

Christmas 2023



Dear Families,

I have great pleasure in sending out this year's Christmas Newsletter highlighting some of the great things the students have been up to this term.

Students have worked hard and made excellent progress and new starters have settled in very well.

Over the Summer holidays we continued with our refurbishment programme across the Trust updating our learning spaces. In addition to this the academy had new gates installed and our amazing hydrotherapy pool at Catcote Futures was completed. Some of our red pathway learners also moved into a new and exciting learning space at Throston (please go to page 25 to see photos of our new sixth form and employability centre).

This term we have enjoyed so many whole school/college events and have enjoyed a host of festive celebrations over the last few weeks. These have included Christmas fayres and markets, Christmas Concerts, Wintertide Festival, visit from Santa, Christmas lunch, discos and not forgetting our Elf-tastic lip dub!

We hope you enjoy looking through this newsletter and don't forget to check out our social media sites.

On behalf of everyone at Catcote can I thank you for your continued support and may I wish you and your families a happy and peaceful Christmas holiday and best wishes for the new year.

Mrs. Greig
(CEO)

Catcote
Academy
working together, achieving success

Catcote
Futures
your choice, your future

S2's Treat at Glady's



As part of their preparation for work related learning lesson, S2 visited Glady's Vintage Tea Room in Seaton. Students asked staff about some of the things involved in their job roles. Nicole, Sophie, Thomas and Tom asked very interesting questions including when was the busiest time of the day? How many hours the staff worked? If staff got a free dinner and what type of cakes they sold? The class had a lovely morning looking at war memorabilia, discussing the wartime menu, trying on hats and having a go of the air raid siren.

Macmillan Coffee Morning

For the Macmillan Coffee morning, Yellow and Blue Pathway students were set a challenge to work on our Enterprise skills 'Everyone matters- so co-operate!' . They were given £5 per class to buy ingredients and bake something towards our coffee morning. On Friday 29th September, classes LS1, S1 and S2, now known as 'The Catcote Crew', hosted the coffee morning for staff and students at the Academy. It was so busy!



Catcote Futures opened their doors to welcome friends and family to attend our MacMillan Coffee morning on Friday 29th September. The special events committee arranged the event, and with support from other classes across college, made green themed cakes and sweet treats. The Enterprise group also supplied raffle prizes to help us raise more money for charity. We raised an amazing £320. Well done and thank you to everyone involved.

J & B Recycling Ltd

Ingrid and Reece took time out of their busy working lives at J&B Recycling Ltd to come to speak to 6th Form students this term. The students are studying 'Health and Safety in the Workplace' as part of their 'Employability' qualification. Reece explained about some of the ways his company help keep their employees safe and the consequences of not following the rules. It was great to hear about health and safety in a very busy and potentially dangerous workplace. Thank you to Ingrid and Reece as well as J&B Recycling Ltd for their continued support of our students.



Students in Link 5 and 2 visited J&B Recycling Ltd as part of their Careers lesson. Students were able to walk around the plant and see how the process works, from waste materials arriving into the plant, to the sorting, processing and filtration of materials in order for them to be put into bales ready for it to be turned back into a usable material again. The students asked questions about how the machines work and how they are able to separate materials, and the different job roles and progression opportunities available to employees who work there. The morning was very interesting and all students looked the part in their safety PPE!



The National Museum of the Roal Navy Hartlepool

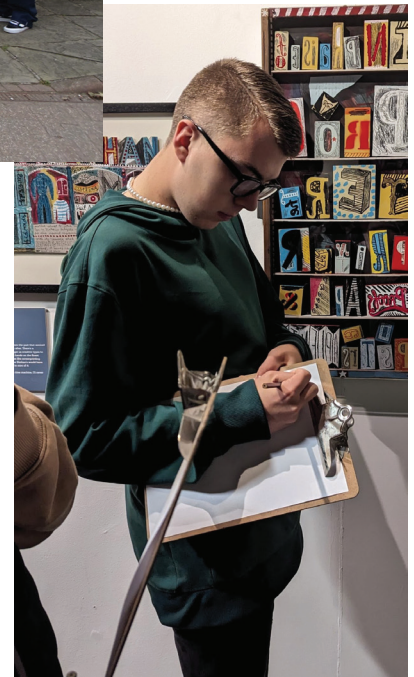
Students from S3, S4 and Link 2 had the opportunity to participate in a literacy workshop organised by Creative Arts teacher, Mrs Kung and run by Caroline Shilson, based at the Museum of Hartlepool. They explored exhibits by artist Jonny Hannah, who's current work is based around events and thoughts of the people of Hartlepool. Our students, guided by Caroline, wrote their own stories and poems based on what they saw and their own experiences of Hartlepool. Some students were confident enough to read theirs out too! Some fantastic work, well done!



