

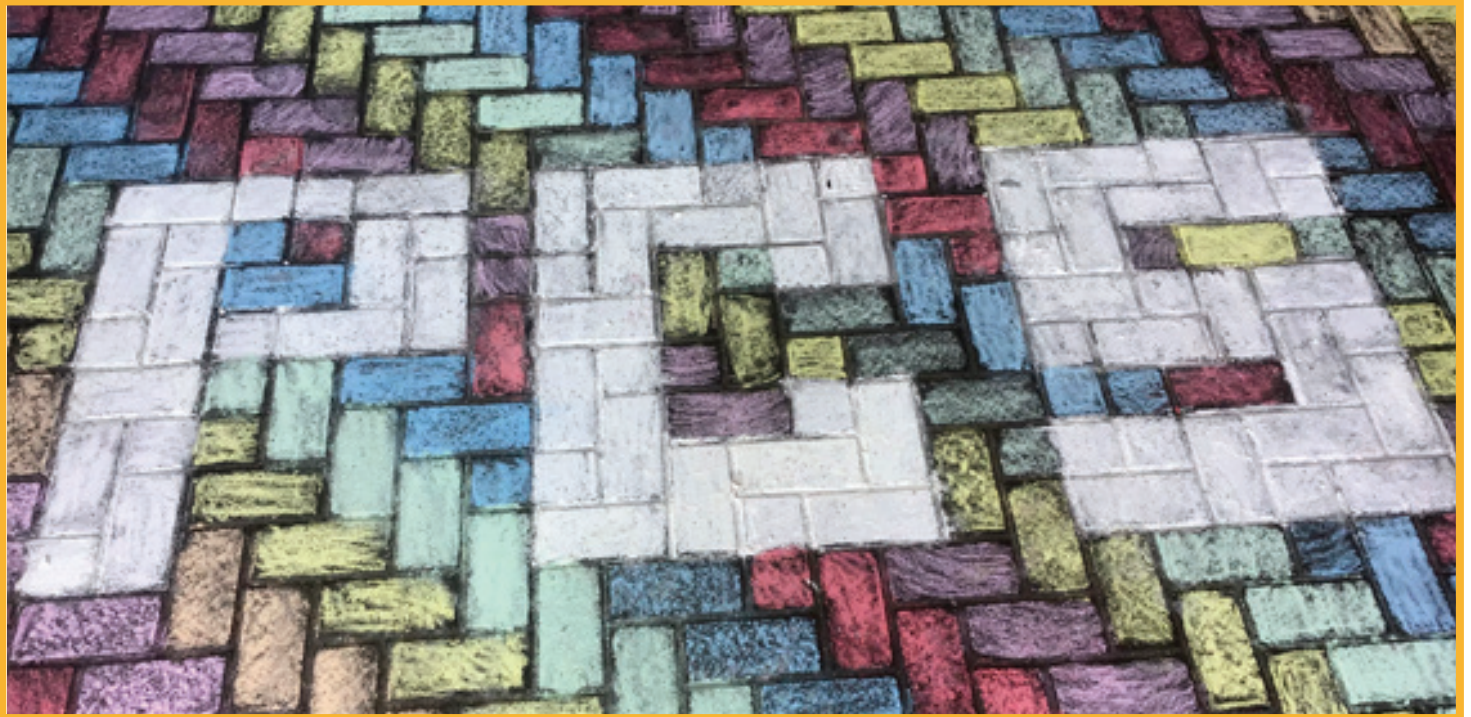


Peacehaven
Community
School

Aspire • Believe • Achieve

Newsletter

29th January 2021



2021 Remote Learning - Newsletter 3



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



Newsletter 3- 2021

Headteacher Update:

Hello Everyone,

Another week has passed in lockdown and we are thinking of you. It is good to see our students engaging in remote learning through their Google classrooms and workpacks, including all of our students within school.

This week's Newsletter is packed with excellent pieces of work ranging from intricate designs, careful insect studies, fantastic literacy in maths, creatively constructed bird boxes and delicious culinary treats: our students really enjoy cooking!

We love to hear about what you are doing so please keep in contact with us and send any images of all of the activities you are getting up to in lockdown to Mr Radmore.

