

The All-Together Newsletter

Dear Parents/Carers and students

I hope you are well and were able to celebrate Easter with your family at home. It is wonderful that so many of our liturgies were available to us online. I hope you are finding these newsletters useful and are a way of us keeping in touch. You will note that there has been a decision made about awarding GCSE and A level grades to students. You will be pleased to know that All Saints are in a strong position to do this as we have collected two sets of mocks from the students and have regular assessments that we have recorded. I have written to year 11 and 13 parents in the Easter holidays about this already.

With regard to continued study all of the information you require is on show my homework. Please try and stay in the rhythm and routine of studying it will be better for you in the long run. Read over the sections in the newsletter that relate to wellbeing and also the additional competitions. I have loved seeing the entries for the photography competition – we have some very talented photographers in our community. Our schools' social media had also been busy and again it has been lovely to keep in touch in this way seeing images of our wonderful student's cookery efforts, helping parents and keeping fit. Please continue to share your activities at this time as it's a way of staying together as a community.

I have spoken to a number of the teachers, the leadership team and received many emails. The staff are missing seeing the young people and working with them and we all hope and pray that this situation passes as soon as possible so that the All Saints family can be back together properly. In the meantime, we aim to communicate and stay in touch with you all as much as possible.

As yet we have no further updates on schools opening. I assure you I will update you as soon as I have any further information. I hope you and your families are keeping well and are coping with the isolation together. If you are having any difficulties please do not hesitate to contact us and we will endeavour to do our best to help.

With every good wish

Clare Cantle



BIG UP MR. BEEZY!

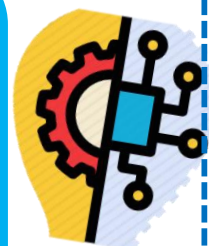
Message to all our Yr. 11 students!

https://drive.google.com/file/d/1Uuqo_ApleFAOgc27CJeLdk0xZP_oToI6/view

TECHNOLOGY

Can you come up with a new, creative and commercially viable product for the Design Museum Shop to be sold for around £10?

https://ventura.designmuseum.org/design-ventura-mini-challenge/?fbclid=IwAR15CIYVvUxgUHoVD4SaqvTRkp-pWJRT5g9tA57-3XY_HHI3d1zZoaRTmmU



**DESIGN
VENTURA**
2009–2019

Bringing the business of design
to life with Deutsche Bank



Design Ventura Online Mini Challenge!

Design a product for the Design Museum Shop
for your chance to win a prize.

Design criteria

Improving everyday life

Your product idea can improve everyday life by meeting the needs of a specific audience group or by addressing a social, educational or environmental issue.

The Design Museum Shop

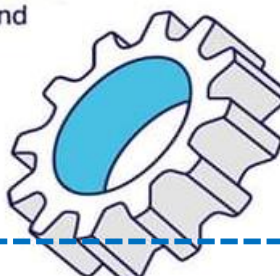
The business setting for your product is **the Design Museum Shop**. Therefore, your product must complement the other items on sale here, such as books, homeware, toys, games and classic designs.

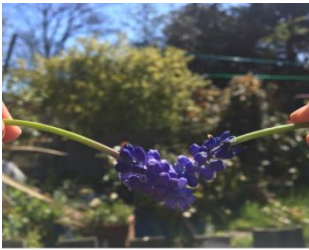
designmuseumshop.com

Target audience

Your product idea can appeal to a wide audience but should directly target the needs of a specific group, such as:

- ▶ Adult design enthusiasts
- ▶ Young people and students
- ▶ Families

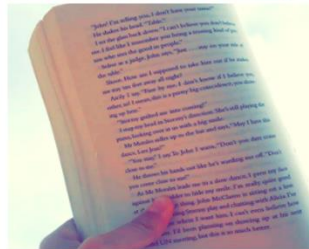




PHOTOGRAPHY COMPETITION

So many fantastic photographs submitted over the weekend! The glorious blue skies featured in many of your images and we are really impressed with the thoughtful approach to the theme of 'Share' on Sunday. Week one completed, now for week 2!

Ms Heaven



Introduction to A Level Psychology



Entry Requirements for Psychology:
Science 6, English 6, Mathematics 6

Examination Task

- I would like you to research the origins of psychology and the some of the approaches of psychology:
1. Social learning theory Approach to psychology
 2. The biological approach to psychology
 3. The learning approach to psychology - define genotypes and phenotypes, neurotransmitters, classical and operant conditioning
 4. The cognitive approach to psychology - define cognitive, perception, the role of the brain and computer models

INTRODUCTION TO A- LEVEL PSYCHOLOGY

I have uploaded YR11 in to YR12 resources for those wanting to study Psychology next year. It will give you the chance to see what the course is about and the exciting learning challenges that await. Please check Show My Homework to see it!

Miss Terry



FOOD TECHNOLOGY

Mrs Merchant's school kitchen may not be open but her virtual cooking school certainly is - look at these for a Friday treat - well done Gabrielle in YR9!



