

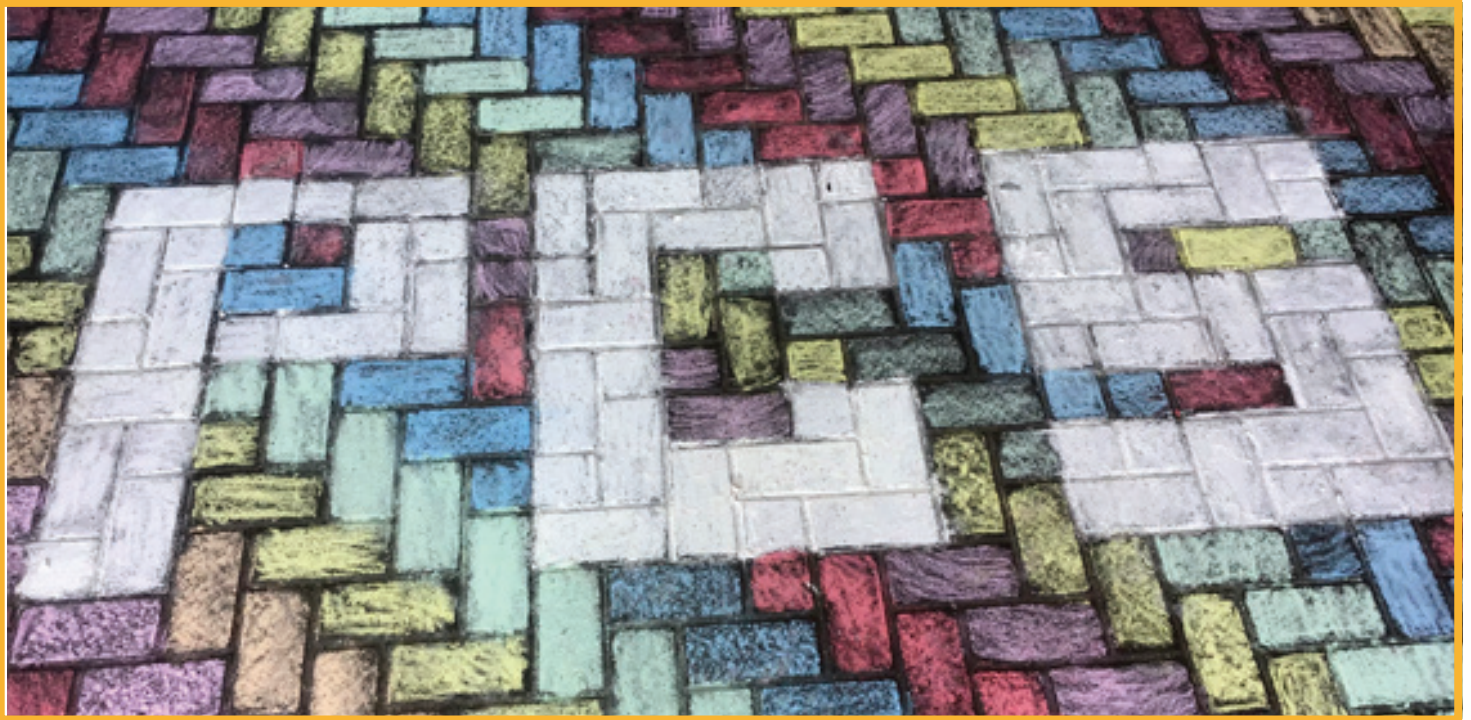


Peacehaven
Community
School

Aspire • Believe • Achieve

Newsletter

15th January 2021



2021 Remote - Learning Newsletter 1



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



Newsletter 1 - 2021

Headteacher Update:

Hello Everyone,

I hope all of you are seeing your way through our current lockdown and keeping safe.

I was very pleased to deliver a live assembly to each year group and connect with so many of you, even though it was through a Google Meet: we are missing you being at school.

We have had a hugely positive response to all of the work being set online and from those of you who are completing work packs.

Critical worker students who are attending school each day are being very studious and it is a pleasure having all of you in school.

We are moving into our next phase of home learning as we have delivered live lessons to our year 11 students. Our staff are continuing with training and we will inform you when we will provide live learning to other year groups.

Please look out for your year group Google Classrooms where you will be invited to a weekly live assembly from next week.

We are thinking of those in our community who are currently ill and wish you a speedy recovery.