Here are some examples of the poems written by the students:

Lucy

I like to walk along the beach
I love the smell of the sea
The feel of the sand beneath my feet
And the seagulls calling me
Caw Caw Caw





Malachy's Journey Continues

Malachy is in his second academic year of working in McDonalds Restaurant, Marina Way. He continues to show progression in his work skills, especially his Customer Service skills. He is now also supporting another one of our sixth form students, Maddy and has been 'showing her the ropes'. Maddy really enjoyed her first 'shift' at McDonalds where she carried out a variety of tasks, including working on the dining area, cleaning tables and dealing with customers queries. Well done to both! Keep up the good work.

Christopher

What a wonderful day in Hartlepool
Let's go to Seaton
Let's try a lemon top-you can't beat them!
Next we go to the arcades tyo play airhockey,
I'm a pro
Come along and have a go
Go to the chippy for some yummy food
If you don't it would be rude

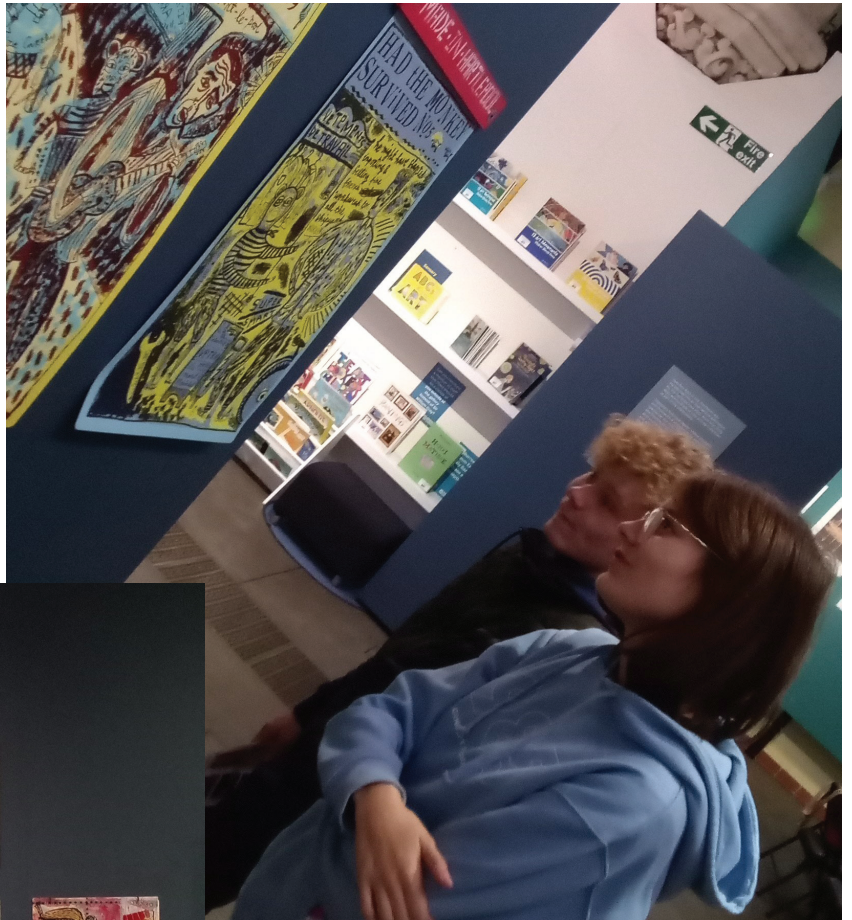
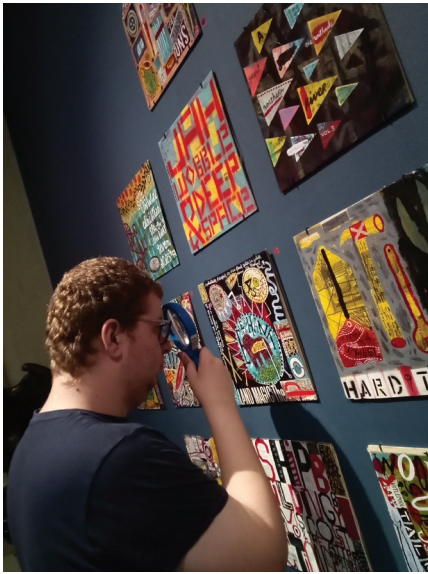
Jessica

