

Bulletin

13th January 2026

Oasis

Academy
Coulsdon

Message from the Principal

Dear families,

Welcome to Week 2 of the Spring Term!

Despite the icy conditions, last week was fantastic. Our students did an excellent job setting off earlier in the mornings to ensure they arrived on time, thank you for supporting them with this. We also has a number of moments last week where you children showed such amazing compassion to others, we are so proud of the character of our student body.

Year 11 have returned with great determination to make the most of their final full term. I've been so impressed by their revision timetables and dedication. If your child is finding this challenging at home, please let their mentor know so we can provide support.

For Years 7–10, mid-year assessments will begin over the coming weeks. These are not the same as end of year exams and will not take place in the exam hall. Each student will sit their assessments at different times within lessons. The main purpose is to check that students are making expected progress and to inform our teaching, rather than waiting until summer. There is nothing for students to worry about, but we do encourage them to revise as this helps build the skills they'll need for future exams in Years 10 and 11. If you need any support, please reach out to your child's mentor.

If you have any queries or would like to give us some feedback please do using this [form](#).

As a result, our calendar is quieter over the next few weeks so we can focus on supporting students in class.

Wishing you a lovely week.

Best wishes,

Ms Green

HABIT OF THE WEEK:

SELF-CONTROL

ASSEMBLY THEME:

DRUG AWARENESS

WHAT'S COMING UP...

- **Year 7 - 10 Assessments**
7th - 23rd January
- **Disneyland Paris Meeting**
Tuesday 13th January
- **Year 9 Parents' Evening**
Wednesday 14th January
- **GCSE Moderation - Athletics**
Thursday 15th January
- ~~Phones & Social Media' Information~~
~~Thursday 15th January~~
- **Attendance Support Evening**
Wednesday 21st January
- **Year 10 JPF Speak Out Challenge**
Thursday 22nd 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

'Daniel Spargo - Drugs and Alcohol awareness'
29th January

KEY MESSAGES

YEAR 11

The year 11 students have returned with an excellent attitude towards their studies. We have noticed, however, a slight downturn in attendance since our return on Tuesday. We are emphasising to the students the importance of every lesson, especially at this critical time of the year in the lead up to the second mock examination period. At this time, students are receiving mixture of delivery of new content and revision so lessons are even more invaluable. We would appreciate your support with reiterating this message and the importance of the everyday and every lesson counting in their final few months at the Academy.

Students have also received a template for revision last week. Students completed this during mentor time to ensure that they are prepared for the upcoming mocks which are starting with MFL Speaking on the w/c 19th January. Food and Nutrition exams the following week are graded towards the overall mark for their GCSE. Please ensure that students are prepared in advance for any ingredients/equipment they might need.

YEAR 9

Archie Goodman, previous OAC student came to speak to Year 9 about the options process, including how to choose the best subjects, the things to look forward to at college and other future plans. The students were engaged and interested in Archie's speech. We will have other guest speakers and visitors in the coming months to support the big decisions and Heads of Department will also be presenting about their subjects in assemblies all to help guide Y9s to making the right choices. The Y9 team look forward to working with you and your children at this exciting time.

YEAR 8

The Royal Air Force Air Cadets (RAFAC) will be visiting the academy for their recruitment assembly on Wednesday 14th of January. They will be hosting a 'Try it and See Day' which is designed to be a stimulating day that will show individuals who may be potentially interested in joining the organisation exactly what the Air Cadets is all about. This will happen on with this Squadron on Saturday 17th January 2026. Please find below a link to register your interest and ensure you fill in with your Child's name. <https://www.eventbrite.co.uk/e/285-sqn-try-it-and-see-day-tickets-1977136991966?aff=oddtcreator>

YEAR 7

Many year 7 students have shared concerns about the upcoming mid-year assessments, but please be assured that these are nothing to worry about. The purpose of these assessments is to help us, as teachers, identify what students need so we can provide the right support and ensure they make the best progress. While the results will help us place students into sets, these sets are designed to give your child the most effective teaching for their individual needs. We have one top set on each half of the year group, then two mixed ability groups and one support class. Sets are not fixed. Students can move up or down over time based on their progress. Additionally, these assessments play an important role in preparing students for their future GCSE exams, as they help them become familiar with the process of sitting formal tests.

