# **Alston Moor Federation**Newsletter February 2023

### A message from the Headteacher

Dear parents and carers,

We have continued to have a huge amount going on in the schools across the Federation. I hope you enjoy the latest edition of our newsletter, and get a taste of what we offer to our children and young people. I think this is our largest edition yet!

I particularly want to draw your attention to Safer Internet Day this February. The theme is "Want to talk about it?" It is so important to talk to your

child about their online

life. Please be proactive in talking to children within your family, and create a safe space for a child to share with you what they see online. You don't need to be a digital expert, just a good listener. During Internet Safety Day students in SKS were reminded about the importance of ensuring their "friends" settings on social media are checked so that their posts are only visible to people they know. Find out more about looking after your child online by using this QR code.



Year 11 received their mock exam results at the start of

term, and we were all pleased with the progress they've made. All students now have a detailed revision booklet, to help them in the final countdown to their exams. I would ask parents to support their children by encouraging them to attend the many tutoring and revision opportunities on offer between now and the start of the exams in May.



I do hope that all our families have a restful half term, and find time to recharge and enjoy spending time together. We have put details of some half term offers on our Facebook page, so you may find ideas to interest your children there.

We look forward to seeing everyone back at school on 27th February.

With my very best wishes. Mrs Gill Jackson

### Focus on our new head girl

"I would like to take this opportunity to introduce myself, my name is Chloe Brown and I am currently in Year 11.

After being House Captain for Green House for the past two years I decided to apply for the position of Head Girl at Alston Moor Federation and I was extremely delighted to be chosen by the students to be their representative for the rest of this year.

In my role as Head Girl I feel that I will bring a lot of enthusiasm and hope to be able to voice the thoughts and ideas of the other students to help to influence change for the benefit of everyone attending Alston Moor Federation.

In school I am currently studying for my GCSEs and hope to carry on my studies at Sixth Form in September with the hope of one day becoming a vet.

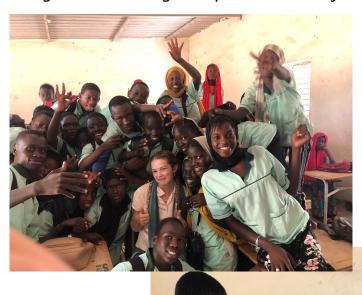
Out of school I am a very keen rugby player and play for Penrith Under 16 Girls. I was very proud to be selected to represent Cumbria in Rugby after having progressed through the England Rugby Developing Player Programme and most recently was scouted to attend trials with Wigan Warriors.

I feel privileged to be able to undertake this role and am really enjoying the role so far."



### Focus on successful \$K\$ students

**Eimear Hanley** left SKS in 2019 and is now studying Geography at Manchester University after spending a year teaching in rural Senegal as part of the Project Trust.



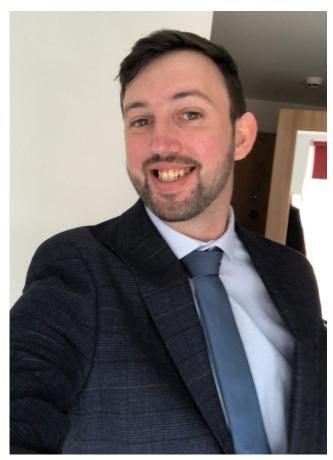


### Focus on successful \$K\$ students

### Blaine Rutherford left SKS in 2006

After Blaine completed his undergraduate degree at Leeds Metropolitan University in peace studies and international relations, he passed a post graduate diploma in Law at Northumbria University in 2014. He followed this with a Masters degree in disaster management and sustainable development.

In 2019 Blaine started working for Northumbria police as a PC (entry path Police Now, graduate entry scheme). He worked for 3 and half years on one of the neighbourhood policing teams in the west end of Newcastle. This role involved responding to live incidents, tackling long term issues through problem solving and partnership work, safeguarding the vulnerable. Blaine has been an acting sergeant for the last 18 months which involves the management of staff, carrying out risk assessments on repeat victims, prioritising resources to



local issues, developing solutions for long term issues, managing staff welfare.

In 2021 Blaine returned to the academic world and is now studying for a work based post graduate diploma at the University of Huddersfield. His subject is professional policing practice.

### Hannah Maddox has been offered a place at Cambridge University for Autumn 2023

Our warmest congratulations to Hannah who left us in 2021. Hannah has been offered a place at Lucy Cavendish College, Cambridge to study PPE—in this case that stands for Politics, Philosophy and Economics. We know she's working very hard for her A' levels this summer, and wish her every success in achieving the grades she needs.

### Focus on successful \$K\$ students

### From the Cumberland and Westmorland Herald -

### Alston Moor film-maker sets up production company

Alston provides a stunning backdrop to an emotional short film being made by a young Moor resident who has formed her own independent production company.

Charlotte Fenton, aged 23, is in the middle of filming Internal Abyss which deals with issues surrounding mental health and toxic relationships.

Not only has Charlotte written the story, she is also producing the film through her production company, Broken Illusion Pictures, and stars



as Mia, an 18-year-old girl in an unhealthy relationship with her boyfriend, Aaron.

"It is extremely hard-hitting, but brings a message of hope — a reminder that removing oneself from uncomfortable, unhealthy and abusive relationships or situations is OK," she told the Herald.

"Internal Abyss is written based on real events, the film is fiction, but has scenes rewritten from true experience, and aims to raise awareness to the loneliness teenagers can feel, the isolation that abusive relationships can bring and the strength it takes to move on and heal," said Charlotte

Charlotte left SKS in 2015

### Learning News at \$K\$

### **Focus on Careers**



Following the interview preparation work completed last term the year 10 and 11s were given the opportunity to take part in a Mock interview. We are very grateful for the time given by 12 employers who conducted these interviews and gave our students some valuable feedback to support them to make a success of future interviews. Working alongside Maria from Inspira and Sharon Our Enterprise adviser from the North Lakes Hotels we have been able to give Key Stage 4 students a variety of experience to gain vital employer contact. We look forward to the next event.





### **Focus on Careers**

We welcomed Jo Tate into school from the Careers Hub who spent some time working with our Key Stage 3 classes. Jo is in the know when it comes to up-to-date careers information so was happy to join us to share information around the Labour Market with our students. Knowing what the current climate is like for popular sectors and the big employers in Cumbria helps students to make informed choices when considering options and future career pathways. The Labour Market is ever changing and impacted upon by a range of factors but as Jo explained there is still an element of stability when looking at trends overtime in local areas.