Remember it is important to vary the activities you do and not be tied to a screen all day. I hope that you are aiming to complete your 12 rocks of wellbeing and watch some of Action Your Potential's webinars to help us all get through lockdown.

Enjoy this week's Newsletter and aim to get a shout out in next week's.

D. Warner-Swann

Darren Warner-Swann
Head of school



Home Learning

We are really pleased with the way that our students are adapting to the challenges of home learning.

As of Monday 1st February, students in every year group will have access to some online live lessons.

Please do refer to the timetable you have been sent so you can see when these lessons are scheduled for and plan your day accordingly.

Lessons for all subjects will still continue to be delivered through Google Classroom with Looms, Google Slides and videos.

Please remember to read through the student protocols you have been sent and arrive at lessons on time, just as you would to your lesson at school.

Staff are really looking forward to seeing you all. Please remember if there are any aspects of home learning you are struggling with you can contact your tutor or your class teacher for some advice and support.

Do you have any questions about Home Learning?

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



Hand Sanitising Station

Y11 Interviews

Many of our Year 11s are in the process of having college interviews right now.

We know this is a nerve-wracking time, but students always report back afterwards that the interview process was less scary than they imagined.

The interviews will come through at different times and dates so please try not to worry if your friends have had theirs and you haven't yet.

If you have any questions or concerns about college interviews, or you are yet to make a college application, please contact:

kate.leggett@swale.at
jemma.newman@swale.at

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.



Swale
ACADEMIES
TRUST



Hanna W, Y7

A slide from her year 7 French cultural project ▶

James W, Y7

A slide from his year 7 French cultural project

Find a French cartoon or tv series and write a brief description of it

Asterix is a french cartoon thats set when the ancient Romans are around. The main characters are viking like tribe. They go on little adventures in northern France (gaul) and sometimes battles the romans. It has a lot of books and comics and movies about it.



Well done to **Tayla G & Taylah T**, Y7 for getting 8/10 on their energy store tests.

Extension tasks in year 7 Art:

Evie B in 7A4 below & on the front cover



Eiffel tower

The Eiffel tower is an iron tower on the Champ de Mars in Paris. It was built to be one of the main attractions at the Paris World fair in 1889. It is named after Gustave Eiffel, who designed and helped build the tower. It was built from 1887 to 1889 and is 324 metres (1,063 ft) tall. In the summer it grows 1 cm.



Garrowby Hill, 1998

Garrowby Hill was created by David Hockney in the late 20th century. It is one of a number of a bright landscape paintings that he produced of scenery from across the county of Yorkshire.



I think it is really interesting how Hockney has used hyper-realistic and super-saturated colors. It is also interesting how the sense of movement he has used and how the road is used as a visual device that is almost drawing you into the painting and making you feel as if you are travelling down the road.

I like this painting because of the colour usage and how the realism does not get higher or lower but instead warps and changes throughout the painting. I also like the sense of movement and how the road itself warps and twists and turns but gradually gets smoother and eventually gets nearly impossible to see.

Denis W in 7b4,
David Hockney Art Analysis

Eva C in 7A1, Insect Studies



Max B in 7A3, Insect Studies





Big Shout Out's

From Ms Turner to year 7

Excellent French projects:

George C, Maisie C, Alysssa C, Millie D, Charlie E, Marestan F, Lilli H, Izzy K, Max B, Harry F, Jack H, Jayden M, Finn D, Jasmine M & Oliver H.

Some fantastic culinary skills continue to be displayed - Max's Tarte Tatin looked delicious and Harry made a very French looking Croque Monsieur.

The best way to learn is to teach somebody else, as Harry's younger brother found out when Harry taught him some French as one of



Rhys, Y7

demonstrating his excellent culinary skills at home, cooking his Gran's salmon recipe.



Kacie I, Y8 creating a moodboard for cooking.

YEAR 8 - big shout out to Alex Beale, Oscar Wood and Ali Cookson for their excellent results in the Geography end of module test on Global Development.

