

HOLYWELL SCHOOL

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THE CHURCH OF ENGLAND
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ST ALBANS

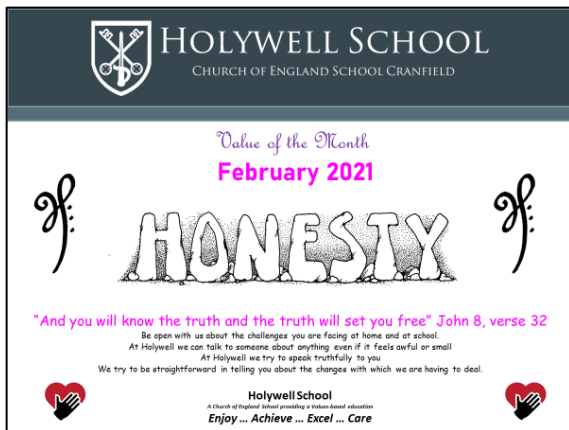


*A Church of England School
providing a Values Based Education*

Update Letter – 12-02-2021

Dear students, parents and carers

Well, here we are at the end of another challenging half-term in Lockdown. I think everyone has been magnificent in handling this difficult time and I hope that we all have the chance next week to pause, reflect and re-charge. I know some parents will still be working and juggling child-care with work – all we can do is 'do our best' – this time will pass and we will be back to a new normal soon.



ASSEMBLY

As our value of the month is Honesty, this week's **assembly** explores honesty in a number of different ways – from some in-school honesty challenges to a lovely reflection from Reverend Isaac Pain. Reverend Isaac is the new rector at St Peter and St Paul's Church in Cranfield. He started his ministry with us in Cranfield just before Christmas and we are looking forward to working with him. Have a watch of



the assembly to find out a bit more about Reverend Isaac ... is he a Marmite-lover? what is his favourite football team? ... and who is his sporting hero? **Link to the assembly is:**

<https://youtu.be/qjpDe1zq5Nc>.



SHROVE TUESDAY AND LENT

This time last year, we were looking forward to an RE-themed day looking at **Shrove Tuesday** and Mardi Gras – which precedes Lent and a time of prayer, reflection and action. Lent is also traditionally a time of giving things up. In the Christian calendar, Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent. So that no food was wasted, families would have a feast on the 'Shriving Tuesday', and eat up all the foods that wouldn't last the forty days of Lent without going off. The need to eat up the fats gave rise to the French name Mardi Gras ('Fat Tuesday'). Pancakes became associated with Shrove Tuesday as they were a dish that could use up all the eggs, fats and milk in the house with just the addition of flour. Here is an easy recipe for you to try:



Pancakes

Ingredients

100g plain flour

2 large eggs

300ml milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying

lemon wedges / caster sugar / golden syrup to serve (optional)



Headteacher: Mr MG Simpson MA, NPQH

Deputy Headteacher: Mr S Van Der Merwe – Deputy Headteacher / Designated Safeguarding Lead: Miss A Stewart

Assistant Headteacher: Mrs H Donnellan – Designated Safeguarding Lead / SENDCo: Mrs J Davies

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Method

STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

STEP 3

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

STEP 5

Serve with lemon wedges, caster sugar, golden syrup or your favourite filling. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.


Lent is the six-week period leading up to Easter. For Christians, Lent is traditionally a time of solemn observance and preparation for the celebration of the death and resurrection of Jesus at Easter. It starts on **Ash Wednesday**. It is often a time of fasting or of giving something up. More and more Christians are turning to the **40acts challenge as a way of doing Lent differently**; using simple daily reflections and **acts of generosity** as a way of putting others first during preparations for Easter. Last year we were delighted to be part of Lent 2020: God in this Place – an initiative from the Diocese of St Albans. Based around the story of Jacob's Ladder from Genesis (28: 10-22), each week of Lent explored a different theme: Journeying through life; Dreams; Promises; Worshipping; and Journeying with God. Some of our students were involved in creating video resources for this initiative. This programme has been 'refreshed' for 2021 and we have used this framework to structure our own **Holywell 40acts challenge**. This is something that everyone in the Holywell Community can take on, regardless of their faith – 40 fun daily challenges designed to help us reflect, pause and do something for someone else. Have a look at the challenge sheet attached and see what you can do for others.

For 'At Home' worship materials, the Diocese have made resources for families to use based on the 'God in this Place' materials. They can be accessed at:

<https://www.stalbans.anglican.org/schools/journeying-with-jacob-home-open-access/>.

