

The All-Together Newsletter

Dear Students and Parents

I hope you have had a good week. Yet again I have been sending out positive letters to those students who are really applying themselves to their studies. It's great that you are working hard and making the most of this time. You will have seen on our social media another flurry of fantastic baking examples. I have said before we most definitely need an 'All Saints Bake Off' on our return.

Next week is Mental Health awareness week. Read on in the newsletter for more information. This is a time when it is important that we look after our own wellbeing and look to support others. If you have any concerns please do not hesitate to contact us and we will support in the ways we can.

The Prime Minister made an announcement about primary schools opening in June with a hope of some 'face to face support' later for year 10 and 12. As you can appreciate in order for this to happen significant risk assessments and planning need to occur. It is clear at this point that there will not be a fulltime return for these year groups as we update ourselves daily on the new guidance this facilitates us making plans. Once the detailed plans and risk assessments are completed and approved and only then will we begin to open school.

You can appreciate that the safety of our young people and staff is a priority.

This is a time of great uncertainty for all but at times like this we look to the things in our life that are 'certain'. We look to our families, our friendship networks etc. One thing we are certain of is that the All Saints community will emerge from this stronger and with a huge appreciation of what we have in each other and by being part of our All Saints Family.

I would like to leave you this week with some fantastic news. All Saints has been shortlisted and is a finalist in the National Pastoral Awards for School of the year and members of staff have also been recognised. It's great that even when we are not together, we are still recognised by those outside our community as a school of great merit and togetherness. Well done to all staff and students on this achievement.

I look forward to seeing more examples of exemplary work this week.

With every good wish

Clare Cantle

Psalm 40: I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.



DUKE OF EDINBURGH AWARD STUDENTS

Calling all Year 10 Duke of Edinburgh Award Students - Message from Mr Eason

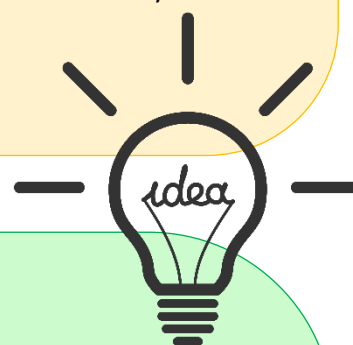
You can keep doing your DofE award, even from home. Please keep entering evidence in whatever form on the edofe web site.

Also, you can change your activities if you need to as well.

There are plans to do your expedition next year when it's safe to do so. In the meantime, keep entering evidence of what you've done so we can record it, however small.

Year 11 Duke of Edinburgh students. - Come on folks!! get entering evidence. That's all a lot of you need to do. Then we can give you the award. It's more evidence to show others what great students you are.

Mr Eason



THE BRIGHT IDEAS CHALLENGE

What will cities look like in 2050? How will they be powered to be vibrant, healthy and clean places to live?

The Bright Ideas Challenge, Shell's cross-curricular schools' competition, invites young people aged 11-14 to use their creativity, problem solving and STEM skills to devise innovative solutions that could power cities of the future. With fantastic STEM prizes up for grabs, there's every reason to think big!

How to enter The Bright Ideas Challenge

- Scroll and watch all the videos in the link below (total of 5 clips), to help guide and support you (ignore the deadline shown in the video it has been updated)
- Once you have watched the clips, I have attached a research guide which provides top tips and help boost your entry!
- Lastly you will need to complete the entry form attached, which you will need to submit. Make sure all sections have been filled and any supporting materials have been collated, such as files, photos, scans etc.

Once completed please send in your entry form to my email: skouchak@allsaintsschool.co.uk

Deadline: By 5pm on Friday 19th June

<https://www.shell.co.uk/sustainability/society/supporting-stem/bright-ideas-challenge.html#iframe=L2ZvcmlzL2JyaWdodF9pZGVhc19jaGFsbGVuZ2VfcmVnaXN0cmF0aW9uXzlwM>

Tg



Dear YR7 and YR8,

Usually we give you access to **GCSEpod** for FREE in YR9. But these are unusual times, so because we want you to have all the learning opportunities and tools for you to carry on learning when you are not in the school building, we are giving it to you from today!

Here are some helpful clips to help you understand what all the fuss is about...

