



Open Academy Parent Update & Newsletter 1 May

Welcome to this week's parent (and student) update. Once again well done for the fantastic efforts everyone is making in the switch over to our new way of working through Microsoft TEAMS. **Our data shows that over 85% of students are now regularly accessing their learning** through our online efforts which is incredible.

We are still doing all we can to connect to those who have not yet managed. We do know however, that we have sent out plenty of written work to those not working online and in this week's bulletin I will be highlighting an important **work pick up for year 10s next week**, just for those who are not able to access learning online.

We are getting through this as a community and, although as yet there are no concrete plans to start returning, I am hopeful that we will be starting to think through how this can happen as soon as the advice allows. For now, please see the general messages below. Starting with those relevant to all or most and then including the information relevant to specific year groups. I hope this information is helpful. Please stay safe and be kind to yourselves

Please note we are really keen to get some feedback from you about how things are going so if you could follow this link and complete the form I would really appreciate it...

https://forms.office.com/Pages/ResponsePage.aspx?id=W8ZO2qGEd0-AYQgaPv6mdz6ECG9yPZMhhqF9FAvJGFURERROExITkQyU00zVjVRUkw1R0IOTVVTR_S4u

This week's content includes

- Student wellbeing
- Virtual Learning and Microsoft TEAMS developments
- Active Learning
- Year 10 Work pack collection
- Free School Meals
- Food support general – see attachment
- Key worker childcare update
- Library news
- Careers news
- Year 7 News
- Year 8 News
- Year 9 News
- Year 10 News
- Year 11 News – see attached OA 6 application form
- Safeguarding poster - see attachment
- Marks reflection

Student wellbeing

We know that most of our students are trying really hard to keep up, get involved and connect with both the Academy and their friends, but as this lockdown continues, for some the novelty is wearing off rapidly and they are finding things challenging. For others the worry might be that talk is starting of our return to normal schooling, whatever the concern,

our key advice remains as shared by Mrs Wicks before Easter and by Mrs Pearsall to yr 11 this week again...

Stress and anxiety in such an unusual and unpredictable time is normal. Everyone reacts differently to stress and that's okay – we want to help you manage that stress though, and some tips are below.

- **Keep in touch with people.** You might not be able to see your friends face-to-face, but you can still speak to them. The same applies to your teachers too, keep in touch with them and carry on learning.
- **Exercise.** Break up your day by keeping active. Even a short walk will clear your head, but if you would rather stay home – look online for exercise videos. If you're missing PE lessons in particular – Joe Wicks is running daily 30 minute 'PE lessons'.
- **Food and drink.** Try to follow a healthy diet with some fruit and vegetables and drink plenty of water.
- **Get enough sleep.** Even though many of you are not going to school – a regular sleep pattern is still important. You can read more about healthy sleep and good "sleep hygiene" on Headspace's website.
- **Limit screen time.** Try not to check your phone all the time. Constantly checking Instagram, Snapchat, TikTok and other Face-Timing apps can be stressful if the only topic is the coronavirus. Avoid screens before you go to bed too.
- **Stay calm.** Mindfulness, meditation or yoga may help you to feel calm. Your usual app store will have lots of apps for you to download and try – the "Smiling mind" app, or "calm" app might be a place to start.
- **Make yourself a daily routine.** It's good to have some structure to your day, even if it's just a regular breakfast and lunch. Don't worry if your routine is not perfect though, if it gets too stressful, move to "free flow".
- **Keep work in one place.** Try to have a place where you work, so your work doesn't spread all over the house. This can help you have a work/home boundary.
- **Reduce access to rolling news.** Don't constantly watch, listen or read the news. This can be distracting and it doesn't help you stay relaxed or calm.
- **Be kind to yourself and others.**

To this I would add...

- ✓ Give things your best try but accept that not everything will go right
- ✓ Stick to your school routine timetable as much as possible
- ✓ Get up at a normal school time, shower, teeth, dressed and ready for the day
- ✓ If you are struggling – talk to us – email let a teacher know

Finally, I hope everyone connected to our community remains safe, but if you do experience loss in your family, the following bereavement resource may be of use to you

https://www.nutureuk.org/sites/default/files/bereavement_box-booklet-cov19-edition-2020-web.pdf

Huge thanks to Nurture UK for allowing this to go out without charge at the moment!

