



ST HELENA SCHOOL COMMUNITY NEWSLETTER

26/03/21 ISSUE 9



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WELCOME TO OUR COMMUNITY NEWSLETTER

A TRULY REMARKABLE TERM

WRITTEN BY FIONA PIERSON



Without doubt this has been a truly remarkable term. Since Christmas we have seen our students produce some incredible work and apply a level of maturity to the situation they find themselves in, to the extent that we as a community could learn from their example.

Young people are resilient, pragmatic and independent, skills that any employer would be keen to appoint. So perhaps throughout the course of this year it is not the excellent piece of English work we should celebrate, but the bigger picture. Our young people have endured relentless change and have come out as champions and we should all be proud of them.

In his book Happy, Derren Brown says that we have to accept that whatever is out of our control is fine and that we should focus on what we can control. He says if we don't do that, we will live a life of frustration. He goes further and says there are two things that are in our control that we should focus on: to fight your cause and to do your best to change the world. We cannot control the vaccination programme, the decisions on exams, the R rate, government policy, when lockdown will finally end, or the decisions on testing.

We CAN control the contact we have with our students, the way we are helping them learn, the support given to staff, the narrative we are giving students and also look after ourselves so we can continue to lead. We can control our bedtime, our rest time, our screen time, our thinking time. If we don't control that, then who does? And this is a lesson for us all. Identifying what is in our hands and taking control, confidently navigating through decision making that we own empowers us all.

As we reflect one year on from the first period of national lockdown, we should all take strength from our turbulent journey. A journey where we could not control the wind, but had firm control of our sails.

I wish you and your family a restful Easter period and look forward to welcoming all students back on Monday 12 April (week B).



WELLBEING

WRITTEN BY SARAH WATSON



As we get ready for the Easter break I wanted to give you the good news that as a school we have achieved the Silver Award from the Anti-bullying Alliance. We are very proud of this as we only had 6 months rather than the usual 12 in which to complete it. Please visit their website for some excellent ideas and resources.

SUPPORT WITH THOSE DIFFICULT CONVERSATIONS

There are some excellent supporting resources for adults who would like help with what can sometimes be difficult conversations with young people who face specific challenges. These are designed for school staff but I thought they may be helpful for parents too:



DISORDERED EATING

[CLICK FOR MORE INFO](#)



SELF-INJURY

[CLICK FOR MORE INFO](#)



LONELINESS AND SELF-ISOLATION

[CLICK FOR MORE INFO](#)



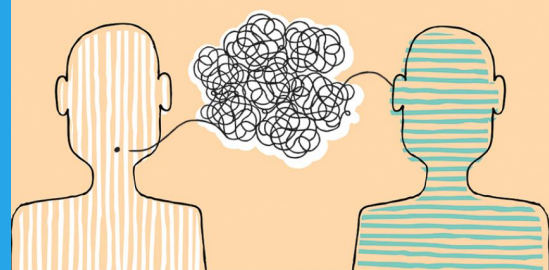
SOCIAL EMOTIONAL AND MENTAL HEALTH PILLARS

[CLICK FOR MORE INFO](#)



SOMETIMES
MAKING PROGRESS
MEANS
TAKING REST DAYS.

GYMQUOTES.CO





TEACHING AND LEARNING

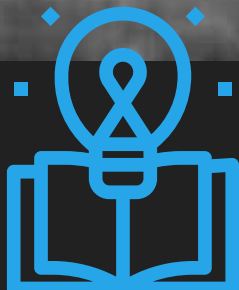
WRITTEN BY CHARLIE MCCARTHY

ASPIRE, BELIEVE, ACHIEVE

Our school motto is Aspire, Believe, Achieve and it recognises the importance of aiming high and believing in yourself. We often talk to our students about an alternative motto: Aspire, Work Hard, Achieve. Without hard work every day, self belief won't get you very far at all! We are so proud of how hard our students have worked this term and so grateful to our families for your support for home study.

Do take 5 minutes to read our Easter Edition of Aspire, Believe, Achieve which celebrates just some of our fantastic students' wonderful work. This regular publication reminds us what excellence looks like and that it can be achieved through high aspirations, a conscientious approach and a confidence in your own abilities. Well done to all!

