



WEEKLY WELFARE NEWSLETTER

Edition 24

Friday 5th March 2021

Good morning and welcome to the final newsletter of this lockdown. There are plenty of positive news stories today along with advice about reading, literacy, and getting support.

Positive news stories

Back to School

On Monday, we will be welcoming back year 11 and 13, Tuesday will see year 10 and 12, Wednesday is year 7, Thursday year 8, and Friday will see year 9 returning. You will have Teams lessons until your year group is in but once your year group is being taught in school, there will not be any further Teams lessons.

Vulnerable and Key Worker groups can continue to attend, although we will be moving to full school uniform from Monday. It is worth mentioning how superbly these students have approached school for the past 8 weeks. Well done!

Please remind yourself of the uniform rules before you come back.

For more details about the return, please go to [Covid-19 information - Prince William School \(emat.uk\)](https://www.pws.emat.uk/covid-19-information)

The Apple Park recreated by Jacob Kirby-Gale.

'Norman Foster is a British architect, who has been awarded several high-status awards, including the Pritzker Prize in 1999. He was born in Manchester on the 1st of June 1935 into a working-class family. From an early age he took an interest in architecture. He left school at 16, joining the royal air force and then in 1956 attended the University of Manchester's School of Architecture. He went on to win the Henry Fellowship to the Yale School of Architecture, achieving a master degree in 1962. At the age of 32, Foster founded Foster+Partners in London.



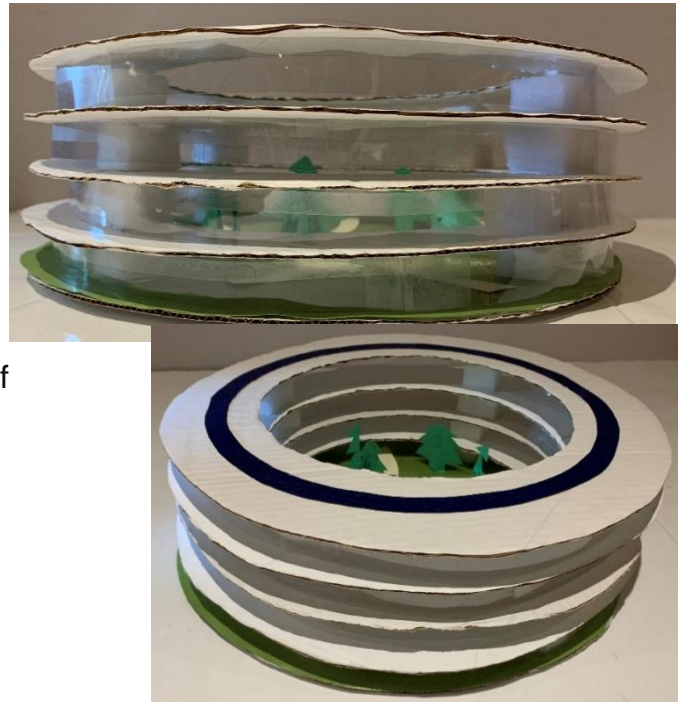
'Norman Foster's designs involve a combination of regeneration, flexibility, technology, and environmental elements which come together in modern styles. He believes that a successful architect should have, 'an open mind, energy, an appetite for hard work, a willingness to explore new solutions and push boundaries'.



Apple Park

'Apple Park is an eco-friendly office department in California, powered by 100% renewable energy. The 175-acre site has four miles of trails, 9,000 trees, including orchards and meadows, sports fields, terraces and a pond. After delays, construction begun in 2014 and it was officially opened in April 2017 costing a total of \$5billion.

Great research!



Baking Success

Baking guru Jayden Brackley-Taylor has been trying his hand out at a range of cakes and biscuits. Great to have pictures – even better if you need someone to taste-test!



Cookies and an orange cake baked for Kettering Hospital.



Millionaire's shortbread and an amazing ginger cake.

Maybe Jayden should be thinking about an application to the Junior Bake Off?





Animal Husbandry

During lockdown 1, you might remember that Barclay Watson passed his tractor test (newsletter 16). This time, Barclay has been helping out with the lambing. Excellent stuff.



