

# PARENT NEWSLETTER



Week beginning  
Monday 8th  
February 2021  
Week 1

## *Whole School Spirituality Theme: HEALING*

*The Scripture readings focus on healing. And there doesn't seem to be a better theme for the week than this at the moment. With the C19 UK death toll having passed 100,000 just recently and the tens of thousands in hospital, I couldn't help but be struck by how much the BBC news was focused on the individual stories of, not just those who had died or were in hospital, but on those who had lost loved ones and were 'left behind'. It really brought it home to me and made me realise how much healing these families needed.*

*They say that time is a great healer. I always raise an eyebrow when I hear people say this as I'm not sure that it is as simple as this, certainly for the person in need of healing. To be healed we have to want to be healed. It's not about forgetting our losses, more about not dwelling on them to the point that it causes us more hurt and even anger.*

*Christ is the healer. As a Christian community, we believe that He has a sense of empathy with us in our suffering. So it is in times such as these that we need to remember that there is no 'wound' that He cannot heal.*

*Mr Doust*



*Healing is His business*

*That's who He is*

*That's what He does*



## Absence Reporting

It is still a requirement to notify school if your child will be absent from a lesson.

Please let us know if your child is absent through illness or if they have a medical appointment during the school day. Messages can be left on the absence line on (01952) 386100 or by selecting the Absence Reporting icon on Edulink



150  
Puzzle  
Number

## PUZZLE OF THE WEEK

Entries open: Mon 1st Feb

Entries close: Sun 7th Feb



Andrew got a new magnetic building kit for Christmas.



He starts by building a tetrahedron (left). Then he adds a pyramid to every face of his tetrahedron (right).

He needed 26 pieces to build it.  
*18 magnetic sticks and 8 marbles.*



For his next project Andrew decides he will build a cube and then add a pyramid to every face of the cube.

**How many pieces will Andrew need for his next project?**

**Extension:** After he'd finished the cube with extra pyramids, Andrew decided to build pyramids on every face of that shape! How many pieces would he need in total? Could he then add pyramids to every face for a third time?



# Apprenticeships

National Apprenticeship Week  
8 - 14 February 2021

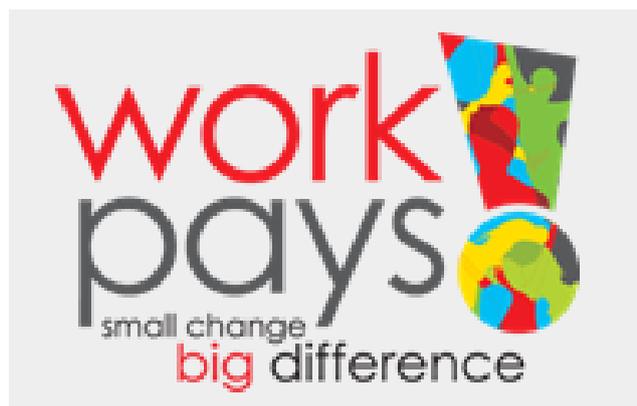
**Parents, check out this amazing schedule of activities which are virtual, free, and there's something for everyone. It's the perfect week for *everyone* to learn even more about those all-important apprenticeships:**

[https://www.eventbrite.co.uk/o/workpays-32362741439?  
&utm\\_campaign=ASK&utm\\_medium=email&\\_hsmi=109126398&\\_hs  
enc=p2ANqzt\\_T0ce6gjycEehrUHbD5cAhdE2JWxytYMH0hwsRYmM1Pf  
rhkyP3Oku25HG3AzpJ6yGi9OBbFUd0K8Rs907DR7\\_9gTuOQ&utm\\_co  
ntent=109126398&utm\\_source=hs\\_email](https://www.eventbrite.co.uk/o/workpays-32362741439?&utm_campaign=ASK&utm_medium=email&_hsmi=109126398&_hsenc=p2ANqzt_T0ce6gjycEehrUHbD5cAhdE2JWxytYMH0hwsRYmM1PfrhkyP3Oku25HG3AzpJ6yGi9OBbFUd0K8Rs907DR7_9gTuOQ&utm_content=109126398&utm_source=hs_email)

**Starting Monday 8th February, there are live events throughout the week and at various times during the day and evening.**

**Click on the link now and save your chosen events to your calendar.**

**eventbrite**



# SAFEGUARDING

## KEEPING KIDS SAFE ONLINE RIGHT NOW

TOP  
TIPS

### 1. SET UP PARENTAL CONTROLS

Check your settings are up to date and controls are applied on all devices and apps.

### 2. SUPERVISE ONLINE ACTIVITIES

Ensure online activities are supervised by an adult and in a public space in the house. E.G - Living/Dining Room.

### 3. SET CLEAR EXPECTATIONS

Talk about expectations for behaviour online, including how and when devices will be used.

### 4. TALK ABOUT IT

With the schools closed, online activities will increase. Let your children and young people know they can talk to you about anything that happens online.



### 5. GO ONLINE TOGETHER

See if you can share online experiences by joining in with their favourite app/game.



## Mental Health and Well-being

Some useful resilience support websites for students ...

What is resilience ?