Virtual Learning and Microsoft TEAMS developments

We can see many are getting to grips rapidly with TEAMS. Please see the link below to a nice short video to explain some of the main ideas

<https://www.microsoft.com/en-us/vidoplayer/embed/RE3sxo?pid=ocpVideo0-innerdiv-oneplayer&postJsllMsg=true&maskLevel=20&market=en-us>

Remember the important thing is that your child needs to log in to Office 365 to get started. Then click the 'waffle' – the 9 dots in the corner – select TEAMS and off they go!

All students have received a quick video on how to hand in work on Microsoft Teams

- <https://www.youtube.com/watch?v=YxWUfp0cn8>

- ✓ All students should be receiving some helpful prompts from your tutors regarding our whole Academy creativity project. I am attaching the whole booklet that many are using – a page per week this half term – to help us get started on this work as we want to bring all of you best work together into a book, Gallery and or other showpiece – Please see the Tutor project file attached'
- ✓ Please note that we have been trialling live lessons this week – with increasing success, and also some teachers are delivering whole year group teaching which may make sticking to the timetable a little tricky. We will see how this pathfinding trial goes down and what issues it brings up – so as ever please do feedback your experiences. It may well be best to stick to timetabled sessions and then access session recordings that you were unavailable for – we'll see if we can do that next week. Please do encourage your children to attend any sessions they are invited to.
- ✓ Finally a note about deadlines – staff are trying to be as flexible as possible and for convenience some have extended deadlines for Friday work to hand in on Saturday – this does not mean the student has to work on Saturday – indeed we encourage them to take some time off, - this is more to give them full time to catch up with things on a Friday even a little beyond the school day – so don't panic – we are not going 6 days per week!

Active Learning

Please note the following update and the 6 attachments that went out today regarding getting our students active from Mr Richardson the Head Of the Applied Learning faculty...

We know it can be difficult in these times to avoid home learning using electronic devices or online resources.

Exercise is a real positive for both physical and mental health. Keep completing PE challenges or simply going for a walk, cycle or run. Get involved in Just Dance at School as a fun way to get moving! Do check out the Quarantine Games – potential fun and fitness for the whole family or compete against yourself and share your personal bests!

The PE department have been setting practical tasks each week to encourage physical activity and fun, and would like to share these in one place for you all to access and consider. Please see the links below trying to get involved in as many as possible as a household.

Community Sports Foundation | <https://www.communitysportsfoundation.org.uk/schools-covid-19/>

YouTube fitness ideas | https://www.youtube.com/results?search_query=family+fitness+ideas

Joe Wicks each morning is also great. So please find time to exercise, eat well and look after each other.

On the subject of eating well – Miss Luter tells me at least 70% of students are cooking at home – many are uploading photos for our fortnightly gallery so do keep cooking. She has shared over 60 recipes for you to try our and I can't wait to see the results which I will share in the next food gallery next week

Year 10 Work Pack Collection

If you are struggling to get online or technical things are getting in the way, we have a number of resources in print now available for collection for YEAR 10 students.

We would ask that you come to collect these Year 10 work packs anytime between 10 -12 on Monday 4th May or Tuesday 5th May only please

Free school meal update

All entitled to Free School Meals should have received a letter from Mrs Appleby last week – If you have not please do get in touch

For those who have ordered free school meal hampers or breakfast hampers these will be **available to collect from the Academy between 10.00 -12.00 on Monday mornings**. Any queries regarding free school meal vouchers or hampers please email jackie.appleby@open-academy.org.uk

Key worker childcare update

***NB If you are a key worker and wish to send you child in to the Academy, please phone the following number and arrange it with Mr Wilkinson...
07799 715432 during the hours of 9.00 - 3.00
so we can ensure we have the correct number of staff available***

Library news

The results are in and our next read-a-long is...

The Secret Garden by Frances Hodgson Burnett. We will start releasing chapters from next Monday (May 4th) which will be available here:

<https://soundcloud.com/user-895185797>

(you can also keep up to date by following the library twitter page https://twitter.com/library_oa)

In the meantime, this week we have a recording of "The Iron Man" by Ted Hughes available for you to listen to here:

<https://soundcloud.com/user-895185797/the-iron-man-by-ted-hughes-open-academy-reads>

Accelerated Reader Online Book Guide

We have also attached updated reading lists for Accelerated Reader. There is one list for year 7 and 8 and another for Year 9 and 10. All the books on these lists are currently available online for free and include direct links to access them.