For the last few years we have had 'Giving Jars' in school – this is a jar in which we 'give' loose change which we then collect together and pass on to charity. Have a go at home and, when we return to school, we will collect all the collections together to support NHS Charities Together.

**NHS CHARITIES
TOGETHER**



**JOURNEYING
WITH JACOB**
Home

A suite of worship resources based on the 'Lent 2020: God in this Place' materials produced for church schools in the Diocese of St Albans, adapted for children and young people to explore with parents/carers at home.



DEALING WITH STRESS AND ANXIETY

On Wednesday 10th February at 7.30pm, Cranfield Academy invited all Cranfield and Holywell parents to a Parent Support Workshop with Mr Piatczanyn, Mrs Dormer and Liz Fordham from www.makingme.org.uk. "Making Me" is a Bedford-based charity whose mission is to give children the power to thrive. What underpins their vision is the concept that 'knowledge is power'. Therefore, their goal is to provide a platform of learning whereby youngsters can build resilience, understand and communicate their emotions, embrace their mental wellbeing and make informed choices about the person they want to become. Liz's workshop explored how parents and staff can support our children's social, emotional and mental well-being at this time.

Here are some key ideas and tips from the session:

- 'Abnormal' has become the new normal and there has been an increase in students experiencing anxiety and loneliness. We need to acknowledge this ... however, this will pass!
- Stress is necessary – it keeps us safe and it keeps us motivated ... however ...
- The uncertainty and lack of control we are all facing at the moment has led to an unusual increase in levels of stress which is resulting in people 'flipping their lid'.
- 'Flipping the lid' is like being in a snow globe with the 'snow swirling' ... we can't get rid of the snow (ie. we can't get rid of the pandemic), so we need to find ways to let the snow settle (ie. ways to reduce anxiety levels and ways to deal with the uncertainty and stress).

Liz offered three ways to help the children:

1. Resource, don't rescue
2. Be their secure base
3. Look after our own wellbeing

How do we do this?

SEE



SEE

HEAR



HEAR

HOLD



HOLD

SEE

- See the child needing to communicate
- Look beyond the behaviour
- Give a lot of time and attention to the behaviours you want to see (eg. being calm, occupying themselves)

HEAR

- Normalise the feelings
- Create set times to talk about worries (eg. catch-up on Friday afternoon)
- 'Boundarise' the time for talking about issues
- Teach an emotional vocabulary – help the children to communicate their feelings

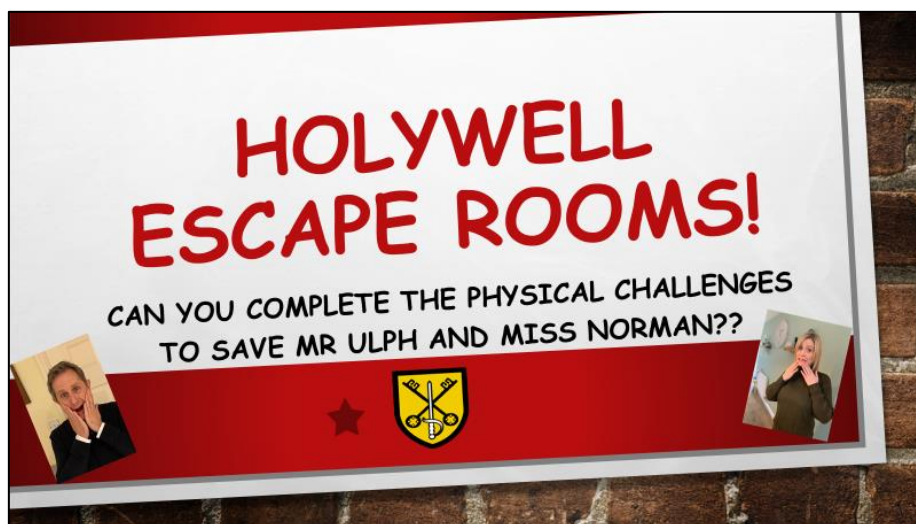
HOLD

- Create a sense of security, safety, control – "I'm the adult in your world – I've got you"
- Eat the elephant one mouthful at a time
- Create and maintain routines and predictability

We are hoping to do some further work with students, parents and staff around this as we go through the rest of the Spring Term and into the Summer Term. Further resources on wellbeing are available via this link: https://drive.google.com/drive/folders/13vT9-5jIXsVOkCucfanlvA4pHb_KH7pB?usp=sharing

COMING SOON! STRICTLY COMES TO HOLYWELL

We are in the process of securing a link up with Professional Dancer and 2016 Strictly Come Dancing winner **Joanne Clifton**. This involves Joanne leading a series of activities for students (and adults!) as well as a Q and A session where she will explain all about her career, achievements and offer advice about achieving goals and dreams. **If anyone has any questions that they would like to ask Joanne then please email Mr Eames** (meames@holywellschool.co.uk) within the next couple of weeks. Up until then...Keeeeeeeeeeep Dancing!



