



Peacehaven
Community
School

Aspire • Believe • Achieve

Newsletter

22nd January 2021



2021 Remote - Learning Newsletter 2



The Winter Sun

Would you like to design a front cover for our newsletters?
Send your Art Work / Photography to: joe.radmore@swale.at



Newsletter 2 - 2021

Headteacher Update:

Hello Everyone,

I have been pleased to see a huge number of you attending our live weekly assemblies. This is a good opportunity to get together as a year group and give out important messages.

Thank you to Mrs Jenkins for her healthy eating guidance that can improve your mental health and well-being: a focus on rock 3. I am now eating more broccoli and trying adding more turmeric to food to improve my memory!

Remember the challenge is to be able to be doing all 12 rocks: they will help everyone with their mental health and well-being.

Thank you to all of you who are regularly submitting the work you are doing. We have been impressed with the effort you are making and being highly creative too. Your teachers are proud of the work you are submitting.

There are fantastic examples of Art work, delicious culinary delights, imaginative writing and detailed Geography notes within this week's Newsletter: we have lots of talent within our school.

The live online year 11 lessons are progressing well and we are looking forward to seeing year 10 students live online from next week. The remaining year groups will have live lessons to compliment the recorded lessons, presentations and tasks in the following week.

We are so impressed with all of the acts of kindness you are doing, you are really helping others see their way through this national crisis. Please continue to send your acts of kindness to us, as it lifts all of our spirits.

Continue to keep safe and enjoy this week's newsletter.

D. Warner-Swann

Darren Warner-Swann
Head of school



Y7 Parents Evening

We will be hosting our first parents evening of 2021 **online** on **28th January from 2.45-6.45pm.**

This means there will be no online learning during lesson 5 and those students who attend our in-school learning provision will leave school at 2pm.

Home Learning

Year 10 live online lessons will start on Monday 25th January.

Reminder for year 10 and 11:
Please remember to check Google Classroom for meeting codes, to make sure you arrive at the lesson on time.

Do you have any questions about Home Learning?

**Don't forget to visit our
Frequently Asked Questions
on the School website.**

In School Learning

On Thursday our Science Faculty had our in school students performing chromatography experiments.

Chromatography is a process for separating components of a mixture and this can be seen in these photos.





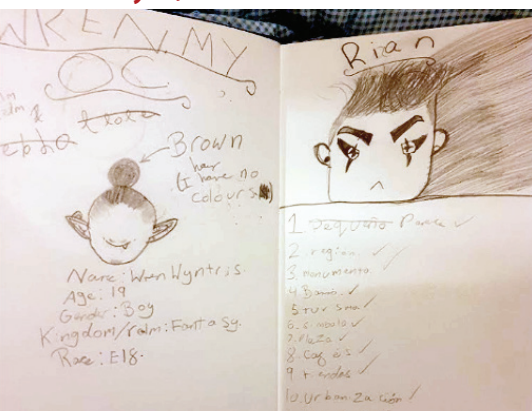
Excellent Work

Our students have been busy engaging in their online learning both at home and in school.

Here is a collection of excellent work from the past week.



Kimberly G, Y8 - Art



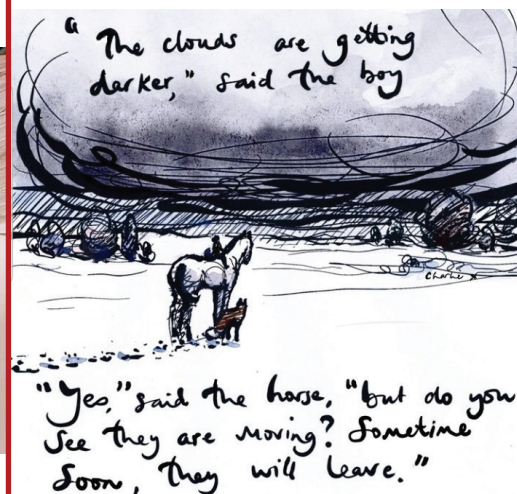
Lola G, Y8 - Food Preparation & Nutrition



Hand Sanitising Station



Cherry B, Y9 - Geography (Above)



Keegan M, Y8 - Food Preparation & Nutrition



Jack & Marestfan, Y7 - 7A2 French recipe task.