CLICK THE IMAGE BELOW FOR THIS EDITION



learn something new
this Easter and
share with us via the
email link

"YOU HAVE TO WORK
HARD TO GET YOUR
THINKING CLEAN TO
MAKE IT SIMPLE. ONCE
YOU GET THERE YOU
CAN MOVE
MOUNTAINS."

STEVE JOBS

TO CONTACT THE TEACHING
AND LEARNING TEAM CLICK
THE LINK BELOW.





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CAREERS



FOLLOW @STHELENACAREERS

WRITTEN BY SERENA KAY
& LISA COPELAND

THE BRILLIANT CLUB SCHOLARS PROGRAMME

St Helena School Summer Scholars Brilliant Club program has launched for Year 9 pupils. A select group of Year 9 pupils are actively involved and studying the topic of a 'Better way of doing business.' Cadbury Bourneville along with Marks and Spencer are models of historical business structures included in the study linked with Essex University.

Ellis, Lucy, Chardonnay, Gracie, Leon, Jack, Matthew, Cassie, Lorna, Lily, Selwa, and Leana will engage in subject-specific university style tutorial sessions throughout April and May. The curriculum is supported by an Essex University PhD tutor. Each tutorial session is followed by discussion, summary in addition to pupil conclusions. The Brilliant Club would like to thank pupils for their hard work and efforts throughout the program.



**"WHEN EVERYTHING
SEEMS TO BE GOING
AGAINST YOU,
REMEMBER THAT THE
AIRPLANE TAKES OFF
AGAINST THE WIND,
NOT WITH IT."
— HENRY FORD**



ATTENTION YEAR 11:
DEADLINE FOR FE APPLICATIONS
IS 31ST MARCH. IF YOU NEED
SUPPORT WITH THIS PLEASE LET
MRS COPELAND KNOW.



**ARMY
BE THE BEST**

CORNFLAKE CATCH UP

Thank you to all the Year 10 students that turned up to meet the Careers and Wellbeing Teams on Thursday morning, it was another great success. Students discussed Post 16 options they are considering along with ideas for Personal Statements and CV's. It was great to hear so many career aspirations from our young people.

We plan on holding more events in the Summer Term so please watch this space.....

CAREERS SPOTLIGHT

The Army has many different careers available for people wanting to join as a soldier or an officer. The types of roles available are combat; engineering; HR, finance and support; intelligence, communications and IT; medical; logistics and support; and music. Find out more by clicking the link.

For career tips, updates on events and other useful information follow us on [Instagram](#) or get in touch at careers@sthsch.com





CULTURAL CAPITAL

WRITTEN BY STEVEN BIDGOOD

THIS WEEK WE CELEBRATE WORLD WATER DAY

This week's assembly focused on the importance of water. In recognition of World Water Day on the 22nd March. This has been recognised since 1993 as a time to focus on the importance of fresh water – and raise awareness about those living without access to safe water. Water is life's most basic need. We need it for drinking, food and sanitation. Many of us take it for granted where water is readily available from a tap, or to buy bottled at the supermarket.

For more than 2 billion people, clean water is out of reach. Millions walk for up to three hours a day to fetch water, carrying up to 20 litres on their backs – most of them are women and children. The water they collect is often contaminated, spreading diseases such as diarrhoea, cholera and dysentery. The UN estimates that contaminated water causes 485,000 deaths each year.

In recent years, the crisis has worsened. In 2020, lack of access to sanitation put millions at greater risk from COVID-19. Meanwhile, climate change and extreme weather events make water scarcer, more unpredictable and more polluted. The World Health Organisation predicts that by 2025, half of the world will be living in water-stressed areas.

Water connects every aspect of life. Access to safe water saves lives from disease. It empowers women and children to work and go to school, and in doing so, reduces poverty.



**TAKE ON THE DAILY CHALLENGE AND
DRINK 8 GLASSES OF WATER A DAY
AND SEE IF YOU FEEL THE BENEFIT.**

LOOK AFTER YOURSELF

**"GENDER EQUALITY IS
NOT A WOMEN ISSUE.
IT IS A HUMAN ISSUE.
IT AFFECTS US ALL."**



**CURRENT
AFFAIRS**

This week's Current Affairs task discussed raising hopes that equality in sport is not far away. As Women's football celebrates a TV triumph, students shared their thoughts on this topic.