Seaton has the best chips
eat too many and they go on your hips
Seaton has a lovely beach sea
My friends have fun there with me
I love the rocking game at the arcades
My sister and I rock in our shades
Hartlepool is my home town
When I am there I don' feel down



Hartlepool Art Gallery Exhibition Visit

KS4 and KS5 Creative Arts students visited the Hartlepool Art Gallery to take part in Jonny Hannah's artist workshop. His collection 'Shipbuilders and Fisherfolk' has been showcased worldwide and around the north east area, alongside creative workshops. The students loved creating illustrations inspired by the work of Jonny Hannah, incorporating their own personal interests and stories into new art pieces. They also enjoyed learning about folk stories of Hartlepool and the Tall Ships which is journaled throughout his art collection. A huge thank you to the Hartlepool Art Gallery and Caroline Shilson for hosting the creative workshop.



Artrium

KS4 Creative Arts students visited the Hartlepool art therapy charity 'Artrium'. Artrium is a mental health charity based in Hartlepool, they use art as a medium to improve wellbeing, working with groups of adults looking to use their time creatively to boost their mental health. The students explore a range of contemporary artist work and chatted to volunteers about the benefits of art for mental health.



The collection of work inspired students to think of creative ways and share positive ideas around helping themselves and others to maintain good mental health. The volunteers were fantastic in the Artrium and were very welcoming. The students loved the wide range of artwork that much they contributed to the charity by buying some artist badges.

Fire Safety

Students from KS4 red pathway had a visit from Antonia who works for Cleveland Fire Brigade. They have been learning all about home management and have been talking about how to stay safe in their home. This is part of their Independent Living Skills lessons. Students learned all about how easily a fire could start and what to do in the event of a fire. Students listened carefully to the information and asked some really good questions. We would like to say a huge 'thank you' to Antonia for coming in and speaking to the students. They all really enjoyed the session.



NHS Careers



Suzanne Coyle-Watson, an NHS Careers Co-Ordinator based at North Tees Hospital, has visited Sixth Form and Key Stage 3 & 4 to speak to our students about Health and Social Care careers. Suzanne spoke to us about her own varied career in the NHS and also discussed the career opportunities available to our students. The students learnt a lot about what they could offer the NHS and how rewarding working for the NHS could be for them. They were also given the opportunity to ask Suzanne questions. This was a fantastic experience and inspired the students to further explore their options after school and 6th Form.

After learning that the NHS has over 350 different roles available within the organisation Key Stage 3 & 4 are looking forward to their planned visit in the New Year to the University Hospital of Hartlepool to see first hand the fantastic work that our NHS do for us.

Link 6 - Work Related Learning



Link 6 have worked superbly during Work Related Learning to develop their own sugar skull design; applying their understanding of aesthetic features associated with the 'Day of the Dead' festival costumes. They have used the sublimation printing technique to bring their beautiful hand drawings to life. Students have also explored the properties of materials and how we need to be considerate of the environment when developing ideas for manufacture.

Askham Bryan College



Link 3 visited Askham Bryan as part of their work-related learning sessions in Horticulture. Students were interested in a range of outdoor jobs that we had discussed in class and wanted to learn how they might pursue further education or training in this area. Staff from Askham Bryan took students on a tour of the campus and spoke to them about what courses they offer and how their courses are structured. Students had the opportunity to see snakes, monkeys and birds and get up close and personal with some of the animals they could learn how to care for. In addition, they discussed different areas of outdoor employment and visited an active horticulture area within the grounds.

Work Experience

This term our 6th formers at Brierton Site have 'hit the ground running' and began their weekly work experience placements. Here is Christopher enjoying his work placement on a Thursday at Dutch Garden Centre. He is carrying out a wide range of duties including watering and 'deadheading' plants, dealing with customer queries and general maintenance of the outdoor areas. He has been able to put his work skills into practice including following instructions, communication and teamwork skills. Well done Christopher and thanks to all the staff @Dutch Garden Centre for their continuous support.



