

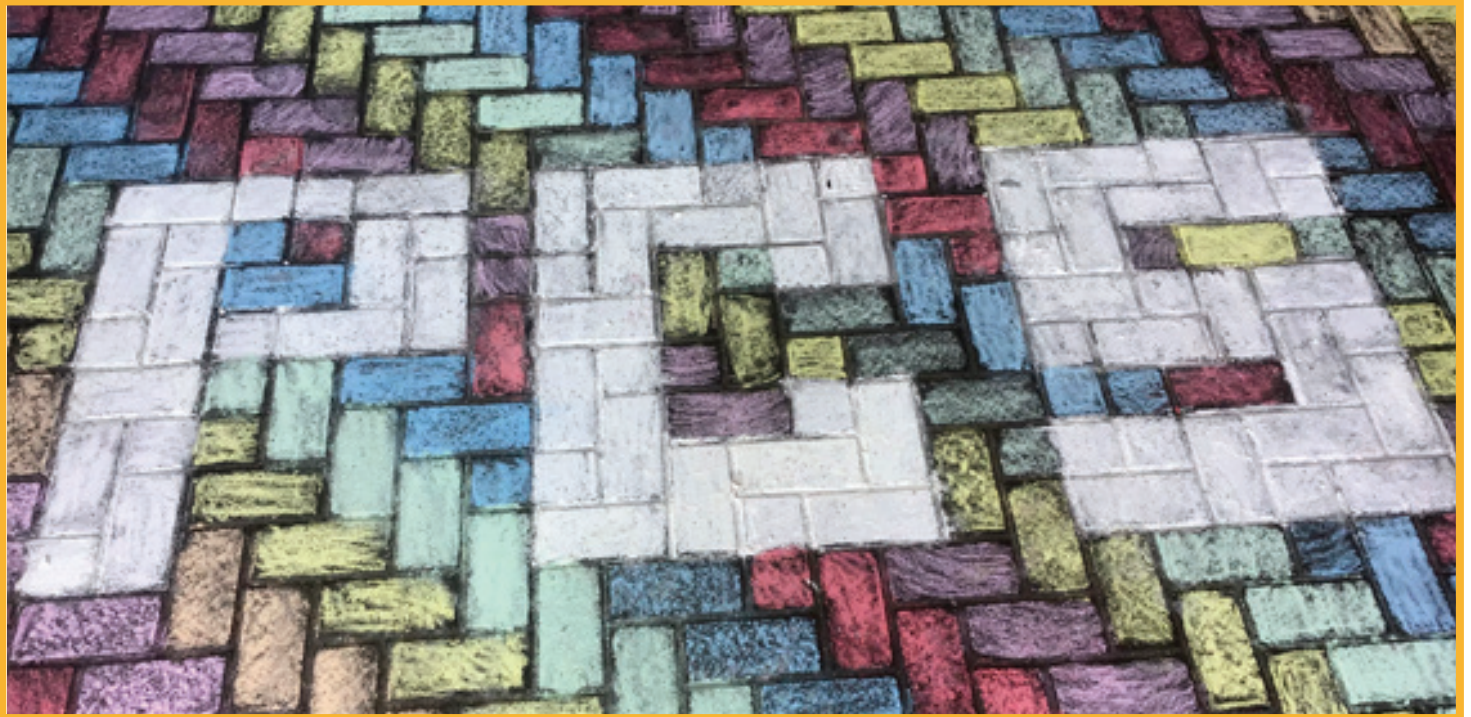


Peacehaven  
Community  
School

Aspire • Believe • Achieve

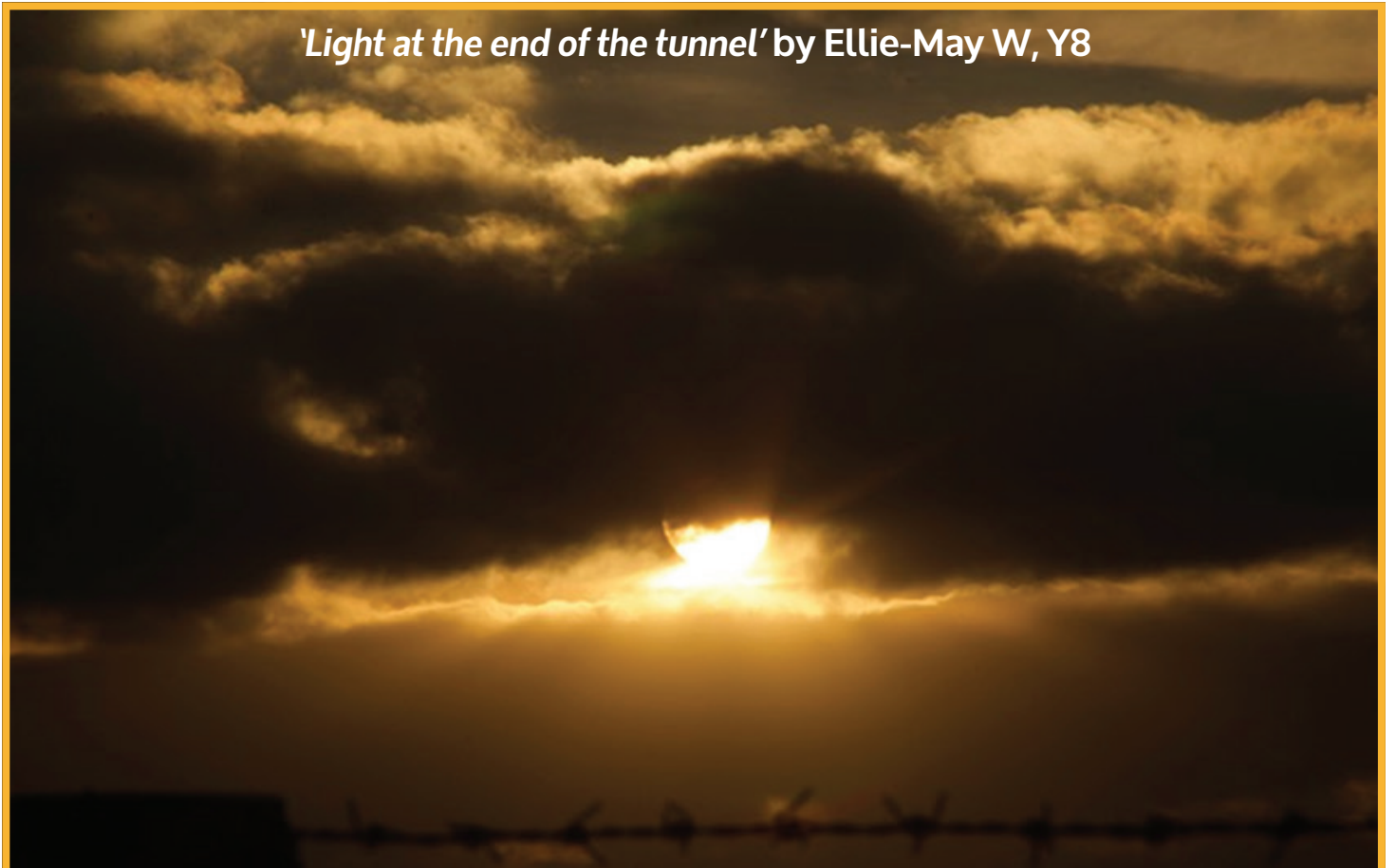
# Newsletter

5<sup>th</sup> February 2021



## 2021 Remote - Learning Newsletter 4

*'Light at the end of the tunnel'* by Ellie-May W, Y8



If you would like to design the next front cover  
email your artwork to: [joe.radmore@swale.at](mailto:joe.radmore@swale.at)



