

The All-Together Newsletter

Dear Parents and pupils,

Believe it or not we have completed the half term and it is now the half term break. A huge congratulations to the pupils working hard and to the parents who have supported them in their learning.

I have written to parents about the future plans and as ever I will give further updates as soon as they are available. I hope that you will have a restful half term and that the weather stays good so you can enjoy the fresh air and the opportunities for exercise outdoors. Thank you to the parents for sending us images of their children doing great things at this time. It's a great way for us to feel connected even though we are apart and to celebrate the achievements of our young people. We are heading towards Pentecost and think about the holy spirit in action in our lives.

The gifts of the holy spirit wisdom, knowledge, counsel (right judgement), fortitude, understanding, piety (reverence), fear of the Lord (awe and wonder) are what we are drawing upon at this time. We do not have all of them but we are given unique skills and abilities by the Holy Spirit. Let us think at this time how we are using them for the good of others.

It goes without saying that we miss seeing our young people everyday and we are hoping and praying that we can all be back together soon. We hope that on the return we are wiser having had time to reflect, energised having taken this time away, even more appreciative of what we have as the All Saints community and even more determined to achieve yet greater things for our young people

With every good wish

Clare Cantle

Acts 2: When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit...

YR10 and Yr12 GO GOOGLE CLASSROOM

Dear parents and carers,

As you are no doubt aware, the Government have asked for YR10 and YR12 to have some 'face to face' teaching time before the summer holidays. As always, our staff have been working everyday since school lockdowns were introduced to maintain your child's education and wellbeing.



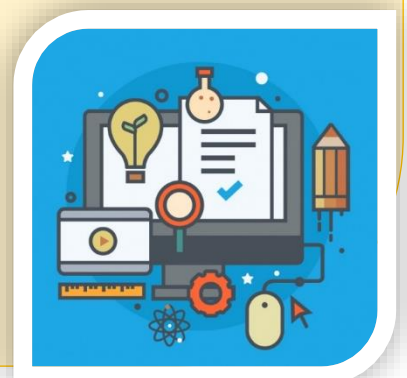
Google Classroom

In order to meet this need, we are pleased to inform you that from June 1st YR12 teachers will have set up online 'classrooms' for their pupils using Google Classroom. Your child will receive an email invitation to the 'classroom' in their school email inbox and will also find the invite on their Show My Homework account. All they need to do is click the link and then they will have scheduled online lessons with their teacher as directed by their teacher, generally at times that are in line with their school timetable.

They will be able to have 'face to face' conversations using the 'Meet' feature (like Zoom or FaceTime but with safeguards in place) and if you want to set up or have a gmail account, you can be invited to use the 'Guardian' feature. This will allow you to see what your child was set, has done and will need to do in great depth because you can also see the resources given to them.

From June 8th, teachers of YR10 pupils will also have set up Google Classrooms in exactly the same way for them. Come September, whatever we all come back to, you can expect every pupil to have access to a Google Classroom of their own from YR7-13 which is an exciting development for all in terms of making teaching and learning something that is collaborative and shared beyond exercise books and the school building.

Nick Pauro
Deputy Head



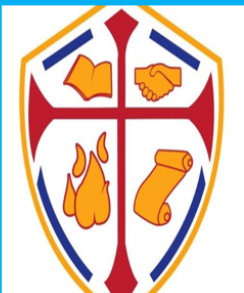
An invitation from Fr Dominic to our students at All Saints School



Over the last few weeks our screens have been filled with images of politicians and scientists; the voices of the young have rarely been part of the conversation, and yet we know many young people have been brilliant in their creativity and compassion over the last two months. Young people who have cut lawns of the elderly, gone shopping for ill relatives, made cakes for their street, made face masks for the NHS, inspired neighbours with artistic cards, and much, much more. Young people are often shy about telling such stories - they haven't done what they have done for glory. So we would like to "share the good news" - to celebrate young people who have done good things, inspired by faith, from All Saints School.

We want to hear your stories of kindness.

Whether it is you or someone else from school you can tell us in the following ways:



- Create a video of no more than **3 minutes in length**, sharing a story of kindness, creativity, helpfulness or courage during the lockdown/isolation period.
- If you do not want to be in the video you could narrate over pictures of what you or a friend has done.
- Please film in landscape (with the phone horizontal).
- Please include a sentence or two about the particular inspiration of faith for this kind act - maybe it is a Saint that has inspired you to act in this way, or a story of a quote from the Bible, or an understanding of what it means to live in a Christ-like way. It could be a member of your family who has inspired you to act like this



The Deadline and contact details of where to send your video:



The deadline to send the videos is **27th May**. Hopefully across all the schools and parishes of the Diocese there are at least 16 such stories, and we will run them on Wednesdays (just before Youth Mass) and Sundays between Pentecost and the end of term, leading into "virtual" Lourdes.

