



WEEKLY WELFARE NEWSLETTER

Edition 23

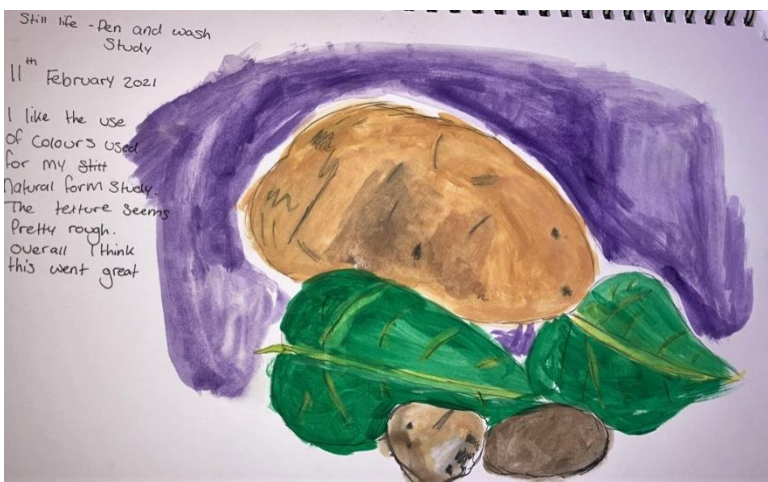
Friday 26th February 2021

Good morning and welcome to the newsletter. I hope you had a break of some sort over half term and recharged the batteries.

I hope that you share my delight at the news that we will all be returning to school starting on 8th March. There is plenty of other good news here as well as help and advice as we think about a gradual return to something more similar to normal life.

Positive news stories

Natural Form Project



'The work is following a lesson on their Natural Form project.

They selected any natural form items from in or outside their home. Having created their composition, students took a photograph as a record. We watched an instructional video and students took 30-40 minutes to complete the task of producing a pen and wash painting with an evaluation.

This particular work from Storm in year 10 shows great improvement in composition, form and texture. The potato looks fabulously accurate.' Thanks to Ms Walton for this.

Spaghetti Bolognese and Focaccia

Maisie Afford in year 7 has been honing her culinary skills with this amazing looking feast – bread and all! It makes me hungry just looking at it.





Year 13 Politics Event by Isaac Biddle

“World on Edge” : the crisis of the Western Liberal Order

Event hosted by the London School Of Economics and attended by politics students hoping to study politics at undergraduate level.

‘The event starred Political thinker on Global Politics, *John Mearsheimer*, who is associated with a theory named ‘Realism’. *Global politics* is the relationships between countries, how their decisions can affect the actions of others as well as how decisions can be taken together. Global politics is dictated by the power each country holds. As you may have guessed, the USA holds the most power and therefore, their decisions affect the most countries around the world.

The event was around this point- for how much longer will the USA be the #1 country, in the currency of (political) power.

‘*Realism*’ argues that countries are in an active battle for power and will always seek to betray their neighbours in pursuit of power.

Mearsheimer brings his ‘realist’ theory to this question, arguing that the USA is losing its power due to 2 main criteria:

- The rise of China; who, as argued in Mearsheimer's cynical ‘Realist’ ideology, are believed to be fighting America for the most influence, and may commit to a war similar to that of Russia and the USA some of you might have studied.
- Donald Trump; the rise of nationalist politicians who are popular because they convince people *fighting* for greatness in your own country means you cannot cooperate with other countries e.g. not trading with them (another Realist idea). He definitely delivered on the fighting aspect. Mearsheimer comments that this trail of thought means you miss out on the wealth and progress the world makes, and loses influence on countries you do not attempt to work with for common goals.

If you are interested in topics such as Donald Trump's hats and Brexit buses, and like me often far too angry about it, definitely look at getting involved in politics. It is becoming much more accessible and really impacts everything around us, such as the 4 walls you are trapped in and thousands dying on the television at the moment.’

Excellent work Isaac – thank you.

A secure home for birds



Isabelle Tanner in year 7 and her sister Amelie have put their woodworking skills to excellent use with this wonderful nesting box.

Great work!





Architectural genius!

Those with long memories might remember some of the model buildings that we enjoyed in the newsletters during the first lockdown. Here, PWS students show their brilliance in recreating iconic architectural edifices.



