



# NEWSLETTER



## 26 June 2020 Term 6: Week 4 Weekly Message from the Headteacher: Mr Ellis

On the school's website you can see the plan for on-site provision that we are working through for this term. It has been fantastic to see the positive manner in which our Year 10 and Year 12 students have returned to school and I have been extremely impressed by their engagement and attendance. Although we have made every effort to maximise the amount of face to face contact we are having with students, I am acutely aware that the vast majority of students are continuing to access their learning remotely. The timetable for these on-line lessons for every year group have also been made available through the landing page of the school website. Next week is of course, the scheduled consolidation week so on-line lessons will not be circulated; we will be giving all students (with the exception Year 12 and those students who are on site) the opportunity to consolidate their learning by revisiting key tasks and ensuring that all tasks are completed to the highest possible standard.



Parents and carers can also find details regarding some of the support our fantastic inclusion team will be offering our students (and their parents) over the summer holidays. These summer sessions are of course completely voluntary and should provide students with real confidence as they prepare for a full return to school in September. Whatever challenges lockdown has presented, through working together in partnership, we will ensure that all our students are in the best possible place to resume their full time education after the holidays. More activities for the summer holiday period will be confirmed before the end of term.

This week is national school diversity week. This celebrates the equality of the LGBT+ community in education and today is "Rainbow Friday", that takes the opportunity to celebrate diversity in society. It is now, more important than ever, that we show how much we value each other and celebrate how special every member of our community is. More information can be found on the "Just like Us" website. Unfortunately, in these unprecedented times it is not possible to join together as a group but we can take the opportunity to reflect on our core values that make Seaford Head such a respectful and inclusive community.

Last Thursday I met with members of our parent council through a zoom meeting; it was great to touch base with parents and carers to gain an insight into how they are coping with the challenges of lockdown. The focus of the meeting was, somewhat inevitably, covid 19 and we discussed 3 broad areas of the school's response: provision in term 6; plans for summer school provision; and plans for September. There was an acknowledgement that although our staff and students have done their absolute best, there is no substitute for face to face teaching and we are all increasingly desperate to return to school. There was also a general feeling of "lockdown fatigue" with parents identifying how the longer lockdown goes on, the more challenging it is for our children to

maintain motivation; a similar sentiment was shared by our Year 10 students in their interviews last week. The importance of the "catch up curriculum" and a physical transition for Year 6 students was agreed at the meeting. These parent council meetings are vital as they ensure that there is parental input into the decision making process at the school. I will be circulating the programme for next year's Parent Council meetings before the end of term and it would be great to see more parents and carers in attendance.

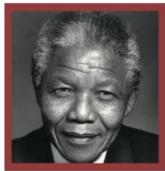
### Headteacher's Stars of the Week

James Jenkins, Kane James, Matthew Hind, Isabelle Herriot-Stone, Lara Hauge, Sam Harrison, Ava Hall-Zschenderlein, Charlie Fleming, Soufriere Etherington, Abigail Embleton-Stewart, Elle Easton, Isabelle Dry – the working hard key

I am still working through the long list of Year 10 students who were nominated to Ms Wild for working hard across all subject areas. It's been great seeing the students in for Maths and English this week and I am looking forward to seeing the rest of the Year group before the end of term. Our 12 stars from Year 10 show that it is possible to continue to make accelerated academic progress even when your time in school is restricted; they set an excellent example to other students and are in the best possible place as they look forward to a more "normal" education resuming in September.



WELL DONE!!



## House Update

**SUPER GOLDEN STARS IX**

ALL OF YOU are working hard at home to continue to learn during the COVID-19 pandemic. **WELL DONE!!!** Some students have been identified by their teachers as going that one step further in producing some **outstanding online work**, earning a **SUPER GOLDEN STAR** (equal to 5 Golden Stars) for their **House** during **Term 6**.

Art	English	Maths	Spanish
Bella Bennett	Erin Franklin	Thomas Brown	Jasper Northcote-Green
Lina Ragragul	Scarlett Casey	Ashleigh Campbell	Lilli Perkins
Bella Funnell	Sophie Braiden	Cerys Dixon	Daniel Tester
Christopher Hind	Sophia Watts	William Geoghegan	Sebastian Barnicott
Olivia Piveteau	Dora Harries	Kate James	Morgan Godding
Keira Pirie	Madeline Farror	Callum Nicholaou	Hollie Highway
	Joshua Phillips	Joseph Paget Myers	Jack Pannell
<b>Computer Science</b>	Delphi Callen-Dickens	Nathan Pike	Zander Payea
Charley Blay	Katie Pellatt	Hannah Roberts	Bethany Townsend
	Finley Coe	Freya Robson-Webb	Chanel Pritchard
	Faye Hunter	Bella Scriven	Sam Rowe
	Harry Baker	Joshua Thomson	Dexter Lambert
	Elena Basarabeanu	Hannah Roberts	Charlie Leahy
	Madeline Ransley	Freya Robson-Webb	Bradley Bryant
	Sophie Coveney	Bella Scriven	
	Ella White	Joshua Thomson	
	Abby Wright	Poppy Tidey	
	Ella Gasson	Josie Wallis	
	Abigail Embleton Stewart	Lorraine Wong	
		Inara Ahmed	
		Kai Drayton	
		Chloe Izzard	
		Millie Laker	
			Mary Hilden Cull
			Lewis Woodward

## Working from Home Stars!!



Art by Olivia Piveteau

## SPRING DAY

I miss you. Just saying these few words, makes you miss you even more. The constant distance, the abandonment of what we had before, I miss you. Time is so much crueler than I could have ever imagined, and though we talk, and we still have each other in photos and memories, the coldness of winter is still lingering in our warm spring. The desperate need to escape the winter, the icicles that pierce their way through the blossoms. The very ice that has devoured society and the world today. How much longer? When will it pass, just as they say all things will eventually?