From Miss Hulatt

Thank you to Briony, Charlie, Emily, Eva, Evie, Harry, Heidi, Jayden, Milly, Noah, Olivia, Raya, Calvin, Nicole and Poppy. who had the courage and resilience to upload your dance videos so far! You have all achieved 5 achievement points.

I am looking forward to seeing others when they come in over the next week.

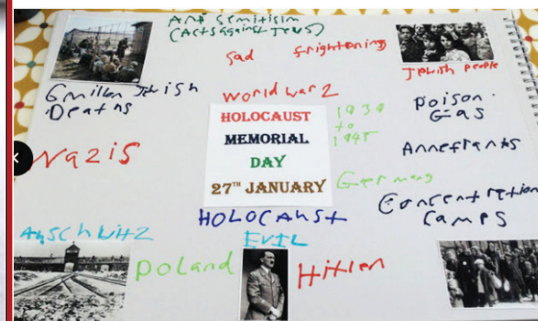
Woody B, Y8 made this at home - it looks delicious!



Leon O, Y8 creating a mythical creature in English.



Samuel B, Y9





In the **Year 7 Computing** lesson on the digital divide students were asked to imagine that there were a government adviser on technology.

After reading some problems that people in the UK have with accessing technology they suggested some solutions.

Alison K wrote:

Problem	Solution
People not having good I.T skills	Create a very simple website that teaches people how to operate a computer. It could include classes with youtube videos teaching people.

Jasmine S suggested:

Problem	Solution
Not being able to afford an expensive computer	I would advice people to buy a used or refurbished computer instead of a new one, as this would be cheaper.

Lucas S suggested:

Problem	Solution
Older people fearing technology	Setting up a forum or classroom supporting them with any concerns and training. Or even getting children in to help them.

and Mily T-R decided:

Problem	Solution
Older people fearing technology	A basic computer literacy course for the elderly to understand and learn a bit more. Only for older people so they feel safe and they are all around the same level of understanding technology. This could be expensive but important.

Ben H, Y10. Science

BOND ENERGY CALCULATIONS 1

Bond	Br-Br	Cl-Cl	C-Br	C-C	C-O	C-H	H-Cl
Bond energy (kJ/mol)	193	242	276	348	360	412	431

For each of the following reactions, use the bond energy data to:
a) calculate the energy required to break the bonds in the reactants. Y) $\text{H-H} + \text{Br-Br} = 436 + 193 = 629$
b) calculate the energy released when the bonds in products are made Y) $\text{H-Br} = 366$
c) calculate the energy change for the reaction Y) $629 - 366 = 263 \text{ kJ/mol}$

d) state whether the reaction is exothermic or endothermic. Y) The reaction is endothermic.

e) explain why the reaction is exothermic or endothermic in terms of bond breaking and making. Y) The reaction is endothermic because the energy change is positive showing it has taken energy in from the surroundings.

f) explain why the reaction is exothermic or endothermic in terms of bond breaking and making. Y) The reaction is endothermic because the energy change is positive showing that it has taken energy from the surroundings.

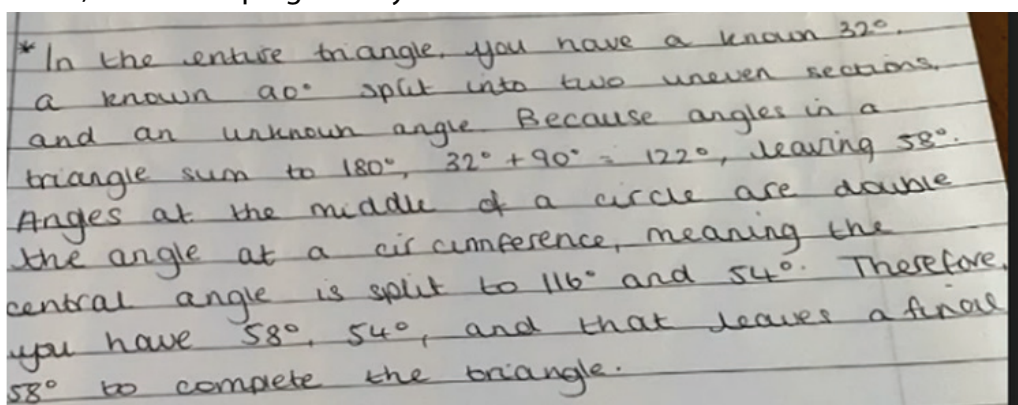
Year 9 Art Emily X in 9X, Loui Jover Pastiche



Ellis F in 9X, Loui Jover Pastiche



Kai W, Y9 - developing literacy skills in Maths!

