



NEWSLETTER



1 May 2020 Term 5: Week 1

Weekly Message from the Headteacher: Mr Ellis

I hope that all our students and their families have got back into positive routines with the return to "remote learning" this week after the fortnight break for Easter. I also hope that you were all able to spend some family time over the "holiday" whilst managing the challenges of social distancing.



The vast majority of our students continue to respond extremely positively to the challenges of remote learning. For students in Years 7 – 10, next week is a "consolidation week" when we will be setting no new work. Extension tasks will be available for students who are fully up to date and have completed all tasks to the highest possible standard. Students from all year groups should take the opportunity to revise key terms and concepts. The introduction of consolidation week was a response to parents and carers who stated that their children had felt overwhelmed by the amount of tasks being set in the first two weeks of lockdown. This is a chance for our students to identify any "gaps" in their learning that need to be addressed before they hopefully return to school at some point in term 6.

This prolonged period of home learning highlights the wide range educational challenges relating to lockdown. One parent I spoke to this week was concerned that her son was struggling to complete the tasks being set by their teacher but this period had reawakened his love of reading. Although ideally we would like students to complete all tasks set, in terms of educational impact there is arguably no activity that can rival the value of being immersed in a book. Another parent said that he had spent the afternoon baking biscuits with his daughter and as a result she had failed to meet a deadline. During this period, we can question the very essence of education and "deep learning" and we should be flexible in how we respond to these challenges. I was able to reassure both these parents that time spent cooking or reading could never be considered "wasted" and was extremely beneficial to their children's education; consolidation week provides an excellent opportunity to be more creative with our routines.

As well as providing our students with the opportunity to take stock, staff will use consolidation week to evaluate how our students are engaging with remote learning across all subjects. Staff will continue to work remotely during this week and will be following up on any issues. Mr Waite will also be sending out a survey to parents and carers so that all members of the community are involved in this evaluation of students' learning. Please engage in this survey as the results will inform how we develop remote learning for the remainder of term 5 and into term 6.

As part of this evaluation we will also ask parents and carers for their views on how a phased re opening should be managed at the school. I am obviously desperate to reopen for all students at the earliest opportunity but I would reiterate my reassurance from last week that this will happen only when it is safe to do so. Although we have been unable to make precise plans at this stage, it seems evident that taking account of the need for social distancing, it will not be possible to open to students in all year groups. I am very keen to take account of our parents and carers opinions and try to address any concerns that you might have.

Headteacher's Stars of the Week

Aiden Pallen, Deain Prescott, Noah Hoch, Elliot Varndell, Philipp Huebbe Nelson, Amy Huebbe Nelson, Ezekial Parsons, Ben Howard, Bruce Geddes, Summer Dann, Oliver Kamarpour, Ella Paul, Clara Mclean, Olivia Ruckes, Amelie Procter, Thea Vitelli, Lava Abdulaziz, Paige Beck, Harry Burch, Flynn Edwards-Price, Keira Pirie, Ruby Laker, Sadie-Rose Maclean-Young and Millie Oldham Frank Tuite. **Working Hard Key.**

This period of independent learning does provide students with the opportunity to undertake in - depth research into a subject and pursue their passions. A significant number of our Historians in Year 7 and 8 have seized the chance to undertake vast amounts of background reading in order to deepen their understanding. Mr Lewis and Mrs Page were very keen to recognize the efforts of these students who have responded so positively to the History tasks that have been set. Mrs Page identified Bruce and Summer from Year 7 whilst Mr Lewis nominated Aiden, Deain, Noah, Elliot, Philipp, Amy, Ezekiel and Ben. In Year 8 Mrs Page nominated Oliver, Ella, Clara, Olivia, Amelie and Thea whilst Mr Lewis identified Lava, Paige, Harry, Flynn, Keira, Ruby, Sadie Rose and Millie. Well done to all these students in our Year 7 and 8 who are working so hard to develop their History skills and understanding.



