news from

# King's Lynn Academy

Friday 19th April 2024

## Dates for your diary:

Thursday 25th April – Sizewell B trip

Monday 6th May – Bank holiday – school closed

Wednesday 22nd May – Year 9 Tower of London trip

Friday 24th May - Last day of term

Monday 3rd June – School reopens after half term

Wednesday 19th June - Year 9 Parents Evening

Friday 5th July 2024 - Year 11 Prom

Friday 19th July - Last day of term

## Student Absences & Medical appointments:

If your child has to have some time off school, please ensure that you contact the absence team if possible **before 8.30am** preferably via our absence email on

**studentabsence@kla.eastern-mat.co.uk**

or call the absence line **01553 779635.** Please include your child's name, year group and why they are absent. If we send you a text message and you are unable to respond, please send a note in with your child explaining why they have been away.

If you need to take your child to a medical appointment during school time please can we ask that you either send in an appointment card or letter with your child or please email them to **studentabsence@kla.eastern-mat.co.uk** so we are aware in advance when you collect your child.

## We are recruiting:

We have some fantastic opportunities to become a member of our esteemed team here at KLA. Please follow the link below to see our latest vacancies.

Eastern Multi Academy Trust - Vacancies and Careers (eastern-mat.co.uk)

STRATFORDS

If you order school uniform online as of the 1st December parents will need a password to enter our website to order uniform. The password is KLA001.

## Parent Voice:

We would like to advise you that you are able to give your views on the Academy not just during inspections. We value your opinion and would encourage you to do this at:

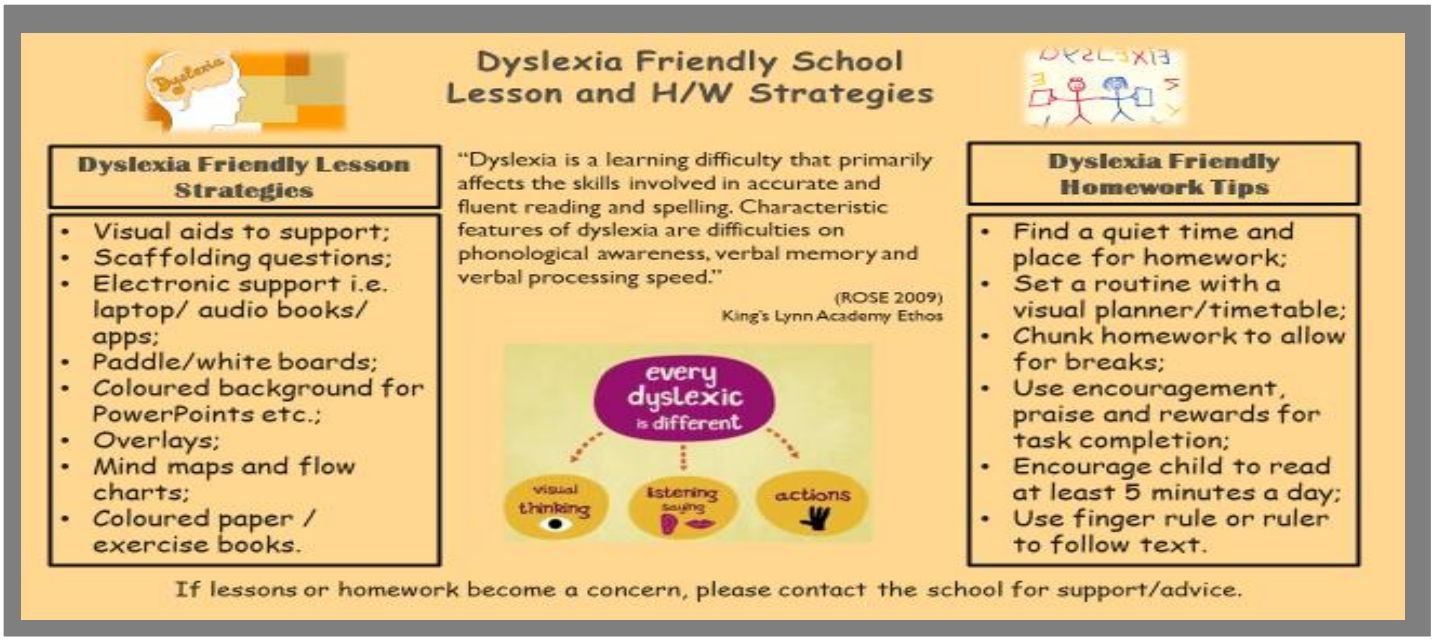
**Parent Voice (office.com)**

## Internet Safety Webinar:

Recorded Online Safety webinar for parents and carers - YouTube

Norfolk police have put together this webinar for parents, it is split into chunks.