OPEN EVENT

A reminder from Shirley High School, their 6th Form open evening is this Thursday, 15th January 5pm—7pm.

MFL Linguist of the Month for December:

These students have been brilliant in lessons and homework

Year 7:

Lilly-May Lamptey
Kelsey Musambi
Parker Hathway
Lana Bishop

Year 8:

Eli Ballam
Carma Murray
Filip Wolniak
Nickoy McKenzie
Lillian Yaxley

Year 9:

Leo Rapley
Charlie Elsworth
Ned Vaughan
Juliana Adeboye
Mia Daniels

Year 10:

Spencer Henry
Zoe Davis
Patrick Seabrook

Year 11:

Rosa Wood
Sam Jindal
Mirrin Smither
Zhanae Zeini-McLean

Independent Champions—Maths

Well done to the following students who achieved the highest XP on Sparx Maths over the Christmas break:

Year 7 – Mackayla Martin-Jalloh

Year 8 – Jodi Ralph

Year 9 – Christopher Anyaegbunam

Well done to 8a/Ma-Rigour who had the highest completion rate on Sparx.

Well done to the following who have worked really well on Educake over the Christmas break:

Year 10 – Shariah Vincent answered 200 questions and Ethen Perinpanathan answered 100 questions with 89% success rate.

Year 11 – Jacob Phillips, Sam Jindal, Omoyemi Salami, Ethan Smeed and Nisa Uyanik answered over 200 questions.

Well done!

Independence Champions - English

Congratulations to the following KS3 students who have worked hard on their Sparx Reader this week:

Year 7 – Kosi Silinda

Year 8 – Kyle Tems

Year 9 – Kitty Sleight

The department would also like to highlight the following KS4 students and their engagement on Educake:

Year 10: Sadie Ntow

Year 11: Jenna Hill

Well done!

Our house system continues to play a vital role in bringing our core values to life - *family, high expectations, every lesson counts, and achieving excellence through rigour, resilience and passion.* With the first term now complete, the house table is beginning to take shape.

Sycamore made an impressive start with a commanding performance in the inter-house sports competition, while Birch celebrated success in the staff house quiz during INSET.

Our reigning champions, **Ash**, end the Autumn Term at the top of the leaderboard as they work to defend their title.

House Points – End of Autumn Term

- Ash – 56
- Elm – 51
- Maple – 46
- Sycamore – 43
- Oak – 40
- Hawthorn – 39
- Birch – 36

Upcoming Competition: House Challenge (University Challenge-style quiz)

While our house events showcase the spirit and culture of our community, it is the everyday actions that truly determine the champions.

Each half term, houses are awarded competitions points for conduct and attendance - a reflection of our belief that every lesson counts. Ash have led the way in both areas this year and last, which underpins their success.

Ultimately, the house that triumphs will be the one that consistently demonstrates our shared values in every aspect of school life.





Exam Stress: Keeping Pressure in Perspective

Exams can feel like the world is watching, but they're just one part of the bigger picture. Stress isn't always bad; it can motivate. But too much can tip into anxiety and exhaustion.

Why it matters: When stress spikes, teens may lose sleep, withdraw, or feel overwhelmed. That's when support counts.

What helps? Breaking revision into short bursts with breaks, encourage movement and fresh air, and keep language positive by focusing on effort, not perfection. Remind them exams don't define their worth.

Further support:

Place2Be: Navigating Exam Season - <https://www.place2be.org.uk/our-services/young-people/navigating-exam-season-free-resources/>

Anna Freud Centre: Coping with Exam Stress - <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/revision/>

YoungMinds: Exam Stress Advice - <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

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

I Wish I'd Known

A workshop for parents and carers about young people, drugs and decisions

from the Daniel Spargo-Mabbs Foundation



DSM foundation
The drug education charity



COMMUNITY
FUND

Subject title: I Wish I'd Known – a workshop for parents and caregivers on young people, drugs and decisions from the DSM Foundation with funding from The National Lottery Fund.