<https://youtu.be/1IQ-X5N7NYY>

Self-efficacy

<https://youtu.be/fSvFBSALO1I>

Self-  
Regulation

<https://youtu.be/7wYZvoOS6zI>

Resilience

Strengthening positivity

<https://youtu.be/JBsHJkq4K3c>

Staying connected and  
stepping out

[https://youtu.be/zGR7\\_JQCHKw](https://youtu.be/zGR7_JQCHKw)



**Free, anonymous support.**

**Kooth is the UK's leading digital mental health platform for under 18s. Founded in 2001, the service now provides mental wellbeing support to hundreds of thousands of young people, available in more than 80% of England and Wales.**



**'Don't do it alone' video:**

<https://www.youtube.com/watch?v=PEShtD0vTzc&feature=youtu.be>

As part of the 'Don't Do It Alone' campaign, the Kooth team have created some amazing content that young people can access by signing up to Kooth:

### **Activities:**

Practice asking for help

Send a letter to someone you love

Dance like nobody's watching

Create a positive word board

### **Articles:**

Express Yourself Hub Article – This piece links in with other articles about expressing yourself.

Don't Do It Alone – Featuring quotes from the celebrities, links to the video and information about reaching out and getting support.

### **Podcast:**

Our content team will be releasing a 10-minute podcast for the campaign. It will be published on 5<sup>th</sup> February on our Kooth podcast and Spotify page.

Please see the link to access previous and upcoming podcasts.

[Kooth Podcast \(Spotify\)](#)



Here is another example ...



Please call me at school if you need any support or advice.

School's number is 01952 386100

- <https://www.teenrehab.org/resources/helping-your-teen/routines-for-teenagers/>
- <https://www.ahaparenting.com/parenting-tools/family-life/structure-routines>



Food Share Project

## Working Towards 'Zero Food Waste'

The food share project off Rampart Way aims to reduce food waste and make it accessible to the community. Surplus food from shops & suppliers is sold off at a discounted price (open to everyone) and then the profits fund the food banks. They often give away free food (last week they had 9 pallets of bananas to distribute).

This is a zero waste project that aims to help the vulnerable access essentials.

For more information go to: <https://www.facebook.com/foodshareproject/>

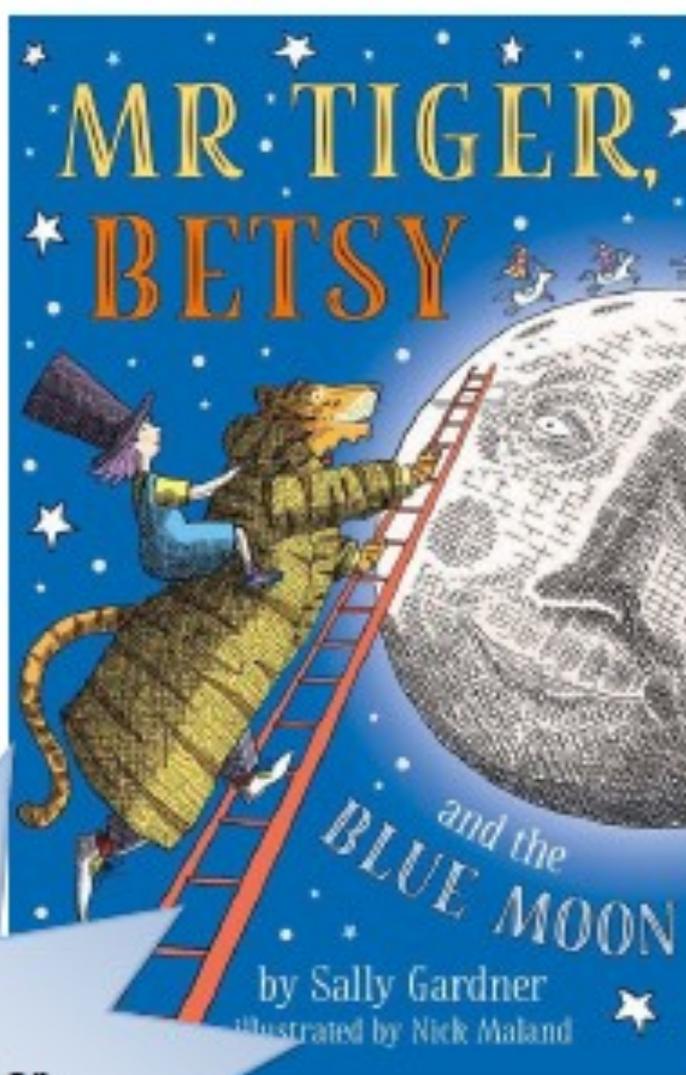


F R E E B O O K  
O F T H E W E E K



Available from 'The Virtual School Library'.

Go to: <https://library.thenational.academy/>  
to read or listen to this week's free book.



This story will be  
available to read or  
listen to until Friday  
12<sup>th</sup> February! Enjoy 😊

# Year 7's Create a Castle Competition!



**Task:** make a castle model, any shape, size or materials.

**Deadline:** 1<sup>st</sup> March 2021

**How to enter:** create a virtual tour of your castle using photos or videos and submit to the History department.

All the details can be found at: <http://holytrinity.academy/hta-news/year-7s-create-a-castle-competition/> Good luck!