

The All-Together Newsletter

Dear Parents and students,

The past week has been a great week at All Saints as we further developed our online live learning and also welcomed back the whole of Year 10 over the course of the week.

Year 10 returned with smiles and excellent attitudes to learning as they studied English, Maths, Science and RE. The building came back to life with students and the energy in the building was wonderful. This is a really positive move in the right direction. They should not only to be congratulated on their positive approach to their lessons but also on how they maintained the safety aspects and distancing required to keep everyone safe. The move in the right direction continues as we hear that the alert level with regard to COVID-19 has moved from a 4 to a 3.

You will have heard that schools will be receiving some funding to assist with pupil catch up. We have done our calculations and this is sadly nowhere nearly the amount required. What hasn't been publicised is that schools need to find 25% of this funding out of their own budget. I have spoken with our supportive governors and they have agreed a significant additional spend in relation to this area to ensure we can fully support all our students on their return.

There is also much publicity about how schools are being supported in non-financial ways. You will remember that the government promised to give laptops to disadvantaged pupils in Year 10. As of yesterday, I confirmed in a secondary headteachers meeting, not a single laptop from the government has been delivered to schools in Barking and Dagenham.

I know this is a concern in other Boroughs too as there is some delay. Rest assured, behind these attention-grabbing headlines are a team of teachers at All Saints working tirelessly to bring the best to your children.

A busy week of home learning has occurred and again the reports from teachers and parents are that students are being incredibly committed and working with true determination to not let the shutdown stand in their way. You will have seen on our social media that the PE team are launching our sports week online – thank you for all the clips you are sending in they are fantastic.

Also, this week our school dog Max turned one! It has been a very busy year for him and he has loved welcoming the pupils back.

Thank you for the positive feedback on the PSCHE lessons and the fact that you have enjoyed completing these as families. It is always nice to get these updates from parents.

As ever if there is anything you are concerned about please do not hesitate to contact us and please follow on our Facebook and Twitter pages that are updated daily.

With every good wish

Clare Cantle
Headteacher

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39

Scams and criminal exploitation of Snapchat users

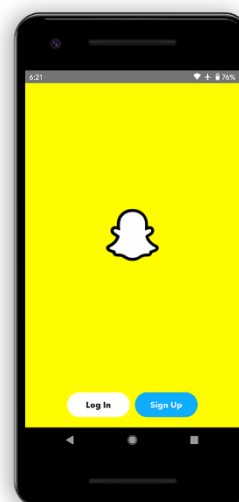
SCAM WARNING

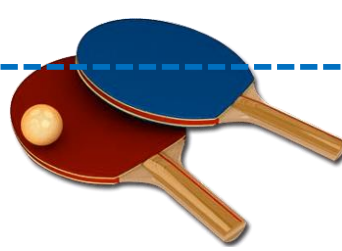
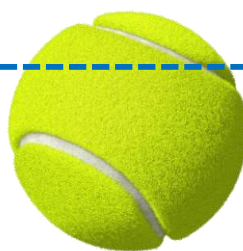
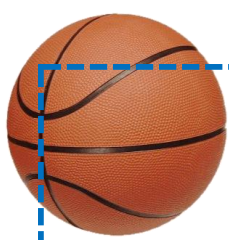


Criminals target **Snapchat** users in **extortion scam** that threatens to reveal their private photos

Action Fraud has received over **300 reports** since January about Snapchat accounts being compromised as a result of users being tricked into handing over 2FA codes to criminals. In some cases, the victims are then extorted for money with the threat of having their private photos shared publicly.

- Don't respond to messages that ask for your login details or two-factor authentication (2FA) codes. These can be used to compromise your account.
- Use the report functions within Snapchat to flag spam messages, or accounts that may have been hacked.
- If you have been a victim of extortion, or attempted extortion, please report it to your local police force.





