



Holywell News



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May 2021

Headlines from Mr Simpson:



Over the last few weeks in school, we have been charting the progress of this swan on her nest which I discovered on a 'Connect with Nature' walk in Milton Keynes. 'Connect with Nature' was the focus of this year's Mental Health Awareness Week and was a very timely focus as many staff and students have found the last half term particularly challenging. Getting out for a walk has certainly helped me to 'clear my head' at the end of a stressful day. Going for a walk has been an important part of everyone's routine during lockdown and this is something we should all continue to do.

Before half-term, I shared some video of the swan feeding and swimming 'off-nest' before she re-arranged the eggs in the nest and

hopped back to her job of keeping them safe and warm. This was a brilliant example of how we all need to look after ourselves *before* we look after others; I am often reminded of the instructions in the safety drill when flying off on holiday in an aircraft (remember holidays abroad?): that

the passenger should always fit his or her own mask on before helping children or any persons requiring assistance. This was exactly the

message we had as part of our self-esteem assemblies – how we need to attend to our own mental health and wellbeing before we look after others. The 5 steps we can take to improving our mental health are:



1. Connect with others



4. Give to others



2. Be physically active



3. Keep learning



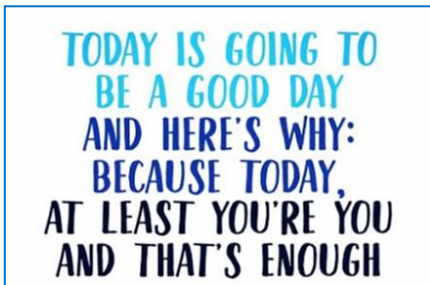
5. Notice: Pay attention to the present moment



Holywell School

A Church of England School providing a values-based education
Enjoy ... Achieve ... Excel ... Care

'Connection with others' is so important – especially communicating how we are feeling – no matter how tough that may be. We can never know what someone else is feeling unless they communicate those feelings. Liz Fordham from 'Making Me' talked about the importance of this in her 'stress workshops' with all students, making sure that everyone had a network of trusted adults to talk to. Liz also talked about 'taking control' in a positive way – finding positive outlets for feelings – this might involve writing things down, expressing feelings through



art, mindfulness-style meditations, taking time out, creating lists of things to be grateful for, identifying set times for 'worry sessions' with trusted adults, noticing things around us, being active or simply writing a list of things to do. Liz's final 'tip' was to 'have fun'. Having fun releases 'fun hormones' (endorphins and dopamine) which counter and balance the stress hormones of adrenalin and cortisol. This might be in terms of learning something new or just simply doing something we enjoy – particularly with family and friends.

Once we have looked after ourselves, we can then think about 'giving to others' ... which links perfectly to our Value of the Month for June: SERVICE. Our Values Ambassadors and Mrs Donnellan have used this lovely Bible quote to encapsulate the essence of 'our take' on service: *"Everyone has received grace gifts, so use them to serve one another as faithful stewards of the many-coloured tapestry of God's grace."* 1 Peter 4:10.

The Values Ambassadors have also thought very much about each of us as 'unsung heroes' – where within our community, we help each other without making a fuss, without wanting recognition or without wanting reward for helping others:

- *Unsung heroes lend a hand to everyone who is struggling.*
- *Unsung heroes go the extra mile to help others.*
- *Unsung heroes use their skills to help people who are out of their depth reach the surface.*

At the Last Supper Jesus washed the disciples' feet as an act of humility and service. Although foot-washing is often done as part of Maundy Thursday ceremonies, today, the main purpose of Jesus' action was to demonstrate service to each other. So, do we have to wash the feet of others to show service? No! We can show service, humility and love in other ways that do not require the literal washing of feet. Here are some ways we can show service:

- Engage in a random act of kindness;
- Leave flowers on a friend's doorstep;
- Call someone just to check in on how they are doing;
- Share words of love and appreciation;
- Make amends for something you have done that may have been hurtful;
- Stand up for those who are unable to do so for themselves;
- Support someone, even if you do not agree with their choices;
- Lend a listening ear to someone going through tough times;
- Use our God-given gifts in new ways to serve others.