Such stories will, many years from now, form part of the narrative of how faith communities lived these very unusual weeks; in the short term they may also inspire other young people as they return to schools and Colleges



Contact:

Please email your video to Miss Carlile at ecarlile@allsaintsschool.co.uk

If you are too shy to be on camera then please email Miss Carlile at ecarlile@allsaintsschool.co.uk and let her know your/their story of kindness and it will be passed on to Fr Dominic and the Walsingham House team



This Week

Week Beginning **18th** May 2020

All Masses will be Live Streamed on YouTube and Instagram

Monday	Mass at 10.30am
Tuesday	Mass at 10.30am
Wednesday	Weekly Youth Mass 8pm All About Mary Feast of Our Lady of Fatima
Thursday	Mass at 10.30am Interreligious Day of Prayer for Humanity
Friday	Mass at 10.30am
Saturday	Mass at 10.30am
7th Sunday of Easter	Sunday Mass at 10.30am

[@brentwoodcys](https://www.instagram.com/brentwoodcys)




DAILY SAINT REFLECTIONS IN MAY



Click on the link to hear the Walsingham House youth team explain what it's all about

<https://www.youtube.com/watch?v=Nc1d0MUZPpM>

From 3rd - 31st May, 4.32pm each day, "Acts 4:32."

- Current and former Walsingham House Team members reflect on a Saint that inspires them, in 90 second videos, designed to help each of us to think about how the Saints would encourage us to act in this time of lockdown. The videos will be released at 4.32pm each afternoon.
- You can access these videos on the BYCS Instagram, Facebook and YouTube pages.

Confirmation Mass



Pentecost Sunday, 31st May, 10.30am Mass for Confirmandi. With a special message from Bishop Alan at the start of Mass, and music recorded by soloists and groups of young people from across the Diocese, as well as Intercessions read by young people, this Mass is especially for those who would have been Confirmed today, and it will be offered for you. On both YouTube and Instagram we are BrentwoodCYS. and more details of the Mass are at <https://bcys.net/events/pentecost/>

What can you do to help your mental health?



“

Kooth is now one of my new favourite websites. It has great help and support information. Kooth has already helped me with most of my problems. Before I had an account on Kooth I didn't know who and where to go to for help with my problems.

”

Kooth user



Online Counsellors available 365 days a year, up to 10pm, through either drop-in sessions or scheduled, text-based sessions



Self-help materials and resources, co-produced by other young people



Fully moderated, peer-to-peer support forums



Personal, goal based journal

Hi there Barking and Dagenham, Havering and Redbridge, Parents and Carers!

<https://www.kooth.com/>

We hope you are all safe and well and adjusting to these strange and difficult times. [Kooth.com](https://www.kooth.com/) is a free, safe, mental health and well-being service, commissioned by Barking and Dagenham, Havering and Redbridge CCG, to support children and young people between 11 and 18 (up to their 19th Birthday) years of age.

We know that for many people this is an incredibly challenging time and unfortunately, national statistics for mental ill health in young people is increasing as a consequence of Covid-19 closures and isolation, but [Kooth.com](https://www.kooth.com/) is here to support your child.

Kooth is:

- Safe, confidential, anonymous
- Free
- Available through a smart phone, tablet or computer

Kooth helps to reduce wait times for young people seeking help and removes stigma around mental health. Kooth integrates with face-to-face local services to ensure a seamless transition for young people.

XenZone's team of experienced and accredited counsellors, therapists and support workers provide guided, outcome-focused help for each individual.

XenZone works with local authorities, CCGs, mental health trusts, charities and other organisations to provide early intervention support with clear escalation and de-escalation pathways.

We take safeguarding and clinical governance extremely seriously. The safety and well-being of our users is of our upmost priority.

85%
prefer online
counselling compared
to face-to-face

97%
are planning
on returning
to Kooth soon

97%
would recommend
Kooth to a friend

70%
login outside
office hours

Kimmy Obongonyinge

Integration & Participation Worker

Email: kobongonyinge@xenzone.com



XenZone
FUTURE THINKING FOR MENTAL HEALTH



[xenzone.com](https://www.xenzone.com)
contact@xenzone.com

[Kooth Video](#)
0845 330 7090



5 STEPS TO WELLBEING



This year's Mental Health Awareness week theme is "**kindness**". This is a week where we can celebrate acts of kindness we have experienced during this difficult time and appreciate how kindness strengthens relationships and is the foundation of our mental health.

