

Open Academy Update 12 February 2021
For parents and students – please do discuss the contents with your child!

Dear Parent/Carer/Student

Welcome to our final newsletter of the term.

I will start with a brief apology and some thanks regarding the conditions this week and having to close even the childcare provision for two days. It is always difficult risk assessing conditions at a distance, however, as I slid down my road at 5.30AM on Monday morning, it was clear the conditions were extreme. It is a testament to the hard work of our entire site team who spent all of Tuesday shovelling snow and gritting, salting and ploughing snow, that we were able to re-open on Wednesday and it was a great reminder for me how lucky we are to have such a hardworking and committed team. So huge thanks to Kevin, Andy, Amanda and John!

Speaking of thanks, I would once again like to thank you all for your brilliant efforts in supporting the Academy to keep learning going through this most challenging of half terms. My staff are absolutely exhausted after one of the most mentally and emotionally draining terms I can ever remember so you must be similarly shattered! Our efforts have been worthwhile thanks to your help and support in keeping the students focused. What an incredible joint effort from everyone. So, please, if at all possible, take a break from the home schooling and the screens and the homework over half term and recharge. We will have a challenging short half term to get through until Easter so it is vital that we all re-charge next week.

More apologies now in that I know Mr Ward is deeply frustrated with some of the National Tutoring Program practicalities, as some of you are, where it just does not seem to be going as it should. Please do see his note later in this newsletter and understand that he is working tirelessly to iron out the teething problems.

On Mr Ward, our Vice Principal working tirelessly, you will also see a note from him about our Key Stage 3 Knowledge Organisers for the second half of the spring term after half term. I would like to thank him for co-ordinating this huge undertaking by all the teaching staff to ensure the 'Open Textbook' is ready and available to support learning – both out and hopefully back in the Academy for the next half term. On top of co-ordinating the Year 9 Options Booklet and presentation that has been an amazing effort. Well done Mr Ward!

We know the challenge continues for our community and I am aware more and more that the pandemic moves ever closer to home, with many of us having first-hand experience of tragedy and crisis, either directly thanks to the virus, or the side effects of its impact on society. I would hope though that, like me, you feel that as we pull together as a community, we will increasingly consider ourselves survivors of these challenging times, rather than victims, and in so doing, keep turning towards the hope for the future, rather than the pain and challenges we are faced with now.

Please remember that our Chaplain, Mark Pimlott, is always available to support the students and you, their families, here at Open and, as many of you already know him, you won't need me to share how great a gentle, calm listener he is, ready to support us when the things we face just feel too much. Just drop us a quick email to the office and we will connect you to him if you ever feel the need for a chat and, as always, I hope you enjoy his reflection at the end of this newsletter.

As usual, I am keen to receive your feedback on how things are going. We hope the DARES program has helped balance screen time with other forms of learning and that ThursDARES afternoons have proved an enjoyable experience all round. Please do encourage your child to share what they have been up to via their Heads of Year. I hope to be able to put together a gallery of the feedback we get after half term.

So, that just leaves me to say a final thank you for this half term. Have the best break that you can.

Kindest regards

Jon Ford
Principal

Contents:

1. Year 9 Options
2. KS3 Knowledge Organisers
3. Remote Learning
4. Catch Up, National Tutoring Program, Mentors and Hub
5. Free School Meal Vouchers
6. Safe Use of the Internet
7. Bereavement Counselling
8. Year 7 News
9. Year 8 News
10. Year 9 News
11. Year 10 News
12. Year 11 News
13. Sixth Form News
14. SRB News
15. Library News
16. Career News
17. Goal Setting
18. Chaplain's Reflection

1. Year 9 Options

This is the time when Year 9 start to think about how they may align their curriculum towards their interests. We will proceed with this as normal. The Options Booklet will outline the GCSEs and other vocational courses that are available for students next year.

You may be aware that the government has clarified an expectation that the majority of students will follow the EBacc (between 75% and 90%). It was a key component of the Education Policy outlined in manifestos. The EBacc is a suite of qualifications including Maths, English Language and Literature, Science, History or Geography and an approved foreign language. It will, therefore, be in exceptional educational, rather than preferential circumstances, where a student does not follow this curriculum. Further detail will be outlined in the Options Booklet.

Proposed Timeline for Options :

- Options Booklet published by 12 February online via bulletin.
- *(Year 9 Exams window w/b 8 February followed by reports 26 February).
- Options Evening Briefing 12 February – online Loom assembly. (see below)
- Virtual Year 9 Parents' Evening 2 March.
- Students begin to express preferences and send them to Mr Ward. Students can discuss with their teachers.
- All students have returned their preferences by Easter.
- Students informed which of their preferences are given according to the criteria laid out in the Options Booklet. July 2021.
- The process is designed to be a long one to give students ample time to think and to change their mind before everything gets finalised.

