



Saint John Wall Catholic School

A Catholic School For All



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Friday 22 January 2021

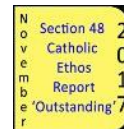
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Weekly Information Bulletin

Mission Statement

'To educate each and every unique child in our care to hear and respond to what God calls them to be'



Catholic Life

Termly theme: Hope

Prayer

Dear Lord,
As we continue through troubled times, may we show faith hope and love to our neighbour. Remind us of the hope that we have found in you, that we might spread that hope in the lives of others. Amen.

"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint" Isaiah 40:31

Form time

This week, we continued to focus on our theme of hope during form time and through our year group collective worship. Please continue to log on and join in as it is a great start to our day together.

Year of St Joseph

In December Pope Francis declared a Year of St Joseph. Pope Francis said the coronavirus pandemic has heightened his desire to reflect on St. Joseph, as so many people during the pandemic have made hidden sacrifices to protect others, just as St. Joseph quietly protected and cared for Mary and Jesus.

"Each of us can discover in Joseph -- the man who goes unnoticed, a daily, discreet and hidden presence -- an intercessor, a support and a guide in times of trouble," the Pope wrote.

The Year of St Joseph will run until Dec. 8, 2021. Saint Joseph, pray for us!

Prayer during lockdown

The National Office for Vocation is offering 100 days of prayer available on their website. If you would like to take part, please visit their website <http://www.ukvocation.org/>

Covid-19 Safety and Wellbeing

We have uploaded some very important information and guidance about Covid-19 on our school website. From guidance from the NHS on how to book a test to stay at home guidance. Visit www.sjw.bham.sch.uk and select the 'Covid-19 Safety & Wellbeing' button.



Bereavement

We remember today in our prayers, the family of Keon Lincoln who sadly passed away yesterday (21st January 2021). At this difficult time, the St John Wall community will join all our prayers together as we say:

'Eternal rest grant unto him O Lord and let perpetual light shine upon him. May he rest in peace. Amen'

Please remember Keon's family & friends at this sad time.

If you need support with this, please visit one of these websites:

Winston's Wish

Website: <https://help2makesense.org/>

Email: ask@winstonswish.org

Cruse Bereavement Care

Website: <https://www.hopeagain.org.uk/>

<https://www.cruse.org.uk/get-help/about-grief/normal>

Phone: 0808 808 1677

If you would like to speak to someone at school about this, please email the wellbeing@sjw.bham.sch.uk email address and one of our trained members of staff will be able to offer you some support.

Lockdown Learning – Tips for Parents

Dear Parents and Carers, we are grateful to all of you for encouraging your children to access their live lessons. Now we would like you to help further by supporting your children to fully engage with learning during and after the lessons. Teachers know effective ways to help children learn. However, parents and carers also have a vital role to play in supporting children to truly learn what they have been taught. While you may not see yourselves as qualified teachers, there are many practical steps that you can take to help your children review and deepen their learning.

Below are some hints and tips for parents from SecEd magazine:

Review the learning

- Ask your child to talk you through aspects of their learning, including anything they have struggled with. It isn't about providing the answers, but instead this helps you take a note of what they are struggling with so you can communicate this with teachers in school.
- Ask your child to review two to three concepts or skills that have been practised as part of virtual learning at home. Invite them to teach you about these skills and allow them to be the expert.
- Practice makes permanent – don't worry about your child learning the same content again and again!

Question, question, question - questions and considerations like those below could be beneficial to help deepen your child's learning:

- Ask your child to provide a 60-second summary of something that they have learned from the day or around a given topic.
- Ask your child to design a multiple-choice quiz based on something they have learned and then get them to test you on it. Repeat it back to them and test them on it a few days later to help the learning stick.
- Cut an A4 piece of paper into squares. Ask your child to write key words on one side and the definition on the other. Then test your child on the word or definition for five to six-minute sessions to help the learning stick.
- You could also make use of binary questions (these are the questions that usually require a yes or no answer). Two options are: Do you agree with the statement that... (choose something from their learning resource)? Do you think you will remember this tomorrow?

Create a learning environment - Consider the following to help support your child's learning environment:

- Cutting out additional noise: Turn off the television or radio to cut out background noise.
- Create a designated space for your child to focus on learning - this could be space at a table or desk where their IT device, books and pens are stored and ready.

- Build time in the day for them to get fresh air and healthy eating. Challenge them to put their phones away, or to only have these at designated times so that they are not having their attention diverted (by social media and messages).
- Make sure your child is up in the morning in time to have breakfast before the live lessons begin. Also, make sure that they go to bed at a reasonable time so that they are fresh for learning the next day.

Circuit-break the day - build in breaks for you and your child each day that remote learning is taking place. The live lesson timetable has breaks between each lesson and a 45 minute lunch break. Consider this ABC list to help boost your child's wellbeing and learning during the breaks or at the end of the school day:

- Access outdoors: A 15-minute break in the garden or a brief walk down the street can make all the difference.
- Bites to eat: Remember to build time in for healthy snacks to keep your children nourished and to feed their minds.
- Comedy and chats: In the current climate, it is essential that we help ease the anxiety, frustration and sadness that could affect so many children and families. It is important to encourage laughter and positive thinking for your child. A well-timed YouTube cat video or telling a child-friendly joke can set the right tone and mindset.



A DAY WITHOUT SCREEN TIME

SAY NO TO....