Here's hoping we have a brilliant month where we can serve and support each other to be the best we can be.

Best wishes
MG Simpson
Headteacher

PSHE Day 2021

Every year we suspend our normal timetable for one day and focus on different aspects of the PHSE curriculum. PSHE covers Personal, Social and Health Education. The focus for each year group was as follows:

- Year 5: Health and Safety
- Year 6: Wellbeing
- Year 7 British Values
- Year 8: Careers.

The whole day was very timely this year and provided everyone in school with an opportunity to 'do something different'. We had contributions from Bedford Blues Rugby, Making Me, a live Yoga/Pilates coach, a cast member from West-End musical 'Stomp' teaching body percussion, virtual sessions on careers from 'Worktree' and business people, Staff and Governors' support with Year 8 presentations from Ms Kendall, Mrs Stephenson, Mrs Willoughby and Rev Pain, and creative, challenging, thought-provoking and practical sessions from in-school staff. Staff, students, volunteers and visitors were all amazing ... the day was a real tonic. Thank you to everyone who planned, shared, delivered, covered, took part, supported or helped in any way ... and a HUGE thank you to Mrs Gough for all of the organisation behind the day. It was a great achievement to create this valuable experience for everyone in these Covid-19 times.







Travel Survey from Central Bedfordshire.

<https://sustrans.onlinesurveys.ac.uk/central-beds-schools-parent-survey-2021-copy>

Please complete the online survey from CBC. Last year there were over 3,000 responses, which provided some useful insight into school travel behaviour and attitudes.

Participants will be entered into a prize draw to win a bike or bike voucher.

Hydration Guidelines



At Holywell we encourage students to keep hydrated and we recognise the importance of drinking water regularly through the day.

Why is water important?

Water makes up approximately 80% of the brain and is an essential element in neurological transmissions. Poor hydration adversely affects a child's mental performance and learning ability. Dehydration is simply not having enough water in your body. Mild dehydration may include tiredness, headaches, reduced alertness and ability to concentrate. Mental performance including memory, attention and concentration can decrease by about 10 per cent, once thirst is felt and continues to decrease as dehydration increases. Thirst is usually felt when dehydration results in 0.8 - 2 per cent loss of body weight lost due to water loss. As children don't always recognise the early stages of thirst, they are at risk of becoming dehydrated. Even mild dehydration can make children irritable, and can cause tiredness, headaches, lack of concentration, reduced mental performance and dry skin. Water consumption also has an immediate alerting and revitalising effect. The key to boosting the capacity to learn is to keep well-hydrated throughout each day (ideally from a personal water bottle within arm's reach).

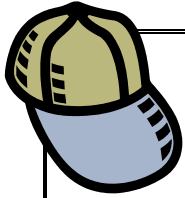
Organisation in school

- All students should have a water bottle (labelled) and they are encouraged to take regular sips during the day.
- Bottles must be anti-spill bottles - NOT GLASS - with sports tops.
- Water bottles should be carried separately from school books and library books.
- Water bottles are not allowed near electrical equipment.
- Water bottles and drinks must be for personal use only.
- Teachers have the final word in lessons as to when and if they can be used.
- Bottles must contain still WATER! Flavoured still water or sugar-free squash is also an acceptable alternative, however, water is best! (Fizzy drinks – including sparkling water drinks or power drinks – are not allowed in school.)



If your child is away from school

A telephone call, email or WEDUC notification
is required on the
first day of absence, before 10.00 am



Sunhats and Sun Protection Cream

Please ensure that your children are equipped for any hot weather with a sunhat (baseball cap style) and sun protection cream. Students can bring sun cream into school, but must be able to apply it themselves – staff are unable to apply it for them.

Students are encouraged to have water bottles and sun hats with them during P.E. lessons.



Hairstyles, Make-up and Jewellery



Please remember that **extreme haircuts and colours** are not part of our school uniform!

- **HAIRCUTS MUST NOT BE SHORTER THAN A NUMBER 2**
- **'CUT IN' DESIGNS (INCLUDING LINES) ARE NOT PERMITTED**
- **DYED HAIR IS ALSO NOT PERMITTED**

If you are in any doubt about the acceptability of a hairstyle, please contact the school beforehand.

