

HOLYWELL SCHOOL

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

Update Letter – 4th May 2022

Dear parents, carers and students

I hope that this letter finds you all well and I hope you had a good May Day Bank Holiday weekend. We have certainly had a great start to term with students and staff all refreshed from the Easter break.

We had a fantastic day last Thursday with our **PSHE Day**. Each year group had a different set of challenges and experiences:

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

Year 5 covered everything from bicycle maintenance to fire safety, from internet safety to personal safety, from first aid to personal and street safety.



Hopefully, they will remember all the tips and information and be able to keep themselves safe both in school, on the roads and at home!



Year 6 focussed on mental health and wellbeing – all ahead of their SATs challenges next week. Hopefully, they will be able to use all the different techniques we covered on the day to help them navigate their way through the tests. They had mindfulness sessions, explored emotions through performance and dance, were horrified by the amount of sugar in certain products during the Healthy Eating session, discovered how to be resilient, discussed various tips for wellbeing and found out all about the impact of

drugs on the body ...as well as how athletes are tested.

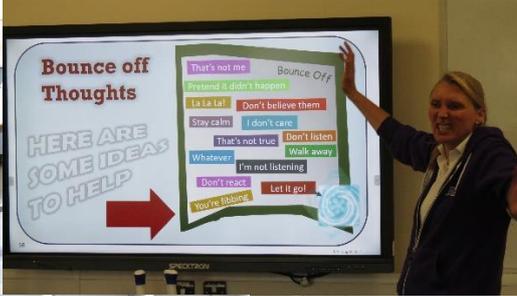
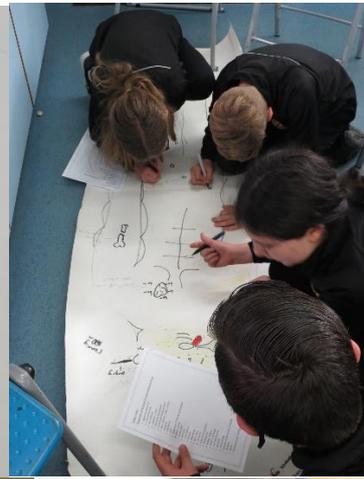
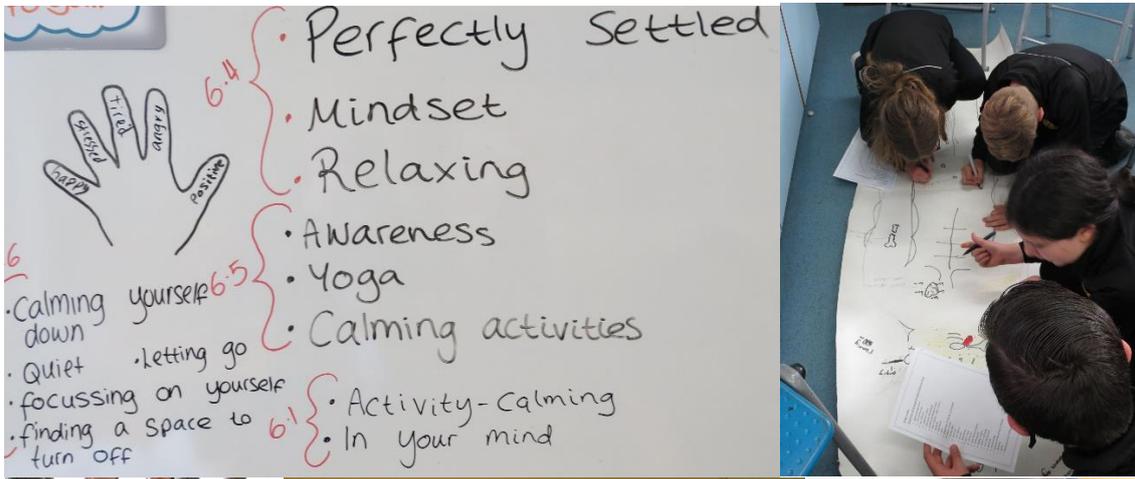


Headteacher: Mr MG Simpson MA, NPQH

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

Assistant Headteacher / Designated Safeguarding Lead / SENDCo: Mrs J Davies – Senior Leader: Mr James Ulph

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British Values are always interesting to explore and quite distinct from our Christian Values (although there is some definite 'overlap'). The five fundamental British Values are: Democracy; The rule of law; Individual liberty; Mutual respect; and Tolerance of those of different faiths and beliefs. **Year 7** took a practical look at these through sessions on Values and Respect in Rugby, British Values and the Queen through a collaborative Art project, an experience of the culture of Trinidad and Tobago through Steel Pans in Music, a session on Individual Liberty and a Great Debate on the tricky subject of Capital Punishment.





Year 8's focus was on Careers. They had the opportunity to find out about a number of different careers – both by having a question and answer session with a number of local business people (organised for us by Gumtree) and exploring possible careers using an ICT programme matching interests to possible careers. Students also worked on developing some of those key skills that employers are looking for such as presentation skills and team-work skills (the teamwork challenges were a particular favourite!).



Huge thanks to Mrs Gough for organising the PSHE Day and to all the staff and visitors for creating such interesting sessions for the students. This is just one of the first of a few 'themed-days' we have coming up over the Summer Term. Next up will be a RE Day focussing on Pentecost (Tuesday 7th June) and then on the 23rd June, we have our annual Values Day – this year focussing on 'Care'.

