

Student Newsletter 5 June 2020

Hi All Saints,

Lessons are changing. From next week we are offering some live lessons to all year groups. To attend these lessons you need to use something called TEAMS – Mr Shaw has made you a helpful video to explain how to do this.

This is the timetable for next week. We are working on a fortnightly timetable. Watch this space for the week two timetable

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

We are sure you will enjoy these new sessions and that you will engage well with them. Our aim is to further enhance your at-home learning. To make these sessions work well for everyone there are some simple rules:

- Do not share video or screen displays
- Have your microphone on mute to reduce background noise
- Ask questions by using the chat feature
- Behaviour should be excellent

Student survey: on Show My Home Work is a short survey to check in with you and see how you are getting on during lockdown.

Calling all singers! Mrs Nicholas' Virtual Choir

Some of you will have received a notification on the school's app asking for permission to take part in our virtual lockdown choir. This has been sent to students in ASV and those who are known to enjoy singing. If you have not received a notification or if you do not have the app and would like to take part please let Mrs Nicholas know via email ASAP (t.nicholas@allsaintslearning.co.uk). The more voices we have, the better the song will sound! Instructions on how to record your part will be released soon.

If you haven't seen it already make sure you watch our staff video to students – you can find it on Twitter.



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Keeping fit – Keeping healthy

The NHS recommend that people aged 5 – 18 do at least two types of physical activity a week – aerobic exercise and muscle strengthening exercises. In fact they describe exercise as a 'miracle cure'. They say regular physical activity can improve your mood, your self-esteem, even how well you sleep.

Everyday Mr Needham has sent out daily workout for all of us to do, here he explains the theory behind them:

“The daily workouts are what are known as HIIT training - high intensity interval training; a form of exercise in which short periods of extremely demanding physical activity are alternated with less intense recovery periods. The theory is that this then leads to more calories being burnt and improved fitness levels. A lot of pro sports teams are adopting this method of training as opposed to long, drawn out steady state cardiovascular sessions as it is more effective and can be carried out in a shorter amount of time.”

If you haven't been doing these already it is never too late to start! Give it a go this week.

We asked the staff about how they are staying healthy and well during lockdown; have a read of their experiences, from Mr Weir getting fit to Mrs Drury's and Mrs Scahill's healthy eating.

Do you think Mr Weir has enjoyed going back to PE lessons? How many C3's do you think Mr Shaw gave him?

Whilst being in school I have had the 'opportunity' to join Mr Shaw's Tuesday PE sessions who has introduced me to fitness sessions that have awoken muscles I never knew I had. I say muscles only because the next day I ache! A long time ago (more than 10 years now) I played for the school staff football team and would maybe even have been described as one of the younger members of staff. Before that I would say that I loved being active playing 5 aside, running cross country, swimming, always enjoying school PE sessions and was fairly competent at squash. Since then, not being a fan of a gym environment, other than the occasional 'less than loved' 5-10km run, I would not say I have been very sporting at all, other than in enjoying to watch it. So whilst the motivation wasn't really there and Mr Shaw may have seen me as a reluctant passenger, the aches have eased as the weeks have passed and the exercises have become easier. We have done 20-40min fitness sessions (to some very questionable music taste!) socially distanced activities such as badminton, short tennis, basketball skills and Mr Shaw 'schooled' me at table tennis, although I will claim that I got more points each game and representing Scotland we love a glorious defeat. Whilst I would not look forward to a report card from Mr Shaw on my limited progress, as I still struggle completing the double leg raises, I am determined moving forward to be a little more physically active and to find the time for a bit of exercise.

Mr Morgan meanwhile:
... Firstly, to raise money for our NHS heroes, my teammates and I have been running for the last 8 weeks to try and complete as many marathons as possible. This ranged from 4 to 8 miles per run for myself and on Sunday I managed to reach 52 miles (2 marathons) which contributed to over 300 miles, 11 marathons' worth of running and over £300.00 in charitable donations.

Plus daily HITT workouts for muscle definition and general fitness.

Mrs Drury has got on her bike, naturally it is bright and stylish:

I have bought a bike and been on my first bike ride (in more years than I care to admit to!). I bought a bright blue bike and a yellow helmet as pink wasn't an option:(I have just signed up to the 'Zero to Hero' (Anthony Nolan) initiative which is to run 30 in 30 = run 30 miles in the 30 days of June.

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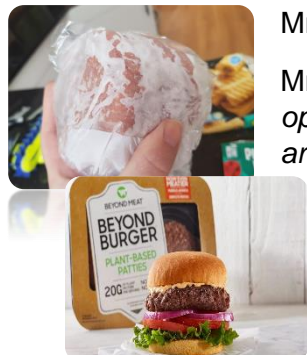
During lockdown I have been keeping fit by walking my dog on a daily basis, it has been a slow walk due to her having arthritis and being 11 years old, however she still likes to join in when I'm doing Yoga. Being able to access fitness classes online has kept me fit during lockdown. My mum has been teaching Pilates, Boxing and Step Aerobic classes so I have been taking part when I can. I have also managed to keep some of my Zumba ladies fit by teaching them online in the evening. My best tip for staying healthy whilst at home is to try and stay active, even if this means going on a short walk. Eat well and try and drink plenty of water, try and get a good night's sleep, rest and relax so you wake up feeling refreshed.