If you would like any personal book recommendations for your child, or help accessing books during this time please contact our school librarian Miss Ling who will be happy to offer advice.

Library Clubs reminder – If you want to take part please contact Miss Ling

- Manga Club: Monday at 3pm
- Book Club (general): Tuesday at 12:30
- Classic Book Club (KS4/KS5): Wednesday at 3pm

Careers News

In the light of the fantastic work being performed by medical staff during the current pandemic, we thought it might be a good time to think about the many and varied careers which are available in the healthcare services.

Many students have expressed interest in careers ranging from doctor to midwife, speech therapist to ambulance driver to name but a few. All these careers and many more are described in the links attached with information on what each role involves and how to qualify. It is worth considering which school subjects might be relevant to the role which interests you and whether or not a university degree, college course or apprenticeship route is the best way in. Students in Year 10 and above can also use Unifrog to research this and save it to their 'favourites'.

Finally, the Medical Schools Council have provided a guidance document (attached) on how to find work experience in the sector at this difficult time. '

Year 7 News

A big hello from the Year 7 team! We hope that you're all safe and well!

Following on from our assembly on Monday morning, which I hope a lot of you managed to watch, I would like to congratulate a number of people for their excellent work this week so far. Another shout out goes to Ruby Thurston for her excellent dedication to the Accelerated Reader programme and to Harvey Walters for his Computer Science work. Congratulations to Harisan Martin for outstanding science work, passed on by Miss Matthews, and Miss Oddy would like to nominate Keisha Smith for excellent commitment to Maths and generally great work. I would like to congratulate Xylia Sparkes for achieving full marks on the latest Music quiz and also to the following people for demonstrating excellent perseverance and communication: Suzy Langley, Keira Wyat, Molly Hammond, Jessica Brighton, William Barber and Ella Ramm. Very well done to all of you!

Secondly, I would like to try and hold a Student Council meeting next Friday. I will be sending those individuals an invitation via email next week for a meeting on Friday morning at 8.45 – early, I know, but that's when we would normally meet and along with everyone, we're trying to keep as close to a normal timetable as possible so keep your eyes peeled for that. Anyone who would like to join the virtual school council, please drop me an email directly.

Finally, I would like to reiterate that we fully appreciate that the shift to online learning has been a tough one and that any work that is handed in late will not be met with reprimand! Don't worry if the work is a few days late or even a week late – the fact that you are attempting the work and making huge steps to becoming an independent learner is more important than deadlines.

As always, please feel free to contact either myself, Miss Moss or Mrs Edwards if you need any academic or pastoral support. All our best, the Year 7 Team!

Year 8 News

Hope we all had a good week despite the poor weather, reminder that it's not a bank holiday Monday but is on Friday.

Congratulations to all the students below for excellent work this week:

- Harry Robinson – Fantastic and detail work in science for 'The effect of ammonium nitrate in water' SLA
- James Hoye - For a fantastic poem on poetry itself ERO, and excellent work in Spanish SMC
- Dalia Rosca – High standard of PE work handed in, showing consistency with the fitness challenges and pushing herself to the max. SLA
- Science - William Orr for excellent effort and always completing work on time to a good standard EMA
- PE - Charlie Palmer for excellent effort and emailing for support in order to be successful EMA
- Freya Graysmark for getting to grips with TEAMS

I will be sending postcards for the students above and for any other students with exceptional work and get on the list in the coming weeks.

- Positive Pathways will be continuing with online virtual meetings Wednesday at 11am
- Year 8 Inspires remember to continue with your Plastic project.
- Year 8 student voice started online this week, was great to hear their voices and please remind them to bring any issues they would like to discuss for next week.
- Tutor project – Your tutor should have sent you the tutor project for you to complete by half term, it is a great idea to work through, as in years to come it will be of great interest for everyone to look back on and see how you.
- Well done to Harry Robinson for winning the toilet roll keepy up challenge beating my score of 7 with an excellent score of 10.

Mr Lambert (Head of Year 8) Mrs Roe (Assistant Head of Year 8)

Year 9 News

We've had another really good week in our virtual school and again I have been so impressed with the work being carried out. I would like to see a higher level of students engaging in the work and I'm hoping our new way of working this term will make that possible. From now, all the students' work will be found on Teams - this is like their 'virtual classroom' - they will also get a reminder of that day's lesson sent to SIMS. For those

without computers/tablets/phones etc. then work should be carried out using the Knowledge Organisers - if your child is working this way please ensure you let either myself or Ms Hewitt-Coleman know during one of our weekly calls.