Our Value for this month is 'Resilience'. This is all to do with keeping going when things get difficult and being able to 'bounce back' from challenges, seeing everything as an opportunity for growth and learning. Rev Isaac has shared this reflection with staff ... and I thought it worth sharing with you all too:



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We are hard pressed on every side, but not crushed, perplexed, but not in despair; persecuted, but not abandoned, struck down, but not destroyed.
2 Corinthians 4:8-9



Value of the Month
May 2022

Resilience

Being RESILIENT means
KNOWING

Keeping Going

Letting Things Bounce Off!

Holywell School
A Church of England School providing a vibrant education
Enjoy ... Achieve ... Excel ... Care

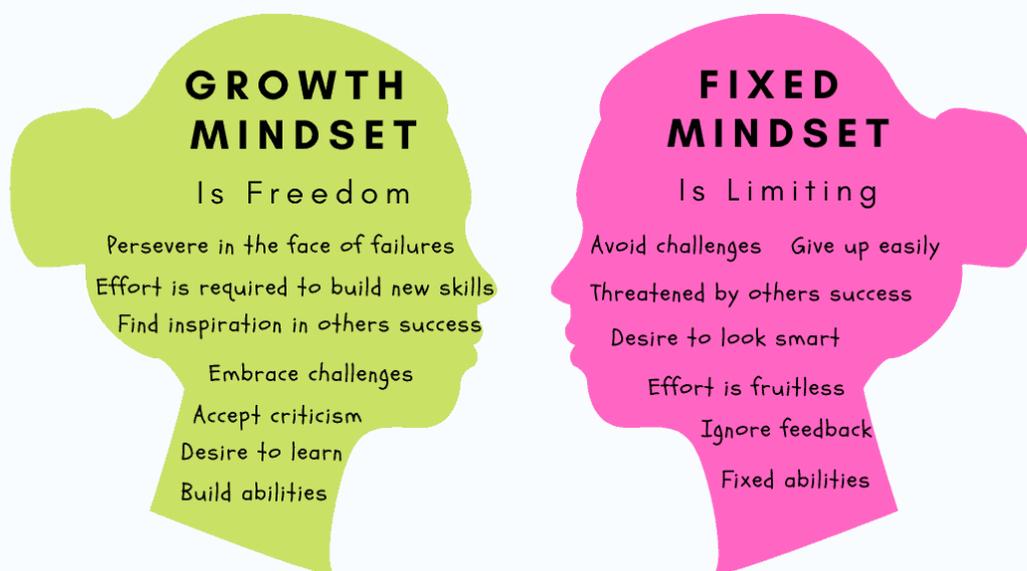


Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.
Catherine DeWitte, The Gift of Nature

How resilient are you? Before I was ordained into the Church of England, I used to teach Philosophy to A Level students. I used to tell my students that the one quality that they possessed that would determine how well they would perform in this subject was what I called 'stick-ability', that is to say: resilience. So long as a student that was not the most academically gifted still had the perseverance and resilience to keep going, to press on, to pick themselves back up after a bad essay mark and keep going they would do well.

In the Apostle Paul's second letter to the church in Corinth he writes of himself and his fellow believers: "We are hard pressed on every side, but not crushed; perplexed, but not in despair, persecuted, but not abandoned; struck down, but not destroyed." In the first century, the Christian life was a life of resilience. It was a marathon not a sprint. But why? Why did God ordain it so that the Christian life required resilience, rather than being a walk in the park? Paul tells us in the previous verse: "We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us." The Christian life isn't easy, and we get knocked down and knocked back every day. But in God's strength we are given the resilience to keep going.

Think about how you can promote 'Resilience' at home over this next month. We certainly like to use the concept of 'Growth Mindset':



| INSTEAD OF..... | TRY THINKING.... |
|------------------------------|-------------------------------|
| I'm not good at this | What am I missing? |
| I give up | I'll use a different strategy |
| It's good enough | Is this really my best work? |
| I can't make this any better | I can always improve |
| This is too hard | This may take some time |
| I made a mistake | Mistakes help me to learn |
| I just can't do this | I am going to train my brain |
| I'll never be that smart | I will learn how to do this |
| Plan A didn't work | There's always Plan B |
| My friend can do it | I will learn from them |

Just changing our language can be a great start.

Some of our Muslim students have been very resilient during Ramadan, fasting alongside their families and we wish them all a wonderful Eid celebration.



We also wish our Year 6 students all the very best of luck for their SATs tests next week. The DfE have decided to go ahead with regular SATs this year to gauge the impact of Covid-19 on learning. Our Year 6 students and their teachers have been working hard to 'catch up' and cover everything ahead of next week's tests. We are being very pragmatic with the students and we are seeing this as an opportunity to pause and take stock of where we are at. I'm sure they will do their absolute best as they grapple with fronted adverbials, random reading texts, arithmetic and maths reasoning puzzles. The support of parents and carers is also greatly appreciated. I'm also sure that the whole school will be supporting and thinking about the Year 6 students and that we will all work in community, living our values so that they can all be the best they can be.

Have a good week. All best wishes
Mr Simpson