Haute cuisine, Ms Turner has been particularly impressed with Jack who prepared a delicious Coq au Vin dish from scratch.

Marestfan also rose to the challenge and prepared a very tasty Gratin Dauphinois.





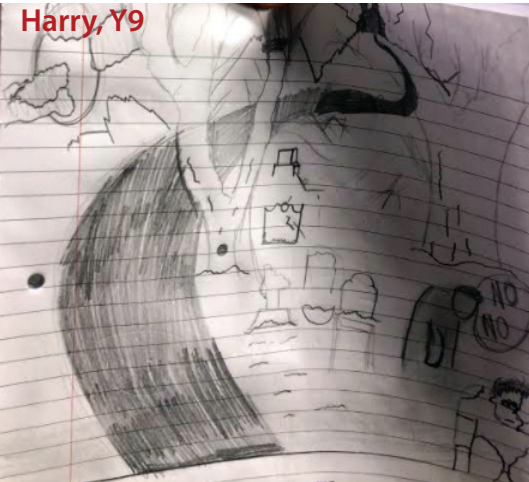
Libby E, Y10 - Art
A collection of her artwork



Lorenzo, Y9



Harry, Y9



Jimmie B, Y9



Daisy R, Y9 - English

An extract from her gothic horror lesson:

I climb along the roofs of the house's garage and dining room only to find a picture and a note from Drac.... The letter is damp and wet from the hail, so I can't read who it was from, but the picture



looked familiar, like I've seen it before.

The wind was picking up by now and I almost lost my balance multiple times but every time I fell the mist and fog got higher and higher and higher.

The fear started to crawl into my mouth and made it hard to speak and it became painful but I know I should carry on, everyone needs to find out the truth.

I'm on top of the ledge to the doorway but I can't see the floor. I don't know how far the drop is.....

Aaron W, Y9 - Geography

Explain how human activities can lead to global warming. (4 marks)

One human activity is agriculture, this releases greenhouse gases due to animals releasing methane gas therefore this traps heat in the atmosphere causing the temperature to rise.

Another human activity is energy production which leads to global warming because most electricity is

still created by burning fossil fuels or gas and this releases carbon dioxide which prevents infrared radiation from escaping and this contributes to global warming.

Carlo L, Y9 - Geography

Explain how human activities can lead to global warming. (4 marks)

