

The All-Together Newsletter

Holy Week

The Message

"Let us go too, and die with him."

Dear Students and Parents

I hope that you continue to be safe and well. We have had lots of emails from students and parents this week and its lovely to keep in contact with you all. Students, keep up your hard work your teachers are coming back to me with great examples of your work and the positive efforts you are making at this unusual time. You will be set some work to complete over Easter as normal but perhaps take the opportunity to really endeavour to have some quiet reflective time. Take the time to reflect on the sacrifices made by our Lord at Easter and the celebration that Easter is in our church.

As you know Easter is the most important feast in our church calendar. It marks our eternal hope and in these challenging times it is to this hope to which we look for support, encouragement and reassurance. The Corona virus is encouraging and pushing us further to trust in the risen lord so that we have the strength and resilience to face whatever challenges await us. It will be most unusual to not have the masses and preparation for Easter in our parishes. However, this doesn't stop us following the services on line.

Mr Pauro places on our social media a list of churches and their links for masses. The Pope gave and extraordinary blessing this week – watch it with your family

<https://www.vaticannews.va/en/pope/news/2020-03/pope-francis-urbi-et-orbi-blessing-coronavirus.html>

In it the reading of the calming of the storm is central - at this time the reading couldn't be more appropriate.

Please keep the whole of the All Saints community in your prayers.
With every good wish

Ms Cantle

REFLECT: How will you prepare for Holy Week?

St Thomas is well known to be the 'doubter'. After Jesus' death and Resurrection, he refused to accept that the other Apostles actually saw Jesus. But even though he is well known for his act of doubting, we should not miss the courage and resolve he had in that moment that helps us to reflect upon our own willingness to go forth with Jesus in the face of the persecution that is the crises of Covid19. **Being a Christian requires courage, how have you been nurturing your faith as a family unit and individually during this time?**

We also must learn from St. Thomas that, even if we do fail, **we can start again**. Some of you may be finding it difficult to keep the fire of faith alive during this time of doubt and fear. It is in this time that we should all look to God and give our troubles over to Him. Thomas ended up doubting, but in the end, he courageously lived out his conviction to go and die with Jesus. **Reflect, today, upon the resolve in the heart of St. Thomas and use it as a meditation to help your own faith grow and preserve during this time. Do not worry if you fail in this resolve, you can always get up and try again**

ACT:

Log into the Brentwood Catholic Youth Service Website. Go onto their twitter and Instagram and join them virtually for daily mass, youth mass and weekly Sunday mass: every Sunday 12pm-1pm.

The link to the website is <https://bcys.net/news/>

Ms Carlile

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



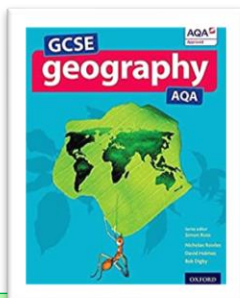
MUSIC

Test your musical Knowledge!

Follow the link below and test out your musical knowledge. This is a great way to test your musical skills and knowledge in a fun and interactive way. Enjoy and good luck!

Miss Hogan

<https://www.educationquizzes.com/ks3/music/>



Need help with your Geography work?

Dear Geographers-for extra support with your Geography work, log in to Kerboodle to access the online Geography textbook.

The web address is:

<https://www.kerboodle.com/users/login>

Thanks

Mr Page



Duke of Edinburgh Award

Even though we are housebound, there is still work that can be done for the Duke of Edinburgh Award - says Mr Eason.

1. Log on to edofe and check your messages. Mr Eason has left some messages.
2. Update your record of the various things you have been doing. Leave a message yourself if you are unsure.
3. Start a skill at home: - Cooking (under supervision), learn a language, learn to play a skilled game such as chess, a musical instrument.

Year 11 D of E students should be entering as much information as they can so I can award them when we return.

Lots to do, lets do it!!