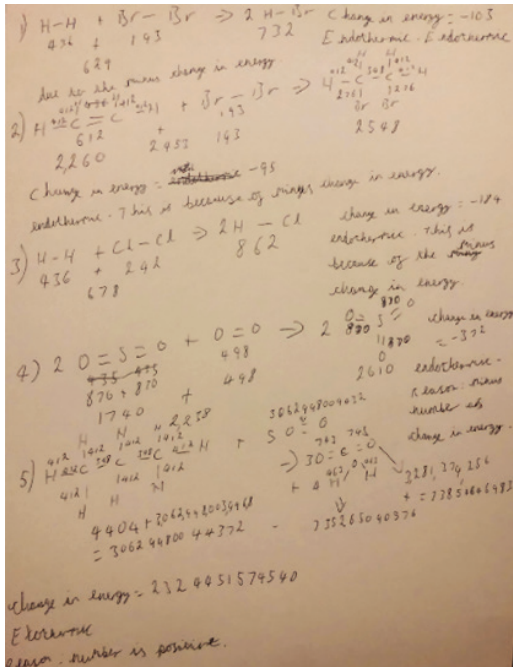


Y9 Food Preparation & Nutrition - Sam B has been cooking up a storm at home and keeping his culinary skills sharp





Ben A, Y10. Science



Harvey V, Y10

Students were asked to look at 'modernism' and redesign a simple bird nesting box using elements of this design style. Harvey has used simple shapes, light and dark areas and dramatic angles.



Ms Turner's year 11 French class

have also been working hard.

Rose P has created her own revision tool in response to a set of GCSE questions, her clear organisation of key vocabulary will support her to retain these new words.

Introduction quiz score: 10/12
Final quiz score: 12/12

Le changement climatique = climate change
Le manque d'eau = lack of drinking water
Le réchauffement climatique = global warming
Le réchauffement climatique = global warming
Le réchauffement climatique = global warming

FRENCH

Le réchauffement climatique = global warming
Le réchauffement climatique = global warming
Le réchauffement climatique = global warming

CLAY CELL MODEL

Nucleus- where DNA is kept

Chloroplast - absorbs sunlight for photosynthesis

Mitochondria - used to generate energy

Cell membrane - controls what goes in and out of the cell



Ribosome - decodes messages and the formation of peptide bonds

Vacuole - hold water and nutrients for the cell

Cytoplasm- where chemical reactions take place

Cell wall - helps hold the structure of the cell

Isabel C, Y10 Science

3.5/CS.9 How many Moles?

Remember:

$$\text{number of moles} = \frac{\text{mass of substance (g)}}{\text{relative formula mass (g)}}$$

Avogadro constant

The number of particles in exactly 12 g of carbon-12 (also known as the mole). The number is 6.0×10^{23} .

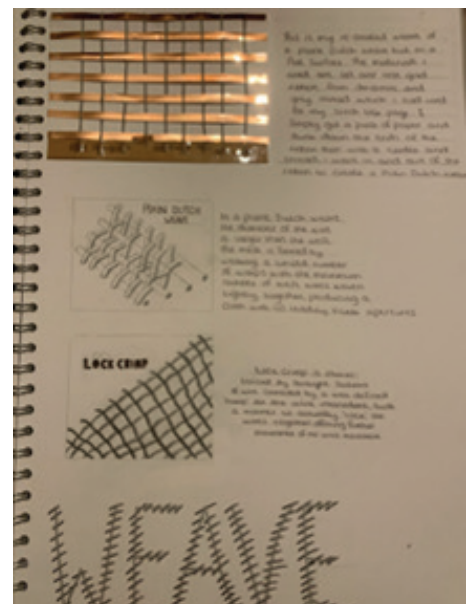
Name of substance	Formula	Mass (g)	Relative formula mass in g	Number of moles	Expected Number of particles present
Carbon	C	12	12 g	1 mole	6×10^{23} atoms
Water	H ₂ O	18	18 g	1 mole	
Hexane	C ₆ H ₁₄	7	12 + 14 = 26	86/7	12.3 mole
Nitrogen gas	N ₂	14	14 + 14 = 28	24/14	1.7 mole
Calcium Carbonate	CaCO ₃	34g	40 + 12 + 16 + 16 + 16 = 100g	100/34	2.9 mole
Aluminium Oxide	Al ₂ O ₃	50g	27 + 27 + 16 + 16 + 16 = 102g	2.04 mole	