This brilliant cake made by Bryce Incles is a model the Apple Park by Norman Foster.



Here Izzy Howser has recreated the Hearst Tower in New York designed by the architect Norman Foster.

What a terrific model!

Thanks to Ms Bull for supplying these.



PE home learning

Mr Baron wants to celebrate the work done by students with their PE projects. Here is a taste of sports reports written by year 7 and 8 students.

SPORTS OF THE WORLD

A glorious end to an amazing games!

Yesterday, the city of Rio de Janeiro saw the closing ceremony of the 2016 Summer Olympic Games. The Maracanã Stadium was full with nearly 80,000 sports fans that had been treated to sixteen days of



London 2012 Olympics – Broken promises?

By William Newman

About event

The 2012 Summer Olympics was an international multi-sport event held from 27 July to 12 August 2012 in London, United Kingdom. There were 302 events in 26 sports involving 10,768 athletes from 204 nations.

The varied events including shooting, archery, athletics, football, gymnastics, cycling, swimming, tennis and sailing were held in venues across the United Kingdom, with the main Olympic Stadium in London (see pic right above).



The promises

The London 2012 Olympics bid made 5 promises:

THE BRILLIANT JOE WICKS LOCKDOWN 2020

by Adam Day

Joe Wicks is a well-known person, especially for his lockdown fitness in 2020. He raised over £500,000 in lockdown which went to the NHS. I hope you enjoy my article on Joe Wicks.



"Thank you for taking part" said Joe Wicks

Home fitness

Joe Wicks constantly had lots of participants for every workout, and I think that was good because he had anywhere up to 2million viewers. It kept everyone fit and its brought family's together which is a great way to do the fitness. During lockdown 2020 and although he fractured his arm at 4 point that did not stop him

it may have been hard; I am sure everyone gave it their best try.

You did not even need to be good at sport to participate it was good to get you up and ready for the day ahead. I enjoyed his workouts they were fun to do my brother my sister and I would always do the workout together and try to prove someone is better because we would criticize each other

ENGLAND WIN WORLD CUP

What it has finally happened, the England Men's cricket team have won the cricket world cup after a nerve wracking final against New Zealand.

After last coming close in 1992, I'm sure you can remember as Phil Tufnell dropped the ball when attempting a run, let's not dwell on that. This England side has had a point to prove.

Oswin Morgan has led his side to victory, a side that has been playing fantastic cricket for the past 4 years, since being dumped out of the 2015 tournament at the group stage.

The final was a magnificent affair, and all respect needs to be shared by England and New Zealand, the losing finalists, because both sides played their parts in what turned out to be a dramatic test ball decider. New Zealand after winning the toss and batting first.

Getting off to a slightly sluggish start with Martin Guppis on the wrong side of an fine shout, the innings was rebuilt by the Kiwi skipper Kane Williamson, who along with Henry Nicholas put on 63 for the 2nd wicket, the bowling was good and all the halfway mark NZ were 109 for 2. Coming into the last 10 overs, the New Zealand batting order were sitting at 179.5 due to some incredibly tight and accurate bowling by the England attack. NZ managed a further 62 runs in their 50 overs finishing 241-8.



STOKES MAN OF THE MATCH

Man of the match is Ben Stokes, he finished exceptionally, and his efforts in the super over were fantastic, what a year this man has had, fighting for a win against the Aussie's at

the 0th ball, Rashid is run out trying to make the second, he walks Mark Wood Stokes on strike, the ball is clipped off they go needing 2 to win, they turn for the second and Mark Wood is... RUN OUT! It is a tie 241 plays 241 it is super over time.

As Butler departed England were left needing 42 from 51 overs with 5 wickets in hand, the innings continued to ebb and flow from one side to the next, counter punching from Stokes matched with regular wickets and control from the NZ bowlers.

England get to the last over needing 15 runs, with only 2 wickets remaining. Ash Rashid did the crease and Mark Wood as last man, Stokes is followed 2 balls later by a 6 and then a couple of 2's. Last ball New Zealand need 2 to win, Guppis hits it out to Jason Roy who is running in from his deep fielding position, he picked up the ball flung it in to Jos Butler, the throw wasn't perfectly aimed and Butler has to collect in front of the stumps, a full length dive and the balls are off, the scores are tied, 241 each in 50 overs 15 each in the super over, England win because they hit more 6's in the game, this is

Positive news stories always welcome at antony.kennedy@pws.emat.uk



Coming back to school

Many students are excited about school opening again the week after next so that you can get back to learning with your friends around you. But some people might feel a bit nervous about it. This page gives you links to websites that might help you with the return to school.

