

# Alston Moor Federation

## November 2021 Newsletter



### **A message from the Headteacher**

Dear Parents and Carers,

Just before half term I wrote to you about Ms Timmons' promotion, and her secondment to another school during this half term. As a result of losing Ms Timmons, I have made some changes to our team, which I hope will give all the schools capacity to continue to develop a great teaching and support offer for your child.

Mrs Bainbridge is now our Federation deputy headteacher, and she will be working in both primary schools, as well as supporting the children in all three schools as our safeguarding leader. Miss Hill, is our new early years leader; again working in both primary schools.

In SKS we have appointed two new pastoral leaders. Mrs Watson will be your link if your child is in years 7-9, and Mrs Allinson will look after our young people in years 10 and 11. Please contact your child's form tutor or their pastoral leader if you have concerns you'd like to discuss.

Academically, we are also looking to develop teams at SKS for teachers to work collaboratively and share good ideas across different, but linked, subject areas. Mr Gordon is head of Faculty for Sciences, Maths, PE and Food Technology. Mrs Hinkley is our Communications Faculty leader, working with English, MFL, Art and Design Technology colleagues. Mr Fletcher is in charge of our Individuals and Society faculty, working with History, Geography, RE, Careers and Citizenship teachers.

I am very excited by the energy, enthusiasm and ideas these new teams are bringing to the schools within our federation.

Finally, just a reminder that we have an INSET day scheduled for Friday 26th November. The school will be closed for the day, while the staff undertake some important training. School will be open as normal on Monday 29th November, closing for Christmas at the end of the day on Thursday 16th December.

With my very best wishes

Mrs Gill Jackson

# Remembrance

## Alston Moor Federation pays our respects



The students from Samuel King's School, and the pupils from Flinty Fell at Alston Primary School took part in a service of Remembrance at St Augustine's Church on 12th November. Members of staff took time to explain each stage of the service to our young people, so that the traditional parts of this special service could be fully understood, and their significance appreciated.

Mr Hagerup shared the importance of holding a time of remembrance. Mr Fletcher explained that the poppy is the symbol of remembrance, because these were the first flowers to bloom on the battlefields after World War 1, as poppies grow on disturbed earth. Mrs Jackson told the story of her great uncle who died in the Battle of the Somme and her visit to his grave in Northern France. She explained that most families at the time would have had a similar story of loss and bereavement.



Mr Gordon led the two minute silence and Mrs Hinkley talked about the importance of prayer to people during wartime. Students from SKS read our prayers, laid our wreath at the memorial in church and shared the traditional and poignant readings that are part of a remembrance service.

Our sincere thanks to Rev. Mark Nash-Williams for his warm welcome to Church, and his leading of our service.





## Children in Need

The children of Nenthead had a family group baking session for Children in Need and then the school council held a bake sale. They raised a whopping **£104.42**.



APS and SKS came to school in non-uniform clothes to raise money for Children in Need. We raised a magnificent total of **£193.01**.



We have been doing a Pudsey Colouring Competition in Breakfast Club during CiN week. All the children did brilliantly! Well done to Riley and Ella who were the winners.



## Preparing for the world of work



Here at Samuel King's School, we have been hosting an Exploring Careers Fortnight. Pupils across the school have been attending careers talks from a wide variety of professionals including Engineering, the Army, Hospitality and Catering, the Media, a Veterinary Practice, Environmental agencies and Construction. To complement this, SKS teachers have been talking to pupils about careers in their subject areas.

Careers Fortnight has been a great success. Jazmine Hopper in year 10 said: "It's been very interesting to learn about the different careers and the types of work involved. There are so many jobs that we didn't know about like being an Ecologist or an Animator. I have learnt about how being resilient and setting goals, travelling the world and experiencing different things can help you go far in life. There will always be a career for you".

We look forward to building on this exciting work in school. Watch this space for further events and opportunities.

Thanks to Mrs Hinkley and Mrs Chapman, for all their hard work organising these events.



## While we are talking about employability skills ...

Well done to the students in SKS for a marked improvement in the way they are presenting themselves. We're pleased to see a much smarter group of young people.

From January, we are asking that all students are wearing shoes, and not trainers. We also ask that skirts are an appropriate length. If your child has grown since the summer, could you please take some time over the Christmas break to buy uniform that fits properly, and meets the school's requirements. If there is any financial assistance needed, please contact Mrs Jackson at school, and this can be provided.

We also expect all students to have the following equipment to be prepared for their lessons

- Pencil / black pen
- Ruler
- Purple pen for marking
- Highlighter



# Learning news at SKS

## Focus on Mathematics

### Supporting your child with Maths

Our school's maths department is piloting Maths-Whizz software over the next 8 weeks, the award-winning virtual online tutor is proven to build confidence and accelerate progress in maths. It supports your child's learning with engaging, interactive maths lessons tailored to their unique learning needs. Your child will be able to access Maths-Whizz both at home and at school.



### How does Maths-Whizz work?



#### Interactive Lessons

Engaging lessons that perfectly match both your child's ability and unique pace of learning



#### Short Assessments

Assessments at the end of each topic, to ensure new topics are presented at the right time, every time



#### Topic Challenge

Fills knowledge gaps and builds confidence, by replaying exercises and refreshing knowledge.

We know from research that students who use Maths-Whizz for at least 60 minutes a week should make accelerated progress in maths. Maths Whizz can be accessed on any device that has internet access; computer, laptop and mobile phones!

## Anti bullying week



During anti bullying week our assemblies focused on the theme of "One Kind Word".

