

Bulletin

7th January 2026

Oasis

Academy
Coulston

Message from the Principal

Dear families,

Welcome to the Spring Term!

We hope you enjoyed a restful break and, like us, are delighted to see our students back in school. We began the term with a Whole School Assembly, focusing on *Dreaming Big*, our House Competitions, and feedback from the Student Parliament. A special thank you goes to Olivia, Lilly S, and Patrick for their impressive performances and contributions.

Spring Term is one of my favourites because it is truly a time for learning. Unlike Autumn, when we are busy welcoming our new Year 7s, or Summer, when exams take centre stage, Spring allows us to focus day in and day out on teaching and learning. This is when students really make their mark.

We love seeing parents engaged in their child's learning. Please encourage your child to log on to EduCake and show you their progress. You can also explore our *What's Coming Up* page to see what topics your child will be studying (CL, please add link).

In class, students will be preparing for their mid-year assessments, with homework designed to support this process. These assessments take place across all 20 Oasis secondary schools, giving us a valuable benchmark of student progress. Students who require additional time in exams will be supported accordingly. Please help your child by ensuring they complete their homework and make use of the revision lists provided to extend their learning further.

Wishing you a wonderful week ahead.

Best wishes,

Ms Green

HABIT OF THE WEEK:

HOPEFUL

ASSEMBLY THEME:

NEW YEAR

WHAT'S COMING UP...

- **Year 7 - 10 Assessments**
7th - 23rd January
- **Year group assemblies**
Wednesday 7th January
- **Year 7 Gideons assembly**
Friday 9th January
- **Disneyland Paris Meeting**
Tuesday 13th January
- **Year 9 Parents' Evening**
Wednesday 14th January
- **'Phones & Social Media' Information**
Thursday 15th January

PARENTS' VOICE

Parents' Coffee Morning

Next Date in Spring. TBC

Parents' Forum

Next date in Spring, TBC

Principals' Drop In

Next date in Spring, TBC

Parent Events

YEAR 7

Parents' Evening 11th February

YEAR 8

Parents' Evening 29th April

YEAR 9

Parents' Evening 14th January

YEAR 10

Parents' Evening 1st July

YEAR 11

Parents' Evening 18th March

ALL YEAR GROUPS

'Phones & Social Media' 15th January

KEY MESSAGES



Independence Champions - English

On behalf of the English Department, I hope you all had a restful break. We are looking forward to kicking off the new term. We will be continuing to use Sparx Reader with Years 7, 8 and 9. Please encourage all students to complete 300 Sparx Reader Points every week to keep on track with their reading. Years 10 and 11 will be using Educake to support revision of key topics covered in class.

We would like to highlight the following students who completed Sparx Reader over the Christmas break.

Year 7: Isabella Sullivan (1,899 points)

Year 8: Kyle Tems (17,276 points)

Year 9: Sophie Whiter (1,100 points)

For Year 10, we would like to congratulate Jayden Briere de l'isle for highest accuracy and questioned answered over the holidays.

For Year 11, Scarlett Sheridan and Sophia Paschali showed excellent engagement on Educake. Well done for keeping up the momentum as we head into the new term.

Independence Champions - Maths

Welcome back to a lovely fresh term.

Year 7, 8 and 9 will continue to have Sparx Maths homework this term. Please encourage your child to ensure they are working extremely hard each week to complete every question.

Year 10 and 11 will be using Educake for their homework. Please encourage your child to log on frequently to complete revision tasks as well as their weekly homework.

Homework Champions will be announced from next week.

YEAR 9

Parents' Evening bookings open Wednesday 7th January at 6.30pm. Art, Drama, Music and PSHE will not be available to book, if you would like an update from these subjects, please contact your child's class teacher.

[Staff Contact list](#)

<https://oasiscoulsdon.schoolcloud.co.uk>

YEAR 11

As Year 11 return to the academy, some students may notice small changes to their timetables. These changes are based on recent mock exam results or mentor group adjustments to support the delivery of additional curriculum content.

February Mocks start in just 9 days! Attendance to school daily is crucial in year 11. Additional information and exam techniques will be delivered over the upcoming weeks to ensure students are fully prepared for the upcoming exams.

WEATHER PLANS

Closing the academy due to inclement weather will never be a decision we make lightly. Throughout the week and day of expected weather difficulties, we monitor the snow forecasts regularly, but as you will be aware, they are not always accurate.

In the event we make the decision to close the academy for the day, you will be notified by 7.30am by text and email (please note: only priority contacts will receive these messages). If we decide to remain open then we will not contact you, therefore, in the event you do not receive a text and email from us then please send your child to the academy as normal.