Mental health is part of our overall health. It's about: how we feel, think, and behave; how we cope with the ups and downs of everyday life; how we feel about ourselves and our life; how we see ourselves and our future; how stress affects us; how we deal with negative things that happen in our life; our self-esteem or confidence.

It's ok to have bad days, it's natural, and on these difficult days [Kooth.com](https://www.kooth.com) is there to help!

Try these 5 activities today!

1 SIGN UP ONLINE

2 EXPLORE

3 GET CREATIVE

4 GOALS

5 BE KIND

“Using Kooth really helped to feel like a weight has been lifted”
Harry, 17

1 SIGN-UP ONLINE

We know that this is a scary time, there is a lot of uncertainty, but Kooth has your back! Through Kooth you can access free, safe, anonymous, online wellbeing support. You can talk to a counsellor 365 days a year from the comfort of your own home via text (on Monday's to Friday our counsellors are available from 12:00 noon - 10:00pm and on weekends 6:00pm-10:00pm). Alternatively, if you don't feel ready to talk to a counsellor, you can read and contribute to articles and forums on the website. We also have lots of factual information on Corona Virus.

To sign-up today, go to www.Kooth.com then...

1

Click on the **Join Kooth** button located in the centre of the home page of the Kooth website

2

Choose from the drop down box the location you are in
The place I live is...

3

Click on the gender you identify with I am...

4

Choose from the drop down box the ethnicity that best fits you
My ethnicity is...

5 Add the month and year you were born

My Age is...

The month I was born in is...

6 Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7 Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

8 Click on the **Create Account** button to complete your registration



GET CREATIVE

3

Ever wondered what an Ed Sheeran's "Shape of you", or Stormzy's "Vossy Bop" would look like if it were a picture? Why not find out!? Take part in the Kooth [Draw a song challenge](#) today!

Log on ANONYMOUSLY through any device! Mobile, laptop and tablet!



<https://www.kooth.com/>

Log on ANONYMOUSLY through any device! Mobile, laptop and tablet!

What does "Anonymous" mean? It means that we won't ask for your name, email address, house address or any other personal information when you sign up; we want you to feel completely comfortable when you use Kooth.

2 EXPLORE

Great! Now that you've signed up to [Kooth.com](https://www.kooth.com), check out some of our articles on Kindness.



Find out how Sophie Turner's (Sansa Stark in Game of Thrones, Jean Grey in X-Men) best friend supported her when she experienced mental health challenges by reading this Kooth article on [giving a helping hand to the people in your lives](#).



Want to Learn how to be a good listener? Check out this Kooth article which has lots of [top tips on how to be a good listener!](#)



Be kind to yourself! Find out how you can take care of your body by checking out this article on [how to maintain a balanced diet](#)



GOALS

4



Goals give you direction and destination, they help you clarify what is important in your life. Take some time to reflect on what you want to achieve this week, this month, and this year and set your goals on Kooth today!

Check out this article, to find out [how to set a goal on Kooth!](#)

BE KIND

5

Try our **Kooth Kindness challenge!** We want you to do one nice thing for someone, it can also be yourself! It can be anything, but here are some ideas:

- 1) Offer to do the shopping.
- 2) Pay a few compliments.
- 3) Smile more often.
- 4) Express your gratitude.
- 5) Send a sad friend a funny video.



“ Try to be a rainbow in someone else's cloud ”
Maya Angelou

When you need to talk to someone who will understand you, when you are looking for advice to help a friend or family member, [Kooth.com](https://www.kooth.com) is here for you.



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

On Kooth.com you can...



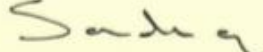


HOUSE OF COMMONS

LONDON SW1A 0AA

Sadiq Khan
Mayor of London
City Hall, The Queen's Walk
London – SE1 2AA

Wednesday 20 May 2020

Dear 

I am writing to you today on behalf of young people, parents, and schools across Dagenham and Rainham, many of which have contacted me in the last few days. All have raised concerns about the Government's proposal to re-introduce travel fares for children as lockdown eases. I know that you have also voiced your concerns about the above inflation fare increases.

