



NEWSLETTER • SPRING TERM ISSUE 25 • 12TH FEBRUARY 2021

Dates For Your Diary

Monday 15 th – Friday 19 th February	Half Term
Monday 22 nd February	Non Pupil Day
Thursday 4 th March	World Book Day

Message from the Headteacher

Dear Parents / Carers

Welcome to the last newsletter of this half term. As I write this article, I am not quite sure where the weeks since Christmas have gone! The term did not start as we would have hoped, but our remote learning offer has gone from strength to strength, and we are continually refining and adapting our range of lesson delivery styles in order to support and engage all students. The reports issued today via Go4Schools provide you with a snapshot of your child's engagement during this half term, so please take time to log on to Go4Schools to access this report.

During this period of lockdown, we have continued to provide on-site education for students who are vulnerable and those with critical key workers parents. We have managed to stay open every day, even during this cold and snowy spell, and I cannot thank staff enough, as without their commitment and dedication, none of this would be possible.

I would also like to thank the school community for the many positive messages and words of encouragement that we have received. The recent Year 8 virtual Parents' Evening was a resounding success, and we will certainly consider a similar approach when we hold our Year 7 Parents' Evenings in May. In addition to this, the feedback from parents who engaged in our Parent Forum sessions was glowing, and we have taken away lots of ideas for consideration.

Please continue to stay safe and well during the half term break. We have a non-pupil day on Monday 22nd February, so this is a slightly extended break, but we look forward to re-engaging with all students on Tuesday 23rd February, and hopefully by then, we will have received an update on when students will be able to return to the school classroom.

Kind regards

Mrs CA Moffat
Headteacher

Critical Worker Half Term Childcare

If you are a critical worker family and feel unable to manage your childcare over the half term break due to work commitments, please contact the childcare brokerage service on ey.comms@essex.gov.uk.

Driver Youth Trust: Literacy Home Learning Resources

The Driver Youth Trust is a charitable organisation that focuses on developing young people's literacy skills. They have a whole page of resources for parents and carers - here is a snapshot of the content:

Home learning resources (for parents & teachers!)

We've adapted some of our resources that we think are best suited to learning outside of the classroom to help parents and teachers adjust to virtual and home-learning with ease.

▶ Parents: getting started

▶ Creative writing at home

▶ Exploring new words

▶ Supporting reading

▶ Study habits

▶ Get the family talking

The resources can be accessed via <https://www.driveryouthtrust.com/resources/>

Mrs Steele

Remote Learning Update: Live Lessons

As we continue to develop our offer, more staff are leading live lessons with students. By the end of this half term, every student should have experienced at least one live experience.

Just a few reminders:

- ❖ Teachers will post on Class Charts by 8.30am whether lessons are live that day. Make sure you log on and check, as lesson 1 begins at 9.00am.
- ❖ Lessons run at their 'normal' times - 9.00am, 10.00am, 11.20am, 12.20pm and 2.00pm.
- ❖ The link for the lesson will be in students' Google Classroom and will only be available a minute or so before the lesson is due to start.

Attendance at live lessons has been strong - but do remember if you miss a lesson that a recording will be made available of the lesson later the same day. Be patient, it takes a little while to upload!

Mrs Steele

Snow Much Fun!

We are not sure who had more fun in the snow this week – students or staff! While Years 7 and 8 took some time out from remote learning to enjoy the snowy grounds, Mr Morgan, Miss Smith and Mrs Rayner also braved the weather, resulting in this new addition to our Duty team!



DT Food After Half Term

Students have been so patient over the last few months as we navigate our way through the restrictions at school, meaning we have been unable to do any practical lessons in either Art or DT. We know that our students especially love food lessons, with many helping to prepare meals at home.

When we return after half term, I will be sending out a theory and a recorded practical lesson each week until Easter. There is no obligation for your child to make the recipes but we hope that they will at least be able to support and help a little more in the kitchen - if they do decide to make the dishes, they can do so at a time that suits them and then send us a photo.

With recipes from simple and confidence boosting Pizza Toast, through kebabs, soup, scones and bread, hopefully there is something for everyone.

We will send advice on safety nearer the time and advise that students must have parental supervision.

If you have any queries, please do not hesitate to contact me via the school office.

Ms Newman

STEM Challenge

The STEM Challenge for this past fortnight was all about aerodynamics and aerospace engineering. Students put this into practice by designing and making the absolute best paper aeroplane that they possibly could, and then seeing how far it would fly. We had some weird and wonderful designs, but there could only be one winner!

The winner for this challenge is Sam in Year 8. He showed great perseverance, one of our core school values, and ended up sending his aeroplane halfway down the corridor in school! Congratulations Sam.

The next challenge has been emailed to all students today. The task is to figure out how big the sun is! It's easier than you think and scientists have been doing it for centuries with limited equipment, so give it a go at home. All instructions are in the document emailed out to students, and the deadline for entries is Friday 26th February - the week after half term.

Prizes still stand at a £10 Amazon voucher - you have to be in it to win it.

Mr Newton
STEM Coordinator

Remote Learning Survey

All students have been emailed a Remote Learning Survey to complete today, via their school Gmail account. Please encourage your child to do this, as the feedback is valuable to us in enhancing our offer further.