Sophie D, Y10. Science

Justyna F, Y10 Science...a plant cell pizza!



Maria S, Y10 Art





Amber W, Y10 Sociology

The conjugal role refers to the separation of roles within the household based on the individual's gender.

This allows for a clear differentiation and segregation of tasks based on the role of the individual within the family.

Amber created a questionnaire to investigate this within the homes of our students, here are some of the questions.

Click here to complete the Questionnaire

CONJUGAL ROLES AROUND YOUR HOUSEHOLD!

In this questionnaire I have been tasked with finding out the roles of your household. This is a private research method and I do not wish to share your information with any one apart from myself. However if I am concerned about any of the answers I will have to bring it up to Mr Warner-Swann
Thanks for your time it won't take long.

*Required

What gender do you classify as? *

- ☐ Female
☐ Male
☐ Prefer not to say
☐ Other: _____

Do you think it's fair that one member of the household carries out all the roles? *

- ☐ Yes
☐ No

Explain your answer...

Your answer

Do you see a continuous pattern around the house due to the chores...?

- ☐ No
☐ Yes
☐ It changes every now and then

If you could change one thing about the roles in your family what would it be?

Your answer

Did this questionnaire help you to realize that conjugal roles need to be equal...?

- ☐ Yes
☐ No

What are you going to do to change the roles in your house?

Your answer

In School Learning

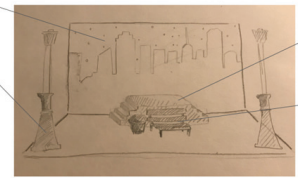
Year 10 made cakes!



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.

Lois B, Y10

Lois 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!

Shout Outs

For Excellent Effort

Critical Worker School:

Year 7 - Kenzie P, Roco D

Year 8 - Sophie H-C, Seb W

Year 9 - Jimmy B, Tomas B

Online Learning:

Year 7

Daniel C, Finlay B, Alyssa C, Oliver F, Jack H, Max B, George C, Milly T-R, Olivia C, Lylani K, Hannah W

Year 8

Ellie T, Alicia I, Poppy R, Lauren J, Freya H, Liam H, Harry G, Lewis L, Ben K, Jake K

Year 9

Haydn R, Abigail C, Dennis C-C, Emily D, Austin F, Sam H, Abbie K, Lewis K, Carlos L-S, Dom M

Year 10

Carrie L, Adam P, Max W, Shi D

Year 11

Sushwinth B, Pierre B, Kira C, Rose P



Vice President



Hi students,

It's nearly a month into online learning and it already feels like a year. I hope you've all had a great start to the year and are managing to do amazing work already. For others, it may still be a struggle to adapt to the online learning and doing your best, but that's ok!

I know I still get carried away with lessons and spend too long on them (or totally forget about my live lessons for Chemistry!). But don't beat yourself up, we're all still adapting to the unknowingness of every day.

I had to isolate last week, and what a strange experience that was. I was the designated shopper for my household as I was the only one allowed out, and it's safe to say I'm not being asked to do it again (i may have accidentally bought 5kg of potatoes!) But I've learnt from my time off that it's ok to have a jumbled routine as long as you get the priority things done. I found the time to get my school work done and have a cheeky raspberry hot chocolate and Netflix here and then.

Overall, my message is that the best thing to do these days is to find the healthy balance of work and self-care every day as a healthy mind and body makes the amazing work come naturally. Stay safe and keep being the awesome people you are!

