

Open Academy Update 22 January 2021
For parents and students – please do discuss the contents with your child!

Dear Parent/Carer

Welcome to the newsletter this week.

I will start with huge praise again for the incredible efforts that students are making to engage with their learning from home – and your efforts for helping them do so!

More and more students are engaging regularly which is vital as we seem to be in this lockdown for a long haul whilst the vaccination program works its way through

We are discussing as a staff team, how to introduce activity into learning, getting students doing more than just sitting at their devices all day, so hopefully, they will start to notice that over the next couple of weeks.

We are also starting to formally track students' engagement with a registration system which Mr Ward describes below. This is a swift and efficient response system which will take your child seconds as they engage with school each day, but will give us good tracking evidence that no one is being left behind.

I will keep it to that this week, save to say that on Monday morning, all will see an assembly from Mr Wilkinson on wellbeing and behaviours during lockdown. Student Year Councils and our 'Academy Open Voice' Council will be restarting but virtually from next week, so it will be good to get the students' views on how things are going, and Mr Wilkinson will be co-ordinating those activities over the next couple of weeks along with the Year teams.

So, as we have been doing since the start of this spring term, I will turn now to try to help explain a key issue that faces us at the moment – that of exams.

I have asked our curriculum and exams expert leader, our Vice Principal, Mr Ward, to **explain and clarify the situation regarding examinations** so the rest of this introduction is from him and, although will be of keen interest to those in Year 11 and 13, it is a helpful summary for all of us as to how the exam landscape seems to be developing through these challenging times

Examination Information 2021 - What we know so far

There is much chatter in the media and various online forums about what might happen in the summer with exams. **This has as yet not been decided.**

There is a consultation that has been published. You are welcome to contribute as an individual. This consultation will be open until **29 January 2021** at **23.45**. it is quite long with over 60 questions

<https://www.gov.uk/government/consultations/consultation-on-how-qcse-as-and-a-level-grades-should-be-awarded-in-summer-2021>

- The proposal explains that there will be **'Teacher Assessed Grades (TAGs)**.
- These look very similar to what **'Centre Assessed Grades (CAGs)** looked like last year.

The suggested timeframe and proposals are outlined below:

- Teachers will assess students in May and the start of June, and then submit grades mid-June.
- Exam boards would then perform quality assurance and students will receive their results in mid-July.
- **There are suggestions that this quality assurance may take the form of moderated internally held exams.**

- **That means the students will effectively sit some kind of GCSE paper.**
- It is likely students will be allowed to appeal these grades, and in the first case, the appeals will be heard by the school.
- Open Academy did have a couple of appeals that were not upheld last year because we had robust PPE1 and PPE2 data alongside marked and moderated controlled assessments. Student grades between PPE1 and 2 and the final grades do change. Dramatic changes of more than 2 grades or more are rare.
- The government expect that all coursework/controlled assessment should be completed as normal if possible, to form the part of the evidence base.

Furthermore

- The consultation proposes that the TAGs are evidence based, using a breadth of evidence, **and this evidence needs to be recorded.**
- Exam boards will be supporting teachers with guidance and training, including supplying exam papers that teachers can use, and offering moderation sampling.
- The papers provided by the exam boards will be similar in style and format to those in normal exam papers and provide a range to allow teachers to choose topics that their students have covered.
- Teachers will also be able to use formal tests and mock exam results, and any completed coursework required for their subject to determine the TAGs.
- The consultation is asking whether the exam board set papers should be compulsory or voluntary.
- It is really important to consider this question in the realisation that several students may be self-isolating or have symptoms of Coronavirus.

What does it mean in practice for the students...?

- **Work completed closer to the end of the academic year will be given more weighting.**
- **This means that papers completed in May/June are worth more than PPE1.**
- **It cannot be overstated how important it is to work hard until the end of the course. This is very different to last year.**

Please be reassured that DNEAT (our parent trust), our Leadership team and many staff have responded both individually and collectively to the consultation to encourage the DfE to consider carefully all aspects of fairness in the differences of how the virus has affected some more than others, and the practical challenges of home learning environments differing widely even in our own community

In conclusion it appears that...

