

Bulletin

19th January 2026

Oasis

Academy
Coulsdon

Message from the Principal

Dear families,

Welcome to Week 3 of the term.

I have been so impressed by the dedication our students have shown in lessons so far. There is a real, quiet determination in them to do their best and make effective use of the revision resources available. Understandably, some students have felt nervous about their assessments, but these opportunities are important in helping them become familiar and confident with the process so that they feel routine rather than overwhelming. For students with additional needs, we are providing extra time where they are eligible. If you have any concerns, please do get in touch with the relevant class teacher.

This week, our Year 10 students will take part in the Speak Out Challenge, a fantastic day designed to support young people in developing confidence when speaking in front of others. This forms an important part of preparing them for the GCSE English Language speaking and listening component, which all students complete in Year 11. Each year, our students thoroughly enjoy this day. While it can bring some nerves, the facilitators are excellent at gently encouraging students out of their comfort zones and helping them grow in confidence and self-belief. Please ensure that students attend, as this experience genuinely supports their GCSE preparation.

Best wishes,

Ms Green

HABIT OF THE WEEK:

PATIENT

ASSEMBLY THEME:

INTERNATIONAL DAY OF
EDUCATION

WHAT'S COMING UP...

- **Year 7 - 10 Assessments**
7th - 23rd January
- **Year 11 MFL Exams**
19th—23rd January
- **Attendance Support Evening**
Wednesday 21st January
- **Year 10 JPF Speak Out Challenge**
Thursday 22nd January
- **Jack Petchey Awards Celebration**
Thursday 22nd January
- **Year 8 Basketball Tournament**
Friday 23rd January

PARENTS' VOICE

Principals' Drop In

9th February

Parents' Coffee Morning

12th February
16th March

Parents' Forum

2nd March

See below for further
details and to book

Parent Events

YEAR 7

Parents' Evening 11th February

YEAR 8

Parents' Evening 29th April

YEAR 9

Pathways Evening 5th March

YEAR 10

Parents' Evening 1st July

YEAR 11

Parents' Evening 18th March

ALL YEAR GROUPS

Drugs and Alcohol awareness

29th January

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](#)

KEY MESSAGES

YEAR 11

MFL Speaking exams are starting Monday 19th. Students should be on time to school to have communication where and when their speaking exams are.

Good consistent sleep supports brain function and performance at school. With the year 11s approaching the mock period this routine will be beneficial for them performing well in the February Mocks. Quality sleep is essential for your mood, health, and academic performance. Teenagers should aim for 8–10 hours of sleep each night, especially during exam periods, as sleep helps consolidate memories and improve brain function. A consistent sleep schedule, a cool and quiet bedroom, limited screen time before bed, and regular exercise can all promote better sleep. Avoid excessive caffeine and late-night social media, as these can disrupt rest. Skipping sleep to revise is counterproductive - rest is the secret to exam success.

AEROSOLS

Aerosols and spray deodorants remain on our list of prohibited items. This measure is in place to protect all students, particularly those with severe medical conditions that can be triggered by aerosol products. In addition, aerosols can be misused and have previously set off the school's fire alarm system, creating unnecessary disruption and safety concerns.

We regularly remind students about these risks, but aerosols are still being brought into the academy. We fully understand that many young people want to use deodorant as they go through puberty, and we encourage this. However, to ensure everyone's safety and comfort, we ask that students use roll-on deodorants instead.

From this week, any student found with an aerosol will receive a 50-minute detention. Thank you for your continued support in helping us maintain a safe and inclusive environment for all.

YEAR 10

As we move through the term, please continue to check in with your child to ensure they are keeping up with homework, getting enough sleep, and maintaining healthy eating habits. These routines make a big difference to their wellbeing and progress in school.

A reminder that students should also now be seeking work-experience placements for the summer. Securing these early gives them the best range of opportunities.

YEAR 7

As we move further into the school year, our Year 7 students have now reached a stage where they are well settled into secondary school life. They are growing more confident in their routines, forming friendships, and becoming familiar with expectations. However, with this settling often comes the influence of peer pressure, as students begin navigating social dynamics and seeking acceptance within their friendship groups. This is also a time when many children become increasingly curious about social media, despite most platforms having a minimum age limit of 13. We encourage parents to continue discussing safe online behaviour with their children and to remind them why these age restrictions exist. They are designed to protect young people while they develop the emotional and social skills needed to manage online interactions responsibly. Working together, we can support Year 7 in making positive choices both in school and online.

