



Strategies to have a Safe Summer

We teach you how to stay safe this summer with crucial tips and tricks to protect yourself from the sun and to remain cautious around water.



Sporting Successes!

The Academy's sporting teams have seen huge success following their hard work and determination.



Farewell Year 11

Y11 students celebrate finishing their GCSE exams at the Y11 prom at Magna.



Stay Safe this Summer

Water Safety

Giving in to Temptation

With summer on the way and the hot weather approaching, we can understand the temptation to cool off by taking a swim. This is perhaps even more tempting with nearby access to open water such as Ulley Reservoir. No matter how strong a swimmer you believe yourself to be, you are still at risk of the dangers that come with swimming in open water. It is essential to be aware of these dangers. Unfortunately, swimming in open water causes high death rates globally; an estimated 235,000 people sadly die each year due to swimming in open waters.



Think Before You Sink

Before you think about diving into a lake or river, think. How deep is it? Have you checked the depth before taking a leap of faith? If not, maybe reconsider. Water may look safe to the point where you want to swim in it, but water can **kill**. The average temperature of the ocean can vary from 3.7°C or below.

Sun Safety

Skin Survival

Keeping your skin healthy and safe when soaking up rays is vital. As annoying as it may be to constantly hear people nag on and on about applying sun cream, it is extremely important that it is used whenever you are exposed to the sun. Did you know:



- The sun can cause skin cancer and if it is not proportioned in the right way, it can be deadly?
- Most people do not apply enough sun cream?

- Water washes sunscreen off, and the cooling effect makes you believe you are not being burned?
- A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye?

WARNING!

Looking after your skin is very beneficial. Unhealthy and damaged skin can lead to various different issues later in life. It has been scientifically proven that too much UV radiation from the sun can damage the DNA in skin cells. If enough DNA damage is caused, it can make our skin cells grow out of control, ultimately leading to skin cancer.



A glorious, golden glow may make you feel a hundred dollars, but the sun can actually increase the aging of your skin. The UV damage caused by the sun can make your skin develop more wrinkles and lines resulting in a more aged appearance.

Staying out in the sun for too long can also result in sun stroke, possibly making you feel tired, dizzy, sick and sweaty. Sun stroke can also cause headaches, fast breathing or heartrate, stomach cramps and a high temperature.

Sporting Successes

At Aston Academy, we are very proud to have such dedicated and determined students who devote their free time to representing our school in sporting fixtures both nationally and locally. Below is a roundup of our success this year:

Netball

Our Y7, Y8 and Y9 Netball teams became Rotherham School Champions and our Post 16 team obtained 2nd place.

Football

Aston's Y7 Football team won the Rotherham Cup and were semi-finalists of South Yorkshire Cup. Y8 came 2nd place in the Rotherham Cup and South Yorkshire Cup. Y10 won the Rotherham Cup and came 2nd place in the South Yorkshire Cup. Y11 placed 2nd in the Rotherham Cup.

Cheerleading

The school's cheerleading team, *Aston Aces*, came 3rd place at this year's UK school's Cheerleading National Championships in the KS3 Level 1 division. This is a spectacular achievement for the team!



Rounders

The academy's Y7, Y9, Y10 and Y11 rounders teams are through to the Rotherham finals on the 8th July. Whatever happens, they will have done their team and the school proud.

Good luck, guys!

Celebrations

The Sports and Music Awards Evening took place on Thursday 22 June. It was a great evening celebrating the success of our students and allowed us to show our appreciation for all the hard work they have put in.



Musical Muses

Some musically talented KS3 students attended One Voice with other secondary and primary schools. They did themselves and the academy proud!



Farewell Year 11

Au Revoir! Hasta La Vista! Auf Wiedersehen!

After a stressful and tiring 2 years of studying for their GCSEs, our Y11 students let their hair down and attended prom at Magna to celebrate all their hard work. Students and staff ate, danced and partied the night away. We look forward to seeing Y11 students again on results day to congratulate them on (what we're sure to be) amazing achievements.

Awards were as follows:

- Prom King - Callum Freeman
- Prom Queen - Tia Plumtree
- Best Sportsperson - Jacob Yearsley
- Funniest Student - Maddie Whitham
- Loudest Student - Kadie Goodwin
- Most Resilient Student - Vanessa Paniva
- Most likely to become an entrepreneur - Oliver Horsfield
- Greatest Citizen - Josh Marsh
- Most Popular Student - Daniel Fitzgerald



Reading Recommendations

Narnia: Four children travel through an enchanted wardrobe to the land of Narnia and learn of their destiny to free it with the guidance of a mystical lion.

His Dark Materials: His Dark Materials is a trilogy of fantasy novels by Philip Pullman consisting of Northern Lights, The Subtle Knife, and The Amber Spyglass. It follows two children, Lyra Belacqua and Will Parry, as they wander through a series of parallel universes.

Percy Jackson: Percy Jackson & the Olympians is a series of five fantasy novels written by American author Rick Riordan. The novels are set in a world with the Greek gods in the 21st century, and follows the protagonist Percy Jackson, a young demigod, who must prevent the Titans, led by Kronos, from destroying the world.



SPREADING A LITTLE LAUGHTER!

It has been proven that laughter can help to decrease your stress levels and help improve mental health. We thought we would spread a little laughter by sharing some of the English Department's favourite jokes.

Mr McKay:

I used to be a werewolf,
but I'm alright
noooooooooowww!

Miss Davies:

Time flies like an arrow;
Fruit flies like bananas.



Miss Evans:

What's red and white?
Pink

Miss Collins:

Knock Knock
Who's there?
I'm ap
I'm ap who?

Miss Rogers:

What did the cheese say
to itself in the mirror?
Halloumi

Miss Valentine:

What do you do if you
see a spaceman?
Park in it, man!