We were all reminded of the need to think about the words we use to peoples' faces, but also online.

If you have a concern about bullying in school, please talk to your class teacher or form teacher.

# Learning news at SKS

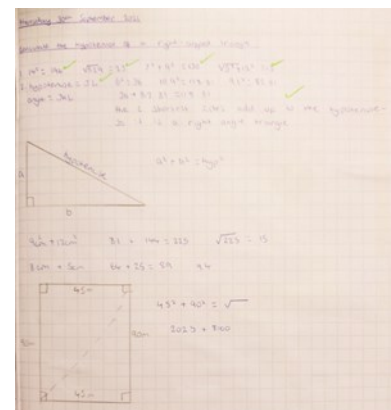
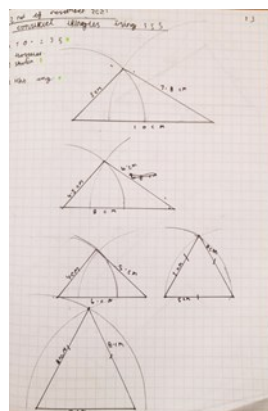
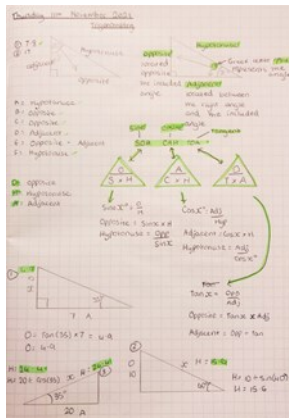
## Focus on Mathematics

This term in Maths most classes have had the opportunity to work on triangles. Students have been developing their knowledge on one of our Maths departments favourite shapes.

In KS3 we have looked at constructing accurate triangles using our mathematical equipment; compass and protractor. Our students can now construct a Mathematically accurate triangle when only given three side lengths.

Still on the theme of triangles, in KS4 students have extended their knowledge of Pythagoras applying the theorem to calculate missing lengths in right-angled triangles. They have explored the relationship between the square of each side length and found some of our Pythagorean triples.

At the top end of the school students have been developing an understanding of the relationship between the lengths and angles within right-angled triangles. They have spent time exploring and finding the three trigonometric ratios and can now apply these to calculate missing measurements.



## Lights, Camel, Action—the Sequin



Our APS Christmas production is looking and sounding absolutely fantastic. We're very much looking forward to welcoming families to see the performances at 2.15pm and 6.00pm on Thursday 2nd December.

Please remember that you will need a ticket to come to the performance, and we will be seating people in small groups.

## Learning news at SKS

### Focus on Science

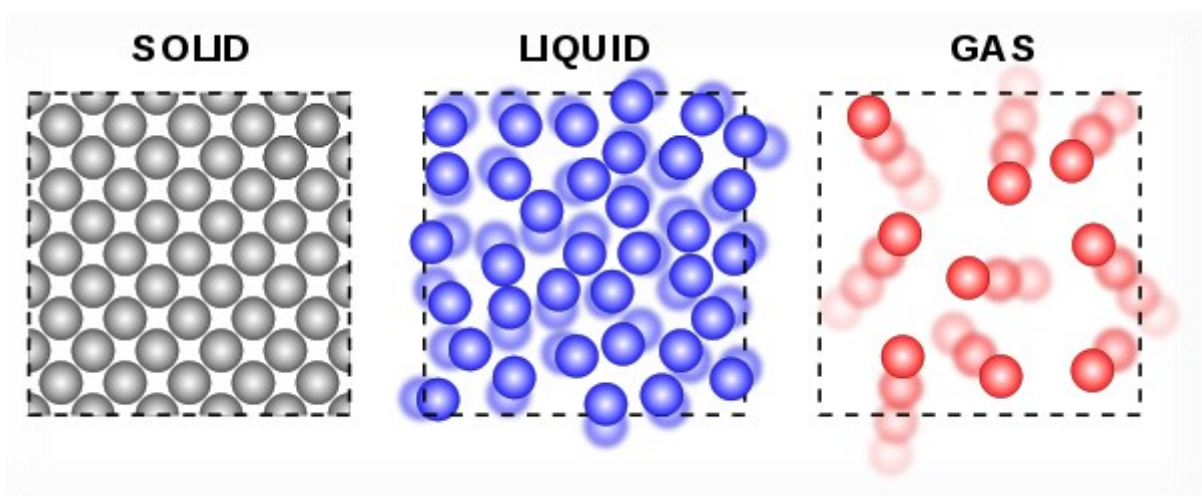
Our students are making good progress in Physics this week investigating "States of matter". A state of matter is one of the distinct forms in which matter can exist. Matter is observable in everyday life as solid, liquid, gas.

Something is usually described as a solid if it can hold its own shape and is hard to compress (squash). The molecules in a solid are closely packed together – they have a high density.

In liquids the molecules have the ability to move around and slide past each other. A liquid will take on the shape of the container it is being held in. While a liquid is easier to compress than a solid, it is still quite difficult – imagine trying to compress water in a confined container!

In gases, the atoms are much more spread out than in solids or liquids, and the atoms collide randomly with one another. A gas will fill any container, but if the container is not sealed, the gas will escape. Gas can be compressed much more easily than a liquid or solid.

