

# Alston Moor Federation

## Early Spring 2022 Newsletter



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

It's certainly been a very busy few weeks across the Alston Moor Federation. The schools have continued to thrive, and provide both high quality learning and great enrichment experiences for all our young people. You will see some of the things the pupils have been up to in the pages of this latest newsletter. However, we have also been battling a lot of absence, with Covid rates very high, particularly at Alston Primary School. Thank you to everyone who supported us through class closures and staff absence. I really do hope we are through the worst of the situation now.

The senior school has launched a house system, which is now Federation wide. We have interviewed and appointed house captains for Samuel King's School. I have been so impressed by the young people who have taken on these roles; they really are excellent role models for our younger students.

Year 9 students at SKS are about to start choosing their GCSE options, which is an important stage in their education. We will do everything we can to support them making good choices in order to enhance their future career choices.

Nenthead Primary School has had considerable work done on the external facilities available for the children, and we're very grateful to Hanson Contracting, Penrith and Fellside Groundworks, Melmerby for donating the new asphalt surface to the school. This is incredibly generous of them, and helps us provide an even better environment for the children.

In this newsletter, I would like to draw your attention particularly to the articles on safer internet day and everyday cyber safety. Keeping all our children safe online is so important. I hope the links and advice provided will be useful to all our families. Please feel free to contact your child's teacher if you do have any concerns.

With my very best wishes

Mrs Gill Jackson

## Chinese New Year

The pupils across the Federation celebrated Chinese New Year on 1st February.

Everyone was encouraged to come dressed in red (for good luck) or in stripes (to welcome the year of the tiger). Classes across the Federation had Chinese themed activities in their lessons.

In SKS Food Tec lessons had a very distinctive Chinese theme. The results look absolutely delicious.



Lunchtime saw a staff versus students table tennis match and a relay race involving chocolate buttons and chopsticks. Even the year 8/9 RPE lesson had a Chinese theme with students comparing and contrasting China's human rights record during the 2008 Olympics and now, on the cusp of the 2022 winter Olympics.



## Introducing our new house captains

We're currently looking for more exciting names for our houses (all suggestions welcome) but we're delighted to introduce our inaugural house captains in SKS.

For Red House, the captains are Joel and Layla Grace, for Yellow House the house captains are Ben and Holly. Blue House will be led by Lily and Sophie and Green House by Chloe and Izzy.

These wonderful young people are already doing a fabulous job inspiring our younger students and providing excellent role models.



Alongside a new house system we have also introduced a way of giving rewards and praise to our students. During this half term SKS students have accrued nearly 3000 positive comments from their teachers for excellent work, excellent progress, going above and beyond, great teamwork or kindness to others.

## Interhouse Competition in Food Technology



SKS held their first 'The Great SKS Bake Off' as part of our Interhouse Competition Week. During this, students were tasked with the "technical challenge" of creating 12 identical peppermint creams in their house colours. In true 'Bake Off' style students were provided with ingredients and a basic recipe; the rest was up to them!

The peppermint creams were judged "blind" by an impartial judge, and teams could win points for their House throughout.

We had varying levels of success, lots of creativity and also lots of fun.



## Alston Moor and Eden Dance Show (part 1)

Alston Moor and Eden Dance School performed their 'Greatest Hits' showcase at Alston Moor Federation on Sunday 6th February. There was a full audience of families from Alston, Nenthead, Melmerby and Weardale and the dancers performed with energy and determination. The costumes were eye catching and shone beautifully under the lights. Some of the choreography highlights included 'Survivor', Queen 'Don't stop me now', Beyoncé, a Destiny's Child medley, 'Singing in the Rain' as well as some Greatest Showman hits.



## Alston Moor and Eden Dance Show (part 2)

This was Alston Moor and Eden Dance School's 14th annual show and the school continues to blossom with branches at Alston, Melmerby and Allendale. We are thrilled to host classes at AMF on Thursdays after school. It remains a wonderful confidence building, creative and performance outlet for our children and young people.



# Learning news at SKS

## Year Nine Options

This coming half term year nine will choose their option subjects to study at GCSE. Although we are a small school we are able to give our students a very wide range of choices. We do this by combining teaching groups across year 10 and 11, and the students taking two options exams in year 10 and a further two in year 11. It does sound complicated, but it ensures our students are offered as wide a range of choices as they would get in a much bigger school. The advantage for SKS students is that class sizes are small, so they get a lot of support from their teachers.



For 2022-23 students can choose from these options...

Option A – Ebacc Subjects	Option B – Free choice subjects
You must choose <b>ONE</b> subject from this column.	You must choose <b>ONE</b> subject from this column
<ul style="list-style-type: none"><li>• History</li><li>• French</li><li>• Statistics</li><li>• Design Technology (*)</li></ul>	<ul style="list-style-type: none"><li>• Business Studies</li><li>• Art</li><li>• Drama</li><li>• Food and Nutrition (BTEC)</li><li>• PE / Sports Studies (BTEC)</li></ul>

...And these are the choices for 2023-24

Option A – Ebacc Subjects	Option B – Free choice subjects
You must choose <b>ONE</b> subject from this column.	You must choose <b>ONE</b> subject from this column
<ul style="list-style-type: none"><li>• Geography</li><li>• French</li><li>• Computer Science</li></ul>	<ul style="list-style-type: none"><li>• Design Technology</li><li>• Dance</li><li>• Religious Studies</li><li>• Animal Care (BTEC)</li><li>• Health and Social Care (BTEC)</li></ul>

# Learning news at SKS

## Focus on Mathematics



**Maths-Whizz**<sup>®</sup>  
by whizz EDUCATION

## Maths Whizz update

The students that have been taking part in the MATHS-WHIZZ have made good progress and we will review the findings at the end of the trial. To date Year 7 students that are taking part are spending an average of 60 minutes online per week and in Year 8 an average of 30 minutes. This has supported in building the students' confidence and accelerated their progress in maths. We have spent time celebrating their success with weekly certificates and prizes. Well done to all those taking part; you are all winners!