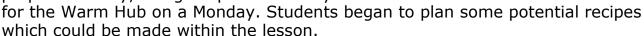


### Learning news at \$K\$

### Focus on Citizenship—looking after our community

Using funds generously donated by Cumbria Youth Alliance, under their 'Dream Scheme' provision, Years 9 and 10 embarked on a 6 week programme to deliver a community project. Monies were split between two groups of students, one "Catering" and one "Environmental". Students were keen to be involved in the programme and build on their existing skills and knowledge. Time spent on the programme was an additional benefit to those currently working on their Duke of Edinburgh award.

After assessing how best to use the money, it was decided that a good use of funds would be to prepare healthy, filling soup and savoury scones











# Learning news at \$K\$ Focus on Citizenship—looking after our community

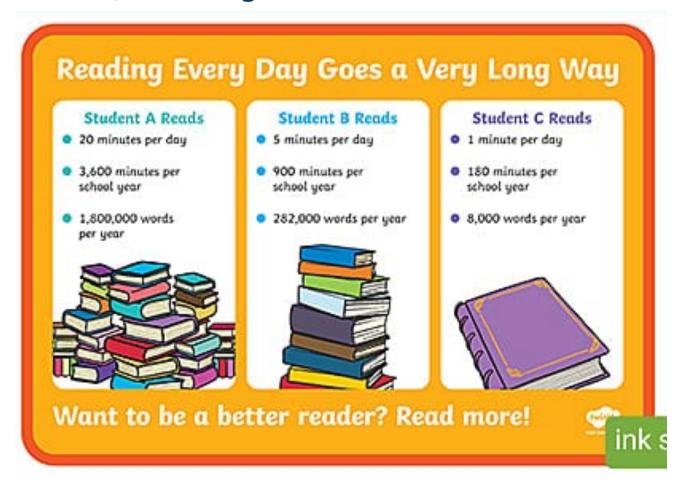








### Focus on Reading



One of the most common questions we get asked at parents evening is

### "How can I help my child at home?"

Here are our top three tips

### 1. Have high academic expectations

Parent's expectations are the biggest factor in your child's educational achievement. Parental expectations include how important you show school is, your attitude towards the teachers and the value you place on education.

### 2. Good reading habits

With younger children—Read frequently and regularly with your child. Read to them, and encourage them to read alongside you as well.

For older children - Get caught reading! Have times at home when everyone reads. The more a child sees their parents reading, the more they will read. Lots of studies show parents reading has the single biggest impact on educational success!

#### 3. Homework rules

Have clear rules about homework, and help your child to divide their homework time from their leisure time. Establishing these rules early on can help your child develop excellent study habits, which will ensure their later school career is successful.

### Focus on Fun Fridays

Fridays have been an opportunity for students to try something new with The Euphoric Circus in school. We have enjoyed watching our students spend time relaxing with some fun circus skills, sharing in their achievements and encouraging each other. From year 7 to year 11 we have a talented set of students who are pleased to know they now have a back up plan if things don't go as expected. Mental Health is a top priority for us in school and building in events like this to allow students to take a step back and get involved in something new is part of our multistrand approach to support the overall wellbeing of our students.







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### Focus on our Chosen Charities

With the support of Mrs Johnson and Mrs Humphrey students from Samuel King's School have been spreading some love across the Federation whist fundraising for their local charity, Air Ambulance. This charity was chosen by the Student Council and will be one of 3 charities that we will be supporting this year. On Valentine's day, students, family and friends were able to gift an anonymous heart to let people know that they care. They were also able to purchase a Valentine cookie which helped to raise some vital funds.



### Focus on SKS Attendance





It's the middle of winter and lots of people just want to hide under the duvet. We need to push ourselves to achieve our goals.

When students improve their attendance rates, they improve their academic prospects and chance of good exam results. Missing school for only 2 days a month will add up to 10% of the whole school year.

Not only does school educate pupils in the present, it also prepares them for the outside world and how they interact with others. Pupils learn to take responsibility for themselves.

Its important for Samuel King's School to reward good attendance. S.K.S celebrates this at the end of every half term with hot chocolate and cake.

Our four houses compete for the gold house cup every half term to win house points, treats or films days.



### Learning news at \$K\$ Focus on Science

This term the Science Department has been about coming to the end of the GCSE courses for the year 11s and being half way through for the year 10s. With the Key Stage 3 pupils learning the basics of rocks and the solar system.

Key Stage 3 have developed their knowledge about the rock cycle and how this represents the three different types of rock, being igneous, sedimentary and metamorphic.

The pupils had to be able to identify how these types of rocks were made (birth from a volcano) and then destroyed by nature, by looking at the effects of weathering and erosion.



After completing this unit, they have gone on to view the solar system, the birth and death of stars and how gravity affects everything.

The year 7s and 8s have designed a wall display, full of their work, to go up in the next half term so that they can showcase their knowledge and understanding of the subject. Pictures will be in the next newsletter of their fantastic work.

Year 9s have been investigating the problems with electrical appliances and their efficiency. They have started to understand the implications of walking in to a room putting the light on and then walking straight back out again! LED bulbs are the way to go, as I have been told by the year 9s, as they are the most efficient and therefore will use less electricity and reduce bills.

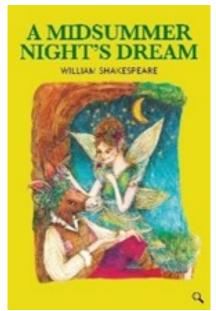


As a group we have also been looking at the reactivity of Group 1 metals. Here we can see the reaction of Potassium (K) in water. We observed a beautiful lilac flame, the metal floating, moving and fizzing away until there was nothing left. The gas given off was Hydrogen. The pupils really enjoyed the demonstration which included Lithium (Li) and Sodium (Na).

Year 11 are now working towards completing their GCSE content. Year 10s are now getting to the half way point. The units covered over

the past half term are Waves, Evolution and Ecology. In Waves we have looked at transverse and longitudinal waves and how they can be used in communication and detection (sonar). For Evolution, Darwin has been taking centre stage with his theory and we have brought DNA and inheritance to the forefront of our class discussion. Ecology is a very important part of not only the content but for the world in general. Looking after the planet in a wider sense starts by looking after our community and all the living creatures in our habitat.

### Learning news at \$K\$ Focus on English



Our year 7 and 8 students have been exploring the wonders of Shakespeare this half term through the study of 'A Midsummer Night's Dream' and 'Romeo and Juliet'. Year 7 have been getting to grips with Shakespearean language and the power of magic. Year 8 have been studying the Elizabethan age and the role of women whilst comparing Baz Luhrmann's film with the original script. Pupils have thoroughly enjoyed delving into Shakespeare's world. Here is the knowledge organiser that outline the key learning that pupils have been remembering.

#### PLOT

Four Athenians run away to the forest only to have Puck the fairy make both of the boys fall in love with the same girl. The four run through the forest pursuing each other while Puck helps his master play a trick on the fairy queen. In the end, Puck reverses the magic, and the two couples reconcile and marry.