- There is a reasonable and measured proposal which at its heart has in school exams.
- There will be some students who have been disproportionately affected by the Coronavirus situation and the teachers of those students need to have some flexibility to moderate the impact in the interests of fairness and justice
- **All things considered, it is more imperative than ever that students work hard with their teachers in lockdown and beyond.**
- **The work done at the end of the GCSE and A-level courses will have the most significance.**
- That said we must make sure we look after the mental health of our young people. A continuing partnership between Open Academy and you is vital.

Please do keep updating us with how things are going through our pastoral telephone calls, through chats with teachers in lessons or by email directly. Please use office@open-academy.org.uk so the information can be passed on to the people who can deal with your issue most effectively.

A note about our new register process...

To ensure that no one is being missed in virtual schooling, and to make sure students are OK day to day, every morning and afternoon we will be sending an email to students to ascertain if they are ready for work and where they can indicate their wellbeing.

- This registration process will only take about 10 seconds to complete.
- Once we have good data, we will make sure we share that with you.
- We are also considering doing a wellbeing check in every online lesson. This will take about 4 seconds.
- We hope that there are considerable benefits to these ideas as it will allow us to know if some students have been disadvantaged due to power cuts/lack of Wi-Fi etc.
- It will also allow students to feedback wellbeing without having to say something in front of a class.

Now, please do enjoy the rest of our newsletter – either skipping to the relevant Year information or having a look through all the topics. Personally, as always, I'd recommend Mark's reflection as a good starting point as helps put it all into perspective!

Kindest regards

Jon Ford
Principal

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1. Wellbeing

SOS+ Norfolk delivers early intervention work in educational and community settings through preventative sessions on violence, vulnerability and exploitation. We use trained professionals with lived experience of the Criminal Justice System to de-glamorise gang involvement and expose the harsh realities.

We offer sessions to professionals and parents to explore these themes and unpick the realities and consequences of county lines.

In response to the Covid outbreak, we are offering these sessions to parents via webinars and attached is a leaflet for our forthcoming sessions.

Mrs Wicks

2. Home Learning Challenge

To support our PSHE/Skills for Life Programme, we have launched a KS3 (Y7, 8 and 9) and KS4 (Y10 & 11) home learning challenge where students can tackle a range of points-based activities from four categories - Getting Creative, Learning Something New, Contributing to Family/Community Life, and Well-being and Health.

Students keep a record and evidence of their activities over this second lockdown and prizes will be awarded on our return! However, we have already received quite a lot of evidence of their involvement...including, cooking meals, baking, caring for pets, reading to younger siblings, teaching another member of their family a new skill, yoga and even ironing!



3. Year 7 News

Year 7, you are smashing the virtual learning. We have seen so many amazing things this week in lessons. Keep up the good work.

Shout outs

Maths - Mr Fisher

- Steven Ellis, Hallie Chandler, Lola Blossom

Maths - Mr Bradshaw

- Harrison Young and Grace Sawicki

English - Mrs Clayton

- Lola Blossom for her enthusiasm with her reading

English - Miss Jennings

- Tia-Louise Pickering and Ella-Rose Key have worked super hard in their English Intervention this week and engaged really well!

History - Mr Dille

- Tyler Paul AMAZING in History today - virtually ended up leading the lessons on castle attack and defence he LOVED it and gave some great extra insights! Very pleased with him...also with Asha who is always fabulous.

Music - Miss Lines

- Great work from Viktoria in our lesson on Woodwind instruments!

Reading - Miss Ling

Brilliant engagement in reading this week:

- Year 7- Hallie Chandler and Dylan Morter

*There was lots of great discussion going on in 7P's lesson, but these students really stood out for their continued engagement throughout and willingness to share ideas.

This week, we have been able to loan out Chromebooks to some of our families. If you have been loaned one, please look out for an email on Monday regarding some paperwork that will need to be completed. We are hopeful that all students will now have access to a computer or a laptop to be able to engage fully in online learning. If, for any reason, your child still doesn't have access to online learning, can you please let the Year team know as soon as possible.

We are encouraging all students to attend to live lessons, but it is also important to take regular breaks while you are working online. If students were in school, they would have a natural break between each lesson. Please remember you are only expected to spend the same amount of time on a piece of work that you would in a lesson.