### Week 6

- 1 **Estimate**  $769875 - 58497$
- 2 **Work out**  $\frac{3}{10} \times \frac{5}{6}$
- 3 **Work out**  $£172.50 \div 6$
- 4 **Expand**  $2x(5 - x)$
- 5 **Express** 72% as a fraction in its lowest form
- 6 What is the **highest common factor** of 108 and 48?
- 7 **Work out**  $(-5)^2$
- 8 **Express** the ratio 20000 : 100 in the form  $n : 1$
- 9 **Solve**  $x + 5 = 3 - 3x$
- 10 Express 56 as a **product of prime factors**

This term in Maths we have been using a range of starter activities for the beginning of the lessons. All classes have had the opportunity to have a go at our online mixed skills activities. The example below is from Year 8. Have a go!

These activities focus on students developing their understanding and practising a range of maths skills including; fractions, ratio and solving equations throughout the year.

This term has also seen a range of activities taking place across our Year groups. KS3 students have been developing their understanding of Ratio by dividing/sharing and expressing in the form of 1:n and n:1. Other students have been working on Straight-line graphs comparing gradients and intercepts and developing their understanding of  $y = mx + c$ ; which was introduced through a song on You Tube.

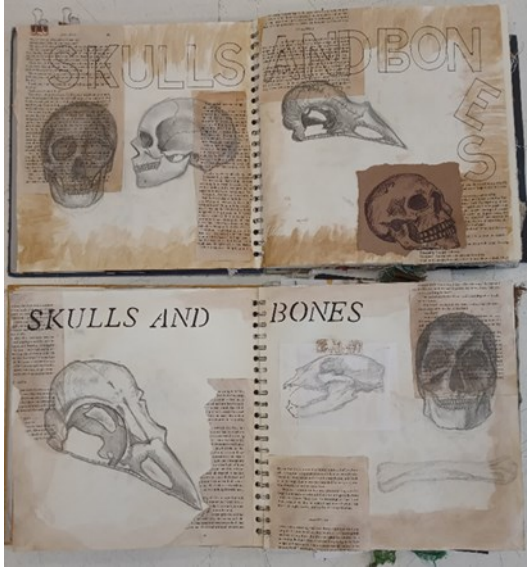
At KS4 we have been Working with Circles to develop our knowledge of Volume and Surface area of cylinders, cones and spheres using formulae. For example, using the formula of a cylinder;  $V = \pi r^2 h$  to find the volume and the inverse to find the radius.



# Learning news at SKS

## Focus on Design Technology and Art and Design

The art and Design Technology department has had a busy half term, with many exciting activities taking place.



GCSE students have been producing some excellent work. Pupils have had two projects to complete this academic year, 'Marine Life' and 'Decay'. This has allowed for a broad range of materials and mediums to have been used by the class to explore and develop their own personal responses to these themes.

The year 9 carousel is changing next half term, so pupils have been busy completing this Design Technology round.

Final touches are now being made to wooden automata, as part of the mechanical device's topic.

Pupils have been learning about motion and how mechanical advantages can be gained using various mechanisms. During this project knowledge of levers, linkages, gears, pulleys and cams has been built, leading on to a design and make project. A variety of cams have been used to produce motion within their automata.



Our Key Stage 3 pupils had fun when they were set a challenge during our very first inter house competition this term. Pupils demonstrated excellent team work as they worked together in their houses to complete historical buildings using paper straws.



Final structures included, Notre Dame, Louvre, Big Ben, Eiffel Tower, London Bridge and the Parthenon.

Pupils did very well to complete these iconic buildings within a single lesson!

Some of our year 8 pupils celebrating Chinese New Year, whilst making new year's banners/ flags. Pupils really enjoyed painting 'Happy new year' in Chinese characters and adding embellishment to their work.

## Learning news at SKS

### Focus on Science

Our year 9 and 10 Biology students have been looking at infection and response. The areas of study are Communicable diseases. Pathogens are disease-causing viruses, bacteria, fungi or protists, which can infect animals and plants. Humans have an immune system, which can defend them from pathogens.

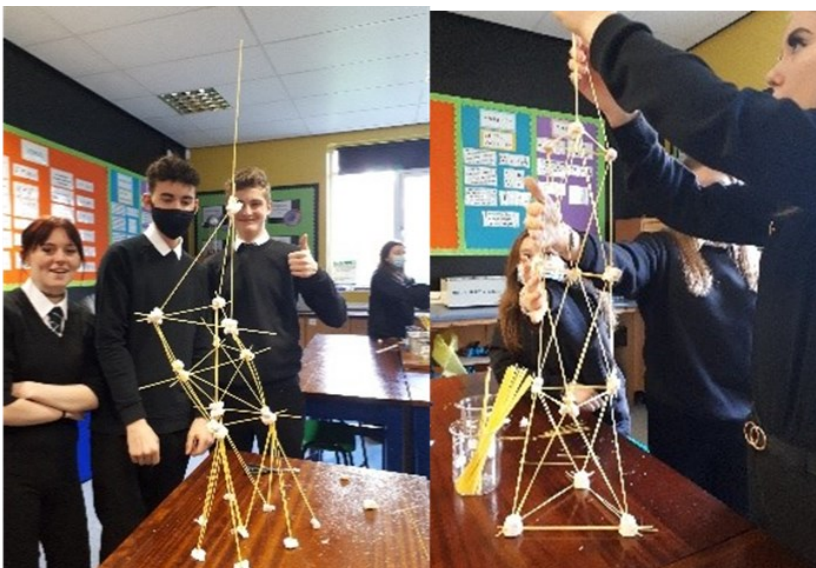
Treating, curing and preventing disease, some diseases can be treated with antibiotics. Vaccinations allow protection against specific diseases, but the level of protection depends on the amount of people vaccinated.

