



Student bulletin



Dear Students

I hope you are all well and enjoyed your Easter break. I would like to start by saying well done to all of you for completing your work set by your teachers. Your teachers are working extremely hard to ensure you have work set for all the lessons you would normally have within your timetable. If you are finding any of this difficult, please do contact your teacher via SMH. Please note that you are not expected to work for one hour in each lesson – but to complete the work set to a good standard.

PE performance from Mr Lawrence:

The PE Department have set out an aim to keep our lessons and home learning as practical as we can. Each week pupils will receive their PE lesson on SMHW, this lesson will involve physical activity. It is vital that pupils remain as active as they can during these uncertain times, not just for their own physical health but to prevent boredom and mental ill health. The PE Department recommends pupils are getting exercise every day and set aside a time during the day for physical activity, it has been well documented that physical activity boosts learning.

*As a department we are setting weekly challenges through the SMHW Notice Board, there will be a *Challenge* and an **Ultimate Challenge**. There are already four challenges on the SMHW Notice Board. Each week we will announce pupils we have done particularly well in a challenge as well as announcing staff scores for you all to aim for!*

Top Pupil Performances so far...

Fawaz Lawal – 10AHN

Shaniah Fernandez – 10AHN

Hannah Longhurst – 7RCY

Top Staff Scores so far...

Challenge 1 – Mr Lawrence 4:43. Miss Woolsey 5:29.

Challenge 2 – 2 Minute Burpee Challenge - Mr Golding: 35 Burpees. Miss Woolsey: 36 Burpees.

7 Minute Burpee Challenge – Mr Lawrence: 111 Burpees. Miss C Hinds: 58 Burpees.

Challenge 3 – Mr Lawrence 5:54. Mrs Pett 6:46.

Challenge 4 – Mr Lawrence 5:20. Mrs Pett 5:45.

We want to see you having fun and taking on these challenges to beat the staff!

Weekly Celebration Rewards

This week's R3 winners are as follows:

Student name	Teacher	Subject	Reason
Year 7			
Ayomide A	Mr Lawrence	PE	Very good work submitted from Monday's PE Circuit Lesson. Ayo has been brilliant at submitting his PE work on time with evidence of his activity levels.
Maxwell S	Mr Golding	PE	Well done for completing the student self-assessment during the Easter break to a very high standard.
Ming S T	Mr Idehen	Maths	Excellent effort on his home-learning , consistently completing set task on time to a very good standard
Katie-Star M	Ms Bhachu		For being a great friend to all and keeping everyone smiling and laughing which has been great for morale.
Year 8			
Matilda B	Mr Hassan	Maths	For excellent dedication to completion of work and the high quality of submission on show my homework. Well done and keep it up!
	Ms Beynon	English	For consistently submitting work on time and completing all work to a high standard.
Blessed A	Mr Lawrence	PE	Excellent worked submitted from the PE Home Circuit Lesson on Monday.
Divine B	Ms Beynon	English	For consistent and proactive hard work whilst learning from home.
Louie F	Ms Opoku	Maths	The class were given the task to create a poster describing 4 top tips for positive wellbeing when off school. Not only did Louie create an excellent poster but the tips he suggested were both thoughtful and helpful. Well done Louie!
Aurelia C	Miss Douglas	Project	For a beautifully presented artistic depiction of Macbeth! This will be used as part of a display in the future.
Sonny C B	Miss Botha	Science	For excellent letters to the PM and academic posters on combatting climate change.
Tanice C	Mrs Pasha	Maths	Always completes her work on time and to a high standard
Wlad S	Miss Botha	Science	For excellent letters to the PM and academic posters on combatting climate change.

Year 9

Austin A	Ms Alderson	English	For completing his home learning in English to a high standard and meeting his deadlines.
Saskia B	Miss Douglas	Drama	A very well written and engaging monologue based on a Midsummers Night Dream
Trishna	Mrs Pasha	Maths	Always completes her work on time and to a high standard
Keira B	Ms Bhachu		This is for despite have difficulties and obstacles with her work, she has persevered with it .
Emmanuel K	Mr Chowdhury	Science	For his comparison of different types of radiation and their application, completed to a high standard
Jai G	Ms Bhachu		For hard work and dedication to all areas of his learning.
Jason F	Ms Bhachu		For hard work and dedication to all areas of his learning.

Year 10

Jayden W	Ms Opoku	Maths	Jayden has ensured that his Maths work is completed to a high standard. He has achieved 100% on all tasks that have been set so far, Well done Jayden!
	Mrs Charlton	Spanish	Excellent effort in completion of all home-learning tasks!
Shannon O	Mr Greenwood	History	For excellent History work and full marks in the week's History quiz
Lisa W	Mr Greenwood	History	for excellent History work and a very good result in the weekly quiz
Favour A	Mr Idehen	Maths	Outstanding effort on her home-learning, consistently completing set task on time and achieved 100% on solving quadratic equation using a formula.
Matthew C	Mr Chowdhury	Science	For his detailed design of a trampoline using composite materials.
Jahid A	Mr Dalton	History	For producing some excellent work and getting full marks in the History quiz.
Ephriam E	Mr Dalton	History	For continued hard work and effort in History.

WELLBEING

As always, your wellbeing is important to us, particularly at a time when you are unable to see all of your friends and family. Here is some information/links you may find useful:

1. Childline *Calm Zone*. A great collection of **activities and tools to use with children to develop a culture of calm**.
<https://www.childline.org.uk/toolbox/calm-zone/>
2. Public Health England *Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak*.
Released this week, the guidance contains a number of helpful sections for the **wellbeing of young people in quarantine**.
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

THE MIX
0808 808 4994
CHILDLINE 0800 1111
Samaritans 08457 909 090

PAPYRUS
PREVENTION OF YOUNG SUICIDE
CALL: 0800 068 41 41
TEXT: 0778 620 9697
EMAIL: pat@papyrus-uk.org

YOUNGMINDS
YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

change 4 life
Discover sugar swaps, healthy recipes, nutritional advice, and top tips For staying active

Beat
Eating disorders
HELPLINE 0808 801 0677
YOUTHLINE 0808 801 0711
STUDENTLINE 0808 801 0811

NHS
<https://www.nhs.uk/live-well/Mood-Zone>

safe

Yours Sincerely,
Mr R Hussain
Principal