As you can see, a clear strategic calendar was proposed. However, it will not be possible to run exams in the exam hall as normal. We are, therefore, currently discussing the best way of assessing students fairly and accurately from home and will be in touch with parents separately regarding this issue.

We did run some low stakes computer exams for Year 9 in the Autumn term in English and Maths. We were pleased to send those reports to you before the Christmas holidays in anticipation of further disruption. We will be considering very carefully, how we use that information alongside tests and tasks that we believe we can deliver fairly over the coming few weeks.

Options Evening Briefing

We are pleased to present the options evening presentation via videolink here:

<https://www.loom.com/share/05a4e18dd0594a418a3ee250e711e176>

[Open 2020 Final \[Compatibility Mode\]\] - PowerPoint Slide Show - \[Key Stage 4 Courses - Student Guide - Open 2020 Final \[Compatibility Mode\]\]](#)

Check out a video I made via Loom

www.loom.com

This accompanies the Options Booklet attached. A paper copy of the booklet has been prepared for every student. A period of deliberation and thought now begins. Students are welcome to ask their teachers as many questions as they need to in order to help them make decisions.

Mr Ward

2. KS3 Knowledge Organisers

New Knowledge Organisers have been prepared for Key Stage 3 students. In them, there is the critical minimum knowledge required in each subject. There are a wide range of activities for the students as well, in case they are unable to work online at some point.

The Knowledge Organisers are available on the website in the curriculum section. Paper copies are available for collection from the reception when the Academy is open for critical worker childcare. Students tend to collect them when they do their daily exercise walk.

Mr Ward

3. Remote Learning

Well done again for all the fantastic efforts amongst our students in accessing remote learning so that progress can continue to be made and thank you to our parents and carers in supporting this work!

Please note that there have been some useful updates to our website that provide more information on our remote learning approach:

<https://www.open-academy.org.uk/parent/home-learning-during-covid-19-support-and-information/>

In this area, there is also a new Teams User Guide. Many thanks to Miss Ling for producing a range of fantastic video guides to help students and parents/carers in accessing the remote learning systems.

Using the following link

<https://www.open-academy.org.uk/assets/Uploads/Teams-User-Guide-Video-Links-1.pdf>

you will find narrated videos covering:

1. Navigating Teams and using Assignments
2. Working in Teams and how to submit work
3. Where to ask for help
4. Where to see and read feedback from your teachers
5. Accessibility and reading support

Miss Wenlock

4. Catch Up, National Tutoring Program, Mentors and Hub

There is much excitement about the government's programme to have mentors support students to catch up on missed work. This highly funded programme is very ambitious. We have signed up for mentors for

our students. There are teething problems in the companies setting up mentors and getting the right ones assigned to the right schools. We are working to support the companies chosen to deliver the programme. If your child was selected, then the mentoring is coming – it is just a matter of when. These mentors will support students online after school.

Open Academy also bid for money to have mentors in school. We have been successful and have the maximum number we are allowed. Students who may have fallen behind as evidenced by online tests or by assignments not completed in the first lockdown will be caught up. We felt more support might be required and so we have funded extra mentors for some Year 7 students in English and Maths over the year, as the primary schools they came from were not always able to say how much work was done during lockdown.

Our biggest programme is HUB. Here, we have Academy staff volunteering to do huge numbers of extra hours in total. HUB will continue, with new or different students, next term. Students complete missed work in HUBs. The exception was Year 11 HUBs where teachers delivered an extra lesson a day for the students. We will determine what is required for Year 11 and 13 when we find the results of the consultation on exams in 2021.

Mr Ward

5. Free School Meal Vouchers

Free school meal vouchers due the week after half term will be delayed slightly. Unfortunately, this is out of our control. We are unable to order these until Tuesday 23 February so they may not be received until Wednesday 24 February onwards. Apologies for any inconvenience caused.

Mrs Appleby

6. Safe Use of the Internet

CEOP provide some excellent support for students and parents about safe use of the internet. Please follow the link below to find out more

https://www.thinkuknow.co.uk/parents/articles/are-you-worried-about-something-that-has-happened-online/?utm_source=Thinkuknow&utm_campaign=1d24fccd81-TUK_GLOBAL_25_01_21_COPY_02&utm_medium=email&utm_term=0_0b54505554-1d24fccd81-55039225

Also, some websites provide useful ideas to stave off lockdown boredom!