Act 1 — Hermia and Lysander love eachother but are not allowed to marry so decide to run away to the forest to get married in secret. Demetrius wants to marry Hermia. Helena loves Demetrius. They follow Hermia and Lysander into the forest.

Acf 2 — In the forest, Oberon and Titania are arguing. Oberon sees **Demetrius** and **Helena** arguing and commands Puck to use the potion on the Athenian man to make him fall in love with **Helena**. However, the first Athenian man Puck sees is **Lysander**, so he puts the love potion on him. **Lysander** falls madly in love with **Helena**.

Act 3 — Puck sees Bottom in the forest and transformed his head into a donkey's head. He puts the love potion on Titania, who falls in love with Bottom. Puck puts the love potion on Demetrius so that he falls in love with Helena. As a result, both men love Helena so there is chaos. Puck eventually drops a herb in Lysander's eyes to put him back to normal. Act 4 and 5 — Oberon finds Titania and Bottom and decides that he has had enough fun. Puck drops a herb in her eyes, she wakes and leaves with Oberon. The lovers return to Athens where Bottom and the other actors perform their play at the wedding of the three happy couples: Egeus and Hippolyta, Lysander and Hermia and Demetrius and Helena.

#### CHARACTERS

- Theseus the Duke of Athens.
- Hippolyta the Queen of the Amazons and betrothed to Theseus.
- Philostrate the Master of the Revels to Theseus.
- · Egeus the father of Hermia.
- Hermia the daughter of Egeus and in love with Lysander.
- Lysander the man loved by Hermia.
- Demetrius initially in love with Hermia and ultimately in love with Helena.
- Helena a close friend of Hermia and in love with Demetrius.
- Oberon King of the Fairies.
- · Puck Oberon's jester, a mischievous fairy who delights in playing pranks
- Titania The beautiful queen of the fairies. Briefly falls in love with Bottom because of a love potion.
- Nick Bottom An overconfident man who makes silly mistakes. Puck transforms his head into that of a donkey.

#### VOCABULARY

- Severe very strict or harsh
- Conflict –a serious disagreement, battle or struggle between two sides or ideas.
- Unrequited love If a person loves someone who doesn't love them back, the
  person's love is unrequited
- To mock—To mock someone is to make fun of them
- chaos –a situation where there is no order and everyone is confused
- To resolve—to solve a problem or difficulty

#### **TECHNIQUES**

- Soliloquy -An act of speaking ones thoughts aloud when by oneself or regardless of any hearers.
- Metaphor a figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable. A thing that is symbolic for something else.
- Duologue A part of a play with speaking roles for only two characters.
- Rhyming Couplet A rhyming pair of successive lines in a verse
- · Simile a figure of speech involving the comparison of one thing to another.

#### QUOTATIONS

**Hermia:** My good Lysander, I swear to thee by Cupid's strongest bow, By his best arrow with the golden head, By the simplicity of Venus' doves...Tomorrow truly will I meet with thee.

**Lysander:** Ay me, for aught that I could ever read, could ever hear by tale or history, the course of true love never did run smooth.

**Helena:** Love looks not with the eyes but with the mind, and therefore is winged cupid painted blind.

Helena: Wherefore was I to this keen mockery born? When, at your hand, did I deserve this scorn?

#### CONTEXT/CONCEPTS

- The play demonstrates both the extent of Shakespeare's learning and the expansiveness
  of his imagination.
- Shakespeare draws on sources as various as Greek mythology (Theseus, for instance, is loosely based on the Greek hero of the same name, and the play is peppered with references to Greek gods and goddesses).
- Shakespeare went to a grammar school where he was taught Ancient Greek.
- · The play is set in Ancient Greece and follows the rules of a comedy from Ancient Greek
- When the play was written, Elizabeth 1<sup>st</sup> was Queen. She decided not to get married which many people disagreed with.
- Many Elizabethans believed in and feared magic.
- Cupid is the ancient Roman god of love. He is usually presented as a cherub (baby angel) whose arrows make people fall in love.

# Learning news at \$K\$ Focus on English

We have been experimenting with Kagan techniques in the classroom and have found that Quiz, Quiz Trade has proved to be a great way to remember those all important language techniques. Here are some examples of question cards our pupils have been making in year 11 to aid their revision:



### **Reading Revolution!**

Our passion for reading continues to grow across The Federation. This term our year 7 pupils have been reading to our children in Park Fell and our year 10s have been listening to pupils in year 7 and 8 read. Research shows that paired reading or being read aloud to encourages students to read material that may be above their normal reading level whilst building oracy skills. Well done to our paired readers.









### World Book Day 2023

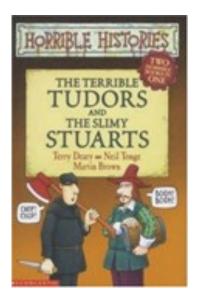
World Book Day is fast approaching. On Thursday 2<sup>nd</sup> March, we will be celebrating our love of reading in school. This year, a digital token will be available which pupils can either access via the QR code on posters around school or on the World Book Day website. You can purchase your book from Thursday 16<sup>th</sup> February. The perfect half term activity!

# Learning news at \$K\$ Focus on English





Matthew Bisson-Wells in year 7 recommends 'Horrible Histories: The Terrible Tudors and the Slimy Stuarts' because it's educational but funny. He says "I've been learning about the Tudors in history and Shakespeare in English and this book has helped me because it contains lots of facts and rhymes. It makes it easier to remember. It says on Shakespeare's tomb 'Blest be the man that spares these stones and curs'd be the he that moves my bones' (written on Shakespeare's epitaph). It makes me wonder whether he is actually buried there!"



### New Club Starting after February Half Term Express Yourself: Music/Cakespeare/Story in a Box

I will be relaunching Friday's lunchtime music club to 'Express Yourself' which will involve a carousel of making music, reading Shakespeare and writing stories 'out of a box'. We have many creative pupils in SKS so please encourage your child to come along to the Performing Arts room on Friday lunchtimes where we will be performing, listening, reading and writing to our heart's content!

# Learning news at \$K\$ Focus on Mental Health Week

It was great to see everyone getting involved in the Let's Connect sessions. Our students found different ways to reconnect with each other, while enjoying a mental health boost. Finding ways to relieve stress and worries is important for everyone.



### Learning news at \$K\$ Focus on MFL

New Year, New Language for all of Key Stage 3 in MFL!

Year 7 are now learning German – we did a little bit of work on the basics to begin with (colours, numbers) but then we went straight in with a new topic – Sports and Hobbies. Year 7 have really impressed me with their ability to switch languages and seem to have taken it in their stride. Well done Year 7! German will continue until Easter, when we will switch back to French.



