

Parent Bulletin, 17th July 2026

Events wc. 31st August 2026

Week 1	
Monday 31 st August	Academy Closed
Tuesday 1 st September	Academy closed to Students (PD Day)
Wednesday 2 nd September	Academy closed to Students (PD Day)
Thursday 3 rd September	First Day back for Students: 8:30am for Year 7 9:30am for all other year groups
Friday 4 th September	

Safeguarding

The summer holidays are almost here, and the Safeguarding Team hope that you have a fun and safe summer. Now is the perfect time to check in with your child about online safety as it is likely they may be spending more time online talking to friends. Conversations around not messaging people you do not know, not accepting requests from strangers, and the impact of too much screen time would be beneficial to have with your child to ensure they are keeping safe in the online world.

If your child is heading out and about on their bike this summer, please reinforce the need for them to remain vigilant to traffic- we do not want anyone injured on the roads!

Please find below a list of places which can offer young people support over the summer holidays. If your child does need some safeguarding support or you wish to notify us of any concerns our safeguarding@oeacademy.co.uk inbox will be monitored regularly.

shout
85258

SHOUT provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.

PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).

childline
ONLINE, ON THE PHONE, ANYTIME

Childline offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their freephone 24-hour helpline is 0800 1111 or students can have a one-to-one chat with an [online advisor](#).

Where to go for help:

SAMARITANS

Samaritans are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at jo@samaritans.org.

THE MIX

The Mix offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7.

YOUNGmINDS
fighting for young people's mental health

YoungMinds Crisis Messenger provides free crisis support and links to a range of support options.

NHS

All local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

Digital resources:

[Calm zone | Childline](#)
Activities and tools, wellbeing exercises and interactive games for under 19s.

[Mental Health - The Mix](#)
Online articles and discussion forums for 11 – 25 year olds.

[Home - Kooth](#)
Online mental wellbeing community for 10 – 25 year olds.

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](#)
Online self-care video library.

The Art Department Needs Your Help!

We are looking for donations!!! if you have any of the following, please ask your child to drop them off at Room G.48, Thank you.

*Margarine Containers

*2 ltr ice-cream containers

First Day Back in September

We welcome back students on Thursday 3rd September. 8:30am for year 7 and 9:30am for years 8 - 11

Ark Education Centre

Ark Education Centre is running a HAF Summer Robotics Club during the summer holidays, giving children the opportunity to explore robotics, coding, engineering, and problem-solving through engaging, hands-on STEM activities.

HAF Summer Robotics Club:

Dates: Monday to Thursday, 10th August – 20th August

Time: 9:30am – 1:45pm

Venue:

Ark Education Centre
Unit 2, 388 High Road
Ilford, IG1 1TL

Age Group: 8 Years up to 16 Years

Free for Eligible Children:

Children who are eligible for the Holiday Activities and Food (HAF) Programme can attend completely free of charge. Families whose children are not eligible for HAF are also welcome to join. Places are available at a reduced fee, and parents can pay using Childcare Choices (Tax-Free Childcare) or accepted childcare voucher schemes.

Apply here:

<https://arktuition.co.uk/haf/>

For more information, please visit:

<https://arktuition.co.uk/haf/>

If you have any questions, please contact us:

Telephone: 020 3441 7272

WhatsApp: 07311 920941



The poster is for the 'HAF SUMMER CLUB ROBOTICS EDITION' at Ark Education. It features a blue and white color scheme with a robot character in the top right. The text 'FREE for eligible children!' is in a yellow box. Below this, there are photos of children working on robots. The main title 'HAF SUMMER CLUB' is in large, bold letters, with 'ROBOTICS EDITION' in a blue banner below it. Underneath, it says 'BUILD • CODE • CREATE' and 'Design, build and programme amazing robots!'. A row of four icons with text describes the activities: 'Learn coding & robotics', 'Hands-on STEM activities', 'Make new friends & have fun', and 'Develop creativity & problem solving'. The dates 'Monday to Thursday 10th August to 20th August' and the time '9.30am to 1.45pm' are shown with a clock icon. A yellow banner at the bottom says 'APPLY NOW!' with a link to 'https://arktuition.co.uk/haf/'. The footer contains contact information: 'CONTACT US' (02034417272, WhatsApp BA 07311920941), 'VISIT OUR WEBSITES' (arkexamcentre.co.uk, arktuition.co.uk), and 'OUR ADDRESS' (Ark Education Centre, Unit 2, 388, High Road, Ilford, IG1 1TL).

ark education
Tuition & Private Exam Centre

FREE
for eligible children!

HAF SUMMER CLUB
ROBOTICS EDITION

BUILD • CODE • CREATE
Design, build and programme amazing robots!