NAME:	ACTIVITY	(Record)
	Wake up at a good time ready for the day ahead.	TIME:
	Complete a 1 mile (or more) WALK OR RUN today in the Park or around your area. (1hr)	1 MILE: YES or NO MORE? DISTANCE:
	COOK a meal or BAKE a cake/cookies/other. (1-2hr) TAKE A PICTURE OF IT!	DESCRIPTION:
	Spend some quality time READING a BOOK of your choice. (1hr)	NAME OF BOOK: AUTHOR:
	CONTACT a RELATIVE or a FRIEND you haven't seen for a while. SPEAK to them, DON'T TEXT! (30min)	WHO?
	Do something CREATIVE! Drawing/painting/gardening/other (1-2hr)	DESCRIPTION:

Simple tips to tackle working from home (From [nhs.co.uk](https://www.nhs.co.uk))

It's fair to say that life has become more difficult for everyone. Coronavirus (COVID-19) has changed everything, and we have all had to adjust to new ways of living and working.

These simple tips can help you while working at home, to feel more productive and take care of your mental health in these difficult times.

1. Set and stick to a routine

Without steady schedules, the lines between work and personal time can get blurred and be stressful to get right. Follow your normal sleep and work patterns if you can, and stay consistent. Get up at the same time, eat breakfast and get out of your pyjamas. Try scheduling in your "commute time" and spend it exercising, reading or listening to music before logging in.

Most importantly, when your workday stops, stop working. Shut down, stop checking emails and focus on your home life. And at the end of the day, try to get to bed at your usual time.

2. Make a dedicated workspace

If you can, find a quiet space away from people and distractions like the TV (or the kitchen, when you feel snacky). Get everything you need in one place, before you start work – chargers, pens, paper and anything else – and shut the door if you can. Even in a small or shared space, try to designate an area for work. Lastly, get comfortable. While it might be tempting to sit on the sofa, it's much better to sit at a desk or table. Use the [NHS guidelines to set up your workspace correctly](https://www.nhs.co.uk), as much as you possibly can. If you do not have office furniture like an adjustable chair, try using things like cushions to support you in your chair, or a box as a footrest.

3. Give yourself a break

Working at home can make us feel like we have to be available all the time. But just being "present" is no use to anyone if your mental health is suffering. Making time for breaks is important to help manage feelings of stress – try to take lunch and regular screen breaks. Give yourself time to concentrate on something else so you feel more focused when you return. Even just 5 to 10 minutes of short breaks each hour can really help your productivity too. Working from home means you might be spending a lot more time without moving your body. If you're feeling stiff or tense, try doing some light stretching or exercise with a 10-minute home workout.



4. Think longer term

- You may be continuing to work from home for a while, so think about ways you could improve how you work while at home. If you have a room that's warmer or has a window that lets in a lot of light, could you work there instead?
- Try to explore how you work with others. Are there different ways to talk online or new software you could use?

5. Be kind to yourself

- Remember, this is an unusual situation and things will not feel normal.
- Be kind to yourself and acknowledge that you might not be as productive as you usually would be. Be realistic about what you can achieve given the circumstances, and relax when your work is done.

How to sit at your desk correctly Healthy body (From [nhs.co.uk](https://www.nhs.co.uk))

If you sit a lot in front of a computer, here are some tips to help your posture.

Support your back

- Reduce your risk of back pain by adjusting your chair so your lower back is properly supported.
- A correctly adjusted chair will reduce the strain on your back. Get 1 that is easily adjustable so you can change the height, back position and tilt.
- Your knees should be slightly lower than your hips. Use a footrest, if it feels necessary.

Adjust your chair

- Adjust your chair height so you can use the keyboard with your wrists and forearms straight and level with the floor. This can help prevent repetitive strain injuries.
- Your elbows should be by the side of your body so your arm forms an L-shape at the elbow joint.

Rest your feet on the floor

- Place your feet flat on the floor. If they're not, ask if you can have a footrest, which lets you rest your feet at a level that's comfortable.
- Don't cross your legs, as this may contribute to posture-related problems.

Place your screen at eye level

- Your screen should be directly in front of you. A good guide is to place the monitor about an arm's length away, with the top of the screen roughly at eye level.
- To achieve this, you may need a monitor stand. If the screen is too high or too low, you'll have to bend your neck, which can be uncomfortable.

Have the keyboard straight in front of you

- Place your keyboard in front of you when typing.
- Leave a gap of about 4 to 6 inches (100mm-150mm) at the front of the desk to rest your wrists between bouts of typing.
- Keep your arms bent in an L-shape and your elbows by your sides.
- Some people like to use a wrist rest to keep their wrists straight and at the same level as the keys.

Keep your mouse close

- Position and use the mouse as close to you as possible. A mouse mat with a wrist pad may help keep your wrist straight and avoid awkward bending.
- If you're not using your keyboard, push it to one side to move the mouse closer to you.

Avoid screen reflection

- Your screen should be as glare-free as possible. If there's glare on your screen, hold a mirror in front of the screen so you know what's causing it.
- Position the monitor to avoid reflection from overhead lighting and sunlight. If necessary, pull blinds across the windows.
- Adjusting the screen's brightness or contrast can make it much easier to use.

Avoid wearing bifocals

- If you have bifocal spectacles, you may find them less than ideal for computer work. It's important to be able to see the screen easily without having to raise or lower your head.
- If you cannot work comfortably with bifocals, you may need a different type of spectacles. Consult your optician if in doubt.

Make objects easy to reach

Position frequently used objects, such as your telephone or stapler, within easy reach. Avoid repeatedly stretching or twisting to reach things.