For parents with younger children: <https://www.kidly.co.uk/ideas/fab-lockdown-half-term-ideas-for-kids/3492>

And for parents with teenagers: https://parents.actionforchildren.org.uk/covid-19/activity-ideas-for-teens/?gclid=Cj0KCQiAyJOBbDCARIsAJG2h5fab5qpstHgDx3MKUI2JLuuKI_vMkLADFmlSkfIETn08BXbej8CLJoaAsHOEALw_wcB

Mrs Wicks

7. Bereavement Counselling

As time moves on, we are sadly hearing how more of our community are directly affected by the pandemic. Our thoughts and prayers are with you all. The links to two organisations that offer support at this awful time are below, should you feel the need to use them.

<https://www.griefencounter.org.uk/>

<https://nelsonsjourney.org.uk/>

Mrs Wicks

8. Year 7 News

Please can we say a massive **Thank You!** for the support you have given to your children and the Academy. It has been a challenging half term and we are aware that some students have not been in school since the beginning of December. Our thoughts are with you all. Mrs Lamb and myself are still here to support you.

Although the weather has proved a challenge this week, we hope that Year 7 students took the opportunity to enjoy the snow and take some time out for fresh air and exercise which are equally important for mental health.

As yet, we do not know the return date for Year 7, but we will communicate as best we can once we know more. For students who are already coming into the Academy to receive support, this will continue after half term.

We are delighted to have been able to loan out chrome books to a number of students. If your child still requires a device, please contact us as soon as possible as we have been able to secure some more laptops for the school. We are doing everything we can to ensure that students have the right equipment to access online learning.

The Year team are monitoring the attendance of students in live lessons and the work that is completed. We are really happy with how a majority of the students have been accessing the lessons and completing work. Mrs Lamb has had conversations with some parents/carers about accessing the work. We are aware that a small number of students are, or have had, some difficulties. If your child is experiencing problems accessing online work, for whatever reason, please contact Mrs Lamb or Mrs Hewitt Coleman so we can help and offer appropriate support.

Please keep sending us your DARES and challenge pictures - we would love to know what you are doing!

Mr Ford has said the Student Council meeting was very successful and the meeting notes will be with us after half term. We will let you know more then.

Shout outs

Mrs Clayton, English

Amy, Asha, Josh, Roman and Rosie (NWA tutor group) - brilliant ask and answer in English!

Mr Dilley, Drama

Steven Ellis who has been producing some very consistent good work, showing real progress in his ability to empathise with others and use questioning more effectively.

Mrs Taylor – English

Madalyn Pirie, Farah Alwi - great work.

Mrs McEvoy- German

Viktoria Kennanova, Warren Middleton, Areen Mohammed, Grace Sawiki, Madalyn Pirie, George Tozer Smith, Lily Mae Holmes and Izzy Onnuchuckwa for their sustained effort in German.

A special mention to Lily Mae Holmes who has sent us her 'skills for life' challenges, even cooking a meal for her parents. Well done.

We hope you all have a relaxing half term break.

Mrs Hewitt- Coleman - Head of Year 7

Mrs Lamb – Assistant Head of Year 7

9. Year 8 News

We made it! A big well done to everyone for getting through such a trying half term with such resilience and determination. Mrs Smith and I are incredibly proud of our Year 8 group and would like to pass on our final shout outs for this half term to:

Sienna Brown for an incredible answer in our Rock 'n' Roll listening quiz in Music!

Elisa Kit and Ashton Taylor for consistently attending all lessons and completing their work

Lois Lincoln, Kieran Pearce, Lucy Norris-Waterfield and Lucy Edmondson for their fantastic spelling scores!

Ashley Breckons for sharing her amazing snowman with her tutor group as part of a ThursDARES activity!