I've had some amazing feedback from teachers about the students' work and I have some 'shout outs' for some students who are working very hard at the moment and deserve some extra praise: Kieran Baxter, Mia Baxter, Callum Pearce, Noah Scott, Joseph Sizer, Amelie Treacy, Emma Tyrrell, Scarlett Taylor, Katie Lambert-Sharpe, Leah Walker and Chloe Warner. Excellent work - keep it up!

Both Ms Hewitt-Coleman and I hope you are all well and managing during these very unusual times. If you have any issues then please do not hesitate to let one of us know.

Year 10 News

Hello,

As another week of Open Virtual Academy draws to a close, again, thank you so much! Thank you from the bottom of our hearts for your support during this period of uncertainty. Students are continuing to engage well with the work being set on Microsoft Teams and we are still working hard to overcome IT issues that arise.

As you will remember, before this madness began we used to report on achievement points, particularly those students who had achieved the highest number in a given week. Since teachers no longer have access to the system that allows for achievement points to be awarded, we have asked that they email us so we can include some individual shout-outs in our weekly newsletter.

So, our Year 10 superstars for this week are:

- Cameron Ferrin-Tooze and Harvey Bartle who have both been in contact with the school asking for more work.
- Lucy Moscrop who has been doing some great work in History and Health and Social Care.
- Ben Ashby was on fire in the virtual History lesson.
- Dylan Skitmore for outstanding effort and completing the work to a very high standard in Geography.
- Calli Atkins for excellent effort and work produced in Health and Social Care.
- Lola Thompson for an exceptional and mature approach to her BTEC Sport coursework.
- Layla Parfitt for quickly returning work, always to a high standard and completing lots of practicals in Food Technology.
- Jeya Kandola and Lilia Colledge for outstanding attitude to learning in Maths.
- Oliver Attoe, Tilly Butcher, Archie Davison, Ben Kimpton, Quinlan Orr, Phoebe Prichard and Jess Roll for excellent engagement with the virtual lesson delivered in English.
- Archie Davidson for getting to grips with TEAMS

Congratulations to you all – keep up your fantastic efforts as we continue in these strange and unprecedented times!

We are all in this process together and we want to support your child/ward in the best possible way we can. In order to do this, your child's/ward's form tutor will be inviting them to join a virtual tutor meeting. Please encourage them to look out for and accept these invites in their mailboxes. This is the time for students to voice their thoughts and feelings in an

appropriate setting where their form tutor can feedback their issues and concerns to us during our weekly pastoral meeting.

If you have any questions or queries, please don't feel that you have to wait for your welfare phone call home, you are more than welcome to contact either of us at emma.matthews@open-academy.org.uk or debbie.lamb@open-academy.org.uk.

Finally, thank you again for your support during this time, stay safe and look after yourselves and your families.

Miss E Matthews (Head of Year 10) and Mrs D Lamb (Assistant Head of Year 10)

Year 11 News

I would like to start by thanking you all for your continued support and by congratulating the following students. For great effort Kowski Goreham. For their work in Maths, Sophie Cook and Grace Woodhouse, for producing some exceptional work, Libby Burgess, Josh Callaghan, Sophie Cook, Thomas George, Barez Suliman, Zak Riches, Ellie Ruff, Ethan Taylor. Also Carter Tink and Shadif Ullah for handing in every piece of work. Well done, keep up the good work!

We have had lots of enquiries about Hoodies, Leavers Assembly and Prom. We are assuming that the company producing the Hoodies are a non essential business and therefore we will have to wait a bit longer for them unfortunately.

Mrs Middleton and I have had a number of conversations with the Principal, senior staff and tutors, we are all very keen to go ahead with these events and are discussing various options. Please be reassured that we will do our best to try and make these happen in one way or another.

We will continue to call you on a weekly basis to help support but if you have any concerns between calls then please do not hesitate to contact us by email and we will call you as soon as we can. The building maybe closed but the Academy is very much open.

Mrs R Pearsall (Head of Year 11) and Mrs M Middleton (Assistant Head of Year 11)

Sixth Form News

Hello everyone - I hope you are doing well. It has been lovely to speak to a number of you this week and find out how you have been getting on. The general feedback that I am getting is that most of you are having good days and bad days. And that is perfectly normal. I think we are feeling the same. Ms Davies will continue to call some of you on a weekly basis but please make sure that you are sending me a quick email if you have any queries, worries, or concerns. Or even if you just need someone to talk to about how you are getting on day to day.