To discover this a practical was conducted to inspect different substances. Plasticine, wood blocks, balloons and washing liquid were used. Our students were able to identify the three states of matter from these objects. They were then able to describe their different properties and draw diagrams to represent their different particles

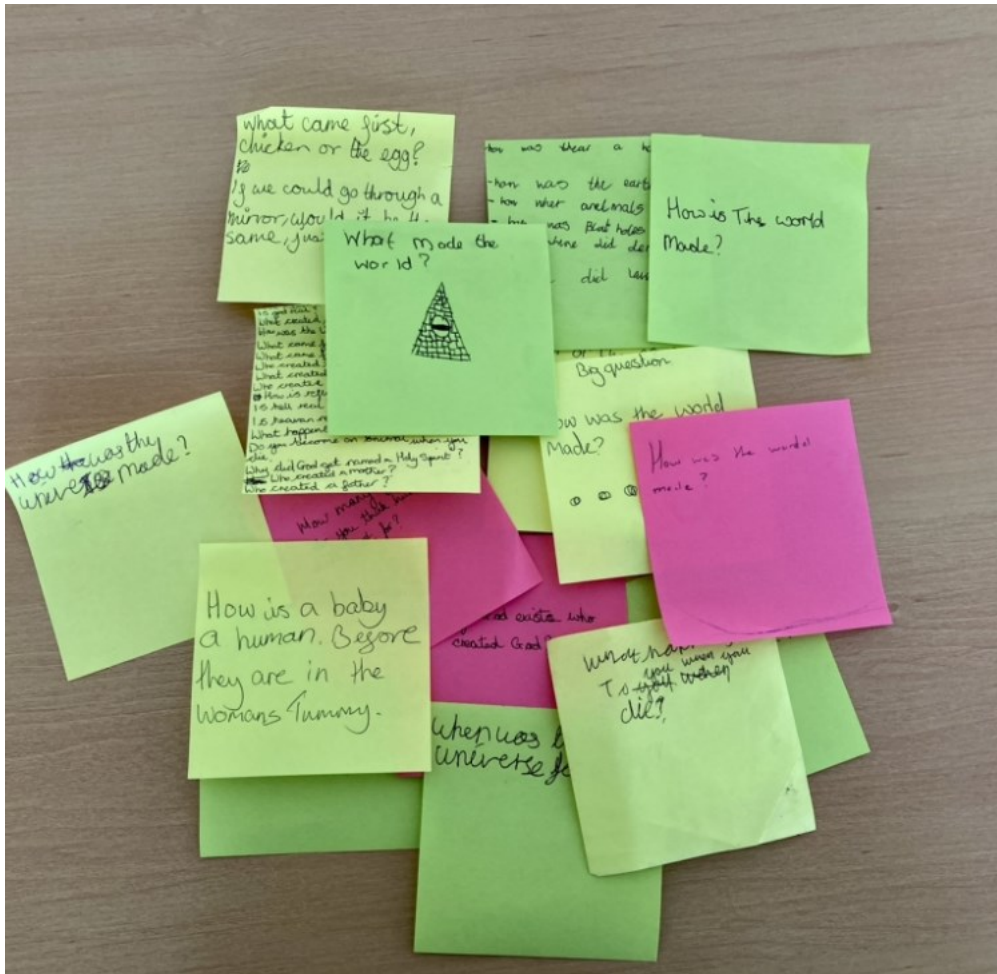


# Learning news at SKS

## Focus on Religion, Philosophy and Ethics

This half term Year 7 have been focussing on 'Big Questions' - these are philosophical questions we have about the world, life, creation and God which we can never fully answer.

We have been thinking about the questions we have and have started to explore how different religions answer these questions.



Throughout Key Stage 3 students will study a variety of different religious and non religious viewpoints; exploring what they believe and why. They will also study how these viewpoints affect the decisions people choose to make.



# Learning news at SKS

## Focus on English

During the COP26 conference in Glasgow, year 8 paused to write some poetry about climate change. Using Benjamin Zephaniah's poem 'Future Visions' as inspiration, the class wrote about what climate change means to them. They engaged really well with this activity.

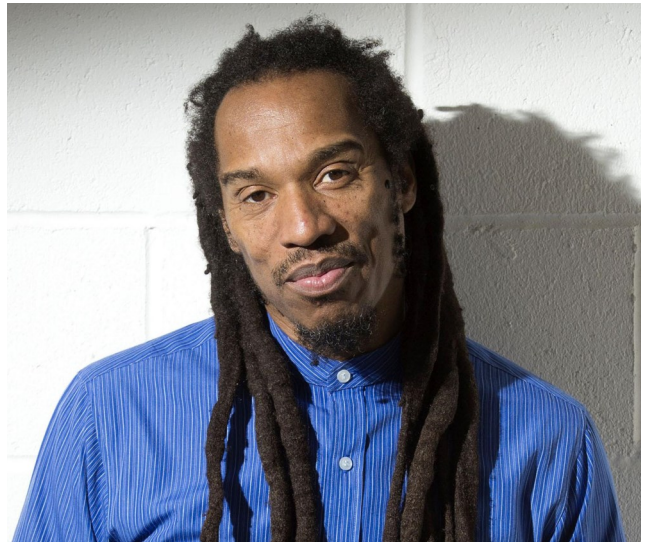
Aaron produced this poignant poem:

Society is changing every day,  
So many phones, I can't remember the make.  
All the kids living in joy,  
As the older generation barely had a teddy or toy.

Kids playing on games for hours and days,  
Landing 'Loot Lake' and winning games.  
By 2050 petrol and diesel cars are being made.  
If you go on your television these days,  
All that's on adverts are electric cars and the model and make.