1. Introduction
2. PC Smith PC Funnell - safer schools
3. SCOLT (Safeguarding Children Online Team) - advice about how to check mobile phones (iPhones and Android)
4. Prevent
5. Cyber security
6. Youth Engagement



# Geography House Competition Results

We had 4 fantastic entries to our house competition – all with different approaches to our challenge of decorating a cake based on the theme of a country. We decided to award house points to them all – well done for your efforts.

Sparrow Roberts
**La Rochelle**

Sophia Bell
**Stargard**

Raya Ganeva
**Hamburg**

Nancy Rutty & Casey Self
**Hamburg**

## Online Safety:

At The National College, our #WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

# What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.

Source: See full references in our guide page at: nationalcollege.com/guides/energy-drinks

#WakeUpWednesday

The National College®

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# PE Weekly Sports Bulletin:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Softball (DHE) | Rounders (SCA/LCT) | Fitness Suite (JOM) | Cricket (JOM) | Fitness suite (SLE) |
| | Year 7 Rugby (DHE) | Athletics (SCA/LCT) | Volleyball (SLE) | |
| | | Period 6 (SLE) | | |

Summer PE Extracurricular Timetable

## DROP-IN FOR A SLICE OF HELPFUL YOUTH FOCUSED ADVICE

£FREE

# PIZZA PROJECTS

£FREE

Fairstead Community Centre, Fairstead Estate, Centre Point, King's Lynn PE30 4SR

## Every Tuesday 4pm - 6pm

## Starting on 16th April Age 11-16

**WORKING IN PARTNERSHIP WITH ST FAITHS CHURCH AND THE BOROUGH COUNCIL OF KING'S LYNN AND WEST NORFOLK**

### CHOOSE YOUR OWN TOPICS!

- Homework
- School
- Friendships
- Family
- Sport
- Relationships
- Teachers
- Mental Health
- Health
- Goals
- Community
- Hobbies

Norfolk County Council

TARGETED YOUTH SUPPORT SERVICE

Borough Council of King's Lynn & West Norfolk

# ***LGBTQ+ CLUB***

**RETURNS MONDAY 22ND APRIL IN N9**

**NEW VENUE**

**WARM WELCOME FOR ALL**

**MONDAY AND WEDNESDAY LUNCHTIMES**

# 1.15-1.45

# Year 7 Round Up – Compiled by Mrs West:

Welcome to the Summer term 🌸

It has been lovely to welcome all the children back to school after the break. All students seem refreshed and have come into school with positive attitudes. Amazingly, we are now in our last term as year 7's and I think it is worth taking a moment to give praise to all in the year group for how they have settled into high school life and expectations.

I am extremely excited for next week's High School Musical performances. The students have been working exceedingly hard this week to make sure they can put on a perfect show. Thank you to all staff members that have helped to make this experience possible for the children. I believe there may still be a few tickets available on selected performances if you would like to attend.

🏆 Our top points scorer for the first week back is **Elliott Barr**. When writing this Elliott had already achieved an amazing 14 achievement points since Monday. What a fantastic start Elliott, well done.

🌟 🌟 This week student of the week is **Jaycob Bullen**. Jaycob has such a positive impact on the year group and in his classrooms. Your continued hard work has really shown itself in your assessment results and we are all extremely proud of you! Well done!!!! 🌟 🌟

I lead assembly this week and it was lovely to see all the students. I took the opportunity to let the students know a bit more about me and my life. When meeting with students I am often nosey and try and find out more about them and thought it was only fair I gave them a peek into my interests and hobbies as well. I really believe the relationship we will build over the coming years will help all of us to navigate positively any issues that may arise.