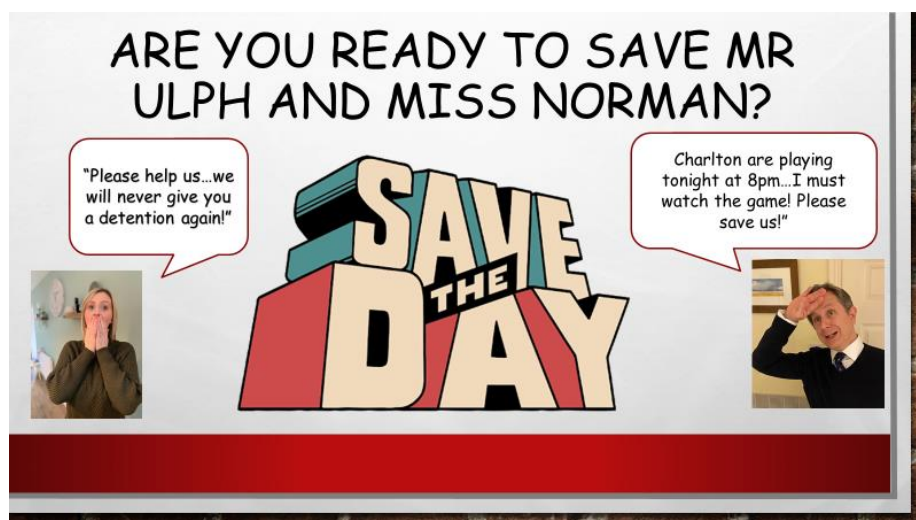
Here's a Half-term challenge form the PE Team:

The school has been taken over by students from a rival school and the Heads of Key Stage need saving! You must make your way through 5 different rooms, all with different Physical / Sporting challenges, in order to free them. Each room you complete will earn you a key, with you needing all 5 keys to free the staff! You can only move onto the next room once the previous challenge has been completed.....



FULL DETAILS OF THE CHALLENGES IN EACH ROOM WILL BE SENT OUT **TODAY** VIA SHOW MY HOMEWORK / SATCHEL ONE

In order for MR Ulph and MISS Norman to be rescued, we need at least 50 of you to take part (with photo evidence!). Send Your Evidence in to MR Eames via s.m.h before it's too late (TUES 23rd February)!



THE HOLYWELL WHOLE SCHOOL HALF-TERM HOME CHALLENGE!



In April last year we challenged all Students, Parents, Carers and Staff of Holywell to complete a selection of random challenges. Some are easier than others, some will need you to be extra creative, some will take you out of your comfort zone (or lazy zone) and some you'd never think to do were it not for this challenge!

See how many of these challenges you can re-do over half term – tick off a few each day – JUST FOR FUN!

Take care, be kind and look after each other!

Guidelines:

- Before completing each task, you will need to get permission from a parent/carer.
- You can work together with people at home to help you complete the challenge but YOU must be involved in each task.
- For each task, you will need to demonstrate a 'Take Care' approach ensuring you are respectful towards other people.
- This challenge is solely based on having FUN and looking after your WELLBEING!
- You can get an adult to send us pictures of some of the things you are doing from the challenge – challengeoftheday@holywellschool.co.uk.

Top Tips

- Plan out when you are going to complete each task.
- Think about what resources you could use before you start a task.
- Talk to your friends/family for advice/ideas.

Task	Notes/Evidence
1. Read a book in the most unusual place you can think of	
2. Write your own rap/song	
3. Build the highest tower you can out of household items	
4. Create an obstacle course in your garden	
5. Build a den that can fit at least two people in	
6. Make something out of toilet roll cardboard tubes (no limit to how many you use or what you make!)	