Attendance in lessons is monitored, as well as homework. Attendance has dropped a bit this week for some lessons. We understand it can be difficult to attend lessons due to different circumstances and family life at home. If a student is regularly missing lessons, the Year team will be contacting home.

We are running whole year tutor time from Tuesday – Fridays each week. Please remember to log in at 8:40am. This is an opportunity for students to get together as a whole year group and participate in different activities. If students have any wellbeing ideas they would like to see in tutor time, please let your tutor know. Monday's tutor time will be with the students' own form tutor.

A reminder of the contact details for the Year team:

sally-ann.hewitt@open-academy.org.uk – Head of Year 7

debbie.lamb@open-academy.org.uk Assistant Head of Year 7

Telephone 07949 455922

4. Year 8 News

Another successful week for Year 8 where we're seeing record numbers of attendance so thank you to parents and carers who are helping our students engage in their lessons and routines.

Congratulations go to the following students for excellent work this week:

Norah White, Emily-Jayne Copsey, Ellie Rowley, Jessica Brighton for their work on complex Jazz chords

Elisha Jones and Lily Turner for actively engaging in their P.E lessons – from Mrs Pearsall

Shay Gaskin and Tye Fitzgerald for their work in Science – from Mr Gazzard

Harry Gray and Jamie Stanton for perseverance in the face of technical adversity – from Mrs Smith

We have our Parents' Evening scheduled for this Tuesday so thank you to all parents/carers who have made appointments. In advance, we would ask for your patience and understanding in waiting for slots with teachers, for even with the best intentions and the quickest of internet connections, there may be delays in joining meetings or overlaps in timings. Furthermore, please don't feel overwhelmed if a teacher calls whilst you're still in another appointment – just take it one appointment at a time! That being said, we are excited to communicate your child's progress and next steps with you.

A reminder that the Academy's main phone line is closed and not actively monitored throughout the week due to the school closure. If you have any questions, or would like to speak to someone, please contact the Year 8 team on 07951 176818 or via email tracey.smith@open-academy.org.uk or kathryn.lines@open-academy.org.uk

Finally, I'm putting the finishing touches to a Year 8 assembly for a fortnight's time and need your help! Where possible, please could students send photos of any pets they have to me via email (without the student in the photo!) and they'll be included as part of my Pet Presentation!

Have a lovely weekend.

Miss Lines - Head of Year 8

Mrs Smith - Assistant Head of Year 8

5. Year 9 News

We hope that you enjoyed the snow last Saturday. It is forecast to snow on Sunday possibly again. We are in the swing of online learning and still going strong - well done to all our students again. Keep up the hard work.

We are going to run tutor time slightly different from now onwards. There will be an assembly for everyone on Monday mornings 8.40 a.m. ready for 8.45 a.m. start and then each day the tutors will take in turn to have a whole year group tutor group and this will get the whole year group together each morning which will be a lovely way to start the day.

The promised Government laptops have finally arrived this week and are in the process of being distributed. Hopefully, the whole of Year 9 should have a device that they are working from now which is fantastic. Please let myself or Mrs Roe know if there are any issues.

We are receiving feedback from students and parents about the virtual learning. Please continue to give us your thoughts. These are invaluable and help us to tweak the learning for our wonderful students.

Students can contact us on Teams, via telephone or by email, either myself or Mrs Roe sean.lambert@open-academy.org.uk or rachel.roe@open-academy.org.uk. Our feedback this week has generally been about screen time and completing the work within the hour lesson. As an Academy, we are aware of this and are working towards fine-tuning the learning. We are starting to adapt the lessons e.g. DT are asking students to make a chair out of cardboard during their DT lesson, Skills for Life lessons are based around a diary of activities away from the screen and in Computer Science, they are put into breakout rooms to have a chat with each other. Please encourage your child to have regular breaks from the screen too and to communicate with us if they are struggling with anything – we are always here to help.

Attendance in the live lessons continues to be high and we hope once all laptops are distributed, that we have full attendance in lessons. A new register system will be in place as of Monday. Please encourage your child to be online at the beginning of every live lesson. This also helps the teacher by not repeating themselves each time a student joins a lesson. There are always recordings of live lessons to watch after if, for any reason, students miss the lessons. If your child is unwell or cannot attend any lessons for the day, please send a text to Mrs Roe on 07810 515978 and she can let teachers know.

