

SAIL (Salisbury Academy for Inspirational Learning)

Wilton Road

Salisbury

SP2 7EU

Telephone: 01722 694013

Website: www.sail-academy.org

Parent Communication 25.4.25

Dear Parents/ Carers,

Welcome back to the Summer Term. This term is a short one but lots to cram in. We hope that you child has had a good break and a good first week back, ready for the term ahead.

New groupings and timetables

It has been great to see how well and positively students have already started to settle into their new timetables and where there have been quite a few group changes. This has been great to see and a real sign of how much positive change and development has been achieved in the year so far.

Ready, Respectful, Safe Teacher/Tutor Nominees

This term's first Ready, Respectful, Safe weekly Teacher and Tutor Nominees are:

Angelfish – Joe

Turtle – Jamie

Starfish – Mikey

Penguin – Jack

Dolphin – Daniel

Shark - Alivia

7A - Reece

8A - Georgia

9A - Charlotte

9B - Jack

9C - Steven

10/11A – Toby

Well done to all those students who have made such a great start to the new term this week, particularly those students identified above.

SAIL (Salisbury Academy for Inspirational Learning)

Wilton Road

Salisbury

SP2 7EU

Telephone: 01722 694013

Website: www.sail-academy.org

Reading at Home

If you AND your child are keen to support their reading learning at home, please email Caroline Morland – our Reading Leader on caroline.morland@sail-academy.org She can then build a personal plan and offer support for reading at home.

For those of you who have started to use the resources Caroline has sent, please do not hesitate to update her on how things are going.

Sleeping and Eating

We hope you and your family had a restful and enjoyable Easter break. As we return to school, we're focused on helping pupils settle back into routine, feeling refreshed and ready to learn.

A few simple habits can make a big difference to children's wellbeing and learning. As we start this new term, we'd like to highlight some key routines that support a successful school day:

A Consistent Sleep Routine

Getting enough sleep is crucial for children's concentration, memory, mood, and overall wellbeing.

- Aim for a regular bedtime and wake-up time that allows enough sleep for your child's age.
- Begin winding down an hour before bed—reading, quiet time, and low lighting can help.
- Try to avoid screen time late in the evening, as the blue light from phones and tablets can delay sleep and affect its quality.

A Healthy Start to the Day

A good breakfast helps children feel focused and energised for the school day. Aim for a balanced meal with foods like:

- Wholegrain toast or cereals
- Fruit
- Yogurt
- Eggs
- Try and avoid sugary foods, which can lead to an energy crash later in the morning.

Nutritious Snacks for Breaktime

- If your child brings a snack for morning break, we encourage healthy options that provide slow-release energy, such as: fruit, vegetable sticks, wholegrain crackers or rice cakes.

These helps keep energy levels steady until lunchtime and support concentration in lessons.

SAIL (Salisbury Academy for Inspirational Learning)

Wilton Road

Salisbury

SP2 7EU

Telephone: 01722 694013

Website: www.sail-academy.org

A Balanced Evening Meal

A healthy evening meal supports rest and recovery and sets the foundation for better sleep.

Thank you, as always, for your continued support. Establishing these habits early in the term really does make a difference in helping pupils feel their best and get the most from their time in school.

If you would like more advice or support on routines or healthy habits at home, please don't hesitate to get in touch with your child's tutor or the pastoral team.

School Nurse/ Pastoral Coffee Morning

Meet Louise – Our Dedicated School Nurse

We'd like to remind you that Louise, our dedicated school nurse, visits SAIL every other Tuesday. Louise works on a **referral-only basis** and is here to support pupils, as well as offer advice to parents and staff on a wide range of health and wellbeing matters.

She can provide guidance and support in areas such as:

- Emotional wellbeing
- Sleep and establishing healthy routines
- Personal hygiene
- Healthy lifestyles and nutrition
- Sexual health and healthy relationships
- Signposting to appropriate services
- To help you get to know Louise and learn more about the support she offers (which goes far beyond just 'health'), we're hosting a **Coffee Morning on Wednesday 14th May from 10:30am – 12:00pm** here at school.

This will be a relaxed, informal opportunity to meet Louise, ask questions, and find out how she can support both pupils and families.

Our pastoral team will also be there, so if you'd like a chat or need support with anything going on at home, we'd love to see you there.

If you think your child may benefit from speaking with Louise, or if you have any questions in the meantime, please don't hesitate to contact us.

We hope to see you on the 14th!