Year 8 and 9 are learning French this term. Year 8 have been looking at Holidays, which is a huge topic that covers things such as countries, the weather, transport and holiday activities to name a few. After half term we look more closely at the details – accommodation, asking for directions and making complaints. This topic of Holidays gives us an opportunity to look at verbs in different tenses, which really raises the level the students are working at.

Year 9 are working through the topic of My Environment, so we have explored types of houses, rooms in the house, items in the bedroom and places in town. Students in Year 9 are in the process of choosing their GCSE options, and I would love to see our students choosing a language, either in Year 10 or Year 11.

### Learning news at \$K\$ Focus on MFL

### **Berlin Trip Update!**

Parentmails were sent to Y8/9/10 parents/carers last month, and we have around twelve students interested, which is great! I have decided to move the date of the trip to early December, as staffing was proving to be an issue for July plus accommodation was booking up very quickly. Having the trip later on in the year gives more time for parents/carers to get passports sorted (and myself, I just realised I need to renew mine!) and more months to split instalments over. I did get some quotes from Educational Travel Companies who quoted around £700 per pupil for two nights! So, I am still planning on doing it 'in house' by booking accommodation and transport ourselves, to keep these costs down.

If anyone is interested in the trip who hasn't already let me know, please contact the school and leave a message with the School Office – it's not too late to sign up.

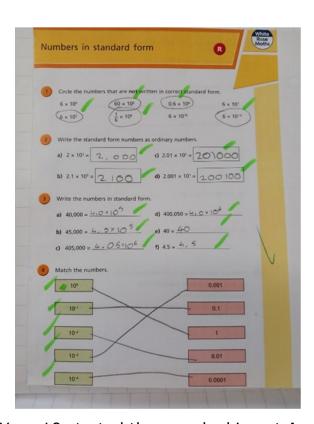
Looking forward to the Christmas Markets!

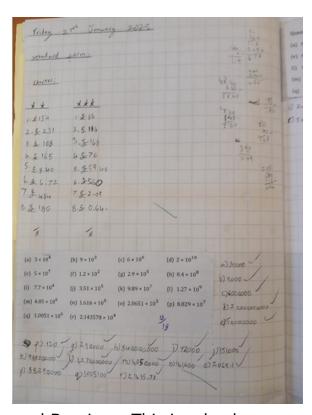


### Learning news at \$K\$ Focus on Maths

After becoming fluent at converting between fractions, decimals and percentages our Year 7 & 8 have further developed their skills to include the addition and subtraction of fractions with the same and a different denominator using a bar model. This has developed to our students being able to multiply and divide a range of fractions as well.

Over the course of this half-term Year 9 have focussed on Integers, real and rational numbers. They have also developed their understanding of negative directed numbers and solving problems with integers and decimals. Further developing on from lower Key Stage 3 they have revisited addition, subtraction, multiplication and division of fractions to embed their learning. This first unit of 2023 finished with visiting how to use standard form for both positive and negative numbers. We are now working on percentage increase/decrease and expressing change as a percentage.

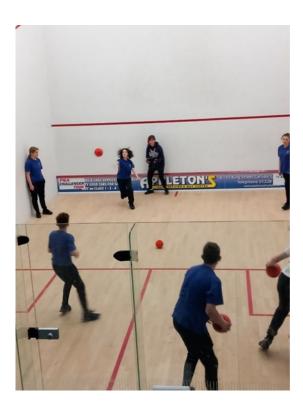




Year 10 started the year looking at Angles and Bearings. This involved understanding cardinal directions and being able to draw and interpret scale diagrams. They have been able to measure a range of bearings, draw scale diagrams using bearings and calculate bearings using angle rules. We also visited using Pythagoras and trigonometry to solve bearing problems. On completion we have moved on to Working with Circles. This has involved revisiting both the circumference and area of circles so we could develop their knowledge to using a range of formulae for length of an arc and area of a sector. Once students felt secure with this we further developed our understanding to look at volume and surface area of cylinders, cones and spheres.

# Learning news at \$K\$ Focus on Maths and PE visit

After a very successful visit to Carlisle Squash Club with Year 7 and 8 it was the turn of our Year 9 and 10 students to have a go. This group also got the opportunity to further develop a range of new skills in; hand/eye coordination, participating in a competitive inter-house competition as well as putting their maths skill to good use and learning how to score in a new sport. The coaches were very complimentary about both the behaviour of our students and the effort they put in on the day. Very well done to all that took part! Students have asked if it is possible to take part in this activity again so watch this space.





# Learning news at \$K\$ Focus on PE

Year 7 students tried their hand at a new sport this term, table cricket. It was great to see them learning a different way to keep active indoors during colder weather. A variation of cricket played across a table tennis table with students still competing in teams and using their skills to gain points.





# Learning news at \$K\$ Focus on Art and Design technology

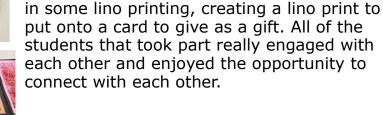
During this term KS4 DT and Art students have been working towards completing portfolio work. Our KS4 DT students have been extremely busy working on the practical element of their coursework, designing and making products that meet the needs of their design briefs. Art students have started to complete their examination preparation work, which will contribute to a 10 hour Art exam after the Easter holidays. All of the students have been working very hard and are focused on getting the most out of their GCSE course.







For mental health week students opted to take part





KS3 Art and DT students have been working on a variety of different projects. Year 9's have been expanding their understanding of Cyanotypes and developing images using ultra

violet light. Year 8s created some beautiful foam prints this will lead the students onto a trip to the Bowes museum early next term. Year 7s have been introduced to some of the tools in the workshop, understanding the properties of timber to create a block calendar. Year 9 DT Students have been introduced to different mechanisms and are working towards making their own automata toy, this is a great taster into the kind of skills and knowledge that is required for KS4.



# Focus on Pastoral Care— Reward trip December 2022

It was fantastic to see all students from Samuel King's School really letting their hair down and enjoying themselves in the Christmas reward trip to the Metro Centre in Gateshead.

Students were given the choice of a variety of activities including; Angry Birds mini-golf, bowling, Clip n' Climb and a lucky few got to go Christmas shopping. The Key Stage 4 students particularly enjoyed letting off some steam on the dodgems!



With the Clip n' Climb there were some strong individual performances from students who overcame their fear of heights and really pushed themselves as can be seen from the smiles on their faces.

We look forward to the next trip and making more memories to be treasured in the future.



# Learning news at \$K\$ Focus on Pastoral Care









### Learning news at \$K\$ Focus on PE

### **Gymnastics**

This term the students have been working hard in PE. All students have been taking part in gymnastics (seen below practising their flight on a trampette). Students in Key Stage 3 have really enjoyed designing sequences and beginning to introduce some flight and in KS4 improving their use of the vault and other methods of flight.