<https://www.youtube.com/watch?v=f4TvlMeF2Do>


<https://www.youtube.com/watch?v=wLIVZCfj00s>

<https://www.youtube.com/watch?v=GnhVIUqDueM>

GCSEpod is the best online way for you to recap your learning and learn things you didn't already know!

How to access?

1. Click on <https://www.gcsepod.com/>
2. Click on login



WELCOME TO GCSEPOD.COM


LOGIN

USERNAME OR EMAIL ADDRESS

PASSWORD

LOGIN

NEW HERE? GET STARTED

 Your login details for the original GCSEPod site will not work.

[Forgotten your login details?](#)

NEW USER

ACCOUNT TYPE ☒ PUPIL

☐ TEACHER

FIRST NAME

LAST NAME

DOB

SCHOOL

Username

TIP - Don't just write your name as your username. Think of a username that is unique to you and that you can easily remember.

Password

Confirm Password

Password Hint

Please set your subjects below. You can manage these in your account settings.

English ☒

English Language ☒

Chemistry ☒

SAVE

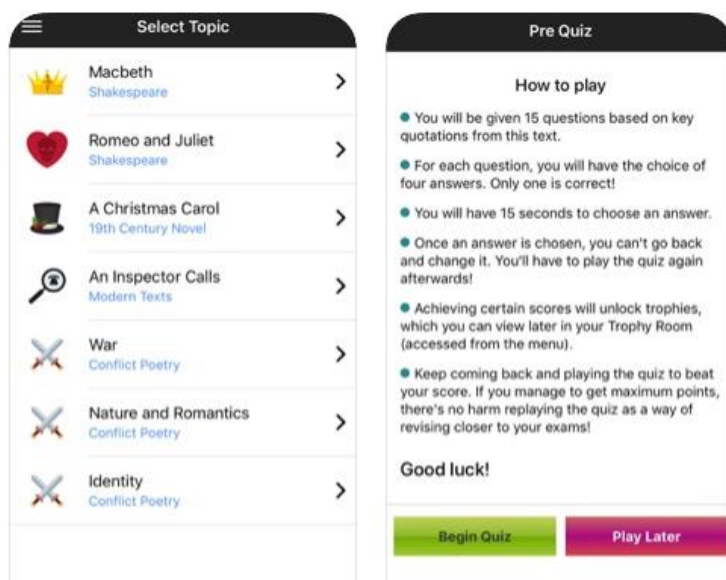
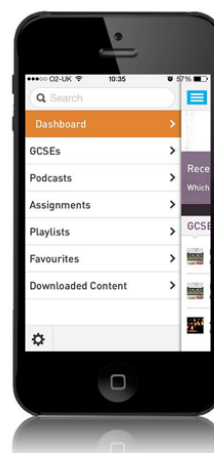
- Break out of your comfort zone and try something new – your teachers can set you GCSEPOD tasks on SMHW
- You've got the tools already, so use them - YOU SET YOUR OWN LOG IN AND PASSWORD – you just need internet access
- If you forget your log in details, email Mrs Whiley for help – awhiley@allsaintsschool.co.uk

Download the App



GCSEPod 2.0
Soundbitelearn...

OPEN



QUOTE ME ON THIS!

Here's a great resource! Students can download an app called Quote Master to test themselves on their understanding and knowledge of key literature texts for GCSE. It has short quizzes for different texts and students can retake it to improve their score. It helps to keep revision of quotes going! The app can be found here:

<https://apps.apple.com/gb/app/quotemaster/id1439559070>



Leaderboard

20/03/20
-
12/05/20

1	Jayden Parker	9T	8902
2	Chinedu Saviour	7C	1955
3	Ridge Pwetekani	7B	1555
4	Ryan Gathu	7A	1423
5	Odeneho Tuffour	8P	1234
6	Moses James	8T	1227
7	Abisola Aiyelabola	8A	1136
8	Enaiho Uwas-Paul	7M	1051
9	Ryan Bucktrout	7T	1047
10	Isaac Santos	7P	999

Y7,
Y8
&
Y9



LOOKING TO GET INTO STREAMING, BUT NOT QUITE SURE WHERE TO START?

During this Microsoft virtual workshop (click the link below), students thirteen and older will learn it all: from setting up a Mixer account, key features of the Mixer platform and how to grow an audience including creating your own streaming action plan.