And Mr Sage has become a Lockdown Hero (of the classic car world)

LOCKDOWN HEROES
The cherished classics that you love, drive and restore

'I spent lockdown on my Murenas'
1981 & 1983 Talbot Matra Murenas
David Sage, Northants

I've had my green Murena since 2013, but ended up with another one in June last year, so much of 2020 was spent tinkering with them both. I was aware of the white one for a couple of years, as it was for sale on and off for a long time, but I finally took the plunge during the first lockdown! It was given an 'M16' engine upgrade back in the Nineties by a company called Matra Magic, so it was very well put together and has been well maintained.

Back in 2013, I got the green car from a guy who was emigrating, so I bought it for a really good price – but for most of the journey home it was running on three cylinders. It had been troubled with a running issue until lockdown, when I had the time to investigate properly. It turned out to be a faulty connector – the pins weren't all connecting! It

TWO'S COMPANY!
David made the best of lockdown by doubling down on his love of these uber rare French beasts.

Send us your car photos

To practical.classics@bauermedia.co.uk, marked 'Your Cars'. Make sure your pictures are hi-res and that you are in them.

Tassomai – message from Mr Gelder

Fantastic first week back after half term on Tassomai! As a school, our students attempted a total of 83281 questions, getting 50541 correct! Which means as a school our combined accuracy is 60% which is amazing. We also had 209 students eligible to enter our prize draw for Tassomai for completing 3 or more daily goals, with the lucky winner being **Misaki MacDougall** who is set to get her £10 Amazon voucher!



The competition is running every week this half-term so keep up the good work and remember to get at least 3 daily goals done every week to enter the competition! Remember as well, the highest accuracy in every year will get a £10 voucher at the end of the term.

If you have done something special in the past 10 weeks, then make sure you keep a record of it. It may be that you face an interview question in the coming months or years about what you achieved during the school closures. But more importantly, it marks the time as special in a positive way, celebrating the good things that you have done and experienced. Put some pictures together, write a few lines, and keep it somewhere safe.

Mindfulness March

Stay happy in March by following these suggestions.

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

Here is the link to the Action for Happiness website - [Action for Happiness](http://www.actionforhappiness.org)



Vital Vocabulary

There has been extensive research over the last 30 – 40 years that has established that people who have a good, broad vocabulary are stronger readers and more able to access the full curriculum - and exam questions! Furthermore, research suggests that if you understand 95% of the words in a text, you will be able to work out what the remaining 5% mean; but the fewer words you know the harder it is for you to work out the meaning of the rest of the words, so that even those words which you do know become less useful to you. The language poor get poorer, whilst the language rich get richer!

At Prince William we wanted to support students to strengthen and broaden their vocabulary because having a good vocabulary directly impacts on how well a student can learn, how well they can achieve in exams, and therefore can improve their life choices and chances. This term we had planned to start broadening students' vocabulary by teaching 5 or 6 words each week during tutor time. This did not work well remotely but it will be resumed from 15 March. However, we are running five competitions involving our Vital Vocabulary words from this weekend. All will earn House points for the competitors which will contribute to their House's overall points total, but winners will also be awarded personal prizes.

Vital Vocabulary competitions

The five competitions are:

1. Pen a Paragraph
2. Use it with meaning
3. Spelling Bee
4. Typography
5. Icons

1. Pen a paragraph

Task: write a paragraph containing all the words for your year group for that week making sure you use them in such a way that their correct meaning is clear. All entrants get a house point. Prizes awarded for most interesting or shortest paragraph that meets the brief of the task.

Entries to antony.kennedy@pws.emat.uk

2. Use it with meaning

If you use one of the words for your year group for that week (correctly!) in a lesson, your teacher will award you a house point. Teachers may nominate students for special prizes for originality or adeptness of use.

3. Spelling bee

Start learning how to spell all the words for your year group for this year so far! There will be a spelling bee competition later in the term! All entrants will get a House point, and the winner in each year will get a prize.



4. Typography/illustrative words

Draw one of your year group's words in such a way that it explains the meaning of the word. A few examples are provided below to give you the idea. For this you can use any of the words since the beginning of this year for your year group.

