



ST HELENA SCHOOL COMMUNITY NEWSLETTER

05/02/21 ISSUE 3



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WELCOME TO OUR COMMUNITY NEWSLETTER

WRITTEN BY FIONA PIERSON



'Thank goodness it is February'.

January seems to have been a particularly long and challenging month for a number of reasons. The Roman God of Janus, who gives his name to the month of January, was the God of transitions. With his two faces looking in opposite directions, he reminds us about the importance of reflecting on where we have come from and focusing on where we are going next.

As we enter a new month and continue to experience a period of school closure, it is worth us spending some time reflecting on how far we have come as a community and take confidence from what has been achieved.

It would be quite natural to feel worn down by the challenge ahead, but we've been here before; we know what we are doing and we can get even better at serving our communities and teams.

With one week until a well deserved half term break for everyone I encourage you all to reflect as we make the transition into another month of challenge; "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." Francis of Assisi





WELLBEING

WRITTEN BY SARAH WATSON

UNPRECEDENTED TIMES! It is something that we are all having to deal with and there is no doubt that everyone's mental health has had to endure lows over the last few months. We all recognise the need to maintain or aim for good health and as our quote highlights this is both physical and mental health being entwined.

We have two free resources for Children's Mental Health Week 2021.

From 1-7 February 2021, We're taking part in Place2Be's Children's Mental Health Week. This year's theme is Express Yourself. Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas.

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas, tips for parents and carers, and the online assembly for each year group was shared on Monday 1 February.



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



CLICK TO HEAR A MESSAGE FROM
THE DUCHESS OF CAMBRIDGE

"MENTAL HEALTH
STARTS WITH YOU.
IF YOU TAKE CARE
OF YOUR MIND,
YOU TAKE CARE OF
THE WORLD. SO
INVEST IN YOUR
MENTAL HEALTH,
AND CLAIM THE
POWER BACK."



TEACHING AND LEARNING

WRITTEN BY CHARLIE MCCARTHY & CHERRI FARREN

LOTS TO EXPLORE



WHAT IS THE BRILLIANT CLUB?

A group of Year 9 St Helena students were selected to collaborate for the Brilliant Club. We gathered together with great excitement for the nationally streamed remote school launch and induction of the Brilliant Club KS4 program of study.

After induction, Ph.D. Johanna joined us in school, introducing students to a university-style lecture regarding 'Post-conflict and Reconciliation'. Students engaged with bi-weekly conversations and literature regarding peace advocates such as Nelson Mandela, on-going conflicts across the world, historical Columbian events, the 2016 Peace Accord, and predictions for future peace actions in Columbia.

After each session a follow-up assignment was completed regarding the topic at hand, applying subject-specific research. At the end of our meetings and sessions, lock-down came into place. Pupils continued to persevere diligently with their work and research while working from home. For their final project pupils wrote a 2,000 word essay regarding 'Peacebuilding and Reconciliation in Columbia' successfully interpreting decades of political conflict in Columbia.

GRADUATION

A great big congratulations and well done to Evie, Harrison, Daisy, Nancy, Heath, Zachary, Narissa, Ellie, Eileen, and Lauren for graduating from the St Helena School's Brilliant Club Scholars 2021 Program. Each and every student worked very hard throughout the Brilliant Club program of study. As a collaborative group, we plan to gather for a national Scholars Graduation event via Zoom. We are very proud of our students' achievements and hope they continue to use their subject knowledge, written communication, resilience, and determination in their studies and beyond.

"IF YOU ARE GOING
TO ACHIEVE
EXCELLENCE IN BIG
THINGS, YOU
DEVELOP THE HABIT
IN LITTLE MATTERS.
EXCELLENCE IS NOT
AN EXCEPTION, IT IS
A PREVAILING
ATTITUDE."