Participants will leave knowing:

- What the Mixer platform is, including standout features and benefits.
- How to get started streaming on Mixer.
- The business of streaming and how to build an audience.
- Streaming etiquette and rules of conduct.
- Technology tips and how the right gear can help your channel.
- Tips for safe and healthy streaming and gaming.

Participants need to be thirteen and older to sign up for their own Mixer Streamer account.

[https://retailevents.microsoft.com/event/event-details?id=Virtual Workshop for Students - Pro tips to becoming a Mixer Streamer workshop ages 13to18132511234693](https://retailevents.microsoft.com/event/event-details?id=Virtual%20Workshop%20for%20Students%20-%20Pro%20tips%20to%20becoming%20a%20Mixer%20Streamer%20workshop%20ages%2013%20to%2018%20132511234693)

CHECK OUT THE OPEN UNIVERSITY!

A world of learning at your fingertips across the curriculum and key stages!

Enjoy what you can and please share your success with us!

<https://www.open.edu/openlearn/subject-information>



History & The Arts



Explore culture, conflict, and the things that make us human.

[Explore subject >](#)

Languages



Wherever you are, making yourself understood is the key to success.

[Explore subject >](#)

Nature & Environment



Explore our shared home and get to know the species you're sharing it with.

[Explore subject >](#)

Science, Maths & Technology



The rules of the universe and how we work with them.

[Explore subject >](#)

Society, Politics & Law



So many people, how do we get on together, and what happens when we don't?

[Explore subject >](#)

Get the most out of OpenLearn



Anyone can learn for free on OpenLearn but sign up to get so much more from the site.

[Create account >](#)

Money & Business



The world of work, the world of business and the pounds in your pocket.

[Explore subject >](#)

Education & Development



How children become fully-formed adults and how we all keep learning.

[Explore subject >](#)

Health, Sports & Psychology



How best to maintain a healthy mind in a healthy body and the professions that help us.

[Explore subject >](#)



NEW SKILLS DEVELOPED IN CUISINE!

Mrs Merchant has been really impressed by all the pictures of the food being made by all of you - **Niamh in YR9** has excelled and is showcasing noodles in this picture! - we hope these skills spark a lifelong passion for good food and living.

Maths Challenge

Can you solve this?

An athlete is able to jump FOREVER.
However, every time that she jumps she gets a bit more tired, and every jump goes 12 as far as her prior jump. Now, for her very first jump, she goes 12 of a foot.

On her second jump, she goes 14 of a foot, and so on and so forth.

How many jumps does it take for her to travel 1 foot?



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

Solution!

93% can't find the right answer!
Can you?

1 apple = 10

$$\begin{array}{c} \text{apple} \\ 10 \end{array} + \begin{array}{c} \text{apple} \\ 10 \end{array} + \begin{array}{c} \text{apple} \\ 10 \end{array} = 30$$

1 banana = 4

$$\begin{array}{c} \text{apple} \\ 10 \end{array} + \begin{array}{c} \text{banana} \\ 4 \end{array} + \begin{array}{c} \text{banana} \\ 4 \end{array} = 18$$

1 coconut = 2

$$\begin{array}{c} \text{banana} \\ 4 \end{array} - \begin{array}{c} \text{coconut} \\ 2 \end{array} = 2$$

$$\begin{array}{c} \text{coconut} \\ 1 \end{array} + \begin{array}{c} \text{apple} \\ 10 \end{array} + \begin{array}{c} \text{banana} \\ 3 \end{array} = ? \quad \text{So the answer is 14}$$



Solution!

The reason the insurance salesman could not figure out the children's ages is because, **even with knowing the number on the house next**, there were still two possibilities.

The only way that the product could be 36 and still leave two possibilities is when the sum equals 13. These possibilities being **9, 2 and 2 and 6, 6 and 1**.

When the woman stated that her "oldest" child plays the piano she was giving the insurance salesman the fact that there is an "oldest".

So the children's ages are **9, 2 and 2**.



What can you do to help your mental health?

Here are some acts of kindness to inspire you

Before you start, please remember the tips below:

Keep others in mind

Although carrying out good deeds for other people can make you feel good, don't forget to keep in mind why you're doing it – for their benefit not yours.