If I could kindly ask you to remind students that mobile phones will be confiscated if seen in school. I am aware that phones are being used and want to obviously avoid any upset by the students having them taken. School rules at the moment state if it is the 3rd time of confiscation the phone will need to be collected from site by a parent/carer and this is an inconvenience that I would like to try and avoid for all.

Also a quick note about cooking ingredients. Ingredients needed are on the students' Arbor accounts. We have had a large amount turn up today and present themselves at the start of lesson with no ingredients expecting the teacher to provide them. Students do need to bring their own ingredients in or please tell them to let their teacher or myself know if they are having difficulties getting them with as much time before the cooking lesson as possible.

I hope we lose this cold wind for the weekend and that you all manage to enjoy some time together.

Mrs West.

# Year 8 Round Up – Compiled by Miss Fountain:

Hi all, I hope you all had a wonderful Easter holiday, if you went away or not, I hoped you enjoyed yourselves whatever you did. I didn't do much but it was nice being able to turn the alarm off for 2 weeks!!

This week the year 8's had a lovely lady from the University of East Anglia, host an assembly. It was to give them an idea of what life after school could be, what qualifications they could achieve and even the fun element of going to university. It was really well received by the students and many good questions were asked. I was really proud of them.

Talking of being proud, that brings me nicely on to the achievement points for this week. From Monday - Friday the whole of year 8 have amassed a total of 1054 between them!! Great teamwork!!

Individually, the top 5 totals are:

**Obisesan, Albert 13 Bramwell, Shyanne 12 Dey, Millie 12 Fowler-Holden, Ryan 12 Goodbourn, Ella 12**

**Eke, Charlie 11 Frary, Lola 11 Garnett, Ivy 11 Girling, Joe 11 Rynas, Victoria 11 Allen, Martin 10**

**Anderson, Thomas 10 Barnett, Emily 10 Biobaku, Obadimeji 10 Ebbens, Rosie 10 Garrod, Harley 10**

**Petrenko, Nataly 10 Rajesh, Jewel 10 Vasileva, Nikoleta 10 Watts, Samuel 10 Graham, Alexis 9**

**Greenacre, Dylan 9 Hill, Cory 9 Jasinskis, Nedas 9 Kirk, Codie 9 Otegen, Berke 9 Rutter, Freya 9**

**Timosenko, Diana 9 Varnadore, Glen 9**

Wow what a huge list!! Well done top achievers!! There's a bar of chocolate waiting for each one of you!!

My student of the week this week goes to a young man, who, in the opinion of not just me but staff and students, has totally started to shine and show how great he really is!! Then to top it off is on the top achievers table this week.....My student of the week is **Glen Varnadore.** Well done Glen, I am so proud of you. Another bar of chocolate!!

Its the final countdown towards the wonderful performances of High School Musical! If you haven't got your ticket, I would be quick as these tickets are flying out! So much so, more had to be added on!! I am super excited to see the hard work they have all put in and a special thank you to Gemma Worledge and Summer Mace for their dedication!!

Can I please remind you all, uniform is part of the school day. It is not a choice!

The following is a reminder of what is COMPULSORY: KLA Blazer, black KLA skirt or black trousers. In no circumstances, are leggings allowed, not even PE days!! White collared shirt, black shoes, black socks (not white or fluffy!), a bag containing equipment. KLA jumpers are an option NOT an alternative to a blazer.

Have a great weekend, stay safe.

Miss Fountain.

# Year 9 Round Up – Compiled by Mrs Laws:

Good afternoon from KLA.  I hope you all had an enjoyable break.

It's business as usual here in school.  Mr Towler is still working hard on all the option choices, as you can imagine it's a long technical process so, please bear with us, as soon as we have news we will share it.

In assembly on Wednesday, I reiterated the importance of students getting it right with our school uniform.  Uniform is something we as a school take great pride in, and it shows we have a strong established community here especially out in the local area when we are recognised by members of the public.  Unfortunately, I had to speak to 16 girls (out of 176 students) at the end of assembly regarding their uniform (mainly leggings) not being acceptable and parents have been contacted directly.