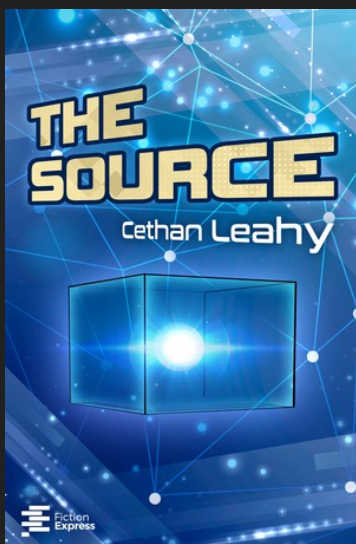
CLICK THE LINK

SFX – ST HELENA FICTION EXPRESS

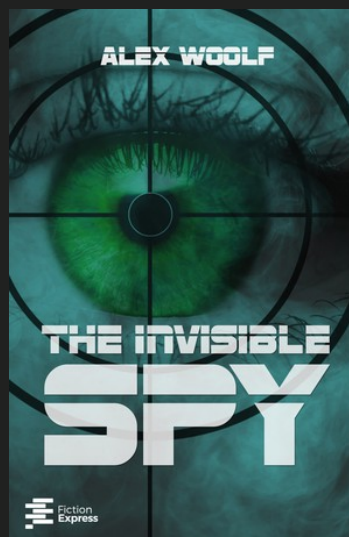
Are you interested in joining an interactive book club?

Fiction Express are offering free access to their resources until Easter. During this time you can contribute ideas to a 'Living Book'. An author takes your votes and suggestions and creates the next chapter. Over 5 weeks the chapters build into a story. You can also read over 120 previously 'live' books, discuss what should happen next, take quizzes and ask questions to an author.

If you are interested please email the LRC lrc@sthsch.com



FREE



FREE





SPECIAL NEEDS

SEND SUPPORT

WRITTEN BY JULIE COE

If your child's struggling to understand what's happening, here are some helpful resources you can use to support them:

childline

ONLINE, ON THE PHONE, ANYTIME
[CLICK TO FIND OUT MORE](#)



[LEARN MORE](#)



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."

SCOPE = Equality for disabled people

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.

AUTISTICA

Building brighter futures through autism research

AT THE MOMENT, WE ARE EXPERIENCING VERY UNCERTAIN TIMES, WITH THE RISE OF CORONAVIRUS OR COVID-19. WE KNOW THAT UNCERTAINTY IS A MAJOR CAUSE OF ANXIETY FOR AUTISTIC PEOPLE. THIS PAGE HELPS YOU TO UNDERSTAND THE FEELINGS AND BEHAVIOURS ASSOCIATED WITH UNCERTAINTY AND GIVES SOME TIPS FOR MANAGING THEM.



Learning Knows No Bounds

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)

Monday sparks the beginning of National Apprenticeship Week 2021 (NAW2021) 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.

All the information about NAW2021 can be found on our Careers page.

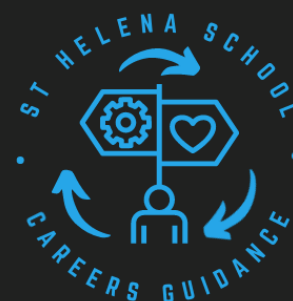
Students can complete our "Build the Future" booklet for a chance to learn about the apprenticeship route. Completed entries to be sent to careers@sthsch.com for entry into our free prize draw.



This week you can find out more about working in the Pharmaceutical Industry with a talk from STEM Ambassador Malcolm about his career in medical affairs.

Introducing the The Sigma Sixth Gymnastics and Trampoline Academy
In partnership with Sigma Sixth Colchester Campus, the new £25m Northern Gateway Sports Park and Colchester School of Gymnastics.

Offering students full time Post 16 education (A levels or level 3 BTEC Sport qualifications) combined with a daily Gymnastics and/or Trampoline Academy, providing further coaching and development of young gymnasts. This will also include coaching and officiating qualifications for the students who can then in turn bring back this development to your club.