They have observed bacterial growth on Agar plates. An agar plate is a Petri dish that contains a growth medium solidified with agar. This is used to culture or grow microorganisms. Our students have toured the school collecting bacteria from common places such as door handles and computer keyboards. Then they have used a cotton bud to take a swab, wiping it across the Agar plate. After several days the students should see if any bacteria are present. This is an opportunity to observe bacterial life that usually goes unseen in day to day life.



### Tower challenge - Engineering in science

All years are taking part in our tower challenge and each year group will be competing for school house points. The aim is for students to build the biggest free-standing structure they can using spaghetti pasta and giant marshmallows. What is the tallest marshmallow spaghetti tower? The world record is 65 inches high or 2 meters.



There has been fierce competition and amazing inventions. The winner will be announced in the next newsletter.

## Learning news at SKS

### Focus on Health and Social Care

The Health and Social Care GCSE group have been working hard on their coursework assessed units since September.

With a successful first unit on communication completed and submitted last year they swiftly worked moved on to submit some well-presented work on understanding life stages. The group strengthened their knowledge on the key physical, intellectual, emotional and social development through the years. They developed an understanding of the impact of significant events on these stages of development and how individuals can differ in their overall progress. This term the class has moved on to basic first aid.



Covering a range of specific first aid procedures they have depended their knowledge on identifying the severity of an injury, applying basic first aid and how to ensure the safety of the casualty and bystanders. Carrying out CPR on our resuscitation aids they were challenged to keep the cycle going for the duration of one song, 'Staying Alive' by the Bee Gees lasting 4 minutes 10 seconds. This was a real challenge and helped them to understand the physical drain CPR has on a first aider as they work to keep a casualty alive whilst they wait for an ambulance. We can feel safer in school with more students having this basic first aid knowledge.

# Learning news at SKS

## Focus on Food technology

The GCSE Food Technology group have had a busy half term, but have had lots of great learning opportunities.

We've been very lucky to be working with Daniel Winstanley, a professional chef with the North Lakes Hotel Group. Daniel has taught us how to cut up a whole chicken and then how to deal with a complete fish.

We used the chicken breast to make a wonderful chicken chasseur and then we made a poached ballotine from the legs—the word "ballotine" was new to us too!



In another session with Daniel, we took a complete sea bass and learned to gut, fillet and skin it, to produce a beautiful, delicate Chinese dish.

We have also had an exciting day at the Low Wood Bay Hotel near Windermere, getting a behind the scenes tour of a wonderful luxury hotel and spa resort.

In all this busyness we've also found time to do our GCSE practical work and complete our coursework.

## Learning news at SKS

### Focus on Shakespeare in English - Double, double, toil and trouble

Preparation for the GCSE exams is a priority for year 11 students studying English. Understanding their key text of Shakespeare's Macbeth has been made easier by the trip to see the new Denzel Washington film at Hexham's Forum Cinema and a visit from the Handlebards Theatre group.



Described more as "the skittish play than the Scottish play", the Handlebards took a slapstick approach to their performance. In contrast, the film was bleak and dramatic with stunning photography which was mesmerising.



The two very different performances certainly provided plenty for the GCSE students to talk about.