Mrs Steele

Positive Thinking



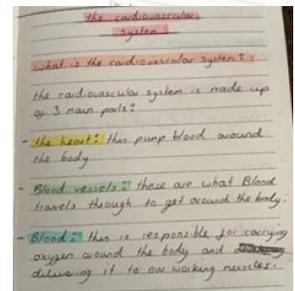
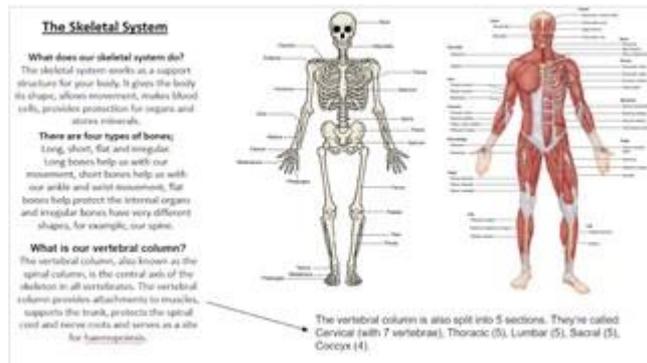
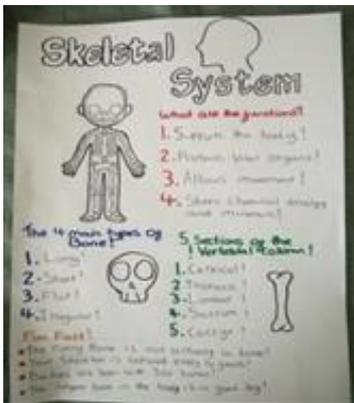
This week, Year 8 student India surprised Ms Rudkins by sending her a rainbow of positive sayings that she had sourced herself and wished to share with staff to brighten everybody's day. Here is a small selection from the presentation she put together.



Thank you India!

PE Work

Students have been working hard in their PE theory lessons, visiting topics including the skeletal system, the muscular skeletal system and the cardiovascular system. Here is some fantastic work produced by Year 8 students Zara, Diart, Brandon and Ruby-Mae, as well as Archie and Neave from Year 7.



Q1. What is the other name for a skull?
 a) Spectrum
 b) Cranium
 c) Scapula
 d) Femur

Q2. True or False: The patella is your knee?

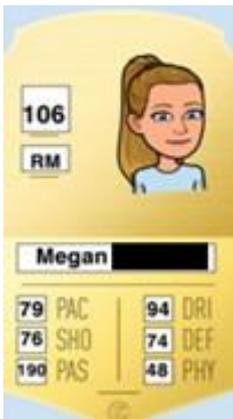
Q3. Which is the other name of the Shoulder Blade?
 a) Femur
 b) Scapula
 c) Tarsals
 d) Radius

Q4. The three main bones on the arm are?
 a) Humerus, Radius, Ulna
 b) Radius, Fibula, Pelvis
 c) Ulna, Scapula, Cranium
 d) Scapula, Cranium, Fibula

Q5. On this diagram identify bone 10, 13 and 3.

The skeletal system

- The functions of the skeletal system are to provide structure and protection. Also it helps us move.
- The four main types of bones are long bones, short bones, flat bones and irregular bones.
- The vertebral column allows movement for the head, neck and body.
- The vertebral column is made of five sections these include the cervical, thoracic, lumbar, sacral and coccyx.
- The cervical has 7 vertebrae.
- The thoracic has 12 vertebrae.
- The lumbar has 5 vertebrae.
- The sacral has 5 vertebrae.
- The coccyx has 5 vertebrae.



Our cohort has also shown brilliant engagement with their practical sessions each week. Students have completed various Health Related Fitness lessons including creating their own FUT card through totalling the amount of reps performed! Here are examples from Megan in Year 8 and Ruby in Year 7.

In addition to the practical and theory sessions, our students in school have been adding to their research project each week. Their projects focus on warm ups and cool downs, as illustrated in these great submissions from Millie, Year 7, and Brooke in Year 8.

Different stages and examples of warm ups

- The warm up takes place before the workout. It helps to prevent injuries and helps your body to recover from exercise.
- A warm up should last 10 minutes.
- The warm up starts with a pulse raising activity, such as easy jogging or anything that gently raises the heart rate.
- Next comes mobility exercises for the joints, such as arm circling for shoulders, and skipping for knees and ankles.
- After that, you should do stretches, they should be dynamic (moving, not held) for a warm up, such as high knees to stretch the hamstrings, and heel flicks to stretch quadriceps.

Week 1: Warm ups

Steps to warming up and examples of what you can do!

1. To begin warming up, you must start off with pulse raising. This area of movement can consist of jogging on a spot.
2. Then you come mobility exercises, these warm up your joints. This consists of circling your shoulders, swivels for the hips, skipping for the ankles and knees etc.
3. Lastly you MUST stretch, stretching will prevent injuries so it's help you in the long run! stretches can be dynamic (moving, not held). For example, high knees and heel flicks.

The warm up should last around 10-15 minutes