

## Open Academy Parents & Student update 8/5/2020

Welcome to the latest update – a shorter one this week as we have the Bank holiday.

- I will start with a well done as we are seeing so many more students engaging in the Open Virtual Academy work. Many are realising how crucial it is to stay in the habit of school work, and even some of our more reluctant students seem to be enjoying having things to do – I would therefore encourage you in your efforts – keep trying and giving things a go.
- As year 10 is such a crucial year at this time, I am particularly keen to hear as a matter of urgency from year 10 students who have practical issues in accessing the home learning through TEAMS. Please let Mrs Lamb know when she next calls if you have any issues – machines / internet etc as a new government scheme means that we may be able to help some in year 10
- I know there are lots of rumours and talk of retuning to normality. Please rest assured that My team and I along with the Trust have a range of plans and responses drafted for as and when government advice changes however as yet that is all they are.
- For the moment stay safe, enjoy the long weekend and then encourage your children to do all they can to engage from home.
- Do have a look at the attached wellbeing calendar for May 31 Actions... – there are lots of suggested activity for encouraging you to look after yourselves
- Please do complete the parent survey that was mentioned in the update last week if you get chance
- Finally from me - we know things are tough for many right now. Please talk to us if you are struggling – Assistant Heads of year are calling all the time – if you have practical difficulties – food issues, tech issues or health worries, please do tell them as we may be able to connect you to services for you and or your child with support that can help

Please do have a look at the following News and information from our Year teams and the community

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### Year 7

Another week of lock-down and yet another week where Year 7 students have shown great perseverance and effort!

Congratulations to the following students:

- Ashton Taylor – for demonstrating excellence in Science
- Hollie Smith – for baking an excellent cake and sharing that with her tutor group on Teams
- Harry Griffiths – for top marks in a musical analysis task
- Keisha Smith – for demonstrating excellent effort
- Lois Lincoln – for showing superb perseverance

A couple of other points to make this week:

- We're excited to announce that we have created a 'breakroom' on Microsoft Teams for Year 7 students to engage with on a daily basis between 11.00 and 11.20, based on the general times that we would be having breaktime in school. This space on Teams is an opportunity for students to message each other in a safe and monitored environment where either myself, Miss Moss or Mrs Edwards will be on hand to answer any questions or join in with any virtual games or activities students would like to do! We would love to see students chatting with one another, discussing and helping each other with the work being set for them and supporting each other by lifting spirits and coming together as a community. I'll be posting a welcome message on Teams at the beginning of each breaktime to help signpost where to go and we hope to see lots of you there!
- Student council will be happening this Friday as invitations have now been sent out – we'll be looking at creating a time capsule for Year 7 that can be opened when they reach Year 11! Anyone who has not received an invite but would like to join the council on this exciting project, please send me an email!
- Finally, whilst we all face a variety of challenges during these times, we would like to encourage Year 7 to keep up with the rest of the school in terms of submitting work and attending lessons! If you have any questions about the work being set, please email your subject teachers – they are so happy to help with any queries no matter how small or big! Let's make a big push next week after the long weekend to show Year 8 and 9 how it's done and prove that we're the best Year group! Watch out Mr Lambert and Mrs Clayton!

Wishing you all happiness and safety in the coming weeks,  
Miss Lines, Miss Moss and Mrs Edwards

## **Year 8**

I have sent out many postcards this week for those students that have produced a high level of work. Students that produced great work this week are:

- James Hoyer and Sara Szarainska for their accelerated reader quiz.
- Toby Thompson for his Disco competition
- Zac Skeels and Ella Iftimie-Hau for consistent hard work and completing at a high level in Maths
- Paige Berry for her work in RS on Islam
- Erin O'Neil for winning the tutor challenge quiz in I8b
- Charlie Palmer and Lucy Birkett for high standard of work in languages.
- Harry Robinson for his excellent ideas for his plastic project for the 'Inspires' programme

Positive Pathways had their first virtual meeting this week and thank you for those students that attended and look forward to seeing more of you on there next week. With that in mind it is vitally important that students have their cameras turned off when in virtual meetings.

Those that completed the quizzes for Positive Pathways below are as follows: Harry Robinson, Kelsey Holman, Leefna Silva, Lucy Birkett, Sade Woollard and Klaudia Baranowicz.

