



ST HELENA SCHOOL COMMUNITY NEWSLETTER

29/01/21 ISSUE 2



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WELCOME TO OUR COMMUNITY NEWSLETTER

WRITTEN BY FIONA PIERSON



This week we have witnessed the inauguration of Joe Biden, a scaled down event in comparison but none the less a number of high-profile celebrities performing and announcing the dawn of a new era. However, it was the lesser-known Amanda Gorman, the youngest poet in US history to read at a presidential inauguration, who truly wowed the crowd.

A passage read with such power, passion and pride. Gorman, who was named the first-ever National Youth Poet Laureate in 2017, gave her incredibly [powerful performance](#) after Biden was sworn in, reciting the poem she had written, in part, on the day of the US Capitol riots on 6 January in which she called for Americans to "leave behind a country better than the one we were left".

The concept of 'leaving behind something better' resonates wholly with me as a school leader. As a school community we have shown agility in the height of pressure, during two periods of school closure, supporting school reopenings and as parents becoming your own headteacher in your own home school. It is this agility that has shone through and eclipsed some of the largest educational challenges of our time and allowed our community to grow in strength together.

One of the key legacies we are creating is that of schools and homes working together, closer and smarter than ever before and there will be lessons to learn here. However, and perhaps most significantly, it is our pupils who will provide the most powerful and compelling legacy, for it is our young people who continue to leave me breathless with their commitment during these difficult times. It is these same young people who are not only creating legacy, but will leave behind a school better than the one we were left and I thank them for that.



We are so grateful for all the messages of support and thanks we have already received this half term from parents and families. They really bring some much needed sunshine to these dark days. Please keep sending your messages through for a member of staff who has gone the extra mile or for all staff. Share a picture of home learning in action or your child with a thank you poster and we'll put together a video of your messages and share on social media.

Say thanks and share your pictures [HERE](#)
#BRINGSOMESUNSHINE

TEACHING AND LEARNING

WRITTEN BY CHARLIE MCCARTHY

READING



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

Reading is an important life skill and one that can be developed anywhere, at school or at home.

Send your book reviews to our librarian Mr Callegari at lrc@sthsch.com Your book review should cover:

- What was the most interesting section of the book (beginning, middle or the end) and why?
- Describe which of the characters were well written, including their personalities.
- What emotions did you feel reading it? Would you recommend this book, what type of genre is it?
- Try to sell the book in one sentence or a few stand alone words.

All Essex libraries are now closed until further notice. Amazon, local bookshops and other online retailers may still deliver real books.

Digital books can be purchased and read online using Kindle online or Google Books.

If you have a library card you can download digital books, comics and magazines for free.

Please encourage your child to read. Talk to them about what they have read. Let them know what you are reading or have read.

Audible have made a library of audiobooks available for free here:

The Internet Archive have made a huge range of books available!

First News are making their wonderful newspaper available online for free:

The Education Endowment Foundation has published some great advice about supporting reading at home:



7 TOP TIPS TO SUPPORT READING AT HOME





SEND SUPPORT

WRITTEN BY JULIE COE



We may all be different but
we have the same smile

The Multi-Schools Council have just launched a new home support range of activities for both children and parents to get involved with. All these sessions are free and will be held via zoom. Click on the logo link to see all sessions available, starting with their wellbeing & concentration sessions which Active Essex are now supporting too!

SEND Support at Home

We understand that we are not there face to face at the moment for those students who have additional support in the classroom. Here are some strategies that you can use at home to support your child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.



Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.



If your child is struggling with the lesson and gets frustrated, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.



Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.



Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or a sensory cube or tangle toy.

**"EVERYBODY IS A
GENIUS. BUT IF YOU
JUDGE A FISH BY IT'S
ABILITY TO CLIMB A
TREE, IT WILL LIVE
ITS WHOLE LIFE
BELIEVING IT IS
STUPID."**

**WE'RE SCOPE, THE DISABILITY EQUALITY
CHARITY IN ENGLAND AND WALES. WE
PROVIDE PRACTICAL INFORMATION AND
EMOTIONAL SUPPORT WHEN IT'S MOST
NEEDED, AND CAMPAIGN RELENTLESSLY TO
CREATE A FAIRER SOCIETY.**

SCOPE = Equality for
disabled people



Learning Knows No Bounds



CAREERS

WRITTEN BY SERENA KAY & LISA COPELAND

Careers Interviews

With the deadlines for further education providers looming, careers interviews with our advisor Laura are still happening by phone on a Tuesday evening. If you haven't had one yet or you have questions about your application or the application process please get in touch with us at careers@sthsch.com.