If during the day we feel that the weather will cause travel difficulties for parents, students and staff we contact local schools and bus companies to monitor the conditions together and decide if a closure is appropriate. If this decision is made, we will send a text and an email to the priority contacts we hold on our system to notify you that we intend to close the academy. For those parents who have ticked the consent on MCAS for their child to leave in extreme circumstances, we will be able to dismiss these students immediately, meaning they can get home as quickly and safely as possible.

CAR PARK

A reminder that parents should not be driving into the grounds to drop off or collect students, unless this has been specifically agreed by a Family Leader or SENCO.

In addition, we have received complaints from residents whose drives are being used to turn around in and one has had damage caused. For families who do need to drive, please plan a suitable drop off / collection point beyond the main gates, as this area is zig-zagged and double yellow lined.

WATER BOTTLES

Please ensure your child has a refillable water bottle with them, each day, at the academy to save waste caused by paper cups and single use plastic bottles.



Sleep Hygiene for Teens: Small Habits, Big Gains

Sleep powers learning, mood, and resilience, but it can be tricky during the secondary years. Late-night scrolling and stress can derail routines and make falling asleep harder.

Why it matters: Lack of sleep can intensify worry, reduce concentration, and create a cycle where poor rest fuels more stress. A few steady habits can reverse that.

What helps? Build a wind-down routine: dim lights, put phones away an hour before bed, and keep a consistent schedule, even at the weekend. Try breathing exercises or journaling to park racing thoughts until morning.

Further support:

Place2Be: Sleep Tips for Children - <https://parentingsmart.place2be.org.uk/article/my-child-has-trouble-going-to-sleep>

YoungMinds: Sleep and Mental Health - <https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>

Antony Johnston is the Place2Be Mental Health Practitioner at Oasis Academy Coulsdon (place2talk@oasiscoulsdon.org). Place2Be is a children and young people's mental health charity providing counselling, mental health support, and training in UK schools. Provided that consent has been given, children can drop-in on Wednesdays and Thursdays to speak with Antony.



Oasis Encounter is a therapeutic programme based on the principles of Non-Violent Resistance (NVR), which explores 'connection before correction' and has proven to be effective even where a child has anxiety, ADHD, Autism or struggling to attend school. NVR is an innovative form of family intervention and can help parents/carers to re-establish a warm, loving and containing parental presence.

The programme provides expert teaching, skills building and a significant amount of peer support as parents will join live on Zoom for an hour and a half each week. There is wrap around support midweek via our WhatsApp group and many parents continue to use this WhatsApp long after the course has ended.

Here is feedback from a parent last year:

'Before coming to this course my relationship with my child was non-existent - we screamed instead of talked. He hit instead of using his words. Our family was miserable. Now finishing I feel like our family has done a 360 - our communication has gained so much more. Our relationship has become stronger, and we are all so present in our family environment. I'm so upset to say it's our last week here. But so grateful for this opportunity as it has changed our family lives forever. Thank you so much.'

If you are keen for support, please check out our webpage and to sign up.

[Encountering hope: Introducing the Oasis Encounter course - Oasis UK](#)

For more information or any questions, please get in touch or email oasis.encounter@oasisuk.org



STUDENT SHOUT-OUTS

- Joe J has been selected for the Great Britain Baseball Under-12 team! He was selected after attending the trials in Coventry.
- Emily G - Amazing independent work using the oldest microscope we have to view plant cells from an onion!
- Callum, Yaseen & Sevastian for a great Maths lesson
- O'Shea for being so helpful in class and always being kind and considerate to other members of his class
- Isla and Laila for staying behind after school to do extra maths before their test
- Malachi Roberts: Excellent participation in Science
- Freddie de Bidaph: Impressive calculation skills in Physics!
- Y7 Lexi H, Thomas S, James J, Nene S, Kosi S, Elliott, Toby and Luke J really stood out as having excellent timing in our rehearsal!
- Jimmy J exceptional work and focus in lesson. Awesome participation and contribution. Well done Jimmy, we are so proud of you.
- Lily P, Mattew O and Nikki M for excellent work in maths.
- Kitty S for quietly getting on with her work and learning in lessons
- Breffy M Year 8: Followed instructions and completed half of his sparx reader homework in English lesson.

- Jessica S, Year 10: Excellent focus and piece of writing in English lesson.
- April P YR 10 for improving her attendance SO much!
- Joshua H YR 10 for being so kind and patient towards another student in Maths lesson, helping them with some difficult topics.
- Sevastian was amazing in hockey inter house tournament!
- 9B Asp, great work by everyone. Awesome class
- Josiah B Y11 excellent focus in French, contributing well and focussing despite distractions in class. Bon travail!
- Archie K Year 11 for amazing Science focus
- Archer B Year 10 great reading and discussion surrounding drug development in Science
- Miley S, Alesha Jane B, Krystle M and Cavell J all year 11 did a fantastic job at intervention after school. Well done
- Hazel H has been absolutely shining in science lately, showing amazing focus and curiosity. Her hard work has paid off with fantastic results!
- Theo R is always on top of his work and consistently impresses me with the quality of his answers. His effort, and thoughtful contributions make a real difference in the classroom.