Top tips for staying emotionally healthy during self-isolation:

1. Stick to an active daily routine (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
2. Do light activity - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
3. Keep up hobbies that keep you moving (e.g. baking, reading, writing, making music, gardening etc)
4. Engage in creative activities (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
5. Keep connected to others (e.g. phones, email, skype, websites, helplines & online counselling)
6. Try Meditation and relaxation (e.g. Apps and free YouTube videos such as headspace)



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

EMOTIONAL WELLBEING WHILST IN SELF-ISOLATION

Emotional Wellbeing through Coronavirus:

- Advice for children, families and staff: <https://www.annafreud.org/coronavirus/>
- Mental health foundation, How to look after yourself after your mental health during the Coronavirus outbreak: <https://mentalhealth.org.uk/coronavirus>
- Mind, coronavirus and your wellbeing: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- 6 ways parents can support their kids through coronavirus (Unicef): <https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-throughcoronavirus-covid-19>

Supporting children and young people:

- Supporting children and young peoples' mental health advice: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- NSPCC, Mental health and parenting: <https://www.nspcc.org.uk/keeping-childrensafe/support-for-parents/mental-health-parenting/>

Supporting yourself and your family:

- How to support your mental health whilst working from home by Mental Health First Aid England: <https://mhfaengland.org/>
- For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps: https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkI6L37vTprESbG_wBoC8XwQAvD_BwE

ONLINE COURSES FOR TEENAGERS

<http://onlinelearningsuccess.org/online-courses-teenagers/>

Online Skill and Communication Courses for Teenagers: <https://etonx.com/>

CADD achievements this term

We have had a number of achievements within the CADD Department this term, from mouth-watering food made in Food Technology, to our Year 10's taking on their two-week work experience and CADD winning Best Dressed Department on World Book Day!



On the left, we have Tyler's (year 9) pancakes, and on the right Chantelle's salmon.

Year 8 getting their baking on! Verry and Debbie, baking jam tarts.



Some of our winning outfits and our door design for World Book Day!



Year 10 went out on their 2-week work experience, at very different locations such as primary schools, to farms to offices, to supermarkets. All student did exceptionally well at their work placement because every had an opportunity to use the techniques taught on our 'Work Skills' programme.



Did somebody say dodgeball?!

CADD afterschool sports club has been going well!