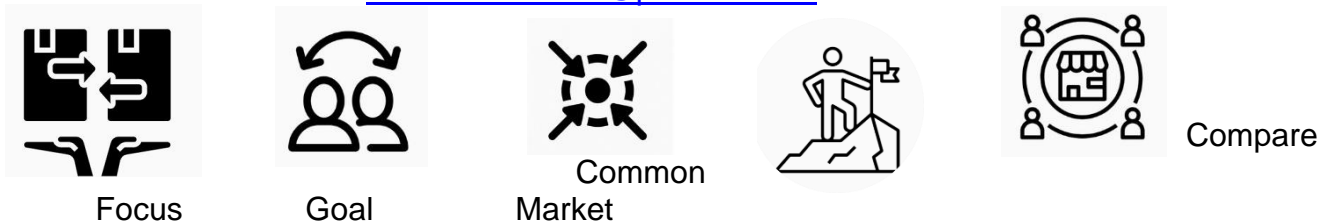
Entries to elizabeth.dormor@pws.emat.uk



6. Icons

Draw an icon which explains the meaning of one of your year group's words. A few examples to get you thinking are shown below. For this you can use any of the words since the beginning of this year for your year group.

Entries to elizabeth.dormor@pws.emat.uk



Below is the list of words for each year group. Good luck! 😊 Thank you Mrs Dormor.



Year 7	Year 8	Year 9
affect	academy	levy
effect	arbitrary	likewise
aspect	capacity	thereby
distinct	ideology	unify
interact	ministry	whereby
restrict	aggregate	diminish
conduct	allocate	erode
confer	challenge	minimal
consent	classic	minimise
constrain	differentiate	portion
convene	contrary	accommodate
coordinate	energy	deviate
equate	enforce	manipulate
illustrate	entity	subordinate
implicate	psychology	terminate
integrate	subsidy	forthcoming
approximate	accumulate	infrastructure
legal	estate	notwithstanding
legislate	initiate	straightforward
negate	migrate	widespread
participate	simulate	confine
regulate	advocate	devote
derive	decade	manual
ethnic	facilitate	medium
implement	incorporate	nuclear
invest	undertake	analogy
rely	chemical	commodity
concentrate	external	contemporary
constitute	liberal	currency
corporate	medical	military
domestic	mental	fluctuate
element	generation	intermediate
function	publication	mediate
institute	interval	qualitative
interpret	rational	violate
parallel	version	assemble
physical	cite	compile
philosophy	edit	induce
policy	fee	invoke
primary	stress	overlap
specify	sum	
survey		



Read 21 in 21 – Thanks to Miss O'Connor

World Book Day falls on 4th March this year which, whether you're an avid reader or not, is the perfect opportunity to get lost in a book. Now, more than ever, taking time away from our screens to find a quiet spot to relax and immerse yourself in tales of history, fantasy or science can be an excellent way to reduce stress, aid sleep and increase your ability to empathise with others. Equally, reading can increase your vocabulary, strengthen your analytical skills and improve your memory.

So, we would like to challenge you to Read 21 in 21.

This could be as simple for reading for 21 minutes every day in 2021, or perhaps you could read 21 pages a day. If you really wanted to challenge yourself, you could read 21 books in 2021. You could, of course, read more than this if you wanted to, but reading for just 21 minutes a day exposes you to more than 1,800,000 new words a year, so we think this is a really great place to start!

Not a fan of fiction? That's ok! You don't have to read traditional story books; you could read journals, biographies, reference books, poetry...whatever makes you happy 😊

So, step away from the screen, find yourself a cosy, well lit, spot in which to settle down and dive in!