## Newsletter 4- 2021

### Headteacher Update:

Hello Everyone,

We have been impressed with the number of students engaging with live lessons as well as the Loom recordings and tasks that have been set in Google classrooms over this week. There is a lot of high quality work being submitted with some exhibited in this week's newsletter. The students are really producing some excellent pieces of work.

As we continue through the pandemic it is important to look after our mental health and wellbeing, so please do use the webinars and resources provided by **Action Your Potential** and try to do your 12 rocks of wellbeing. This week is also Children's Mental Health Week and you can find activities and resources here:

<https://www.childrensmentalhealthweek.org.uk/>

It is also important to be creative and spend some time away from screens and you may want to develop your art, try some cooking, do Mr Burns' PE challenge, or even do a good deed for someone, all of which we'd like to hear about.

Thank you to all of the parents and students who have completed the questionnaires we sent out. Your feedback is really important to us and our aim is to help everyone get through the lockdown in the best way possible.

Thank you for your kind messages to us; we really do appreciate them and value your support.

We are missing our students and are thinking about all of you. Take care and enjoy this week's newsletter.

*D. Warner-Swann*

Darren Warner-Swann  
Head of school



## Captain Tom



Captain Sir Tom Moore has sadly passed away at 100 years of age. He became an unlikely world record holder after raising the most money ever doing an individual charity walk. He was 99 when he set out to raise £1,000 during the COVID pandemic by walking 100 circuits of his garden before he reached his 100th birthday.

The World War II veteran caught the nation's attention with his selfless effort and led to him raising nearly £33million for NHS charities. This increased to almost £40million after gift aid was added. He is a true hero who inspired a nation and will be missed but I hope his legacy will remain in our actions from this moment on.



Sam B - Y9

## Maths Challenge

Using the ingredients ratio for 6 pancakes below can you calculate what you will need for 3, 12 and 30 pancakes?

Recipe Ratio 6 pancakes	Pancake Proportions		
	3 pancakes	12 pancakes	30 pancakes
100g flour			
2 eggs			
300mL milk			
1 tbsp olive oil			
1 pinch of salt			

The correct answer will be published next week.

Last weeks challenge

In this multiplication table the row and column headings are all missing, and only some of the products in the table are filled in.

All the numbers in the table are positive integers.

What is the value of  $A+B+C+D+E$ ?

x					
	A	10		20	
	15	B	40		
	18		C	60	
		20		D	24
			56		E

The answer is 161

$A=6$   $B=25$   $C=48$   $D=40$   $E=42$

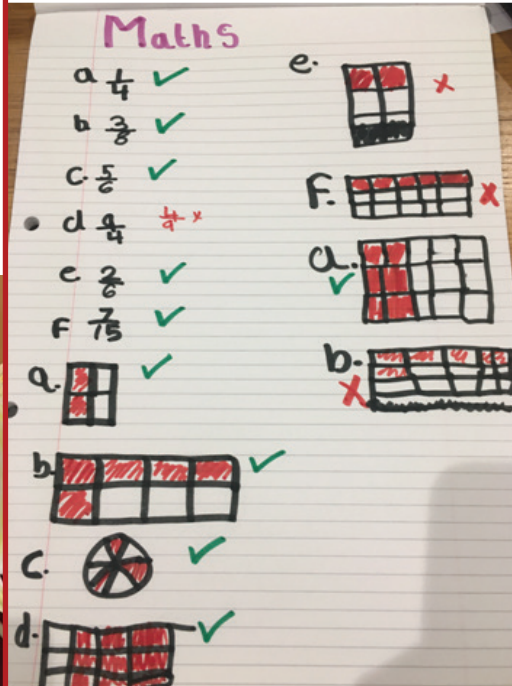


## Excellent Work

**Alison K - Y7** has been getting creative in her drama lessons - the students have been studying ancient Greek theatre and Alison has created a mask of a Greek God to entertain her family with. Great work Alison!



**Ruby P - Y7.** Enjoying fractions in Maths



**Taylah T - Y7.** Reads to her hamster during DEAR time. Is the story Doctor Dolittle?!



**George C, Y7.** English

### Dulce Et Decorum Est

Slowly crawling away from the field, you're relieved that you get a break, it won't be a long one, but no one could ask for anything else.

BASH! BOOM! No one flinched at all. No one blinked. No one moved a muscle. Fred and Eric lay next to me; we were friends before the war but I had a feeling that no one would have friends by the end of the war. Their feet were cut and blood was pouring out; I didn't like seeing my friends in pain.

Suddenly, a green smoke started swarming around us; we had to grab our masks quickly. We knew there would be no way of survival without them. I reached for mine as quickly as possible; I was one of the lucky ones to grab it in time. Slowly but surely the green gas enclosed a man who was laying on the ground: he didn't have his mask and none of us could see it either. I slowly had to watch him choke and cough. Lying on the floor, he looked dead before the cruel gas consumed him.

