special — we asked **you** what matters most.

Across KS2, KS3, and KS4, students took part in assemblies where they discussed, debated, and voted on the values they believe should shape our school community. We didn't want to tell you what to think — we wanted to hear what **you** think.

The response was incredible. Older students championed values like being knowledgeable, thoughtful, and creative. Younger learners emphasised curiosity, balance, resilience, and leadership. There were clear themes across every year group: a love of learning, a desire to think deeply, and a commitment to supporting one another. After carefully reviewing all the votes and feedback, we're proud to introduce **Eton Academy's five core values** — chosen by students, for students:

- ✦ Intellectually Curious
- ✦ Critical Thinker
- ✦ Creative
- ✦ Balanced
- ✦ Resilient

These aren't just words on a wall. They're a promise. A reminder of who we are and who we're becoming. You'll see them woven into lessons, celebrated in assemblies, and reflected in how we support and recognise each other every day. Thank you to every student who shared their voice. **This is your school — and these are your values.**

Safeguarding Spotlight – Live Streaming Platforms

As children spend more time online, live streaming platforms are becoming more popular — and riskier. Some platforms include:

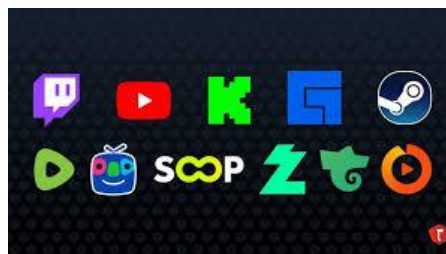
- **Twitch & Kick.com:** Game-based streaming, minimum age 13 (Kick is 18+).
- **Bigo (18+):** Includes 1-to-1 video chats, often with strangers.
- **TikTok, Instagram, Facebook, YouTube Live, X (Twitter):** All support live streaming, with varying controls.

The Risks:

- Inappropriate content or language
- Direct contact with strangers
- Exposure to grooming or bullying

How to Stay Safe:

1. **Know what your child is watching** – Watch together or research channels.
2. **Talk about online contact** – Encourage children to only engage with people they know offline.
3. **Set privacy and content filters** – Use built-in parental controls on TikTok, YouTube, Instagram, and Facebook.
4. **Teach them how to report/block** – Every platform allows you to report or block harmful users or streams.



Watch out for:

- Secrecy, withdrawal, or changes in behaviour
- Aggression or scripted speech
- Distress or anxiety after being online

If you're ever concerned, contact our Safeguarding Lead directly at gabrielle.hargreaves@eton-academy.net

On behalf of the entire team at Eton Academy — *thank you* for an incredible start to the year. We can't wait to see your achievements this year! Please read on for more information and guidance on careers and wellbeing.



Dr Gabrielle Hargreaves
Principal



Careers

Dream, Plan, Achieve!

Welcome to the new **Careers** section of our newsletter! From now on, you'll find career guidance, university updates, and wellbeing support all in one place — because your future is about more than just qualifications.

Jobs of the Month

Curious about what's out there? Here are two exciting careers to explore this month:

 **Software Developer** – Design apps, games, and software solutions. Perfect if you love creativity and problem-solving.

 [Explore this career](#)

 **Nurse** – Support patients and communities with care, empathy, and teamwork.

 [Explore this career](#)

 **Top Tip:** Search "[job title] day in the life" on YouTube to see what these roles really look like!

Did You Know? Labour Market Insight

The UK has over 32 million people in employment — but which sectors are growing fastest?

According to recent data:

- **Health & Social Care** is the largest employment sector, with demand continuing to rise
- **Technology & Digital** roles have grown by over 40% in the last five years
- **Green Jobs** (renewable energy, sustainability) are expected to grow by 8% annually

What does this mean for you? The jobs of tomorrow are being shaped today. Thinking about your interests now — whether it's tech, healthcare, or the environment — can help you spot opportunities early and build the skills employers need.

 [Explore UK job trends](#)

University Spotlight: University of Birmingham

One of the UK's top universities, Birmingham is known for excellence in:

- **Engineering** – from civil to aerospace
- **Business & Management** – ranked highly for employability
- **Life Sciences & Medicine** – world-leading research facilities

They offer **scholarships for high-achieving students** and run regular virtual tours and open days.

 [Browse courses](#)

 [Book an open day](#)

 **Pro Tip:** Always check course modules before applying — it helps you see if the content suits your strengths and interests!



🌐 Top Online Resources for Career Planning

- [National Careers Service](#) – Free career advice, skills quizzes, and job search tools
 - [UCAS](#) – University applications and course search
 - [Springpod](#) – Virtual work experience and employer insights
 - [Careerpilot](#) – Career pathways, personality quizzes, and planning tools
 - [Prospects](#) – In-depth job profiles and industry insights
-

🎨 For Our Younger Learners: "Dream Job Drawing Challenge"

This month's challenge: **Draw or design your dream workplace!**

- What does your ideal job look like?
- Where would you work — an office, outdoors, a lab, a studio?
- What would you be doing?



How to take part:

Grab some paper, pens, or even open up a drawing app. Sketch, doodle, or design your dream job setting. It could be realistic or totally imaginative — there are no wrong answers!