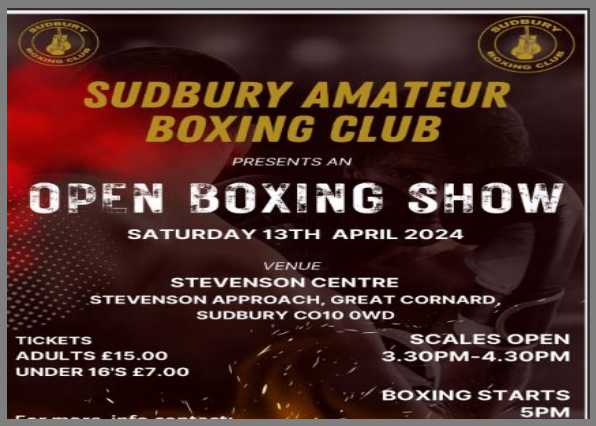
We are preparing the students for life in the real working world where nearly every job specifies you must wear a uniform/dress code whether it is steel toe capped boots and florescent clothes on a building site to a judge wearing full suit dress in court.

Our uniform policy has not changed since the students started in year 7 - it should be white shirt, tie, black tailored trousers (NOT leggings, jeggings, jeans or tracksuits) and blazer.  The school jumper should be worn in addition to blazers in the cold weather not instead of.

We know times are financially trying for lots of people so please don't be embarrassed to contact us and ask for help if you need it, we do have a stock of trousers, and a limited number of blazers & jumpers which Stratford's have kindly given us.

I love to see what my year group gets up to in their free time and where possible, broadcast it on here.

So, congratulations to **Jac Fox** who took part in an open boxing competition at Sudbury Amateur Boxing Club on Saturday night representing Downham Market Boxing Club and won the schoolboys 64kg fight against a young man from Sudbury. Nice one Jac!




If your son/daughter does anything outside of school, you would like me to include in here please let me know.

# Year 9 Update continued…..

Attendance in year 9 was 91.5% this week, which is cracking start to the term, let's keep this rising and end the school year on a high.

Well done to those of you who were here all week, and to those of you who have 100% attendance this academic year, that is an amazing achievement!  If your child has to have time off school, please ensure that call the absence line on 01553 779635 or call the main reception and select option 1 to explain why, if we send you a text message and you are unable to respond, please send a note in with your child when they return to school explaining why they have been away.

As a group we have achieved nearly 1000 reward points this week which is amazing!  Our highest achiever was **Elijah Gedge** so congratulations to him.

Student of the Week is **Lillie King.**  This young lady always has a smile on her face and will do anything that is asked of her by staff.  Keep it up Lillie you are doing great.

Our assembly this week was a general welcome back from myself and going over a few expectations and various notices from other staff members.

Next week we are looking forward to the High School musical production.  I've stopped by rehearsals a few times and the cast sound amazing!!  I think there may be a few tickets still available on ParentPay for either Wednesday, Thursday or Friday evenings.

Have a lovely weekend and see you all on Monday.

Mrs Laws.

# Year 10 Round Up – Compiled by Mrs Mann:

Hello summer term!!!!!!!!!!!

It has been lovely to see the students back and working hard again. As a year group, we have achieved over 900 reward points by Thursday morning! That is a fantastic start to the new term.

A HUGE well done to our highest achievers this week. They are **Calum Burt, Isla-Mae Garrod, Ethan Peel** and **Liam Wright**. All 4 students have received over 20 reward points in just 3 days. Brilliant, well done everyone!

Attendance in year 10 was 87% which is much lower than I expected especially being the first week back. This needs to improve next week. Please remember that every day matters! Well done to those of you who were here all week, and to those of you who have 100% attendance this academic year, that is an amazing achievement and something to be proud of! . If your child has to have some time off school, please ensure that you contact the absence team if possible **before 8.30am** preferably via our absence email on **studentabsence@kla.eastern-mat.co.uk** or call the absence line 01553 779635**.** Please include your child's name, year group and why they are absent.

For the first week back, I'd like to nominate **Katie Chapman** as our student of the week. Katie is a fantastic student who gives 110% to everything she does. This week Katie has been working hard with rehearsals for High School Music and I cannot wait to see her perform. Well done Katie and good luck with the show! I will be in Thursday night's crowd!