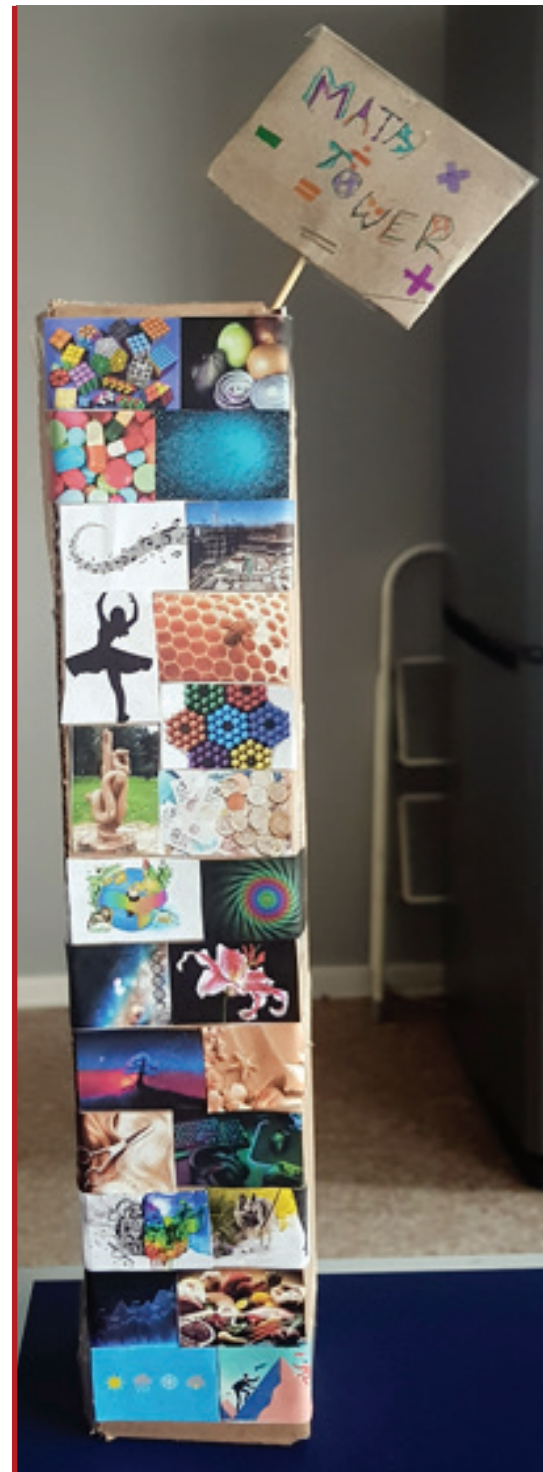
'Aaaaagghh!' I woke up in a sweat. The same man who couldn't reach his mask in real life appeared in my dreams, or rather nightmares. It was like I was stuck in a loop, the whole scene playing over and over and over again, having to watch a man drown over and over again. I never ever want to sleep again. I would rather be on the front line. I would rather die myself.

What would your reaction be? What would you do if you saw a man being put in a cart to be wheeled off, he looks dead but you're not entirely sure, you don't want to be. His pale face slowly giving in. There's blood



dripping from the side of the cart every time a stone interferes with the driving. What would you tell your children? Would you want to be that person, having to witness someone who is dying, feeling like you could have done something to prevent it? Do you think it is sweet to die? Do you think it is a pleasant experience?! Because that is what

you and the whole country is pretending! I had to watch a man die. I suppose you think that that was an honour, do you!? Everyone says the same lie over and over, do you think that if you were dying that would be nice? A fun sensation that you want to experience again? No, so stop saying it!



**Ola P. Y7 - Maths**

Isla E-W, Y7 - Maths

7A1 have been researching David Hockney. The following page shows a collection of their research



## Isla E-W

David Hockney is an 83 year old British artist who is considered to be one of the most influential British artists of the 20th century.

David Hockney's work is based of of nature because it is a painting of a forest.

I am particularly inspired by this piece because of how realistic and colorful it is. I like that the painting is through the view of a window, during Autumn. The colours are warm and remind me of going for walks in the forest.



Woldgate woods III 20-21 May 2006



## Rhys J

### David Hockney

1. Hockney was born in the city of Bradford, in the English county of Yorkshire, in 1937.
2. 1966, Hockney gave drawing classes at the University of California in Los Angeles. It was there that he met Peter Schlesinger, a student 11 years his junior. Schlesinger would become not just his lover but one of his greatest muses (inspiring work such as the swimming-pool painting, Peter Getting Out of Nick's Pool).

3. David Hockney is actually gay.

David Hockney is a british artist, he is considered one of britain's most influential contemporary artist.



Dog painting 30, 1995

### Felled trees on woldgate, 2008



This is a painting by David Hockney about trees being cut down.

I find it fascinating that Hockney has used colours that aren't realistic because it's unique and you rarely see this technique.

I like this image because of the unique colours e.g. the purple stump on the cut down tree.

## Leo T, Y7 - Home projects - Food Tech - homemade brownies



Showing kindness - making a cup of tea and serving up a warm brownie to mum whilst she works.



Be safe: when walking on the countryside, plan out the route that you are going to take and make sure it does not go across any private lands.

Leave properties as you find them, if you go through a gate put it back as you found it.

Stick to the paths like super glue, if you do go off the path make sure that you are not walking over plants or animal dens and do not rip the bark off the trees as small mammals could be living under them.

Keep your dogs on a lead especially in fields that livestock are kept in, if you do let you dog/ cat off its lead make sure there are no other animals present.

Respect other people who are enjoying the countryside, if they are playing/ making loud noises you have my authority to go up to them and say some mean words.



The Countryside Code - a poster for a Scouts project



## Spirit Song of Peacehaven

I am a child of Peacehaven,  
Part of this land, like the small town.  
I am the cliffs, slowly crumbling,  
Chanting our songs on the way to  
freedom.

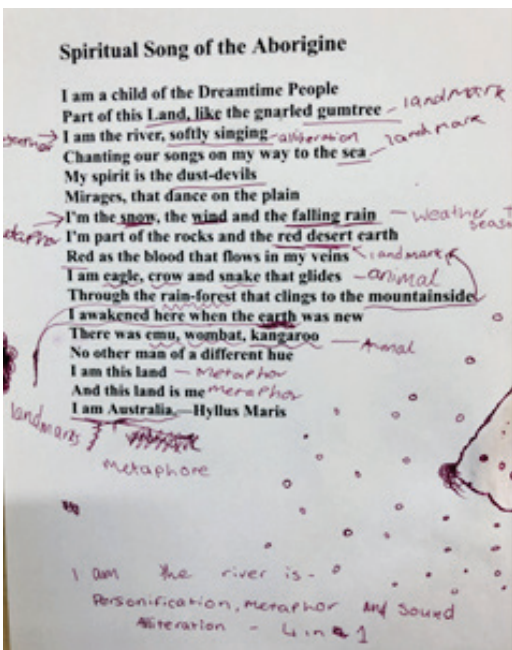
My spirit is the wind blowing.  
I am the cliff-top, the cars racing and  
The whooshing of the sea crashing  
the beach.

I am part of the rocks and the sun,  
As orange as a Wotsit.

I am the seagulls, chirping in ears.  
I awakened here, before new  
changes,  
There were tons of happy humans,  
Roaming the streets.  
I am home.

This land is my home.

**Charlotte B, Y8**



**Lylani K**



## David Hockney

David Hockney is a famous British artist. I like the abstractness of his work and the different techniques he uses. The colour he uses in his art pieces are unique and happy. The pieces remind me off spring or summer because of the bright colour. These pieces make me miss the colours of summer and spring. In David Hockney's work, instead of going in the greys for the shading palette he uses purple or other dark shades of colour, he never seems to go into a darker palette. With this technique it keep all his artwork vibrant.











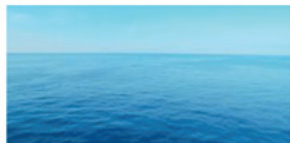






## Garrowby Hill by David Hockney

This piece of work is bright and colourful. David Hockney used all the colours in the wheel in his work. He didn't dedicate this work to a certain part of the wheel. He uses different textures to give trees or grass and everything else detail. He used lines and dots to make this detail. If I were to make this piece I would sketch it out then I would paint in the basic colours on and add the shading and detail. I would put the plain colours first because you can add dark and light colours on to it.