The population is going up by the second.  
There is no more flat land for buildings to be made.  
The world itself is living in pain.

We need to act before we're to blame.  
So let's make this better and make the future not live in shame.



# Learning news at SKS

## Focus on Geography

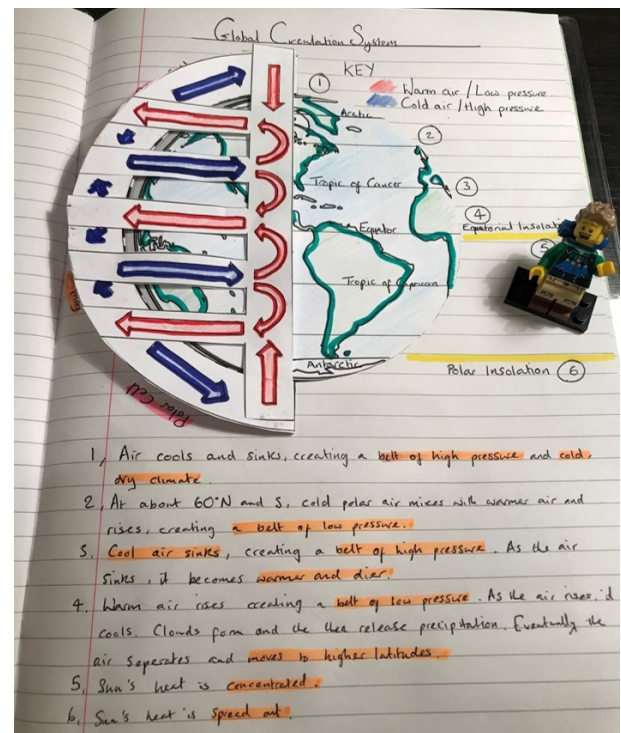


At the moment year 9 students in Geography lessons are examining extreme environments and asking what makes an environment extreme. In order to do this successfully we first need to understand why different environments occur where they are and what the climatic conditions are like around the globe.

To make this difficult concept more visual we are completing a 3D global atmospheric circulation model in their

books. This highlights and explains the movement of air within our atmosphere and links it to the formation of different biomes such as tropical rain forests, boreal forests and polar tundra. We then went on to look at adaptations both animals and plants have to make in these extreme environments.

The year 9 students were fully engaged and found the activity fascinating as each step in the completion of the model made their knowledge and understanding of the concept clearer. Some first rate cutting, sticking and colouring skills were in evidence from all members of the class and everyone managed to construct a decent model of atmospheric circulation.





## Learning news at SKS

### Art and Design trip to Glasgow

The GCSE art and design technology group have had a fantastic trip to Glasgow this November. Pupils had the opportunity to travel by train and tube to visit museums and galleries.



We visited the Charles Rennie Mackintosh house at the Hunterian, one of the most important collections of work of the Scottish architect, designer and artist. The 'house' is a meticulous reassemblage of the interior from the Mackintoshes' Glasgow home in the early 1900s.



A short walk away the group spent time exploring the Kelvingrove Museum. From Van Gogh, Picasso paintings to 15th century armour.

An inspiring day for us all.





## Learning news at NP5



Every week the children of Nenthead have a 'What's in the News' session to learn about values and how we can have active discussions in a group.

This week our question was 'Should we be allowed to swim with dolphins?'. The children had different opinions but were able to agree or disagree with each other using the conventions of discussion we have been learning in our Oracy sessions.

The school uses a variety of teaching and learning approaches to teach oracy skills across the curriculum, including:

- Providing opportunities for drama and role-play.
- Providing opportunities for children to develop their listening skills through conversation.
- Promoting small group and class discussions on specific topics/areas of the curriculum.
- Providing opportunities to speak in front of a larger audience, for example during an assembly.
- Providing opportunities for the children to become a storyteller for an authentic audience.
- Providing opportunities for the children to present to an audience, chair a discussion and hold class meetings.
- Encouraging the children to talk for a specific purpose, e.g. to persuade or to entertain.
- Encouraging children to work in groups to collaboratively solve a problem.

These were some of the responses from this week.

It is too expensive. The money should go back to help wildlife.

It is a way of protecting them from harm.

I have swum with dolphins and you can tell they enjoy it.

It looks idyllic but it is cruel and they do not have enough space.

Dolphins are social creatures and seek out people.

We don't deserve to swim with wildlife when we destroy them.

## Learning news at NPS

Flood- Alvaro.F.Villa

Flood is a picture book with no words written by Alvaro F Villa This is a beautiful wordless picture book about the effects of a flood on a family and their home. The pictures are beautiful and it has led to much discussion in Yr3/4 Literacy at NPS.



After reading, they wrote their own version. Here are some extracts from their writing.

*'Once there was a house where the children enjoyed playing fetch happily with Nesa, their dog. Then they chased the birds for hours and sat down to watch the sun set. Next, they stomped on several mole hills. After they had their tea, dad began to fix the window. Meanwhile mum was reading a Discworld book and the children played on their Xbox.'*



F Year 3

*'The next morning the wind was really heavy. They had to make a move fast so they called their friend but it was too windy and there was no connection. To get away, they had to go to their friend's house. It was a heavy drive but a couple of hours later they got to his house and asked him for some rocks. Their neighbour said, "Yes," so they loaded up the truck with rocks and set off back to the house in a rush.'*

R Year 4



*'The last glimpse of the house was hopeless. They were terrified it would be gone when they got back. In the distance, the clouds were up onto the house. As the water entered the house it took everything in its path smashing the windows and the walls to smithereens.'*

J Year 4

Luckily the family were able to rebuild their house in a safe location, in the hope that it will not be swept away again.