We are looking to start interviews with Year 10 at the end of February to help give them advice for the coming months.

National Apprenticeship Week 2021 (8-14 February)

Coming soon is the National Apprenticeship Week (NAW) which provides a fantastic opportunity to help students to think ahead about their future careers and to raise awareness of the different options available after school, including apprenticeships. We will be putting together a week of events which students in any year can access. It is never too early for them to start looking ahead at their future options. Look out for more information.



Each week we will highlight different careers in the STEM sector. This week we hear from [Liz Brooks-Technical Director True Snowboards](#)

WEEKLY MR BEEZY VIDEO

Each week Mr Beezy will deliver us a motivational video to share with you. This week is on "Dealing with the Pandemic".

CLICK MR BEEZY
TO FOLLOW ON
INSTAGRAM



"WE CAN'T CONTROL THE THINGS THAT HAPPEN AROUND US BUT WE CAN CONTROL HOW WE RESPOND TO THEM!"



FOLLOW US @STHELENASCHCAREERS

[LINK TO MR BEEZY VIDEO](#)



CULTURAL CAPITAL

WRITTEN BY CHARLIE MCCARTHY



HOLOCAUST
MEMORIAL
DAY TRUST

This week was Holocaust Memorial Week and our wonderful Humanities Team put together a set of resources for our Opening Minds programme which is shared with students and parents every Monday morning on Class Charts. Students were able to explore not only the Holocaust during the Second World War but genocides in Rwanda, Cambodia, Bosnia and Darfur. Remember to check your Class Charts announcements every Monday for these thought provoking resources and the opportunity to earn more credits by sending work to openingminds@sthsch.com.

LET'S GO TO THE THEATRE...

The National Theatre has opened its archives to schools during our school closure. So we can all go to the theatre together, virtually...without the coach journey! We have access to many plays from the National Theatre using the details below. Please do not share with anyone outside of the St Helena community. Doing so could mean we have our access taken away.

LOG IN DETAILS

USERNAME: 9ZU(1GK\$

PASSWORD: 9ND%0SK-

CLICK THE LINK



**National
Theatre**

We would suggest Peter Pan, Jane Eyre, Treasure Island and Twelfth Night as great starting points but do check the age recommendations carefully. If you watch a play and write a review Mrs Wyatt would love to hear from you at r.wyatt@sthsch.com.

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



Impossible

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.

CLICK TO JOIN IN



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



[THE GOOGLE FORM TO LOG YOUR ENTRY.](#)



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



[CLICK THE GOOGLE CLASSROOM TO JOIN THE FUN.](#)



The third challenge has been set by Team Science with an opportunity to explore Science in your very own kitchen, something that the whole family can join in with.



[CLICK THE GOOGLE CLASSROOM TO JOIN THE FUN.](#)

**"LEARN SOMETHING
NEW. TRY
SOMETHING
DIFFERENT.
CONVINCE
YOURSELF YOU
HAVE NO LIMITS."**

VIRTUAL PE CLUB

LINKS BELOW FOR PE SITE, SLIDES
AND SOCIAL MEDIA



[Google Sites](#)



[Google Slides](#)



[STHELENA_PE](#)

VIRTUAL DRAMA CLUB [LINK TO PROMO VIDEO](#)

[KITCHEN SCIENCE CLUB](#)



[STHELENASCIENCE](#)





A FEEL GOOD STORY

WRITTEN BY SARAH WATSON

We wanted to share a feel good story with our school community.

A family friend of Tilly and her family works at Colchester General Hospital as a radiographer and Tilly wanted to do something for him and his team as her way of saying thank you for all they're doing.

She came up with the idea of making soaps for them, and putting together some little care packs to help their hands. The number of times they have to use sanitiser in a day is really drying out their skin and causing them lots of pain.

She researched lots of different types of soap and found one that was chemical free, very gentle on sensitive skin and had got lots of Aloe Vera in it. Tilly taught herself how to mix the soaps with scents and colours, fusing different colours together to make multicoloured roses! She had lots of fun choosing hand creams, lip salves and treats to go in the packs. Tilly made a total of 36 packs. Well done Tilly. The packs were then given to the radiographers at the hospital as they were so very grateful and touched by what she had done. She's now working on the next batch! We are very proud of Tilly at St Helena School.