I understand the need to pay off deficits following months of subsidy and in most cases severe loss of income, but I am imploring you to ensure that this cost is not fronted by journeys to and from school. There is a fear that the cost of commuting would push some parents beyond their means, particularly in more deprived boroughs. Schools have also expressed a concern that this may limit their ability to organise cultural and educational visits in the future which will undoubtedly impact learning.

Media coverage has highlighted that this change is to come in 'as soon as practicable'. I would be much obliged if you could expand on this statement so that schools, parents, and young people in Dagenham and Rainham know what to expect and when to expect it.

As a parliamentary representative it is my duty to do all I can to ensure that it is not those with the least that end up paying the most in our recovery. To this end, whilst understanding your hands are tied by the Government deal, I urge you to use all resources available to try and open a negotiation with the Government on this issue.

Kind regards



Jon Cruddas MP
Member of Parliament for Dagenham and Rainham
Incorporating South Hornchurch and Elm Park

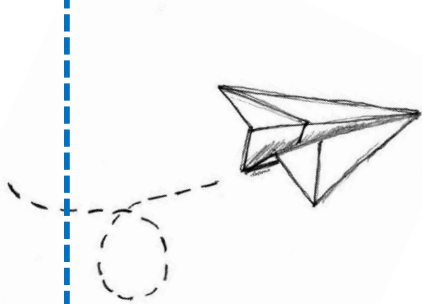
Jon Cruddas MP
Member of Parliament for Dagenham and Rainham, incorporating South Hornchurch and Elm Park
598 Rainham Road South, Dagenham, Essex RM10 8YP
www.joncruddas.org.uk
TEL: 020 8984 7854

DT challenge!

DESIGN AND TECHNOLOGY

CAN YOU DESIGN AND MAKE A MONSTER? THIS COULD BE FROM FOOD OR ANYTHING YOU HAVE AROUND THE HOUSE BE AS CREATIVE AS POSSIBLE

Send to your photos to:
acornwell@allsaintsschool.co.uk



Education
Endowment
Foundation

EEF SUPPORTING DAILY ROUTINES DURING SCHOOL CLOSURES

Click on the link below to watch the video. It will help you discuss with your child the best routines during school closure.

<https://www.youtube.com/watch?v=MO9SDGRgi3c>



Keep Safe, Keep being Creative, Have fun with family!



Art and Design

FAMILY FUN!

Recreate a Painting without Paint! (Part 1) – All ages.



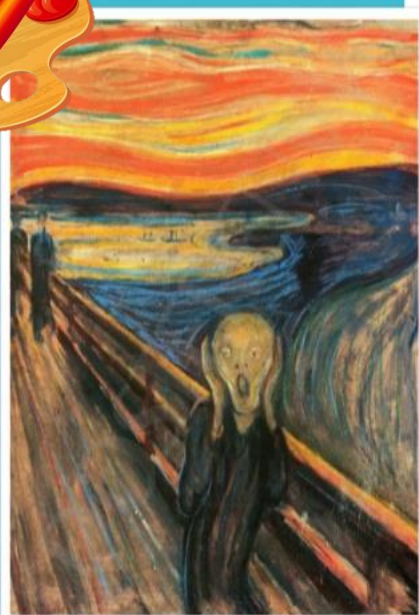
Van Gogh – 'Starry Night' Find a Landscape painting you like on line – try The National Gallery for a whole range of paintings Find a flat space to create your 'painting' – a table, the carpet. Find objects from around the house to help build your painting – clothes, fabrics, toys, straws, things from the kitchen/ garage/ shed.

Don't forget to take a picture and send to Jbunce@allsaintsschool.co.uk

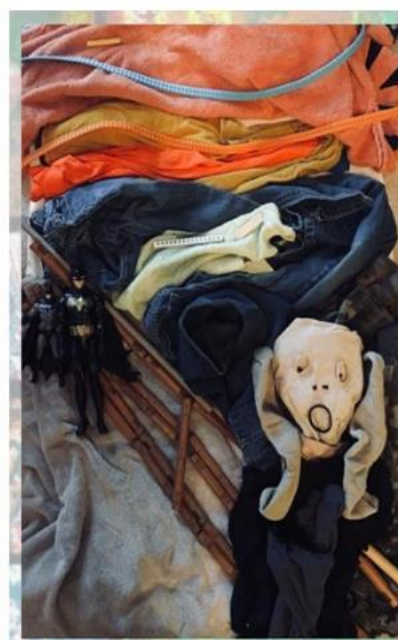
Art and Design

FAMILY FUN!