Year Group	Name	For
Year 7	Mr Southern	ericssouthern@seafordhead.org
Year 8	Dr Wallace	imogenwallace@seafordhead.org
Year 9	Mr Purdey	jonpurdey@seafordhead.org
Year 10	Ms Wild	gisellewild@seafordhead.org
Year 11	Mrs Mathew	jenniemathew@seafordhead.org

Action Your Potential

Tuesday 5 May: Be A Study Neuro-Ninja: Unlock Your Learning In Lockdown 6:30 - 7:30pm



In this webinar Andrew from Action Your Potential will focus on the brain science of learning and how to effectively manage study at home. We'll explore the importance of a daily structure and why that is so important for the brain. We'll also look at some key learning habits great for learning in lockdown, but that will also help to maintain current learning and prepare you for the return of school. For parents, students of all year groups and Seaford staff. This webinar format enables us to reach more of you.

If you would like to [sign up](#) [click on the link](#), Action Your Potential takes your privacy seriously and will only use it to contact you about the webinars. A few days later the webinar recordings will be available via AYP's website and Andrew will send you a link. The webinar format also enables us to set every one a Daily Life Experiment challenge, a key habit built from the brain science for students, parents and staff to try in the ensuing weeks.

Wednesday 6 May: Getting Started and Keeping Going: Motivation And Focus And Your Brain 6:30 - 7:30pm

In this webinar Andrew will look at the motivation and attention systems in the brain and explore and explain how to build our will power and motivation every day. Will power, like well-being, is a skill. For parents, students of all year groups and Seaford staff. This webinar format enables us to reach more of you.

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House Update

Friday saw the start of the third instalment of the "Kahoot House Competitions", with 52 competitors across Year 7 & 8 battling it out in a quiz to gain valuable points for their House. The 39 questions were based upon a range of subjects; Mathematics, History, Geography, Science, Music, Films and General Knowledge. As always the points on offer were 1st=40, 2nd=30, 3rd=20 and 4th=10. The competition was very keenly fought with the top 10 students being separated by 6,000 game points. In the end the results for "Kahoot House Competition 3" were:

1st Rowling =40pts

2nd Mandela =30pts

3rd Churchill =20pts

4th Nightingale =10pts

Congratulations to both ROWLING HOUSE and all of the students who participated in the Kahoot Quiz over the weekend. See you all again on TODAY!!!

Staying Home Things to do & Local News

This great link gives you some ideas on how to do things safely from home and features local news. Click on the picture below:



30 Days of Wellbeing!



Try out some of these activities through May to support your wellbeing, experience new things and connect with others.

Day 1 Leave three happy notes for someone else to find in your house.	Day 2 Make a card for someone's birthday/celebration coming up.	Day 3 Call a relative or friend who is far away and have a chat with them.	Day 4 Write down five things you are grateful for.	Day 5 Research three jobs / career paths that interest you.	Day 6 Download a mindfulness App (CALM) on your phone.
Day 7 Visit a virtual museum! Go online and explore the collections online.	Day 8 Get in contact with a local care home and arrange to send a letter to one of the residents.	Day 9 Go on YouTube and try...	Day 10 Look at the last 20 photos on your phone and think about how they make you feel.	Day 11 Say something positive to everyone in your household today.	Day 12 Do something helpful for a friend or family member today.
Day 13 Do a chore in the house without being asked to do it.	Day 14 Send a positive text to ten of your friends.	Day 15 Listen to your favourite song and dance around the room.	Day 16 Stay off social media for >3 hours straight and keep yourself occupied.	Day 17 Take a selfie and note down 5 things you like.	Day 18 Play a game that you haven't played in a while.
Day 19 Think about two role models in your life. Why do they inspire you?	Day 20 Create a postcard for somewhere you have previously visited.	Day 21 Play a card game or board game you haven't played in a while.	Day 22 Sit down in a silent room and focus on your breathing for 5 minutes.	Day 23 Email one of your teachers to say thank you for something.	Day 24 Write down 5 things you are thankful for in your life.
Day 25 Write a blog about something you enjoy doing.	Day 26 Search on YouTube a "Tedx talks by kids"	Day 27 Watch a film with a family member and make sure you turn your phones off.	Day 28 Make sure you get >8 hours sleep tonight. Note how you feel the next day.	Day 29 Draw a picture of what you see in your garden or out of your window.	Day 30 Make breakfast for another family member.