As you are once again having to work from home, we will be publishing our weekly Newsletter that will help to keep all of us connected.

Keep submitting work to your teachers and you may even get to see it published here.

Please enjoy the rest of our newsletter.

Darren Warner-Swann
Head of school



Thank You

We would like to give a huge thank you to Mr Ball and Phillip Ray for donating laptops to the school.

This has been invaluable in providing students of PCS with access to their online learning in this difficult time.

We all really appreciate this.

Tutor Time

Your son/daughter must join their tutor group Google Classroom as well as subject classrooms.

This is because we will be using this space to provide extra-curricular support to students, including supporting them with their wellbeing at this difficult time.

We will also be taking attendance registers through this forum to check that students are regularly working.

Just email your child's tutor if they are not sure how to join their tutor Google classroom.



Critical Worker

Our critical worker school has been open from the start of term with around 50 students coming in each day. The classrooms are a little different from before the Christmas holiday with social distancing in place at all times. As you can see from the photos we are ensuring our school is a safe place for student and staff.



The 2-metre rule is in place in all classrooms and students are involved in ensuring their workspace is cleaned regularly throughout the day. Online learning is taking place throughout the majority of the lessons, however, each year group is getting one PE lesson a day and where possible one face to face lesson from the teacher assigned to their class that day.



Excellent Work

We have been amazed by you our students in how you have risen to the challenge and continued to produce excellent work, whether this is in our Critical Worker School or through online learning.

We want to celebrate this and will look to share examples of excellent work each week so if you are proud of some work you have completed be sure to share it with your class teacher.

Tiah, Y7 Geography

This is the work Tiah produced when learning about China's one-child policy

China used to have a slightly lower population than Europe but their population dramatically increased over the years. If you look at the jump between 1950 and 1995 it is very large. This may cause problems for China because there just isn't enough space and there aren't enough hospitals.

China's one-child policy

China put in a rule that couples could only have one child. This was to limit population growth as the population in China was reaching a peak in people. This will help slow China's population growth.

The population was growing because more children were being born than people that are dying. The Chinese government was hoping to halt the growth in the population so they put these strict rules in place.

The argument

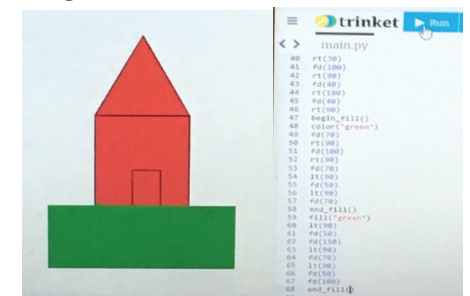
There are two sides to this argument. In some peoples opinion, this law was good as it slowed the population growth and relieved the pressure off hospitals and housing.

On the other hand, it was terrible because people were losing their babies. Another thing that makes it worse is the fact that this law made china value boys more and this ruined the equality of the country.

In my opinion, this rule was horrible but I understand why the Chinese government did it because they needed to slow down their population and get it under control, although the government had a valid reason to put this rule in place I don't think it's a good rule. I think they should have put this rule in but maybe relaxed it a little- I think they were just a little intense and they just need to relax.

Kai, Y8

This is a house designed by Kai Brown. He wrote the code in Python using skills he learnt the last term. The program is about 70 lines long.





Student President & Vice President

I hope that everyone had a nice winter break despite the national restrictions. However, we are now back learning and it is imperative that we once again start trying our hardest and make sure we don't let this third lockdown get us down.

Personally, I am trying to stick to the school hours and I would recommend it to any student; I wake up at a good time and start learning at 8:50, I do each subject's work for an hour until it is all completed, making sure to take regular breaks away from the computer. This then leaves me plenty of time to relax at the end of the day, where I'm free to do what I like.

I would advise any student who is struggling to get into a solid routine to try working this way. I also hope that any students who have had Live Lessons with their teachers enjoy them and find them as a good way to interact with

teachers and ask lots of questions. 1 week down, I'm sure we'll all be back in school before we know it. Well done!

Student President - Daniel

Hello students, it's your vice president Darcie here.

I hope everyone had a great Christmas break and a fresh new year with some motivating new year resolutions ready to make this year more rewarding. I personally had a relaxing and quiet Christmas and felt lucky to have spent it with my parents watching iconic Christmas films.

As the new year has begun we've been thrown into this new way of learning and I understand for some students, this can be quite daunting. Especially for the year 11s due to us being told that our exams have been cancelled, which feels quite discouraging.