# Learning news at APS

## Park Fell Highlight:

The theme for Park Fell this half term is 'I wonder what is in the sky'. We explored colour mixing outside with powder paints to represent fireworks to celebrate 'Diwali' and 'Bonfire Night'. We made lamps for Rama and Sita to use on their way home.



We talked about what we know and then also wondered what is beyond the sky, SPACE. We have had fun wearing Spacesuits, travelling in our rocket and launching stomp rockets.



We enjoyed a visit to the 'Life Centre' in Newcastle. We had time in the play zone, the planetarium and attended a workshop helping animals back to their homes on Earth. Thank you to Mr Smith for driving the minibus.



In PE we have been practising ball skills including throwing and catching and controlling balls with different parts of our body.



# Learning news at APS

## Cross Fell Highlights



On the 2<sup>nd</sup> of November Cross Fell visited Susan's Farm in Houghton near Carlisle. The purpose of the trip was to enhance our food and harvest topic by finding out all about local food origin. We had a fantastic morning exploring the farm and seeing some of the animals such as horses, sheep, ducks, geese and bees! After wandering around the farm land we went into the farm shop which sells organic meat and produce which has been raised and prepared on the farm. We selected some mince, vegetables

and apples which we then used to prepare and cook our lunch of tasty cottage pie and apple crumble with cream...delicious!

## People who help us

In topic work Cross Fell have been learning all about Guy Fawkes and his plot to burn down the Houses of Parliament. As part of the preparation of this topic we learnt all about how to stay safe around bonfires, fireworks and while we're out and about in Alston. We were lucky enough to have a visit from Alasdair, Rory and Simone from the Cumbria Fire and Rescue Service and from P.C. Newman. Both sets of visitors showed us some of their equipment and talked to us about how to keep ourselves safe.



If you would like a free home fire safety and smoke alarm visit please visit <https://www.cumbria.gov.uk/cumbriafire/default.asp>



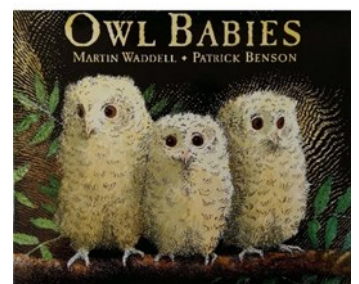
## Mini Mathematicians!

We use the Numberblocks clips from CBeebies to support our maths sessions. These can be found on the CBeebies website or on BBC iPlayer. Great fun for children to watch and learn at the same time!

## Owl Babies

Some of Cross Fell have been learning about Owls in their literacy lessons. At the start of November we looked at how to create a piece of non-fiction writing to inform a reader about owls.

Next we are moving on to write narratives. The text we have been looking at is Owl Babies by Martin Waddle.



# Learning news at APS

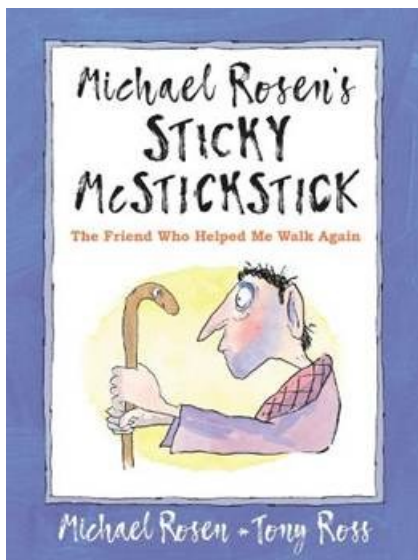
## Middle Fell Highlights



In topic, Middle Fell have been learning all about Ancient Egypt. On Thursday 4<sup>th</sup> November we were lucky enough to go and visit the Hancock Museum in Newcastle. As we explored the Ancient Egyptian exhibition we were amazed by the number of different artefacts that were on display! Our highlights were going on a journey to the afterlife through a mysterious tunnel and getting the opportunity to see a real-life mummy!! This was extremely exciting especially as we had

just been learning about mummification and all the gory details!! Everyone behaved impeccably and had a wonderful attitude throughout the trip! Well done Middle Fell!

As part of anti-bullying week 2021, Middle Fell have been learning how important it is to be kind to one another and have been putting this into practice more than usual through the theme 'one kind word'. Can you spread some kindness? What will your one kind word be today? As part of this week Middle Fell also pulled on their odd socks to show we're ALL unique and different and we must respect each other's individuality.



We also took part in a zoom event with the famous author Michael Rosen. He talked to us about his experience in hospital and how it inspired him to write his new book. He also shared his favourite stories and poems with us! If you are looking for a new book to try, give Michael Rosen's Sticky McStickstick a read!