**Charlie E**



		
 Red coral	 Green grass	 Green frog with Red eyes 
		
 Red and Orange sunset 	 Blue sea	 Purple and Yellow flowers 

## Important Info

There are two INSET days on March 8th and March 18th

A reminder that there will be no students in school during the half-term holiday.



## My Spiritual Home

I am a child of Telscombe Cliffs,  
Telscombe Tye is the common land  
where I roam.

I am the green grass that the sheep  
eat, and the dogs walk on.  
Part of this land like the bright white  
chalky cliffs.

I am the wind that drives the  
turbines creating your electricity.  
I am the birds singing the morning  
chorus,

I am the kestrel and seagulls that  
glide over the South Coast.

I am the rolling waves that fill the  
rock pools children explore,  
Part of this Land, like the lobster  
fishing boats.

I am the whistling storms and  
howling winds of the English  
Channel,  
Which challenge the Newhaven  
lifeboat.

I am space and silence when the  
visitors depart.

I am this land, and this land is me,  
I am the fiery colour of your sea  
sunsets.

**Olivia D, Y8**

**Charlie J, Y8** - has made a brilliant  
birdbox which according to Mr  
Cornish has a nice, clean, modern  
design. We are hoping Charlie  
starts to take orders from members  
of staff!



## What defines culture?



**8B:EN2** - Jamboard in their  
English lesson



**Ines B, Y8** - English

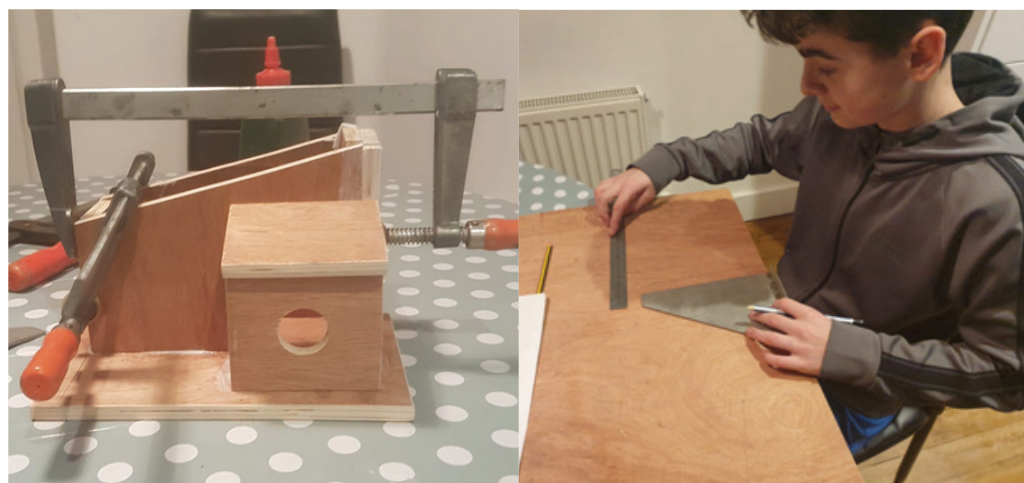


### **What defines your culture?**

(Remember, your culture is shared by others with the same or  
similar background. It is not the same as your personality.)

*In my culture, we value many things like food, dance, art and religion.  
A lot of our dishes include rice but the sauces are different; from fish  
to chicken to meat. The religion we mostly share is Islam and the  
religious holidays are celebrated everywhere. Music is a really big  
thing and it's always time to dance! Lots of our art is sculptures and  
paintings.*

*British culture has been impacted a lot by other cultures. Whether it's  
food or religion, it is more diverse than ever before. Society is much  
more accepting because culture is a strong part of people's lives and  
we learn new things from others.*





## Tectonic Plates of the Earth



1. Describe their global distribution.  
*Where?*

Most volcanoes are distributed along with the plate. An example of a highly active earthquake zone is the west coast of North America and South America volcanoes are found in the middle of plates (e.g. Hawaii). These are called hot spots.

In New Zealand, February 2011. Large earthquake near Christchurch (south island). The 'epicentre' was very close to the surface. A wealthy country, 181 people died.

Volcanoes and earthquakes mainly occur on the edge of the plates but can rarely happen in the middle of places like Hawaii. The Pacific Ocean also experiences active volcanoes and earthquakes.

Earthquakes are not randomly distributed around the earth, they are located in distinct zones which can be related to the margins of tectonic plates on the Earth's surface.

2. Explain their global distribution.  
*Why?*

The population of the world is now over 7 billion people, the vast majority of whom live in the developing world. The world's population is spread unevenly across the globe with concentrations of large numbers of people living in the same area. The world as a whole has more 'empty' areas than 'crowded' areas. Most earthquake zones are found close to tectonic plates, often in clusters. About 70% of all earthquakes are found in the 'Ring of Fire' in the Pacific Ocean.

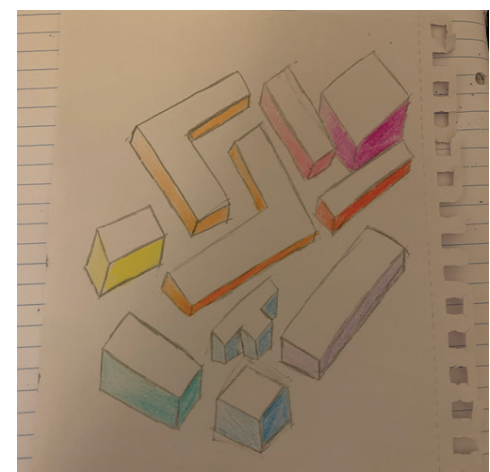
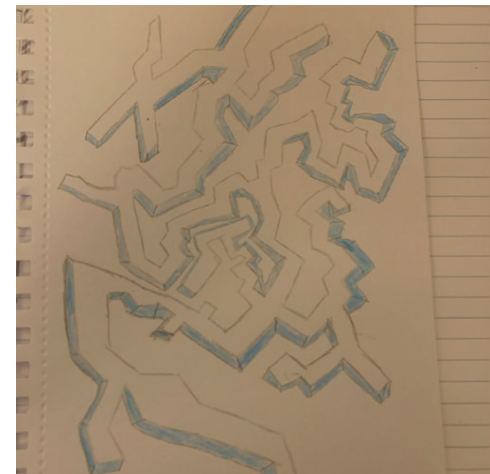
The most powerful earthquakes are associated with convergent or conservative boundaries. Earthquakes are not distributed randomly, and most earthquakes occur close to each other.

Most earthquakes are along boundaries between major tectonic plates, especially in subduction zones and along transform faults, with fewer occurring into countries.