Lacey Folger for her great efforts in contributing to Maths

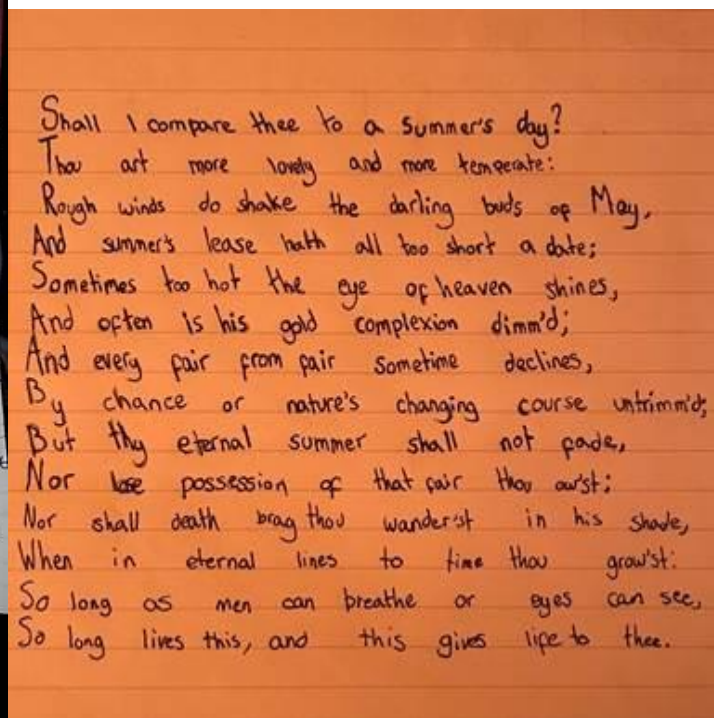
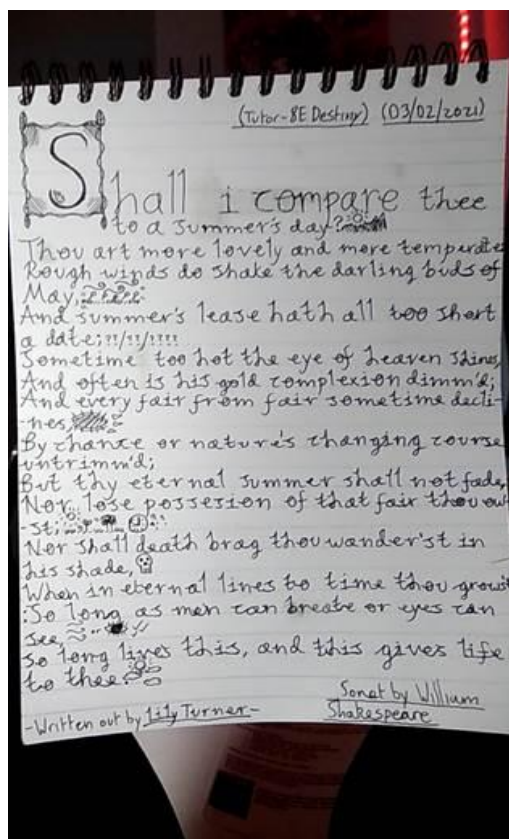
Suzy Langley, Lily Turner, Xylia Sparkes, Reece Attwater, Leo Williams, Harrison Martin and Bailey Salter for their contributions to a discussion on A.I. and robots from last week!

Norah White, Emily-Jayne Copsey, Ellie Rowley, Jessica Brighton, Elsie Auger, Blake Bircham, Alice

Gates, Elisha Jones, Ella Ramm, Ariya Rashid, Hollie Smith, Joel Walker, Scarlet Bush, Jay Lawson,

Emmy Ramabulana, Liliana Read, Emily Summers, Ethan Walker, Keira Wayt, Gemma Smith and Harvey Walters for consistently good work over the course of the half term – well done!

Entries for the handwriting competition closed yesterday and we're pleased to announce TWO winners for their excellent demonstration of beautiful calligraphy! They are: Lily Turner and Suzy Langley – congratulations to the both of you and your £5 Amazon vouchers will be sent to you in the post over half term!



All that is left to say is that we hope you have a lovely break as far as the restrictions will allow, that you and your families stay safe, and that we look forward to a date in the future when we can return to school!

Best wishes.

Miss Lines - Head of Year 8

Mrs Smith - Assistant Head of Year 8

10. Year 9 News

We made it to half term! Again, we have to say how immensely proud we are of our Year 9 students. The lesson attendance and attitude has been awesome this half term; under yet more difficult circumstances, but you have all stepped up to the challenge and committed to your learning. We are, like all your teachers, full of admiration for your determination and enthusiasm. Please take the time over half term to relax and recharge ready for next half term and whatever that brings.

Look after yourselves and your families. Get out in the fresh air and do activities that make you feel good.

The planned scavenger hunt has been postponed to after half term.