All tutors have now lead a meeting with their tutees, this can be used for a general catch up, do the tutor challenge or to ask any questions they may be having with virtual lessons. On 'Teams' I have create a separate channel to the year 8 group called 'Break time' for students to be able to communicate with each other similar to their traditional break/lunch times.

I have uploaded the Knowledge Organisers within the year 8 team group, we also have some in the Academy, but please get in touch if you want to come and pick one up. I have set a challenge to all year 8's to see if they can learn to juggle, the link was sent out in an email earlier this week, it is also on the Year 8 group in teams and below.

[https://www.google.com/search?q=learn+how+to+juggle&rlz=1C1GCEJ\\_enGB823GB823&q=learn+how+to+juggle&ags=chrome..69i57j0l7.4204j0j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on#kpvalbx=\\_D-OvXumJJ\\_SDhbIPv7y4qAc67](https://www.google.com/search?q=learn+how+to+juggle&rlz=1C1GCEJ_enGB823GB823&q=learn+how+to+juggle&ags=chrome..69i57j0l7.4204j0j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on#kpvalbx=_D-OvXumJJ_SDhbIPv7y4qAc67)

Mr Lambert and Mrs Roe

## **Year 9**

May I start this week's newsletter by thanking everyone for getting the options choices in so promptly. It's obviously an unusual year this year, but I know Mr Ward is working hard to get those sorted as soon as he can. Also, I need to congratulate Year 9 students again for working so hard at the moment, despite the challenging situation and also to parents/carers for your support in what really are unprecedented times.

- We have quite a few students working so hard that they need some extra recognition, so here are this week's 'shout outs':
- Katie Lambert-Sharpe and Leah Walker for consistently working really hard in Spanish;
- Jess Druce for excellent effort and quality of work in Maths;
- Adam Edmondson for outstanding effort in English and finally
- Maddie and Freya Tilney for fantastic efforts in PE with the Nando's Fitness Challenge!

Really well done all of you!

This week we are launching a new area in our Year 9 Teams 'class'. This is called 'Break Time' and is an area for students to go and talk to each other and support each other as they would during break time at school. There're no strict times where this thread is available, but the students need to bare in mind that the channel will be monitored for inappropriate content.

Both Ms Hewitt-Coleman and myself hope you are all well and coping at the moment, but if you require any extra help or support, please don't hesitate to mention it in one of the weekly 'check in' calls.

## **Year 10**

Firstly, we hope that you and your families are well. Another week finished and starting off with some positive news this week; our Year 10 superstars for this week are:

- Jeya Kandola for an essay on William Blake's London which showed very good progress in his essay writing.
- Samuel Leverett for his work on acids and alkalis work and for making his own universal indicator.
- Alfie Sorrento for his excellent commitment to Health and Social Care work since lockdown.
- Harry Mann for his brilliant attitude shown towards BTEC Sport.
- Rosario Furia and Lottie Sanderson for outstanding effort and work shown in Maths.
- Victoire Mushengezi for beating his 5km Personal Best this week, with an incredible time of 21.49!
- Ben Ashby for demonstrating great effort in Music.
- Oliver Attoe, Tilly Butcher, Ellie Chapman, Lilia Colledge, Archie Davison, Lucy Moscrop Phoebe Prichard, Amelie Orr, Jess Roll, Lottie Sanderson, Daniel Swatman and Lola Thompson for excellent engagement with the virtual lesson delivered in English.

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. This week there has been a channel set-up on the Year 10 Team called 'break time'. The idea being that this channel can be used as a space for your child/ward to interact with one another as they would during social times at school. However, a couple of things to be aware of. Firstly, the whole year group has access and can see everything that is said. Secondly, the platform will be monitored by Miss Matthews, Mrs Lamb and the Senior Leadership Team so please encourage your child/ward to post appropriate comments only.

Now for some slightly less positive news. Norfolk County Council have taken the decision to cancel work experience this year as they will not be able to complete any of the health and safety checks at the employers who have volunteered. It is a real shame although it is difficult to imagine how everything could have been sorted safely in time even if the businesses are open. We are very grateful to the employers who have offered places. We appreciate that they have already offered significant time to our students. At this stage it is not known whether anything similar can be put in place in the future.

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](mailto:emma.matthews@open-academy.org.uk) or [debbie.lamb@open-academy.org.uk](mailto:debbie.lamb@open-academy.org.uk).

Finally, thank you again for your support during this time, stay safe, look after yourselves and your families and enjoy the long weekend!