### **Key Stage three Football**

With the nights beginning to get lighter our Key Stage 3 students enjoyed playing football at Trinity School in Carlisle.

The students enjoyed meeting students from another school who they warmed up with before taking part in a mixed fixture of students from both schools competing

against each other with a final score of 3-1. Muddy knees and smiling faces all round.





# Learning news at \$K\$ Focus on Catering



Year 7 have been let loose in the kitchen; practising different kitchen skills of chopping/ using knives, weighing and measuring accurately and using the cooker safely.

We alternate between theory and practical lessons. In their theory lesson pupils learn different aspects of kitchen skills and safety and then put these into practice through their practical session the following week. This half term we firstly focussed on making healthy choices and making healthy food seem more appealing. We then put this into action by designing and making a fruit salad - thinking about fruits which would look good and compliment each other, and how we can use our chopping styles to make the fruit salad look appealing.



We have also looked at the different ways we cook food and how we can do this safely. We tackled a tricky Anzac biscuit recipe in which we had to use the hob and oven safely; as well as practising skills such as following the recipe, weighing accurately, making sure all our biscuits were consistent in size and shape, time management, and most importantly washing up properly!

# Learning news at \$K\$ Focus on supporting charities

For our national charity, we chose to support Cancer Research. Cancer Research is an amazing charity wanting to help patients suffering with cancer. The money is used to discover, protect, prevent and treat the cancer, they are amazing at their dedication towards their patients suffering with this awful disease and they deserve the support and help to do their incredible work.

From Bethany



# Learning news at \$K\$ Focus on Geography

### **Geography leading change project**

Over the past few weeks, in our geography lessons, we have been working on a project to make improvements and a difference to our environment in our local areas. There were 3 campaigns decided by our year group (year 8), we decided to improve the bins in our environment including recycling and waste, and to even try to include a youth centre somewhere in Alston. We have enjoyed been able to be involved in a project like this and look forward to making a change.

Written by Willow + Maddy

### Learning news at \$K\$ Focus on Geography—article from CW Herald











#### ALSTON PUPILS CALL FOR COMMUNITY CLEAN UP

Year 8 students from Samuel King's secondary school in Alston have called for more awareness around litter and want their community to start picking up after themselves. The campaign which calls for people to 'Just bin it' aims to make their surroundings a more environmentally safe - and more beautiful - place to live. Their campaign is a result of their participation in the Leading Change Programme, delivered by the Cockermouth-based Centre for Leadership Performance, in partnership with Eden District Council and local businesses. The programme, aimed at secondary school aged children challenges them to take the lead on encouraging positive change in their communities. They are asked to identify an issue that matters to them and turn it into a practical campaign with the help of business mentors and Nicola Wooley, Centre for Leadership Performance's Secondary Programme Manager.

The project has been funded by Eden District Council and places a focus on sustainability in the community. The pupils have been supported by Sharon Brook, from the North Lakes Hotel, in her new role as Enterprise Advisor through the Cumbria Careers Hub.

The programme encourages creative thinking, develops self-confidence and helps build links between young people, secondary schools, local businesses, charities and the third sector. Pupils have also been exposed to positive business role models and get a greater understanding of careers in their local area.

Greg MacDonald from Eden Council visited the school to hear their ideas, see their campaign posters and give feedback on their proposals. He said, "I was really impressed with the range of ideas and in particular the ability and enthusiasm to work together in teams. Even though I was only with the group for an hour I saw clear evidence of leadership skills in action. The challenge we all now face is how we nurture these skills over the coming years to support the development of the leaders of the future."

Member of the group commented, "We've really enjoyed the experience and feel that we have been given opportunities which we didn't know existed. We learned how to work as a team and how to break up big tasks into smaller tasks to make them more achievable. We feel that we've been listened to and honestly didn't think that we would get the opportunity to make a change in our local community at our age."

Mark Fletcher, Faculty Leader at the school added, "I have witnessed a growth in the students and a maturity to their approach to the scheme which has become more pronounced as the sessions have progressed. It has been lovely to see EVERY student becoming involved and playing an active part in the sessions, even the quiet ones played an active role in their group's ideas. I have also been impressed with the way they took onboard advice and guidance to shape their ideas and was particularly proud when they presented their proposals to Eden Council. They spoke with intent, passion, and a real knowledge of how, and why, the proposals were important to them."

Pupils will continue working with the Centre for Leadership Performance with support from teachers and members of Eden District Council who are keen to help the young people make connections with local decision-makers in order to turn their ideas into a reality.

Leading Change is just one of Centre for Leadership's flagship programmes. The not-for-profit organisation creates and delivers an inclusive ladder of lifelong leadership learning opportunities from Primary to Boardroom and exists to create Cumbria's leaders of today and tomorrow.

Learn more about Leading Change here: https://www.cforlp.org.uk/programmes/leading-change/

If you are a business interested in funding or providing expertise to support the Leading Change programme please get in touch with nicola.woolley@cforlp.org.uk for more information

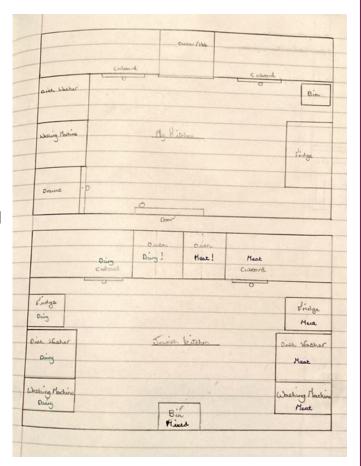
### Learning news at \$K\$ Focus on RPE

Year 8 have been continuing with their 'Rules for Living' topic in which we have looked at the various rules different religions follow and have compared and contrasted these to our lives.

We have learnt about the Jewish Sabbath and thought about if and why it might be good to have a day of rest. We also looked at Jewish food laws and what Jewish people have to do to ensure they follow these rules. We have contrasted this with what we eat (looking at whether a Jewish person could eat/drink the same thing). We designed a Jewish restaurant menu which ensured the person didn't mix any meat or dairy in their meal, and thought about the ways in which Jewish shopping and cooking is different to how we might do it in our home.

Below is a picture of a Jewish kitchen a student designed which is in contrast with their own kitchen:

We have also begun looking at Islam and the different rules they follow, focussing on the Five Pillars of Islam. Next half term we will have the opportunity to visit the Carlisle Islamic Centre to learn more about this. Stay tuned for the next update!





In Key Stage 1 this half term we have been focussing on Superheroes, Goals and Dreams.