THE GREAT SPANISH LANGUAGE CHALLENGE



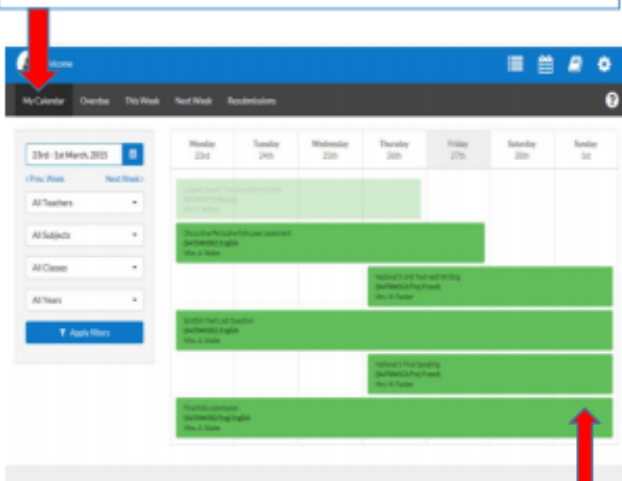
To find more languages resources, visit:



Checking and Submitting Work on SMHW

Step One: Checking Task Details

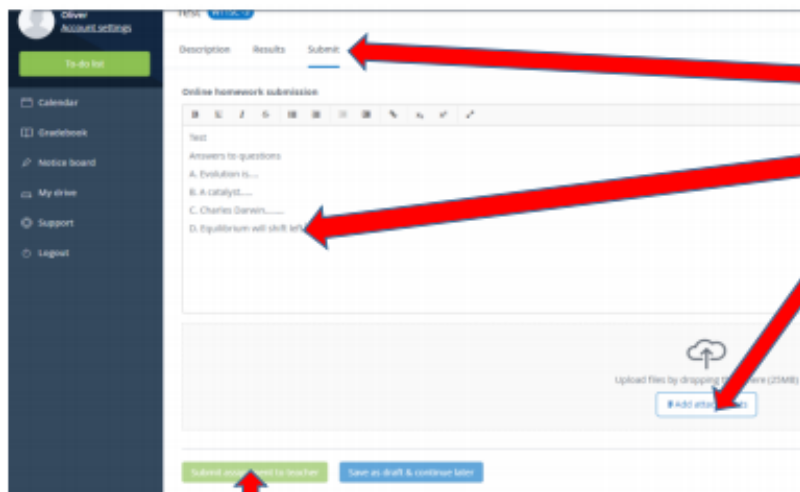
You can check the work that your class teachers have set for you by clicking on the 'Calendar' option available on the left hand side of your screen.



In order to find out the details of a task you have been set click on the green bar on the calendar.

Step Two: Submitting Work Online

You are being asked to submit your work online as an attachment. In order to do this you need to complete the work on Microsoft Word or perhaps Microsoft PowerPoint and **save** this on your computer.

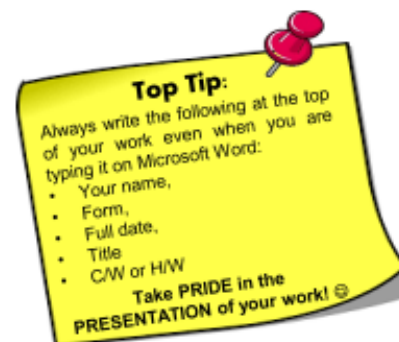


You will need to click the 'submit' tab (if you have already submitted a document you will need to click 'submit another').

You can enter an explanatory note in the box provided – this is optional.

- To attach the homework you have been working on click on 'add attachment'
- Normally the homework task will be saved to your computer but there are other locations you can attach files from
- Locate the file and click 'open'
- You will then see your file attached shown under the 'add attachment' button.

Finally to send your homework to your teacher you need to click the green 'submit assignment' button. When your homework has been sent successfully your screen will say 'Your work has been submitted'



Work hard and strive to thrive!





ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org



Keeping healthy:

Ideas for keeping your family healthy and well during the coronavirus outbreak.



Staying healthy at home

Many parents and carers will now need to work from home while also caring for their children to help control the spread of coronavirus. Below are some useful suggestions for staying emotionally, physically and mentally healthy during this time. We hope this information provides you with some helpful ideas that you can adopt. For more ideas, sign up for our daily enews by sending an email to McGregorN@ealing.gov.uk with the words 'OPT IN' in the subject heading.

How to look after your family's health and emotional wellbeing during this time:



Eat right

Eating healthy meals will strengthen your immune system and boost your mood. Prepare meals that include: a variety of vegetables (fresh, canned or frozen); starchy foods such as potatoes, rice or pasta; and protein such as beans, fish, eggs or meat. Stay hydrated by drinking 6 to 8 glasses of water daily. Between meals, eat healthy snacks such as yoghurt, fruit slices, chopped vegetables with hummus, plain crackers, plain popcorn and rice cakes. Limit sugary snacks which can cause tooth decay, poor concentration and weight gain.



Top tips:

Get your children involved in planning and preparing meals. For recipe ideas that are quick, easy and healthy, visit the **Change4life** website. Encourage your family to start their day well with a breakfast of porridge, Shredded Wheat or Weetabix with fruit slices, milk and yoghurt.



Keep physically active

Physical activity, such as going for a walk or bike ride outside, will boost your immune system, improve your mood and reduce anxiety levels. Children and young people need at be physically active for at least 60 minutes every day and this can be spread throughout the day. If you are required to self-isolate, keep physically active at home with your family by dancing to music, doing yoga and following along with online exercise workouts. Housework and gardening is also a good way to stay active.



Top tips:

YouTube Kids and has a range of fun dance routines for kids including Zumba workouts. Kids can also keep active with **Disney's 10 minute shake-up games**, and **Disney Dance-Alongs**. Adults can try 500 free workout videos from **Fitness Blender** and **Les Mills**.



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Talk to your child

Your children will be hearing about coronavirus and may be feeling anxious. It is important that you make them feel safe, but be truthful and speak calmly and reassuringly. Give them space to share their fears and help them feel in control by giving them specific things they can do such as getting lots of sleep and washing their hands. Talk about what is happening to keep people healthy and regularly check in with your child and answer their questions.



Helpful numbers and links

1. <https://www.childline.org.uk>
2. <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
3. <https://www.nhs.uk/conditions/stress-anxiety-depression/benefits-of-talking-therapy/>

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