



WEEKLY WELFARE NEWSLETTER

Edition 20

Friday 29th January 2021

Good morning and welcome to the Welfare Weekly Newsletter. This morning we have reading tips, a recipe for a healthy meal, horse successes, and much more. Plus updates on Mia and Murphy!

Positive news stories

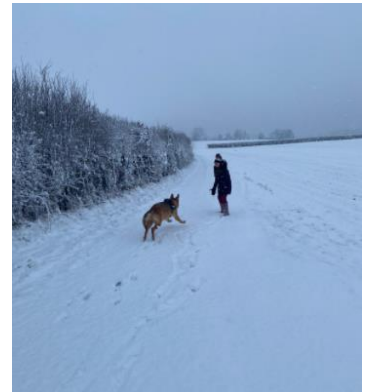
Lots of you are keeping busy and active during lockdown – such an important part of staying positive and well.

7A



Lily Edwards, working on her eventing skills with Milo, jumped her highest fence yet!

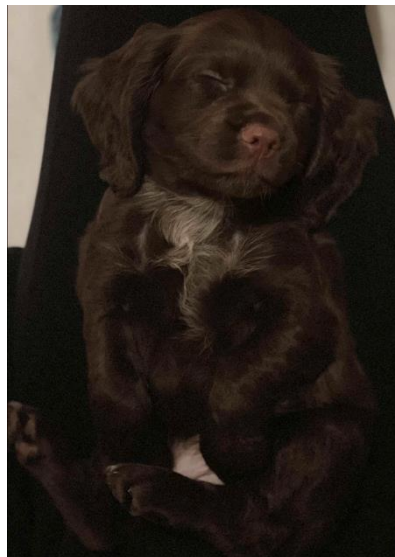
Here is Ruby-Lee Howard taking her dog for a walk in the white stuff.



Miss Gonda's class also has students working on piping icing, doing skateboard tricks (Fake Ollies?!), and learning how to cross-stitch. Keep up the good work.

Murphy update

Mrs Dawson welcomed Murphy into her house on Tuesday. Here he is catching 40 winks after all the excitement of his journey. Mrs Dawson reports that, 'It is like having another baby in the house. He's absolutely adorable.'





Mia update

'Mia is now almost 4 months old and weighs a healthy 10kgs. She has fully mastered the sit command but we are working on the 'don't nip' command ... she's getting there on this one...but a little way to go yet 😊. She managed to walk up the stairs this morning for the first time, with a little help, and made it down in one piece. Onwards and upwards 😊.' Thanks Ms Minoughan.



Year 10 croissants



Here are some amazing croissants and pastries baked by Mrs Jones' 'fabulous year 10 students' during a live Teams lesson. Always happy to see pictures of lovely food! Well done.



A simple and tasty lunch

Bored of the same old sandwich, day in day out? Mrs Jones is going to suggest a recipe each week that can be cooked quickly and easily in the 40 minute lunch-break between lessons. Pasta salad kicks us off – see the back page for the recipe.

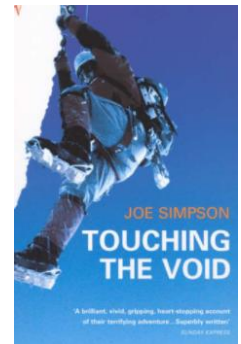


Any school or local good news stories welcome. It could be a piece of outstanding work or a key moment for you. Email to antony.kennedy@pws.emat.uk



What are you reading?

One fantastic way to escape from lockdown is by taking yourself to another world in a book. I have just left a crime scene on the south coast in Richard Osman's *The Thursday Murder Club* and am visiting the reign of Henry VIII now in *Wolf Hall* by Hilary Mantel. What are you reading and where are you going in your imagination?



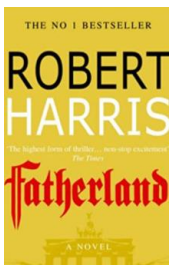
Here are some suggestions to help you with reading from Miss O'Connor

- You could expand your reading: https://www.gutenberg.org/wiki/Main_Page
- And you could get some more suggestions here: <https://schoolreadinglist.co.uk>
- Or even listen to some books: https://www.audible.co.uk/?source_code=M2M30DFT1BkSH1015140051&ds_r_l=1235674&ipRedirectOverride=true
- You could work on your SPaG skills: <https://www.bbc.co.uk/teach/ks3-english-language/zj3xbdm>
- Or expand your appreciation of literature: <https://www.bbc.co.uk/teach/ks3-english-literature/z47n92p>

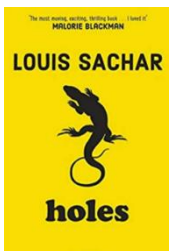
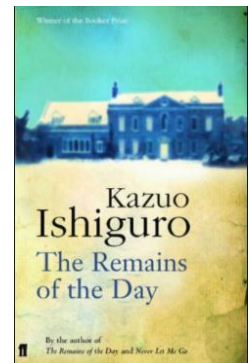


Why not set yourself a target? You could aim to read all of a series (*Hunger Games*, *Harry Potter*, *Maze Runner*, *Lord of the Rings*...) before Easter.