Friends of Oasis Academy Coulsdon

Our Friends group, similar to a PTA are looking to relaunch with the return of events to support the academy but need help and new members to do so. Our current Chair, Mrs Taylor, is hosting a meeting at 5.00pm on Thursday 12th February at the academy, to explain the types of events and involvement are needed and to answer any questions you may have about joining. Please complete the form below to show your intention to attend, so that we are aware of numbers. The Friends also have fun and enjoy spending time together, it's a great way to get to know other parents at the academy.

[Friends of Oasis Academy Coulsdon \(FOAC\) – Fill in form](#)

INDEPENDENCE CHAMPIONS - MATHS

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

Year 7 – Nelson Bernardo

Year 8 – Nihaan Kaushik

Year 9 – Christopher Anyaegbunam

Well done to 8a/Ma-Rigour who had the highest completion rate on Sparx – second week in a row, well done!

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

Year 10 – Elliot Ralph has answered over 150 questions with a fantastic success rate.

Year 11 – Jacob Phillips answered a whopping 300 questions.

INDEPENDENCE CHAMPIONS - ENGLISH

This week, we would like to celebrate the following KS3 students who shown achieved an abundance of Sparx Reader Points

Year 7 – Ethan Wilkinson

Year 8 – Dilawar Nafees

Year 9 – Connor Woods

Congratulations to the following Year 10 students for their work on Educake

Year 10 – Riley Covington

Year 11 – Londyn Hobbs-Mattis



Parents Supporting Revision: Making It Manageable

Revision can feel overwhelming when it's all or nothing. A steady, realistic plan helps teens build momentum without burning out.

Why it matters: Without structure, stress rises and learning suffers. Teens may procrastinate, stay up late, and lose confidence. A calm, consistent approach keeps things in perspective.

What helps? Co-create a simple timetable with short, focused bursts (25–30 mins) and regular breaks. Encourage active strategies—flashcards, teaching back, mind maps—and vary subjects to keep energy up. Schedule movement, sleep, and snacks; effort earns praise more than perfection. Try a “parking lot” notebook to offload worries that pop up mid-revision.

Further support:

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

Anna Freud Centre: Revision & self-care - <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/revision/>

YoungMinds (Parents): Exam time – <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.

**We're raising
money for Place2Be**

Friday 30th January



Guess the weight £1 entry

Best design (House competition)

Best flavour (House competition)

Cakes will be judged and then portions sold for 50p each.

All funds raised will be donated to Place2Be



PARENTS' VOICE

We have three ways for parents to help support the academy, through conversations with Ms Green. These are for general ideas, thoughts and queries, rather than events or issues, specific to your child. This type of query should always go to your child's Mentor or Subject Teacher first.

PARENTS' COFFEE MORNINGS

Once a term. An in-person chance to share your thoughts and discuss solutions, over a hot (or cold) drink, with Ms Green and other parents, during the academy day.

12th February / 16th March click link below to book one or both - [Parent Coffee Morning Spring Term 2026 – Fill in form](#)

PRINCIPAL 'DROP-INS'

Once a term. Pre-booked one to one, online 15minute sessions, for you to raise concerns directly with our principal. Please note, these will be limited and should be about general concerns or queries, not isolated incidents, regarding your child.

9th February - Bookable via School Cloud -

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

PARENTS' FORUM

Once a half-term. An online forum, of representatives of our larger parent WhatsApp, Facebook and other groups. A chance to bring concerns, which have been raised, to Ms Green's attention and discuss solutions.

2nd March - If you wish to represent your group, please discuss this with other members and then email

Caroline.Leeson@oasiscoulsdon.org to join the invitation list.