In literacy we have been reading and working on our literacy skills with 'Traction Man' and 'Send for a Superhero'. We have been writing our own books based on the characters, making puppet shows and exploring lots

of new vocabulary to describe the superheroes and the villains. We have also created our own superheroes and thought about their superpowers and created some Pop Art to go with them. Our class story has been Granny Jinks and it has shown us that if you believe in yourself you can do anything.



In ICT we have been learning to write algorithms using Beebots and to debug them. We have also been learning to use our new tablets to work on creating posters and stories linked to our literacy using Microsoft Word.



Our superhero theme has also linked into our history where we have learned about inspirational sports people from the past to the present day who have overcome disabilities and racism to accomplish great things. This has inspired us to think about our own goals and dreams for the future.

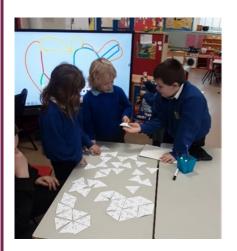






We have challenged ourselves in PE to be like these sports people with lots of circuit training, gymnastics skills and working on our balances. We wonder if you can try some of these tricky balances?





In Science we have been learning about animals including pets. We have been learning about different animal categories and what would make a good pet and how we care for them. We have even had some of our pets visit us in school for the day.

EYFS have been exploring numbers up to 10 in maths, thinking about number recognition, combining totals and counting, In Year 1 and 2 we have been

looking at multiplication and division. It has been great to see the children challenging themselves with their times tables and working on number problems. TT-rockstars is a great challenge and something you can use at home too.







We Have Been Reading......

### **Percy Jackson and the Lighting Thief**

Adventures, quests, monsters and battles!

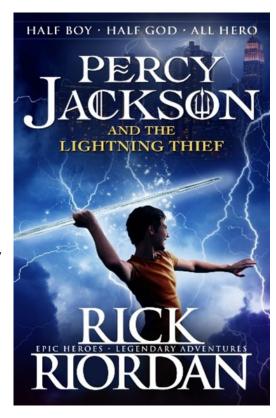
This has been a gripping read. We are gaining more props for our story telling each week. Mrs B even found a Minotaur horn!

Half boy. Half God. ALL Hero.

"I was just a normal kid, I went to school (got expelled a lot, but that wasn't my fault), played sports and hung out with my best friend.

Until I accidentally vaporized my maths teacher.

Now, I spend my time at Camp Half Blood, battling monsters and generally trying to stay alive.



And now that Zeus thinks I've stolen his lightning bolt, staying alive is going to be even harder..." These books are preparing us for our Greek history studies next half term.



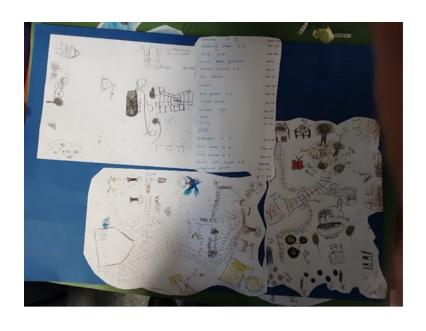
For our PSHE we have been designing gardens to address specific challenges that individuals may have to access these. In groups we have, researched,

budgeted, designed and taken part in a 'Dragon's Den' style presentation.

We love a board game at NPS. Chess, Uno and Monopoly have long been firm favourites. This term we have an ongoing Scrabble game that everyone can take part in to extend their vocabulary and spelling. Countdown is a class hit and the competitive nature of us all kicks in as everyone tries to beat any adults in the class.

Thank you to Sandra Butterworth and Hilary Binks who donated a nativity set to school. It was made by Sandra Butterworth and a donation was given to her charity of choice. It will be with us for many years to come.







Our IT provision has been undergoing a transformation, with the purchase of 20 laptops and 20 tablets. This enables them to be accessible to all members of the school for all curriculum subjects. We have been working on keyboard skills as the children are far more used to tablets.

Logo has been a challenge, creating algorithms and debugging as we go.

Have a go at home!

**Turtle Academy** 





For Children's Mental Health week, we took an afternoon away from our usual timetable to do some taskmaster challenges in family groups. The groups consisted of children from all year groups and were open ended and open to interpretation. The groups were tasked with completing at least three of these tasks.

As the theme for the week was 'Let's Connect', these activities strengthened our relationships and allowed for cooperative working whilst needing resilience to succeed. Tremendous life skills for us all.



### Our tasks were:

Create a rainbow

Make up a playground game with just three instructions

Create a portrait of an adult in school, using only things from outside

Choreograph a dance

Build a model of the school

#### Window on the World

Key Stage 2 pupils at Nenthead Primary School welcomed Naomi Foster from The North Pennines Area of Outstanding Natural Beauty team this half



term. She worked with the children to produce a short film about the geopark on the Moor that highlighted what makes the school's locality so special. The video will be shared with other geopark schools across Europe.

Pupils researched everything from population and weather data to local history then wrote the script and filmed scenes around the village. We are looking forward to watching films made by similar schools stretching from Scandinavia to Greece.

## Park Fell Highlights



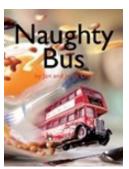
Park Fell's topic this half term is 'I wonder how we get from here to there'. We have been visited by PC Tony who helped teach us how to stay safe near the roads, using the green cross code. The children enjoyed exploring his mode of transport, a police van. The children have looked at the



importance of transport and how it has changed over the years We have visited Alston Hub Museum to see what old vehicles looked like and compare them to the ones we use now.



Most children are blending sounds to build short words, with some reading simple sentences. They will continue to use our daily RWI phonic sessions to develop this skill. They are using skills to write labels, captions and short sentences. We have linked activities to quality CLPE texts and encouraged the use of new vocabulary found in them. We made transport poems to develop rhyme and used story language to recreate stories. Children have explored different types of transport during play and recreated stories and developed their own imaginative ideas.



Children have been listening to stories and poems linked to transport, acting out and sequencing the stories. They have talked about the different transport that they have used, including how they travel to school. We have enjoyed sharing stories

with some Year 7 pupils on Thursday mornings. We have been very lucky to be gifted a new sofa and chair set for our reading area.

In Music and movement children in Park Fell have been learning to play the glockenspiel whilst continuing to make large anticlockwise motions to aid writing. Children have also learnt to sign the first letter of their names. They have sung songs linked to transport and explored the sounds vehicles make.



## Park Fell Highlights



We have been experimenting with building vehicles and begun to gain an understanding of materials and technology. Children will explore mixing colours and using tools and joining materials

for a planned purpose. Children have had a variety of opportunities to develop the use of using tools safely, this includes the new woodwork area. They have recreated the roles of transport drivers and make resources to develop the play experiences e.g. bus driver.