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

## **Year 11**

I have opened a yr 11 channel in Teams call Breaktime chat (Click on the Teams icon, select the yr11 group, in posts select breaktime chat). This will be monitored by myself and available at 11.05 and 1.30 for students to come together and have a chat just like they might do at morning break and lunchtime. We have organised this to help students keep in touch in a safe online platform.

We will continue to contact you on a weekly basis where we can, to offer any support. We are particularly looking at what your son or daughter has planned for their next steps. if your child has not got anything in place, apprenticeship or college I suggest they sign into Unifrog, an invitation email was sent out by Mrs Davies. This is a website that can help with careers

advice. Also Mrs Davies and Lucy from NEACO will help with advice and information. I know it's a bit like groundhog day at the moment but having something to look forward in the future may really help.

The feedback I am getting from teachers is that students are still completing work set and in addition some are studying towards courses they may be doing next year.

My super stars this week for effort and completing work are Libby Burgess and Isobel Thurston, well done!

I hope that you will enjoy the Bank holiday weekend, stay safe and take care.

## **Year 12 & 13**

This week we have a bit more of University focus for both Year 12 and Year 13.

We hope you are all managing to stay fit and healthy by engaging in your daily exercise, either alone or with people you live with. It is also important to eat as well as you can (sorry ~ no McDonalds currently available!) and sleep well. Remember to keep in touch with your friends too. **Stay Safe, Stay Well, Stay Home**

**Year 12** - Week three of the Summer Term and we still wait to hear when schools will be able to reopen. In the meantime, it is really important that you do your best to keep up with the work set by your teachers. Please also make sure you are set up on Unifrog, so staff can write your subject references and remember to use Unifrog to aid your research for degrees and apprenticeships. Any Unifrog queries, please contact Ms Davies.

**Year 13** – Please make sure that you are ready for your chosen university/ degree apprenticeships by researching content for Year 1 of your degree. We suggest that you read around the University topics and listen to podcasts and videos. Earlier this week I emailed out a list of free downloadable University textbooks which you should all make use of. *For Year 13 BTEC students as well as A-Level Art and Photography, you do not need to submit any more work now. We will use the work we have already to inform our centre assessed grade.*

It is now time to accept your University place. Most of you will have the option to Firm - your first choice and Insure - your backup choice in case you do not meet the requirements of your first choice.

UCAS deadline to accept offers is now - **18th June 2020**

Note: this is an extended external **deadline set by UCAS**. Failure to meet this deadline will mean you will lose all your offered university places.

To accept your offers, you will need to log into **UCAS Track** and follow the steps. Please watch the video on the link below for more information before making your final choices.

<https://www.ucas.com/undergraduate/after-you-apply/types-offer/replying-your-ucas-undergraduate-offers>

Secondly, you should have all started to think about finance now. This short video clip should help. [https://www.youtube.com/watch?v=xako-efREBs&feature=emb\\_title](https://www.youtube.com/watch?v=xako-efREBs&feature=emb_title) There is also a handy guide from the University of Winchester on managing your budget which is worth a read: <file:///C:/Users/molloy/Downloads/Budgeting%20for%20university.pdf>

Please do check out the results day info graphic attached to this newsletter – it gives you a great overview of how things may go on the day and what happens next

### [Keeping well](#)

Mental Health support : [Young Minds](#) [Kooth](#)

Meditation and sleep : <https://www.headspace.com/>

Relax - mindfulness and meditation app : <https://www.calm.com/signup-flow>

Physical activities: [Sport England : Join the Movement](#)

Joe Wicks : <https://www.youtube.com/user>

Musical activities : **Create short pieces of music-quickly and easily**

<https://musiclab.chromeexperiments.com/Experiments>

**Sing with Aga-new videos released each Friday**

[https://www.youtube.com/results?sp=mAEB&search\\_query=sing+on+the+sofa+with+aga](https://www.youtube.com/results?sp=mAEB&search_query=sing+on+the+sofa+with+aga)

Please find attached the newsletter from Point 1 which includes some really excellent information if you are suffering at the moment. It gives links to a number of apps, podcasts, websites, as well as an online counselling service.