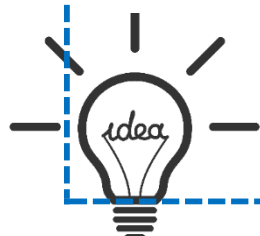
Recreate a Painting without Paint!
(Part 2) – All ages.



Edvard Munch – 'The Scream'
Make it more difficult by trying a portrait – try The National Portrait Gallery for a whole range of paintings Find a flat space to create your 'painting' – a table, the carpet. Find objects from around the house to help build your painting – clothes, fabrics, toys, straws, things from the kitchen/ garage/ shed.



Then, take a picture and send to Jbunce@allsaintsschool.co.uk



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.

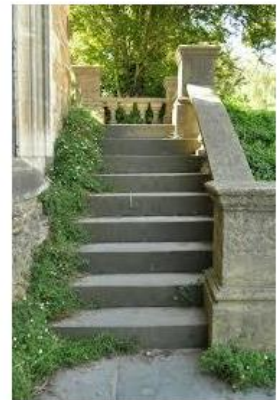
Then he walks down 12 steps and picks up a pebble.

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?



Can you solve this?

A man forgot the secret code to open his locker.

But he remembers the following clues:

Fifth number plus the third number equals fourteen.

First number is one less than twice the second number.

Fourth number is one more than the second number.

Second number plus the third number equals ten.

Sum of all five numbers is 30.

Can you find out the secret code to help him out?



This is how to solve last week's 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?



Solution!

She will **never** get to the 1 foot mark because you keep adding smaller and smaller amounts each time!

She will just get very close!



Spanish family challenge. Can you guess these tales?

Había una vez un molinero que, queriendo dárselas de importante, miente al rey contándole que su hija es capaz de convertir la paja en oro usando una rueca. Para probar dicha habilidad, el rey encierra a la hija del molinero en una habitación llena de paja con una rueca. El rey la amenaza con quitarle la vida. La muchacha se echa a llorar desconsolada y entonces aparece en la habitación un duende quien convierte la paja en oro para ella a cambio de su collar.

Una pata tiene varios patitos, pero uno de ellos es mucho más feo, tosco y torpe que el resto, por lo que todos le dan de lado y se burlan de él. El patito decide huir de allí y se enfrenta solo y triste a los problemas del invierno. ¿Sabes cual es la moraleja de esta historia?

El barco naufragó, y ella salvó al príncipe de morir ahogado, dejándolo en la playa. Como solo pensaba en regresar con el príncipe, recurrió a la bruja para transformar su cola en un par de piernas. Esta le concedió la más bella figura a cambio de su magnífica voz, y le advirtió que, si el príncipe se casaba con otra mujer, la sirena moriría a la mañana siguiente.

Last week solutions! Spanish fairy tales

1. Los 3 cerditos. The 3 little pigs
2. Caperucita roja. Little red riding hood
3. La bella durmiente. Sleeping beauty



ISN'T ENGLISH YOUR FIRST LANGUAGE?

Have a look at these websites where you can find free online books, podcasts and games to continue improving your listening, reading, speaking and writing skills in English.

- Free online books in English with translations in different languages.

<http://www.childrenslibrary.org/icdl/SimpleSearchCategory?ilang=English>

<https://www.storylineonline.net/>

<https://www.newsinlevels.com/>

- Gain vocabulary by watching these videos and listening to these podcasts:

<http://learnenglish.britishcouncil.org/vocabulary/beginner-to-pre-intermediate>

<http://learnenglish.britishcouncil.org/general-english/podcasts>

- Grammar activities:

<https://www.grammarbank.com/>





First Time Baker

EASY PASTA RECIPE

- 300g penne pasta
 - 6 tbsp olive oil
 - 2 cloves garlic, sliced
 - 125g baby plum tomatoes, sliced in half
 - 125g mozzarella pearls, or a ball
 - Small bunch fresh basil, ripped (or a sprinkle of dried)
1. Cook the pasta in lightly salted boiling water till cooked. Keep 2 tablespoons of the cooking liquid.
 2. Pour the olive oil in a pan and add the garlic, heating gently but not burning the garlic.
 3. When the garlic begins to colour add the tomatoes, heat gently and as they soften gently push them down gently to help them break down. Simmer for 5 minutes.
 4. Tip the drained pasta into the tomatoes, with 2 tablespoons of the cooking liquid.
 5. Stir well to coat the pasta and season with pepper.
 6. Pour onto a serving platter and scatter the mozzarella pearls - or break the mozzarella ball into small pieces and scatter.
 7. Scatter the ripped basil leaves over the top and serve.

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