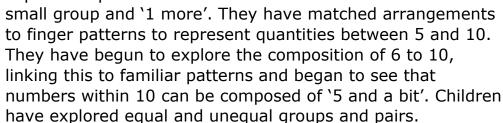
During PE with NUFC and gymnastics children have learnt new rolls and jumps and worked as teams playing games. They have developing skills to jump, roll, land safely and with precision. Children will begin working with friends in a team – taking turns with adult support.

In our focussed Maths sessions, children are increasing confidence

in subitising by continuing to look at patterns within 5. They have explored a range of patterns made by



some numbers greater than 5, including structured patterns in which 5 is a clear part and experience patterns which show a



Through short focussed RE sessions, art and play opportunities children have explored 'Celebrations' and how people celebrate the New Year in different communities and Religions e.g. New Year in the UK, the Lunar New Year and Holi. We are looking forward to making pancakes to celebrate 'Shrove Tuesday' a few days early.



#### **Cross Fell Highlights**

We have been extremely busy in Cross Fell this half term and have been really enjoying our learning in our new topic – superheroes.

#### Literacy

In Literacy we have been reading the story Traction Man is here, using props to retell the story and exploring how the different characters felt. We were really proud to



bring all of our work together to create our own Traction Man story books which are on display in the library for everyone to read and enjoy- it appears that we have a number of budding author

#### **Maths**

In Maths we have really enjoyed using practical resources and pictures to show our understanding and solve problems.

It is wonderful to see the children spotting patterns and demonstrating their understanding especially when they can prove the Cross Fell team wrong!







#### Art

In Art we have been creating our own pop art pictures inspired by the work of Roy Lichtenstein as well as making our own collage cityscapes complete with our own miniature superhero alter egos! It has been wonderful to have lots of new techniques to try and such wonderful artists to inspire our own learning.

#### Science

In Science we have been learning about everyday materials and have enjoyed working scientifically to try to find the right materials



for a range of purposes including helping Spiderman to find the correct materials to fix his suit- an extremely popular investigation that had us all hooked!

### Middle Fell Highlights

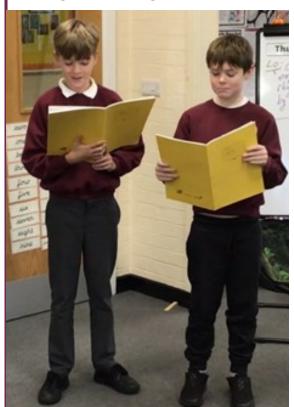
It has been another busy half-term in Middle Fell, with everyone working particularly hard on improving our spellings through our weekly practice both at school and at home. Thank you for all of your support with this. We have set ourselves personal goals and have developed a newfound commitment to achieving these.

In History, we have concluded our research into the Bronze Age before we then considered how life changed during the Iron Age. We have continued to



approach our investigations as scrutinous History detectives, picking up clues from abandoned artefacts and buried structures to shed some light onto the 'What', 'How' and 'Why?' questions we generated about this period. We then turned our attention during these sessions to more Geography-based content. More specifically, we have started to explore: the geographical makeup of the UK; the countries, counties and cities which form the UK; the UK's key population centres and how the landscape's relief influence this; the UK's weather patterns and why these differ depending on the region's key features; and some basic map skill work which will be developed next half-term.

During Literacy, we have studied an anthology of poems called 'Being Me' to investigate a range of different styles of poetry that offer insight into the thoughts, feelings and motivations of others. As part of this, we have: explored



and shared our feelings towards poetry; examined the role of rhyme, rhythm, beat and syllables in poetry; enhanced, evaluated and reworked the performances of poems; annotated a range of poems to uncover their deeper meaning; written our own 'stream of consciousness'; before finally drafting, editing and publishing our own poems.

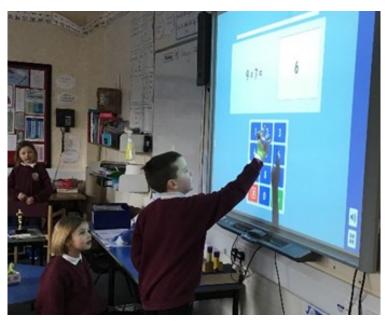
As part of SPAG, we have been applying a wider range of suffixes to change the meaning of root words. We have also: consolidated our punctuation of direct and indirect speech; practiced categorising noun types into concrete/ common, pro-, abstract, collective and proper nouns; learned how to improve our writing through the use of expanded noun phrases; and began experimenting with changing the tenses of verbs.

### Middle Fell Highlights

Through our Science sessions, we have started to become 'habitat helpers' by learning all about: what habitats and ecosystems are; what threats exist to habitats and ecosystems; humanity's impact on our environment; food chains; and climate change. We engaged with more practical experiments to test our theories, but



have spent more time reflecting on the challenges that climate change brings for both humans and animals alike. We were also lucky enough to be able to



participate in the BBC's Live Winterwatch with Chris Packham.

As part of Computing, we finished our first programming module by making interactive instruments on Scratch before moving onto a new unit of work on desktop publishing. We have been exploring and experimenting with templates, fonts, orientation and layouts for a range of purposes using applications such as Canva, Adobe Spark, PowerPoint, Word and Publisher.

For RE, we read and discussed various parables of the Bible

detailing Jesus' miracles, including his healing of blind and paralysed men. We have considered how Christians view Jesus and how these stories carry significance for Christians and even those who have other beliefs.

Our PSHE has covered a variety of themes, including how to appropriately give or receive compliments, how to de-escalate conflicts, the impact of harsh words and what it really means to be a role model or an influencer.

During our Music and Performing Arts lessons, we have strengthened our gymnastics skills with Miss Alison as well as our ukulele skills with Miss Tuffin and Miss Harding.



### Middle Fell Highlights

We have concluded our coverage of 'Stig of the Dump' during our reading comprehension lessons and have advanced to a wider range of source materials. These have been centred on poetry-based stories, non-fictional accounts and folk tales. We have read both independently and collectively before answering our VIPERS to clarify and justify our understanding of key words, the



author's motivations and to predict what could happen next in each tale. We have expanded our class library once again to cater to pupils' interests, with a wide selection of catch-up texts recently added to help support the transition of our levelled readers to becoming free readers.

'Multiplication and Division' was the focus of this half-term's Numeracy for both Year 3s and Year 4s, with our older students moving on to studying 'Length and Perimeter' and our Owls exploring 'Shape and Geometry'. The culmination of our efforts in the 'Multiplication and Division' unit has enabled us to multiply and divide up to 3-digit numbers by 1-digit numbers, both with and without exchanging. Preparations are underway for our Year 4s who are set to undergo their statutory Multiplication Tables Check (MTC) in June.