All Saints Virtual Sports week

One of the highlights in our Summer term is our yearly sports day. This year we have something different. We would like everyone to get involved. There will be activities for each day with prizes for best form and individual performances. All you need to do is record your scores on the Google doc linked in the PowerPoint. The PE Dept can't wait to see who comes out on top and look forward to seeing your pics and videos of your attempts. Good luck everyone and stay safe.

Thank you,
Mr. Owen



AllSaints
CATHOLIC SCHOOL

Virtual Sports Week

Monday 22nd June – Friday 26th June

What will be happening that week?

- Virtual Sports Day
- Daily Challenges
- Activity sessions via YouTube
- Sport-related learning

To take part in the virtual sports day, you will need:

- tape measure
- stop watch (or phone)
- Hurdle (or a book)
- A pair of socks
- an egg (preferably hard boiled)
- wooden spoon
- A teabag
- bucket/large pan
- water bottle



Virtual Sports Day

How will it work?



- Every weekday this week, two new challenges will be set. These challenges can be done in your house, in your garden, at the local park, on your street - wherever is convenient for you!
- Every challenge will come with a 'How to' video explaining how to set up the activity and take part. This link will be posted on your Show My Homework each morning.
- You will be able to submit your times/scores via the Google Form link provided; you will be asked for your name, form class, house and your score/time/distance.
- **Each entry will earn 5 points for their year group.** If you complete all 10 challenges over the week, you will be awarded an extra 10 points. **You can only enter one score each.**
- The winning year group, form class and individuals will be announced on during the week beginning Monday 29th June. Prizes to be confirmed!



Virtual Sports Day

Winners?



- **Year group winners (with most entries) = 30 merits each**
- **Best form class per year (with most entries) = Sports equipment exclusively for form class E.g. Basketball, football etc.**
- **Individual prizes = 1st, 2nd, 3rd per event**

Monday



Activity One: **Why is exercise so important?**

Spend half an hour discussing with an adult about the importance of exercise.

Use [NHS website](#) to support you.



Activity Two: **Sports Day Activities:**

1. Egg and Spoon

[Watch this video](#) of how to take part:

To submit your distance, please [click here](#)

2. Hurdles/Speed bounce

[Watch this video](#) of how to take part

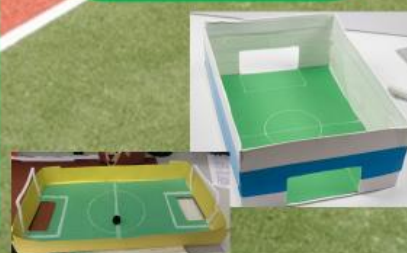
To submit your number of jumps, please [click here](#)

Don't forget to send your class teacher any photos and videos - we'd love to see them!

Activity Three: **Design and Build a Stadium**

For the rest of the afternoon today, you are going to design and build a football stadium using recyclables and household items only.

We'd love to see pictures of these!





Tuesday

Activity One:

What happens to your body when you exercise?

Maybe you could try exercising and discussing what happens to your body.

Use [this website](#) to support you.



Activity Two: Sports Day Activities:

1. Standing Long Jump

Watch [this video](#) of how to take part

To submit your distance, please [click here](#)

2. Triple Jump

Watch [this video](#) of how to take part

To submit your distance, please [click here](#)

Don't forget to send your class teacher any photos and videos – we'd love to see them!

Activity Three: YouTube Live Physical Activity

Joe Wicks' 5 minute workout:

[Click here](#)

EXERCISE



Wednesday

Activity One:

What makes a healthy, balanced diet?

Spend half an hour discussing with an adult about healthy eating.

Use the [PDF attached](#) to support you.



Activity Two: Sports Day Activities:

1. Plank

Watch this video of how to take part

To submit your time, please [click here](#)

2. Bottle Flip

Watch [this video](#) of how to take part

To submit your total, please [click here](#)

Don't forget to send your class teacher any photos and videos – we'd love to see them!

