



ST HELENA SCHOOL COMMUNITY NEWSLETTER

22/01/21 ISSUE 1



What's inside this issue:

PAGE 1
WELCOME

PAGE 2
WELLBEING

PAGE 3
TEACHING & LEARNING

PAGE 4
TEACHING & LEARNING

PAGE 5
CAREERS

PAGE 6
CULTURAL CAPITAL

PAGE 7
FAMILY CHALLENGE

PAGE 8
SEND FOCUS

PAGE 9
LINKS & SERVICES

WELCOME TO THE FIRST EDITION

WRITTEN BY FIONA PIERSON



We wanted a way to connect with you during this period of school closure to keep you up to date with key information and also to share ideas, thinking and news with you all.

Since the announcement of school closures in January we have worked hard to provide an educational offer to our young people that builds on the home learning provision last year. The team here at St Helena are now delivering a combination of live and pre-recorded lessons on a range of platforms. We have received really positive feedback from you and the variety of our offer is being well received by our young people. Please keep sending any feedback to our dedicated teaching and learning email address.

teachingandlearning@sthsch.com

The team are also making sure our young people do not go without. We have released over 100 devices and internet connections; delivered food parcels, set up resource 'drive-thru' for GCSE Art students and are delivering onsite provision and mentoring meetings for students.

If you need anything to facilitate any home learning then please just get in touch. In the meantime, thank you - you are all doing a great job supporting the home learning.



WELLBEING

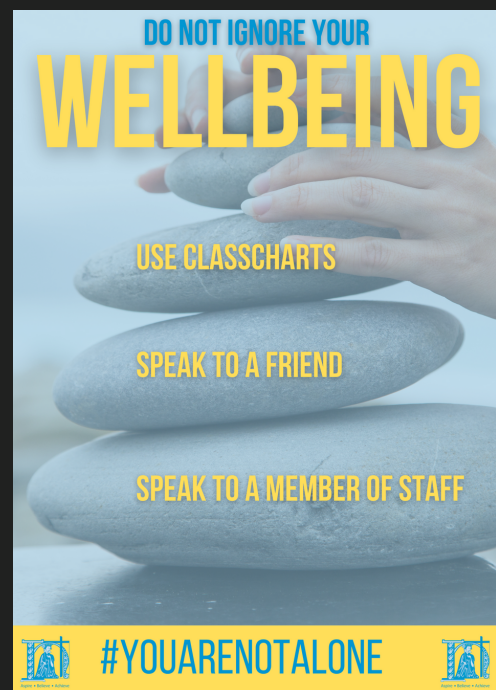
WRITTEN BY SARAH WATSON

If your child is struggling with their emotional wellbeing there are lots of sources of support out there for them. On the school website there is a wellbeing tab at the top of the page especially for students, with lots of useful information and links to the websites of organisations and charities that can help. There is a tab for parents too. There is also the wellbeing module on Class Charts. Your child can log on as normal and can tell us how they are feeling. Children can share if they are feeling happy or sad and anything in between. They can share via these icons and write something as well if they want to.

Any entry a child makes automatically comes through to a member of the Pastoral Team who will follow up on any concerns that your child may have. If you are concerned or things are going particularly well, please encourage them to use it.



"CARING FOR THE MIND IS AS IMPORTANT AS CARING FOR THE BODY. IN FACT ONE CANNOT BE HEALTHY WITHOUT THE OTHER."





TEACHING AND LEARNING

WRITTEN BY CHARLIE MCCARTHY PAGE 1

How's it all going?

We're extremely proud of how well our students have adjusted to this period of remote learning. This is reflected in the amazing **56,505** credits awarded in the first two weeks of term! Your feedback is really important to us and we'd love to hear your thoughts on remote learning so far. We will use all feedback to reflect on our provision and make improvements.

[HOME STUDY SURVEY](#)

 St Helena School 🏠 • 2 days ago • 1 min read

Incredibly well organised and thoughtful lessons

Thank you for the incredibly well organised and thoughtful lessons that have been available since the first day of term. The communications from the school have been really clear, and we have been able to set up home learning alongside us working from home

Sharing devices?

Are you tired of sharing devices? Do you have an X-Box or Playstation? Click the image for guidance on how you can use your games console to access Google Classroom.



**"TELL ME AND I
FORGET, TEACH ME
AND I REMEMBER,
INVOLVE ME AND I
LEARN."**

**"NEVER STOP
LEARNING BECAUSE
LIFE NEVER STOPS
TEACHING."**



BOOK ONLINE



CAREERS

WRITTEN BY SERENA KAY & LISA COPELAND

Welcome to St Helena Careers

Our careers team is made up of myself, Serena Kay along with Lisa Copeland and Laura Eaves, our independent careers advisor.