Task	Notes/Evidence
7. Create a video message which can be shared with family/friends/teachers	
8. Have an indoor treasure hunt	
9. Learn or choreograph a dance routine	
10. Make an indoor restaurant and serve your family	
11. Tidy your bedroom without being asked to by a parent (parents signatures required to confirm!)	
12. Give five compliments to people throughout the day	
13. Have an upside-down meals day (breakfast for lunch etc)	
14. Have a game of noughts and crosses	
15. Spend the whole day in your pyjamas	
16. Sketch something in your house/garden	
17. Tell a joke to make people laugh	
18. Design your own indoor sports game	
19. Use the resources in your house to make a musical instrument	
20. Host a talent show with the people at home	
21. Create your own science experiment using the things you have at home	
22. Design your own paper aeroplane	
23. Listen to a whole story (for free) via Audible Stories https://stories.audible.com/start-listen	
24. Wear your best clothes for the day	
25. Create a music playlist (spotify, youtube, on paper etc)	
26. Wear sunglasses inside for the day	
27. Do 10 pushups, 10 situps, 10 burpies, 1min plank and 1 min run on the spot or round the room.	
28. Create a photo journal of 1 week during your time at home while school is closed.	
29. Bake a cake	

Task	Notes/Evidence
30. Draw a really good picture, colour it in and give it to someone	
31. See how long you can hold a handstand	
32. Have a relaxing shower or bubble bath	
33. Organise your bedroom	
34. Make water your only choice of drink for the day	
35. Write down 10 things you love about yourself	
36. Do a jigsaw puzzle (there are always apps you can use)	
37. Open your window and listen... what can you hear outside?	
38. Watch the sunrise	
39. Go a day without complaining!	
40. Birdwatch	
41. Watch the sunset	
42. Go to bed without your phone at least once a week	
43. Contact a friend and write a poem together	
44. Try a food you have never tried before.	
45. Don't use your hands for two hours.	
46. Illustrate your favourite value.	
47. Make breakfast in bed for someone (everyone) at home	
48. Make a collage (about you, your favourite something, your time at home...)	
49. Have a movie night at home and write a review	
50. Look in the mirror and tell yourself you're doing good	

A PLEA FOR HELP AFTER HALF-TERM RE: CRITICAL WORKERS

We are trying to support as many students and families with our critical worker provision as we can, however, (and pardon the pun) we are getting to a critical point. There are no guidelines on group size during this current Lockdown and, whilst we are trying to keep group numbers safe and manageable (15-20 per group), we are almost at bubble-breaking point. After half-term, we will have two bubbles per year group ... with the probability of having to create further groups if numbers continue to rise. The more groups we have in school, the more staff we will need in school ... and that means the less time staff will have to do catch-ups and live lessons with students at home. Please only use this provision if there is no alternative.

REMINDER 1: Wellbeing 1-1 support

Looking after the wellbeing of the students of Holywell is one of our main priorities, especially at this difficult time. We are now in a position to offer 1;1 support for any of our pupils who would benefit from it. We are able to book appointments in school and Wootton Lower School have kindly offered us a room to ensure that we can accommodate those living in both villages. If you believe this is something that would help support your child over the coming weeks, please email Miss Stewart on astewart@holywellschool.co.uk to arrange an appointment.

REMINDER 2: Virtual Parents' Evening for Year 7 – Tuesday 23rd February and Wednesday 24th February 4pm-7pm

If Year 7 parents/carers haven't already signed up for subject-based appointments, there is still time (and booking will be open during half-term)! The process is relatively straightforward with no software or applications to download and meetings can be kept using smartphones, tablets, or laptops and can be made with or without video function. Once appointments have been made you will be sent an email to confirm the times and dates. You will also be able to change or cancel appointments if circumstances change.

To access a very clear and easy online tutorial for parents to learn how to make appointments and attend the meetings please use this link <https://support.parentseveningsystem.co.uk/article/801-video-parents-how-to-attend-appointments-over-video-call>. To log into the site to make appointments and attend the meetings on the night please go to holywellschool.schoolcloud.co.uk and sign in. We look forward to catching up with you. *Please remember – You need to log into the video call – this is different to the phone call catch-ups in the Autumn Term – don't sit at home waiting for a call! Log into the video link and teachers will appear at the allocated time.*

Year 8 information will be available soon.

REMINDER 3: Tech Support

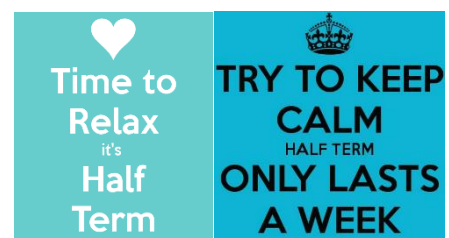
If you need support with technology, please contact us and we will do our very best to help. We do have a small number of i-pads and laptops available for loan through the DfE scheme.

IT'S ALL A MATTER OF PERSPECTIVE ...

.... aim for the first mindset!

... and finally ...

- Take time at half-term to do things together as a family – try some of the games recommended by Mr Hillard or try one of the Holywell challenges.
- Don't worry if you haven't completed all your work from this half term .. do what you can and we'll 're-set' after half term.
- Stay safe and well.



Best wishes

Mr Simpson