Mrs Scahill and Mrs Voyse have been eating well.

Mrs Scahill *"We created a meal plan early on in lockdown. The options are always healthy and the kids relish knowing what we are having each day. We have used our local fish monger each week too, lovely seabass and halibut we have managed to maintain from our pre lockdown life. We have also all got fitbits, we make sure that we all encourage one another to achieve our daily step counts. We've been doing Joe Wickes each morning as a family too!"*

The kids like burgers so we have swapped out the meat varieties for some vegan options and they've not noticed"



Would you have spotted the difference?

For a masterpiece of healthy eating look at this delish dish made by Mrs Voyse: sliced potatoes layered on parmesan cheese, baked, then spread with creme fraiche and wilted spinach and bolognaisse sauce, sprinkled with mozzarella and baked, 😊



Want to try some cooking yourself? BBC food has lots of healthy recipes just follow this link:

https://www.bbc.co.uk/food/collections/healthy_recipes_for_kids

Healthy Eating and exercise can all help you to stay happy and well but sometimes things can feel overwhelming – it is important to look after your mental health as it is your physical health. The NHS has some helpful top tips including exercise and also some places to go for support is you need it.

Follow this link to their page: **One You Every Mind Matters** <https://www.nhs.uk/oneyou/every-mind-matters/>

Thinking sensibly and staying safe in the beautiful outdoors.

We are lucky in Sheffield to have beautiful countryside all around to visit but it is important to stay safe. This week Yorkshire Water contacted us with a reminder of the importance of being sensible around water sites, this is some of the advice they sent:

In this current hot weather, people are often tempted to cool down by taking a swim in reservoirs or rivers. However, cold water can be a killer and we'd like to raise awareness of these risks amongst your school community. Cold water shock can lead to hyperventilation, increased blood pressure, breathing difficulties and heart attacks plus water temperatures remain just as cold in summer as in winter. We are supporting the 'Float to Live' safety message from the Royal National Life Saving Institute (RNLI). Everyone who falls unexpectedly into cold



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water wants to follow the same instinct, to swim hard and to fight the cold water. But when people fight it, chances are, they lose. Cold water shock makes you gasp uncontrollably and breathe in water, which can quickly lead to drowning. If students find themselves unexpectedly in the water, the message is to float until the cold water shock has passed and they will be able to control their breathing and have a far better chance of staying alive.

Need more to do?

- Try Mr Chadburn's boredom quiz - he has sent this round on email – look out for the answers and next week's quiz.
- Mr Cassidy is sending out the Maths Puzzle of the week - these tricky quizzes will keep your brain active, answers and new questions come out every Monday.

Every person everywhere in the world is made in the Image of God

Christianity is based on a number of central beliefs; one is that God made the world and another that every person is made in the image of God.

It doesn't mean that we look like God or sound like God. What it does mean is that every human no matter where they come from or what they look like or how they sound is a sacred holy person. All people are equal in the eyes of God, all people are valuable.

The Church shares this message with us in a number of ways; Pope Francis has said: *"All life has inestimable value even the weakest and most vulnerable, the sick, the old, the unborn and the poor, are masterpieces of God's creation, made in his own image, destined to live forever, and deserving of the utmost reverence and respect."*

In the Catechism of the Catholic Church we can see what this idea means for us in everyday life: *Every form of social or cultural discrimination in fundamental personal rights on the grounds of sex, race, colour, social conditions, language, or religion must be curbed and eradicated as incompatible with God's design*

This means that as a Catholic community we must not discriminate against others. It also means that we have a mission to challenge discrimination when we see it. We are called to stand in solidarity with those who are discriminated against. We cannot turn a blind eye to racism or sexism or homophobia. We can and should make it clear that those things are wrong. Round the world prominent figures including Barak Obama, and Meghan Markle have talked about the importance of challenging racism and how we are all responsible for this. Closer to home the Sheffield Star has an article about a local school who have written to all their families expressing their solidarity for the Black Lives Matters movement. We too must be a force for good we must challenge racism where we come across it. We must be a community of equals and take those gospels values into the wider world.

Dr Martin Luther King puts it beautifully when he said: "We need leaders not in love with money but in love with justice. Not in love with publicity but in love with humanity"

Dear Lord,

We pray in thanksgiving for this wonderful creation you have given us, we offer thanks for each and every person in the world, those who are just like us and those who are different from us. We know that we are all your children.

Lord we ask for you help and strength in building the world you want for us, a place where every person is respected, valued and looked after. Lord help us to have this aim in mind in everything we do. Help us to live out the messages of our faith every day.

Amen.

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