- Jean B beautifully organised notes and her willingness to contribute thoughtful answers in every lesson really stand out. Her effort, care, and enthusiasm make the classroom a better place.
- Lucas M never gives up until he finds the right answer in science, and his determination to keep improving is incredible.
- Immy W year 10- showing a huge growth in confidence in Spanish, I love how much she improved her speaking skills.
- Asha B year 9 - well done for being so confident in creating new Spanish sentences
- Hari Y year 11 - explaining confidently and giving examples of the use of 2 different "I am" in Spanish
- Ollie W year 8: he excelled in building new sentences in Spanish. His vocab knowledge is excellent!
- Julius A year 8 is ALWAYS a jewel in lessons. Always wanting to give out books and help teachers.
- Archie W, year 8: Thinking very hard in Maths lesson p1. Good question asked in the lesson.
- Geraldo M - Excellent answer linking GDP per capita to population size.
- Ethan Janes Year 7 for not only reading to the class in a beautiful, clear, well-projected voice, but also engaging fully in the lesson and providing well thought out answers to questions. Well done.
- Oscar Denney Year 7 for having the maturity to re-examine his calculation of mass answers in Science and self-correct his work. Well done.

- Sebastian L Y11, Shavonne A Y11, Rhys M Y11 - Giving up their lunch for Higher Intervention. Getting stuck in to some of the trickiest elements of French grammar and doing so with absolute confidence and style!
- ALL the students who took part in our Carol concert! The talent in this school is amazing!
- Year 7 carol service students - you were all brilliant, but I want to mention Thomas S, Kelsey M and Lana B for their solos and Olive R, because I'm so sorry I left you out of the programme! Well Done!
- Jack HS, has really come out his shell this year and been a real team player in PE. We are extremely proud of him.
- Beau HW - helping in a mediation with 2 students in year 8 who had a problem.
- Charlie E (year 9) for stopping to let a student through the door when it was very busy and she was struggling to get through the other way.
- George D shows so much determination every single lesson
- Shout-out to all the amazing students who completed their Sparx homework within 7 days! Your dedication and consistency are paying off—keep up the fantastic work!
Kelsey M, Izzy M, Joseph C, Vilyan V, Soph B, Isabelle M, Shailey F, Isabella F, Kitty S.
- Edward D year 8 - a fantastic student in every single lesson. Always kind, polite & helpful. Well done Edward!

- Skye H, Mya S, Wiliam M, Brandon M, Aaliyah A, Soph B, Katy F You are smashing maths —fully focused and working hard every lesson. Keep up the amazing effort!
- Zachary D, Year 8: Has done good research and produced good work in a Word document in Computing lesson.
- Tilesha, Laila, Isla for coming to extra maths revision after school
- All the Y10 Students on the Westminster Abbey trip - a real credit to the school
- Lilly W is the absolute personification of the 9 habits. I cannot praise her enough.
- Oscar S & Christopher M, both lovely hard working students. Always a pleasure to work alongside
- All of 7CW for delivering their outstanding year group assembly.
- The army of 60 year 10's who turned up during their lunch break to help wrap books for Christmas miracles
- Jamiella F Y11 - For coming up to me with HW she has already started and asking me to check it before she carries on. IT IS GREAT WORK, I am so proud of her for this
- Harry M was really inquisitive in maths today, really showing he wants to improve
- Rosey-Blue B, Mackayla M-J, Alanna F, Lilly D, Bella D, Sydney S, Isla S, Lexi H, Bella I, Sienna S, Jett M, Praise A raised £60.60 for RSPCA
- Isla Smiles, Ethan Wilkinson, Bonnie Collier, Jett McKenzie some lovely Art submissions

- Gabriel L, Lottie J, Vilyan V, Chloe S, Tia M, Joe J, Prince D, Julius A - committed to our school production, attending extra rehearsals and doing really well with lines and accents.
- Nathan C has been following instructions brilliantly in science and putting in real effort to improve the quality of his work and understanding.
- Nabil L Y7 is incredibly polite and always eager to challenge himself in maths. He consistently asks for extra work and pushes himself to go further
- Pierre OS Yr8 has been taking part in the online Axiom Maths circles and has been able to give articulate explanations of his ideas to the other members of the group.
- Poppy Q Yr 8 has been taking part in the online Axiom Maths circles and has shown strong understanding of network theory this term.
- Holly D Yr9 has been taking part in the online Axiom Maths circles and has approached challenging problems with an adventurous and determined attitude, her confidence has grown significantly this term.
- Jasmine R Yr9 has been taking part in the online Axiom Maths circles showing excellent engagement, providing interesting answers and asking probing questions.
- Amazing Y11s that have come in every morning at 7 to work on Textiles coursework: Shinead, Hannah, Shavonne, Lugein, kitty, Lily Rose, Tayla, Isabella, Francesca. Utterly consistent and dedicated