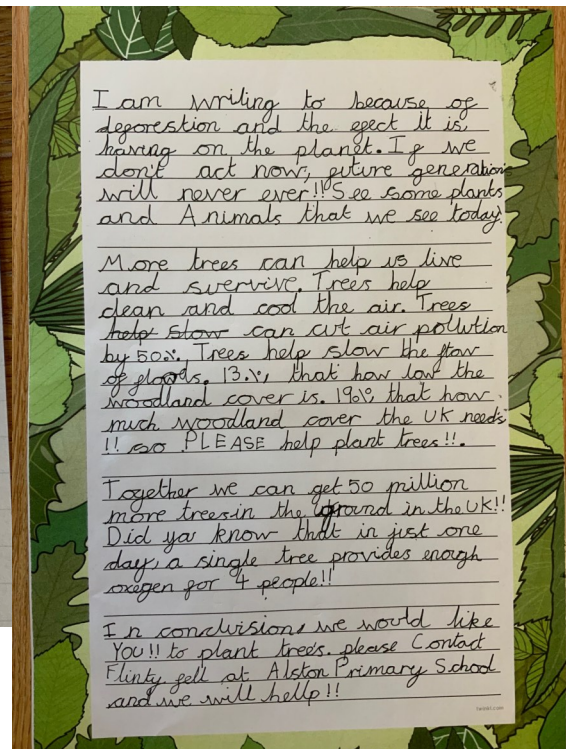
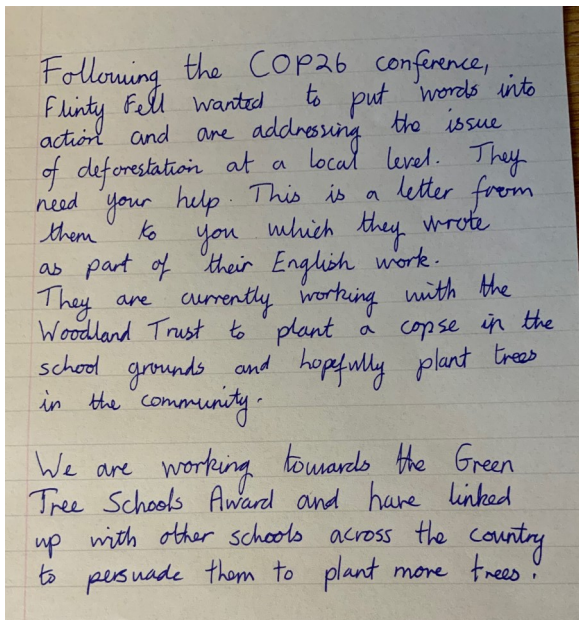


## Learning news at APS

### Flinty Fell Highlights

Flinty Fell took part in a zoom call with Class 3 at Springvale Primary School, Penistone, Sheffield. They answered questions about the Deforestation PowerPoint they had produced and sent to Springvale for them to look at. The children were able to answer the questions confidently and they enjoyed the experience. Thank you to Mrs Venus for setting this up.

Flinty Fell also joined in the spirit of the Cop 26 Climate Conference, and campaigned about the importance of the planting of trees. Some excellent persuasive letters were written, which we're sure will influence the opinion of our politicians.



Finally—warmest congratulations from all at AMF to Mr Percival and his partner on the safe arrival of Beatrice Margaret Eastwood Percival, born Tuesday 9th November at 2:07pm, weighing 5lbs 2oz. We're very much looking forward to meeting little Bea.



## A visit from the Air Ambulance Crew



SKS students have decided that they want to support the work of the Air Ambulance as our charity this term. On Monday 22nd November a team from the Great North Air Ambulance Service visited our school and talked about the work of the air ambulance teams and shared some of the ways in which this important service helps people. As it is a charity, completely dependent on donations, we're committed to helping them raise some of the £5 million a year they need to keep going. Please send filled bags of old clothes back to school by Thursday 9th December.

## Full attendance

### Congratulations

A group of students were invited to share a morning treat with Mrs Jackson, Miss Timmons and Mrs Chapman. They were treated to hot chocolate and muffins as a "well done and congratulations" for achieving full attendance so far this term.



## AP\$ School Council

### A message from the School Council...

A huge thank you to all families from all 3 schools who donated towards our collection for Children in Need on Friday 19<sup>th</sup> November.



### Dates for the calendar

**Spring term 2022 - Comic Relief Friday 18<sup>th</sup> March**

**Summer term 2022 – Great North Air Ambulance date TBC.**

The School Council also agreed that they would celebrate **World Book Day on Thursday 3<sup>rd</sup> March 2022.**

ALSTON MOOR & EDEN  
DANCE SCHOOL

# Greatest Hits

Ullswater  
Community College  
Cumberland Hall  
Penrith

28th Nov

2.30PM

Tickets available now

Alston Moor Federation,  
Alston Post office or from Alison Horn

For more info contact Alison

 alstonedendanceschool



## Performing Arts at AMF

Alston Moor and Eden Dance School prepare for their Christmas showcase on Sunday 28th November 2021. The dance show combines the Alston and Melmerby branches of the dance school in a performance themed 'Greatest Hits'. The show is at Ullswater Community College, Penrith at 2.30pm. We wish all our AMF dancers taking part the very best of luck in this performance. Tickets are available on the door for any families wishing to attend.



# Keeping your child safe—focus on road safety

As the days get shorter, try this puzzle page to remind you about keeping safe on the roads

## Gridlocked

Rearrange the letters below to make a new word using the clues to help you. Write your answers in the grid and you will find a new word in the shaded column.


**CLUE:**  
The answer is a Road Safety Hero who looks after someone in hospital

## Tongue twisters

Try and say the following as fast as you can. Start slowly and speed up. Aim for 5 times in a row without laughing!