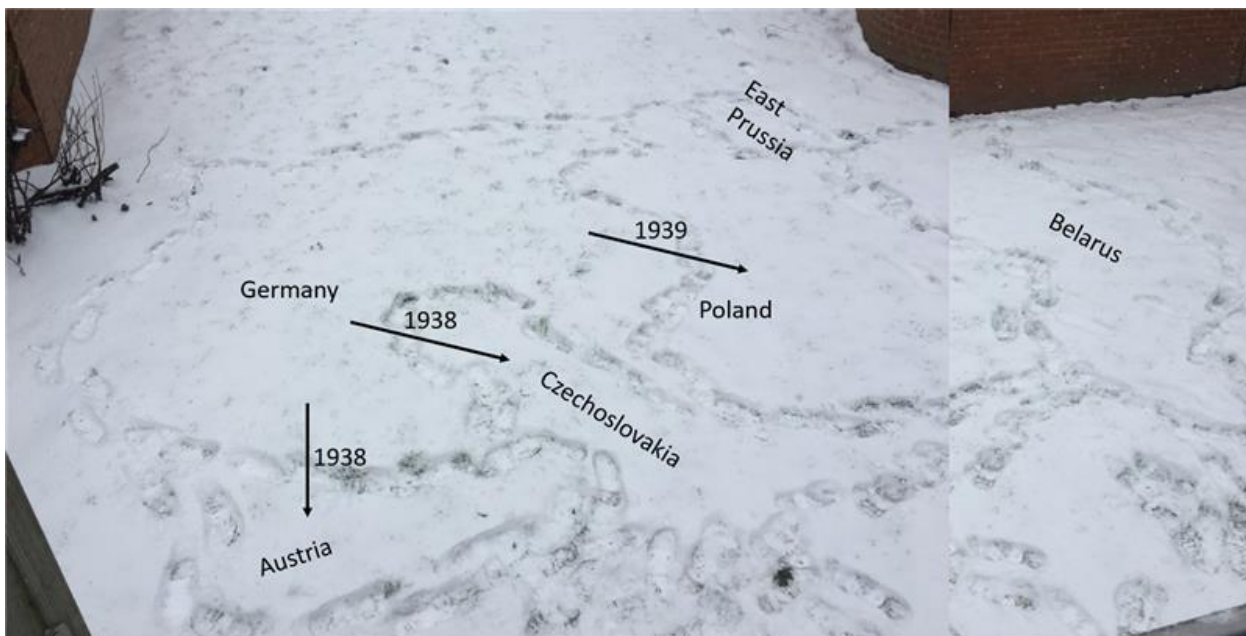
Included in this newsletter, is the link to Mr Ward's loom presentation about KS4 options. Please watch this with your child. There is no rush to decide on your options. We have plenty of time for students to talk to their teachers and their parents about what options they are considering taking. The presentation and Options Booklet is also in the Year 9 channel on Teams. Paper copies of the Options Booklet will be in reception in school after half term.

Shout outs this week:

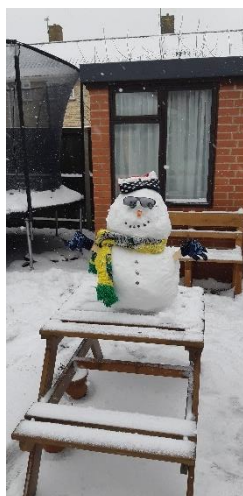
From Mr Dille to Zac Skells for really good participation in Drama live lessons and some very good Drama work submitted. Good understanding of audience and intention in recent work!

From Ms Clayton to Jude Abramson for outstanding effort in his written work in English and Dylan Scott for some insightful comments in a live lesson discussion.

From Mr Miller to William Orr for History of Germany's invasion of countries leading up to WWII. Really accurate borders, smashing work!



The snow has definitely livened things up this week. Here are the results of our snowman competition:



Hannah Jordan



Mrs Roe



Toby Thompson

And the winner is... Toby Thompson – well done! A prize will be given when we get back to school (Mrs Roe doesn't get one for her blob of snow!) and well done Hannah – the scarf nearly won the prize.

Here are some photos of Mr Lambert and students enjoying the snow during ThursDARES.



Remember, you can always borrow eBooks from the school library! We now have a dedicated website where you can borrow eBooks from the school library.

To access over 1000 books, anywhere, any time go to <https://openacademy.eplatform.co/> and sign in with your Office365 username and password.

Hopefully, you will find it fairly straightforward to use, but if you get stuck, you can find a user guide here: <https://bit.ly/3aTtc8>

Do get in touch with Mrs Ling if you have any questions or need help. Happy Reading!

Have a good half term everyone. Stay safe and hopefully see each other soon.

Mr Lambert, Head of Year 9

Mrs Roe, Assistant Head of Year 9

11. Year 10 News

I'd like to start my last parent newsletter of this half-term by thanking you all. It has been a tough six weeks for our young people and they would not have done so well without your help, so I thank you for your continued support. As someone who is facing the challenges of encouraging her own children to work from home, I know the struggle is real! I'm hoping that both students and parents can have a well deserved break from school work for the half-term holiday.

I think the introduction of our new DARES lessons is going well; it's so nice to see all the creative things they are coming up with, so please encourage them to keep sending me examples of their great work.

I'd like to start this week's shout outs to all those students who are attending tutor time every morning. The tutors are working hard to make these sessions as fun and engaging as possible. By attending these sessions they are setting themselves up well for their day of learning.

Shout Outs:

Mr Phillips: Sugar Chapman, Jess Druce for Great effort and fantastic contributions in lives.