Darcie :)

P.S smoothies are the best morning drink for creative brainwaves, I highly recommend!

Poetry Corner

Thank you for all the wonderful poems sent in to Poetry Corner this week. Our next theme is 'Pets'. I look forward to reading all your fantastic poetry on this theme,

Please send your poems to:
anna.poulton@swale.at by 5pm on
Monday February 1st.

Congratulations to Ellis who wrote this brilliant poem of the week.

Reflections by Ellis M, Y7

*Reflection an image in mirror or mind
In glass and wet pavements or times
left behind*

*Reflection of school life that we used
to love*

*No hand wash no sanitise no
putting on gloves*

*Reflection of trees on a hot sunny
day*

*Covering the pavements where we
used to play*

*Reflection of airports and beaches
and fun*

*The glinting on water from the
bright golden sun*

*Reflection of doctors and nurses so
kind*

*Reflection an image in mirror or
mind.*

REMINDER

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.

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.

Important Dates

13-21-Feb-2021 - Half Term

25-Feb-2021 - Y8 Parents
Evening 3:45-6:45

01-Mar-2021 - Inset Day

03-Mar-2021 - Online
Parent Forum

08-12-Mar-2021 - British
Science Week

25-Mar-2021 - Y11 Parents
Evening 3:45-6:45

02-18-Apr-2021 - Easter
Holidays



Introducing:

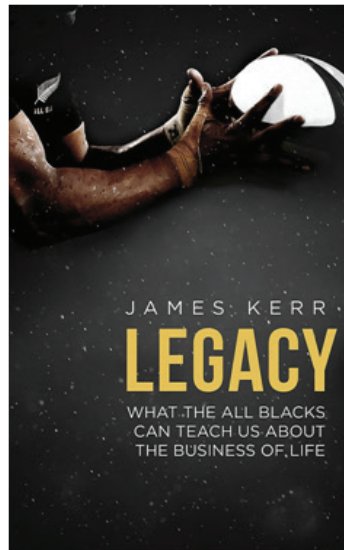
Hello all, I am Mr Radmore the new Assistant Headteacher.



Unfortunately due to COVID, I have not been able to meet the vast majority of you but I thought this would be a good opportunity for you all to get to know who I am. I will be in charge of Personal Development and Literacy when you all come back to school, which I am really excited about and I will also be teaching a number of you PE. When I was a student at school I struggled with my own behaviour, engaging with learning and believing in myself until I was put in a class taught by Mrs Sketchley. She changed everything for me and I am indebted to her. Without her, I would not have gone to Sixth Form, let alone three different universities. It is my memory of what she did for me that drives me to help all of you achieve, especially those of you who, like me, experience some self-doubt in their own learning.

I did not read a book until I was 16 (for my sins it was Harry Potter and the Philosopher's Stone but I loved it!) and I regret not starting earlier. Reading can be a deeply personal experience which starts with choosing the book to how you perceive the characters and storyline. There are so many great

books out there, my favourite is Birdsong which is set during the Great War, however, my outlook on life changed when I read Legacy which explored the culture of the New Zealand rugby team.



Legacy by James Kerr

Chapter 1 was, personally, very influential as it looked at the character of a person and focused on the approach the captain of the team would take - in this case, Richie McCaw. An example of his character was how he 'swept the sheds'. This meant he would stay after every training session and match to clean down the very grubby changing rooms once every other player had left. Why would he do this, being the highest-paid and most respected player?

The New Zealand rugby team wanted to develop each individual's character and this started with their humility, that is having a modest view of your own importance and respecting everyone around you, no matter their position, job role or age. The aim was for each player never being too big to do the small things

that needed to be done. This was to be true from the most to the least experienced players in the team. By establishing a culture higher than that of their opposition, they knew they would win.

So rather than obsessing about the results, they focused on the team and swept the sheds. By the way, they won back to back World Cups in 2011 & 2015.

<https://www.youtube.com/watch?v=RQ5R-0I7wdY>

How does this apply to you? In school, it could be something as little as making sure you never leave a classroom with seats untucked and paper on the floor. This would immediately show the respect you have for your teacher, your learning and the learning of others. It is a small thing that takes little effort but over time could have a huge impact.