**"Unique interpretation"**

**Shaun, year 11**

**"The intensity of Denzel Washington**

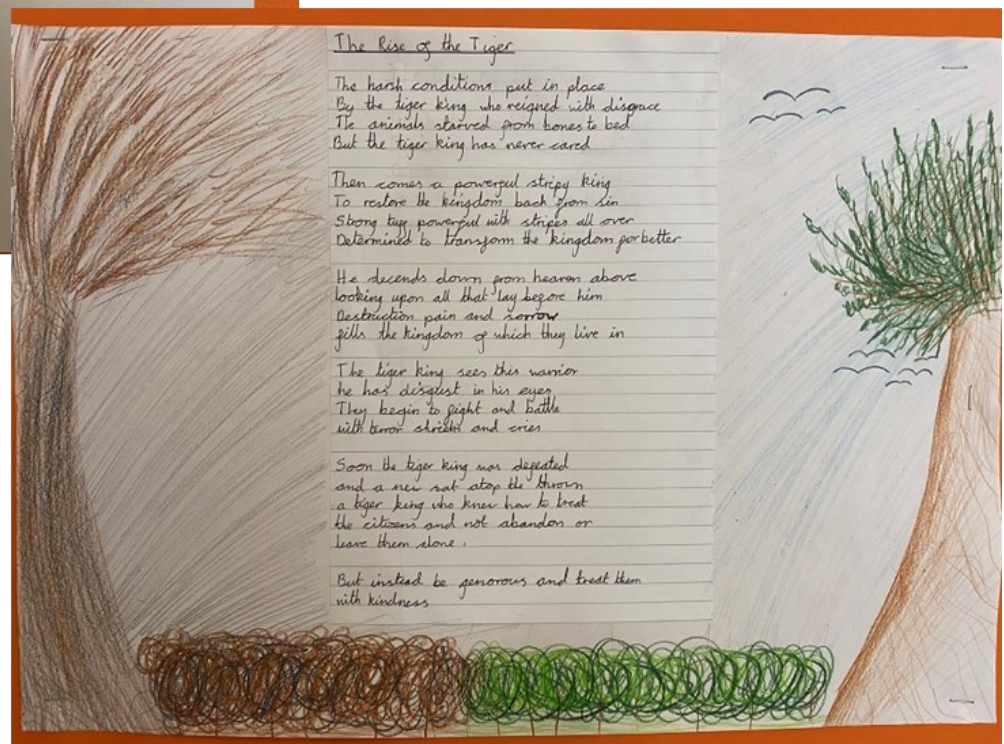
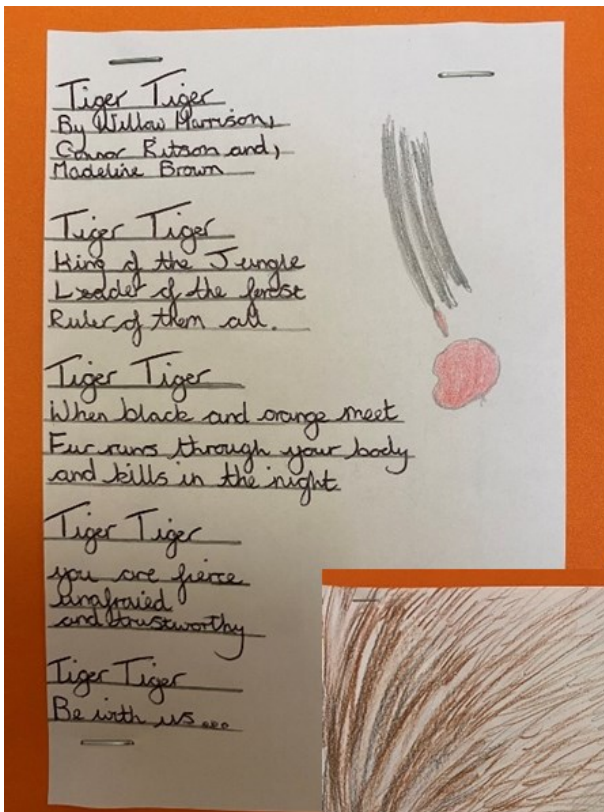
**playing Macbeth was brilliant"**

**Ben, year 11**

# Learning news at SKS

## Focus on English - 'Tyger! Tyger! burning bright' – Key Stage 3 English

As part of the Chinese New Year celebrations, Year 7 and 8 have been taking inspiration from William Blake's poem 'The Tyger' to write their own tiger poems. The pupils showed great creativity and team work. We have some very talented poets. Well done!



## Learning news at SKS

### Focus on History—Holocaust Memorial Day

In preparation for commemorating Holocaust Memorial Day on 27<sup>th</sup> January 2022 year 9 students have been studying the main turning points of World War 2 and also learning about the Holocaust itself.



Students found these units both incredibly thought provoking and fascinating, many students also read around the subject in their own time as well as watching films and programmes on the subject.

The end of the unit culminated in the designing of a Holocaust memorial sculpture or garden. Many pieces of work were very thoughtful with many symbolic elements included.

Two students, went above and beyond the required task and actually made their own memorial models.

These incorporated suitcases with the names of Jewish victims written on them, the poplar trees surrounding Auschwitz camp and the railway leading into it.



These were absolutely fantastic, thoughtful and well put together pieces of work. Both Kimberley and Meika should be incredibly proud of their work and achievements.

# Learning news at SKS

## Sports Leadership

10 of our pupils are currently completing their Level 2 Community Sports Leadership Award.

This half term has seen all of the pupils taking part and leading sessions with other children from the Federation.

They have planned, risk assessed and led sessions for many different sports and activities including dance, football, rugby and basketball.

The pupil's confidence, and ability to lead others, has come on in leaps and bounds.

The pupils who are leading the sessions have said 'I am really enjoying completing this course, I am gaining more confidence and I like using the whistle!'

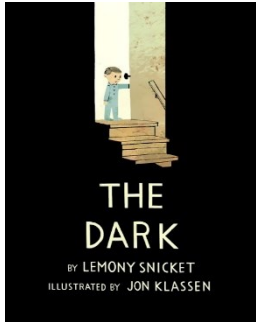
Feedback from pupils who have taken part in the sessions led by their peers has included. 'It is good, when I am older, I want to do my sports leaders and be like them'.



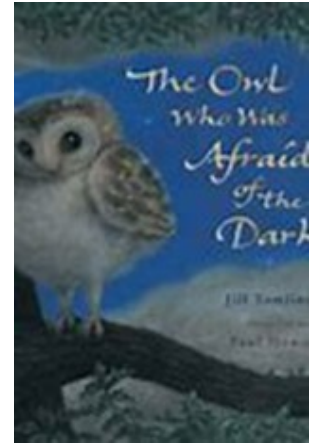




## Learning news at NP5



In Key Stage 1 this term our theme has been Light and Dark. In Literacy we have been reading 'The Dark' by Lemony Snicket and exploring our own thoughts and feelings about how the dark makes us feel. Our class story has been 'The Owl who was afraid of the dark', which we have all enjoyed and has made us think about all the fun that dark can be.



This Photo by Un-



The children have also been using non-fiction text to find out about nocturnal animals to create their own fact files on many nocturnal animals. These have been full of information from Animal habitats, food, appearance and fascinating facts.

In Science our theme has been electricity. We have explored where electricity comes from, safety and what uses electricity around the home. We have also been

exploring how to make a circuit. The children have been real scientists investigating how to make a bulb light up, how to make a switch and what materials conduct electricity.