As always, the head of year team continue to monitor the number of students arriving late at school so I would like to remind you that all students need to be in school and ready to learn before 8:35am please. There are sanctions that are in place for lateness, and these will be after-school detentions for 30 minutes the same day. We really do appreciate your support with any after-school detentions. If you child is continuously late, if there is no improvement after me contacting you then I will be inviting you in for a meeting to discuss the issue. So many vital minutes of learning are lost through repeated lateness.

Once again, I would just like to reminder you of our academy's expectations regarding uniform. Black trousers, no jeans or leggings, KLA skirts only, white shirts, tie and blazer. If you do have any issues with your child's uniform or if you need any help purchasing items, please do not hesitate to contact me as we have some uniform in the swap shop which may help. If any students have borrowed any ties from us over the last few weeks, PLEASE can we have them back ASAP. I'd also like to remind you that fluffy coloured socks are not permitted as uniform. We have also noticed acrylic nails popping following the Easter break. As you know, these also are not allowed for school. They are dangerous when taking part in practical subjects. Please can we ask that they are removed asap.

As you know, I often ask for you to share news of your child's achievements with their hobbies and out of school events.

# Year 10 Round Up continued……

This week I would like to give a shout out to **Edward Luther**. Edward is a keen golfer and I wanted to share his most recent news with you all. Edward played an exceptional game of golf last weekend at Royal Norwich. It was a hard game for him, with a level handicapper, so extra points were awarded to him. Edward went with the mind set of winning, but he unfortunately lost out on the last two holes. The opponent had experience with the greens, which were all American, so very up and down, not like your traditional British greens, that are nice and flat. As you can imagine, Edward felt very disappointed in not winning, but he was fortunate that there was a Norfolk County Coach at the venue! Even though Edward lost, the coach could see Edward's potential on the course, and asked Edward if he would like to join the Norfolk County junior golf team. What an amazing result! Well done Edward, keep it up and I'm sure you will go far. Best I get his autograph now.

Just a reminder that if you need to contact me for a pastoral issue that you would like to discuss with me as Head of Year, then please email me **Emma.Mann@kla.eastern-mat.co.uk**. Alternatively, you can call me on **07511 225248**. Please remember that we have a 48-hour return of contact policy, but I always try my best to return calls and reply to emails. If, on the odd chance you don't hear from me and still want to discuss something, please try again, send a text to give me a little reminder nudge!

Just a reminder of a few dates for your calendar.

**Thursday 6th & Friday 7th June** – History trip – more details to follow.

**Thursday 4th July** – Careers taster day at college – more details to follow.

**Wednesday 10th July** – Rewards trip.

**Thursday 11th July** – Parents evening here at KLA.

Have a great weekend.

Mrs Mann.

# Year 11 Round Up – Compiled by Mrs Lockey:

Happy Friday! Welcome back after a lovely Easter break!

Many thanks to all students in year 11 for their work in lessons this week, I have seen some great work in progress. We are looking at something for us all to do together as a reward.

Many thanks go to Miss Bowen for organising NCS to come in and talk about the opportunities available over the Summer term for students.

Rewards assembly following on from last term - our joint Endeavour Award went to **Oliver** and **William Beck,** a massive well done goes to them both. Also, awards went to **Seth Stockmeier** and **Brandon Rudd** who received their head of year wards, lots of reward certificates and blazer badges were handed out for the last rewards ceremony for year 11's.

After school lessons period 6 have also been put in place for year 11 - after school Monday - Thursday. Many thanks for all those students that have attended this week these extra lessons are really important for embedding their knowledge.

KLA swap shop has been open again to students. This is proving to be successful especially when ties and blazers are forgotten. There is a small amount of lost property please send your child over to it if they have lost any uniform this week. Many thanks to the student commissioners in year 10 and 11 that help this to open every day.

Attendance in year 11 has been lower - it was 88.6% this week. We are really falling short of where we should be which is 95%. Well done to those of you who were here all week, and to those of you that have 100% attendance this academic year so far. If your child has to have some time off school, please ensure that you contact the absence team if possible **before 8.30am** preferably via our absence email on **studentabsence@kla.eastern-mat.co.uk** or call the absence line 01553 779635**.** Please include your child's name, year group and why they are absent.

