

Friday 17th December 2021
Term 2 - No. 7

Acting Co-Headteachers' Message



We would like to wish you all a Merry Christmas and a Happy New Year as we reach the final *Friday News* of 2021. Thank you for your support during what has been a challenging time for all. For those of us of a certain age, the Millennium only seems a short time ago, so in a way the fact that we are moving into 2022 feels incredible.

As we approach the end of term, it is an appropriate time to reflect.

We launched **The 3Cs** in September: Confidence, Community and Compassion, and there have been many instances where our students have displayed all three. From the way in which our older girls supported the younger ones, to remote assemblies delivered by a wide variety of pupils throughout the term. We have seen resilience and kindness demonstrated as everyone grappled with a variety of Covid (and heating!) restrictions. Our girls seamlessly adapted to new routines, including online learning, always being mindful of others. We are enormously proud of our staff and student body and would like to say a huge thank you to everyone for all their hard work and commitment in these very difficult times.

There have been a lot of positives this year and the smiling faces of your daughters as we greet them in the morning have been more important to us than ever, especially after the long periods of lockdown. We are lucky that we live in a time where we can make contact electronically and where Scientists can find amazingly quick remedies to viruses. This highlights even more the value of education: great Scientists and other innovators would not be able to do what they do today without it.

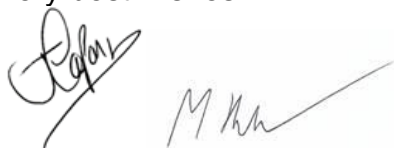
So, as we take a rest from formal education and allow our bodies and minds to re-energise, I hope we can all feel that we have at least given our best in 2021.

We would like to end with the words of Charlie Mackesy (*The Boy, The Mole, The Fox and The Horse*), which seem very fitting at this time:

“When the big things feel out of control...focus on what you love right under your nose.”

We hope that you do indeed have the chance to rest and relax with friends and loved ones over the next few weeks, and have a peaceful and happy holiday.

Very best wishes



Miss J. Capon and Mr M. Henshaw
Acting Co-Headteachers

Languages Advent Calendar Competition



When so many of the normal celebrations have had to be cancelled, it made me feel really festive to admire the entries in the annual Year 7 Modern Foreign Languages advent calendar competition. We want to say a big thank you to everyone who took part and particularly to Frank house for their huge number of entries!

Congratulations to Emily Bradshaw and Scarlett Kirby from Frank (1st place), Ana Soliva Jimeno from Brontë (2nd place) and Hannah Foster and Emilia Capper from Austen (3rd place).

As judges, we loved learning interesting facts about Christmas around Europe (a special mention goes to Ikman Sandhu for this) and seeing so much creativity (an extra well done to Ida Azimi, Akshaiya Thirupathy, Holly Nash, Maya Moss and Aliya Cartman).

Frohe Weihnachten, Joyeux Noël et Feliz Navidad!

By Lucy Miller (Yr 13) (Photos by Arshleen Sandhu)

Library Christmas Card Competition



We have loved seeing all of the fantastic Christmas cards that were submitted this term. We were delighted to receive a huge number of festive entries. The overall winner was Maya Hared from Year 7. Well done, Maya!

Have a lovely Christmas and New Year!

A Merry Christmas from DACT

We have been getting in to the holiday spirit in Food and Nutrition, with students making a range of festive eats. Year 10 pupils have turned their hands to gingerbread houses and pavlovas, whilst students in Key Stage 3 have made gingerbread biscuits, yule logs and shortbread.

We are happy to share with you some excellent examples in the photographs below.



Feeling Festive?

The festive period for many is seen as the most exciting time of the year; however, this is not the case for everyone. What if you don't feel that sense of yuletide glee that everyone seems to constantly talk about? With the lack of regular routine and pressure and expectation of what is expected of us at this time of year, Christmas can be really hard for many. Here are some tips for getting through the festive period if you think you might struggle:



- **Sleep**
Remember this is the perfect time to get enough sleep. Try not to stay up too late every night in the holidays. It is really important that we get enough sleep: teenagers need about 9-10 hours per night. Try not to fall out of your regular sleep routine as this will make coming back to school and getting up earlier again more difficult.
- **Exercise**
Exercise is really important over the festive period as we tend to eat more and be less active. Try going out for a walk daily, perhaps even in the evening to have a look at all the lights and decorations!
- **Take Time**
Remember to do things for you at this time of year and take time to do the things you enjoy. You should also make time to spend time with your family or friends and make memories together. These don't have to be Christmas related, but having time off school and work together gives you all an opportunity to make new memories. Perhaps try playing a board game or watching a film together.
- **Relax**
Try and remember that this is a holiday and although we are often busy trying to meet expectations of the festive season, you are allowed to take some time out! If you feel overwhelmed or anxious, make sure you give yourself time and space to make things easier.

COVID-19 UPDATE

Daily testing for contacts of COVID-19

From 14 December, a new national approach to daily testing for contacts of COVID-19 has been introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 – whether Omicron or not – should take an LFD test every day for 7 days instead of self-isolating. Children under five years old do not need to take part in daily testing for contacts of COVID-19 and do not need to isolate.

Once notified by Test and Trace as a close contact, pupils are strongly recommended to take a LFD test each day for 7 days and report the results through the [online reporting system](#). From today, please follow [national guidance](#). This approach should also be adopted over the Christmas holiday and on return in January.

There is no longer a requirement (after today) to report positive cases, once confirmed by a PCR test, to us at school. This will begin again once we return, following the mass testing on the 5th January.

Maths Stars of the Week



The stars of the week for Maths are:

KS3 - Isabella Orsatti (Yr 8) – She has been working really well in Maths recently and is always looking to improve and go the extra mile.

KS4 - Abbie Bristow (Yr 11) - Abbie did really well in her recent Maths mock papers. She isn't afraid to ask useful questions and regularly volunteers her answers in class.

Maths Puzzle
(Answer in next week's Friday News)

Using only the 4 standard operations of +, - x and \div make the number 910 from the numbers listed below. You can use some of the numbers but if you want to challenge yourself try using all the numbers.

8, 6, 4, 3, 5, 7

Answer from last week

Can you arrange these numbers to form a sum that totals 1000?

8, 8, 8, 8, 8, 8, 8, 8,

Answer

888

88

8

8

8

1000