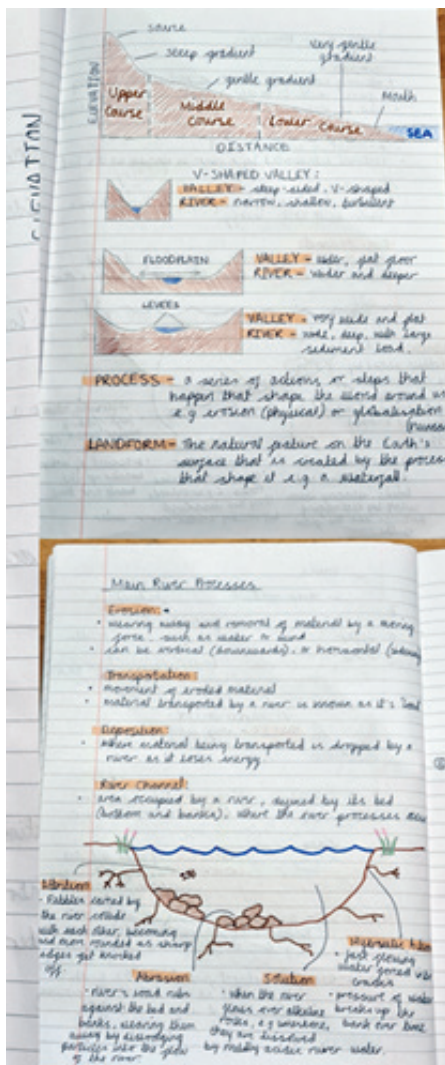
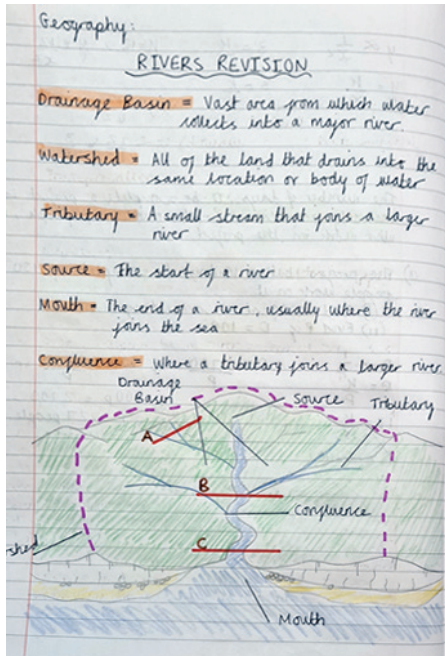
One human activity that can lead to global warming is burning fossil fuels in factories. This can have major changes in the climate as it releases a lot of carbon dioxide into the atmosphere.

Another human activity that can cause global warming is transportation. This releases greenhouse gases due to the burning of petrol so that it can keep the car going.

Using transport is one of the most important factors on what human activities can lead to global warming and so we have to find a way to stop them from releasing lots of carbon dioxide.



Darcie W, Y11 - Geography Revision notes



Shout Outs For Excellent Effort

Critical Worker School

Year 7

Evie B, Lilli H

Year 8

Brad S, Amelia A

Year 9

Harry C, Maddi H

Year 10

Leo C, Callum A-S

Online Learning

Year 7

Tayla G, Callum K, Briony B,
Jayden M, Millie D, Kyla B,
Joe M, Lucas S, Jack P, Isaac S

Year 8

Leona B, Ines B, Olivia D, Layla M,
Mattia N, Alfie S, Savannah S,
Brad B, Lukas S, Oscar W

Year 9

Cherry B, Damien G, Ollie H,
Willow H, Rebecca J, Sophie J,
Anna L, Ellie M

Year 10

James R 10T5, Aaron O 10T2,
Grace S 10T4, Maria S 10T5,
Charlie S 10T4, Anna W 10T5,
Francesca T 10T3, Abigail T 10T7,
Beth W 10T3, Samantha T 10T2

Year 11

Charlie D, Ryan G, Marta F,
Danielle S,

Student President

"I know that things are confusing at the minute and there is a lot of work to manage but you can do it if you organize yourself effectively. I would recommend following a daily routine that you are comfortable with, getting enough sleep and not going to bed too late.

As well as this you should be working hard but don't push yourself too hard, always remember to take breaks and try to do an hour's worth of work per lesson but make sure you can make time to move onto the next subject.

I would also recommend drinking enough water; it's very important for your mental and physical health to drink enough water and it is suggested that you should try and drink about 2.2 litres a day.

Finally, if you are having any troubles with too much work or specific subjects or anything, you can email a range of people: your tutor, your HOY, your subject teachers, and me.

Don't be afraid to ask for help because we are all in the same boat and we will only get through this together".

Dan W - Student President





Acts of Kindness

During this pandemic, there are a lot of people doing a lot of good things. We want to celebrate these and inspire others to do the same. Please email joe.radmore@swale.at with any acts of kindness/good deeds and well done to Emily and Charlie for stepping up.

Emily W, Y7

During the last lockdown as my dad works for british gas me, my sister and my dad volunteered to help out Trussell Trust Eastbourne Food Bank to deliver boxes of food and essentials to different families and homeless people all over Eastbourne.