Shannon L, Y8 - Art



Freya H, Y8 - Art  
Blocks focussing on form and light direction





### 9B/EN2 - Live English lesson jamboard

VLA - The mugs smashed over my head.

the phone vibrated on their head - OH

The window opened with no one around. -JW

Blue	To evaluate and explore narrative techniques used in detail.
Red	To adapt techniques to use in our own writing.
Yellow	To identify and track new narrative writing techniques.

#### Narrative Structure

- 1) In the room you are in, please identify a noun - an object.  
For example: The clock
  - 2) Write it down and add an obvious, 'normal' verb.  
For example: The clock ticked
  - 3) Now finish the sentence by adding an unusual twist. Try changing:
    - The setting of the object (where is it?)
    - The function of the object (what is it doing?)
    - The context of the object's use (why is it being used?)
- For example: The clock ticked gently inside my chest.



Challenge: Why might it be a good idea to begin your story with a sentence like this? This is called a narrative hook.

the door opened in my mind- AB

The chair moved but no one was near. - RJ

Abi- the light shone in their eyes

the pen wrote on my face - ef

the chair fell onto the person- HW

the mirror smashed in front of the person os

The shape of a society's stories. The world is at least as interesting as the shape of its parts or speechheads. Let's have a look.

Designers: Niall Gilman, www.mylittleatom.com  
Sources: 'A Man without a Country' and 'Palm Sunday' by Rudyard Kipling



#### Man in Hole Boy Meets Girl From Bad to Worse Which Way Is Up?



The main character gets into trouble then gets out of it again and ends up better off for the experience.

The main character comes across something wonderful, gets it, loses it, then gets it back sooner.

The main character starts off poorly then gets continually worse with no hope for improvement.

The story has a hidden complexity that keeps on being revealed as new developments are put on track.

Arrows and Old Lace  
Mardi in Heaven On the Night of the Fourth

Jack Bore  
Elementary Questions and the Spotted Hand

The Monstrous  
The Twilight Zone

Maniac  
The Simpsons

#### Creation Story Old Testament New Testament Cinderella



In many cultures creation stories have been passed down for generations. Some are like the one in the Bible, others are like the one in the Quran, and some are like the one in the Hindu scriptures.

Humankind receives its creation from a deity, but is suddenly made from good and evil, a bit of heaven and a bit of hell.

Humankind receives its creation from a deity, but is suddenly made from good and evil, a bit of heaven and a bit of hell.

It was the similarity between the shape of Cinderella and the New Testament that inspired the author to write this story. The author was inspired by the fact that the shape of Cinderella is the same as the shape of the New Testament.

the reader expects there to be a

The plot twist is that there is someone on his bed. This is effective because you don't think anyone is going to be under or on his bed. -ac

You don't expect there to be someone under the bed

the reader expects that the under the bed would be empty and so the plot twist is that there is someone there. this is effective because it takes the reader by surprise- AB

There was the passed owners hidden under the bed

there was someone under the bed this was scary because he was a child - ef

there was something on his bed and he was scared because he was a child

The reader expects there to be something under the bed but there is not it's on the bed

The plot twist is when the dad looks under the bed because you don't expect there to be anything there and then there is.

the plot twist is when there is another child under the bed, but it's the same child. It is effective because you wouldn't expect there to be someone on and below the bed - oh

there was someone under his bed this was scary because there was a stranger under the bed - os



- 1) What is the plot twist? What does the reader expect and how has this changed?
- 2) Is it effective? Why?

you wouldn't expect another version of him to be under the bed. -hw

### Dr Paget-Crowe's Year 9 Maths

Year 9 were asked to watch a documentary on the origins of Maths - and then to write down anything that really interested or captured their imagination.

Perhaps unsurprisingly the maths of viruses proved interesting in these submissions from :

Anna L,  
Heather W,  
Abby C,  
Ollie H and Kai W

- There is no part of our existence that isn't touched by maths
- The Nautilus shell has a hidden pattern, the ratio of the width of the chambers is always the same
- Numbers from the Fibonacci sequence are very common in the amount of petals on a flower.
- If you look closer enough, any physical circle will have imperfections, according to Plato, flawless circles don't exist.
- Viruses harness the power of maths to make their shell as quickly as possible. So if you figure out how the virus makes its shell, you can stop it.

#### Five things that interest me:

1. It is unknown whether maths was invented or discovered
2. There is maths incorporated into everything
3. In the ancient times, the Greeks saw maths as a gift from God
4. Maths could just be our imagination in our brain
5. The number zero was made, has lots of power but no value

5 parts of the video i liked

1~i liked how she linked maths to nature

2~i liked hearing about mathematical history

3~i liked how she liked maths to music

4~i liked how you learnt about the different shapes

5~i liked that vi found out why people think maths is invented or discovered

One fact that I thought was interesting was that there is no perfect circle in the world, no one can draw or make the perfect circle.

Maths is involved in music.  
Flawless circles don't exist in the real world.  
The platonic solids represent earth, fire, water, air, and the universe.  
Viruses use maths to form their geometric shapes.  
Zero arrived in Europe from the middle east.  
Radar uses imaginary numbers.

- 1 The nautilus shell
- 2 The fight against diseases and viruses
- 3 Where in the head maths lives
- 4 The number i was very interesting



## Shout Outs

### For Excellent Effort

#### Maria S, Y10 - Science

① Explain how water can be a pure substance even though it contains two different elements.

Water is a pure substance as it is not a mixture, it is a compound because in water, 2 hydrogen atoms combine with one oxygen atom chemically forming a new substance that has properties different from hydrogen alone or oxygen.

② Why is it that elements combine form compounds?

As this is when 2 elements are chemically combined, chemical bonding occurs because atoms of an element become more stable by losing/gaining or sharing electrons, most elements tend to form compounds because they are unstable and can share electrons in their outer energy levels.

③ Water -  $H_2O$  - Physical properties → Density, viscosity, Surface tension, Volume, Boiling point, Chemical properties → Ionization, pH, Oxygen solubility, Hydrogen peroxide -  $H_2O_2$  - Pure Hydrogen peroxide is colourless, has odour like of nitric acid, has bitter taste, is soluble in water, Boiling point -  $423K$  at  $670mm$  pressure, Salt -  $NaCl$  Crystals or white powder, transparent and colourless, Soluble in water, Slightly Soluble in alcohol, Crystallises in the ionic system.

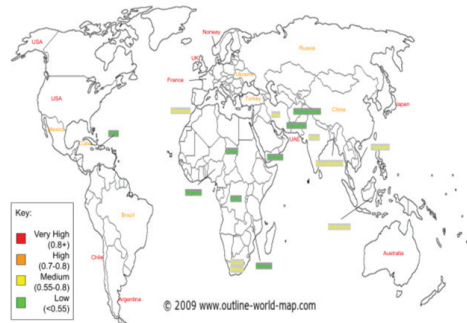
There are some similarities between Salt and hydrogen peroxide.