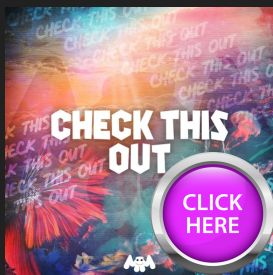
ALL SPORTS, FOR ALL PEOPLE



EASTER INFORMATION

WRITTEN BY SARAH CHAPLIN

Luckily the Easter bunny has been given special dispensation to work this weekend and deliver our favourite chocolate eggs. Keep the kids entertained with some of the top local virtual Easter activities online from interactive Easter trails to making your own origami dinosaurs. Whatever you're doing, please stay safe and social distance.



<http://>

<http://>

HAVE FUN THIS EASTER AND
MAYBE TRY SOMETHING NEW.

Sometimes the best
solution is to
REST, RELAX and
RECHARGE. It's
hard to be your
best on empty.

Sam Glenn

MESSAGE FROM THE ESSEX POLICE

Myself and Brian Speirs are Community Safety and Engagement Officers for the Colchester district. Each month we publish a newsletter and we are trying to increase the amount of households we reach with local policing news, crime prevention advice etc. The newsletter contains a variety of information each month including updates from our Children and young persons officers who talk about current trends and dangers for the young people in our district.

While I am writing this and I have your attention I would personally as a parent like to thank you and your colleagues for all of your hard work over the past year, I can appreciate all of the additional measures you have had to implement within your schools to keep the children safe and also educated, and the hours of planning you have put in and as much as I am sure you probably feel it is not noticed, it is.

PC 73723 Dex Adams
Community Safety and Engagement Officer
Colchester District



MONTHLY
NEWSLETTER

CLICK





HAPPY EASTER

PASTORAL SUPPORT & GUIDANCE

WRITTEN BY CRAIG MACKENZIE

End of term means only one thing - REWARDS!!! As you know we have a rewards programme scheduled throughout the academic year and our Easter Rewards gives us the opportunity to acknowledge and celebrate outstanding student success as we have both Half Term 4 and the Spring Term rewards to hand out. Included in the Easter Rewards are Subject Progress awards for both Half Term 4 (3 students per year group in each subject) and Spring Term (one student per subject). The Year Leaders Spring Term rewards including the four top creditors of each year group for the Spring Term and one student will receive the Superstar Award, which could be awarded for great progress, hard work, community spirit and/or most improved. For the last 10 days of the Spring Term we have also run our 100% Attendance Creme Egg Challenge, and students who have 100% attendance for the final two weeks of this term will receive a creme egg on Friday. Students will receive a mixture of letters home, certificates, doughnuts, cakes and vouchers depending on the award they have won.

Finally, we have put together a special award for the top 300 students who received the most credits during remote learning. We all know how challenging 2021 has been so far, the level of work and efforts our students showed was simply outstanding. The top 300 Remote Learners will receive a mystery prize on Friday! #300club

Congratulations to all the winners!

All winners were announced on Friday morning during the Year Leaders Rewards Assembly.



ENJOY YOUR REWARDS

REST
RECHARGE
REALIGN





LINKS AND SERVICES

HERE ARE AN ARRAY OF SERVICES THAT ARE AVAILABLE TO SUPPORT THE EMOTIONAL WELLBEING OF CHILDREN AND YOUNG PEOPLE



We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



Young People need a safe and welcoming space to explore their mental health needs. For the past 15 years we have been the UK's leading provider to the NHS in effective online mental health support.



Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.



Every seven seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone.



Provides facts, support and advice on drugs and alcohol.



National Self-Harm Network is an online support forum for individuals who self harm to reduce emotional distress and improve their quality of life.

www.nshn.co.uk

OTHER SERVICES THAT MAY BE OF BENEFIT



National Autistic Society



LINKS TO VIDEOS THAT CAN HELP

[FEELING OVERWHELMED](#)

[THE GLITTER MIND](#)

[HELPING YOURSELF](#)

[5 WAYS TO WELLBEING](#)