Activity Three: All Saints Healthy Bake Off

You will have the rest of this afternoon to plan and start baking your Healthy Bake Off entry.

You can cook or bake anything you want as long as it is healthy!

You must submit a photo of your entry to your class teacher by Friday 26th June before the voting commences on Twitter!





Thursday

Activity One:

Why do you think it is important to warm up before you exercise?

Spend half an hour discussing with an adult about the importance of warming up.

Use [this link](#) to support you.



Activity Two: Sports Day Activities:

1. Target Throw

[Watch this video](#) of how to take part

To submit your distance, please [click here](#)

2. Tea Bag Target

[Watch this video](#) of how to take part

To submit your total, please [click here](#)

Don't forget to send your class teacher any photos and videos – we'd love to see them!

Activity Three: YouTube Live Physical Activity

Joe Wicks' 8 minute workout:

[Click here](#)

EXERCISE



Friday

Activity One:

Other than exercising, how else can you stay healthy?

Spend half an hour discussing with an adult about healthy lifestyles.

[Click here](#) to support you.



Activity Two: Sports Day Activities:

1. The Sock Putt

[Watch this video](#) of how to take part

To submit your total, please click [here](#)

2. 1k run (1000m)

[Watch this video](#) of how to take part

To submit your time, please [here](#)

Don't forget to send your class teacher any photos and videos – we'd love to see them!

Activity Three: Design a new game

You will spend the rest of the afternoon designing a game that can be played at home using household objects.

We'd love to see your photos and explanations of these. Maybe you could send in your own video explaining the rules – just like your teachers.

We will post some of your amazing ideas onto the Facebook/twitter next week so others can take part in your competition



UPCOMING VIRTUAL TALKS

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>



SPEAKERS
for schools



ZOE IRWIN

Creative Director, John Frieda

DATE: Monday 22nd June, 10am
AGE GROUP: KS3-5 / S1-6

The Independent calls her “the Stella McCartney of hairdressing” ... Her innovative styling menu using Liberty prints caused a beauty blogger meltdown two summers ago... And such is her industry kudos that hairdressing multi-millionaire John Frieda asked her to join his salon group as creative director. Join us as Zoe Irwin discusses all things hairdressing and creativity, sharing insights into her career, life lessons and advice with students from 11-18years.



ARMANDO IANNUCCI

Oscar-nominated Writer & Director

DATE: Monday 22nd June, 2pm
AGE GROUP: KS4 & 5/ S4-6

Oscar nominated writer, director and producer Armando Iannucci will be speaking to SFS and young people across the UK about his career in comedy on film, TV and radio and answering your questions!



TAMARA HOLMGREN

Engineer and Project Manager, BP

DATE: Tuesday 23rd June, 2pm
AGE GROUP: KS4 & 5/ S4-6

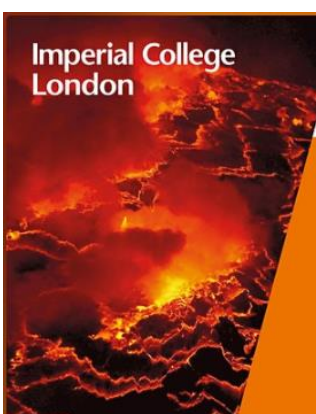
Join SFS and Tamara Holmgren, Engineer and Project Manager at BP on International Women in Engineering Day for an interview that will focus on STEM careers and Tamara’s career journey to date.