Middlesbrough Football Club

With thanks to Yvonne at Middlesbrough Football Club and the support of Tosh & Jaime-Lee, 4 of the Academy students got the full match day experience at the Riverside Stadium thanks to the Middlesbrough Foundation. Despite the result Nate, Lewis, John and Reece had a great day as you can see from the photos. We were also given a pennant signed by the Middlesbrough players to be hung up in the school.



KS3 Enterprise Lessons

This year KS3 Enterprise lessons have been split into 6 topics. Horticulture, Hospitality, Support a Charity, Enterprise, Enterprise Challenge and Creative Community. Mrs Larkin's class have the topic 'Creative Community' this term and have taken students out in their local community to find out about Halloween. They have been extremely creative, exploring opportunities and made halloween snack bags. During these lessons students have demonstrated their communication skills, listening and respecting each others ideas and working positively as a team. Amazing work Class 9!



S3 and S4 Lifeskills



As part of their Life Skills lessons, S3 and S4 had to use the skills they learnt over 6 weeks to make and produce a buffet for their peers. The students worked in groups to produce a range of edible delights that were enjoyed by everyone.



Rainbow Quartz (Shaun the Sheep) Goes To Auction

Rainbow Quartz sat alongside the full artist collection ready to go to auction. As well as bringing joy, colour and conversation to the streets of Newcastle on the art trail, our Rainbow Quartz Shaun had a very special job to do. Once the trail had ended, most of the sculptures were sold at auction. The collection of sheep was created to raise vital funds for St Oswald's Hospice. The auction was hosted by Justin Lockwood and led by Fred Wryley-Birch from Anderson & Garland. Catcote Academy have raised money to be able to adopt our Sheep 'Rainbow Quartz', which we have welcomed back home. A huge thank you to St Oswald's for letting us be part of an amazing creative collaboration, and the Discovery Museum for taking care of our Shaun the Sheep throughout the trail.



Bungalow Group

As part of our curriculum, a group of learners from Catcote futures have been accessing the Bungalow every Tuesday this term.

The learners decided each week what they wanted to have for their lunch and created a shopping list. They then went to the supermarket to buy all of the ingredients, ensuring that they remained in budget and paid for them at the till.

The learners then went to the bungalow and followed health and safety rules to prepare a range of lunches including halloumi wraps, wrap pizzas, spinach and broccoli pasta and loaded wedges. They ate together at the dining table after setting the table. The learners have developed their conversational skills over dinner. Learners learnt about independence skills around cooking and looking after their home. All the learners have improved their skills and had fun cooking this term!



A Huge Thank You to the Gym Group



KS3 and KS4 Red Pathway would like to say a big thank you to Matthew Tyers from The Gym Group for putting us through our paces in assembly. Matt spoke to students about health, wellbeing and the positive impact that exercise can have on both. He then invited students and staff to join in with a mini workout that ended in a very serious press-up contest! A very energising start to the week!



Halloween Fun at the Academy

The yellow and blue pathway organised a Halloween 'Day of the Dead Festival' as part of their assembly challenge this half term. This is the topic that students have focused on over the term. All students in this pathway were invited to dress up, play Halloween games, have their face painted and eat tasty snacks. All students had a great time! Students from other pathways had fun taking part in an Halloween parade.



Catcote Metro



Emily completed her first shift on her new work placement at our own Catcote Metro in Middleton Grange Shopping Centre. She was confident and completed all of her tasks very well, displaying lots of the work-related skills from The Skills Builder Partnership and Employability lessons.

Please call in to Catcote Metro to see our new stock and say hello to our amazing students who are learning essential workskills there.



Hartlepool Power Station

This term S3 & S4 visited Hartlepool Power Station. Students found out about the various careers within the sector and some ways that workers are kept safe on site. They were very lucky to get a visit from a Police Officer from the Civil Nuclear Constabulary (CNC) which is a special division who only work on nuclear power station sites in the UK. Students had the opportunity to ask lots of questions.

Thank you to Claire, Keeley and Jude.

We are going to return for a follow-up visit where we will have a tour around the site.

Students are really looking forward to it.



Remembrance Day



Students from Class 7 continued to support The Poppy Appeal for Remembrance Day by placing their poppy carpet outside the front entrance and taking part in poppy -related activities. Mr Pounder said we have changed the design this year to make it more visible to the public.