Avoid phone strain

- If you spend a lot of time on the phone, try exchanging your handset for a headset.
- Repeatedly cradling the phone between your ear and shoulder can strain the muscles in your neck.

Take regular breaks

- Don't sit in the same position for too long. Make sure you change your posture as often as is practicable.
- Frequent short breaks are better for your back than fewer long ones. It gives the muscles a chance to relax while others take the strain.

Calm Zone (From [childline.org.uk](https://www.childline.org.uk))

Breathing Exercises

Taking slow, deep breaths can help you feel calmer and more relaxed. You can try just one of these exercises or as many as you like. You might need to repeat an exercise a few times until you feel it working.

Try to take deep breaths where you can feel your chest rising. When you breathe out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.

Breathe in, breathe out If you're feeling overwhelmed, take some long, deep breaths. 	Breathe and sigh  Breathe in through your nose Make a big sigh and drop your shoulders downwards as you breathe out through your mouth Repeat 4 times	Calming words  Breathe in while you say to yourself "I feel calm" Breathe out while you say to yourself "I let go of stress" Breathe in while you say to yourself "Feel calm" Breathe out and say to yourself "Let go of stress"
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Expressing Yourself

Drawing and writing can help you think about your feelings or anything that's worrying you or making you feel anxious. Doing something creative can help you to feel calmer and distract you from problems. And you don't have to be "good" at art to be creative. Expressing yourself is for you.

You can try as many of these activities as you like. Or find a favourite that you can go to any time you need to. You can also use the [Art box](#) to create images and save them in your locker.

Games

Games and puzzles are a great way to distract yourself, lift your mood or settle your mind. When you need to feel calm, playing games that help you work through your feelings or give you a different focus can be really helpful.

You might have a favourite game of your own or you can try one of the ones in our [games section](#).

Yoga Videos

Lots of people use yoga to feel calm. It can help you relax, gently build your fitness and keep you active. And Nicole from Yotism has created a few short activities and routines for you to try. Remember to take breaks when you need to and only try poses you're comfortable with. If you're worried about your health or mobility, it can help to ask an adult you trust for advice before you start.

Visit: <https://www.childline.org.uk/toolbox/calm-zone/> to access all the games and videos.

Literacy

Two weeks of live learning complete! I am sure you are looking forward to the weekend and putting those screens away...

Our new way of learning is new to us and this presents new challenges - we now spend hours staring at screens and typing rapidly into chat boxes. We are adapting really well to our new methods, but we need to look after ourselves once the learning has stopped.

This does not mean MORE hours endlessly scrolling on screens!

And this is where **reading** comes in.

Did you know that reading for pleasure is proven to:

- Reduce stress
- Aid memory and concentration
- Help provide a good night's sleep
- Give you an opportunity to switch off and relax.

So where to start?

1) Every week the Oak National Academy releases a free book to read online, along with interviews with the author and a reading from the book too. Go to

<https://library.thenational.academy/> to find out more.



Virtual School Library

Free reading and writing activities from your favourite children's authors from the National Literacy Trust.



2) The list below contains a wide variety of different sites who are offering thousands of eBooks which you can access for free.

However, if you do not feel like reading from yet another screen...

3) Audible and YouTube have thousands of audiobooks which you can listen to for free - just click on the links below, choose your book and relax!



<https://stories.audible.com/start-listen>

Websites offering thousands of ebooks for free:



<https://home.oxfordowl.co.uk/>

Free eBook library



<https://www.librariesni.org.uk/>

Novels, Non-Fiction, Magazines etc.

(can be used with the Libby or Overdrive App) ***BEST OPTION***



iBooks App - plenty of classics on here for free!



<https://www.amazon.co.uk/kindle-dbs/fd/kcp>

Some free classic stories and others on Kindle App (more options if you have Amazon Prime)



<https://stories.audible.com/start-listen>

Audible by Amazon offering free audio books for children



Marvel / DC Comics "Free Comics" Section on Android and Apple Devices



<https://manybooks.net/>

50,000 eBooks with a free account



<https://www.storynory.com/>

Stories and Audiobooks for children

By Mrs Hillier



Remote Learning Heroes - Launch

To recognise and appreciate the amazing efforts our pupils have made in transitioning to online learning, our school proudly announces a new award - '**Remote Learning Heroes**'.

Every week, subject teachers will nominate pupils who have shown extra diligence and commitment to continuing their studies online. As a reward, our heroes' names will be published in the newsletter weekly.

Here is the list of our Heroes this week:

			Subject
Laaiba	Akhtar	8WIO	English
Haidar	Ali	7FOX	Technology
Jalal	Aziz	7CUG	Computing
Jalal	Aziz	7CUG	Form Period
Siya	Aziz	7RES	Intervention
Paul	Bacoi	7BRK	Intervention
Mohit	Badhan	9PEJ	French
Mohit	Badhan	9PEJ	Science
Jannat	Begum	9COL	Media
Jannat	Begum	9COL	RE
Destiny	Boora	10FOR	Geography
Shannoi	Campbell	7BRK	Intervention
Shantae	Campbell	10FOR	French
Tomasz	Czech	10FOR	English
Ashshani	Edwards	7BRK	Intervention
Mohammed Ehsan		11SIM	French
Shamari	Feurtado	8WIO	Intervention
Simran	Gill	7FLI	English
Krish	Harjiv	7BRK	Computing
Muhammad Atif Hussain		8RAT	Intervention
Rizwan	Hussian	7BRK	Intervention
Andra-Elena Iamandita		7FOX	Intervention
Francis	Idemudia	7FOX	Computing
Francisca	Idemudia	7BRK	Technology
Hawa Jammigeh Tunkara		8RAT	Mathematics
Jasmeet	Kaur	8JOS	Mathematics
Aqib	Khan	7RES	Computing
Aqib	Khan	7RES	Technology
Tahseen	Khanom	7FLI	English
Fabrice	King	8JAN	Computing
Vanessa	Kodua	7BRK	Computing
Brajesh	Lal	9HAR	English
Ali Mirshekarikazerouni		8JON	Computing
Julia Moszczynska		9COL	Media
Daniel McDonough		9COL	RE
Denzel	Okyei	7FLI	Computing
Denzel	Okyei	7FLI	Technology
Shiv	Patel	10LAL	English
Sebastian	Paul	8JOS	Computing
Dhiraj	Ram	8WIO	Computing
Aisha	Rana	7FLI	Computing
Rehan	Safdar	7FOX	History
Dilpreet	Sandhu	7CUG	Computing
Dilpreet	Sandhu	7CUG	MFL
Sonia	Sandhu	7CUG	Computing
Natesh	Phagania	11LAK	RE
Alvin	Titah	9PEJ	Media
Szymon	Skrobisz	10FOD	RE
Talullah	Wagenfuhrer	11LAK	English
Baljinder	Ram	10LAL	RE
Amandeep	Bhamra	11SIM	RE
Milcah	Yosef	7CUG	Form Period
Milcah	Yosef	7CUG	Technology
Victoria Omozee Ufumwen		9HAR	RE



Remote learning Masterclass Timetable (January- February 2021)

Timings: Evening Microsoft Teams Masterclass: 5:00pm to 5:40pm
Saturday Teams Masterclass: 11:00am to 11:40am

PLEASE NOTE:

All masterclasses will be taking place on Microsoft Teams
until February half term 2021

Term 2	W/C	Monday	Tuesday	Wednesday	Thursday	Saturday Assessment Week Master Class Prep.
January	18th Jan	Year 10 Evening BUSINESS Masterclass Mr Rathbone	Year7 Evening RE Masterclass Miss Fox-Roberts	Year 8 Evening HISTORY Masterclass Miss Lally		Year 10 Saturday ENGLISH Masterclass Miss Flinn
	25th Jan	Year 10 Evening MEDIA Masterclass Mr Rathbone			Year 7 Evening HISTORY Masterclass Mr McIntosh	Year 8 Saturday ENGLISH Masterclass Miss Moyo
		Year 8 Evening RE Masterclass Mrs Harms		Year 10 Evening RE Masterclass Miss Hanson		
February	1st Feb	Year 10 Evening HISTORY Masterclass Mr John			Year 7 Evening ENGLISH Masterclass Mrs Wieremiewicz	Year 10 Saturday SCIENCE Masterclass Mr Rahman
		Year 8 Evening SCIENCE Masterclass Ms Forbes		Year 10 Evening MATHS Masterclass Miss Allen (HIGHER)		
	8th Feb		Year 9 Evening Health and Social Care Mr Owen			
	15th Feb	End of term				

Head of Year 10 Message

Hello Year 10,

Firstly, I would like to say a massive well done! I am so proud of all of you, who have been logging into your lessons remotely. I know this has been a strange time for us all, but each day that you have woken up and logged on, you have won a small victory (as clichéd as it sounds). With each new day, we reinforce our new routine and things get easier.

Wellbeing

The theme for this week's newsletter is working from home and wellbeing. These two topics have become intrinsically linked for all of us.

Emotional and mental wellbeing directly affect academic achievement, success and satisfaction in life. Here are seven tips from the NHS website to improve your wellbeing:

- Set and stick to a routine.
- Make a dedicated workspace.
- Give yourself a break.
- Stay connected.
- Set boundaries.
- Think longer term.
- Be kind to yourself.

Read more here:

<https://www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/>

Remote Learning Heroes

A special well done to the following pupils, who have been praised by their teachers for their commitment, enthusiasm and attitude towards learning since the transition to online learning:

Shantae Campbell
Kai Chand
Kosi Nwananochi
Omar Crossgill
Shiv Patel

Mahfuzur Rahman
Sophie Khan
David Kurek
Aleksy Chmura
Destiny Boora

And a massive well done to **Randul Fernando** and **Grace Ihaza** who were nominated multiple times by multiple teachers - thank you for supporting other pupils and your teachers with your consistent contributions in form time and in your lessons.

FSM

Please can all pupils who receive free school meals check their emails as there is key information about free school meals. Vouchers are being emailed out, if you need these in another form, please contact the school.

A scripture of encouragement:

Psalm 91 I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." **For he will deliver you from the snare of the fowler and from the deadly pestilence.**

Have a lovely weekend and remember to reach out if you need a little bit of extra support.

Stay safe,

By Miss Moyo

Head of Year 9 Message

Hello Year 9!

Another fantastic week of remote learning. Working in the way we are at the moment and not being in contact with family and friends may have left you feeling in need of support. Read all of the newsletter this week and you may find some useful information. Also, remember, let school know if you need any additional equipment and we will try to support you with this.