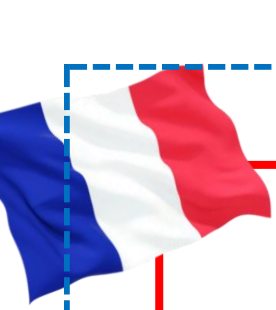
SCIENCE BREAKS: EXPLORING VOLCANOES, OLD AND YOUNG

Professor Chris Jackson, Professor of Basin Analysis, Department of Earth Science and Engineering

Date and time: Thursday 25 June 2020, 12.30 (BST)

<https://www.eventbrite.co.uk/e/science-breaks-exploring-volcanoes-old-and-young-tickets-107205221704>



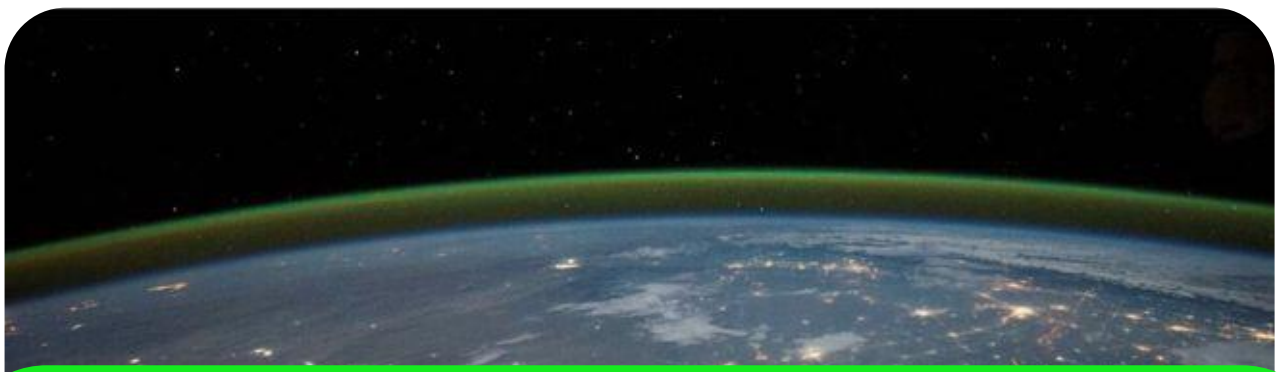


Learn **French & Spanish** listening to your favourite songs!

Dou you want to have fun improving your Spanish and French? Have a look at these websites.
Find a French/Spanish song you like and complete the gap fills (starting with 'beginner')

<https://lyricstraining.com/fr/>

<https://lyricstraining.com/es>



MARS: GREEN GLOW DETECTED ON THE RED PLANET

Would you like to learn more about Physics? Have a look at this interesting BBC article on space physics about the green glow found around mars.

<https://www.google.co.uk/amp/s/www.bbc.com/news/amp/science-environment-53057055>

Weekly Numeracy Challenge

<div><div></div></div>	+	<div><div></div></div>	=	8
+		+		
<div><div></div></div>	-	<div><div></div></div>	=	6
=		=		
13		8		

Here's a tricky one! Can you find the numbers which can make this true?

HINT: You can use the same number twice!



**Here is one
solution,
although
there can be
others, did
you find
another?**

3.5	+	4.5	=	8
+		+		
9.5	-	3.5	=	6
=		=		
13		8		



Maths Challenge



A monk has a very specific ritual for climbing up the steps to the temple:

- First he climbs up to the middle step and meditates for 1 minute.
- Then he climbs up 8 steps and faces east until he hears a bird singing.
- Then he walks down 12 steps and picks up a pebble. He takes one step up and tosses the pebble over his left shoulder.
- Now, he walks up the remaining steps three at a time which only takes him 9 paces.



How many steps are there?



Solution!

There are 49 steps!

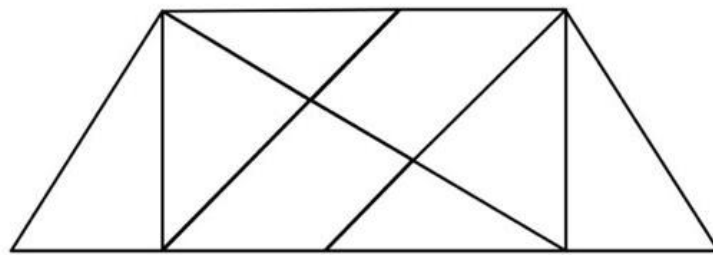
He climbs halfway, which is step 25. He hears the bird singing on step 33. He picks up the pebble on the 21st step and tosses it on the 22nd step. The remaining 27 steps are taken three at a time which is 9 paces.



