

Dear Parents/carers,

Happy new year to all of our TFA students and families! We hope you had a restful break over the festive period. In assemblies this week students have been learning about the origins of January and the Roman God Janus, often depicted with two faces facing the past and the future. They have been encouraged to reflect on 2024 and to set meaningful targets for the year ahead.

With this in mind, see the latest copy of the **extra-curricular clubs and sports timetables** on the website [here](#); now is a better time than ever for students to get actively involved in the wider opportunities at TFA. Taking part in these are great for building confidence and promoting wellbeing.

Also please note that 'Chess in Schools' are running a series of free chess webinars for 8–13-year-olds—for more information see [here](#).

### Recent highlights:

- **Christmas Gift appeal**— it was wonderful to see that the Year 7 care home gift appeal (image right) was covered by the local newspaper [here](#)!

- We were visited by **three former TFA students** this week from the cohort of 2024 leavers (see image, right). **Marvella and Said** are studying Psychology at the University of Greenwich and Surrey respectively, whilst **Clin-ton** is studying Cybersecurity and Forensic Computing at Portsmouth. They met with year 11 students to share advice and guidance on coping with exam stress and also popped by to say hello to their former teachers and thank them for all their support during their time at TFA.

### **Ifford pupils bring Christmas gifts to Chigwell care home**



Pupils from The Forest Academy, in Ifford, have been spreading festive joy (Image: The Forest Academy)



### Updates

- See attached for **Year 11 mock exam timetable for January** and **Parents' Evenings 2025 reminders**
- Also see attached for **Redbridge Mental Health Support Team parents and carers webinar**—hear from mental health professionals about how best to support your child's mental health
- **Sixth form reading lists** have been published here—<https://bealsixthform.co.uk/reading-list/>. High flying year 10s and 11s may want to dip in!




Mr Ansell and Mr MacLeod

Co-Headteachers



## Year 11 January mock exam timetable

Day	Date	Time	Exam	Students	Length	Notes	Location
Mon	06/01/2025	AM	Drama	21	1hr 45		
Mon	06/01/2025	MID	PE	28	1hr		
Mon	06/01/2025	PM	French Listening Foundation	27	35 mins	Listening (Speakers)	Main Hall
Tues	07/01/2025	AM	Science 1 - Biology	179	1 hr 10		
Tues	07/01/2025	MID	Geography 1 - Physical	67	50 mins		
Tues	07/01/2025	PM	Spanish Listening Foundation	41	35 mins	Listening (Speakers)	Main Hall
Wed	08/01/2025	AM	Maths 1 - Non-Calculator	179	1 hr 30		
Wed	08/01/2025	MID	Sociology	30	1 hr 45		
Wed	08/01/2025	PM	History 1 - Germany (Weimar)	109	1 hr		
Thu	09/01/2025	AM	Science 2 - Chemistry	179	1hr 10		
Thu	09/01/2025	MID	Computer Science	20	1 hr 30		
Thu	09/01/2025		<b>NO EXAMS THURSDAY AFTERNOON</b>				
Fri	10/01/2025	AM	Maths 2 - Calculator	179	1 hr 30		
Fri	10/01/2025	MID	Media Studies	30	1 hr 30	AV Required	Main Hall
Fri	09/01/2025		<b>NO EXAMS FRIDAY AFTERNOON</b>				
Mon	13/01/2025	AM	English Language	179	1 hr 45		
Mon	13/01/2025	MID	Economics	29	1 hr 45		
Mon	13/01/2025	PM	French Listening Higher	30	45 mins	Listening (Speakers)	Main Hall
Tues	14/01/2025	AM	Science 3 - Physics	179	1 hr 10		
Tues	14/01/2025	MID	Business	29	1 hr 30		
Tues	14/01/2025		<b>NO EXAMS TUESDAY AFTERNOON</b>				
Wed	15/01/2025	AM	MFL Writing	140	1 hr 20		
Wed	15/01/2025	MID	Construction	30	1 hr 30		
Wed	15/01/2025	PM	History 2 - Crime	109	55 mins		
Thu	16/01/2025	AM	MFL Reading	140	1 hr 45		
Thu	16/01/2025	MID	IT	28	1 hr 30		
Thu	16/01/2025	PM	Geography 2 - Human	67	50 mins		
Fri	17/01/2025	AM	English Literature	179	2 hr 15		
Fri	17/01/2025	MID	Food Prep	18	1 hr 45		
Fri	17/01/2025	PM	Spanish Listening Higher	42	45 mins	Listening (Speakers)	Main Hall
Mon	20/01/2025	ALL DAY	PE Practical Exam	28	ALL DAY		Sports Hall
Tues	21/01/2025	AM	Music exam taking place in class	13	1 hr	Listening (Speakers)	

# UPCOMING PARENTS EVENINGS



- YEAR 9 – 28TH JANUARY 2025**
- YEAR 8 – 11TH FEBRUARY 2025**
- YEAR 11 – 25TH FEBRUARY 2025**
- YEAR 10 – 29TH APRIL 2025**



For More Information  
[admin@theforestacademy.co.uk](mailto:admin@theforestacademy.co.uk)  
 0208 500 4266



Redbridge Mental Health Support Team presents...

## PARENTS AND CARERS IN MIND - WEBINAR SESSIONS

**REGISTER  
NOW!**

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and wellbeing.

### SUPPORTING EXAM RESILIENCE

A webinar aimed for parents and carers on supporting young people in building emotional resilience during exam periods.

**WED 29.01.25 7-8PM**

### AN INTRODUCTION TO TICS AND TOURETTE'S

Understanding the difference between Tics and Tourettes, how it may present and exploring ways to support someone with Tics.

**WED 26.02.25 7-8PM**

### HEALTHY RELATIONSHIPS WITH SOCIAL MEDIA AND TECHNOLOGY

A session focused on understanding the potential risks that children may find online and exploring strategies and tips to nurture online safety.

**WED 26.03.25 7-8PM**

**SCAN  
ME!**



FOR MORE INFORMATION & TO SIGN UP  
CLICK HERE,

VISIT [WWW.REDBRIDGE.GOV.UK](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MHST'  
OR GO TO [LINKTR.EE/REDBRIDGEMHST](http://LINKTR.EE/REDBRIDGEMHST)