Collective Worship

We had our first Collective Worship together, a huge thank you to those 80 pupils who turned up, remember this is compulsory as is form time to attend. Our theme being HOPE this term in school was the feature of our collective worship. In this time, it is important for us to have hope. This gives us something to focus on and helps our hard times easier to deal with. Find something to be hopeful for! Our stars of the week were:

Noe Maleyombo
Brajesh Lal
Samuel Wren
Upen Rohilla

Sadiq Miah
Julia Moszczynska
Simran Tiwana

Look out for next week's stars of the week and remote learning heroes.

Online Learning

Well done to you all for taking part in your online lessons. I have been dropping into lessons and I have seen some of the work that you have been producing. I would like to remind you that you should be logging onto all your lessons and FORM time. Attendance to lessons is being monitored closely. I would urge you to contact teachers and the school office if you are going to be away from lessons for any reason (just as you would if you were expected to be in school).

Wellbeing

As mentioned in Collective Worship we hope for you to be safe and well. Below are some of the things I have been doing to prioritise my wellbeing during this time - feel free to try some of these to help yourself. Looking after your wellbeing and mental health does not have to mean you are feeling low, it is you looking after yourself and setting yourself up to be able to deal with any challenges life throws at you.

Sleep - Have a set bedtime. Try to keep this the same, especially for school days. Avoid being on an electronic device 30 minutes before bed to allow my brain to rest

Eating healthy - Having a healthy diet can boost mood and give us lots of energy to participate in daily activities.

Exercise - Try to do some form of exercise for an hour a day. This gives you time away from schoolwork which can be stressful and down time from other stressful things such as social media.

Down time - Allow yourself some time to do something you enjoy each day.

We have our school wellbeing@sjw.bham.sch.uk email address where you can speak with someone if you would like any more information on wellbeing.

Also, there are the websites below which you could visit:

Forward Thinking Birmingham (FTB) -

<https://www.forwardthinkingbirmingham.org.uk>

Kooth - www.kooth.com

BBC - <https://www.bbc.co.uk/teach/growth-mindset-and-wellbeing-lesson/z4g4382>

I hope you have a safe week and enjoy your online learning.

By Miss Reynolds

Head of Year 11 Message

I hope you are all well and have had a great week. As we continue with this new way of learning we need to remember that everything you do in your lessons will be evidenced. You need to attend all lessons every day and that includes Collective Worship every Monday and the rest of the week form times.

Your attendance is important for you to get the best quality lessons that your teachers are delivering. If you are having any technical or device issues please contact school as soon as possible so we are able to rectify any problems.

If you require any further equipment for example another workbook, calculator please let your Head of Year or teachers know so we are able to sort this out for you. Please do not be afraid to ask for help from school whilst you are at home; we are all still here providing support for you and your family.

I will be adding any up to date information as and when I receive it in regards to College/6th Form open days that are coming up. Please look out for these in the Newsletter, any advice you need regarding careers please ask.

I also need to remind you of our expectations during your live lessons, please make sure you are focused throughout the lessons, you are using appropriate language when talking to teachers and you are completing all set work in your remote learning books.

Reminder that after school catch-up classes will resume next week. Please make sure you are logging on at the right time for the learning to begin.

As always please look after each other and stay safe.

By Mrs Chand

Head of Year 8 Message

Firstly, I hope everyone is good and well! I have been really impressed with your attendance during form time each morning, you have been attentive and supportive of each other which is lovely to see. Your attendance during lessons is improving, and I urge everyone to access all your lessons every school day. I want you to stand up and be counted, as being independent and rising to the occasion - let's keep remote learning great!

Education and learning is important to all of us and so is our health and wellbeing. It is so important that you get the right amount of hours sleep at night, including the time you go to bed in order to get enough rest. This is not a time to be complacent, as we need to have a clear mind to absorb and learn during our lessons. Always remember - evening and night time is to sleep and the day and light is for us to be awake!

I hope you were able to enjoy our first remote Collective Worship and well done to the Stars of the week, as nominated by your form tutors. Please do not hesitate to contact your form tutors, myself or the school should you need any help and support.

God bless - stay home and stay safe.

By Mr Hussain

Access Creative College Birmingham



Join us for a
Virtual Open Day
Monday 1st
February



MUSIC & EVENTS
MEDIA & DESIGN
MUSIC TECH & PRODUCTION
GAMES & COMPUTING



ARE YOU DRIVEN BY TECHNOLOGY?

**BRING YOUR PASSION TO BMW GROUP
APPRENTICESHIPS NOW OPEN AT BMW GROUP PLANT HAMS HALL**

Level 3 Maintenance Technician
Level 6 Manufacturing Engineering Technician
Level 6 Laboratory Technician

Applications close 14 March 2021
Search 'BMW Group Apprentice'

www.bmwgroup.jobs/uk

**BMW
GROUP**



Head of Year 7 Message

Collective Worship

Thank you to all those who joined us on Microsoft Teams for our Collective Worship on Friday, it was a lovely way to gather together as a Year group and reflect on our Catholic Life theme of 'Hope'. Please continue to join Collective Worship every Friday from 8.55am-9.10am.

Stars of the Week

Our Stars of the Week have been nominated by their teachers. Well done to the following pupils for your great attitude to learning!