At home, it could be tidying up after yourself and others e.g. after dinner doing the washing up or taking the bins out. What message would this give to your parents or guardians about who you are? The result, I am sure, would be a positive one. If you want to borrow this book in the future it is in my office waiting for you.

I cannot wait to meet you all, I have heard extremely positive things from your teachers so I am looking forward to the future here at PCS. If you have a favourite book that means a lot to you please put pen to paper like I have with Legacy and share it with me:

joe.radmore@swale.at

to put into the next newsletter.



Writing Comp



Whilst we are in lockdown, the visitor centre for Rampion Wind Farm is launching a writing competition for schools, and Zephyr our new mascot, is the star! Please see our flyer here:

<http://bit.ly/zephyr2story>

for more details.

We would love your students to write a short story featuring Zephyr. The winning entries will be published in a book and each winner (and winning school) will be given a copy, so that your students and our visitors can read all about Zephyr's adventures.

The stories should be aimed at younger readers and we would really like stories that include topics like electricity, windy weather, wind power and climate change.

The competition is open to children in both primary and secondary school, with a winner and runner up chosen from each key stage (KS1-KS4) - four winners and four runners up in total.

The story can include illustrations, and there is no word limit. Entries can be submitted to visitorcentre@rampionoffshore.com and the deadline is 21st February 2021. (flexible if necessary)

We really hope that you and your students are excited by the prospect of writing a short story featuring Zephyr. We are excited to read them!

Thank you and good luck,

The Rampion Visitor Centre Team

Core PE



Another great week as we hit our all time record for participation in the Core PE Loom workouts!!!

Thank you to everyone who is getting involved watching and participating in the workouts from home,, it is really important we are staying active. This week we had Miss Hulatt join us, representing the dance department!

Next week we will have Miss Leggett and Mr Prowse join Mr Burns in completing the Core PE Workout loom for you all to complete from home!

Make sure you're in your year groups core PE Google classroom to access the Loom link posted this upcoming Monday at 11am and not Miss seeing Miss Leggett and Mr Prowse staying active and performing in the workout.

Keep up the excellent work!

DEMONSTRATIONS

- Alternating side lunges
- Press ups (Kneeling)
- Squats
- Crunches
- Tricep dips (bent knees)



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)



**STAY HOME
PROTECT
THE NHS
SAVE LIVES**



THE 12 PSYCHOLOGICAL PROFESSIONS IN NHS FUNDED HEALTHCARE

PPN Psychological Professions Network

Learn more from the Psychological Professions Network ppn.nhs.uk

PSYCHOLOGISTS

CLINICAL PSYCHOLOGIST
Applies psychological knowledge across healthcare settings.

COUNSELLING PSYCHOLOGIST
Works across settings using a range of talking therapies.

FORENSIC PSYCHOLOGIST
Works with offenders in the criminal justice system, usually in prison or secure settings.

HEALTH PSYCHOLOGIST
Applies psychological knowledge to improve physical healthcare.

PSYCHOLOGICAL THERAPISTS, PSYCHOTHERAPISTS & COUNSELLORS

COGNITIVE BEHAVIOURAL THERAPIST
Provides cognitive behavioural therapy to help people develop strategies for change.

ADULT PSYCHOTHERAPIST
Uses specialist training in individual, couple or group therapy to help with emotional distress and mental health difficulties.

CHILD & ADOLESCENT PSYCHOTHERAPIST
Uses specialist training to work across the healthcare system with children, young people and parents.

COUNSELLOR
Uses a recognised counselling framework to explore and resolve distressing issues.

FAMILY & SYSTEMIC PSYCHOTHERAPIST
Works with family members and other close relationships to strengthen resilience and find solutions together.

PSYCHOLOGICAL PRACTITIONERS

PSYCHOLOGICAL WELLBEING PRACTITIONER
Provides brief CBT-based interventions to adults with mild to moderate anxiety or depression.

CHILDREN'S WELLBEING PRACTITIONER
Provides brief evidence-based psychological interventions to promote mental wellbeing.

