

Tuesday 19th July 2022

WESTFIELD NEWS

Culture Day



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Westfield Academy, Watford



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On Monday, 11th July, students at Westfield Academy came to school to celebrate Culture Day.

Pupils were allowed to dress in their traditional clothes and in many forms and classes pupils brought a bring and share lunch. Pupils were able to share food from Europe, Asia and Africa.

Pupils in Form Time were able to learn about each other's family backgrounds and share information about the different languages that were spoken at home.

Pupils also shared their favourite foods and dishes from around the world.

Pupils also learnt about how Britain, over the years, has been shaped by people coming to live and work from around the world.



A really enjoyable day had by all.



French and Spanish Culture Week



French and Spanish lessons were enjoyed by all pupils in Years 7–10 where pupils were able to learn about Spanish and French Food and try different foods.

In French lessons, pupils learnt how to make crepes in French and were quizzed on the ingredients, before considering toppings that would be nice. Pupils then got to eat the crepes with Nutella topping being the clear favourite. Pupils also got to learn about the French brand “Bonne Maman” and try some Madeline cakes.

In Spanish lessons, pupils took a adventure with their taste buds to Mexico where they tried salsa



dip and tortilla crisps. They then tried Spanish potato omelette, before sampling cakes which are popular in Spain, but are Italian.

All in all pupils enjoyed the week.

A massive thank you to all staff involved in the shopping and cooking

of the Ingredients. It's quite an achievement to have fed 1100 pupils! Have a lovely Summer!



Football Academy



The Football Academy have been busy delivering lessons to Primary Schools as part of the Joy of Moving UK festival. Pupils had so much fun testing their footballing ability against the target and obstacle courses. Pupils loved

the inflatable Football goal post and enjoyed scoring goals. In other sessions pupils have reflected on healthy eating and healthy lifestyles too.



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VTCT

Summer Holidays

As we head towards the summer break, we thought it would be useful for parents and pupils to have details of the support that is available throughout the summer to help our young people look after their mental health and wellbeing:

- Summer emotional wellbeing support and self-help tools Services for Young People offer a range of emotional wellbeing support as well as programmes and activities over the summer break. More details can be found here: <https://servicesforyoungpeople.org/support-for-young-people>.

HAPpy Camps are back!

this Summer, all over Hertfordshire!

This summer, school aged children eligible for benefits related free school meals, can enjoy **free food, free sports** and **free craft activities!**

Get your **HAPpy Booking Code** from your child's school now, to access all this and more!

Bookings open on
Monday 20th June



All camps are free!



Hertfordshire's
Holiday Activity Programme

HAPpy



Book your child's place at:
sportinherts.org.uk/booking

- Herts Mind Network offer messaging and telephone support for young people: www.hertsmindnetwork.org/services-for-young-people.

- Chat Health text messaging support can be accessed on weekdays via the school nursing service.

- Secondary school aged young people can text any physical or mental health question or concern to 07480 635 050.

- Kooth online support for 10 – 25 year olds - www.kooth.com.

- Togetherall 16+ (online support for parents, professionals, and Year 13 students) - <https://togetherall.com/en-gb>.

- Just Talk Five ways to wellbeing e-learning and other information on self-help tools - www.justtalkherts.org/just-talk-herts.aspx.

- SPA (single point of access) for more specialist mental health services: HPFT's Freephone 24/7 helpline: 0800 6444 101.