

GEA Newsletter

Be Kind and Aim For Excellence

11th May 2023

King Charles III Coronation

At George Eliot Academy, we would like to wish King Charles III and Queen Camilla a long and healthy reign following the Coronation on 6th May.

If you celebrated over the weekend, we would love to feature your pictures in our newsletter next week, please email them to

infoGEA@MidlandAT.co.uk



**George Eliot
Academy**

Part of The Midland Academies Trust

Year 8 Teambuilding Day

On Friday 5th May, Year 8 took part in a Teambuilding Day which was designed to let them explore their leadership skills as well as build resilience and tenacity.

The organisers expressed their gratitude to the year group for getting stuck in and enjoying the day.



PTA—Pre-Loved Uniform

With today's current climate where every penny counts, the PTA are starting a pre-loved uniform facility. This is where anybody will be able to purchase preloved uniform for a donation. Blazers £5, Trousers/skirts £2, shirts £1.

The PTA are requesting if you have any pre-loved uniform to kindly donate, please hand this into the school reception. We are particularly looking for girl's trousers and skirts, any PE kit (shorts, PE tops, PE hoodies), jumpers and ties, but everything will be welcomed.

We also have some brand-new uniform for sale:

Blazers Boys £35 46R
Trousers Boys £5 Slimfit
waist 38" leg 32"

Blazers Girls £35 38R
Trousers Girls £5
waist 38" leg 31"
waist 36" leg 31"
waist 34" leg 31"

Logo Skirt £5 waist 30"

Plain Skirt £4 waist 34"

Jumpers £17.50 sizes 26, 42, 44, 46 & 48

If you have any enquires of pre-loved uniform, please contact Lorraine by email PTAGEA@midlandat.co.uk.

Registered Charity in England No. 1202731



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www.georgeeliot.midlandat.co.uk



Mental Health in Schools Team (MHST)
Tips For Wellness:

STRESS AWARENESS

We can all feel stressed at times and it is a normal reaction to some situations. A certain level of stress can actually be helpful, however too much stress can make us feel anxious or depressed, and may impact on our sleep, eating habits and general wellbeing.

Everyone experience stress differently, so it is important to understand how stress affects *you*. Therefore, you can manage your stress better and stay healthy!

The Stress Bucket:

The Stress Bucket is a way to explain how stress can build up. The stress in our lives is represented by water filling up a bucket - too much water is a problem and can cause an overflow. It is helpful to identify the things in our day that contribute to filling up our bucket and start doing things that help to empty our bucket.

We can talk about our stress levels in terms of how full our stress bucket is. Different problems and demands can fill up our stress bucket, such as education, family worries, friendship problems and losing someone close.

Some people may have a smaller bucket than others - these people may find it more difficult to cope with stress and therefore, they may feel overwhelmed quicker than others.

We can't change the size of our bucket but we can learn to recognise when our bucket is filling up, and what coping strategies can help us manage stress so that or bucket doesn't overflow. Relaxing activities, such as watching TV, going for a walk, reading a book, sitting outside in the sun and talking to a friend, can all help to empty our stress bucket!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!
thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.




May half term revision —UPDATED TIMINGS

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|---------------------------------|----------------------------------|----------------------|-----------------|
| Tuesday 30 th May | History pupils | L001 | 9am- 11.30am |
| Tuesday 30 th May | English pupils: aiming for 7+ | L003 | 12—2pm |
| Friday 2 nd June | Maths pupils (all) | Top floor Linford | 9am-12pm |

Match Fit Kit—Update

Match Fit Kit, our school wear suppliers now offer the chance to pay in weekly instalments which can be arranged over the phone.

No appointment for uniform is required but is recommended.

You can order online and choose click and collect or free delivery.