**Herbert the hero helped Hari hang her helmet on a hook**

## Who's helping who?

Untangle the lines to find out who is getting help from a Road Safety Hero

**Fill in the missing words**

To make \_\_\_\_\_ journeys, we all need safe places to \_\_\_\_\_ and ride, away from \_\_\_\_\_ . We need safe places to \_\_\_\_\_ too. Road designers and \_\_\_\_\_ planners help make sure that streets are designed for \_\_\_\_\_ , with safe places for us to live, work and play.

safe
walk
traffic
town
people
play

**ENGER** \_\_\_\_\_ (The colour of a traffic light that means GO!)

**MLBUACENA** \_\_\_\_\_ (A vehicle that takes people to hospital)

**CITFFAR** \_\_\_\_\_ (Cars, vans, buses and bikes)

**WOSL** \_\_\_\_\_ (The opposite of fast)

**IKBE** \_\_\_\_\_ (A way to travel on two wheels)

**Peter**

**Binita**

**Alexa and Polly**

Colour in the I'm a road safety hero badge and finish the sentence write the name of your road safety hero

\_\_\_\_\_ is my road safety hero because they \_\_\_\_\_

**ROAD SAFETY WEEK**

Sponsored by: **ARVAL** **openreach** **BHL**

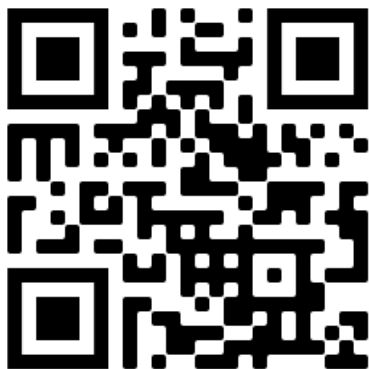
Co-ordinated by: **Brake** The Road Safety Charity

© Brake 2021

## Keeping your child safe—focus on online safety

We know that many parents are anxious about the amount of time their child is on their phone, and what they are accessing. There is lots of support and advice out there, and we particularly like these two websites. They contain lots of ideas, which may help you support your child well. Use these links, or scan the QR codes to get to the website.

If you have concerns about an online issue affecting your child, please don't hesitate to contact Mrs Bainbridge, Mrs Jackson, Ms Reed, Miss Hill, Mrs Allinson or Mrs Watson at school. We will be happy to help.



[Information, Advice and Support to Keep Children Safe Online \(internetmatters.org\)](http://internetmatters.org)

[Parent Info | From NCA-CEOP and The Parent Zone](#)

## Staying Safe Online



 <p>Know who online 'friends' are</p>	 <p>Understand not everything online is true</p>	 <p>Consider using home internet filters</p>	 <p>Check security settings are in place</p>
 <p>Know how to block unwanted calls &amp; texts</p>	 <p>Make sure you have an Anti-Virus program</p>	 <p>Check age ratings on games</p>	 <p>Be careful what you share</p>
 <p>Ask your child to teach you about their online world</p>	 <p>Set expectations and time limits</p>	 <p>Know how to report problems on Social Media</p>	 <p>If in doubt, always ask for help</p>

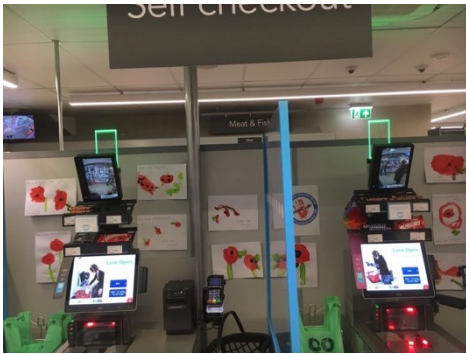
...useful tips for Parents and Carers



## Alston Preschool

This term children, parents and staff have enjoyed a sponsored walk around Fairhill Park to raise money for the all-purpose bike track, we are so pleased to have raised a massive £246.00 to go towards this.

We have been learning about Remembrance Day the children made some fantastic poppy pictures which were displayed in the CO-OP for the community to enjoy.



We have also been very busy creating pictures for the Autumn exhibition at St Augustine's church, the children's wonderful work will be on display in the church for families to visit from Saturday 27<sup>th</sup> November to Saturday 4<sup>th</sup> December.

We had a pyjama day on Friday at preschool, we had fun getting our faces painted as Pudsey bear and playing Pudsey bear games and activities.



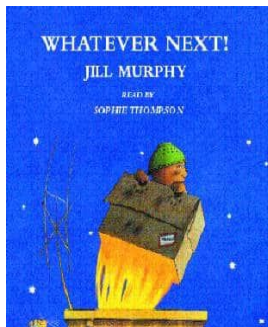
In October we had our Ofsted inspection, we are so pleased to say we have been rated as 'Good'.



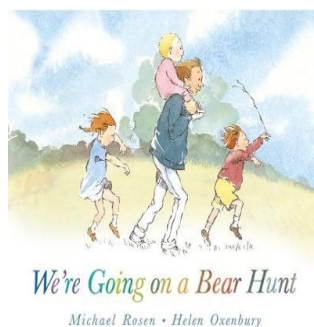
We are so grateful for all the support that's been given to us by the local CO-OP, over the last year we have been involved in the 'Community partnerships fund'. We have been given **£1592.42**; we look forward to spending this money on resources for our outdoor area.



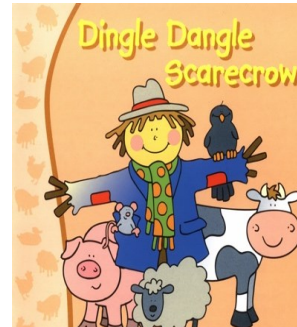
Recommended book and songs:



Whatever Next!  
by Jill Murphy



We're Going on a  
Bear Hunt

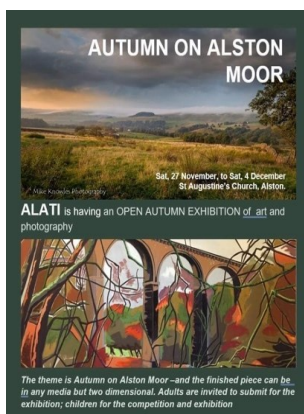


Dingle Dangle  
Scarecrow



Polly put the  
kettle on

Things to do in Alston...