Join our webinar on
teenage vaccines

**Join our upcoming information session to
learn more about the vaccines that are
offered to your child in year 8 and 9.**

**Tuesday 20 January
13:00 – 14:00
Scan the QR code to
join the call!**



Join our webinar on
teenage vaccines

**Join our upcoming information session to
learn more about the vaccines that are
offered to your child in year 8 and 9.**

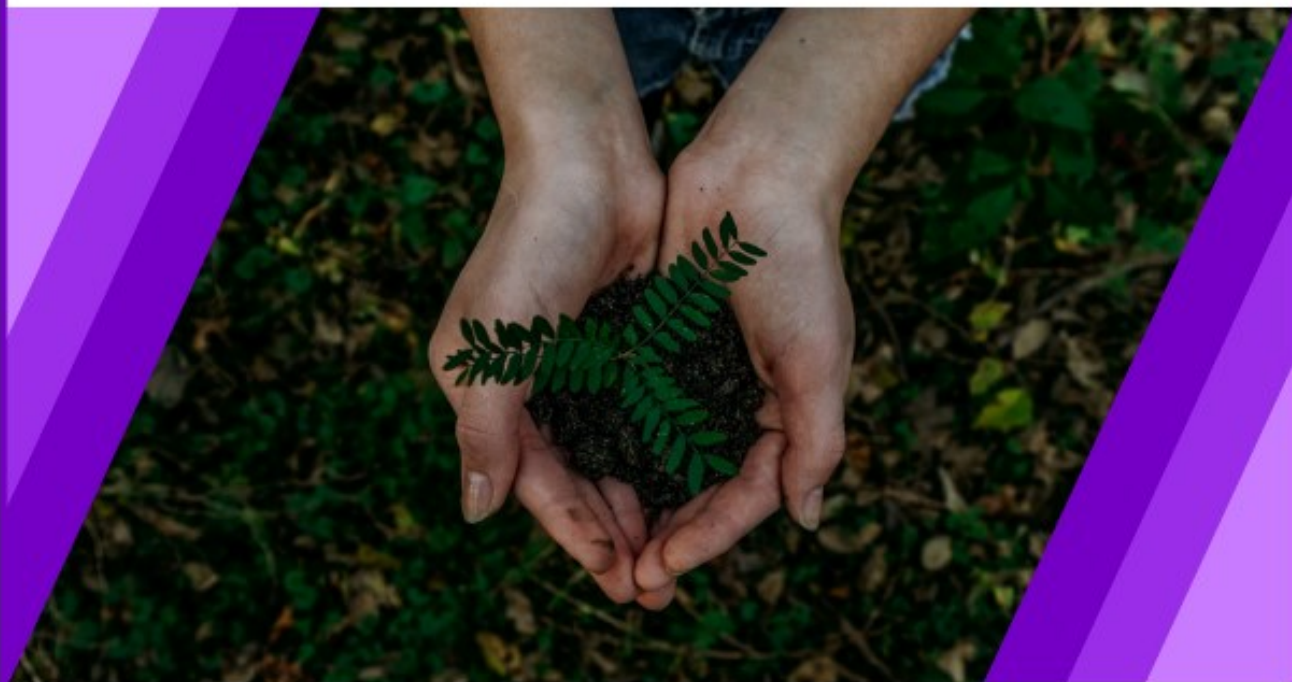
**Thursday 29 January
16:00 – 17:00
Scan the QR code to
join the call!**



