



ST HELENA SCHOOL COMMUNITY NEWSLETTER

12/02/21 ISSUE 4



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DON'T FORGET

**SCHOOL IS SHUT ON THE
22/02/21
DUE TO STAFF INSET DAY**

WELCOME TO OUR COMMUNITY NEWSLETTER

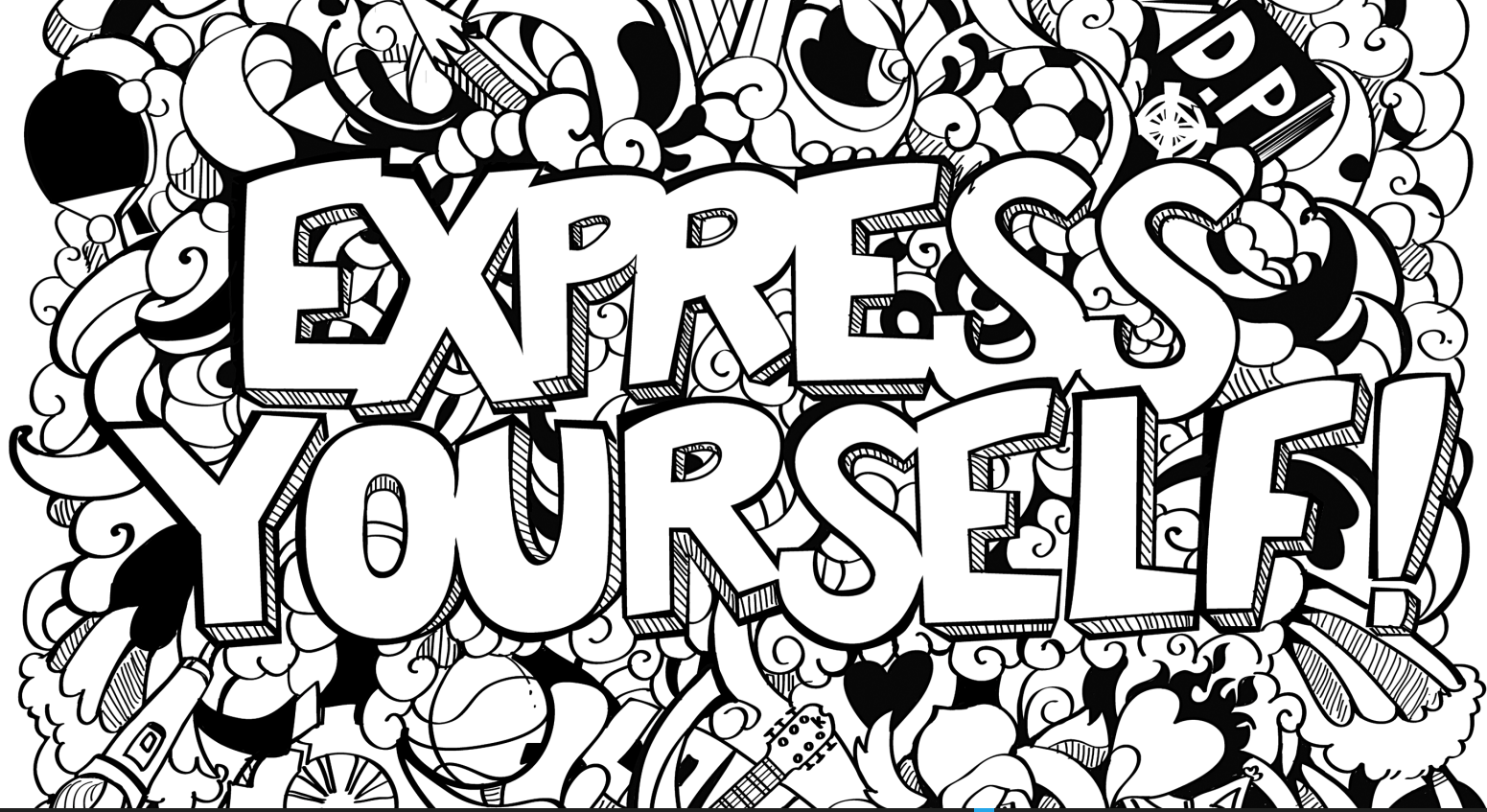
WRITTEN BY FIONA PIERSON

In 2006, Barack Obama had his book *The Audacity of Hope* published. It became a best seller and was a prelude to a bid for the Presidency in 2007. It was a work about reclaiming the American Dream and it feels strange looking back on what was, and what might have been. It seems that at least some of Obama's inspiration came from a painting by an English artist, George Frederic Watts from 1886, called *Hope*. It showed a blindfolded girl sitting on top of a globe seeking to play a lyre with only one string left.