We are aware that our phonelines seem to be temperamental at the moment so if you are struggling to report an absence then please email as above. If it is a pastoral issue you would like to discuss with me as Head of Year, then please email me on Hayley.Lockey@kla.eastern-mat.co.uk

If your child attends college on Thursday's and they are absent or have an appointment, you will also have to let them know of the absence. Their number is 01553 761144, many thanks in advance. Please do not text my work phone with absences as I cannot always guarantee that I will see the messages.

The number of year 11 students arriving late at school has slightly decreased this week I would really appreciate your support with this. All students need to be in school and ready to learn before 8:35am please this so important as learning time is lost. Thank you all so much for your support with this. This is so important, every minute counts including every single lesson.

There are sanctions that are in place for lateness, and these are followed by after school detentions and parents contacted on a daily basis.

All heads of year are checking uniform EVERY day and are contacting home, if necessary, no jeans or leggings please and blazers and ties are a must. If your child has been loaned a tie, could they please bring them back, we have a shortage of them at the moment. Bags need to be part of our day too and these should contain your child's knowledge organiser and equipment ready to learn.

# Year 11 Round Up continued….

Please let us know if we can support in any way as we have a swap shop here at KLA whereby students can bring any unwanted uniform and exchange for larger sizes if needed. Please be reminded NO fluffy coloured socks are permitted as uniform. We have also noticed acrylic nails popping up again these also are not allowed these are dangerous especially when taking part in practical subjects. Also nose piercings are creeping back in these are also not permitted and a clear retainer needs to be worn. Hair and Beauty students especially need to be mindful about not wearing jewellery, especially in the salon.

Year 11 need to keep up uniform standards even though we only have a few more weeks left.

As a year group we have achieved 519 points this past week which is lower than normal for year 11. Our highest achiever this week in the year group was **Charliene Murombo**, a massive well done to her once again in consistently getting it right.

Student of the week this week goes to **Alfie Locks**, well done to him for really working hard and making a great start back to this year. It has been noticed, Alfie keep up the great work keep going, you can do this!

Shout out this week goes to **Atas Pigarevas**, an amazing effort, he won the absolute belt in London NAGA. Well done Atas, you are a star, remember us when you are famous! Also, **Ashton Thorrold** captained his team at the weekend - Fakenham under 19's in the County Cup Final v Heacham Under 16's. His team won 3-1, big well done to him and his team.

On Wednesday the students were able to meet some celebs playing a charity match at Kings Lynn Football ground, over the weekend.

Year 11 Information -

Easter raffle - the winner of the Easter hamper went to Jack Bowen, well done Jack!

Re-Dazzle Prom Shop: I have a selection of new and used suits, dresses, shoes, and handbags. If any student would like to have a look at any items, please feel free to send my way.

Year 11 Prom **Friday July 5th** tickets £23 each are now on sale via ParentPay, please see menu attached. We will be sitting down to eat our meal together and enjoy an outside catering company coming in to traditionally cook our food. Drinks will be served on arrival and throughout the evening and dancing shoes will definitely be needed! There will be an opportunity to buy photographs on the evening, details to follow nearer the time. Pictures will be taken on arrival and also throughout the evening in a separate area.

Information about leavers hoodies - final orders have now been placed and should be with us shortly! I will let you know when they all arrive.

Stay safe and keep safe have a lovely weekend.

Mrs H Lockey.

## Year 11 Round Up continued….

KING'S LYNN ACADEMY

# School's Out Prom Menu

**2 choices of each of the following:**

Local pork jumbo sausage
British 6oz beef burger
Chicken and Vegetable kebabs

**Or alternatively Vegetarian option you can pick three options these are:**

Vegetarian burgers
Marinated halloumi cheese kebabs
Vegetable kebabs
Corn on the cob

**Price of ticket includes;**

Assorted salads, coleslaw,
rice salad, mushroom and coriander,
Mediterranean pasta, tossed green salad.
*Served with fresh bread rolls and hot potatoes.*

***All cooked-on site on a traditional charcoal BBQ for full flavour and aroma.***

**Dessert**

Includes a selection of fresh
ice-cream and flavours/topping included.
School selections of homemade bakes.