In History we have been learning about castles and how they have changed over time. We have created our own Motte and Bailey castles and learned how people lived and defended them.

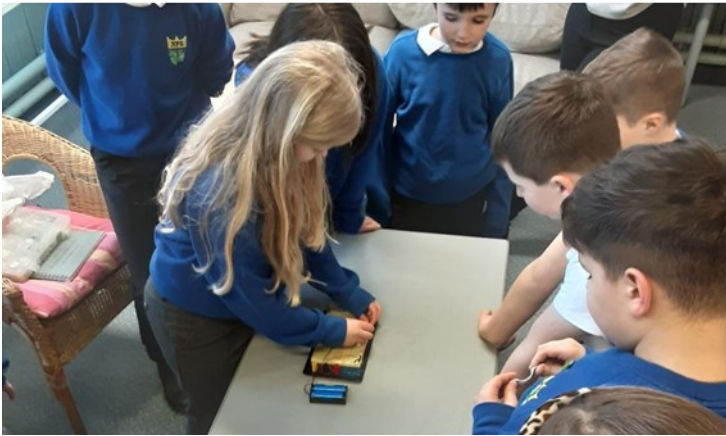
We had lots of fun celebrating Chinese New Year by creating our very own dragons, lanterns and tiger masks. We created our very own dragon dance in PE and found out about the year we were born and the animal that it represents.



In maths we have been learning about statistics, place value to 100 and measurements. We have been putting all our knowledge into lots of problem solving.

## Learning news at NP5

Led by Mrs Venus, Key Stage 2 have been looking into the changes that Britain went through after WW2 particularly looking at Windrush and the influence this period of time had in shaping the country we know today.



Spanning across many areas of the curriculum, they have immersed themselves in the culture and traditions of Jamaica from music to food. Huge thanks to Saddlers of Alston for providing a Caribbean food extravaganza. Their work this term will go on display at The Hive, Nenthead at the end of March.

It is always a joy to see children inspired by a subject. Our budding scientists have been making the extra effort both at home and in school, to explore electricity in all its forms. Our electric personalities had circuits and homemade switches included.



## Learning news at NPS

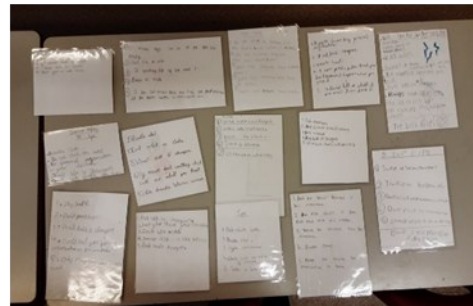
### Chinese New Year

We decorated the school and the children have completed a variety of activities celebrating the year of the Tiger, including tiger drawing using tone and hatching, learning how to write your name in Chinese and re-telling the story of Nian, the Monster that destroyed villages and influenced how the Chinese celebrate new year.



### All Fun and Games!

Internet Safety Day was on 8th February with a theme of 'All fun and Games'. We designed mascots that would tell us 5 Top Tips for staying safe online. These included making sure we were playing games appropriate for our age, not giving out private information and to ask a trusted adult if we thought things were not feeling right during a game.



### History

The KS2 children have been learning all about 'Significant changes since World War 2' and why changes in things like music and food have taken place since the war. The children had a fantastic trip to Saddlers Bakery and learnt all about Caribbean food including making some delicious looking pasties. Yum.

They have listened to Elvis, learnt about Brit Pop, they now know we didn't always have pasta and have found out all about Windrush. Watch out for our exhibition of our work at The Hive in Nenthead after half-term.



# Learning news at APS

## Park Fell Highlight

Park Fell's Topic this half term is 'I wonder how we get from here to there'. We have been exploring where we would find vehicles and linking to stories such as The Train Ride and The Naughty Bus.



Some of the fun activities we have done are shown in the pictures below. We have taken on different roles whilst playing trains, used the small world train to build our own train journey and become scientists to find what will float or sink. We have also begun writing, some children are writing labels and others are attempting simple sentences.



In Maths, we are continuing to deepen our understanding of numbers to 10, ordering and composing them in different ways. We have used 2D shape to create pictures.



We have begun exploring different instruments and recreating beats and tones. In PE children have played team games and started gymnastics, using apparatus to move in different ways.



We celebrated Chinese New Year by dressing in red for good luck or stripes like a tiger. We made dragon spirals, lanterns, money envelopes (with yummy chocolate coins inside) and tasted some Chinese food.



# Learning news at APS

## Cross Fell Highlights

In Cross Fell we have had another fun filled and hardworking half term.

In Science we have been learning all about different materials. We started our unit of learning by examining and naming a range of materials before moving on to think about how different materials were suitable for different purposes.



As part of our ongoing CREST science award we had great fun testing different materials to see if they were waterproof. We thought about how to make sure that we were testing fairly and used a range of equipment to help us.

In DT we have been designing then creating our own vehicles, we experimented with different ways of combining our materials then applied finishing techniques to decorate our vehicles- we were very proud of our results!



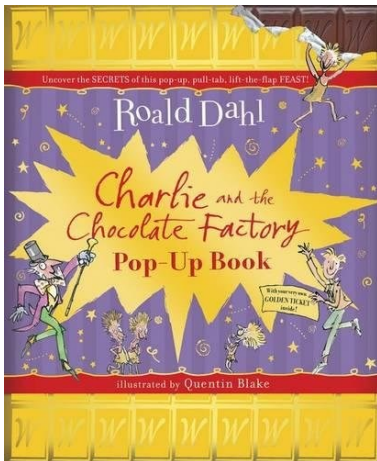
Our learning has not been confined to the classroom this half term despite the weather, we enjoyed some snowy fun at the start of the term, it was lovely to see everyone playing together having fun, we also got out into the school grounds to take part in the RSPB's big garden bird watch and thought about how we could attract more wildlife into our school grounds.