It was a controversial piece at the time due to the ambiguity of its message, but Obama saw it as a picture illustrating what needs changing and, through the audacity of hope, what could be. In our educational world, it is not hard to draw parallels: young people with potential, sitting in their world blindfolded and incapable of playing a tune on the lyre of their life, broken strings aplenty.

What is it that blindfolds young people so they are handicapped in life and then what can the audacity of hope do about it? What gifts are lying broken and unrealised in some young people because no one has been able to draw it out, leaving them incapable of playing any sort of worthwhile tune? These are deep and difficult questions in a school, let alone in a nation.

Audacity is defined as the willingness to take bold risks, especially with disregard to conventional thought. What we have shown as a community this half term is that together, with collective responsibility we can achieve mighty things. What a wonder that is and how rewarding. It is the audacity of hope that makes us believe that all our young people will leave our schools sitting atop their world without blindfolds, able to play a tune that makes life worth living. It takes a community, a collective effort, not just us the school and not just you at home. Together we have worked with a quiet determination not allowing this period of challenge to define our young people. Together, we are removing the blindfolds off of young people, I thank and salute you all.



WELLBEING

WRITTEN BY DAN AUSTIN

HALF TERM IS HERE!

This half term has seen students accessing all learning remotely. Almost daily the opinion of the media that students are missing out and they need to catch up on the learning missed is thrust upon us.

We understand that for some students this may be the case, but we are also confident that many students have worked incredibly hard to ensure they learn new concepts and develop skills just like they would of if they were in school learning.

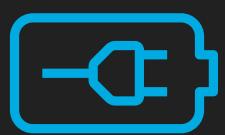
IT IS TIME TO PAUSE!

The half term break should really allow you the opportunity to:

REST, RECHARGE AND REALIGN.

For some students this may be catching up on some google assignments that they did not quite finish, but can we please ensure that there is time given to an activity that improves your wellbeing.

FIND THOSE THINGS THAT MAKE YOU FEEL GOOD ABOUT YOURSELF AND SHARE WITH YOUR ST HELENA SCHOOL COMMUNITY BY USING THE EMAIL LINK.



"THERE IS VIRTUE
IN WORK AND
THERE IS VIRTUE IN
REST. USE BOTH
AND OVERLOOK
NEITHER."



#DOYOURTHING



CLICK HERE



TEACHING AND LEARNING

WRITTEN BY CHARLIE MCCARTHY & LUIGI CALLEGARI

"WE'RE BORN
ALONE, WE LIVE
ALONE, WE DIE
ALONE. ONLY
THROUGH OUR LOVE
AND FRIENDSHIP
CAN WE CREATE THE
ILLUSION FOR THE
MOMENT THAT
WE'RE NOT ALONE."

As Valentine's Day approaches it's time to tuck into the sweet centered filling that is romance writing.

Some commentators can be dismissive of romance writing. However, it is the genre that explicitly tries to deal with feelings. This is something many of us find difficult to reveal during points in our lives.

Many of our most famous books would be shallow stories without the element of love running through them - imagine Romeo & Juliet, Twilight or even the Hunger Games without the romance factor.

In turn, many of the characters from classic romance writing have become the most long lasting such as Elizabeth Bennet, Jane Eyre or Heathcliff. They form the basis of many modern characters in today's fiction.

If you haven't tried a story with a romance element maybe now could be a good time to start. One thing about falling in love with a book is that it will always be faithful.

Speaking of being faithful, please let the LRC know which TV or film version of a romance book was the most faithful to the original story. Email: lrc@sthsch.com

FIGHT THE HATE, FEEL THE LOVE IN EVERYONE, HAPPY VALENTINES DAY.

ASPIRE, BELIEVE, ACHIEVE THE NEW YEAR EDITION

Every lesson, every day, we are blown away by the quality of work that our students produce. During this period of remote learning, more than ever, we are so impressed by the resilience and independence they have demonstrated. Real character!

We are so grateful for your support: the checking; the rewards; the consequences; and the encouragement you provide make a real difference.

The latest edition of Aspire, Believe, Achieve was released a week ago but it's worth sharing again to celebrate just some of the amazing work of our fantastic students. Thank you for all your support with remote learning and enjoy!



[MORE INFO](#)



NATIONAL APPRENTICESHIP WEEK

8-14

FEBRUARY 2021

 @Apprenticeships
  @fireitupapps
 FireItUp_Apps
  FireItUpApps

CAREERS

WRITTEN BY SERENA KAY & LISA COPELAND

National Apprenticeship Week 2021 (8-14 February)

As #NAW21 begins to draw to a close, it feels necessary to highlight our ever changing labour market. The world is continuing to feel the effects of coronavirus as we try to navigate through these uncertain times. With the most recent restrictions, job security is a concern once again, especially for apprentices who particularly felt the effects of the first wave of Covid-19.