However, this doesn't mean that we still haven't got the opportunity to get the grades we deserve, as we are extremely fortunate to have the power of technology to keep us connected, in addition to keeping us up with vital work.

I understand that learning from your home can be an extra struggle due to the informality (or temptation to watch another episode of your favourite series!), which is why I strongly recommend creating a timetable that incorporates an appropriate amount of time for your lessons, and some time to care for yourself during these difficult times.

From experience, I know that lack of organisation can be another obstacle in your way, so by creating a timetable, it will help to defeat those unnecessary stresses you are being faced with. If you're struggling with any topic, or are ahead of the game and want to expand your knowledge for the mocks coming up soon, here are some websites that I have found especially useful for most of my subjects:

GCSE Pod (really good for science):
<https://www.gcsepod.com>

Seneca:
<https://senecalearning.com/en-GB>

Maths:
<https://www.mathsgenie.co.uk>
<https://corbettmaths.com>

I hope everyone has a productive but enjoyable term off, and maybe you could use this time (especially as it's a new year!) to try something new.



English - Random Acts of Kindness



One of the books we study at GCSE is the classic novella *A Christmas Carol*; a moving allegory about a man who is given a chance to change. Inspired by the events of the novel, English asked every student at PCS to do something kind for someone else over the Christmas break.

There were so many examples sent in that we couldn't include them all here but thank you to all of you who did - it was wonderful to read them all.

It is even more important at this difficult time in our history, when we find ourselves isolated from others, that we are kind to each other so thank you for your inspiring examples. Here are some of them:

Samantha, Y10

Making hot chocolate, including some sweet treats, and taking them to the people in an ambulance bay near to where we live. Helping a stranger in the supermarket (at a distance!)

Taiyo, Y8

Walking my grandparents' dog for them.

Richard, Y10

Donating my money to charity.

Charlie, Y8

Using my bike to help an elderly lady get her dog back who had run off (keeping a safe distance!).

Justyna, Y10

After Christmas dinner, I did the dishes while everyone else opened their presents. I also helped out with chores around the house every morning and evening of the break.

Pirawinth, Y8

I made some vanilla and Nutella cupcakes for my mum! (Pictured above)

Erin, Y9

I sponsored a guide with my pocket money. She is a German shepherd puppy!

Tomas Y8

I helped deliver Christmas cards, bought all of my family a present and I make an effort to make the people around me happy.

Alyssa Y7

I helped out when my mum was working over the Christmas break by playing with and entertaining my younger siblings.

Isla Y7

I helped my mum recover after an accident. I made her favourite Nutella cookies and she said I have been so helpful and brave because it was a scary thing to happen.

Harry Y11

I gave all my family Christmas presents, helped out with the Christmas dinner and gave a homeless man £10.

Jack Y7

My friend told me he was self-isolating because he had covid. He also told me before that there was a game he wanted and he was going to tell his parents he wanted to buy the game. Also on that day, I got a gift card for the website to add money to my account. But before he went to get his parents I said I could buy it because I had enough money in my account. I wanted to do this because he was a bit sad and I wanted to cheer him up. I think it made him happy, which made me happy.

Izzy, Y10

I bought my family all a gift out of my own money and I helped out with the housework. I also did my mum's hair to make her feel nice during the lockdown.

Jake, Y11

I spent time with my nan when my mum was panicking because our oven wasn't working properly on Christmas day. I helped out with the Christmas dinner, laying the table and washing all the dishes.



Darcy, Y7

I made a sherry trifle for my nan and grandad.

JP, Y8

Every year, my family run a large collection and giveaway for the homeless which runs on Christmas eve every year. Normally, we have a huge station and a number of runners to help distribute the items. However this year, because of covid, we had to play it slightly differently. This year it was just my mum, dad and brother. I pulled the trolley all morning to give out all the things we had collected.



Romilly, Y8

I donated £10 to RNLI and £10 to WOLO. Also, on Christmas Day I helped my family clean the table after dinner.

Charlotte, Y11

I did my nan's shopping for her as she is high risk and can't risk getting the virus. I got everything that she needed and delivered it safely to her door, making sure that we were not close to each other and I even wore a mask when I was communicating with her at a safe distance.

Evie Y7,

I have been helping with the washing up and making food for my whole family.

Maia, Y7

Over the Christmas break, I wanted to get better at football and so did my sister so I asked her if she wanted me to teach her. I took her down to the park and helped her with passing and accuracy.