📷 **Bonus:** Take a photo and email it to us at student.services@eton-academy.net with the subject line "Dream Job Drawing." We'll feature some of your creations in next month's newsletter! ☀️

Why this matters: Imagining your future — even in a fun, creative way — helps you start thinking about what excites you and what kind of person you want to become.

💡 Career Tip of the Month

Start a careers journal. Each week, jot down:

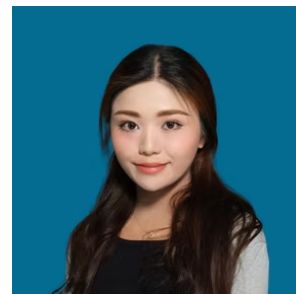
- ✓ Skills you've used or learned
- ✓ Things that interested or inspired you
- ✓ Experiences that made you feel proud

Over time, you'll spot patterns — and those patterns will help you make smarter decisions about your future. Small reflections now = clearer direction later!

Thank you for reading!

Sharon Lai

Ms Sharon Lai
PSHE and Careers



Wellbeing

Every child deserves to feel safe, supported, and capable of succeeding in school. Yet for some, the classroom can feel overwhelming, leading to behaviours of avoidance.

Avoidance is not about "not wanting to" or being "lazy." It's often a coping mechanism when children feel anxious, overstimulated, or fearful of failure. This might look like reluctance to attend school, delaying tasks, or disengaging during lessons.

As we mark **Avoidance Awareness Week** alongside **ADHD Awareness Month**, it's important to recognise how closely these challenges can be linked.



Children with ADHD may struggle with attention, organisation, and impulse control — difficulties that can make school life feel stressful and unpredictable. Over time, this stress may lead to patterns of avoidance, where school itself becomes something to fear or resist.

By understanding the connection between ADHD and avoidance, we can respond with empathy rather than frustration. Instead of focusing on the behaviour alone, we can ask: **"What is this child trying to communicate?"**

When we identify the underlying needs, we can offer the right support.

From Avoidance to Achievement

Small, practical strategies can help students feel more confident, supported, and ready to learn:

- **Break it down:** Tackle big tasks by turning them into smaller, manageable steps. Celebrate progress at each stage.
- **Movement moments:** Include short brain breaks, stretching, or a quick walk to boost focus and reduce stress.
- **Mindful minutes:** Try simple breathing exercises or a quiet pause to reset during busy days.
- **Positive talk:** Replace "I can't do this" with "I can try" to encourage effort and resilience.
- **Celebrate strengths:** Recognise creativity, kindness, and problem-solving as much as grades.

Focusing on wellbeing and self-belief helps pupils build the confidence they need to engage and succeed.

This Week's Wellbeing Challenge for Pupils

Try one activity each day this week to build your confidence and wellbeing:

- **Monday:** Break a big task into 3 small steps and tick them off as you go.



- **Tuesday:** Take a 2-minute breathing break when you feel stressed.
- **Wednesday:** Do a quick movement boost — stretch, dance, or walk around.
- **Thursday:** Write down 3 things you did well today (big or small).
- **Friday:** Share one strength you're proud of with a friend or family member.

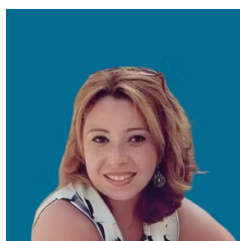
Remember: every small step counts. You don't have to be perfect — just keep trying! ❤️

👤 **Parent Tips: Supporting Avoidance with Wellbeing**

- **Listen first:** Give your child space to share how they feel before offering solutions.
- **Model calmness:** Children mirror adult behaviour — your calm helps them stay calm.
- **Set routines:** Clear, predictable routines reduce anxiety and support focus.
- **Encourage effort:** Praise persistence and small steps, not just final results.
- **Work together:** Choose one small goal for the week and celebrate progress together.

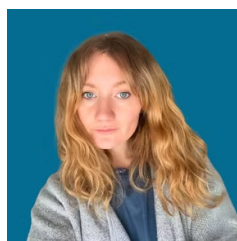
By working as a team — pupils, parents, and teachers — we can turn avoidance into resilience and give every learner the tools they need to thrive. 🌱

Thank you for reading!



Soha Tarek

Dr Soha Tarek
SENCO
soha.tarek@eton-academy.net



Rosie O'Malley

Ms Rosie O'Malley
Wellbeing
roseanna.omalley@eton-academy.net

Parent Feedback

Your feedback is extremely important to us! Please take a moment to let us know your thoughts through our parent feedback form [here](#).

Other upcoming events

- Black History Month - October
- National Poetry Day - Thursday 2nd October 2025
- Diwali - Monday 20th October 2025
- Half Term - Monday 27th October - Friday 31st October 2025
- Parents evening - Monday 27th October - Friday 31st October 2025
- Halloween - Friday 31st October 2025

Do you have an idea or suggestion for our newsletter? Submit it [HERE](#).

Key Contacts

Student Services	student.services@eton-academy.net +44 161 521 1549
Safeguarding Lead	gabrielle.hargreaves@eton-academy.net For emergencies only - +447415341453 Report a safeguarding concern here
Deputy Safeguarding Lead	danielle.viney-burton@eton-academy.net