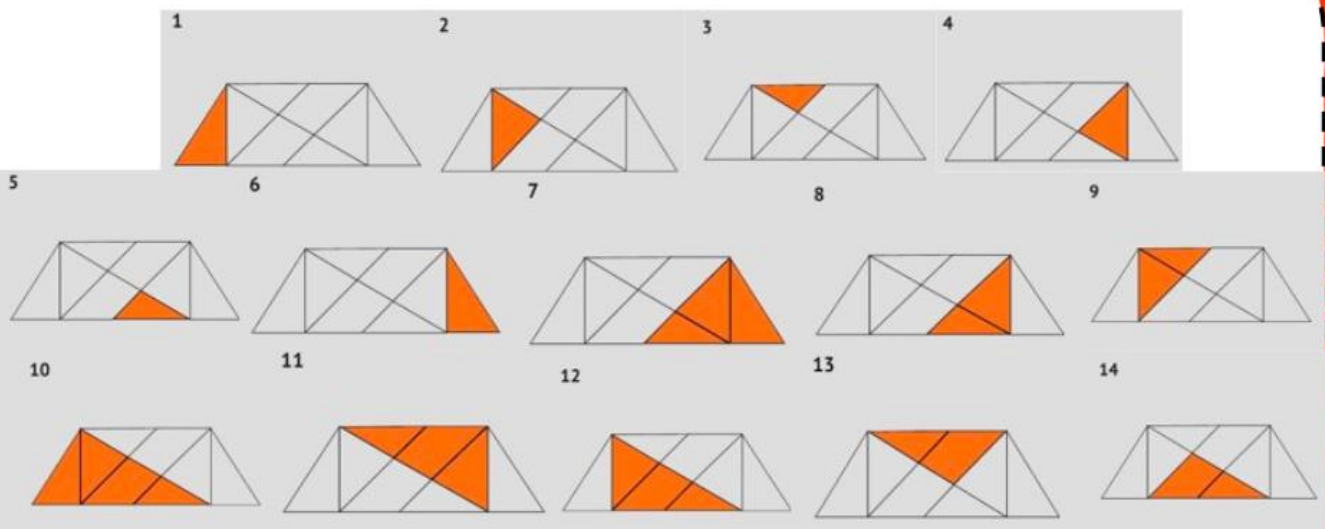
This is how to solve last week's challenge...

Slide 2

HOW MANY DIFFERENT TRIANGLES ARE THERE IN THIS TRAPEZIUM?



SOLUTION: THERE ARE 14 TRIANGLES!



Readers Digest, Meghan Jones ©

Finishing Year 8 / Preparing for Year 9

1. Equip. GCSE Pod.

Preparing by: Activating your account and learning effective study skills.

Log into your account at <https://www.gcsepod.com/>

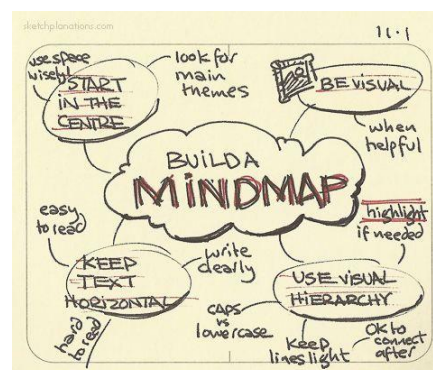
Watch the 'Preparing for Year 9' Pods and answer the questions.



2. Reflect. Mind maps.

Preparing by: Reflecting and reviewing what you have learnt this year.