Alicia, Y8

Over the Christmas period, I gave away all my old clothes to a charity shop.

We also gave some shoe boxes to an elderly care home so they could be filled with goodies for the elderly on Christmas day.

Heidi, Y7

I cleaned out my mum's car and hoovered the inside, I also wiped down all the surfaces inside the car, then hoovered the floor mats from inside the car!



Charlie, Y9

I have been giving money to the homeless and making tea for my mum because she is ill.

Miley, Y7

I have been shopping for my great nan and delivering food as she is shielding. I also helped cook Christmas dinner and I have donated some of my clothes to charity.

Oscar, Y7

My family and I collected and donated money to a food bank.

Max, Y7

I made my mum some mince pies because the shops had all sold out!



Jack, Y8

He raised money for the Sussex Cancer Fund in memory of his Grandmother. Every Christmas he creates a Christmas light and sound show with a projected film on a decorated screen. Due to COVID, Jack completed a number of virtual tours for family and friends who in turn donated to charity.





Please send us any good deeds you have done during this lockdown so we can share them in our newsletter - email these to Mr Radmore:

joe.radmore@swale.at

Poetry Corner

Hello,

We're delighted to be running a Poetry Corner again at PCS. Each week there will be a new theme for students to write and contribute poems about.

The first theme will be 'Winter Sun' and the deadline for submitting is Monday 18th January at 3pm.

At the end of the week, a few of the best poems will be selected to appear in the PCS Newsletter. The writer of one poem will also be chosen to select the theme for the next week.

You may challenge yourself to write a poem every week, or only when a particular theme inspires you. Please submit your poems to

anna.poulton@swale.at

Looking forward to reading your wonderful poems!
Ms Poulton



Core PE

Mr Burns is uploading a new workout for you to do each week in your core PE timetabled lesson.

You can find these on loom and you could do these as often as you like. link for week beginning 11th January is below:

<https://www.loom.com/share/471e25a0b8014c08974ff348ae27d638>

Please remember exercise is not only good for your physical health but also for your mental health.

PCS – CORE PE



Exercise 1

Plank



Keeping Safe

Free Sanitary Products to Families in Need

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

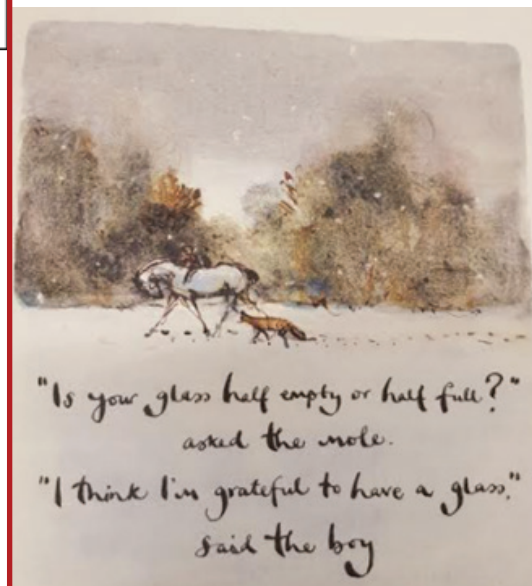
careerseastsussex.co.uk

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



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



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



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.

Be Your Best You Every Day

Your well-being is so important. Every day we need to look after our brains, bodies and minds. These 12 Rocks are scientifically verified ways of improving well-being, mood, motivation and learning every day.

Also we're bringing all of our wonderful families 10 Webinars all about how to get the best out of your brain and build well-being every day.

[Click here for the Letter](#)



Be A Neuro-Ninja In Learning And Life

10 Webinars over 10 weeks –
Thursdays 7pm-7.30pm on these dates:



21st Jan – How Can I Have A Better Day Every Day?

28th Jan – Why Don't I Get Stuff Done & How To Be More Productive

4th Feb – De-Motivated, Feeling Meh? How Can I Help Myself Everyday?

11th Feb – Why Is My Memory So Rubbish & What Can I Do About That?

18th Feb – If I Am Stuck With My Learning What Can I Do?

25th Feb – Why Am I So Unkind To Myself And What Can I Do About It?

4th Mar – How Can I Bounce Back From A Set-Back

11th Mar – Why Am I So Moody & How Can I Help Myself Everyday?

18th Mar – How Can I Challenge Myself Without Upsetting Myself?

25th Mar – How Can I Improve Everyday & Enjoy My Life?