Shout outs go to:

Miss Lines - Jayden Muzembe, Ryan Howes, Erin O'Neill and Lauren Aldous for their engagement and contributions to our work on chord progressions.

Ms Clayton - Mia Crowe for attempting extra creative writing tasks above and beyond what is being set in class.

Mr Bradshaw – Eadie Ambrozevich and Mason Perriton are picked for awesome hard work and efforts on the worksheets/tasks set on classnotebook and attendance/participation in live lessons

Well done to the following for attending most and/or all live lessons this week:

Class 9H - Kimora Alexander, Lucy Birkett, Hayden Cobbett, Luke Copping, Mia Crowe, Finley Davey, Kelsey Holman, James Hoye, Josh Humphrey, Kasia Jolly, Summer Maccormack, Isaac Newrick, Harry Robinson, Leefna Silva, Sophie Swatman, Sara Szarafinska, Ahmed Tsinev.

Class 9O - Lauren Aldous, Eadie Ambrozevich, Georgina Barnes, Paige Berry, Joshua Carter-Strike, George Colledge, Rhy-Lee Dawson, Freya Graysmark, Atanas Kyurkchiev, Ruby McCormack, Jayden Muzembe, James Self, Zac Skells, Corey Sorrento, Grace Swales, Joshua Tidd, Josh Wilsea, Millie Woodhouse.

Class 9P - Jamil Ali, Torri Ashton, Klaudia Baranowicz, Angelos Chatzopoulos, Jess Fraser, Ella Iftimie-Hau, Hannah Jordan, Grace Moreton, William Orr, Lola Pauling, Mason Perriton, Dalia Rosca, Joe Sanderson, Alfie Skerritt, Charlie Slack, Tommy Taylor, Sade Woollard, Samuel Yellop.

Class 9E – Jude Abramson, Lilli Aldis, Tommy Bluett, Bradley Copping, Gera Dergacovs, Katie Edge, Jake Folkes, Nathan Freeman, Isla Gardner, Faith George, Ryan Howes, Jonas Kieras, Owen Middleton, Erin O'Neill, Ronan Orr, Charlie Palmer, Hayden Purvis, Seazyn Robins, Dylan Scott, Katie Scrivener, Daniel Smajda, Toby Thompson, Teyla Young.

Mr Lambert - Head of Year 9

Mrs Roe - Assistant Head of Year 9

6. Year 10 News

Another great week in Lockdown Part 2! I hope that all teething issues are smoothed out now and that the students are in a routine with their remote learning. Moving forward, it would be lovely to see all student attending tutor times, as this is the time when they will be given any information they need to know and it sets them up ready for a successful day. Attendance at live lessons is still really encouraging – these lessons really help students to understand new content and ask any questions they may have.

Please find below some shout outs for those students going above and beyond over the last week or so – really impressive work!

Ms Hatley - Mackenzie Culley and Jess Druce for attendance of English lessons and for making insightful comments into the poetry, as well as completing some excellent work. Well done to both.

Mr Stacey - Ema Vaskyte, Ellie Wilson, Tia Lawson, Katie Lambert-Sharp, Sugar Chapman & Candice Wood - well done for attending live lessons and working really hard – excellent effort!

Mr Miller - Some really smashing history homework from Adrian Colcer this week, I learnt a lot from it! Equally impressed by Lola Cook and Amber Mawby's dedication to their RS lessons over the last fortnight.

Mrs Clayton – Alex Money and Mia Baxter for their excellent work during English lessons and their regular attendance at live lessons – keep up the great work!

Mrs Clayton – Head of Year 10

Mrs Roberts – Assistant Head of Year 10

7. Year 11 News

Well, here we are at the end of week 3 and I am really pleased to say that on the whole, the number of students accessing live lessons is good. I have been meeting with a number of Year 11 students to get some feedback about how students are managing, both in terms of accessing lessons, and their wellbeing. Their experiences and opinions are greatly valued and we will take these on board to try and improve the remote learning.