Simran Gill 7FLI	Mercedes Johnson 7FOX
Yousef Bouterse 7RES	Hannah Nyika 7BRK
Eryk Romanowski 7BRK	Milcah Yousef 7CUG
Jose Malundama 7BRK	Denzel Okyei 7FLI
Kamron Graham 7FLI	Aqib Khan 7RES
Emmanuel Erikowa 7FOX	Ayub Gul 7BRK
Kai Nguyen 7FLI	Elisa Johnson 7FOX
Siya Aziz 7RES	Daisy Idemudia 7RES
Rizwan Hussain 7BRK	Tahseen Khanom 7FLI

A special well done to **Elizabeth Ajayi 7BRK** who had several nominations this week! Keep up the good work Elizabeth you star!

Free School Meals

If you are entitled to Free School Meal Vouchers please ensure that you have checked your school email account this week.

Wellbeing and Working From Home

There is a strong connection between your physical well-being and your mental well-being. Whilst we are in lockdown, there are several ways to help you maintain both. The Birmingham Education Partnership has released a special power point presentation which I will send out to each Year 7 via your email today. Their focus this week is on the importance of drinking plenty of water. Can you answer the questions to the quiz below?

1. How much of your body is made up of water?
2. How should you drink your daily intake?
3. How much water does simply breathing in and out use up each day?
4. Which of these is a sign of dehydration?
 - Being really hyper
 - Using the toilet a lot
 - A headache
5. Which of the following can help your body to reach it's fluid needs?
 - Lettuce
 - Tea
 - Coffee
 - All of these
6. How many glasses of water should you drink a day?

Answers will be in next weeks newsletter.

By drinking water, you increase your brain's temperature and get rid of toxins and dead cells. It also helps to regulate your stress and worry. See the email for more insights!

It's also really important to ensure you are taking care of yourselves while working from home. Ensure when you have free time for breaks that you move away from your device. Go and complete a different activity within your home that doesn't involve looking at a screen. This could be arts and crafts, reading a book, practising your kick ups, completing a challenge from the PE department's calendar (Some of them are really tough! I've been trying them myself!). If you have more time get in some socially distanced exercise such as a walk or run with your family. Remember, no matter what you do. Stay safe!

Forward Thinking Birmingham (FTB) is the city's mental health service for 0-25 year olds. Please visit their site for tips, hints and support for mental health and wellbeing.
<https://www.forwardthinkingbirmingham.org.uk>

Kooth.com is an online service provided for **FREE** by Birmingham City Council for pupils aged 11+ to encourage good mental health and wellbeing. Once logged in you will be able to access additional support, speak to people your own age and chat to counsellors about how you are feeling. It's good to talk! Please follow the link below and get registered:

www.kooth.com



My goals for this week...

Set yourself challenging but achievable goals. This could be a subject to learn about, a new skill to master, something to spend more time on... Write big goals for the week at the top of each box and smaller goals that will help you achieve it inside.

Goal number 1: _____

To help me achieve this, I will:

1. _____
2. _____
3. _____

Goal number 2: _____

To help me achieve this, I will:

1. _____
2. _____
3. _____

Goal number 3: _____

To help me achieve this, I will:

1. _____
2. _____
3. _____

How well did you do this week? Take a few moments to think about your week and whether or not you achieved your goals. Remember, sometimes it's not possible to achieve everything you want to, but trying is the important part.

Give yourself a mark out of 10 for your achievements this week:
_____/10

Now get some rest and think about your goals for next week.
Email Mrs Ellis with an update!

Lifestyle Lessons - Remote Learning

Take notice

Take time during your day to be more aware of your surroundings and notice the present moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling. It can help you appreciate what's going on around you.

For example:

- getting a plant for your home
- taking notice of sights and sounds outdoors
- switching off technology, such as your mobile phone
- taking notice of how your friends or family are feeling or acting

What do you currently do to take notice?

Set a goal to take notice:



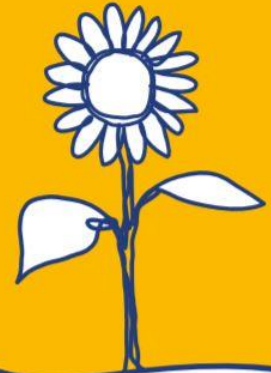
mind.org.uk

@MindCharity

mindforbettermentalhealth

© Mind 2018. Mind is a registered charity no. 219838.

The five ways to wellbeing



The following steps have been researched and developed by the New Economics Foundation.

Connect

Building and maintaining positive relationships with people can be an important part of wellbeing. Spending time speaking to positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

For example:

- telephoning a friend or relative to see how they are
- asking how someone is and really listening when they tell you
- arranging to speak with a colleague or friend

What do you currently do to connect?

Set a goal to connect:

Give

Giving can be a great way to look after your wellbeing. People who show a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your goal gives something back to your community.

For example:

- volunteering your time
- supporting your community
- doing something nice for a friend
- thanking someone

What do you currently do to give?

Set a goal to give:



Keep learning

Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby, sign up to a course or try learning a new skill, such as playing a musical instrument.

For example:

- finding something out about a colleague or a friend
- doing a crossword or Sudoku
- researching something you're interested in
- learning a new word

What do you currently do to keep learning?

Set a goal to keep learning:

Be active

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

For example:

- going for a walk during your day
- following a workout video
- doing some 'easy exercise', like stretching, in the morning and before you go to bed

What do you currently do to be active?

Set a goal to be active:





**COUNCILLOR IAN WARD
LEADER OF THE COUNCIL**

COUNCIL HOUSE
VICTORIA SQUARE
BIRMINGHAM
B1 1BB

Tel: 0121 464 4000

Email: Ian.Ward@birmingham.gov.uk

Our Ref: IW/1302tr

20 January 2020

Dear parents/carers

We know how challenging remote education is for families and how disappointed many pupils are that they aren't able to attend school in person at the moment.