1. Sometimes reading aloud can be a challenge. So, why don't you try reading to a pet? Cats and dogs find this really soothing; they'll love being able to spend more time with you and you'll be able to practice your fluency and articulation with confidence.
2. Lots of great films are directly based on some fantastic books. Millions of people will know and love the "Harry Potter" and "Hunger Games" cinematic franchises, but have you read the books? No? This could be a good time to start...check out our Read 21 in 21 highlights on Instagram for staff recommendations. When you've finished it, write a review and share it with us!
3. Sometimes, listening to a book or text is every bit as enjoyable as reading it from the page. Sign up for a free 30-day trial at www.audible.co.uk or www.scribd.com (but you MUST make sure you check and make a note of the expiry date on the free trial).
4. There's a certain excitement attached to diving into a new book, but revisiting an old favourite can be every bit as rewarding. I like to revisit my favourite books every few years and I always find something new to enjoy.
5. As your appreciation grows for the texts on your shelves, why not create a Book Nook. This could be inspired by the fantastical worlds you read about or offer a glimpse into the dazzling geographical wonders and cityscapes on this earth.
6. Want to intrigue and inspire others? Write a 10-word review of what you've read and send it to us, we'll share it to spread the word!
7. Haven't got too many books at home or read everything on the shelf? Access some literary classics on https://www.gutenberg.org/ebooks/search/?sort_order=downloads
8. Interview your parents and ask your teachers about their favourite childhood books to see if they can offer some more inspiration for your next read.
9. Feeling creative? See if you can recreate the cover or a particular scene or themes using different mediums to express your appreciation.



Modern Foreign Languages update

Recently celebrities have been appearing on Twitter, Instagram and various other social media platforms advising parents to put the subtitles onto television programmes and films to help with literacy. We in MFL have been doing this successfully for years. Now with so many streaming platforms available to us, anyone who studies a language (or not) has access to so much more global content.

Here are some recent popular picks you might want to watch at home:



The show stars Omar Sy in the role of Assane Diop, a man who is inspired by the adventures of master thief Arsène Lupin, a character created by Maurice Leblanc in the early 1900s.

The first part, consisting of five episodes, is subtitled *Dans L'Ombre D'Arsène* (In the Shadow of Arsène), referring to the primary character's inspiration.

Think Pink Panther, James Bond and Sherlock Holmes with a bit of an Ocean's 11 feel. The second series is out this summer on Netflix.

Age 13+ watch it with your family and make sure you have the settings in French with English subtitles. If you want to challenge yourself further, watch in French with French language subtitles. You'll be surprised how much more you will learn.



Starring Lucien-Jean Baptiste and Aïssa Magia, a French-African couple adopt a white baby and plenty of chaos and confusion erupts!

Very funny film that makes you think. The characters are warm and cleverly portrayed.

Rated 12

If you do have any recommendations you would like to share, let us know via email.



Online vocabulary learning games.

As you are all aware Quizlet is our main vocabulary learning platform within school, many games of Quizlet live have been played over the various lockdowns, starting last summer! Quizlet has now evolved so that you can battle other players in the match games even when you are at home. You do not need your teacher to set it up for you. Once you have successfully played match or gravity, Quizlet will prompt you to challenge a friend. You can copy the link and then email it via the school email account to your classmate and play a competitive game.

Another fun app for language learning is Blooket. We have been experimenting with Blooket in lessons this week. The games are simple games but highly competitive along the lines of Battle Royale, Gold Rush etc. In setting these games up, I have used only the vocabulary from Quizlet. If you want to beat your friends in the next lessons, you need to learn your Quizlet vocab. Blooket also has a homework mode which will be in effect soon.

Other apps include Duolingo and Babel. These are both fantastic to use and to grow your vocabulary. If you have any suggestions, let us know.

Finally, there are quite a few pupils within school that are learning Japanese, due to the popularity of animé. There are a number of Japanese vocab books and exercise books in MFL. If you would like one, please email me and I will send one to your form room for you. We can even set up some Japanese Quizlet sets and create a virtual club. Please let me know if you are interested in doing this.

Dynamo 1, module 3, unit 1 Tu es sportif/sportive ?

4.0 ★★★★★ 2 reviews

STUDY

Flashcards

Learn

Write

Spell

Test

Play

Match

Gravity

Live



Carpet fitting apprenticeship – year 11 opportunity

Are you in year 11? Interested in going into floor fitting? Oundle Carpets is offering apprenticeships. Good command of English and Maths and willing to work hard (heavy lifting) required. Trained in-house with 3 days every 2 months on a course in Solihull, Birmingham. 2 years. The company is called 'Floorskills' but Oundle Carpets pay for train fare, hotel and food costs etc. to Solihull for 2-3 days every few weeks during the apprenticeship.

