



# Salvatorian College Parent Bulletin

Week Commencing 30<sup>th</sup> March 2020

5<sup>th</sup> Sunday in Lent

Sunday 29<sup>th</sup> March

Gospel reading: John: 11: 1-45

## WEEKLY ANNOUNCEMENT: LOOKING AFTER YOU!

*(Below is an announcement that we sent to pupils this week on SMHW)*

**We are all facing very challenging times, events are taking place that are beyond our control and that can seem scary for us.**

**As a school community, we are living without the day to day interactions that we all take for granted, and we need to ensure that we are doing everything we can to make these times as positive an experience as possible.**

### Tips for keeping positive during times of isolation

- **Keep in touch with family & friends** – It's not often that your teachers will encourage you to use mobile technology frequently. However, given our current circumstances it is important that you maintain contact with your family and friends and forums such as FaceTime, Zoom and Skype are great ways to do so. Maintaining this contact will also make it less daunting for you when things return to normal and you won't feel like you have been apart for such a long period of time.
- **Try and organise your day** – It's very easy to fall in to the routine of going to bed late, getting up late and lounging around in your onesie all day. However, this lack of structure will not help your motivation skills in the long term and restructuring your day will be made harder. Organise your day to ensure that you get up at a certain time and get washed and dressed in the normal way that you would if attending school. Eat regular meals and set aside time for school work and recreational times. Having a daily routine will make each day more purposeful and you will feel more motivated.
- **Keep entertained** - Netflix, PlayStation, YouTube are all easily accessible forms of entertainment that will help you to pass away your routine leisure time.
- Check out for some recommendations of programmes to watch.  
<https://www.jomec.co.uk/intercardiff/food-culture/ten-things-to-watch-while-youre-stuck-in-self-isolation>

- **Exercise** – As Mr Creamer and Mr Cooper will tell you, exercise is one of the best ways spend your time. Exercise releases hormones known as endorphins, sometimes referred to as 'Happy hormones'. These trigger a response in our brains which makes us feel euphoric feeling. If you are exercising outdoors you must remember to implement the guidelines on social distancing. Additionally, there are numerous YouTube videos available that will teach you safe and effective ways to exercise. Check out Joe Wicks Daily PE Sessions at <https://www.youtube.com/watch?v=Rz0g01pTda8>
- **Avoid Confrontation** – This is not always easy when you are spending so much time with the same people. Remember that this is a difficult time for everyone and arguing will only make things worse.

**If you feel that you are losing control of your emotions try the following tips.**

- **Breathe deeply** – When you feeling your emotions heightening take deep breaths, this will give your body a chance to regulate and your brain an opportunity to regain control.
- **Remove yourself from the situation** – move to another room or go in to the garden, distancing yourself from the other person can be a very effective way of preventing the problem from getting worse.
- More effective ways can be found on <https://www.healthline.com/health/mental-health/how-to-control-anger#1>
- **Remember that the current situation will not last forever and there are still people you can talk to if you are upset or need to talk.**
- **Samaritans** <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- **NSPCC** - <https://www.nspcc.org.uk/>
- **Mind** - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- **Child line** - <https://www.childline.org.uk/>

Stay safe,

Mrs Griffin (Deputy Safeguarding Lead)



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## SHOW MY HOMEWORK (SMHW)

**Work is being set by teachers on ShowMyHomework for pupils. Staff have been told to set work on a weekly basis for pupils, and pupils are expected to submit work electronically on SMHW where possible.**

There are a number of different formats in which work can be set on SMHW, including:

- **homework submission**, which can be marked and graded by teachers
- **quizzes**, which students have three attempts to complete a multiple-choice quiz and is automatically marked by SMHW to give pupils a result straight away
- **and spelling tests**, where pupils listen to an audio of a spelling and have three attempts (three lives) to spell the word correctly. Again, this is automatically marked by SMHW and gives pupils a result instantly.

Staff at Salvatorian College will continue to set work throughout the upcoming weeks, so please check that your child is logging on and completing the work set.