When a person does something kind for someone else, EVERYONE BENEFITS.

Our bodies have a physical reaction to kind acts with a surge of the hormone Oxytocin. Oxytocin is also known as 'THE FEEL GOOD HORMONE'.

It's because of this that we become happy, excited, smile and feel joy. When we do something kind, we get a hit of oxytocin, the person receiving gets a hit of oxytocin and anyone who witnesses the kind act also gets a hit of oxytocin - AMAZING!



Kindness ideas:

- Make a cup of tea for someone without being asked
- Get on with chores/school work/a job you said you'd do etc.
- Tell someone you appreciate them
- Ask someone about themselves
- Cook a meal
- Smile at someone



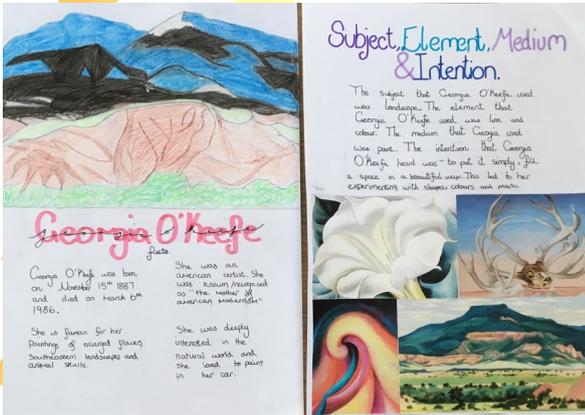
Rest & Restore Thursday Evenings, 8.30 - 9pm

With a focus on breathing to deepen and strengthen respiratory function as well as to aid relaxation, gentle movement to unwind tension at the end of the day and find calm in this time of challenge, this session is streamed live on Zoom and dedicated to frontline health, social care and key workers and their families during the current crisis. It is offered free to all to join with this link on Thursday from 8.15 on for 8.30pm start:

<https://us02web.zoom.us/j/845117638>

Slowly, gently, deeply

WORKING FROM HOME SUPERSTARS!



Isabella Greed-Art



Alfie Whiteford-Cooking from Home
FAB Bonfire Society Cake!