Don't overdo it

If you find that you are giving too much of yourself or have gone beyond your personal resources, think about taking a step back. We recommend starting small so that you don't become overwhelmed or give more than you are emotionally or in other ways able to give.

Registered Charity
No. England 801130
Scotland SC 039714

Mental Health
Foundation



Strategies for good mental health during isolation

Deep breathing activity

- Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.
- Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
- Breathe in through your nose. Let your belly fill with air.
- Breathe out through your nose.
- Place one hand on your belly. Place the other hand on your chest.
- As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
- Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

MONDAY



AllSaints
CATHOLIC SCHOOL

Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.

One in Christ (1 Cor. 12-29) RUAH



Strategies for good mental health during isolation

<https://www.headspace.com/meditation/anxiety>

Head space are offering 2 weeks free trial of their meditation mindfulness programme.

https://www.youtube.com/watch?v=Bk_gU7l-fcU

Free mindfulness activities for students on YOUTUBE



TUESDAY



AllSaints
CATHOLIC SCHOOL

Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.

One in Christ (1 Cor. 12-29) RUAH

Strategies for good mental health during isolation



AllSaints
CATHOLIC SCHOOL

Connect with others

WEDNESDAY

We are social creatures; relationships are key to our mental health. Having to self-isolate or practise social distancing may be difficult. There are obvious ways to digitally connect through WhatsApp, Skype and Facebook. Or even an old-fashioned phone call! But it can be worth thinking about some more imaginative ways.

How about organising a group of friends to all watch the same movie and then meet up digitally to discuss it? You can have a [Netflix Watch Party](#) with your friends and talk just as you usually would.

If you have a skill, perhaps you could set up a Facebook live session and teach people to knit or draw. If you, or someone you know, don't like using social media, make an agreement to write a letter or email to each other once a week

One in Christ (1 Cor. 12-29) RUAH



Spanish family challenge. Can you guess the fairy tale?

Tres hermanos hacen sus casas, pero para tardar menos y jugar, los dos primeros las hacen de paja y maderas, mientras el mayor se esfuerza más y la hace de ladrillo. Como no puede tirar la última casa soplando, trata de entrar por la chimenea, pero los cerditos preparan un caldero y el lobo huye abrasado.

Era se una vez una niña que quería mucho a su abuelita, y un día su madre le dio una cesta llena de comida para que le llevara la merienda. La abuela vivía en una casa en el bosque, porque estaba enferma. Caperucita se encontró con un Lobo Feroz en el camino que la retó a correr una carrera hacia la abuelita. ¿Sabes cómo termina esta historia?

Durante mucho tiempo los reyes no podían tener hijos, hasta que se les concedió el deseo y tuvieron una hija. Invitaron a una fiesta en honor de la niña a tres hadas del reino. Pero entonces una hada que olvidaron invitar, muy ofendida, sentencia que el día en el que la niña cumpla quince años se pinchará el dedo con la aguja de una rueca y morirá.



Last week solutions! French fairy tales

1. Hansel and Gretel
2. Sleeping Beauty
3. Cinderella



TECHNOLOGY CHALLENGE

A little different DT challenge of the week this week! This is a national competition for **designing a book token**, details can be found at the link below...

<https://www.nationalbooktokens.com/create-a-national-book-token-for-your-class>

The competition is open from Wednesday 6th May and the closing date for entries is Sunday 28th June 2020!

Good Luck!
Mr. Cornwell





First Time Baker

APPLE AND CINNAMON MINI SCONES

- 1 eating apple
- 250g self raising flour
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 40g butter
- 25g caster sugar
- 1 egg
- 100ml milk
- 2tsp demerara sugar
- Cream and jam to serve

1. Heat the oven to gas Mark 7, (220C)
2. Peel and grate the apple
3. Place flour, baking powder and cinnamon in a bowl
4. Add the butter and rub it in until it resembles breadcrumbs.
5. Stir in the caster sugar and apple.
6. Beat the egg and milk together - reserve 2 tbsps - stir into the scone mix to make a dough.
7. Turn onto a floured surface and pat out to 2cm thick.
8. Cut out the scones with a 4cm round cutter and place on a greased baking sheet (or baking paper on a tray).
9. Brush the top of the scones with the milk and sprinkle with demerara sugar.
10. Bake for 8-10 mins until golden brown.
11. Split and serve with jam and cream.

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