We would like to invite you to a drug and alcohol awareness workshop for parents and caregivers led by the drug education charity the Daniel Spargo-Mabbs Foundation, with funding from The National Lottery Fund. This will be held on **Thursday 29th January at 6pm at Oasis Academy Coulsdon.**

The world for young people today is very different than it was for the adults in their lives, including greater levels of exposure and access to drugs than ever before, partly thanks to social media, which in turn increase the potential for them to come to harm. This session provides an opportunity for you to become more aware of what issues face your children, and what you can do to help them stay safe. You can ask questions before the workshop via the online survey link you will receive, and during the workshop itself.

The session will involve finding out about:

- ♦ levels of young people's exposure to drugs and alcohol – what, where, when and how
- ♦ what parents and caregivers need to know about the risks faced by young people when it comes to drugs and alcohol, and the factors that affect the decisions they make
- ♦ how to have effective conversations with your child about drugs and alcohol, and practical suggestions for what you can do to support them to stay safe
- ♦ how to know and what to do if you have concerns about drug use
- ♦ where to go for more information and support.

The DSM Foundation is a drugs and alcohol education charity set up in 2014 by Fiona and Tim Spargo-Mabbs after the tragic death of their 16year old son Daniel as a result of an accidental overdose of ecstasy. The aim of the charity is to support young people to make safer choices about drugs, which it does through a broad range of workstreams. Find out more at <https://www.dsmfoundation.org.uk/what-we-do>

Please complete the survey link below before the workshop as this will assist the DSM Foundation in addressing and answering your specific questions and concerns. The survey is short and anonymous. The link is here - <https://www.surveymonkey.com/r/X2BB65B>

Please book your space by [clicking here](#)

Parent Webinars with GT Scholars



*Help Your Teen Develop a Growth Mindset:
Discover the #1 Tool to Empower Your Teen
& Set Them Up for Success*



FREE Parent Webinar January 2026

Date: Tue 20th Jan 2026

Time: 7:30 - 8:45pm (UK time)

Sign up to join us LIVE or get
access to the replay:

gtscholars.org/parent-webinar





STUDENT SHOUT-OUTS

- Henry F - competed in a National Swimming Gala and came second across the country, despite feeling unwell at the time. What an incredible achievement!
- Amiyah DT, what an awesome start of the new term. Excellent contribution in lesson. Impeccable and impressive behaviour and manners to everyone . We're very proud of you Amiyah keep it up
- Alicia W showed me some excellent revision that she has completed over the holiday ready for her mid-year assessment
- Eoin H participated fantastically well in lesson today - really engaged and hand was up constantly wanting to participate
- Gabriel O has gone round and specifically said "Happy New Year" to everyone he has seen for the first time. It is so lovely to see him starting these conversations.
- Saqib M, for showing our habits - compassion, considerate and patience to accommodate two of his peers so that they can have a good lesson. So proud of him
- Year 11, Joel B, Luke G, Miley S, Alesha Jane B and Krystle M all worked exceptionally hard and showed real dedication to making progress in maths.
- Korey TH: worked very hard in today's lesson showing commitment to Spanish. ¡Vamos, Korey!
- Mirrin S has shone today thinking independently in Spanish. ¡Buen trabajo, Mirrin!

- Joshua Hughes, Completing 2 pinpoint booklets. 1 of which was the feedback from his Autumn 2
- Bethan A Y11 for staying behind the lesson at break time to ask me to look at her exam question that she did at home. It showed some great knowledge and brilliant use of structure. Well done Bethany!
- The whole of 9b/Pas today for History. They were a genuine delight to teach and showed maturity in knowing that they needed to come in and be calm as they have to be ready for assessment. Some brilliant verbal answers and reasoning in particular from Malachi, Sophie, Skye, Leart and Alaina.
- Aviah AA, Ethan H, Aaron F, Christopher A, Osman S, Sophie T for working on Sparx Reader gaining over 300 points even during the holidays!
- Lily T Y10 - She is working really hard in History, her confidence is really growing.
- Callum W Yr 8 - his improvement has been huge.
- y9 Janai M and Finn S for excellent Clocks sequencing projects in music last term
- Archie K for a lovely chat yesterday while we walked to Mrs Billing's room to get him some work to do.
- Joshua H in Y10 for being brave and finally going into his mentor time today after long time proud of him.
- Max T - sent a really lovely, kind and mature email to me.
- San M, smashed maths. He was so focused and completed the booklet.