Mr Bradshaw: Mia Baxter and Joseph Sizer for brilliant efforts and excellent work completed each lesson.

Mrs Hewitt-Coleman: Charlie Thompson. Ashton Norton-Luke Tyler for coming into school and making a real effort in English-well done. Cayden Bobbin for trying hard in English and not giving up on technology ! Tom Walker for his insightful comments on Romeo and Juliet

Miss Hatley: Leah Walker for completing all her work to an excellent standard, and creating a great creative mood board, Mackenzie Culley for making outstanding and insightful comments in lessons and Jess Druce for writing an excellent assignment.

Mrs Taylor: Tia Lawson, Maddy Tilney, Freya Tilney, Gabe Morgan, Jess Ramm and Sugar Chapman for excellent engagement in all lessons.

Mrs Clayton: Joseph Sizer, Katie Lambert-Sharpe, Sophie Smith, Mia Baxter, Emma Tyrrell, Callum Pearce, Kye Cooper,

I look forward to welcoming all the students back after their break, albeit still remotely, and watching their excellent attitude to their work continue.

Mrs Clayton – Head of Year 10

Mrs Roberts – Assistant Head of Year 10

12. Year 11 News

Well, we have made it to half term and I would like to thank you all for the support and encouragement that you have provided for your children, and for us as a staff. We, as a community, have done our best and this is good enough, so give yourselves a well-earned rest from home schooling for the half term.

We will, of course, be making plans for the coming weeks and listening carefully to the government guidelines to enable us to educate students as effectively and safely as we can.

We appreciate that some students are really finding lockdown tough, but perhaps having an exciting course or apprenticeship to look forward to in September might help with motivation. Please talk with your child about what they want to do next year. They should be researching college courses and/or apprenticeship opportunities. There is no limit on the number of courses or colleges that they can apply to and it is better to have as many options available as possible. If you feel your child needs some careers support, please email caroline.davies@open-academy.org.uk

We are collecting orders for end-of-year hoodies. We need the order by the end of February. If your child would like one, please complete the letter stating size, colour and if they want initials or a nick name printed (additional £4). Payment, £23, can be made through parent pay.

As always, please let myself or Mrs Middleton know if there is anything that we can do to support you and your family.

Have a great half term.

Mrs Pearsall - Head of Year 11

Mrs Middleton - Assistant Head of Year 11

13. Sixth Form News

Happy Half Term!

Well done Sixth Formers, you made it! It's been a different, but equally wonderful half term with lots of wonderful virtual lessons, and amazing work being produced by you all! I have been particularly impressed with all of your perseverance in sticking with the online learning!

Please remember, any day you are not well enough to attend online classes, your parents should email myself or Ms Davies. Your timetable is running at full capacity and includes tutor time, so, please make sure you are present for all lessons.

There will be a number of sessions being put on during tutor time in the following weeks. Please make sure you put this first one in your diaries. A register will be taken.

Yr13

Tuesday 23 February 08:40 - University Student finance Virtual Form Session - to cover 2nd half spring term to encourage early applications.

Apprenticeship News:

GTR Engineering Apprenticeship

GTR are the biggest train operating company in the UK. Their four-year engineering apprenticeship is a great chance to learn on the job, earning a real salary and gain a nationally recognised qualification with great career prospects. In the depot, you'll learn a wide range of mechanical, electrical and electronic skills. You'll learn fault-finding, testing, maintenance and repair, all backed-up by college study to make sure that everything makes sense. They are not looking for previous knowledge or experience of engineering or the railway – just commitment, enthusiasm and a willingness to learn. To apply for an Advanced Apprenticeship, you will however need to:

- hold or expect to get grade 4 or above in GCSE Maths, English and Science (or equivalent)
- demonstrate strong communication skills and practical maths ability
- have an interest in how things work
- be able to travel to East Surrey College for study and to various locations on our network for work
- pass the required medical standards

For more information and to apply visit GTR Engineering Apprenticeship
The Application deadline is 25 February 2021.

UCAS DEADLINES UPDATE:

- Extra opens on 11 February: students who are eligible to use Extra can add another choice (originally 25 February).
- University and college decisions: for students who applied by 15 January, the decisions deadline for providers will be by 20 May (originally 6 May)
- Student replies: students who receive all their decisions by 20 May, will have until 10 June to reply. After this date your offers will be withdrawn.

Shout outs:

Ethan lane has accepted an offer from Morton College in Chicago for next year. Morton College is in the top 20 University in America. Awesome stuff!

Lewis, Solomon and Tyler almost at Distinction level for final assignment in IT!

Shout outs to all of the Year 13 Sport students who have worked really hard in the past couple of weeks to complete and improve their assignments.