Learn coding & robotics | Hands-on STEM activities | Make new friends & have fun | Develop creativity & problem solving

Monday to Thursday
10th August to 20th August | **9.30am to 1.45pm**

APPLY NOW! Spaces are limited. Secure your place today! | <https://arktuition.co.uk/haf/>

CONTACT US
02034417272
WhatsApp BA 07311920941

VISIT OUR WEBSITES
arkexamcentre.co.uk
arktuition.co.uk

OUR ADDRESS
Ark Education Centre
Unit 2, 388, High Road
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New Catering Contract

As from September we will have new Catering contractor: Taylor Shaw.

The new menus will be published shortly (and will be available on our website), and we will also ensure that any allergies are catered for.

All payments will continue to be made through Arbor, and any balances at the end of July will be retained on the student's account.

Please see Price List Below:

			
MORNING BREAK		PRICE	
Cold Pasta Pot		£1.88	
Cheese on Toast		£0.80	
Half Panini		£1.43	
Loaded Potato Wedges		£2.00	
Folded Pizza		£1.55	
Hash Browns x 3		£1.73	
Hot Wrap		£2.00	
Waffle		£0.80	
Cheese & Bacon Turnover		£1.58	
Nachos & Salsa		£1.86	
GRAB & GO OPTIONS		PRICE	
Fresh Fruit		£0.62	
Watermelon Slice		£0.62	
Bag of Popcorn		£1.30	
Filled Bagel		£1.43	
Croissant		£0.85	
Pain au Chocolat		£1.50	
Muffin		£1.10	
Sauce		£0.20	
Cinnamon Fruit Swirl		£1.55	
DESSERTS		PRICE	
Hot Dessert		£1.10	
Jelly Pot		£0.80	
Whole Fruit		£0.61	
Fruit Pot		£1.33	
Yoghurt Pot		£1.05	
Cookie		£1.00	
Traybake		£1.10	
Packet of Biscuits		£0.68	
LUNCH		PRICE	
Meal Deal		£2.66	
Sandwich Meal Deal		£2.66	
Chicken Nuggets & Chips		£2.59	
Main Meal		£2.25	
Pizza Slice		£1.44	
Hot Pasta Pot		£2.59	
Noodle Pot		£2.59	
Soup & Roll		£1.60	
Quesadilla		£1.00	
Baked Beans		£0.80	
GRAB & GO OPTIONS		PRICE	
Salad Pot		£2.43	
Sausage Roll		£1.10	
Chips (Fridays only)		£1.55	
Pizza Slice		£1.50	
Chicken Burger		£2.50	
Simple Sandwich		£1.98	
Premium Sandwich		£2.32	
Jacket Potato		£1.40	
Jacket Toppings From		£0.80	
Protein Portion Pot		£1.20	
DRINKS		PRICE	
Milkshake		£0.85	
Radnor Fizz		£1.12	
Flavoured Water		£1.12	
Plain Water		£1.05	
Radnor Splash 330ml		£1.10	
Juiceburst		£1.12	
Radnor Small		£0.74	

Supporting Young People's Mental Health



Supporting Young People's Mental Health Parent/Carer Workshops Autumn Term 2026



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>.

Supporting Your Child/Adolescent with Anxiety

Aimed at parents/carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it affects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 14th September 12:00 PM – [BOOK HERE](#)

Supporting Your Child/Young Person to Manage Their Big Feelings

As our children and young people grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Tuesday 22nd September 12:00 PM – [BOOK HERE](#)

Supporting your Child/Young Person with Emotion Based School Avoidance (ESBA)

For parents/carers of children aged 11-16. This workshop focuses on supporting parents/carers to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

Tuesday 20th October 1:00 PM – [BOOK HERE](#)

Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available.

Thursday 19th November 1:15 PM - [BOOK HERE](#)

Understanding and Supporting Behaviour

Children and teenagers may show behaviours that are difficult for the adults around them, for example: aggression, risk-taking behaviours, impulsivity, testing boundaries and inattention. This workshop explores how to understand behaviour and how parents/carers can support their child with these behaviours which may stem from distress.

Tuesday 15th December 12:00 PM - [BOOK HERE](#)

Mental Health Parent Workshops – You can access the workshops [here](#)

Child and Adolescent Mental Health Parent Workshops

NHS
Norfolk and Suffolk
NHS Foundation Trust

Free virtual workshops:

- Supporting your child/Adolescent with Anxiety
- Supporting your child to manage their big feelings
- Supporting our child with emotion based school avoidance
- Supporting your child/adolescent with OCD
- Understanding and Supporting Behaviour



We welcome back students on Thursday 3rd September.
8:30am for year 7
9:30am for all other years