As you know, Birmingham's schools worked hard during the autumn term to keep the disruption to your children's education to an absolute minimum. While it was far from a normal autumn term in any school, we were proud with the way schools in Birmingham remained open in the face of growing cases in the city before the Christmas break.

Schools are committed to improving outcomes for children and nobody is more disappointed than school staff that most pupils are not currently able to attend. However, the seriousness of the pandemic means that unfortunately most pupils do need to be at home at the moment.

Schools are striving to make remote education as good as it can be, incorporating best practice as set out by Ofsted on its website (<https://www.gov.uk/government/publications/whats-working-well-in-remote-education>).

They have quickly set up programmes of work, even though primary schools were given less than 24 hours' notice of closure at the start of January. Mass remote learning is new for everyone and has challenges that schools have never experienced before. Schools will be adapting as time goes on and learning from what works well and what can be improved as well as focussing on pupils' safety at this time.

It is clear that shortfalls in computer equipment and problems with connectivity mean that some pupils are struggling to access remote learning and we have written to the Education Secretary to highlight this digital divide, calling on him to urgently address this gap in provision, to help our young people recover any ground lost during the pandemic.

We are also supporting the Digital Education Partnership's campaign for more devices and connectivity for Birmingham children and young people and have been proud to see how individuals and businesses have rallied round on this issue.

In closing, we want to thank you for supporting your children's schools at this challenging time and we hope that life in our schools will return to normal as soon as possible.

Best wishes

A handwritten signature in black ink, appearing to read 'Ian Ward', enclosed within a thin black rectangular border.

Councillor Ian Ward
Leader of Birmingham City Council

A handwritten signature in blue ink, appearing to read 'Jayne Francis', consisting of a large initial 'J' followed by a series of loops.

Councillor Jayne Francis
Cabinet Member for Education, Skills & Culture

Birmingham Children's Partnership

Emergency and ongoing help for Birmingham



January 2021

Dear Parent or Carer

As lockdown three begins, we want to let you know about the help that is available to families. Please find detailed information about where you can find help for now and the longer term. If you want to talk to someone about help please contact your [local team](#) who can advise on all issues for all families.

From Birmingham with Love — information and help for families with translations in [Arabic](#), [Bengali](#), [Bulgarian](#), [Chinese](#), [Pashto](#), [Somali](#), [Punjabi](#), [Polish](#) and [Urdu](#).



Coronavirus advice. Use the local [NHS website](#) for the latest Birmingham guidance.



Emergency food assistance. Birmingham has announced an emergency food package — please contact one of our [local team](#) who will be able to help directly with a grant for food, often within 48 hours. There are also [food banks](#) across Birmingham that are here to help.



Mental health support. For young people aged 11-25 there are forums, guides and counselling available completely free at [Kooth](#). If your child 0-25 needs support, get in touch with [Pause](#) by calling 0207 841 4470 or [email](#). Adults can get support from [MIND](#) by calling 0121 262 3555. Or for urgent help call [Forward Thinking Birmingham](#) on 0300 300 0099. And remember to stay [active](#).



Parenting support. We've pre-paid for each parent, grandparent and carer to access £88 of [online courses](#). Use the code COMMUNITY to access support for children from bump to 19.



Local offer. See the [local offer website](#) for details of other services including for children with additional needs (SEND).



Financial help. If you've lost your job, or are struggling for food or rent, there are services that can help. [Local welfare provision](#) can make a big difference if you are in a crisis and need food, fuel or basic white goods. [Discretionary Housing Payments](#) may be able to help with rent.



Domestic abuse. For women and children affected by domestic abuse please see [guidance](#) or confidentially contact [Birmingham and Solihull Women's Aid](#). For men, please contact [Respect](#). Also [Ask for ANI](#) and the [Safe Spaces](#) scheme where victims can access help through pharmacies.



Bereavement support. It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).

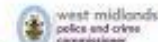
For any other help, from public services or community groups, then please contact our voluntary sector [local team](#). There are ten area hubs across the city which can connect you to support. If you are worried about a child, please call Birmingham's Children's Advice and Support Service on 0121 303 1888. You can [chat](#) to the Police, or in an emergency (including child abuse) please call 999.

Stay safe and well in these difficult times and please don't hesitate to seek help if you need it.

With best wishes,

Chris Naylor
Chief Executive, Birmingham City Council

Paul Jennings
Chief Executive, NHS Birmingham and Solihull CCG



CORONAVIRUS

Fact sheet for kids



WHAT IS CORONAVIRUS?

A coronavirus is a type of virus. Coronavirus (COVID-19) is a new strain of coronavirus, which means no-one has caught it before and our bodies are not immune (protected) from it yet. It spreads very quickly and is making a lot of people poorly at the moment.

HOW DOES A VIRUS WORK?

1. Your body is made up of millions of tiny cells.
2. Viruses can't survive outside the body for long, so they try to get into our cells.
3. When viruses get inside our cells, we get infected.
4. Once a cell is 'infected', the virus multiplies and can spread around the body.
5. Our body produces antibodies that fight the virus and help us get better.

WHY IS CORONAVIRUS DANGEROUS?

If the virus gets into the cells in our lungs, it can stop the cells from doing their job, which is to help us breathe.



WHO CAN CATCH IT?



Children can catch the virus just as easily as adults, but it doesn't make them as poorly.

Adults who are already poorly and elderly people are the most affected, but most people can get better from it.