EDUCATION MENTAL HEALTH PRACTITIONER
Works with children and young people in school and college with brief psychological interventions.

Learn more from the Psychological Professions Network ppn.nhs.uk

Maths Challenge

In this multiplication table

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

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?

Last weeks challenge and answer: 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

ANSWER: Largest: FIVE THOUSAND

Smallest: ZERO or NOUGHT

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

Careers in the NHS

Amazing apprenticeships have shared some useful information for you all:

The January Parents/Carers Pack

In the **January issue** we look at getting ready for NAW2021, a plan for finding an apprenticeship in 2021, new Traineeship resources, a guide to Higher and Degree apprenticeships, Life as a new C apprentice at the BBC and more! Please help us to share widely through parentmail channels

The Traineeship Activity Pack

In collaboration with the Department for Education, Amazing Apprenticeships has created a new interactive **Traineeship Pack** for students.

The resource takes students through 13 fun and engaging tasks to discover the benefits of traineeships.

You can download the Activity Pack here.

Useful SEND info

We've been including guidance in recent Parents & Carers Packs on how to support children with additional needs when it comes to apprenticeships.

Check out **December's edition** for more info on job coach support and identifying strengths when applying for post-16 options.

UCAS Virtual Apprenticeship Fair

On Tuesday 9th February, 10am-4pm, UCAS will be hosting a **Virtual Apprenticeships Event** to help students, parents and teachers to discover the world of apprenticeships.

You will be able to speak with experts and access a range of interesting information



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

Dear Parents, Carers and Students,

Be A #NeuroNinja in Learning and Life Webinar Recordings

We just wanted to let you know that the webinars we're running every Thursday at 7pm all about how to manage our mental health, productivity and well-being in these complex times are now available on our school's page of the Action Your Potential website.

A poster about the series of webinars is at the bottom of this page. If you still haven't signed up you can do that **here**.

To access recordings go to **www.actionyourpotential.org** and become a member, follow the instructions here.

Once you're a member go to the members area and click on the webinars button and scroll down to our school's page. Our password is **nnpcs20**

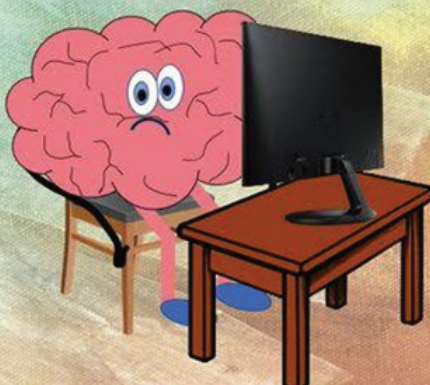
These webinars are so helpful and timely, an opportunity to take stock, understand our brains in a deeper way and get more out of them every day.

Yours sincerely

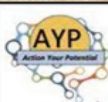
Andrew Wright
Action Your Potenti



What can we do about all this sitting during lockdown?



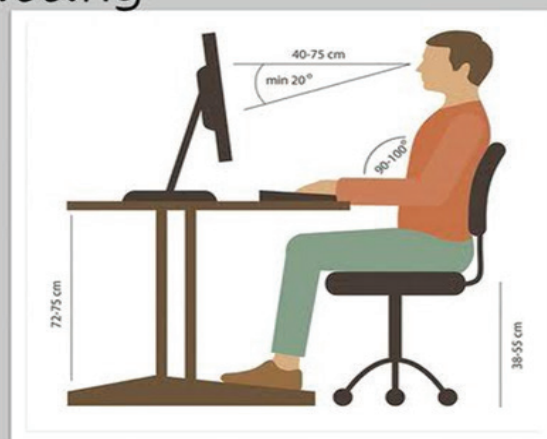
- Get up and move about every half hour – set a timer
- If you are on the phone – walk about
- Stand up to read emails, or watch lessons if possible
- Make your monitor higher so you can stand
- Ensure things you will need during the day are in the next room, so you have to go and get them.
- If you have a laptop which is movable, change your workplace during the day.



About Sitting

What can we do?

- Get up and move, every half hour
- Ensure a proper sitting position
- Build in exercise every day



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?



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, 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

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