Jack Archer-Drama



Finley King-Art



Lewis Woodward-Art



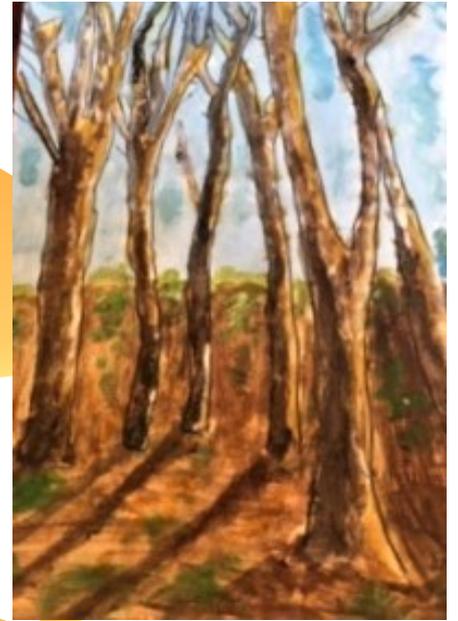
LRC and
Careers team
Home working



Kyra Archer-Art



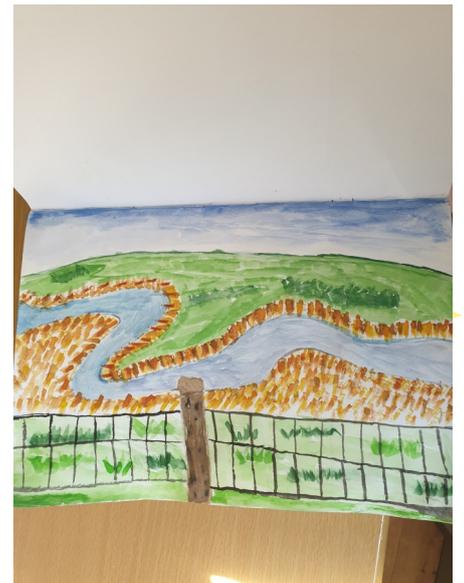
Luke Pybus-Art



Tyler Darby-Art



Anna Ras-Barnstedt-Art



Lily Prosser-Art



Josh Woodward-Art



Noah Hoch-Art

Rain by Ali Al-Yasa GEOGRAPHY

- 1) ocean lakes
- 2) snow hail
- 3) The tragic story of Terry the raindrop

Terry woke up. Terry was a soldier in Shelter Lake army. He looked over Shelter Lake, their home. It was a vast lake in Scotland. It was surrounded by slender, sharp mountains. Those mountains hurt to look at. Every morning, Monsters would walk up those mountains and attack. These monsters were hairless creatures that stood on two legs. Sometimes, you would find them with hair on their heads and occasionally on their faces. They would climb up the mountains for rain drops on top of the mountains and capture them in plastic bottles. Why are there raindrops on the mountains?, you may ask. You see, life as a raindrop soldier was hard. Everyday you would prepare for an event called, Noon Attack. At Noon Attack, the sun would be at the highest point in the sky, directly over Shelter Lake. It was heat the lake up and kill innocent raindrops, evaporating them. It would turn the drops into clouds. Those clouds would then drift over on top of the mountains and shower the drops out onto the mountains where the Monsters would arrive the next evening and collect them. That's why the army existed. They existed to sacrifice their lives for the lives of other drops. To keep Shelter Lake alive. And if the soldiers were lucky, they would return from the mountains and come back down to Shelter Lake down a stream. If they were lucky. Lucky enough to survive the Monsters.

Terry had a family. He had his mother, his father, no siblings. His father was in the army too, but in a different section called splits. The different Splits would be partitioned into different factions. Elder Split for the older soldiers, had factions EA, EB, EC and ED; his father was in ED. Terry was in Young Split. In young split there was YA, YB and YC. Terry was in YB. He looked around his bedroom. It was greasy and sweaty. He got up and joined the rest of YB. They were sitting at the table, talking about the latest sacrifice yesterday. EC had sacrificed themselves, only for their faction to be run over by a Monster's Boat. The next faction in line had to rescue them. It was a bloody, deadly attack. Not many raindrops had survived in EC or the next faction in line that had attempted to rescue them. It wasn't long until Noon Attack that day, But, it wasn't their turn to sacrifice their lives, it was EA's turn. Terry's faction would sacrifice themselves tomorrow. Terry decided to call his family, see how they were fairing. He walked out the room and into the bathrooms. He rang. "Hello?" He asked. His family were wailing. And crying. And sobbing. Terry's father had died. During yesterday's attack, where EC had to be rescued, ED was the faction that had to save

them, Terry's father was in ED and was squashed by the boat. Terry decided that he had to go to the funeral. He got out of the stalls, fighting back tears and asked his army sergeant if he could leave.

"Can I leave, my father fell in ED" he asked

"Leave!? Are you crazy!?" The sergeant was furious

"It's a funeral! I have to go!" He replied

"Have to go!? You a fully grown raindrop! You can survive! Your staying with us! You need gut to be a part of the army!" The Sergeant said

"You haven't got any gut! You a disgusting person! My father DIED!" Terry replied

"You haven't got a clue about who you are and where you are! You will stay in the army!" The sergeant commanded