The church is having an exhibition, you can see the artwork on display from 27<sup>th</sup> Nov-4<sup>th</sup> December.



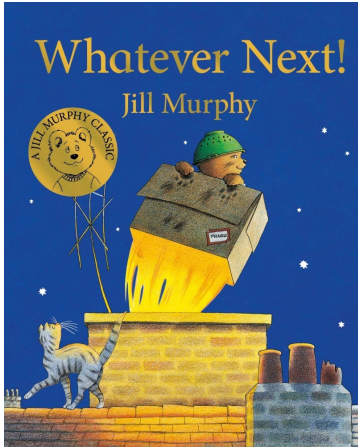
Barnardo's run a stay and play session every Wednesday in the Children's centre from 10:30am – 11:30am. call 01768899901 to book your place.



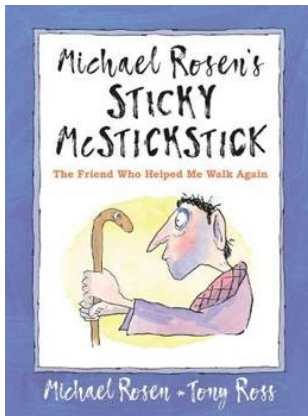
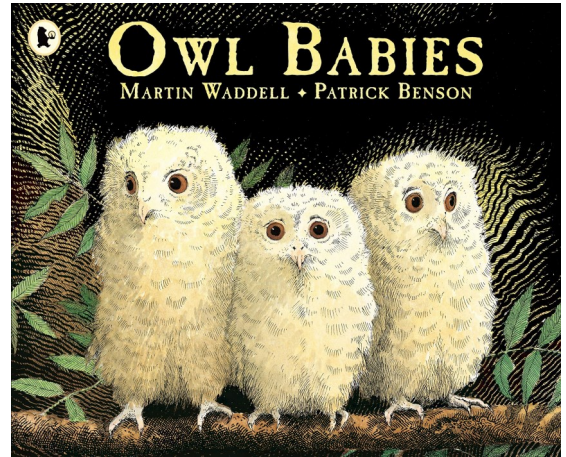
'Once upon a time' book shop has recently opened in Alston, located in Alston Emporium.



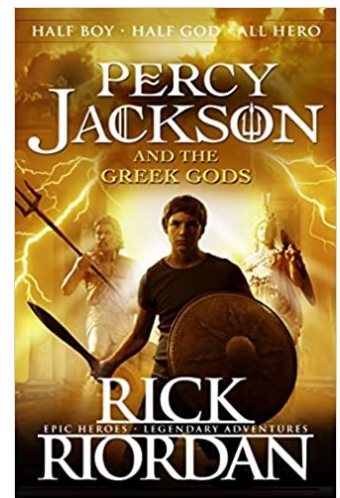
## Recommended reads



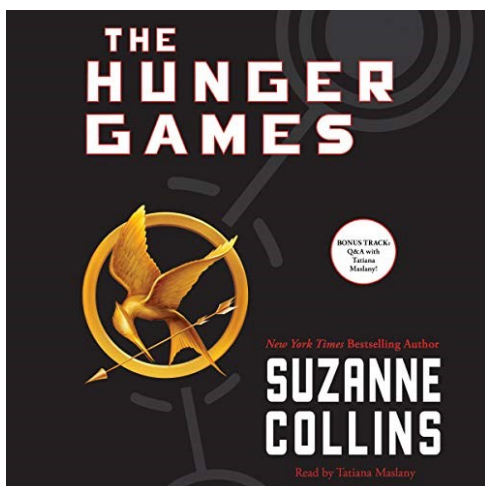
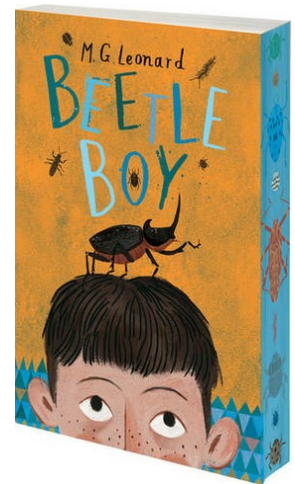
For the youngest children, why not read them **Whatever Next**, by Jill Murphy or **Owl Babies** by Martin Waddell.



For young people in Key Stage 2 we recommend Michael Rosen's **Sticky McStickstick**. If you enjoyed meeting Rick Riordan's Percy Jackson last month, we recommend **Percy Jackson and the Greek Gods** this time. The audio book read by Jessie Bernstein is great, and it supports what Flinty Fell children are learning in class too.



For KS3, Mrs Hinkley recommends **Scavengers** by Darren Simpson, a fascinating read if you are concerned about the future of our environment. Continuing the climate theme, you might like **Beetle Boy** by M.G. Leonard.



A KS4 favourite is **The Hunger Games** by Suzanne Collins. Or you might enjoy **The Maze Runner** by James Dashner. Both these books are much better than the films, and available as an audiobook.

(Remember there are always audio books, which can get your child enjoying a good story if they don't yet enjoy reading—also great for car journeys)