As much as we are concerned about students' education, we are also concerned about their mental wellbeing. Please encourage your child to take regular screen breaks and to do some exercise every day. This could take a variety of formats from online workouts, to jogging, cycling or walking outside. Vitamin D

gained from sunlight is essential for supporting the immune system and being outside is hugely beneficial to mental wellbeing.

If your child is finding things difficult, stressful or lacking motivation to log on, please do not hesitate to contact Mrs Middleton or myself at ruth.pearsall@open-academy.org.uk or michele.middleton@open-academy.org.uk

We do not yet know what evidence we will be required to produce for Centre Assessed Grades (CAG's) and students must finish their courses, not only to gain a good grade, but for their next steps. Please encourage them to have a good sleep routine to enable them to be ready for learning each day.

Stay safe

Mrs Pearsall - Head of Year 11

Mrs Middleton - Assistant Head of Year 11

8. Sixth Form News

As I type this, the sun is out, I saw daffodils in the supermarket this morning, and I am deliriously excited because I can almost smell Spring in the air. I mean, I get that its only January, but brighter days are ahead!

Massive well done for the brilliant work and engagement this week to our Sixth Formers. We have had record attendance to the live lessons, and I am so very proud of you all as always for just getting on and working as hard as you always have, despite these current circumstances that we find ourselves in.

Shout Outs:

- Tyler Swallow, Solomon Druce, and Lewis Walker achieved Distinctions in their App Development unit. Awesome work guys!!
- Cerys and Ruby amazing work in HSC
- Abbie, Reuben, Cissie, and Cerys for always arriving on time to lessons and working really hard in English
- Harry Liggins is TV famous after appearing on (BBC Look East) on Monday night for 'My Lockdown Life' for having built a gym in his shed – awesome!
- Lewis Walker for doing tonnes of maths
- Psychology crew for always turning up to the lessons on time (even if they had only woken up 2 minutes earlier...ahem...Matt).
- All of Y13 UCAS applicants for finally finishing – Hooray!

Budding chefs:

Cody made this banging salad and honey bbq chicken wrap using the tik tok hack – yum!



This week, in my never ending quest to get give my kids a vaguely healthy dessert, I whipped up this amazing frozen yoghurt bark. If you like to get brain freeze while staying healthy, give it a go!

- Mix together Greek yoghurt with some honey or maple syrup.
- For the choccy version also add in a dollop of natural peanut butter and some cocoa powder.
- Spread these onto some greasproof paper.
- Top with all your fave treats. I used nuts and berries and some bits of dark chocolate.
- Put it all in the freezer until hardened. Crack into shards and eat whenever you fancy!



Please keep sending me any of your amazing kitchen creations – I love seeing them!

Virtual work Experience opportunity

Please see email below from Dan Miller at Young Professionals

We are putting together a brand new 3-day virtual work experience program for 6th form & Y11 students during the February Half Term. We have teamed up with some of the biggest brands on the planet to deliver an amazing 3-day program for your students to get involved with.

We have; IBM, HSBC, PwC, Marks & Spencer's, Vodafone, EY, CGI, Capgemini, bp, GSK and CIMA taking part across the 3 days to deliver workshops and insight sessions.

We know many work experience places recently have been cancelled due to Covid-19 and the new lockdown so we wanted to make sure your students are able to get an opportunity to engage with some huge bands, learn new things and begin to build their own professional network for when they enter into the work place.

Key Details:

- February Half Term 15th - 18th
- 9am - 4pm each day (times may vary)
- Open to all Y12 and Y13 students (anyone in year 11 groups who are 16+ are welcome to apply)
- Online webinars and workshops with group exercises + prizes to stand out students
- All sessions will be taking place on Zoom (so a laptop, tablet or phone will be needed)
- Everyone that completes the 3 days will receive a certificate and reference for their CV's

This work experience program is FREE and places will be allocated on a first come first serve basis (ONLY 200 PLACES).

To book on, students will need to register their interest following the below link.

<https://www.research.net/r/Virtual-Work-Experience>

If you have any questions, please let me know.