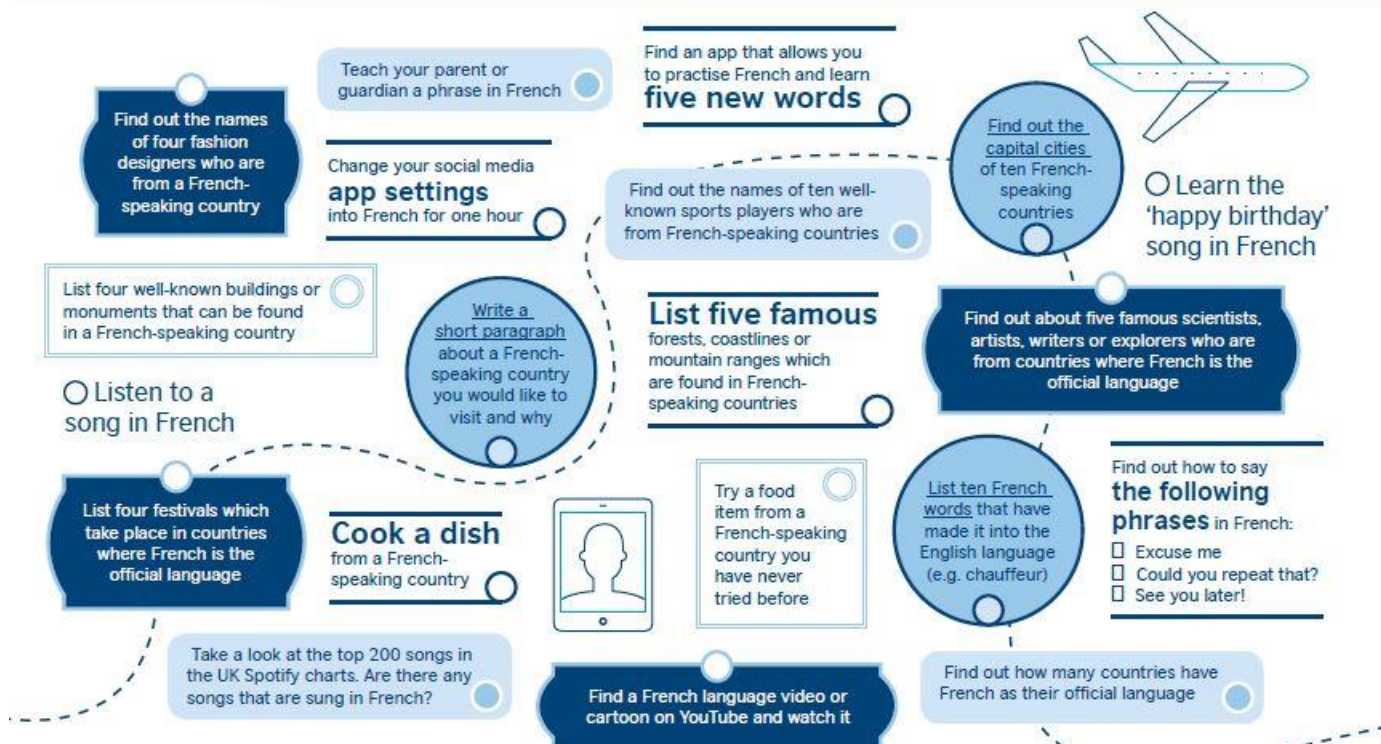


Stretch and Challenge

<https://thebrilliantclub.org/the-brilliant-club-for-pupils/info-for-pupils/>



THE GREAT SCHOOLS ONLINE FRENCH CHALLENGE



To find songs and videos in French, visit:
<https://schoolsonline.britishcouncil.org/challenge-songs-videos>

SPELL YOUR NAME

DO THE WORKOUT **EVERY DAY**

- | | |
|----------------------------|----------------------------|
| A: 10 PUSH UPS | N: 5 SETS OF STAIRS |
| B: 1K JOG | O: 20 LEG RAISES |
| C: 10 SQUAT JUMPS | P: 1 MIN PLANK |
| D: 20 BURPEES | Q: 30 STAR JUMPS |
| E: 10 SQUATS | R: 2 MIN SKIPPING |
| F: 20 STAR JUMPS | S: 20 BURPEES |
| G: 20 LUNGES | T: 30 SEC PLANK |
| H: 1 MIN SKIPPING | U: 15 SQUATS |
| I: 45 SEC PLANK | V: 15 PUSH UPS |
| J: 3 SETS OF STAIRS | W: 20 SIT UPS |
| K: 10 BURPEES | X: 10 LUNGES |
| L: 20 SQUATS | Y: 20 SQUAT JUMPS |
| M: 2 MIN PLANK | Z: 2 MIN PLANK |

2 MIN PLANK: done!
10 PUSH UPS: done!
10 LUNGES: done!
Time to rest now!



All Saints Activity Tracker

Keep a diary of your activity levels and use this as motivation and see what improvements you can make. You could do aerobic activities such as walking, jogging, running. You could do yoga or pilates to focus your mind and improve your strength. You could do circuits where you do a range of exercises at an intensity level which is challenging.

Don't forget to mix your training up and also include rest or recovery days where you might want to do something very easy or even some meditation or mindfulness. Give yourself a new goal or challenge each week and see if you can get your family involved as well! For example you could try to be active for a total of 150 minutes (30 mins per day), you could try and do 5 different exercises in each circuit workout, you could try doing an extra 10 sit ups at the end of each workout or you could increase the number of days you do exercise.

Check out the workout examples attached in the PowerPoint, let us know how you get on and if you need any more ideas for sessions just get in touch!

P.E Department

Physical activity for children and young people (5–18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MAINTAINS HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

PLAY, RUN/WALK, BIKE, ACTIVE TRAVEL, SWIM, SKATE, SPORT, PE, SKIP, CLIMB, WORKOUT, DANCE

Include muscle and bone strengthening activities 3 TIMES PER WEEK

Sit less (LOUNGING)

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

Week Number/Date:

Goal:

Day of the week	Activity Description	Time active	How do you feel?

Total time active this week:

Did you achieve your goal?

How do you feel after this week?