Create a mind maps of all the things you have learnt this year. One has to be things you learnt about yourself or skills you learnt. You can do the others per subject or overall.



3. Record. UNIfrog

Preparing by: Recording your achievements.

Log into your UNIfrog account at <https://www.unifrog.org/>

Go to the 'Activities' section and record your achievements this year. It could be participating in an extra-curricular club, getting a certificate, completing a project, getting an award in or outside of school. Your invite was sent to your school email address to UNIfrog.



4. Plan.

Preparing by: Finding out more about the options process. What subjects suit you? What are your ambitions? What are your strengths?

<https://www.bbc.co.uk/bitesize/articles/zrjh92p>

<https://www.youthemployment.org.uk/choosing-gcse-options-19-questions-ask/>

<https://www.nidirect.gov.uk/articles/subject-choices-year-10>

Then, select what ones you would chose if you had to now and explain why?

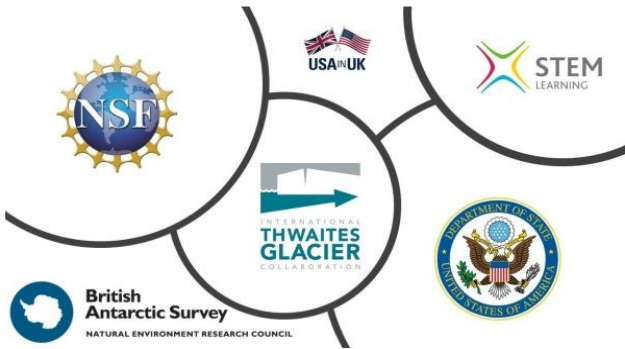
Self-assessment checklist

Task	Completed?
1. Equip	
2. Reflect	
3. Record	
4. Plan	

International Women in Engineering Day



Virtual Event with U.S. and UK Polar Researchers
IHO International Women in Engineering Day
#INWED20



#INWED20 Virtual Engagement w Polar Researchers

When: Tuesday, June 23rd, 3-4pm |

Panelists: Dr. Erin Pettit (U.S.), Dr. Britney Schmidt (U.S.) and Dr. Joanne Johnson (UK)

Platform: Webex Event

Don't miss out! Check these exciting and informative talks in collaboration with the U.S. Embassy in London, U.S. National Science Foundation, British Antarctic Survey, and STEM Learning.

To celebrate the International Women in Engineering Day #INWED20, STEM Learning in collaboration with other organisations is hosting virtual discussion with American scientists Dr. Erin Pettit, Dr. Britney Schmidt, and British scientist Dr. Joanne Johnson. As leading members of the International Thwaites Glacier Collaboration, the panel will speak about their careers, Antarctic investigations, and topics ranging from climate science and extreme engineering to environmental sustainability and resilience.

To sign up click [here](#)



He was in school earlier this week and is back in doing what he does best, being there for our pupils!

Happy 1st Birthday Max! - we have loved seeing you grow up with us this year and you have been a very good boy indeed! We hope you enjoyed your cake!





First Time Baker

APPLE CRUMBLE

- 8oz plain flour
 - 5oz brown sugar
 - 3oz butter, at room temperature
 - 1 level tsp baking powder
 - 2lb Bramley apples, peeled, cored and sliced
 - 1oz sugar
 - 2tbsp water
1. Preheat oven to gas mark 4 (350F/180C)
 2. Place the apples, sugar and water in a saucepan and gently cook till the apples are soft and fluffy
 3. Spoon the mixture into a pie dish
 4. Place the flour in a large mixing bowl and sprinkle in the baking powder
 5. Add the butter and gently rub into a breadcrumb consistency
 6. Add the sugar and mix well
 7. Sprinkle the crumble topping over the apples - even it out but not push it down
 8. Bake for 30-40 minutes until the topping browns slightly.

Enjoy with cream or custard.

The All-Together Newsletter: read us every week to stay up to date with what is happening in each Department and in School!