- April P - Year 10 - Showcasing her multitasking abilities by playing guitar and singing beautifully during her solo performance rehearsals.
- Class of 9B Aspire, an amazing work ethic in Science. Well done for applying yourselves so sensibly and maturely to your lesson. We are proud of you, keep it up.
- Freddie C - yr 8, participation brilliant in lesson, answering all cold calling questions but also volunteering answers, too.
- Y11 Archie P, Rhys M and Rosa W - excellent answers, and auspicious winners of an AoS 2 connect four quiz!
- Tillie H-S y8 - always a great student but working particularly hard in English, reading aloud and having great answers to the questions. Well done Tillie, as always
- Year 10 Ollie - Great focus in today's food lesson and worked really well. Excellent effort.
- William M - Year 10, fantastic contribution in class today. Your questions really supported your class and helped move the learning forward. Well done.
- Lexi H for doing a sea swim/dip on Boxing day. Impressive.
- Ayşe R year 9 for wonderfully participating in her PE lesson . Came into the gym and immediately started doing exercises without disruption. Well done Ayse, I'm very proud of you.

- Emily A for her excellent participation in media studies.
- 9b/pas History group - 2 for 2!!!! SMASHED IT again for their 2nd lesson back. Amazing curiosity, worth ethic and deeper level thinking. SO proud of you..... well done for truly showing "passion" for your studies this week.
- April P for her first Health and Social lesson - April joined in the middle of completing coursework and has got stuck in straight away making some fantastic points! I'm so proud!
- Immy W year 10 for being extremely receptive and creative in Spanish. I absolutely love working with her on her speaking!
- Nicholas R in year 10 has been working very hard on his exam skills. He has been very diligent and was asking very relevant questions.
- Amy R year 10 has smashed her Spanish dictation today! Great job!
- GP O year 10 for making huge improvement in participation, understanding and written performance.
- Maggie M in science for showing " I can do this attitude"- and feeling proud of the outcomes by throwing fist in the air
- A MASSIVE CONGRATULATIONS to Musa J for absolutely smashing his Mid Year Formative in Geography. Your score was phenomenal and an amazing achievement. Keep up the great work in Geography.

- Amiyah DT for an absolutely FABULOUS score in her Mid Year Formative in Geography. Amazing achievement, you deserve this success because you worked so hard last term. You can feel very proud.
- Ryley VS for a SUPERB Score in his Mid Year Formative in Geography. Look what you can achieve when you put your mind to it.
- Isabelle G Year 8: For showing kindness and being very helpful to two students in computing lesson.
- A MASSIVE CONGRATULATIONS to Callum W for achieving an amazing score in his Mid Year Formative in Geography. Keep up the great work.
- Harrison S for his AMAZING score in his Mid Year Formative in Geography. Your continued concentration and hard work has paid off. Well done on your perseverance.
- Sevastian A for an absolutely FABULOUS score in his Mid Year Formative in Geography. Amazing achievement, you deserve this success because you always show great interest in Geography and work so hard. You can feel very proud.
- Tommy C, Ethan A, and Johnathan J for working so hard in Maths. You all completed so many time tables tests in record time with perfect scores. Incredible!
- Amie H for always showing kindness and being the first to offer help to her fellow Aspire classmates. Keep focussing on the positives.

- William M Year 10 for helping an old lady after she fell in the snow. She asked if she could give him money as a thank you but he refused and said "I enjoy helping my community". Such a lovely lad.
- Alani B - amazing focus and effort in Spanish today!
- April P YR 10 - making such a great start to the term. Joined a new class after option change and has joined with no issues, attending all lessons and making such an effort to achieve. So proud of her
- Y11 - Zhanae ZM for being brave and practicing her brilliant Spanish during the holiday!
- Stan K YR 10 - revising and trying his best in all subjects for his mid-term assessments. He is doing amazingly in mainstream.
- Sophie D and Saira R for volunteering to attend extra maths intervention - showing real determination to do well
- Finley H, Maya B and Esme S all volunteered to stay after school to do part of an exam paper.

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

Useful Links