What about trying something new? Fancy being stranded hanging upside down in a glacier (Joe Simpson's *Touching the Void*)? How about finding a hidden garden and the magic within (*The Secret Garden* by Frances Hodgson Burnett) or even the magical world hidden behind a wardrobe (CS Lewis' *Lion the Witch and the Wardrobe*)? I still love *Holes* by Louis Sachar for a bit of magical realism.



For the older reader, you could try a thriller like *Fatherland* by Robert Harris, set in a terrifying alternative past, or the understated *The Remains of the Day* by Kazuo Ishiguro.



One of my favourite books for all ages is *Pax* by Sara Pennypacker about a fox and his boy. Why not give it a go?



We can't go out much at the moment but you can go anywhere you like in a book. Let me know your favourite read and I will include it next week.



Support for Parents from Souster Youth



Every day we learn a bit more about the impact of COVID-19 on a generation already facing unprecedented mental health challenges. If you're left with big questions you aren't alone!

What is going on? What can you do to help your child thrive? You'll get the latest research and practical tips in this fun and interactive seminar.

WHAT ARE OTHER PARENTS SAYING?

"Thanks so much. This was brilliant!"

"Very helpful supporting information."

"Such a difficult subject-we appreciate the support!"

"Really helpful, thanks. So many important reminders of how to speak with your children when they're down."

"Thank you for taking the time to help and deliver such useful info."

SEMINAR:
COVID-19 & Emotional Health

VENUE:
Online via Zoom

DATE & TIME:
4th February 8-9.30pm
OR
23rd February 8-9.30pm

COST:
FREE BOOK HERE

Emotional Health

Follow this link to book into the FREE support seminar - <https://www.eventbrite.co.uk/e/covid-19-and-emotional-health-tickets-137597663315>

Holocaust Memorial Day 2021

This Wednesday was Holocaust Memorial Day when we remember those who have died in genocides around the world. You can find out why this is so important in today's Britain by following this link -



<https://princewilliamacad.s3.amazonaws.com/uploads/document/Holocaust-Memorial-Day.pdf>

Careers information from Mr Cooper

Years 9-13, please log into your unifrog account to see latest interaction announcements. These cover GCSE options, careers skills webinars, university guide webinars and employment sectors our region.

Year 11 and 13 - latest college, apprenticeship and job information is posted on edulink noticeboard for you and your parents.

Read through the current report on which employment sectors are doing well in our region - you'll find this on the school website in the careers section under 'future job opportunities'.



Registration reminder – 8.55am

Monday	Year 7 and 11
Tuesday	Year 8, 12, and 13
Wednesday	Year 9
Thursday	Year 10
Friday	Assembly for all students

From now on, these will be an opportunity to chat with your tutor and the group about how you are getting on.

Words of the week

Here are our vocabulary development words for the next two weeks.

	Year 7	Year 8	Year 9
25/01/2021	coordinate	contrary	accommodate
	equate	energy	deviate
	illustrate	enforce	manipulate
	implicate	entity	subordinate
	integrate	psychology	terminate
		subsidy	
01/02/2021	approximate	accumulate	forthcoming
	legal	estate	infrastructure
	legislate	initiate	notwithstanding
	negate	migrate	straightforward
	participate	simulate	widespread
	regulate		

Challenge – can you write the shortest story that accurately uses all the words from your year group’s list? Last week, a student sent a short story with 65 words using all the vocabulary for the week. Could you do better?

See if you can find the shortest short story ever – clue; it is by an ‘old man of the sea’.

Answers to antony.kennedy@pws.emat.uk.

Next Generation Economics Competition – win £250!

<https://www.gov.uk/guidance/fcdo-next-generation-economics-competition>

Write about the biggest economic challenges facing your generation between 15 February and 25 April 2021 to enter our Next Generation Economics Competition. You could win £250. Welcome to Next Generation Economics, a Foreign, Commonwealth & Development Office (FCDO) competition for anyone currently studying in years 10 to 13 (in England and Wales, or equivalent in Scotland and Northern Ireland) who is interested in economics. You do not need to have studied economics to take part. Next Generation Economics is your chance to write about the biggest economic challenges facing your generation in 2021.



Support numbers and links

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/>.

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



Dish of the Week

Pasta Salad

Ingredients

150g Pasta Shapes or could change for cous cous
(rehydrate using packet instructions)



2-4 tbsp Salad Dressing – suggestions – caesar, chilli, balsamic, olive oil & lemon, ranch.

75g Cheese e.g. cheddar, mozzarella, chilli cheese

any extra ingredients from the list, or whatever is in the cupboards;

Sweetcorn, Cucumber, Carrot, Pepper, Ham, olives, Mushrooms, Tomato, Spinach, Celery, Spring Onion, Tuna, Salmon Croutons (make your own by cubing bread season with garlic salt, herbs etc.. drizzle with oil and bake until brown)

Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients e.g. chop the cucumber into small chunks.
peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in 1x15ml spoon of dressing.
5. Assemble the remaining ingredients over the pasta.
6. Lastly, drizzle over the remaining dressing