As per my last bulletin, it would be great if Year 13 could send me a short email to let me know where each of you are in terms of applying for apprenticeships, or joining in any of the UEA webinars.

Please can you all try to return any work via TEAMS as we can then mark it and give you individual feedback. After further clarification from the government, work completed after the lockdown was announced should not be considered when it come to teachers making final

centre assessment grade judgements, so please do not worry about incomplete or outstanding coursework from a grades point of view. It is however important that you continue to challenge yourselves academically in order to prepare for your next steps in study

In brilliant news, James Wilson (Y13) has received an offer from Coastal bend in Beeville (Texas) which he has accepted and is planning to go there end of July/August. He has also been talking to someone from South Carolina (UCS Lancaster) on Skype but also had good offers from Iowa (Indian hills) and Kowley (Kansas). This is a FANTASTIC achievement. Huge congratulations James. You are going to smash it!

The rest of the lower school have been delighting us with photos of their cooking, and I thought that it was time we caught up with them. Some of you are cooking wizards (the Mixers amazing loaves of bread spring to mind), but for those of you that aren't as gifted in the kitchen, I have attached a recipe for a simple 3 ingredient cookie. You can jazz it up with chocolates, dried fruit, coconut etc. Email me your pics so I can give you a shout out on the next bulletin. <https://www.bbcgoodfood.com/user/896076/recipe/basic-cookies>

Safeguarding Poster

Please do discuss the attached safeguarding poster with your child to help them, ensure they stay safe and look out for each other.

Mark's weekly Chaplain Reflection

Please note that Mark uploads all his reflections to our Open YouTube reflection channel so all of his videos can be viewed through the following link

<https://www.youtube.com/channel/UC0bFD8fTH51nCxSHdJIYIJg>

Or you can follow the direct link for this week's reflection with this link

<https://www.youtube.com/watch?v=oizvwRTB18o>

I hope you are doing well under the current situation. Over the last few days I have been thinking about the lock down we are in at this particular time. The word lockdown sounds like look down and its always true we will always look at what grabs our attention. With the coronavirus pandemic we can feel down but it can cause our heads to drop in despair and our gaze gets fixed on the gravity of our situations. I am reminded of a story in the Bible of a man called Peter who looked down and it says this.

As soon as the meal was finished, he insisted that the disciples get in the boat and go on ahead to the other side while he dismissed the people. With the crowd dispersed, he climbed the mountain so he could be by himself and pray. He stayed there alone, late into the night.

Meanwhile, the boat was far out to sea when the wind came up against them and they were battered by the waves. At about four o'clock in the morning, Jesus came toward them walking on the water. They were scared out of their wits. "A ghost!" they said, crying out in terror.

But Jesus was quick to comfort them. "Courage, it's me. Don't be afraid."

Peter, suddenly bold, said, "Master, if it's really you, call me to come to you on the water."

He said, "Come ahead."

Jumping out of the boat, Peter walked on the water to Jesus. But when he looked down at the waves churning beneath his feet, he lost his nerve and started to sink. He cried, "Master, save me!"

Jesus didn't hesitate. He reached down and grabbed his hand. Then he said, "Faint-heart, what got into you?"

The two of them climbed into the boat, and the wind died down. The disciples in the boat, having watched the whole thing, worshiped Jesus, saying, "This is it! You are God's Son for sure!"

Instead of keeping his focus on and looking up at Jesus, Peter began to look down, and he saw the gravity of the situation and began to sink.

In any sport when things are not going right for a team, their heads begin to drop. The enjoyment, strength and courage starts to drain out and evaporate.

Maybe there's a challenge that needs to go out to all of us today. What are we looking at? Are we looking down at the negative or are we looking up to the positive? Thankfully for every team, there is a coach that stands on the side lines and shouts out encouragement, come on, let's go, chin up, heads up, we can do this. Peter had the same in his predicament, he looked up to Jesus and Jesus reached down and rescued him.

In closing, the Bible says that when they got back in the boat, the storm stopped. I want to encourage us that God is near to us during the storm we are in now and is only a prayer away. Come on, let's go, chin up, heads up, we can do this, we can get through this.

My thoughts and prayers continue to be with you.

Mark Pimlott - Chaplain to the Open Academy