SAIL (Salisbury Academy for Inspirational Learning)

Wilton Road

Salisbury

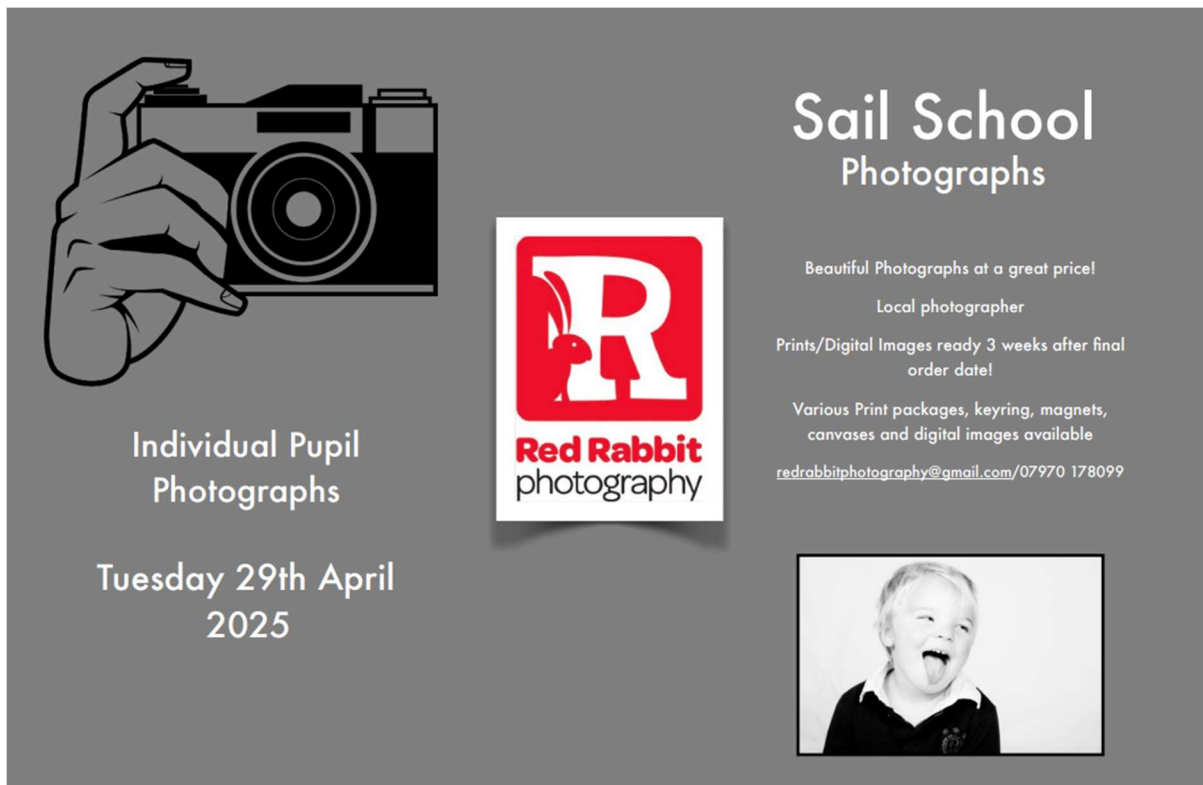
SP2 7EU

Telephone: 01722 694013

Website: www.sail-academy.org

School photos - reminder

This coming Tuesday (29th April) we have a photographer coming into school to take individual student photos. Please see the flyer below. This is the first time that we have done this at the school – so we hope this will be a positive opportunity for some good photographs of your children.



The flyer is for 'Sail School Photographs' by Red Rabbit photography. It features a grey background. On the left, there is a black and white illustration of a hand holding a camera. Below this, the text reads 'Individual Pupil Photographs' and 'Tuesday 29th April 2025'. In the center is the Red Rabbit photography logo, which consists of a red square with a white 'R' and a small red rabbit silhouette. To the right of the logo, the text says 'Sail School Photographs' in a large, white, sans-serif font. Below this, it lists services: 'Beautiful Photographs at a great price!', 'Local photographer', 'Prints/Digital Images ready 3 weeks after final order date!', and 'Various Print packages, keyring, magnets, canvases and digital images available'. At the bottom right, there is a small black and white photo of a smiling child. The contact email 'redrabbitphotography@gmail.com/07970 178099' is also provided.

Individual Pupil Photographs

Tuesday 29th April 2025

Sail School Photographs

Beautiful Photographs at a great price!
Local photographer
Prints/Digital Images ready 3 weeks after final order date!
Various Print packages, keyring, magnets, canvases and digital images available
redrabbitphotography@gmail.com/07970 178099

Year 8 vaccinations – reminder

Just a reminder that year 8's have their HPV vaccination on Thursday 1st May. The HPV vaccine is offered to all boys and girls in Year 8 (aged 12/13 years) because the evidence is clear that the HPV vaccine helps protect both boys and girls from HPV-related cancers. More than 280 million doses of the HPV vaccine have been given worldwide, including 120 million doses in the US and over 10 million in the UK.

If you have not yet consented and would like your child to have the vaccination in school, please contact reception.

SAIL (Salisbury Academy for Inspirational Learning)

Wilton Road

Salisbury

SP2 7EU

Telephone: 01722 694013

Website: www.sail-academy.org

NUT FREE REMINDER

We would like to remind you that we are **totally nut-free school**. We have both staff and students who are highly allergic to nuts and nut products. To keep them safe, please do not send your child into school with anything that contains nuts. If we see your child with nut products, we will have to confiscate and discard them.

Thank you for your cooperation.

SMSC Dates

Here are the key SMSC (Spiritual, Moral, Social and Cultural) dates coming up in May:

- **May 5th–11th** – Deaf Awareness Week
- **May 13th–20th** – Mental Health Awareness Week
- **May 21st** – Cultural Diversity Day