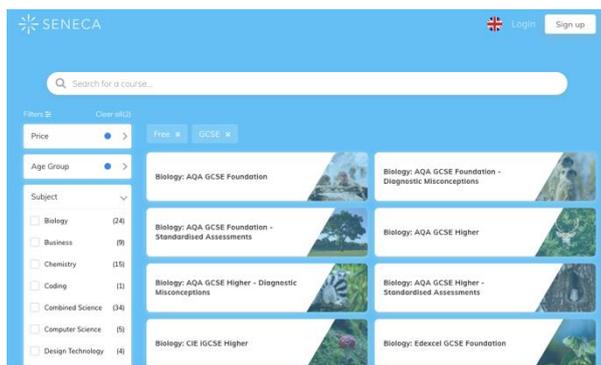
<https://www.satchelone.com/dashboard>

If you have any issues or problems with SMHW, email [admin@salvatorian.harlow.sch.uk](mailto:admin@salvatorian.harlow.sch.uk)

## REVISION RESOURCE OF THE WEEK

**Seneca Learning** is an online learning resource, which students can sign up to for free and has 1000+ KS3 and GCSE courses based on **exam board specifications**. They have condensed the content to what you actually need to know for your exams.

<https://www.senecalearning.com/>



## ZOOM LESSON TRIAL

This week, Mr Bryant (Head of School) will be teaching a Year 10 English lesson, Mr. Tissot (Executive Headteacher) will be teaching a Year 10 French lesson, and Mr Evans will be teaching a Year 10 Maths lesson to students using the video conferencing software Zoom.

If you are the parent of a Year 10 pupil and would like to sign them up to this class, email [admin@salvatorian.harlow.sch.uk](mailto:admin@salvatorian.harlow.sch.uk) with Zoom as the subject.

## ARTIST OF THE WEEK

The Art department are running various home learning projects on 'Still Life' for all students in order to study the everyday, the sometimes mundane, and the personal aspects of what a Still Life means. This project deliberately only requires access to a pen and pencil, as well as any form of paper to draw on.



This week, Artist of the Week is awarded to **Antonio Pop in 10 Francis (above)** for his online submission of his drawing of a banana using pen and scribbled mark-making. The work is inspired by Vince Low (below), an Artist Year 10 have studied earlier this year. Well done Antonio!





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## CREATIVE PROJECT: 2020 INTERNATIONAL COMPETITION

*(This is a message from Never Such Innocence regarding an International competition for 9-18 year olds)*

With the many school closures around the world, we have decided to extend the competition into May to allow all young people to be able to participate.

For the 2019/20 academic year, the Never Such Innocence competition will be bigger than ever! We have expanded our focus to include all conflicts throughout history and today, and have broadened the age range to 9-18. We are also delighted to open a new speechwriting category!

This year's theme is 'The Impact of Conflict on Communities' – We invite young people all across the world to **write a poem, speech, or song, or create a piece of art** reflecting on how a conflict has or is affecting a community. This conflict could be past or present; international, national or local. We also have two bonus categories, '75' and 'A Fight for Freedom', with special prizes - see below for more information!

We invite young people to have a strong and powerful voice to influence the world's decision makers. Visit our resource and Top Tips pages to gain inspiration or enter the competition!

**In order to make a submission, students should look out for Ms Ingram's task on SMHW.**

## READING LISTS AND FREE AUDIBLE STORIES

Ms Ingram, Literacy Co-ordinator, has assigned age-appropriate reading lists for Year 7 to 10, along with a reading log that students can fill in during the school closure. Students can find this on their ShowMyHomework dashboard.

Audible is now offering free audiobooks to students who are at home. Please follow the link to start listening.

<https://stories.audible.com/discovery>

## OPPORTUNITY TO DESIGN A MURAL IN WEALDSTONE

Salvatorian College has been chosen by Harrow Council to take part in a mural project being commissioned for the High Street.

The mural project is part of a regeneration project of areas in Harrow, with £90,000 being allocated to professional murals in key locations. Salvatorian students were due to take part in an Art workshop with the chosen 'Artists Static' on the 26<sup>th</sup> of March, but sadly due to the school closures, this was unable to go ahead. Instead, the Artists have asked that students draw up their own designs and ideas on a worksheet they have put together, and students can then submit these to the Artists for consideration.

This is an excellent opportunity for students to gain experience designing for working Artists to help transform our local community. The location Salvatorian College will be collaborating on with the artists is Flank Wall, opposite Holy Trinity Church in Wealdstone (see below).

Students (and parents) should discuss ideas and consider what the community might wish to see as a design on this mammoth of a space. Please submit designs via Show My Homework to Mr James ASAP. You can view more of their work at <https://www.welikestatic.com/outside.php>

Site 2 – Flank Wall at 33 High Street, Wealdstone - opposite the Holy Trinity Church