On Sunday November 12th, Catcote Futures learners and staff took time out of their weekends to pay their respect and take part in both of the Remembrance Day parades in Hartlepool. At the town centre, we had 5 staff and 5 learners attend. We were fortunate enough to mix with several veterans and were able to chat to them and look at each of their flags. The learners took part in the parade through the town centre and stood near the Cenotaph. The learners took part in the two minutes silence and sang some of the hymns in the service. During the ceremony, Catcote Futures wreath was taken up and placed on the Cenotaph, a very proud moment for the learners and staff involved.

At the same time 2 members of staff and 3 learners were involved in the parade at the Headland. The group again took part in the parade, marching around the Headland. They even were lucky enough to see the canons being fired. The learners again observed the silence, and laid the wreath at the memorial.

A massive well done to all involved. Every single person was an absolute credit to the college.



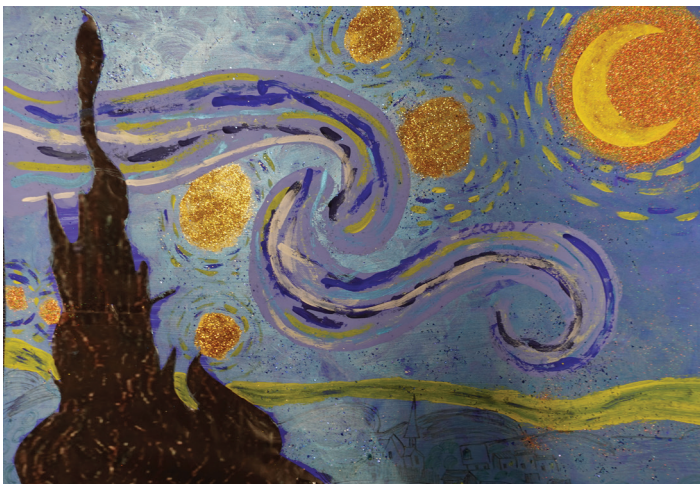
The Trashion Show Exhibition

The Trashion Show outfits that were part of the catwalk and Tall Ships event 2023, have been available to view at the Tall Ships art exhibition at the Middleton Grange Shopping Centre. They were displayed in the H&M windows along with a collection of sea themed mood boards produced by classes, sculptures, and memorabilia from the event.



Arts Week

This term students in the Yellow & Blue pathways have been exploring the work of Vincent Van Gogh. They all took part in an immersive experience exploring one of Van Gogh's most famous paintings – A Starry Night. Students explored the different elements and textures of the painting and created their own interpretation of the painting as a class.



Catcote Futures Children in Need

At Futures we held a has a Children in Need Day on Thursday 17th November to raise funds for the special charity. The special events committee organised a range of Pudsey themed activities, with all learners and staff wearing yellow or spots for the day. All morning lessons were made Pudsey themed.

The afternoon saw a whole college Children in Need themed disco. Learners danced to songs from through the ages, having lots of fun, and raising a fantastic £77.55 for Children in Need.

Lillie Loves Working Life

Last academic year Lillie from 6th Form gained an internal work placement at Catcote Academy, which focused on her passion and abilities working with students with a variety of needs. From this Lillie now accesses an external work placement this academic year at Footprints Day Nursery.

She is enjoying working and engaging with young children, helping to support the staff and willing to complete any task given to her. This week Lillie helped to prepare stimulating activities for the baby room as well as help set up the beds ready for nap time.

***Well done Lillie,
You are smashing it, Keep up the good work!***



Tailored Travel and Tourism Experience Unveiled

Catcote Futures learners have taken a step into the world of inclusive exploration with our brand-new Travel and Tourism session, where they have become critics and creators of a unique SEN-friendly brochure!

Venturing across Hartlepool, our learners have embarked on a mission to assess and enhance the accessibility of local leisure facilities and transport links.

From museums to beaches, parks to community hubs, every location underwent scrutiny, offering learners a chance to provide honest feedback. Their insights and ratings will create a comprehensive brochure, ensuring accurate and insightful information for individuals with special educational needs. This hands-on experience doesn't just highlight Hartlepool's attractions; it champions inclusivity and accessibility for all. Dive into their journey and discover Hartlepool like never before!