Elements Combined	Chemical formulae	Chemical Name	Structural formula
O + O	$O_2$	Molecular oxygen	$O=O$
H + H	$H_2$	Molecular hydrogen	$H-H$
C + O	$CO$	Carbon monoxide	$C \equiv O$
N + N	$N_2$	Molecular nitrogen	$N \equiv N$

When there is a coefficient before a molecule that means you repeat the chemical formula by the number in the front.

Chemical formula	Chemical name	Structural formula
$CCl_4$	Carbon tetrachloride	
$BH_3$	Borane	
$NF_3$	Nitrogen trifluoride	
$C_3H_8$	propane	
$HCN$	hydrogen cyanide	$H-C \equiv N$

#### Charlie F, Y10 - Geography



#### Izzy S, Y10 - Geography

The adult literacy rate shows us the level of education in different countries.

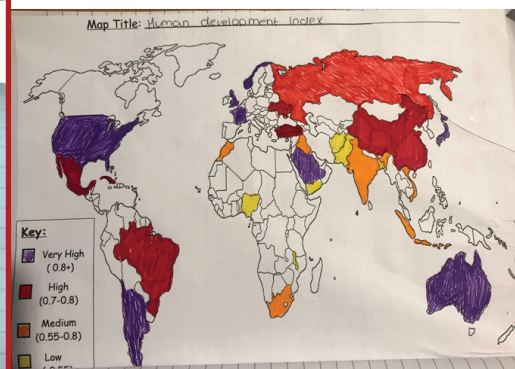
The measure tells us the number of years of education shows us the level of intelligence in different countries.

The GNI per capita is measured and compared by the wealth in various areas in the world.

3. The pattern in the HDI is high is there is a lot more high countries than all of the other rankings.

Human development index

1. The pattern of the HDI is the high is also the main ranking on the map.



#### James R, Y10 - Drama

Using nothing but his imagination, paper, cardboard and other household materials which he has recycled - James has produced an amazing 3D model for his set design project. This is the scene set in the orphanage in the musical 'Annie'. Well done James!



With the feedback that I got from my teacher, I have made it more in detail by adding bed sheets and pillows to the beds and highlighting the door. I added a chest of drawers, and then the final touch is the mini Annie figure that I put in for detail.

#### Lois B, Y10 - Drama

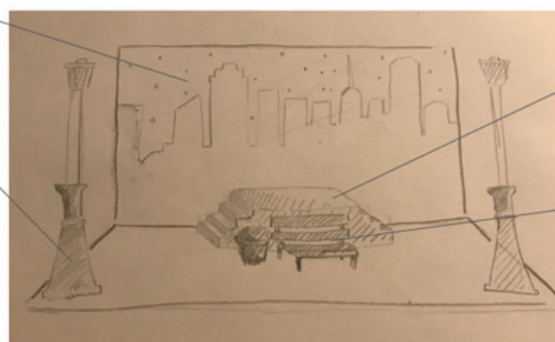
Lois B has been working hard on her theatre set design project in drama since Christmas. She is designing one of the sets for the musical Annie which is set in New York in the 30s.

Here is one of her first sketches which she produced to help her develop her ideas for the final set design. Lois definitely has an eye for design!

### Sketch for scene set in the streets of New York

Silhouette of buildings to imply that they are in city.

Lamp posts to make the set look more 3D.



Platform to add height and to make certain characters stand out when standing on it.

Bench to fill space, good place for characters to interact with the set.



### Lyla S, Y11 - Poetry Essay

In the right word, how does the poet present the speaker's feelings about the person outside their home? How do they change?

In her poem, 'The Right Word' Imtiaz Dharker explores the message of not judging people too quickly by their actions or appearance. This is highlighted significantly in the title of the poem "the right word". The speaker gives the mysterious person lots of different labels that vary from a terrorist to a child. This reflects in the title because the words the poet uses to describe the person outside can make a drastic change in the way the reader will perceive their character. The poet needs to choose her words carefully. The extreme downgrade from a terrorist to a child is so big that the speaker can come across as unreliable. It is obvious that the words the speaker uses isn't an accidental misconception but more like the fear and panic of the person outside is messing with her mind. She also changes her opinion frequently which can hint at her confusion or her not being very confident.

The confusion of the reader is emphasised across the poem as a whole. As you read the poem the stanzas are very irregular as the speaker **becomes more unsure as to how she should feel about the person outside her home**. The poet also uses lots of rhetorical questions, questioning herself as **her anxiety about the situation eases the more she considers her vocabulary choice**. For example in the line "is that the wrong description?", the question proves that the speaker has acknowledged how she may not have described the person truly and clearly. As the poem is mainly

written in 1st person, it allows the reader to understand how the speaker is overthinking the situation and they find it easier to sympathise for her as they see from her point of view and can clearly tell she is frightened of the person outside. However, some sections of the poem are in 3rd person. **"Outside that door"**. This allows the reader to get a better understanding of what is happening and can make their own opinion on the person outside rather than seeing everything from the speaker's eyes.

In the 5th stanza, the poet changes her opinion again and explains that the person outside is now a martyr. A martyr is a person who is put to death or great suffering on behalf of a belief. In the line "defying every shadow", the verb "defying" suggests that the person outside is refusing to obey the shadows which can symbolise being the equivalent to resisting or enduring pain. **This could suggest that people can hide or keep secrets from others. Therefore, you won't know the full story behind a stranger's actions.** This stanza carries an important message of standing up for what you believe in. This stanza can empower the reader and the speaker. It also makes the person outside seem a lot friendlier and easier to approach. At this point in the poem, the speaker seems to calm down and describe what is happening in a bit more detail. Although we still don't know who the person outside is we can infer that the shadows, which is repeatedly mentioned throughout the poem, play an important role. The shadows could metaphorically be protecting the person's identity like a barrier. This is important because perhaps the speaker isn't

supposed to know who the person outside is and so the shadows can link to the message of the poem. Just because you don't know the person, you should not judge them based on their appearance.

The speaker changes their attitude across the poem frequently. At the end of the poem, the person outside is described as a child. In the line "lost in the shadows", the verb "lost" is a typical way to refer to children. They aren't fully developed through puberty yet which makes them seem even more innocent. This can link to the stereotype of children being joyful and inviting. Compared to the start of the poem, the person outside the speaker's house is seen as a friend whereas at the start it filled the speaker with fear. Further on in the stanza, the line "is a Boy who looks like your son, too", is used which can create a tense atmosphere. By using direct address towards the reader, the reader and the speaker are no longer acquaintances but the poet talks like they have known each other for a long time like long-distance friends. Family and especially children are very precious so by saying that the person outside could be the reader's child makes the person outside seem no longer threatening and instead, it's like the child outside needs the poet's help. I think this is an effective poem at exploring the speaker's feelings because they change over time. at the start of the poem the speaker and the person outside were strangers and now they are close friends. It is almost as if the poem is used to deeply and dramatically describe what it is like to overcome the fear of making new friends and that the reader follows the speaker on her journey of making a new friend. **Words used to**



describe people must be appropriate as otherwise, they can create useless misconceptions that can seriously affect other people

## **Riley V, Y11** - Poetry Essay

In the right word, how does the poet present the speaker's feelings about the person outside their home? How do they change?