“ Even just going out with my friends can be a challenge at the moment, but we have found that little and often is the best way to make progress and readjust to being in public.”

Kerry

Advice for students

Childline offers some good advice in a very accessible format.

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/school/>

Although it was written for the return in September, this help from Young Minds is still really good.

https://youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/?gclid=EAIaIQobChMIqN69m7aC7wIVqeitCh29IqNyEAAYASAAEqJXRfD_BwE

TIPS FOR GOING BACK TO SCHOOL

School might be very different when you go back, and how you feel about it might have changed too. Whatever's happening, there are things that can help you prepare.

- Write down your worries and hopes
- Ask questions
- Talk about what's happened during the lockdown
- Prepare yourself before going back
- Use the mood journal
- Follow instructions about social distancing
- Take your time

Advice for parents

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/tips-parents-carers-return-to-school>

<https://www.england.nhs.uk/2020/06/top-nhs-doctor-issues-advice-for-children-going-back-to-school/>

Here are two articles from the first lockdown with advice that is still relevant:

<https://www.theguardian.com/education/2020/aug/28/how-parents-can-prepare-their-children-for-going-back-to-school>

https://www.barnardos.org.uk/support-hub/back-school-strategies-coping-feelings?gclid=EAIaIQobChMIftvZkryC7wIVC4BQBh0GBANOEAAAYAiAAEgJy8PD_BwE

“ Of course I'm scared, but with courage and support from others I'll get there and so will you.”

Fatimah



Win £50 in vouchers and have your voice heard

Erin Culhane from year 12 is a member of the Police, Fire and Crime Commissioner's Northamptonshire Youth Commission.



Office of Northamptonshire
Police, Fire and Crime
Commissioner

This year the Youth Commission is focusing on 2 topics:

- The Dangers of Open Water Swimming
- Unhealthy Relationships

The aim is to capture the voice of 2000 young people by asking them to complete two surveys.....the first of which is attached, and is about Open Water Swimming.

<https://www.surveymonkey.co.uk/r/YCOpenWaterSwimming>

The survey is open now and closes on 21st March. There is a draw for those who complete the survey, to win Amazon vouchers up to the value of £50! Thank you Erin.

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 jeni.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 \(paypal.com\)](https://www.paypal.com).

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



Recipe of the week – thanks Mrs Jones

Fajitas

Ingredients

- 1/2 lime
- 1/2 green chilli
- 1 clove garlic
- 1x15ml spoon coriander
- 1x10ml spoon oil
- 1 small chicken breast (or 3-4 thighs)
- 1/2 onion
- 1/2 green pepper
- 2 tortillas
- 1 tomato
- 25g Cheddar cheese
- 1x15ml spoon guacamole (or salsa), optional

Complexity: medium - high



Equipment

Chopping boards, knives, juice squeezer, garlic press, mixing bowl, grater, wok or saucepan, measuring spoon, 2 metal spoons, weighing scales.

Method

1. Prepare the marinade:
 - squeeze the lime;
 - peel and crush the garlic;
 - de-seed and slice the chilli;
 - chop the coriander;
 - stir everything together with the oil.
2. Remove any skin from the chicken and cut into strips, ideally using a red board. Thoroughly wash and dry hands after touching the raw meat. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a fresh knife on a clean chopping board:
 - slice the onion and green pepper;
 - chop the tomato;
 - grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

Top tips

- Warm the tortillas in the microwave oven for 20 seconds.
- Go for extra vegetables for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.



Are you a great baker?

Here is an opportunity to take part in a national competition.

Words of the week

Here are our vocabulary development words for next week. Why don't you see if you can use them in a piece of work that you have to send to a teacher?

| Tier 2 words for week beginning 22/2/21 | | |
|-----------------------------------------|----------|--------------|
| Year 7 | Year 8 | Year 9 |
| concentrate | chemical | analogy |
| constitute | external | commodity |
| corporate | liberal | contemporary |
| domestic | medical | currency |
| element | mental | military |

Challenge – can you use all your year's words in a short story of less than 40 words, the current record? antony.kennedy@pws.emat.uk.



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