In this article by Jenny Little, it discusses how apprenticeships could play a vital role in the post-COVID rebuild.



**The
Guardian**

You can still find out more about the apprenticeship route by visiting our hub or by contacting us at careers@sthsch.com



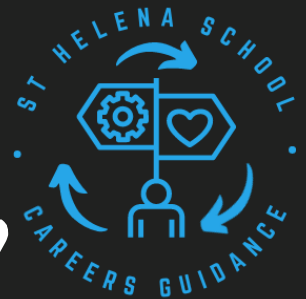
STEM

**THIS WEEK YOU CAN FIND OUT MORE ABOUT
ROLLERCOASTERS!**

Did you know that it's engineers putting the thrills and chills into your favourite rides?

Ainsley James tells us how and why he became a roller coaster engineer.

**“PASSION IS THE
DIFFERENCE
BETWEEN
HAVING A JOB OR
HAVING A
CAREER.”**



FOLLOW @STHELENACAREERS



CLICK THE LINKS TO LEARN MORE
FROM THIS WEEK'S STEM SPOTLIGHT.

WEEKLY MR BEEZY VIDEO

This week Mr Beezy talks about
"why remote learning matters".
You will need blank paper and a pen.



CLICK MR BEEZY
TO FOLLOW ON
INSTAGRAM



**“THE WORK YOU
ARE DOING RIGHT
NOW MATTERS”**

LINK TO MR BEEZY VIDEO



NOT EVERY CLASSROOM HAS 4 WALLS

CULTURAL CAPITAL

WRITTEN BY STEVEN BIDGOOD

This week's Opening Minds task focuses on staying safe online linked to internet safety, and the power of Amazon.

Plus Mrs Kay has shared a great assembly promoting St Helena School's Apprenticeship week.

Nevermind if you missed any of this half terms Opening Minds Assembly and Tasks they can be found in the link.

EDUCATION



WE HAVE COVERED SOME GREAT TOPICS

Behaviour

Expectations

Civil Rights

Holocaust memorial week

Languages and a borderless world

What the future may look like, including aliens.

If you haven't had the time to complete any tasks or look over the assemblies please feel free over half term to send your work into openingminds@sthsch.com.

"OPEN MINDED
PEOPLE DON'T
CARE TO BE RIGHT,
THEY CARE TO
UNDERSTAND.
THERE'S NEVER A
RIGHT OR WRONG
ANSWER.
EVERYTHING IS
ABOUT
UNDERSTANDING."



FAMILY CHALLENGE

WRITTEN BY DAN AUSTIN



The challenges and opportunities are evolving and really are a chance to push those boundaries and try something new. Share the challenge and share your success.



BONJOUR! THE 2021 MFL LOCKDOWN CHALLENGE IS WELL UNDERWAY.

As you may have seen from our January edition of *Aspire, Believe, Achieve*, the entries have started coming in. So far, we've had self-portraits, poems, videos and Duolingo marathons from year 7 to year 11, including multiple entries from one year 7 student and a set of four entries from a year 9 student and his whole family!

If you'd like to compete, choose one (or more) of the challenges and email your entry to longshaw@sthsch.com. Entries can be as an individual or a group (obviously while following current government guidelines). The deadline is when lockdown is over and we are finally back at school.

Bonne chance!

Challenge 1: Design, draw or create a self-portrait with a description in French.

Challenge 2: Create a TikTok-style video lip syncing to a French song or other appropriate audio. Or make your own video of your pet or a toy with you doing a French voiceover about a topic you have covered in your lessons e.g. my family, school, food, holidays etc.

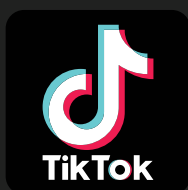
Challenge 3: Write a short story or poem in French. Maybe try a Haiku? A limerick might be a challenge too far!

Challenge 4: Make a video of a short play using one of [these scripts](#). Or you could create your own short play or monologue in French and perform it in a video or as a radio play.

Challenge 5: Challenge yourself to a Duolingo marathon. Maybe you could aim to do at least one lesson every hour between 8 am and 8pm? Or you could set yourself a weekend XP challenge. You could create a video diary of your efforts or make a video or presentation with tips on how to get the most out of Duolingo.

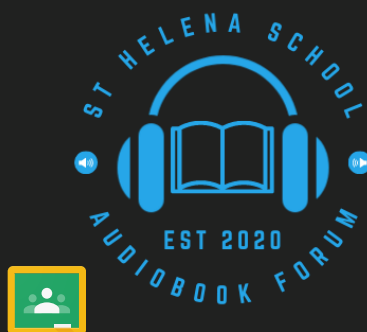
Challenge 6: Create your own French booklet or video with tips for language learning or ideas you've picked up throughout your studies.