The poem 'The Right Word' is about someone judging someone that they can't see.

The phrase "Outside the door, lurking in the shadows, is a terrorist." shows us that the woman is judging the person from how she/him looks in the dark. **The word Lurking suggests that the person in the dark is moving secretly around that the person doesn't want to be seen. The effect of using the word terrorist makes the reader want to read on to find out what happens next.**

The perspective of the poem is the third person. The speaker changes their attitude across the poem from scared and judgmental to not being scared and being friendly and inviting the person inside as their own child.

The reader might feel happy that nothing bad happened and they might think that they should not judge someone before they know them.

The message of the poem is not to judge someone how they look and don't judge someone you don't know

I think it is an effective poem because it makes people think before they judge.

## **Critical Worker School**

### **Year 7**

Morgan M, Zac C, Marestan F

### **Year 8**

Kara F, Phoebe F, Saihaan U

## **Online Learning**

### **Year 7**

Rezwan A, Darcy B, Isaac B, Amber C-C, Isla, E-W, Maia F, Harry F, Melissa G, Evie P, Scarlett S, Ciaran B, Senan B

### **Year 8**

Jay Dee B, Nicole F, Sam F, Ruby R, Ed W

### **Year 9**

Anna B, Noah C, Ethan C, Austin F, Erin F, Emily T, Jake W, Heather W, Rosie B, Sam B

### **Year 10**

Isabel S, Louis M, Kelly M, Bronwyn T

### **Year 11**

Nobby B, Daniel W, Poppy D-T, Charlie S, Lyla S, Shannon P

## **Student President**



"Now as we draw to a close of our first term of online learning it is important that each and every

student thinks about their personal mental health and how they are going to relax over the half term. You need to take the time to unwind and take your mind off of the pressures of school.

Try to do some exercise, get outside and spend time with your family. I know that the Year 11's have exams just before and after the half term so you may want to be doing a little bit of revision but make sure to take long breaks and don't overwork yourself. It's been great to hear how well each year is adapting to online learning and therefore it should be no trouble jumping back into it next term.

Have a good last week of the term and keep up the hard work!"

## **HOY Challenge**

Our first entry for making your own terrifying monster from items in your kitchen is in:

**Sam B, Y9**





## Poetry Corner

We've had some fantastic poems sent in this week. Our next theme will be 'Your Hobby' as chosen by Milly.

You could write about a hobby you've had for years, something you've started over lockdown, or maybe something you're planning to try soon.

Please send your poems by 5pm on Monday, February 8th to:

**[anna.poulton@swale.at](mailto:anna.poulton@swale.at)**

I look forward to reading your wonderful poems and finding out more about your hobbies.

Congratulations to Cody and Milly who wrote these wonderful poems for us, including our first Haiku.

### **Pandemic Puppy by Milly T-R, Y7**

Pandemic Puppy

You are the star in my life,  
Giving light to me.

### **Winter Animals by Cody C, Y7**

Winter is cold  
There is snow in the sky  
The squirrels gather nuts



And the wild geese fly



The fluffy red fox  
Has his fur to keep warm



The bear's in her cave  
Sleeping all through  
the storm



## Core PE

A huge thank you to Miss Leggett and Mr Prowse for taking part in this weeks for PE workout with Mr Burns. If you still haven't seen it and taken part it's not too late. All you need to do is head over to your core or google classroom and access the loom link from there.

This week we even had pupils emailing in to say how great the workout was and how much they enjoyed seeing other teachers in PE and outside of PE taking part. So a huge thank you to all those who got involved from home.

The final core PE workout before half term will include Mrs Willis from English, Mr Thomsett Assistant head of year 8 and Mr Burns in the PE department.

If you haven't already please follow our Instagram account to vote for who you want to see doing the workout the first week back after half term.

Instagram: PeacehavenPE

**Keep up the excellent work!**

## Careers

We know that many of you are in need of careers information. East Sussex have produced **families' resources packs** [which include a wealth of useful information:](#)

**Family Learning Careers Resources**  
([careerseastsussex.co.uk](http://careerseastsussex.co.uk))

**(SEND) Family Learning Careers Resources**  
([careerseastsussex.co.uk](http://careerseastsussex.co.uk))

## Literacy Favourites

Mr Raven has kindly shared two poems by his favourite author, Hafiz. Hafiz wrote these in the 14th Century and they are still relevant today.

Thank you for sharing this Mr Raven.

*Even after all this time  
the sun never says  
to the earth,  
"you owe me."*

*Look what happens  
with a love like that,  
It lights the  
whole sky.*

*~Hafiz*

*"I'm so small," said  
the mole.*

*"Yes," said  
the boy.  
"but you  
make a huge  
difference."*



Charlie Mackesy - *The boy, the mole, the fox and the horse*



## Mental health

### Children's Mental Health Week 1st - 7th February 2021

This week is Children's Mental Health Week. This year's theme is 'Express Yourself'. Organisers, Place2Be, say that this is 'not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself'.

The free resources can be adapted for use in school, for home schooling, online lessons or independent learning and can be found here:

<https://www.childrensmentalhealthweek.org.uk/>



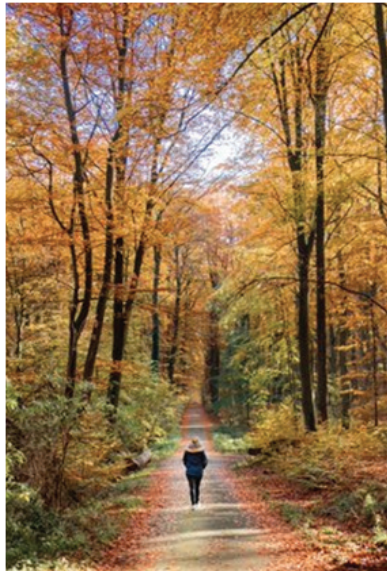
The Duchess of Cambridge sends message to mark Children's Mental Health Week:

<https://youtu.be/PEBURwEL9HM>

Support for students and staff is being offered by **Alison Allart** who is an accredited Counsellor and CBT Therapist. She offers emotional support to students and staff and is available every Thursday to meet face to face, talks on the phone or email.

All meetings are strictly confidential and within therapeutic regulations. You can make initial contact with her via email: [alison.allart@swale.at](mailto:alison.allart@swale.at)

**Andrew Wright** is going to share resources and links each week for you to use that will encourage positive mental health and well-being. Look below at what he has kindly shared this week.