We delivered approximately 30-40 boxes a few days a week for about a month. We did switch our gloves with every parcel we delivered and wore masks!



Charlie Y8

Charlie has been doing all the laundry whilst his Mum has poor health and he has also been reading to his little sister

Poetry Corner

Thank you to everyone who sent in poems for Poetry Corner this week, I loved reading what you've written. The next theme will be 'Reflections'. Please send all your poems on this theme to anna.poulton@swale.at

Here's a selection of some of the great poems sent in last week - well done to the writers!

Winter Sun by Alyssa C, Y7

The sun slowly rises above the crisp winter air,
Frost lay like a blanket on the ground,
Condensation covers the windows,
White ice crystals cover the trees and bushes as far as we can see.

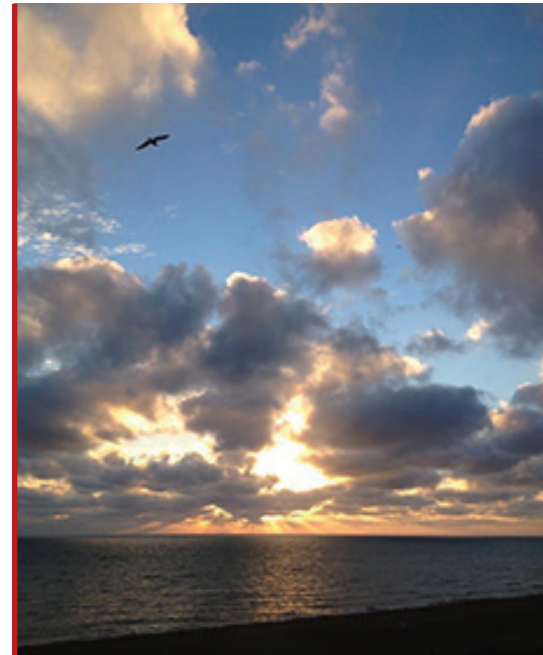
The sun shines brightly giving the day a little warmth,
Rising slowly,
Coming up to meet the cold winter frost,
The sun slowly rises above the crisp winter air.

Winter Sun by Reynard VZ, Y7

It was magnificent, truth be told,
immersed in harsh, bitter cold,
through a crack of blossoming mould,
seeps the winter sun.

Far up, in the vivid blue sky,
where it would be impossible for one to fly,
laying idle, so very high,
rests the winter sun.

A season, embedded in chill,
a season, known widely to kill,
a season, made joyful by the thrill;
of the winter sun.