It was then Terry flew at the Sergeant and attacked him. A long fist fight ensued, tugging hair, pushing and kicking. It ended with the Sergeant winning. He was flaming. "YOU THINK YOU CAN FIGHT ME!? YOU ARE AN IDIOT!" he checked the time "DO YOU KNOW WHAT THE PUNISHMENT IS FOR ATTACKING A SERGEANT!? YOU WILL HAVE TO GO TO NOON ATTACK EVEN IS IT ISN'T YOUR TURN! DID YA HEAR THAT!? YES! YOU ARE GOING TO NOON ATTACK! I DON'T CARE IF YOU DIE OR SURVIVE! SO NOW GO TO WHATEVER FACTION IS HOLDING NOON ATTACK, SAY THAT YOU ARE WITH THEM AS A PUNISHMENT, AND THEN YOU SHALL LEARN, IS THAT CLEAR!?" Terry nodded in shame. He went to the faction holding noon attack.

EA was holding Noon Attack. He explained. They agreed. Terry looked up. Ten seconds left. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Noon attack had begun. The sun had started to evaporate the raindrops. The faction covered their bodies over the cities, protecting them from the sun. Then it hurt. It felt like skin was being torn off your body. It was a short sensation, then they were being lifted. They weren't liquid anymore, they were steam. They had just been evaporated.

It wasn't long when they bundled as clouds. Everyone was together, pushing, running, shoving, it reminded him of the fight he got with the sergeant. How Terry had overreacted over his father's death. His father's death. Terry

Thought about it and cried. He was far, far away from Shelter Lake and in the sky. He didn't like the feeling.

It was an hour or two after noon attack, and their cloud was moving toward the mountain. "Finally some action" Terry whispered to himself. It had just been announced that, they were about to drop onto the mountains. 3, 2, 1. And it was the greatest feeling ever! It felt like a new life, rebirth and happiness! Terry smiled as he formed back into a raindrop and landed hard

into the rocky surfaces. He tumbled into a small hole which would be like a water hole.

The faction wasn't big enough for the hole to overflow and to leak back into the lake. For that to happen, the next faction would have to come in tomorrow. Terry tried to remember who the next faction was next. Then it hit him. His faction. YB. The one with the Evil Sergeant.

It was the next morning when Terry woke up in the hole. No Monsters would be climbing up to attack yet; their faction was too small and it would be a waste of time collecting a small amount of water. Terry lay there. He enjoyed it. He was so high up. He could see all of the beautiful Scottish landscape. He smiled. While looking over Shelter Lake he remembered his father, slaughtered by a boat. Terry looked away. He then decided to socialise with the others. The awkward thing was, everyone was 10 years older than him. Everyone looked down on Terry, he was sent to them as a punishment so everyone looked down on him. He tried to greet people, but they all rejected him. He was too young to socialise with the elders. He frowned.

It was the next day. The people sacrificing for Noon Attack would be Terry's faction. Noon attack had just happened, Terry watched it from the mountain. He watched his faction as they became a cloud and rained. Terry hated it. His faction had just joined them. He saw so many familiar faces showering in. Then he saw the Sergeant. The sergeant gave Terry a dirty look. Terry ignored and kept his cool. That triggered the Sergeant even more. Factions EA and YB were now in the same hole and about to overflow. The Monsters usually come around this time to collect all of the water that was in the hole, before it overflowed. Then, they saw it. Monsters in teams of a dozen marched up the hill with plastic bottles. Now was the time to escape. Now was the time to drip down the overflowing hole, down the mountain and back to Shelter Lake. Everyone was rushing to escape, but there was a problem. If everyone left the hole before the Monsters came, the Monsters, once they got there, would be confused as to why there was nothing in the hole. Then they would start to dig around wondering where the water went. They would dig so much for the missing water they would destroy the mountain and the environment, when the water had actually escaped back down to Shelter Lake. So some raindrops, some water, had to be left behind. Left behind to satisfy the Monsters. Left behind to satisfy the environment

Everyone was bickering about who should be sacrificed. But it all stopped when the Evil Sergeant spoke "I think that we should sacrifice" but before he could even say it Terry bursted out "NEVER YOU BASTARD!" And leapt at the Evil