# Learning news at AP\$ Flinty Fell Highlights

To start the new year, Flinty Fell are studying the brutal and complex world of The Second World War. We have studied when and why World War II began, as well as analysing the key individuals and countries involved. In addition to this, we have studied all about evacuation; learning what it was like to live with food rationing, as well as exploring the contribution made by women to the war effort. Furthermore, we will learn important facts about the Holocaust and investigate events that were key turning points in the war, such as the Battle of Britain and the German invasion of Russia. Studying World War II will help us develop our investigation and evaluation skills, alongside learning to organise information chronologically, and understand how past events have helped to shape the world we know today.

Over the last half-term, we have written poetry, diary entries, non-chronological reports and instructional texts based on our WWII topic, and our new class novel 'Goodnight, Mister Tom', which have proved to be very emotional and inspiring for our own writing. As always, the writing produced in Flinty Fell this term has been truly superb, and the children should be very proud of what they have produced.

Our Science topics continue to be an essential way to find out about the world around us. Our topic in Science this term is Electricity. We will be encouraged to raise questions, plan and set up fair tests, take accurate measurements, look out for any patterns and record their data in the best way such as tables, scatter graphs or bar graphs. We will then use these results to make predictions leading to further tests and finally, reaching conclusions about their original question whilst understanding the level of reliability of their results. We are very much looking forward to our Science topic of Light!







# Learning news at AP\$ Flinty Fell Highlights continued ...





During Art and DT this term, we have been learning how to produce detailed sketches and drawings, as well as introducing the concept of perspective and working on different scales. We will also have the opportunity to work on a variety of textured surfaces and investigate the direction of light shining on an object, particularly when working on our WWII inspired artwork, that will provide the inspiration for our creations this term.

Our Maths topics this term has seen us complete our work on our Fractions topic, as well as beginning our work on our new topic Ratio. I have been completely blown away by the children's efforts, focus and talent with this topic so far, and it is another example of how Flinty consistently demonstrates desire and excitement at learning new things!

In singing assemblies this term, the children across the primary school have learnt about Dynamics, Tempo and Pitch, understanding key terminology and the theory that underpins these topics. We have applied our new knowledge to two of our favourite hymns 'Shine Jesus, Shine' and 'This Little Light of Mine', using forte, pianissimo, crescendo and tempo changes in our performances.

# Learning news at AP\$ Flinty Fell Highlights continued ...



In our Music sessions in Flinty Fell, we have reached new heights with our Ukulele skills, as we secure our knowledge of a number of different chords that is allowing us to play some of our favourite songs. So many pop songs over the last 20 years use the 'four-chord formula', and now that we have worked on developing the chord sequence Cmaj, Gmaj, Am and Fmaj, we have opened up a world of new and exciting possibilities. In Performing Arts, we have started to prepare for the Carlisle Music and Drama Festival that is due to take place in March. Flinty Fell is full of talented and passionate performers who will no doubt raise the standard of the festival, as well as make all of us here at Alston Primary School very proud. We are excited to see what next month brings!



Children's Mental Health Week 2023 is always an important time in the calendar. Our mental health is a top priority for us in Flinty, and our focus this year for CMHW was 'Let's Connect', where we spent a session and a KS2 assembly sharing all the different ways we can build and sustain friendships. Safer Internet Day 2023 was also a part of the week, and we designed and created information leaflets that identified all the different ways we can stay safe online, with a particular focus on Social Media apps. The knowledge and maturity demonstrated by the children this week was a huge credit to them, and they should be proud of themselves for their hard work.



KS2 took part in the Mini-Mudder Action Ants Festival in January at Culgaith Recreational Ground, involving 6 other schools from the Eden Valley. Children in Years 3, 4, 5 and 6 all performed incredibly well, battling the wind, rain and freezing cold to deliver another stellar performance. Well done, Alston!

## **School Attendance Matters**

Attendance is a high priority across Alston Moor Federation; we aim to have all students attending at 96% or better.



### **Holidays in Term Time.**

We **NEVER** approve holidays in school term time. There are 13 weeks of school holiday during the year, please book your holidays during these weeks. Every school day matters, and we think its important that your child attends school properly.



## Not sure if your child is well enough to attend school.

If you are unsure whether your child is well enough to attend, please try sending them to school. We promise we won't keep your child at school if they are poorly, but often a child picks up during the day, and can manage when they get going.



#### Dates for your diary

Monday 27<sup>th</sup> February – Return to school

Thursday 2<sup>nd</sup> March – World Book Day, come in dressing up clothes or bring your favourite book

Friday 3<sup>rd</sup> March – Sponsored walk for World Hearing Day Friday 17<sup>th</sup> March – Comic Relief, come in your pyjamas!

## **Understanding Our Emotions**

This half term we have been working on understanding the emotions happiness, fear, anger and sadness. The children have used their emotions mirror to identify how they are feeling. We have thought of some activities that might make us feel better when we are feeling big emotions such as having alone time, having a cuddle, listening to a story or playing with the playdough.











# **Getting Creative**

This half term we have used the book 'The Gruffalo' by Julia Donaldson to inspire out art work. The children have created some paintings of the characters in the story, using their imagination to bring what they have painted to life.

### Valentine's Day

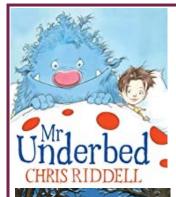
The children have been spreading love and happiness with their Valentine creations this week. We have been thinking about the people we love and have made our own special love heart cards for families and friends.











## Recommended reads

I asked the children for their recommended reads, and was overwhelmed by their enthusiasm.

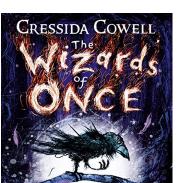
Year 1 recommend Mr Underbed by Chris Riddle and The Pirates Next Door by Johnny Duddle.

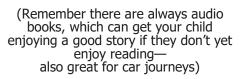
Year 2 say that Stick Man by Julia Donaldson and The Disgusting Sandwich by Gareth Edwards are well worth reading.

Mr Watters suggests The Good Turn by Sharna Jackson, The Queen of Darkness by Tony Bradman and Tyger by SF Said.

Children in Flinty Fell are obviously really enjoying David Walliams books, and recommend Space Boy, Ice Monster and Demon Dentist. They also suggest The One Dollar Horse by Lauren St John, and The Wizard of Once by Cressida Cowell, along with Iguana Boy by James Bishop,

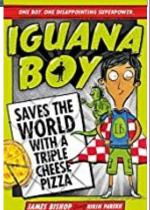
Trusting Molly by Helen Haraldson, and Looshkin by Jamie **Smart** 

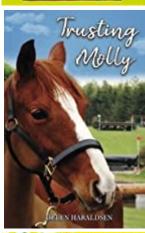




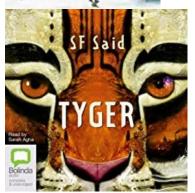












JULIA DONALDSON - AXEL SCHEFFLER