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

- A MASSIVE CONGRATULATIONS for Callum W for absolutely smashing his Maths Formative for his Mid Year Test. Keep up the great work.
 - Sevastian A for a SUPERB Score in his Mid Year Formative in Maths. You are showing maturity with these tests well done.
 - Yaseen M for a GREAT Score in his Mid Year Formative in Maths. Well done on your perseverance this year.
 - Poppy G in Year 9 for being awarded 10 medals and 6 trophies at her swimming club awards evening!!! Well done Poppy!!
 - Maya B is on fire in maths at the moment - she is making so much progress
 - Sam D Y11 - So proud of him in today's History lesson, his verbal answers were consistently spectacular!
 - Kayden D and Oscar H for showing great effort in class and commitment
 - Jeilla C for engagement and enthusiasm in lesson
 - Prince D, Josiah M, Olive R, Luca F, Eliza M and Franklin E working really hard at their choreography in HSM rehearsals
 - Year 8 Theo S worked really hard and independently through the GarageBand tasks using his checklist.
 - Ayaan M for quietly and studiously, listening and reflecting on all of the advice and knowledge that his teachers impart
-
- Olivia O Year 11 was absolutely brilliant working on the photo description, star of the lesson.
 - Leonardo J Year 9: his basketball team got into the finals, game to be played in March.
 - Savannah G was working amazingly and contributing so much to her Science class.
 - Ryley VS, what amazing work in maths. Ryley got his work sheets done without delay and also he got only 1 question slightly incorrect. We are so, so proud of you Ryley, please keep up the excellent work.
 - 7 Birch - excellent line up after break in tricky circumstances.
 - Tia M stole the show working on building the questions in Spanish. Lovely attention to detail and use of past knowledge.
 - Dexter D Year 11 for wonderful participation in Speaking intervention, being quite fluent and creative when answering in Spanish
 - Patrick S for excellent manners and consideration. Always beautifully behaved, thoughtful and considerate of others.
 - I am really proud of San M for doing really well in maths, completing tasks, really, really proud of him
 - Max C Y11 really trying his best to complete the maths booklet with me, well done Max proud of you
 - Jacob I for working really well with recorded voice notes
-
- Amiyah DT, for helping another student to feel comfortable. Thank you Amiyah, for your kindness and empathy, we are so proud of you
 - Lily P for working so hard on some written analysis.
 - Year 7 Shifa N for just being a wonderful student to teach, always tries hard and supportive of peers
 - Shailey F for going above expectations in her science. Some real dedication there!!
 - Tayla C Y11 for putting 200% effort into French
 - Sienna G Y11 for her growing confidence (and perfect speaking examples) in French
 - Elizabeth B Y11 for always looking for ways to improve
 - 7b/Hi-Pas very well behaved and resilience shown since September. So proud of them
 - Olive R Y7 hard-working, polite and always trying her best.
 - Jessica S Y10 - Really focussing and trying hard with her targeted highlighting to identify specific evidence. WELL DONE JESSICA!!
 - Gabriel O did amazingly well in his maths tuition today. Really impressed
 - Jayden BDL Y10 - For working hard and finding the information. Jayden then participated in the oracy task really well and gave multiple answers based on his evidence. WELL DONE JAYDEN!

- Dylan W - produced good python code. I provided feedback and he went away and acted upon it, to create a beast of a program to show in his next lesson, using resources from previous lessons. My jaw actually dropped!
- Charlie C and Lavin L - showing great discipline and intuitiveness with their python coding
- Leja J Year 8 - very impressive results in her Spanish assessment, the hard work in lesson has paid off!
- Musa J for a great written Geography Mid Year Test. You had some great answers. Keep up your contributions and your hard work in class work. Your combined scores put you in a good position to continue doing Geography next year. Well done
- Year 9 Jean B and Bethany H, Tia M and Tawana T, Naia BDL and Finn S. Truly excellent independent practice in rehearsal rooms.
- Joseph W for working on his touch-typing skills at home and improving his accuracy in using a keyboard. Fantastic attitude to independent learning!
- Nieve S for completing some work experience at Gatwick and getting amazing feedback! If you are a fan of stranger things please ask her about her celebrity meeting!!
- Dylan W Y10 - WOW, Dylan has worked SO hard on his structure of paragraphs for History and then progress he has made is AMAZING! Well done Dylan

- Jiya P (Y9) made a brilliant effort with her Geography Mid-Year Assessment - not only did she answer every question but put everything into making her answers as full as possible. Very well done.
- Ava M, Year 8: For her excellent participation in Music lesson. Well done!
- Delilah R (Y7) for having the courage and confidence to answer a stretch question in front of the class in science. Well done.
- Rohan D Y11 - Rohan has only just joined my History class, however has been engaging well and has also been very receptive to feedback in class. In addition, Rohan has also been really proactive and despite only setting the homework earlier today, has already been to see me to ask for further guidance.
- Rose B - brilliant performances over the past 2 weeks at Chipstead Theatre until at least 9.30 each night and coming in to school every day with a smile

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



Year	Name
7	Olive R
8	Rocheyna M
9	Solly B
10	Rose B
11	Lilly W

Useful Links