- Zach MA pushed himself to do the higher maths GCSE papers as he smashed foundation. I'm so proud that he tried and pushed himself out of his comfort zone. He also was so pleased and proud of his fellow student who also did the higher paper and smashed it. He was a real cheerleader for them.
- Savannah G in Year 9: Absolutely smashing it in Science with unwavering curiosity and hardwork!
- The students from Aspire who didn't go on the trip: Jimmy J, Osman S, Breffy M, Oscar V, Mohamed O, Ethan A. It was a joyful day - you all showed great communication skills and I really enjoyed spending the morning with you all. Thank you
- Jenna, Leo, Evan, Olivia S, Holly M, Robyn M, Ellie J, Lavin, Lily S for singing and reading to the Brightsparks nurse students during their Santa visit. They were absolutely fabulous
- Harry S and Juliana A (yr 9) - excellent extended writing in French.
- Yr 10 - April P, Lily S, Molly P and Olivia S amazing performance in Music, so impressed with the girls and lovely to see them all be so confident.
- Max B YR8. Showing compassion and inclusion during a maths activity
- Prince D in 7aPas always offers to hand out the books and oversees their collection back in. I never have to ask, he helps automatically. He is so polite with such lovely manners

- Year 11 - Jacob P, Archie P, Rosa W and Jonathan K so focussed and intrinsically motivated with completing their coursework and writing up supporting information.
- Y9 - Leo R and Phillip R taking every opportunity to try and improve and make progress.
- Y8 - Great Sambistas, leading their ensembles in final drumming performances: Beau R, Eli B, Riley A, Alba GW.
- Y9 - Jean B in Maths cover lesson. Worked really hard and helped explain things to others.
- Aimee, year 9. I am absolutely proud of your growth in maturity and decision making. I have seen the extraordinary transformation in your whole character. We are all very proud of your accomplishments and progress, and we hope that this will extend into your future aspirations
- Year 7 -Lara L, Davina W, Shifa N and Luna J for a wonderfully planned and delivered PSHE project
- Sevastian A for a great Maths test result. Well Done!!
- Johnathan J for a great Maths test result. Well Done!!
- Shae NM Y11 - Really mature attitude towards History studies and very focused. Well done Shae, we are super proud of you! YOU'VE GOT THIS!
- Y8 Muna Beckford is so considerate and kind. I see her being a lovely friend to other y8 students and she is always polite to staff. Thank you for thinking of me.
- Scarlett, Chloe, Isabel, Gaby V, Belle S, Tahlia, Rebecca, Xanthie for their trip to Byron where they sang and read to the reception students. They brought fun and Christmas spirit and it was really sweet to see them interact with the little ones
- Ryley VS, for his attendance certificate. That is an awesome achievement and recognition . We are all very proud of this accomplishment. Let's carry this ethic onwards, to other areas of your school journey, and your future
- Ria A for baking individual Christmas cakes and cakes for her teachers, she asked their preference and even gave them an individually wrapped spork to eat it with. So lovely of her to spend her time making a treat for staff, so very thoughtful
- Emma L Year 7 for a wonderful first term at Oasis - really building in confidence and resilience
- Maya B - came to show me her finished work she had made for her GCSE textiles. It was beautiful and I know how hard she had worked on it.
- Maleeka M for showing resilience and tenacity in her approach to science!!
- Francesca A for getting a geography study group together for over the Christmas break, showing commitment to their studies
- Year 10 drama: this group worked really hard even coming in at lunch to practise and made a performance they should be really proud of Darcie P, Sadie N, Lilly S, Saphia M.
- Jimmy J, for helping with our year 7 inter-house, he demonstrated his excellent leadership skills.
- Zoe D independently completed some beautiful hand embroidery outside of school of her Nans dog. Exquisite!
- At the year 11 trip, we were complimented by the behaviour of the students by the main staff member. We also had a member of the public state that some of our students checked if their young child wanted to go on an arcade game that they had been using before they continued to take their go.
- Niyathi R has published her own collection of poems entitled 'Echoes of Voices beneath a Starlit Sky' on Kindle. I have read an advanced copy and they are terrific.

If you would like to share any student achievements outside of the academy, please [click here](#).

Useful Links