### Rock 7 - Walking outside in nature



#### Why is this so important?

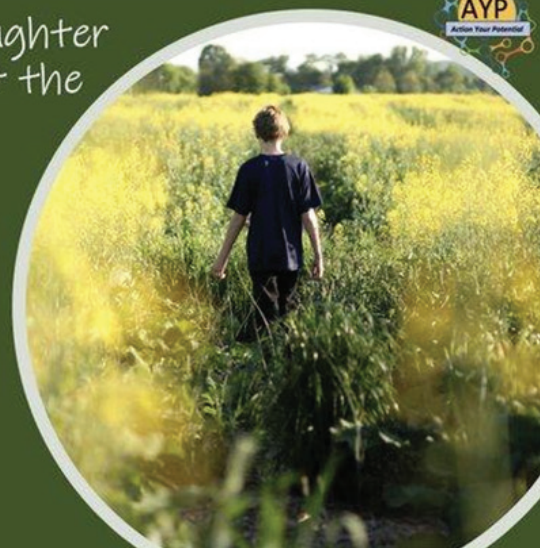
- It activates the parasympathetic nervous system
- Lowers blood pressure
- Acts as a kind of mindfulness as you look at nature
- Has a positive effect on mood
- Refocuses you when you are tired
- Gets you moving
- Releases Oxytocin

Even 10 minutes a day will do these things

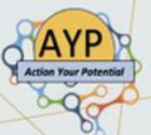
### How do I get my son/daughter off the computer and out the door for a walk outside?

#### Something to try

- Don't give them the controller until they have done 10,000 steps
- Offer them bonus minutes for every 1000 steps (up to a limit of 2 hours)
- Bring phone but in airplane mode and take photos of the walk, nature etc.
- Get an app like 'picture this' which tells you what plants etc. are when you photograph them
- Share an audible book as you walk



### Are you a bottler or a brooder?



Bottlers avoid their emotions by distracting themselves. This can then end up bursting out, often in lots of shouting.

Brooders correctly identify their emotions but then slide into the emotion upsetting themselves further.



We need to deal with our emotions through:

- Noticing them – 'I am feeling a bit down today'
- Accepting them – not push them away – 'That is OK'
- Processing them and moving on – 'That is probably due to being cooped up in the house for weeks and we are a long way from normality. That is ok, a lot of people feel the same. I just need to keep moving forward and I will feel better'



Peacehaven  
Community  
School

Aspire • Believe • Achieve

# Newsletter

5<sup>th</sup> February 2021

## Do you want to be in a channel 4 TV series?!!!

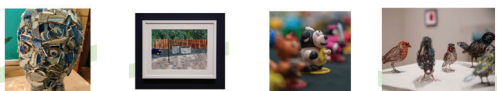


Swan Films, are making a television series for Channel 4 called "Grayson's Art Club" (the "Series").

In this Series one of Britain's leading artists – Grayson Perry – will help bring the nation together through art. Every week, he will host the show from his own studio – taking the country with him as he creates his own new art works. Grayson will talk to other famous artists and creatives about how they are spending their time and host masterclasses to help teach us all how to create art. He'll also be asking members of the public to send him their own fantastic artworks which they have been making at home, talking to them via video calls and choosing artworks he loves in each episode. He will accept any type of art including paintings, sculptures, drawings and collages, from amateurs and professionals alike.

[www.graysonsartclub.com](http://www.graysonsartclub.com)

Log into the website above to find out more!! Remember that for anyone entering under the age of 18 you will need to complete the application with the consent of your parents/carers



With the nation's galleries closed due to lockdown, our most famous sculptor, Sir Antony Gormley, is helping to launch the country's biggest ever art show.

**The Great Big Art Exhibition** is encouraging millions of people all over the country to turn their homes into mini galleries by creating and displaying their own artworks.

Sir Antony is calling on YOU to create a picture or sculpture of an animal and put it on show in your window or front garden. You can do a sculpture, or create a model, knit an animal or make one out of material. Put it in your window, garden or drive or let your imagination run riot and create an animal, insect, bird or fish the world has never seen!!

**The Great Big Art Exhibition** is open to children and adults – there is no age limit so get the whole family involved!!

**We're excited to see what you'll make!**

Follow The Great Big Art Exhibition on Facebook, Instagram and Twitter for the latest updates and see what people have been making across the nation.

Details of how to take part, including a free activity pack, are available from arts organisation FirstSite.

<https://firstsite.uk/#form-section>





## THE BLACK PROJECT

### Food Parcels Initiative Information Pack.

#### What is The Black Project?

The BLACK Project is a community-led platform that aims to create a space for people of colour who may feel isolated or alone, or like they don't fit in, as well as offering another space for people of colour that do have this elsewhere but are seeking another.

We also aim to educate across all ethnicities on Black life, art, culture and knowledge, sharing joy and celebration and love, as well as the hardships and injustices. Rightifying injustice is the backbone of what we do. We exist primarily on Instagram right now (@theblack.project), but once it is safe to do so, we hope to run some events in the real world.

#### What is the Food Parcels Initiative?

The Food Parcels Initiative is something that was launched in October 2020, in direct response to the Government's vote not to extend free school meals.

This disgusted me quite frankly. So I came up with a way to help. A box of food that costs us £30 to pack and ship, but costs the recipient absolutely nothing. And we would ship it anywhere in the UK to families in need.

#### What is in the box?

The contents will vary slightly based on dietary requirements and the number of people in the family. But the standard box would contain:

Dry pasta  
Rice  
Packs of sauce for pasta and rice  
Seasoning  
Tins of veg including carrots, peas, sweetcorn, baked beans and mixed beans.  
Pots of fruit  
Sugar-free squash for the children, and tea or coffee if requested for the parents  
Soup  
Tins of meat with a choice from chicken, meatballs, ham, beef, or Tuna. This would be substituted for a Vegetarian alternative if required  
Long-life milk  
Biscuits  
A family favourite snack to give them something they love  
Cereal  
Crisps

#### How do you fund this?

It is funded entirely through donations. Currently, as I type this, we have had over £3,700 donated in 24 hours.

People who are able can donate via PayPal @ [paypal.me/theblackproject](https://paypal.me/theblackproject), or by bank transfer to the following details.

Account Name: Brianna O'Reilly  
Account Number: 93834979  
Sort Code: 04-00-04

#### Who can have a box?

Absolutely anyone who is in need of one. It is not restricted in any way.

#### How do they request a box?

If they are Instagram users they can send a Direct Message to @theblack.project. If not, they can send an email to: [theblack.project@yahoo.com](mailto:theblack.project@yahoo.com)

#### What information do you need to fill the box?

I need 4 questions answered:  
*How many people will the parcel need to feed?*  
*Are there any allergies?*  
*Is there a family favourite snack I can put in the box that will give everyone a pick me up?*  
*What name and address should I use for delivery?*

#### How does it get delivered?

We use Hermes 3 day tracked delivery. I will send all recipients a tracking code so they can see exactly when their package should arrive with them. If it's urgent, which I will ask, I can up to next day tracked delivery.

Any further questions you have, please don't hesitate to reach out to us!

**The Black Project**  
[theblack.project@yahoo.com](mailto:theblack.project@yahoo.com)