This [TikTok](#) recommends watching children's TV programmes in different languages. Or you could create a video about your house or your local area like this one but yours could be better with full sentences such as 'Il y a des fleurs'.



CLICK THE LINKS ABOVE TO TAKE ON THE MFL LOCKDOWN CHALLENGE

**CHECK OUT THESE
DEPARTMENTAL HUBS AND
JOIN IN THE FUN**





KEEPING SAFE ONLINE

WRITTEN BY JUSTIN KELLETT

It's internet safety week, and I'd like us all to think about how we can safeguard our own mental health when we're online, specifically when it comes to our use of social media.

Social media can be a powerful tool for us to stay in touch with friends and family, especially in these times of enforced isolation. When used in moderation, it can have a really positive influence on our lives and wellbeing.

But that all changes when we start spending too much time on social media. Our mental health can really suffer.

Why? Because when we spend hours each day interacting with social media, it stops us from living in the moment, it makes us dependent on the opinions of others, it wastes our time, kills motivation, blocks our happiness, ties us into a cycle of jealousy, makes us feel bad about our decisions and damages our relationships with friends and family!

If that sounds a little extreme, watch the video to find out how and why excessive social media use can rewire our brains in such damaging ways. Have you or your friends experienced any of these effects? Is it time to cut down the amount of time you spend on social media?



STAY **SAFE** ONLINE
BE

SMART

STAY **SAFE**. DON'T **MEET** UP. THINK BEFORE **ACCEPTING**. IS IT **RELIABLE**? **TELL** SOMEONE.

HERE ARE SOME LINKS TO
FURTHER GUIDANCE ABOUT
KEEPING SAFE ONLINE:



LIVE ONLINE LESSON
POLICY
(12/02/21)



LIVE ONLINE LESSON
RISK ASSESSMENT
(12/02/21)



ST HELENA SCHOOL
ACCEPTABLE ICT USE
POLICY
(12/02/21)



STUDENT CODE OF
CONDUCT FOR REMOTE
LIVE LESSONS
(12/02/21)

"DON'T BELIEVE
EVERYTHING YOU
READ ON THE
INTERNET JUST
BECAUSE IT HAS A
PICTURE WITH A
QUOTE NEXT TO IT."

-ABRAHAM LINCOLN



PARENTAL SUPPORT & GUIDANCE

HOPEFULLY THESE LINKS CAN BE OF BENEFIT AND GUIDE US AS WE CONTINUE TO EDUCATE AND SUPPORT THOSE IN OUR CARE.



COVID 19
WELLBEING SUPPORT

MORE INFO



Family Lives was formed over forty years ago by volunteers, with the aim of ensuring that all parents had some where to turn before they reached crisis point. We know that the right support at the right time makes all the difference.

Family Lives provides targeted early intervention and crisis support to families who are struggling. The issues we support families with include family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing.

A MESSAGE FROM OUR MP



Will Quince
MP for Colchester

Good morning, I am writing to let you know about an exciting free project (with prizes) which I hope may be of interest to your pupils – Discover Colchester – that I am launching today for children and families to enjoy during the current lockdown.

Lion Walk Shopping Centre has generously sponsored the project with the aims of supporting families; education, learning, creativity, local history knowledge, mental stimulation, and much more, through lockdown.

There are two differing activity books entitled "Discover Colchester" that are free for families to download and print at home. For those without printing facilities at home, hard copies will also be made available free of charge from Boots in town (special thanks to Purav Patel – Store Manager) - these can obviously only be collected as part of an essential shopping trip.

DOWNLOAD



SUBMIT



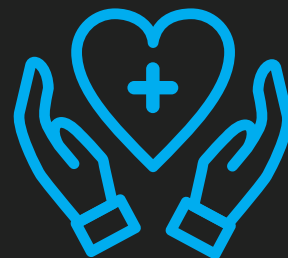
SHIPPING COLCHESTER



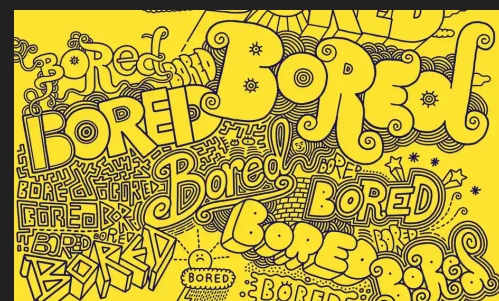
Financial education at home... WHAT IS A MORTGAGE?



LEARN MORE



ARE YOU



OF LOCKDOWN?

CLICK THE
LINKS





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](#)