Y13 footballers who have produced some excellent research and independent work on the history of sport and its challenges in the modern world.

Alex Corless in Business - brilliant attitude and commitment

Keelie Wilson for Business – fab contribution to live lessons

Reuben – excellent engagement with all work in Psychology

Emma Amies, Anya Linning, Isobel Thurston, Jarren Meadows – all doing excellent work in HSC

Well done to Mollie Ruff and Zak Riches for continued, amazing effort and work in History

Cerys, Mia, Reuben, Abbie, Cissie and Solomon for ongoing attendance in live lessons for History.

And finally, a HUGE shout out to the wonderful Cedric who has been nominated for a Community Heroes award for the Mental Health work he has done for the past 3 years!

He was nominated by Naomi Farrow who said this about him:.

Great to see ex professional footballer Cedric Anselin talking about his own mental health struggles including how he supported me. I first met Cedric in Nov 19 when I was ill in hospital. I was keeping Twitter blogs about my progress which Ced watched. After watching these he reached out and asked to come and visit me in hospital which he did and we have supported each other ever since! I will never be able to repay Cedric for the kindness that he showed during one of my hardest times but I will continue to pay it forward both in and out of work! More men should feel they can talk about their #mentalhealth but in the meantime well done Ced and thank you!

We are mega proud of you!

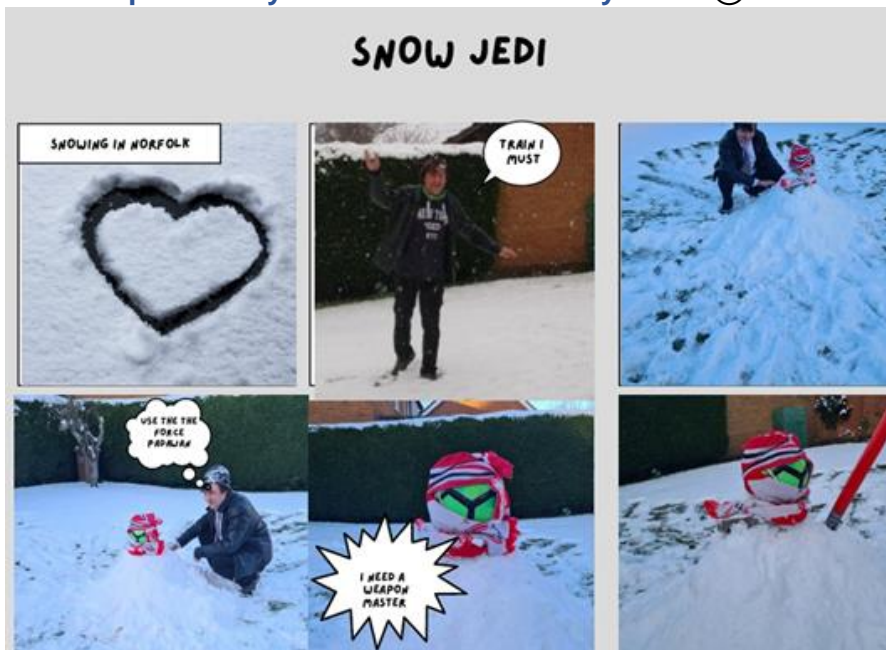
Snowy pics:

In case you hadn't noticed, it's been a bit snowy this week! Here are what some of our sixth form team have been up to.....

Mrs Wicks gave up her favourite hat to create this enormous and impressive snowman!



Mr Thompson really hates the snow....can you tell 😊



Karma's dog Dipper posing on top of a huge snowman!



Amelia created this handsome fella!



Answers to last week's emoji quiz:

Coronation Street
House of Cards
Black Mirror
Cold Feet
Call the Midwife
Great British Bake Off
Peppa Pig
Doctor Who
Game of Thrones
Tiger King
Star Trek
Top Gear
Ashes to Ashes
Fresh Prince of Bel-Air
Blue Planet

Have a wonderful relaxing and safe half term everybody 😊

Mrs Molloy
Head of Sixth Form

14. SRB News

Jayden Alden (SRB7) for a really positive attitude to his work this week.
Steven Ellis (SRB7) for being proactive when he has encountered difficulties.
Roman Taylor (SRB7) for fantastic engagement across the curriculum.
Jacob Delf (SRB7) for making his family a yummy spaghetti bolognese and for doing lots of research about rainforests and deforestation
Leo Williams (SRB8) for his amazing acting skills in Hamlet
Nathan Freeman (SRB9) and Josh Tidd (SRB9) for working really hard in Maths
Freya Graysmark for engagement in lessons across the curriculum
Hugo Hole-Jones (SRB11) for Maths engagement
Archie Davison (SRB11) for working hard on Romeo and Juliet

Mrs O'Kelly

15. Library News & Updates

We are sharing lots of resources to keep students reading at home. This week's update includes:

- Our new eBook Platform. Access over 1000 eBooks anytime, anywhere and on any device! Head over to <https://openacademy.eplatform.co/>
- Details about the Young Norfolk Creative Writing Competition
- Book themed colouring sheets
- Author podcasts and interviews
- Our completed Staff-Read-a-Long of The Railway Children by E Nesbit
- and more...