Best Regards

Dan Miller

Founder and CEO |

W: young-professionals.uk

M: 07540 953560

E: dan.miller@young-professionals.uk

NUFFIELD SCHEME

About the scheme

The Nuffield Scheme can offer your Year 12 students exciting placements in industry, universities and at local organisations. Undertaking a placement will inspire and motivate students and help give them the skills and confidence they need to get a place at a top university or secure a career boosting apprenticeship.

Due to the COVID-19 Pandemic, the way placements were offered in 2020 was changed, with all placements taking place online. The scheme in 2021 will be an evolution of this model, whilst still being committed to supporting young people to have empowering, life-changing experiences working on research.

Please note: This scheme is aimed at students who come from low income families, or don't have a family history of going to university. We want more students from these backgrounds to apply, and can offer them financial support to do so.

The application system for Nuffield Research Placements 2021 is open and we hope that you will encourage your students to apply. Students in their first year of post-16 science, technology, engineering and maths (including social and data sciences) courses should apply. We particularly want to highlight opportunities in Social Sciences, and have attached a flyer here which specifically advertises those placements, we hope you will share with your students. We have also attached our flyer which showcases more traditional STEM opportunities.

The closing date for applications is 31st March 2021.

Register for further information

To register your interest in an informal information session (held Wednesday afternoons), please click the following link:

[Register for Information Session](#)

Mrs Molloy

Head of Sixth Form

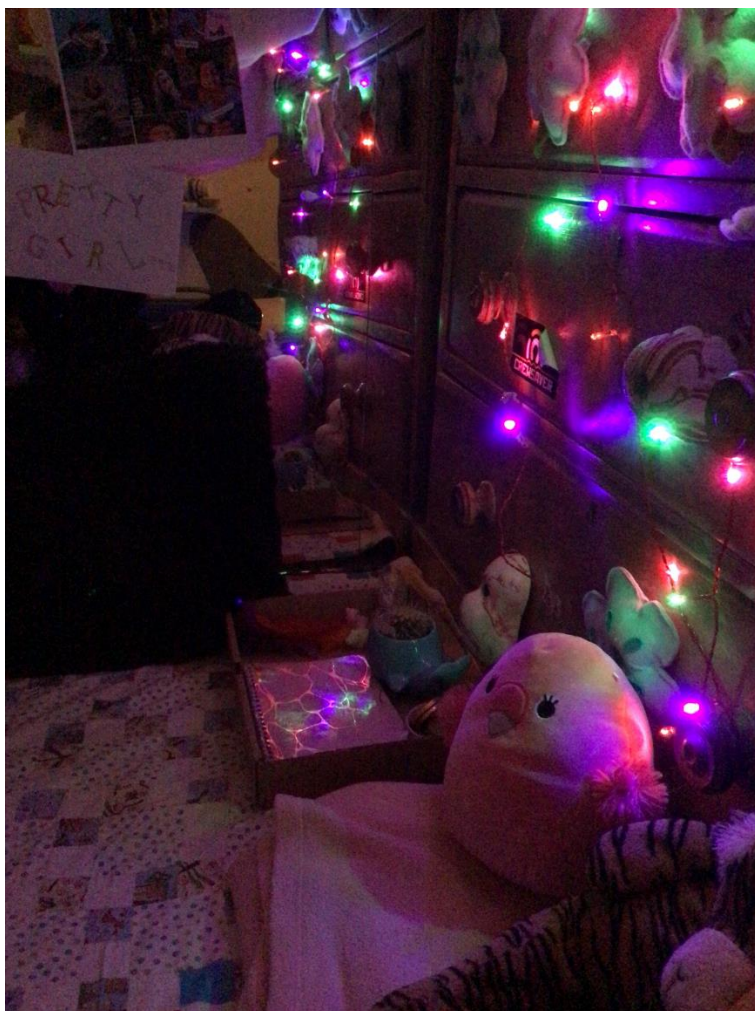
9. Library News & Updates

Reading Resources for Remote Learning

We have compiled several resources to support students reading while they are at home. Please see the attached document 'Reading During Remote Learning' for more information and explore the various links with your child. New items have been added this week, including digital access to FirstNews (a newspaper written specifically for young people.) If you would like any individual support or advice regarding reading, please contact me and I will be happy to help.