Hydrotherapy at Futures

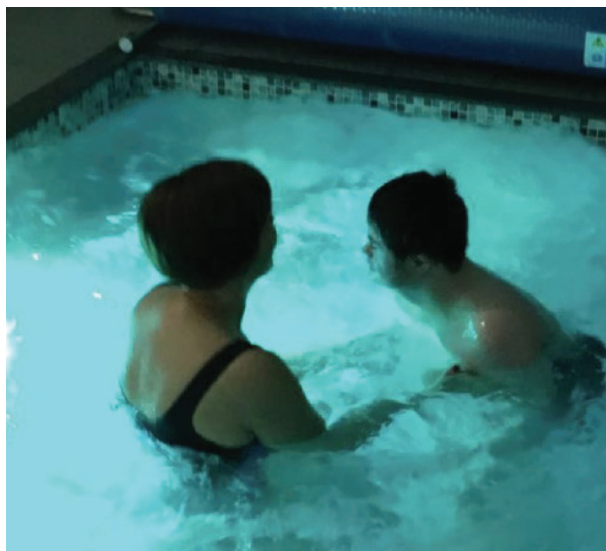
After over 2 years fundraising and lots of planning, we are very proud to finally have a new hydrotherapy pool at Catcote Futures.

Our old Jacuzzi pool fell into a state of disrepair during the Covid pandemic and was consequently condemned. Although very disappointing, this was the catalyst we needed to start working towards creating a brand-new purpose-built Hydrotherapy Pool, bespoke to the needs of our learners. Lots of people have been involved with fundraising, researching designs and organising contractors, for which we are very thankful.

The big difference between hydrotherapy versus land based physiotherapy is the elimination of pain. The warm water, high air temperature and relief of body weight combine to deliver this. For many disabled people, who frequently live with pain all the time, their first session in a hydrotherapy pool can be their first time without pain. Free from callipers, pain and gravity, users manage to move in ways that they cannot on land. Their exercises become more intensive and new movements are learned. These can be transferred to their everyday lives. Other benefits include;

- relief of muscle spasm
- maintenance or increase in range of motion of joints
- strengthening of weak muscles and an increase in tolerance to exercise the re-education of paralysed muscles
- improvement of circulation
- encouragement of functional activities
- maintenance and improvement of balance, co-ordination and posture

The skills learned in the pool can be transferred to everyday life as the muscles become accustomed to the movement or the message to the brain developed.



Spooktacular Talent at Halloween Disco: Performing Arts Shines!

The stage was set, the costumes were on point, and the talent was simply spine-tingling at the Halloween Disco hosted by Catcote Parent and Friends. Our remarkable Performing Arts students at Catcote Futures took centre stage, dazzling the crowd with electrifying routines, solos, and mesmerising dance moves.

Dressed in their ghoulish best, the students lit up the night with their performances. From challenging choreography to haunting melodies, their dedication and passion for the arts shone brightly, captivating the audience and leaving them wanting more.

The feedback poured in, and it was nothing short of astounding! Everyone raved about the incredible talent on display, applauding the students for their creativity, confidence, and sheer enthusiasm. The energy and spirit they brought to the Halloween Disco transformed the event into a night to remember. We cannot wait until our Christmas Spectacular.



Coastal Academy

Learners at Catcote Futures have immersed themselves in a world of sandy shores, crashing waves, and boundless learning opportunities with the launch of Coastal Academy!

Created to bring education to the beachfront, this program invites learners to explore the coastline in exciting, hands-on sessions.

At Coastal Academy, the classroom extends to the seashore, offering an array of engaging activities. From mastering the art of shelter building to uncovering the secrets of rock pooling, learners have experienced the thrill of discovery while connecting with the natural environment.

Led by Lyndsay, our passionate coastal leader the sessions blend education with adventure, providing a unique platform for both learning



Catcote Futures Shine Alongside Hartlepool Community Singers

Catcote Futures learners showcased their incredible talents at the Hartlepool College of Further Education, joining forces with the renowned Hartlepool Community Singers in a mesmerising choir concert! The stage was alive with our sing and sign learners who filled the auditorium with passion and enthusiasm, delivering an unforgettable performance. It was a celebration of unity, diversity, and the power of music to uplift spirits and bring communities together. From energetic songs to Christmas medleys, every one delivered with joy and dedication, showcasing the incredible journey of these talented individuals.