## Learning news at APS

### Cross Fell Highlights

We have been working with Miss Alison every Wednesday afternoon to visit a range of different countries thinking about the sounds and sights that we might encounter- we have really enjoyed using all of the different instruments and have thoroughly enjoyed our learning.



Our topic this term is machines and journeys and we have started to share a new class book called Charlie and the Chocolate Factory by Roald Dahl. The book that we have is a pop-up version and so we are really excited to see the pages come to life and show us Charlie's adventures as he encounters different machines in the chocolate factory. We get very excited every time it is story time and can't wait to see what happens next.

### Recommended home learning this half term

We have been learning about internet safety in school so as part of this, this half term we can recommend some safe and enjoyable sites that the children can access to support their learning.

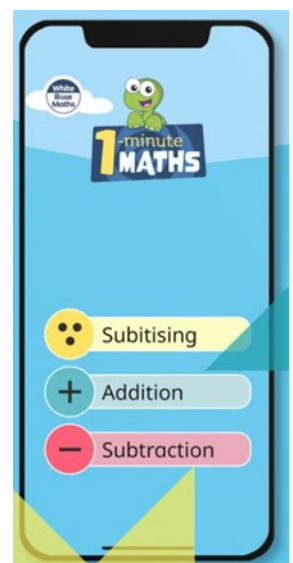
The White Rose 1 minute maths app, we have been using it in school and it is really helping to build our speed and fluency when dealing with different maths topics.

<https://whiterosemaths.com/resources/1-minute-maths>

We can also recommend Times Table Rockstars for the Year 2 children- a fun way to learn your 2, 5 and 10 times tables- each child has their log in in their reading diaries.

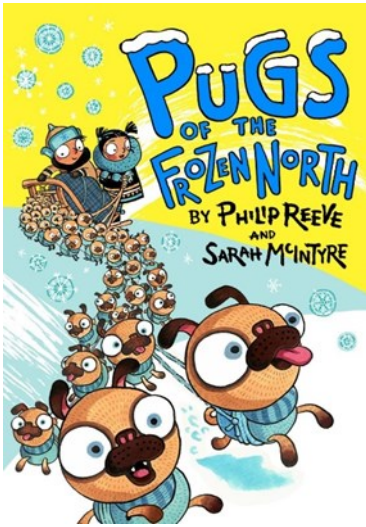
In school we are continuing to share a range of books, if you are looking for some new recommended reads try looking on Oxford Owl, their e-book library is full of exciting books that are updated regularly and are another way to embrace reading.

<https://home.oxfordowl.co.uk/reading/free-ebooks/>



## Learning news at APS

### Middle Fell Highlights



Our class story this half term is Pugs of the Frozen North by Phillip Reeve and Sarah McIntyre. Year 3 and 4 have particularly enjoyed reading this book as even though it is a longer, chapter story, it still has pictures on every page which helps them to visualise the settings and characters. We can't wait to see who wins the race to the North Pole! Definitely worth a read!

On Tuesday 1<sup>st</sup> February, Middle Fell took part in the Chinese New Year celebrations with the rest of the Federation. They had a Chinese meal at lunchtime, dressed up in either red or stripy clothes and completed some super tiger crafts. Don't they all look brilliant?!



Year 3 have been taking part in a weekly music session with Miss Sutton from Cumbria Music Service. They have enjoyed playing a variety of different instruments, learning new notes and using pulse and rhythm to improve their performances.

In Science this half term, Middle Fell have been learning all about different states of matter. They have got hands on with solids, liquids and gases and carried out different investigations such as how long it takes for a gas to travel across the room.



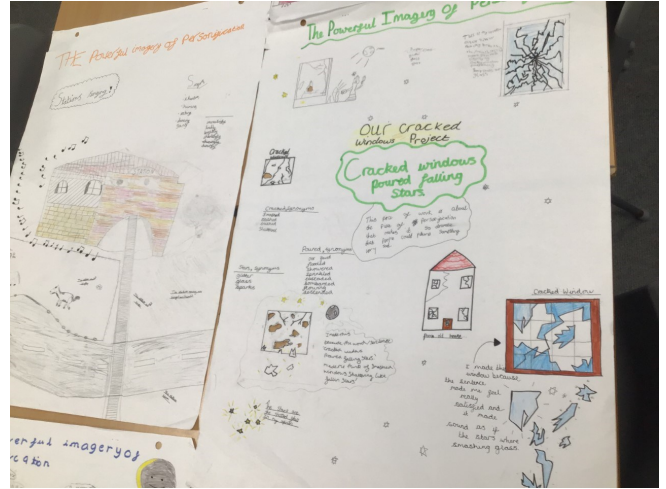


## Learning news at APS Flinty Fell Highlights

We have had such an action-packed half-term so far in Flinty.

Our Maths topic has seen us tackle the wonderful world of fractions, taking in mixed numbers, improper fractions, equivalent fractions, and everything in between!

In Literacy, we have been writing some beautiful poetry containing personification that creates some truly powerful imagery. We studied Andrew Fusek Peters's 'Last Night, I Saw the City Breathing', and really enjoyed how he brought the everyday objects to life through his use of personification.



Our Science topic this term is Earth and Space. We are very passionate about the solar system and exploring the planets, moons and celestial bodies that encompass it. We have been developing our skills of analysing evidence and proof, and how we can use it effectively to draw up our own hypothesis on the Universe and beyond!