If you are interested, contact Mr Cooper for more details – mark.cooper@pws.emat.uk.



Out there – support for LGBTQ+ young people

ABOUT THE LOWDOWN

the lowdown is a voluntary mental health charity, providing free and confidential counselling, emotional wellbeing, sexual health and LGBTQ support services for 11-25 year olds. We aim to provide a safe and caring atmosphere where all young people are supported on their journey towards positive emotional health and wellbeing.

ABOUT OUR LGBTQ SERVICES

Our LGBTQ service, Out There, has been supporting young people in Northampton since 2012 and has evolved from just one small youth group into six exciting services. The groups are all overseen by our LGBTQ Coordinator and our Youth Leaders with the aim of providing a safe and caring environment for young people to explore their identity and connect with likeminded people.

"Out There has helped me make new friends I know I'll have for life and accept myself for who I am and understand my identity more. Everyone at the group is so accommodating and accepting and it's such a safe space to be in."

Out There Youth Group Member



CONTACT US

We understand that it may seem difficult to find support. Many young people feel isolated and disconnected from social circles or even families and we want you to know that you are not alone.

Are you an LGBTQ+ young person or parent?

If you would like to join one of our LGBTQ+ groups or you would like some more information, please contact our LGBTQ Coordinator by calling on 07585 737482 or by emailing LGBTQsupport@thelowdownnorthampton.co.uk.

Do you represent a school?

We can provide advice and guidance to schools and colleges looking to set up their own LGBTQ+ group for students. If this is something you're interested in and would like more information, please contact LGBTQsupport@thelowdownnorthampton.co.uk



Find out what support is available for LGBTQ+ young people in Northampton.



OUT THERE YOUTH GROUP

For any young person aged between 13 and 20 who identifies as LGBTQ+. The aim of this group is to provide members with a safe and confidential space to socialise, meet like-minded people, discuss issues and participate in lots of fun activities.



OUT THERE PLUS GROUP

For any young person aged between 18 and 25 who identifies as LGBTQ+. The aim of this group is to provide young people with a safe and relaxing environment to explore their identity and socialise with other LGBTQ people.



OUT THERE PARENTS AND CARERS SUPPORT

The Parents and Carers Support Group is for parents and carers of LGBTQ+ young people to connect, share experiences and offer and receive support. You can join the group by searching for "Out There Group Parent and Carers Support Network Northamptonshire" on Facebook.



OUT THERE UNDER 13s SUPPORT GROUP

This is a new group designed to give support to under 13s who are identifying as LGBTQ and their parents and carers. This group is run by our Out There Youth Leaders alongside mentors from our Out There Youth Group.



OUT THERE PEN PALS

Through the Out There Pen Pal Scheme we match up LGBTQ young people (under 18's) with similar interests and encourage them to be creative and build lasting friendships with likeminded people. All letter content is moderated by the Out There Team.



OUT THERE FAMILY SWIMMING CLUB

This is a new gender neutral swimming club set up for LGBTQ young people and their families. To sign up or get more information, please contact our LGBTQ Coordinator by emailing LGBTQsupport@thelowdownnorthampton.co.uk



NHS fundraiser – Friday 5th March 2021

As a family of schools, we would like to give something back to the heroes in the NHS who have cared for us and our loved ones during this pandemic.

On Friday 5th March 2021, we are inviting our pupils – whether they are learning from home or in school – to wear as many rainbow colours as possible in return for a donation.

We hope the event will spread some positivity while also raising money for NHS Charities Together, which funds projects that improve services for patients and supports NHS staff and volunteers.

We want to see our pupils and staff wearing rainbow colours, painting their faces with rainbows and decorating their homes and classrooms with as many rainbows as possible.

If your child is learning remotely, we'd love to receive your photos. Please send them to ioni.ager@emat.uk and we'll share them on our social media channels throughout the day.

