

Student Newsletter 26 June 2020

The theme of this week's newsletter is overcoming challenge and developing resilience. Over the past three weeks the majority of you have been overcoming the challenge of lock down learning and new technology by engaging with live on-line lessons.

We have been very impressed with how well you have adapted to the new technology probably quicker than some of the staff! Reading through the comments from lessons we can see you asking interesting questions, engaging in the tasks you are set by teachers and in your thankyou's we can see how much you are enjoying these lessons.

Keep it up! This is a great way to continue to make progress in your subjects, connect with your teachers and other students and through assemblies and PSHE to reflect on our shared values.

If you haven't taken part in these lessons up to now and need some help to log on please let us know.

Year 9 and Year 10 email Mr Shaw – m.shaw@allsaintslearning.co.uk Year 7 and Year 8 email Mrs Baxter – m.baxter@allsaintslearning.co.uk

This is the timetable for next week. We are working on a fortnightly timetable. This is week two:

Year	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	9.30 – 10.30	English	History	Geography	Art -video	Spanish French
Year 8	10.30 – 11.30	Maths	RE	PSHE/ assembly	Science	Maths
Year 9	11.30 – 12.30	RE	Option Y	English	History Geography	Science
Year 10	13.00 – 14.00	Option X	French Spanish	Science	PSHE/ assembly	English

These lessons should go alongside the remote learning sessions that you are being set on SMHW.

Some time in school

It has been wonderful to welcome back some Year 10 and Year 12 students for lessons in core subjects and we look forward to seeing more students from these year groups over the next couple of weeks.

Challenge yourself to try something new:

As some of the restrictions to lockdown start to lift we might be feeling a bit unsure of ourselves, we have got used to one very different way of living and now we have to start to face a new different way of living. When we find change difficult, we should try to develop our resilience skills.

'Mind' the mental health charity says that to improve our personal resilience in challenging situations we should: Make some lifestyle changes, look after our physical health, give ourselves a break and build our support networks.

These ideas can seem very obvious we all know we should eat well or do enough exercise but it can be easy to forget this and difficult to actively engage in healthy behaviours so reminding ourselves of this is a positive thing to do.

Have a look at the grid, hopefully there are some activities which you have never tried before, can you attempt a new challenge this week? We know it is good for our mental health to attempt new skills; it is a way to take a break from everyday routines and even small steps towards developing new skills can be celebrated which helps to boost our self-esteem. If you try any of these it would be fantastic to hear from

STAY ALERT - CONTROL THE VIRUS - SAVE LIVES

you how you got on. You can email Mrs Baxter or Mr Shaw or use the email: studentwork@allsaintslearning.co.uk – we won't share it in the newsletter unless you are happy for us to do that.

Create a junk sculpture	Reading a piece of poetry written by a Sheffield poet	Bake a cake
Prepare and eat a family meal	Do a dance class	Write a short story
Draw a cartoon	Make some jewellery	Do some Yoga

We have always known that the students of All Saints are creative and gifted have a look at this link for yet another example of student talent – a Year 9 student has made this excellent video with a very thought provoking message <https://www.youtube.com/watch?v=x79TB1lfYJc&feature=youtu.be>

We challenged staff to try new skills read below to see their attempts at this – we have a lot of hidden talents in the staff and we are sure that this will be true of the student body as well.

Mr Amin:

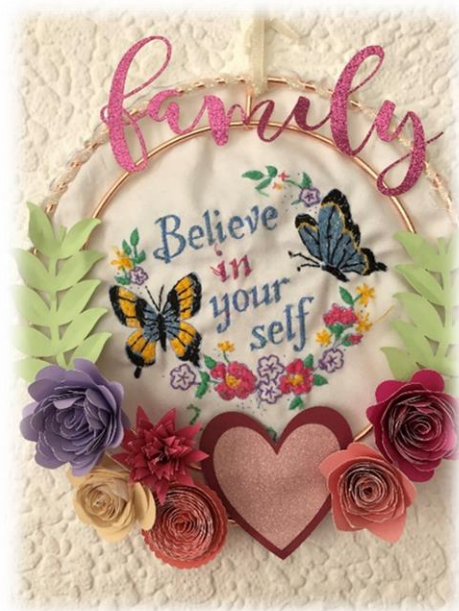
To help maintain some form of sanity, I have created a community cooking page for people to share ideas, draw inspiration from and help each other source ingredients.

It's slowly gaining traction. As a family, we are trying to minimise our impact on the planet and have made a conscious decision to eat vegetarian / vegan food more often. Last week, I made some steamed bao buns, served with marinated fried tofu and crunchy salad. The boys loved it! Long may it continue! :)



Mrs Voyse has been knitting these very cute chickens.

STAY ALERT - CONTROL THE VIRUS - SAVE LIVES



Look at this work of art made by Miss Smith.

I tried something different at the start of lock down as I was struggling to cope. I have never done any embroidery in my life but a friend told me it might help with my anxiety and get something to show for it at the end. I have attached the photo of what I did, when it was finished I put it inside a gift my cousin did for my 50th birthday and it looks beautiful. When I look at it every time I walk up my stairs it reminds me that even in times of darkness and uncertainty if you believe in yourself every thing will turn out ok.

Mrs Sweeting and her daughter have been getting creative. Yesterday my daughter and I tried something new 'cyanotype' art or sun prints. I had seen it on Pinterest and was interested so ordered a kit. It was easy to do



and quite fun, you can really be creative.

Mrs Williamson has completed the couch to 5km app challenging herself to keep running even when she didn't feel like it and now she is running 5 or 7km every other day and loves running.

Mr Weir has been baking cakes for the first time in his life and don't they look fabulous?

Trying something new is good for your mental health, your confidence and your resilience.



There are two prayers this week which you could say in private prayer or with family or friends.

From CAFOD

Lord, help me to cherish the last time I really laughed, value the last thing that I achieved, respect the last time I did something that scared me. Lord, be by my side so that I can find joy in the smallest things, appreciate the wonder of your creation and live my life to the full. Amen. Anna Field/CAFOD

We thank you, God, for those people, events and things which warm our lives and help us to grow and develop. We turn to the west to the setting of the sun, We praise you, God, for sunsets, nights, for endings in our lives. We turn to the north, and remember the challenges and difficulties in life. We ask you, Lord, for the courage to take up your call for us. Bending down to touch mother earth, We praise you, Creator God, for the things which sustain our lives. Finally, as we gaze into the sky, we think of all our dreams. We thank you, God, for your gift of hope. Centred in the Creator's universe, We recognise our part in all of your creation. Sophie Stanes/CAFOD

STAY ALERT - CONTROL THE VIRUS - SAVE LIVES