**I have said it before, but please please please do not suffer in silence. These are bizarre times, and there are always people that are here for you to speak to.**

Mrs Molloy

### **Library Update**

Our next read-a-long is here! Listen along as we read you The Secret Garden by Frances Hodgson Burnett. Each day (Monday to Friday) a new chapter is released, read to you by a different member of staff. Listen to the first few chapters here: <https://soundcloud.com/user-895185797/sets/the-secret-garden-open-academy>

We would also like to remind you that the following library clubs are now running weekly in Teams. Please contact Miss Ling if you would like to take part.

Manga Club: Monday 3pm

Book Club (all students welcome): Tuesday 12:30

Classic Book Club (KS4/KS5): Wednesday 3pm

Also please find attached the accelerated reader booklists in case you missed them last week 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.

### **Translation Competitions – Cash Prizes!**

Mother Tongue Other Tongue is a fabulous competition and a lovely way for EAL and MFL students to write or enjoy poetry. It's very flexible and there is a nice website with support. – please see the following link – the competition is on until the 20<sup>th</sup> May

<https://www.routesintolanguages.ac.uk/events/mother-tongue-other-tongue-poetry-competition-9>

The Stephen Spender Prize is another nice competition ideal for EAL & MFL [http://www.stephen-spender.org/spender\\_prize.html](http://www.stephen-spender.org/spender_prize.html)

## **Careers Update**

'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. '

## **Speakers For Schools Video Talks**

'Speakers for Schools' have put together an exciting programme of virtual talks for students and their families to enjoy covering a wide range of topics and careers. Details can be found at -

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

## **Work Experience Year 10 and 12**

Norfolk County Council have taken the decision to cancel work experience this year as they will not be able to do any of the health and safety checks at the employers who have volunteered. It is a real shame although it is difficult to imagine how everything could have been sorted safely in time even if the businesses are open. We are very grateful to the employers who have offered places. We appreciate that they have already offered significant time to our students. This decision primarily concerns Years 10 and 12. At this stage it is not known whether anything similar can be put in place in the future. Should there be any opportunities we can share with the students then we shall do so as Miss Matthews highlighted this week in her letter to her year group

## **Parents Study Opportunities**

### Mature student's webinar series

Aimed at students aged 19+ studying on Access to HE or BTEC courses (or even just thinking about coming back to education after a break), this webinar series will look to address more mature specific questions and content. Webinars include:

- Student finance and what happens next
- Student life
- Academic writing and study skills for university

For further details or to sign up for a webinar please visit our [mature students web page](#). Simply sign up for the webinar(s) you're interested in and we will send over the joining information as and when required.



We would welcome specific questions in advance, which you can email to [maturestudents@uea.ac.uk](mailto:maturestudents@uea.ac.uk), or you can ask questions throughout the session.

## **Chaplains Reflection**

**You can watch Mark deliver his reflection on the link below – or read it yourself here**

<https://youtu.be/Kba0P-69JKg>

### **Life is Like a Packet of Fruit Pastilles**

Over the last week I have been thinking about how awful this whole situation is that we are in. The overriding thought in my mind has always been “I can’t wait till this is all over”. My mind wanders over to seeing my family and friends again in person, going to roar on Norwich city at the football, the joy of making non-essential journeys and getting back to normality. Thinking about the future is a wonderful thing and it will always bring hope, but there are lessons to be learnt in the meantime and I want to share a few thoughts with you about this.

Whenever my 10- year old daughter has a packet of fruit pastilles, she tends to off load to me the colours she doesn’t like, like the greens and yellows. She keeps the black, red and orange ones to herself and unfortunately, I don’t like the greens and yellows either. Let’s face it, we all have our favourites in any packet of sweets that we eat. In saying this, life can be like a packet of fruit pastilles, we often like to pick the times in our lives that are easy, joyful, happy and care free but shun the times that are painful, sad and hard as soon as we can.

A packet of fruit pastilles is not complete without the green and yellows in it and it’s the same with our lives. If we have it easy all of the time, no lessons would be learnt. Our lives are not and never will be complete without tough times. A weightlifter does not win an Olympic gold medal without pain and hardship, a runner does not win a marathon without sacrifice or by taking the easy road.

I love what the Bible says about this. “More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope. The trials of life strengthen us, they build character like easy times never will.

In closing, although it may seem really hard at this time, we maybe are chewing on some yellow and greens. It seems awful at the moment but instead of reacting to the taste, let’s be determined to grow through all of this, make the most of the situation, keep smiling and be encouraged that our characters are developing and growing all the way through it.

You are all in my thoughts, and I pray that God would strengthen you, uphold you and give you peace.

God bless you.

Mark