Please see the attached document 'Reading During Remote Learning- Half Term Update' for more information about these resources and explore the various links and activities with your child.

If you would like any further support or recommendations please contact Miss Ling, the school librarian.

Miss Ling
Librarian

16. Career News

- Yet again, 'Speakers for Schools' have put together an exciting schedule of talks accessible for free. For the week commencing 8 February these include 'Maths without Numbers', the world of media and entertainment, Social Media, Film and TV and, most importantly, Student Motivation during Lockdown. To access these talks go to <https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>
- Careers website Icanbea has developed a new CV building tool which is an ideal starting point for Year 7, 8 and 9 students to prepare for their futures. The guide also includes a fast-track personal statement builder which uses suggestions and prompts to help students create that all important personal statement which can sometimes be so difficult.

The CV Wizard takes students through each step, prompting them for all the essential information required to help them create a personal CV. They have a range of templates, fonts, and colours to choose from, before previewing and downloading the completed document. Users can create as many CV's as they wish and save and re-visit them at any time.

It is an ideal way to get students started on their first CV and includes a fast-track personal statement builder which uses suggestions and prompts to help students create that all important personal statement which can sometimes be so difficult. Go to <https://www.icanbea.org.uk/>

- In the spirit of ThursDARES, and with a touch of Spring in the air, our Sector of the Month for February is 'Sports and Leisure'. This is a broad area which not only covers careers within professional sport, but also encompasses exciting roles within the leisure industry such as personal fitness training, event management, sports journalism and photography. Many of our Football Academy students have gone on to exciting careers in the sports world both closer to home and across the Atlantic and there is considerable interest amongst younger students about careers and courses in this sector. For a taster of the Sector, including links to some brilliant Youtube videos, please go to <https://www.icanbea.org.uk/app/explore/industries/sports-leisure-35/>

Ms Davies

17. Goal Setting

Whatever year your young person is in, they are likely to have goals they are working towards. This could be thinking about next steps, academic goals or goals personal to them. Thinking about just this final goal can seem somewhat daunting. It can be worth considering breaking this down into manageable steps.

One way to do this is to use a HUGG pyramid. These can be really helpful when thinking about a **H**uge **U**nbelievably **G**reat **G**oal. Your young person can add in their goal, and then look at what steps they are already completing towards this. It can be really motivating to think about what you are already doing which will help you on your way. Your young person can think about what half way to achieving their goal would look like, breaking their goals down further.

Hopefully, your young person will find out that they have already taken more steps towards their goal than they think. They can then focus on each small step until that huge, unbelievably great goal is in sight.

Attached to the newsletter is a copy of the HUGG pyramid. Hopefully, it will inspire your young person to think about their goals and support them to meet with success.

Lucy Reynolds-McKay
neaco Higher Education Champion

18. Chaplain's Reflection

This Week's Reflection

<https://youtu.be/SLC1KwsyD48>

[Kindness Counts. 11/2/21](#)

Giving out kindness!! It will always come back to you.

youtu.be

Hello everyone, in my reflection, I want to talk about two words.

During these times, **kindness** and **service** are needed now more than ever. Kindness is a powerful thing in that it changes people's outlook on life. During this reflection, cast your minds back to when you were going through a difficult time and someone displayed an act of kindness or service towards you. It probably changed your day in a positive way.

When we serve and are kind to others, it is ourselves who reap the benefits because we get loads back in return. It never fails. Think of it in this way. A farmer plants a seed in a field. It could be anything. Wheat, barley or any crop. When the seed grows, it multiplies. After planting and growth, from one seed of wheat, on average, there are 22 **seeds** per head and 5 heads per plant, or 110 **seeds** per plant. Wow, that's a great investment from one little seed.

It's the same for us when we sow or invest into others acts of kindness and service. Kindness will always come back to us in one shape or form and it will always be multiplied.

In wrapping this up today, there is a verse in the Bible that says, what you sow into life, you will harvest. This week, be encouraged to be kind to everyone who you have contact with. Put extra kindness into your conversations, your emails, texts and social media and watch the kindness come back to you.



I pray that continues to strengthen you and gives you his peace.

God bless you

Mark Pimlott
Chaplain