Huge thanks to Hartlepool Community Singers for the incredible collaboration, fostering an inclusive and empowering space for our learners to shine!



S1 Carries On the Good Work



During their lessons S1 have been receiving donations from a local Tesco store and after taking part in the big garden food share decided to carry it on, most days we receive donations which the students sort into suitable piles and bag it up and give it to any student and their family who may need it to take home. Mr Pounder and S1 are astounded at the amount of food that is wasted, nothing we receive goes in the bin and in the future we are looking at cooking the food and sending it home as a complete meal.



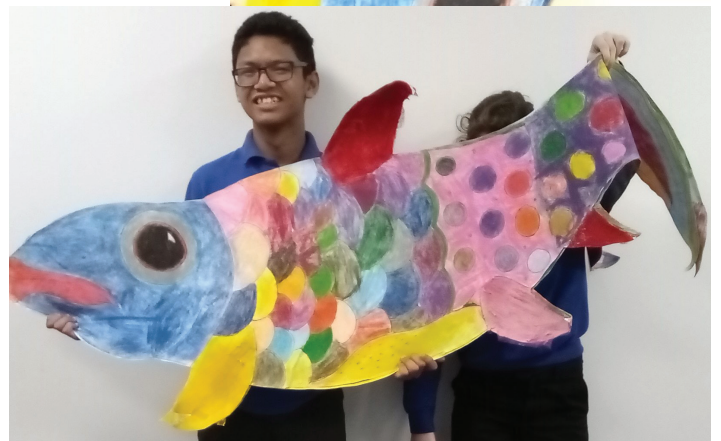
Wintertide 2023

KS4 and KS5 Creative Arts students had the opportunity over the week to work with artist Adele Catchpole, commissioned by Bloomin Art, to create octopus lanterns ahead of the Wintertide Festival event. The octopus lanterns constructed by students were carried as part of the opening parade prior to the light switch on for the evening event. Our students will have the opportunity to work with performing artists, musicians and inspire inclusion throughout the light festival. KS4 and KS5 students constructed the skeleton bases using willow and papier-mache combined techniques; they applied colour and light to their final pieces. We were very excited to be part of the 'Fire and Fin' Wintertide event at the Headland, which took place on 24th November 2023..



Wintertide Parade

Our students enjoyed creating the octopus lanterns and the large fish that was placed at the bottom of the "Fire Lighthouse" at the closing event. The vibrant artwork was carried as part of the opening parade by students and families and the atmosphere was amazing. Huge thank you to Bloomin Art and Kim McDermottroe (GreenerLavelle) for guidance and support throughout the workshops.



Creative Arts

The Creative Arts work related learning group explored the Headland to find and take photographs of the nostalgic murals painted by Durham Sprays that are hidden around the area. Our talented students also visited the 75th annual Hartlepool Art Club exhibition at Hartlepool Art Gallery, to broaden their market research. They have produced some fantastic artwork for the community over this term. Well done and keep championing the arts Link 2!

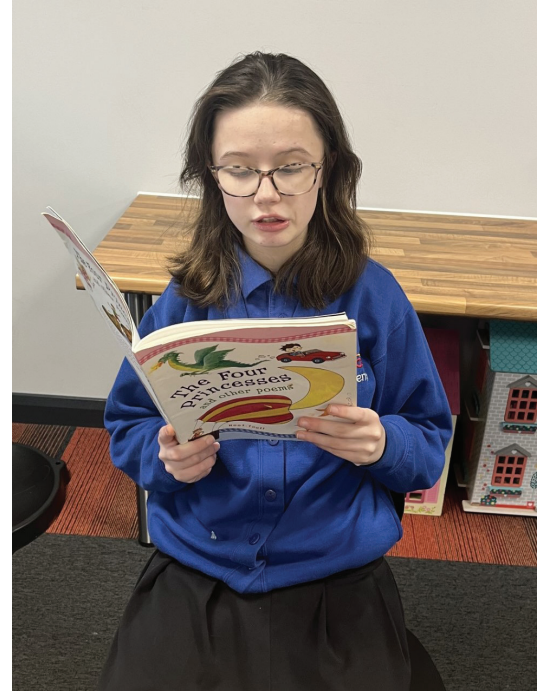


Masons Donation

This term Catcote Futures learners were visited by Jim Durrand (the worshipful Master of Harte Lodge Masons) and Brian Footitt (a past master involved in their Benevolent Association). They very generously donated an amazing £400 towards our Parents and Friends of Catcote Academy. The donation was graciously received by learners from Catcote Futures. This generous donation is going to be put into funds for creating a Forest School at Catcote Futures. Thank you very much for your generous donation!