KS2/3 Guitar Club on a Thursday Lunchtime is starting to produce some super results, as we develop our skills of moving from the open chords 'E minor, G major and D major' in an attempt to learn some of our favourite songs and come up with a creation of our own!



## Learning news at APS Flinty Fell Highlights



Our History sessions this term have led us to the Maya Civilisation, all the way back in 1100BC. We have loved studying the Maya culture, as well as how they developed their people and civilisation as a whole through calendars and number systems. We also loved creating our Mayan masks based on animals (who Mayans believed represented the spirits) and death masks, that were intended to protect the wearer as they passed on to the afterlife.

In Music, we have started to read and understand musical notation through learning the recorder with Miss Sutton from the Cumbria Music service. This has been brilliant for us all in Flinty and it has been a truly fabulous addition to our weekly timetable!



KS2 Choir on a Monday night after school continues to go from strength to strength, as we welcome new members on a weekly basis. We have been working hard on our arrangement of the hymn 'Shine Jesus Shine', and the contemporary classic 'Roar' by Katy Perry.

We joined in the celebration of Chinese New Year, with some fantastic crafts, on a Chinese or tiger theme. Don't they all look great!

Well done to everyone in Flinty Fell, for lots of hard work this half term, and lots of reward certificates. We're all very proud of you.



## Safer Internet Day 2022

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Safer Internet Day 2022 is on 8th February and will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'.

You can find out more about how to stay safe online using this link

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

## Dental Check ups

The school dental team are visiting school in March. Take a look at this advice for maintaining your child's dental hygiene. You can find your nearest dental practice using this link

[Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)



## APS School Council

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

£193.01 was raised for Children in Need during the Autumn Term. Thank you very much to children and families for their generous donations.



### Dates for the calendar

- ◆ **Spring Term – World Book Day Thursday 3<sup>rd</sup> March more details to follow soon**
- ◆ **Spring term 2022 - Comic Relief Friday 18<sup>th</sup> March**
- ◆ **Summer term 2022 – Great North Air Ambulance date TBC**

### **Junior Bake Off is back!**

Do you love baking? Are you aged between 9-12 years old?

If you're bonkers about bread OR have a passion for pastry then you could be baking in the famous white tent in 2022!

We're looking for talented home bakers to impress our judges. So if you or someone you know is ready to dough battle, then why not apply now!

If you cannot apply online and would like an application form posted to you, please email [applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk) or call **0207 067 4833** stating your full name, full address (including postcode) and telephone number.

## An appeal for help ....

**Cumbria  
Libraries**

**Children's  
Costumes  
Needed  
Now!**

Do you have unwanted children's costumes? During February half-term we'll be running Costume Swaps in our main 6 libraries ready for World Book Day in March! So donate now or hold on to your costume to swap it in half term!

Please make sure donated costumes are in a gently used but clean condition and are definitely no longer wanted!

Drop off donated costumes at your nearest staffed library

Look out for details of our costume events at the following libraries in half term: **Carlisle, Workington, Whitehaven, Penrith, Kendal and Barrow**



Working with  
Recycle for Cumbria  
to reduce landfill



GCSE Art students in SKS have been producing some excellent work. Pupils have had two projects to complete this academic year, 'Marine Life' and Decay'. This has allowed for a broad range of materials and mediums to have been used by the class to explore and develop their own personal responses to these themes.

## Keeping your child safe—focus on good mental health

At AMF, we love the work of the Action For Happiness organisation. If you or your child is finding things tough at the moment, why not use the time over half term to find out more about the 10 keys for happier living and try some of their ideas. There are lots of things to try on their website.

# GREAT DREAM

## Ten keys to happier living

- |                     |   |
|---------------------|---|
| <b>GIVING</b>       |  Do things for others              |
| <b>RELATING</b>     |  Connect with people              |
| <b>EXERCISING</b>   |  Take care of your body          |
| <b>APPRECIATING</b> |  Notice the world around         |
| <b>TRYING OUT</b>   |  Keep learning new things        |
| <b>DIRECTION</b>    |  Have goals to look forward to   |
| <b>RESILIENCE</b>   |  Find ways to bounce back        |
| <b>EMOTION</b>      |  Take a positive approach        |
| <b>ACCEPTANCE</b>   |  Be comfortable with who you are |
| <b>MEANING</b>      |  Be part of something bigger     |

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

## Keeping your child safe—focus on online safety

**“Parents and carers, you play a crucial role in empowering and supporting children and young people to use digital technology responsibly, respectfully, critically and creatively. Indeed, parental influence, guidance and education have a significant and long lasting impact on children’s safety and wellbeing in the online world.”**

Safer Internet Day parent website page.



If you hold this QR code up to your phone’s camera, it should take you through to the parents’ pages on the Internet Safety Day website.

We highly recommend you do take a look, as there are ideas which can help you keep your child safe online, whatever their age.

The slogan for Safer Internet Day 2022 is “Together for a better Internet”. It isn’t always easy to talk to your child about sensitive issues, knowing where to start a conversation is hard.

This link to the NSPCC website gives some good advice on how to start these conversations.



Please don’t hesitate to contact your child’s teacher, form tutor or head of year if you have concerns about online issues relating to your child. At AMF, we think it’s really important to work together with our families to keep all our children safe.



# Aston Preschool

newsletter - February 2022

## Upcoming dates:

- **Monday 21<sup>st</sup> February** - return to preschool from half term break.
- **Thursday 3<sup>rd</sup> March**- World book day, children are invited to come dressed as a character from a book.
- **Friday 18<sup>th</sup> March**- Comic Relief, children are invited to come dressed in red and bring an optional donation of £1.