You can follow us on Twitter at <https://twitter.com/eastmidsacademy> or on Facebook at <https://www.facebook.com/eastmidlandsacademytrust>.

To make a donation to this fantastic cause, please visit our Paypal page [EMAT NHS Fundraiser \(paypal.com\)](#).

Many thanks in advance for your kind donations – East Midlands Academy Trust



Recipe of the week – thanks Mrs Jones

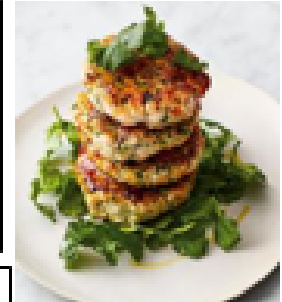
Thai Salmon Fish Cakes.

Ingredients

1 small can of salmon (about 170g) or 1 small fillet of salmon.
150g potato, boiled and mashed at home.
1 heaped tsp. of thai fish paste.
1 tsp of fish sauce.
1 heaped tbsp. of plain flour.
2 spring onions or $\frac{1}{4}$ leek, very finely chopped.
1 red chilli
1 egg, in a container.
100g fresh or dried breadcrumbs, in a bag or container

Equipment.

Baking tray.
Bowl
Spoon
Fork
Fish slice.



Skills .

Using the hob
Peeling.
Chopping.
Enrobing.

Method.

1. Pre-heat your oven to 190 degrees or gas mark 5.
2. Place you mashed potato in a large bowl.
3. Open your can of salmon and place in a sieve to drain away any water. Place in the bowl with the mashed potato.
4. Add your spring onion or leek, chilli, Thai red curry paste and fish sauce. Mix until fully combined.
5. Divide your mixture into 4 balls and then flatten into round discs. Place each disc onto a chopping board.
6. Next, crack your egg into your container and whisk with a fork and organise your breadcrumbs and flour ready for coating. Dip your fishcake into the flour until fully coated, then dip into the egg and then breadcrumbs. Repeat with the 3 remaining fish cakes.
7. Drizzle some oil onto a baking tray and palce your fish cakes on the tray. Drizzle a little oil over the fishcakes.
8. Place the baking tray into the oven for 15- 20 minutes, turn halfway through the cooking time.
9. Serve with a green salad and sweet chilli sauce.



Staying safe online

If you are a parent with concerns related to the online safety of your child, then follow this link - <https://www.ceop.police.uk/Safety-Centre/>.

An excellent guide to online safety - [Internet-Matters-Online-Critical-Thinking-Guide-1.pdf](#)

The Think U Know website is full of advice and guidance on how to stay safe online. [Thinkuknow - home](#)

Childnet has an excellent information sheet about online safety for parents and young people - [Supporting-Young-People-Online.pdf \(childnet.com\)](#)

Support for students and parents

SSS Learning has some excellent advice for parents about helping your child with their mental health - <https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==s>

Kettering Mind have launched a new Student Mental Health and Wellbeing Service - www.ketteringmind.org.uk or contact Kettering Mind via email: info@ketteringmind.org.uk or telephone: 01536 523216.

Souster Youth Online – Our wonderful friends at Souster Youth are still offering their help over the internet just like last time. Find them on -

Click for more information and sign up:
sousteryouth.org/online-support

The NSPCC Domestic Abuse helpline on 0808 800 5000 for adults, young people, and children or you can email them at help@nspcc.org.uk. There is also the National Domestic Abuse helpline on 0808 2000 247.

Other key numbers you might need are Childline – 0800 1111 and The Samaritans – 116 123.

NHS support link - [Every Mind Matters | One You \(www.nhs.uk\)](#)

Barnardo's See, Hear, Respond initiative - [See, Hear, Respond | Barnardo's](#)

Support with Drug or Alcohol problems - <https://aquarius.org.uk/our-services/young-peoples-services/northampton-yp/>

As always, the pastoral team will still be providing whatever support is possible in the coming weeks and months. Joanne.Giddings@pws.emat.uk, Kelly.McGhee@pws.emat.uk, and Antony.Kennedy@pws.emat.uk are useful email addresses and we will do our best to get back to you as quickly as we can.

Keep safe,
Mr Kennedy