They say love comes from the brain and not the heart, yet my heart still aches. It aches and longs for a spring day, the day we should be living. Not surviving. I can't afford to survive, I know you can't either, we need to *live*. If I was the tiny dust in the air, or the constant snow that falls, would I miss you this much? Could I get to you quicker? As the seemingly innocent snow falls, the warmth and essence of life gets further and further away, little by little, inch by inch. The sleepless nights with the constant reminder of your absence. The little hope that tomorrow never dies carries me through the night but drops me in the day. As we pass by the edge of the cold lake, which threatens to devour, defeat and drown us, the days of spring and blossoms are awaiting, so please, just wait a little longer.

I hate how time flows so carelessly, allowing the winter to change us. Days to weeks, weeks to months. Everything and everyone are changing; and I miss you. Yet I also hate you for leaving me with just your memories. I exhale them in pain, like smoke, maybe erasing the memories of us will allow me to cope. But every time I try to erase you, I only remember you more, that you are the only thing keeping me hopeful. You give me the promise of blossoms and hugs. That the warmth will eventually reclaim its rightful place, so I can't erase you. In a way, it makes the cold that much more freezing, but when the spring days come, it'll make them that much more warm. You know it all, you're my best friends. You'll tell me that the darkness is bound to be overthrown by the light, that without shadows, we can't appreciate the warmth, that no season is eternal. Everything comes to an end, just like this cold will.

When I see cherry blossoms, I'll know that we'll meet soon. So please, just wait a few more nights. I'll always be waiting for you. And though we're passing by the edge of the cold lake, our bodies threatening to fall, let the promise of warmth balance you. Until the days of spring, flower blossoms and life, please just wait a little longer. *I miss you.*

By Natalie Cottis

## Mind Full or Mindful?

Sometimes it can be difficult to stay in the present, caught up with thoughts for the future or feelings from the past affecting our feelings and behaviours, filling our Mind.

This can make us lose sight of the present and be caught up in our heads, losing the connection with our bodies.

Now more than ever it is so important to look after your mental wellbeing, having time for your mind to relax.

The practice of staying present is sometimes called **MINDFULNESS**.

It aims to relax the mind and reconnect with the sensations of the body. Taking a step back from our thoughts and feeling, noticing them in the moment and helping us recognise them.

Here are a few different activities that can help with practicing mindfulness

- Spend a moment actively noticing the five senses. What can you feel? What does it feel like? What can you taste? Hear? Etc.
- Walking in nature, noticing the natural world around you
- Zen Doodle and Colouring in- <https://www.justcolor.net/relaxation/>
- Breathing exercises- <https://www.youtube.com/watch?v=wfDTp2GogaQ>



# Year 7 newsletter

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by Jessica Moore, Jessica Matthews and Mary Hilden-Cull

# What this letter is about

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Hi year 7,

Hope you are staying healthy and safe during lockdown. Jessica Moore, Jessica Mathews and myself Mary Hilden – Cull are writing a year 7 newspaper and it will be out on a weekly bases. Here is what will be in it:

Jessica Moore – Question and answer section

Jessica Matthews – positivity and ways to stay calm and not stressed.

Mary Hilden-Cull – Current news and ways to be helped.

Hope you enjoy!

# Question and answer section

- Will only half of the class be at school on different days and swap over so there isn't as many people there at one time? - We are unsure of the answer for this question but we will get in touch when we know.

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- Will we have to be in single file when crossing corridors? - The answer to this question is unknown at the moment but there is a one way system but you will still have to keep your distance.
- Will we have a desk to ourselves? – Yes, all students will be at least 1 if not 2 metres apart from each other when inside and outside the classroom.
- Will there still be school lunches available or will we have to bring in packed lunches? - In the morning, you have the option for lunches but there won't be a queue as it is brought to you and
- Will we have to go to summer school if we don't do the school work? - Yes, it is very likely that you will have to if you don't carry on doing the homework. It won't go on for much longer so try and keep it up!
- Not all questions have been answered but we have tried our best to answer as many as we can. If you have any questions then please email: [moorj1@seafordhead.org](mailto:moorj1@seafordhead.org), [Matthewj@seafordhead.org](mailto:Matthewj@seafordhead.org) or [hildenculm@seafordjead.org](mailto:hildenculm@seafordjead.org)

# Positivity and calming

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Positive quote: the person you strive to be better than, is the person you were yesterday – Matty Mullins

Ways to stay distressed whilst at home

- Try not to use too much social media
- Go out and get some fresh air/go meet a friend but don't forget 2 meters though
- If you are working just take a break and relax for a second

New things to try whilst at home

- Try starting a new hobby like singing, writing, editing
- You could start a YouTube channel but make sure you have parents permission
- You could call an old friend and just catch up
- You could play with a pet

that's it for positivity and calming see you next week

by Jessica Matthews

# Current news

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## Covid 19:

During this pandemic non-essential shops were closed, everyone stopped working apart from essential shops and Key workers NHS staff. Week by week rules are steadily changing to enable people to do more but keeping social distanced (2 meters). Unfortunately, so many lives have been lost in the UK – 42,632.

During Lockdown the things that have got worse are:

1. Peoples mental health
  2. Domestic abuse
  3. Childrens behavior
- Football has started again behind closed doors and Brighton beat Arsenal 2-1 Yeah!
  - Non-essential shops have opened

## Black Lives Matter:

George Floyd the 46-year-old Black man died in police custody in the USA and the protests started there and spread across the world.

By Mary Hilden-Cull

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Come back next week!