We cannot believe we are at the end of this half term already; we have had lots of fun with the children. We hope you are all happy with the progress your child is making with us at Aston Preschool.

This term our topics have been Chinese New Year and Valentine's Day.

Next half term we are going to be talking about oral health and we are hoping to have a visit from a dental nurse to talk about the importance of brushing teeth.



## Chinese New Year

The children have had lots of fun celebrating Chinese New Year, making lots of crafts and trying new foods.



## Stay & play

Barnardo's run a stay and play session every Wednesday in the Children's centre (located in the school) from 10:30am - 11:30am.

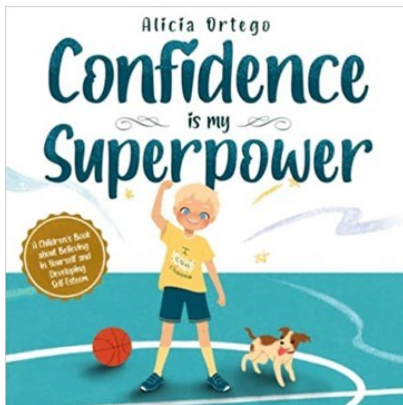
Call 01768899901 to book your place.



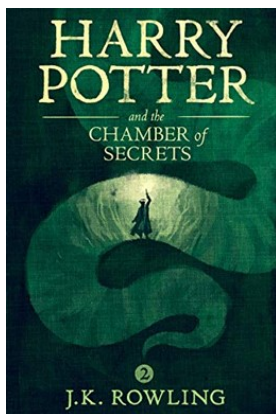
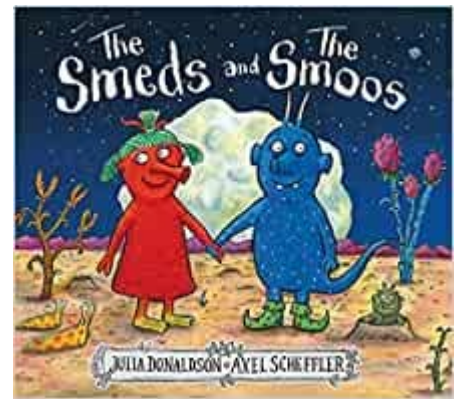
## Valentine's Day

We have enjoyed making Valentines crafts and biscuits to take home, we have been talking about our families and why we love them.

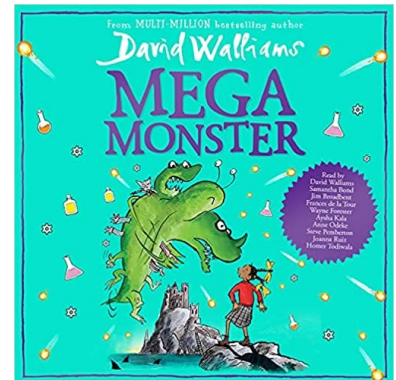
## Recommended reads



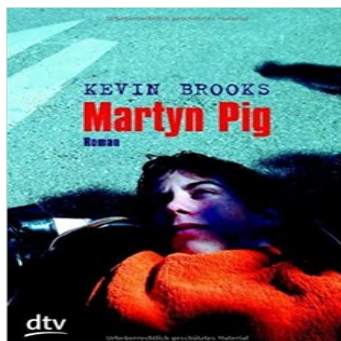
For the youngest children, why not read them **Confidence is my superpower**, by Alicia Ortego or **The Smeds and the Smoos** by Julia Donaldson and Axel Scheffler.



The pupils in key stage two were very keen to recommend some books for others to enjoy. JK Rowling's **Harry Potter and the Chamber of Secrets** is a must read, because "it makes me feel magic". David Walliams books are also very popular. Particularly **Demon Dentist** and **Mega Monster**, recommended because "they are really interesting and have a strange ending".

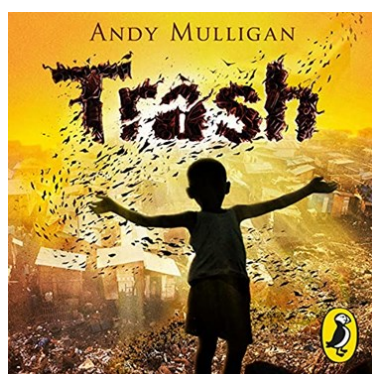
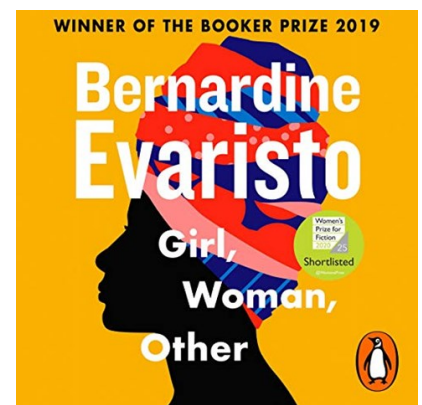


**Thanks to Flinty Fell for sharing their recommended reads.**



For KS3, year 9 were very keen to recommend some of their favourite reads. Top of their list is **Martyn Pig** by Kevin Brookes. Dylan said it was "a really good story about a murder, I actually enjoyed reading it!" Jazmin recommends **Girl, Woman, Other** by Bernardine Evaristo. She described it as

"interesting and thought provoking". It's also in the top 10 list for fiction, so obviously lots of other people agree with Jazmin.



Rhys thinks younger students will enjoy **Trash** by Andy Mulligan, because "it's just good". Many people in the class liked **The Runaways** by Ruth Thomas and think it's a book people in years 6, 7 and 8 will enjoy.



**Thanks to Year 9 for sharing their favourite books.**

(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)