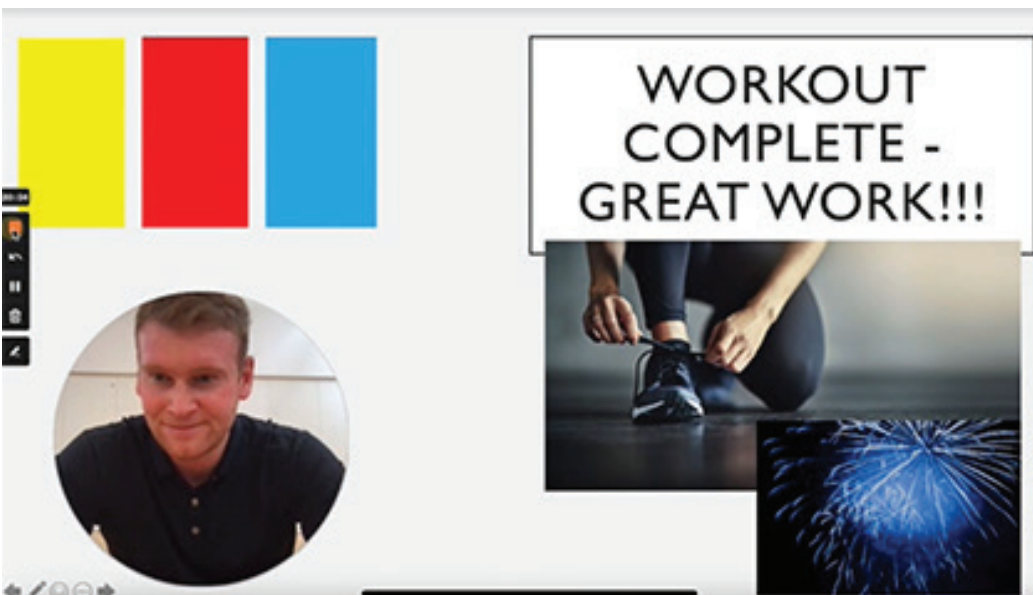


The Winter Sun - Anonymous

Sand at my feet belongs to September,
The warmest feeling I can remember,
Breeze in my hair belongs to October,
Back when the skies were ashen and sober,
Rain on my face belongs to November,
My past is now but a dying ember,

But they can all possess my yesterdays,
As I can't see through the curtain of haze,
January can have my tomorrows,
A future place I can drown my sorrows,
For you are my now and that much is true,
And I don't want a moment without you,

And when the winter sun melts my heart,
Tell me softly that we shall never part,
Shut off your mind and just hold me tight,
If not forever then just for tonight.



Core PE

Mr Burns is back with live workouts and is continuing to set loom workouts available in each year groups core PE google classrooms. They are uploaded at 11am every Monday for the entire week!

Mr Burns is setting three workouts in one loom providing all of you and your household members the opportunity to participate and stay active from home.

The workouts are split inline with the schools progress pathways Yellow, Red & Blue. What workout will you challenge yourself to compete!

NEW FEATURE

New teachers will be joining Mr Burns each week getting involved in the workouts so make sure to be in the core PE google classroom and see your favourite teachers staying active over this period. Who will be joining next week.

Maths Challenge

Using any letter only once,
what are the largest and
smallest numbers that you
can write down in words?

Example: EIGHTY
But not NINETY as N is used
twice

REMINDERS

Keeping Safe

Free Sanitary Products

The government provides schools with free sanitary products as part of its commitment to combating period poverty.

We have stocks of sanitary pads available in school and would be happy to supply a bag of products for any family in need.

Please email the school if you would like to receive these and we will arrange delivery or collection from school.

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)

(SEND) Family Learning Careers Resources

(careerseastsussex.co.uk)

Mental health

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

Andrew Wright wants to continue to support you all through this difficult time. On the next page you can find some links to useful resources including a video to support you during lockdown and to action your potential images to help you think about making the most of each day.





Rock 2 - Exercise

We are built to move

- 300,000 years ago our ancestors were chasing down food, foraging or running away from danger
- So our brains and bodies have been built with an expectation of a certain amount of exercise.
- Our cardio-vascular system relies on us moving about to keep blood flowing, including to our brains
- Sitting still at desks for long periods of time is doing many of us real harm



Well-Being Webinars letter - www.youtube.com/watch?v=4NBjXEnDXyA



12 Rocks Of Well-Being

- Rock 1 – Sleep – 8-9 Hours a night
- Rock 2 – Exercise – 20 mins per day
- Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar
- Rock 4 – Mindfulness – be present without judgement 5-10 mins
- Rock 5 – Mind Wandering – allow your mind to social problem solve
- Rock 6 – Manage Emotions – notice, accept, share with trust
- Rock 7 – Walk Outside in Nature
- Rock 8 – Listen to Music – 20-30 minutes
- Rock 9 – Connect meaningfully with friends and family
- Rock 10 – Gratitude and Kindness- express both explicitly each day
- Rock 11 – Engage in activities important to your life's purpose
- Rock 12 – Learn, Play, Create, Read





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](https://www.instagram.com/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, 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](https://www.instagram.com/theblack.project). If not, they can send an email to: 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