Make-up (including **nail varnish**) is not allowed.

To avoid loss and any dangers or accident to the wearer or another pupil, expensive items of jewellery must not be worn.

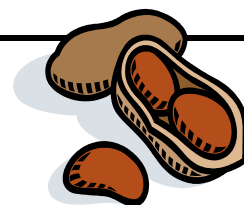
No Aerosols Please



Please remember that aerosols / sprays (deodorants, hairsprays, etc.) are NOT ALLOWED TO BE USED IN SCHOOL.

We have students and staff with allergies to the gases and spraying such aerosols can cause severe allergic / medical reactions. Please be considerate.

ABSOLUTELY NO NUTS OR NUT PRODUCTS IN SCHOOL



Could everyone please be aware that we have several children and members of staff with **severe nut allergies**. If your child comes to school with a packed lunch, or just brings in snacks for break time, **please ensure that nuts are not included** in any shape or form (**including Nutella or Peanut Butter**). Your co-operation in keeping everyone safe at Holywell is greatly appreciated.

For those students having school dinners provided by AiP, please ensure you have completed their '**Special Dietary Allergy/Medical Meal Request Form**', available from the Kitchen.



Summer Uniform



During the summer term students have the following two options re: uniform:

- a) **Either continue to wear blazers, white shirts and ties.**
- b) **Wear a white polo shirt (without a tie) and a blazer**

Shorts: School shorts are included as an option for summer uniform. The length should be just above the knee to just below the knee. The shorts must be plain grey tailored shorts. No combat style shorts, skinny / cycling shorts, or shorts with pockets further down the leg. No designs / appliqué or stripes. No denims, cord, linen, combats or cropped trousers allowed.



Skirts must be below the knee in length.

Socks must be plain grey, black or white.

Shoes are required as part of our school uniform.

PE Kit to be worn on days when PE lessons are scheduled.



Traffic update from Central Bedfordshire Council and the Parish Council



This is to advise you that parking restrictions are set to be installed in Red Lion Close w/c 1st June 2021.

In essence the scheme will introduce 'No Waiting restrictions', Monday to Friday, between 08.15 to 09.00 and between 15.15 to 16.00. There will also be No Waiting at any time on short stretches of road, principally the two bends on the 'spur' access.

The scheme was advertised for public consultation on 16th July 2020 for a 21 day period and a total of 3 representations were received, of which 1 supported the scheme and the other 2 were neither in favour or against. The scheme was then considered by CBC's Traffic Management Committee on 15th December 2020 and approved as set out on the basis of improved child safety and a reduction of traffic congestion at peak hours.



Emergency Contact Details



Please remember to inform the school office of any changes to your contact details. This includes **change of your home address, telephone numbers** (even temporary changes) **and doctors' details.**

This is very important, as it enables us to reach you in case of emergency. Thank you.

Attendance and Holidays in Term Time



School attendance became mandatory again for all students from 8 March 2021. Parents / Carers should be aware that under current government guidelines **we can NOT give permission for any holiday in term time.** Holidays will be classed as **unauthorised absence** for your child. There may, however, be events that a student takes part in out of school which require him / her to miss a school day – we will continue to consider that sort of request. However, it is clear that the government and external authorities will want a very persuasive argument for us to be allowed to record any absence as a permitted time out of school. **No leave will be authorised during the first two weeks of the school year or during exam periods.**

Parents/carers wishing to apply for leave of absence are required to fill in a **Leave of Absence Application Form** in advance and before making any travel arrangements (available from the school office and to download from the school website). We always take a reasonable, supportive approach to requests (especially with regard to fines) however, taking 'the odd day' here and there can have a HUGE impact on learning.

WEDUC Communications from School



Please note that we no longer use Parentmail. We now use **WEDUC** to communicate with families.

We **STRONGLY RECOMMEND** that at least one parent/carer downloads the **WEDUC** app.

If parents/carers need an enrolment code, please email Miss Watson on awatson@holywellschool.co.uk who will be able to supply one. Thank you.