A FEEL GOOD STORY

WRITTEN BY TOM BLAYDES

Since the beginning of January I have been raising money for Prostate Cancer UK. The plan was to run 26.2 miles (a marathon) throughout January.

I wanted to raise money to help fund lifesaving research and support for men and their families affected by prostate cancer. I completed the distance last weekend with my second ever 10k, which I managed to do in just under an hour. I have now run 26.9 miles so far in January, which is 43.3K. I am going to do 6.7k to get me to a nice round 50k for the month.

I have been massively overwhelmed by all of the support from friends & family. So far I have managed to raise over £1500, which is a lot more than I was expecting! If you are able to and would like to sponsor me, there's still time!

"THE SMALLEST GOOD DEED
IS BETTER THAN THE
GRANDEST INTENTION."



I'm taking on
RUN THE MONTH



**PROSTATE
CANCER UK**

DONATE HERE

KEEPING SAFE ONLINE

WRITTEN BY CHARLIE MCCARTHY

Working from home, we will all make greater use of computers and online resources.

Some Key Advice for St Helena Students whilst working from home:

- In lessons, do not use video and do not use audio without permission.
- Only join lessons using the links shared in Google Classroom.
- Be kind online – when using group chats or social networking sites be mindful of what you say and how you say it.
- Keep your personal details private – if you have not met the person then do not share any information, they could be a fake using this crisis as an opportunity.
- Think before you post, send or forward – there are Coronavirus scams out there, do not allow yourself or your family to fall victim.
- Do not share your password with others – it can be frustrating not getting into a document or an online resource, but passwords are there for a reason.
- Ask your teacher if you are having an access issue or contact IThelpdesk@sthsch.com Outside of lessons, be careful who you webcam/FaceTime with and if you are asked, always let a trusted adult know.
- Do not open an attachment unless you are 100% sure it is safe and from a trusted source – some attachments are malware designed to corrupt your device.
- Tell a trusted adult if anything happens online that worries or upsets you.

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:



(advice from the National Crime Agency to stay safe online)



(support for parents and carers to keep their children safe online)



(support for parents and carers to keep their children safe online)



(support for parents and carers to keep their children safe online)



(support for parents and carers from the NSPCC).

"DON'T SAY ANYTHING ONLINE THAT YOU WOULDN'T WANT PLASTERED ON A BILL BOARD WITH YOUR FACE ON IT."



PARENTAL SUPPORT & GUIDANCE

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



Eat well Move more Live longer

Although we all know how important it is to stay fit and eat healthily, I'm sure we all struggle at times to make the right choices!

NHS Change4Life offers free information and fun activities for you and your family on living a healthy lifestyle, including food, exercise and mental wellbeing.

Follow the link for some great ideas for some tasty lunches on a budget and explore the website to discover more recipes, fun games and challenges and handy hints for getting your 5 a day!

[JOIN CHANGE FOR LIFE](#)

CHEAP EATS FOR LOCKDOWN WEEKS

Free school meal vouchers to spend? Struggling for meal inspiration with the kids at home at the moment? We've got you covered with our simple lunch ideas. Complete with its own shopping list, each set of recipes contains 5 easy, tasty lunches for around £15. Check out 3 weeks' worth of recipes now, plus ideas and inspiration for ways to keep lunchtimes fresh until they can go back to school.



**"STRENGTHEN
UNITY, BOOST
COMMUNICATION,
AND SUPPORT
AND WORK WITH
EACH OTHER."**

WEEKLY PLANS

[WEEK 1](#)

[WEEK 2](#)

[WEEK 3](#)

[LUNCH IDEAS](#)

KEEPING OUR YOUNG PEOPLE SAFE FROM COVID-19

This week Sergeant Rob Temme and Acting Inspector Marcus Buckley from Essex Police Community Policing Team reported on a number of groups of young people they have found gathering together socially outdoors.

Please can you remind your young people of the danger this presents to them and their family in the spreading of Coronavirus and that they should be following current Lockdown guidance to stay at home.

If a person is found to be acting outside of this guidance they can be given a Fixed Penalty Notice of £200 for the first offence, doubling for further offences up to a maximum of £6,400.

I'm sure we all agree it is a priority to keep everyone as safe as we possibly can.



GOV.UK



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](#)