HOW CAN WE PROTECT OURSELVES?

The virus can spread very easily and we carry it and pass it onto others even if we don't feel poorly ourselves.

There are 2 important things we can do to protect ourselves, our friends and our family.



WASH YOUR HANDS

Washing your hands with soap and water helps get rid of the virus. This will prevent the virus from getting into our bodies and spreading to other people. Let's all remind one another to wash our hands!



AVOID OTHER PEOPLE

To stop the virus spreading, we need to keep away from other people and stay at home for a time. But don't worry - life will go back to normal!

HOW ARE SCIENTISTS TRYING TO KEEP US SAFE?

Scientists are working hard to find a Coronavirus vaccine. A vaccine can help protect the body from being infected.



REMEMBER

IT ISN'T YOUR FAULT IF
SOMEONE YOU KNOW CATCHES
CORONAVIRUS.

SEND BRIEFING PARENT WEBINAR

January 2021



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

Communication Autism Team

Understanding Behaviours in Autistic Children & Young People

**Speaker: Johanna Condon – Strategic Lead,
Communication Autism Team**

Wednesday 27th January- 10.00am and 2.00pm

All people who book a ticket will be sent a copy of the presentation and a recording of the Webinar.

**Wednesday 27th January 2021 at 10.00am-
11.00am**

<https://www.eventbrite.co.uk/e/understanding-behaviours-in-autistic-children-and-young-people-tickets-135837935923>

at 2.00pm-3.00pm

<https://www.eventbrite.co.uk/e/understanding-behaviours-in-autistic-children-and-young-people-tickets-135839761383>





BMET PROFESSIONAL SERVICES ACADEMY – ‘BRAND YOU’ ONLINE EVENT

TUESDAY 26 JANUARY 3.30-5.30

Young people have never faced a more uncertain future. Local employers, colleges and universities want to play their part in helping young people face the future with greater confidence.

Growing Talent #BPFS (Business, Professional & Financial Services) is a new programme led by social enterprise Ahead Partnership supported by funding from Greater Birmingham & Solihull LEP and private sector employers. The programme aims to showcase the professional services sector and opportunities available to students through a variety of engaging virtual events with the support and guidance from local employers.

How will it work?

The BMET Professional Services Academy would like to invite you to the ‘Brand You’ online event as part of our #BPFS Growing Talent programme on Tuesday 26 January 3.30-5.30 anyone can join from students, parents and teachers. This event is **perfect for online remote learning from home** as the event will take place on Microsoft Teams. To register your school all you need to do is reply to this email and Ahead Partnership will keep you informed up until the run up to the event and send you the online link.

The event will cover the following:

- An opening presentation explaining the courses and options available to the students at the academy
- A workshop activity entitled Brand You – this will give students an opportunity to explore and develop a powerful personal brand and become more visible in the world of business.
- A video clip on life at the Professional Service Academy
- College Experience Q&A session

All the activities in the programme are organised by Ahead Partnership with support and resources provided to help each school/college get involved. [You can find out more information online here >>](#)

**To register your school or find out more please
contact leonie.matthews@aheadpartnership.org.uk**

Leonie Matthews
Project Coordinator



☎ 0300 124 0496 | ☎ 07912 391 088 |

[aheadpartnership.org.uk]aheadpartnership.org.uk

[twitter.com/AheadP_ship]



Join the **Learn Live Channel**
for an **RAF Live** broadcast

Wednesday 3 February
@18:00 - 21:00

The RAF works at the cutting edge of technology every single day, some of which is the most advanced in the World. The work we do is vital, it demands the highest standards and brings the greatest rewards. The RAF is currently engaged in 15 missions on 4 continents, in 22 countries! We are a force for good around the World.

Interested in a role in the RAF but unsure of what to go for?? Did you know that we have 55+ different roles to choose from within 8 specialisations? Why not tune into the learnlive channel to find out more?

This live streamed event will broadcast to thousands of people across the UK. There will be videos detailing the different roles and also generic information videos on life within the RAF.

Our interactive event features a Q&A session with RAF careers personnel and different trade ambassadors. Questions on key topics submitted from the studio and virtual audience were addressed by our panel and broadcast in real-time.

The broadcast is free for all schools and colleges to watch.
The link to register for this event is
<https://learnliveuk.com/partners/raf-careers/>

Don't forget to use the **LIVE CHAT** facility next to the video player to ask any questions you have about the RAF. The chat facility is safe, moderated, accessible and available 24/7.

See the Student Tutorial Video:
<https://vimeo.com/42618378>

For general information about RAF careers visit **RAF Recruitment** visit <https://www.raf.mod.uk/rafrcr> or alternatively scan our QR code or alternatively download the RAF Recruitment App on your smartphone or tablet.



RAF LIVE

TOPICS TO BE COVERED ARE;

General - What does the RAF do

- Challenges
- Benefits
- Fitness
- Apprenticeships
- Sponsorship
- How to join.
- Engineering & Technical
- Air Operations
- Logistics
- Personnel
- Force Protection
- Intelligence
- Medical & Medical Support
- Aircrew

THE REWARDS OF LIFE IN THE RAF

- Competitive pay and pension
- Training and lifelong learning
- Six weeks' paid leave and public holidays
- Free medical and dental care
- Gain civilian recognised qualifications
- Guaranteed job after training
- Subsidised food and accommodation
- Free gym and sports facilities
- Adventurous training opportunities
- Excellent starting salary and career progression