Reading Dens

We are encouraging students to make regular screen breaks and ensure they are looking after their mental wellbeing while at home. Why not get involved with our library challenge to create a cosy reading den? Grab blankets, pillows and anything else you can think of to create the ultimate reading area. Send in photos of your reading den to Miss Ling. Here is a fantastic entry we received from Suzy in Year 8 this week!



Book Bonanza Quiz

Well done to Dalia in year 9 who won our Book Bonanza quiz this week. If you missed the event but would still like to try the quiz, you can access it here: https://kahoot.it/challenge/05954523?challenge-id=aa4c5c4d-f6da-43b4-b40a-ced1c6fe2f15_1611310479779

Staff Read-a-Long

Based on student and staff votes, we have selected *The Railway Children* by E Nesbit as our next staff read-a-long. A new chapter will be released each day. Begin listening here: <https://bit.ly/3sU7Wpk>

Miss Ling
Librarian

10. Career News

- Here is next week's schedule for 'Speakers for Schools'. Please take the time to have a look at some of the inspirational talks on offer, suitable for both adults and young people. In the upcoming week, there are some great talks which students interested in Media, Hospitality, the Military and Acting careers should definitely catch!

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

- Students in Years 9 to 13 should be registering on and accessing our fantastic 'Careers' platform **Unifrog**. The website offers students a wealth of information and guidance on future careers, courses, post 16 choices and universities. Students can set up their own profile, research their interests and save items which they want to keep for future reference. In these difficult times, when 'real life' careers events are off-limits, it is a great way for students to find the motivation they need to pursue their dreams beyond the pandemic! To access Unifrog go to www.unifrog.org and sign in with your Open Academy password. Any problems, please contact Ms Davies at caroline.davies@open-academy.org.uk

Ms Davies

11. Attendance

I hope you are all keeping well. Please remember you can continue to use the student.absence@open-academy.org.uk email to inform us of any illness of your son/daughter during this lockdown or if they are self-isolating. Many thanks.

Mrs Ganson
Attendance Officer

12. Chaplain's Reflection

This week's reflection

<https://youtu.be/U-AiwwfEX9k>

You Are Priceless. 22/1/21

Placing value on yourself and others.

youtube

I hope you are well and I trust you have had a great week. This whole pandemic can make us feel horrible and rubbish inside. We can feel down about it and it affects our wellbeing, both physically and mentally. When our wellbeing takes a nose dive, it can also make us feel of no worth, insignificant and it can shred our confidence too. I want to encourage you to not let these circumstances change you in a negative way. You are priceless, you are wonderful, you are amazing and you are a winner. Yes, that's who you are.

I just want to tell you a quick story. A speaker who was presenting to an audience, started off his presentation by holding up a £20 note and he asked, "Who would like this £20 note?" Hands started going up.

He proceeded to crumple the £20 note up and then asked, "Who still wants it?" Still the hands were up in the air. He then dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now who still wants it?" Still the hands went into the air. "My friends, he said, we have all learned a very valuable lesson", "No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth £20.

Sometimes in our lives, we are dropped, crumpled, and ground into the dirt by the circumstances that come our way. Sometimes, we may feel as though we are worthless. But no matter what has happened, or what will happen, you will never lose your value. Dirty, clean, crumpled, crushed or finely creased, you are still

priceless.... and especially to those who love you. The worth of our lives comes not in what we do or whom we know, but by WHO WE ARE

In the Bible, a guy called David describes our value to God and says to him. You made all the delicate, inner parts of my body and knit them together in my mother's womb. Thank you for making me so wonderfully complex! It is amazing to think about. Your workmanship is marvellous - and how well I know it. You were there while I was being formed in utter seclusion! You saw me before I was born and scheduled each day of my life before I began to breathe. Every day was recorded in your book!

How precious it is, Lord, to realize that you are thinking about me constantly! I can't even count how many times a day your thoughts turn toward me. And when I waken in the morning, you are still thinking of me!

In closing, we are loved by God, our friends and our family. As a reminder, let's look out for others' wellbeing. When you see people suffering, encourage them. Lift them up and place value on their person and lives. When we do this, our whole outlook on life and wellbeing changes for the better.

Have a wonderful week. You are all in my thoughts and prayers.
God bless

Mark Pimlott
Chaplain