FOLLOW @STHELENACAREERS



WEEKLY MR BEEZY VIDEO

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



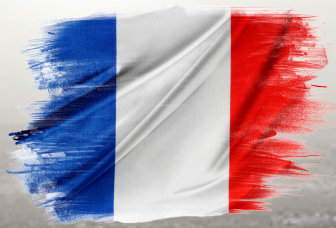
CLICK MR BEEZY
TO FOLLOW ON
INSTAGRAM



**"ASKING FOR HELP
DOESN'T MEAN YOU
ARE WEAK"**

[LINK TO MR BEEZY VIDEO](#)





CULTURAL CAPITAL

WRITTEN BY TOM STARMER

Learning a language is about so much more than just finding a foreign equivalent to English words, if it was that easy we would be able to travel anywhere in the world with the appropriate dictionary and communicate freely with whoever we came across!

Languages are key to understanding other cultures as the two are inextricably intertwined, and through learning just one foreign language you will gain a greater appreciation of not just that culture, but it will unlock your mind to the possibility that there are many other thriving and fascinating cultures beyond our own.

When learning French here at St Helena we are always keen to expose students to as many elements of French culture as possible, be it music, film, food or many of the different festivals and traditions that make France the most popular tourist destination in the world!

If you would like to know more about how languages work, be sure to check the attached videos, or if you have been inspired to try learning a new language for yourself, why not sign up for free to Duolingo and see what languages they have to offer. We would love to know what you are learning!



WHERE DID ENGLISH COME FROM?

CLICK THE LINK TO FIND OUT!



WHAR ARE THE BENEFITS OF A BILINGUAL BRAIN?

CLICK THE LINK TO FIND OUT!

"TO LEARN A LANGUAGE IS TO HAVE ONE MORE WINDOW FROM WHICH TO LOOK AT THE WORLD."

TRY SOMETHING NEW!



THANK YOU TO MR STARMER FOR OUR WHOLE SCHOOL ASSEMBLY THIS WEEK

CLICK MR STARMER TO WATCH THE ASSEMBLY.

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 with these new opportunities for our St Helena Community.



Have you ever wanted to learn a instrument but feel you don't have the patience or skill set? Then the St Helena School online Music Hub is for you. For our first week we will have tutorials for the song "Riptide" as well as the chance to upload your performances and receive feedback from the tutor.



WEEK 1 VIDEO
BY FRANK
BOWYER.

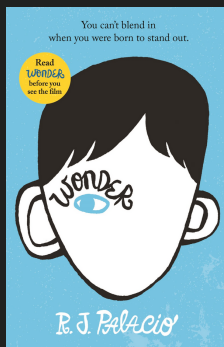


A CHANCE TO LISTEN TO THE BOOK "WONDER" READ BY THE STAFF AT ST HELENA.

Got an opinion about what you have listened to? Share your ideas and discuss together at the SHS Audiobook forum.



Starting 5th grade at Beecher Prep, Auggie wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past his extraordinary face. Wonder begins from Auggie's point of view, but soon switches to include the perspectives of his classmates, his sister, her boyfriend, and others.



Our existing clubs are still available to you to join in with.



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 are found in our Remote Learning - Behaviour For Learning Policy.

REMOTE LEARNING - BEHAVIOUR FOR LEARNING



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.

DiABETES UK **KNOW DIABETES. FIGHT DIABETES.**

Hospitals in the East of England wish to inform the public that despite the Coronavirus situation, services are still 'open for business'. NHS services are very well equipped to look after patients safely if they are unwell. We know that in other regions there have been cases where parents didn't contact health services until it was too late.

It is important for all parents to know the signs and symptoms of undiagnosed Type 1 diabetes in children, which is a medical emergency. If parents notice ANY of the key symptoms of Type 1 diabetes, they need to make an urgent GP appointment, or contact their Out of Hours service.

COMMON SYMPTOMS OF TYPE 1 DIABETES

FREQUENT URINATION

UNEXPLAINED WEIGHT LOSS

FATIGUE AND WEAKNESS

BLURRY VISION

IRRITABILITY AND MOOD SWINGS

FRUITY BREATH

LETTER TO SCHOOLS AND FAMILIES ABOUT THE SIGNS AND SYMPTOMS OF TYPE 1 DIABETES



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



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](#)