The Big Read 2023



Students across the Academy participated in a sponsored Big Read. The students could read to themselves, to others or be read to. We tried to read in as many unusual places as we could think of. We had a lot of creative and innovative ideas and lots of fun. Well done to everyone who participated.



Banardos Santa Visit

Classes in the gallery area had the opportunity to meet Santa at Barnardo's charity shop. Everyone received a gift and a selection box from Santa and Mrs Claus! We want to say a massive thank you to Ang who organised this visit for us and made it so special for everyone!



What a fantastic Nutcracker



The students and staff in Class 7 have enjoyed making a Nutcracker this term. They had to design his outfit with Mr Pounder in Forest School and source materials found in and around the school. Mr Pounder kindly helped assemble our Nutcracker ready to be decorated during our creativity lessons. Here is our finished Nutcracker ready for the fair!

Class 7 have also kindly been donated £200 from the Misfits to enjoy over the Festive Season!



Link 2 Christmas Enterprise

Students in Link 2 have been busy making their Christmas enterprise 'doggie treat boxes'. They have all worked really hard demonstrating their communication, team work and leadership skills. Students have taken on job roles within the classroom, including managing finances, production line and delivery. They visited St Bega's Catholic Primary School to hand over orders. Students got to meet some of their amazing staff and nursery students. A huge thank you to Sarah Izzett for organising the visit. The students loved meeting you all and wanted to say 'thank you' for all your kind support.



Throston 6th Form and Employability Centre



What an Elf-tastic Day

We would like to thank everyone for the amazing support they provided to make this years Elf Day a success, especially Mr Rick Kitson and his helper elves for the fabulous Lip -Dub celebration he organised. The students had an amazing time. We managed to raise £138 for the Alzheimers Socitey. Well done everyone.

Please visit our facebook page to view the Lip-Dub video.



Catcote Futures Christmas Dinner

Wednesday 13th December saw the annual Christmas dinner day arrive at Catcote Futures. This coincided with Christmas jumper day which made the day a truly festive event.

The day started early for the outstanding catering team of Sue, Chloe and James that cooked up an absolute storm and created an amazing Christmas Dinner for all the staff, learners and invited guests. Special mention to our learner James that made the wonderful trifle that several members of staff said was 'the best they had ever tasted.'

The learners and staff decorated the hall and classrooms, and all enjoyed having a meal together to celebrate Christmas. It was a truly wonderful day. Thank you to all involved.

Santa Visited the Academy



We wish all of our students and families a Merry Christmas and we look forward to seeing you in 2024

A New Student Page

We would like to hear from you

We would like to hear from our students and dedicate a whole page of our newsletter to stories and adventures that you have experienced or advice that you would like to share. A fantastic example of this is below which was sent to us by one of our STEPS learners providing excellent advice on how to improve well-being.



Farewell to members of our team

We would like to say Thank You to members of our team for all of your hardwork and best wishes for the future.



Rachael Killen



Megan Dougherty



Remmi Murphy

	AUGUST 2023	SEPTEMBER 2023	OCTOBER 2023	NOVEMBER 2023	DECEMBER 2023	JANUARY 2024
Monday	7 14 21	4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18	8 15 22 29
Tuesday	1 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28	5 12 19	2 9 16 23 30
Wednesday	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24 31
Thursday	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25
Friday	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26
Saturday	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27
Sunday	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28

	FEBRUARY 2024	MARCH 2024	APRIL 2024	MAY 2024	JUNE 2024	JULY 2024
Monday	5 12 19 26	4 11 18 25	8 15 22 29	13 20	3 10 17 24	1 8 15 22 29
Tuesday	6 13 20 27	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30
Wednesday	7 14 21 28	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26	3 10 17 24 31
Thursday	1 8 15 22 29	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25
Friday	2 9 16 23	1 8 15 22	5 12 19 26	3 10 17 24 31	7 14 21 28	5 12 19 26
Saturday	3 10 17 24	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29	6 13 20 27
Sunday	4 11 18 25	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30	7 14 21 28

■ Bank Holiday
■ Holiday
■ PD day