Charity News

Charity non-uniform day (Friday 28th May). We are supporting **Making Me** and **The Charlie Waller Memorial Trust** with a voluntary charity non-uniform day this Friday. If students want to come to school in 'mufti', please bring in a £1.00 donation. Let's see how much we can raise to support these wonderful charities that have been so generous in supporting us in school.



Captain Sir Tom's 100 Challenge & Non-Uniform Day on Friday, 30th April. Captain Sir Tom Moore inspired millions around the world and brought comfort and joy to so many during the pandemic. We raised the grand total of **£471.51** which we donated to The Captain Tom Foundation.

Non-uniform Day on Friday 26th March. As we came into the last few weeks of Lent and into Easter week, we ended our term with another charity non-uniform day. The collection from non-uniform day and contributions from the 'Giving Jar' project were donated to **NHS Charities**. We raised the total of **£487.93**.



PE Clubs Timetable / Use of the Field

Summer Term 2nd Half 2021

	PE Clubs
<u>Monday</u>	Y5 Cricket - Sports Hall (LG) 13:35 - 14:05 Y7 Boot Camp/Boxercise - Gym (EA) 13:05 - 13:35 Y7 Girls Rounders - Field (EM) 13:05 - 13:35
<u>Tuesday</u>	Y6 Rounders - Field (SS/MK) 13:35 - 14:05 Y8 Athletics (ME/LG) - Field 13:05 - 13:35
<u>Wednesday</u>	Y7 Athletics - Field (CSI/MK) 13:05 - 13:35 Y8 Table Tennis (ME) 13:05 - 13:35 Y5 Tag Rugby - Field (JU/MK) 13:35 - 14:05
<u>Thursday</u>	
<u>Friday</u>	Y6 Athletics - Field (ME/EM) 13:05 - 13:35 Y8 Girls Rounders - Field (CSI) 13:05 - 13:35

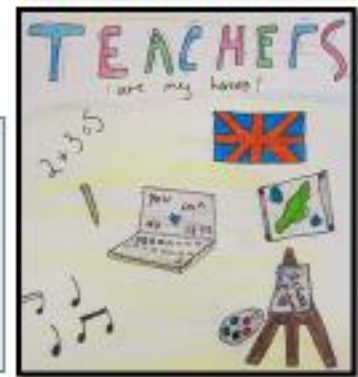


Art Department News

Royal Mail Heroes Stamp Design Competition



Earlier this term, we asked pupils to accept the challenge of designing a stamp for a national Royal Mail competition. We have had some exceptional designs which are being sent off to be judged by Her Majesty the Queen! Here are just some of our entries and we will keep you posted if and when any of our designs win!



Year 8 Option - Maths and Art



Year 8 Art Option pupils have been looking at the links between Maths and Art, including 'Fibonacci's spiral' and 'The Golden Ratio'. They have the opportunity to create a piece of artwork to be framed and go on permanent display in our Maths department.



Only those who attempt the absurd
will achieve the impossible. I think
it's in my basement... let me go
upstairs and check.

— M.C. Escher —



DATES FOR YOUR DIARY



28 May	Break up for Half Term
7 June	Return to School
24 June	Values Day - based on value of Service
7 July	Year 4 transition students in Holywell
13 July	Summer Concert
15 July	Year 8 Awards Evening
22 July	End of Summer Term

Term Dates 2021 - 2022

AUTUMN TERM 2021

Closure Day – Thursday, 2nd September

Closure Day – Friday, 3rd September

Term Begins – Monday, 6th September

Half Term – Monday 25th October to Friday 29th October

Closure Day – Friday 26th November

End of Term – Friday 17th December

SPRING TERM 2022

Closure Day – Tuesday, 4th January

Term Begins – Wednesday, 5th January

Half Term – Monday 14th February to Friday 18th February

End of Term – Friday 1st April

SUMMER TERM 2022

Term Begins – Tuesday 19th April

May Day – Monday 2nd May

Half Term – Monday 30th May to Friday 3rd June

End of Term – Friday 22nd July

Closure Day – Monday 25th July

Dates are correct at the time of printing. Please note that dates may differ from other schools.