This week we would like to showcase the Make Happen Lockdown Festival. Monday 1st - Friday 5th February. The Lockdown Festival contains hour-long sessions from the Make Happen Team on a range of topics, including sessions by our outreach event providers including Push, Mr Beezy, and Made Training, plus on-demand videos to watch at your leisure including Workplace Wednesdays. No need to pre-register for events, you can just turn up, and enjoy!



WEEKLY MR BEEZY VIDEO

Each week Mr Beezy will deliver us a motivational video to share with you. This week is on "How to deal with change".

"IF YOU PARTICIPATE IN ANY OF THE SESSIONS WE WOULD LOVE TO HEAR YOUR FEEDBACK SO WE CAN LOOK AT FUTURE PROVISION. PLEASE COMPLETE THIS SHORT GOOGLE FORM HERE."

[LINK TO FEEDBACK FORM](#)

[LINK TO BOOKING FORM](#)



FOLLOW US @STHELENASCAREERS

[LINK TO MR BEEZY VIDEO](#)



CULTURAL CAPITAL

WRITTEN BY STEVE BIDGOOD

Here at St Helena School our student community is always looking to develop the cultural capital. This is how children learn new skills and realise talents, develop character and resilience, and learn about British values, diversity, mental health and well being, all of which we are encouraging through our curriculum. This is completed not only through students timetabled lessons but also through our Opening Minds tasks.

These weekly tasks are set in three formats.

- 1) Themed Assembly e.g. Civil Rights, Mental Wellbeing, Cultural Celebrations
- 2) A Reading and Vocabulary Task
- 3) A Current Affairs Task/discussion e.g Politics, Technology, Culture and Health

These remote tasks can be completed outside students timetable lessons, or as part of students additional time in core PE sessions during the period of remote learning.



OPENING MINDS



**"OPEN MINDED
PEOPLE EMBRACE
BEING WRONG, ARE
FREE OF ILLUSIONS,
DON'T MIND WHAT
PEOPLE THINK OF
THEM AND QUESTION
EVERYTHING, EVEN
THEMSELVES."**

[LINK TO ASSEMBLY](#)



Google Slides



FAMILY CHALLENGE

WRITTEN BY DAN AUSTIN

We really want to encourage students to challenge themselves and those at home to step out of their comfort zone and try something new.

Fear of the unknown or consideration of what others might think quite often gets in the way of our own progress and sometimes it is best to take that first step with someone you trust.

St Helena has 2 opportunities available to you to broaden your horizons and push the limits that hold you back.

TAKE ON THE CHALLENGE



ST HELENA

2

276 MILES

444.2 KM

P



RS

The second challenge has been set by Team Drama with an opportunity to explore solo and ensemble work within the Performing Arts.



The links are provided so you can find out more and hopefully join in.

In the coming weeks expect to see different challenges or opportunities opening up, meaning you and you family will have something new to explore.

The first challenge has been set by Team PE with a collaborative challenge for staff, students and parents to run, walk or cycle to Paris.

**"THERE IS NO
CHALLENGE MORE
CHALLENGING THAN
THE CHALLENGE TO
IMPROVE
YOURSELF."**

CHALLENGE 1 [LINK TO PRESENTATION](#)



Google Slides



[STHELENA_PE](#)

CHALLENGE 2 [LINK TO PROMO VIDEO](#)



[JOIN THE GOOGLE
CLASSROOM](#)



PARENTAL SUPPORT & GUIDANCE

WRITTEN BY SARAH CHAPLIN & JULIE COE

It is well documented that the ability to read opens many doors and enables students to succeed within education. It is a learning journey that all students undertake, and there are several ways you can support your child at home when they are reading.

- Listen to your child read aloud whenever you can.
- Reread to build fluency and understanding, encourage your child to read with expression, read with them.
- Break down unfamiliar words into segments and practice saying the word aloud, look up the meaning of the new word and use it in other contexts.
- Talk about what they are reading, ask your child to describe characters, themes, make predictions about what's going to happen next.
- Create a relaxing environment for reading.
- Use audio books some of the time.
- Read anything, it doesn't matter if it's fiction, poetry, comic books or non-fiction. Let them see your enthusiasm!

LINKS TO SUPPORT YOU



**"THE MORE
WE SHARE,
THE MORE
WE HAVE."**

USEFUL LINKS

Parents rejoice as Clarks vow to swap kids' shoes for FREE - but there's a catch!

Parents go wild for new Clarks hack

ACCESS TO A FREE BOOK A WEEK





WE
HELP

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](#)