

## Headteacher's Message

I am, once again, very happy to report that we remain free of Covid-19 cases. I understand, however, that infection rates are rising in the local area, so it is important that we continue to exercise caution and good hygiene. I have been very impressed by the way in which our pupils continue to take seriously the need to sanitize their hands every morning and stay in year group 'bubbles'.

I have been asked by the Royal Borough to share with you some information regarding support for children's well-being, delivered through Frimley Health and Care. Please see the poster below.

I have also been asked by Berkshire Maestros to share with you their summer programme. Please see the information on page 2.

Have a lovely weekend.

Dr L.V. Ceska



**Healthier Together**  
Local advice and support to help manage and improve the health and wellbeing of babies, children, and young people

**Frimley Health and Care**

ASOT | BRACKNELL | FARNHAM | MAIDENHEAD | NORTH EAST HAMPSHIRE | SLOUGH | SURREY HEATH | WINDSOR

### Worried about your child's health and wellbeing?

The Frimley Healthier Together website provides the latest expert advice and reassurance for parents and carers about what might be wrong, what to do and where to go for help



You can get support on the following:

- Childhood illnesses
- Caring for newborns
- Children and young people's emotional and mental wellbeing
- Young people and growing up
- Maternal and Paternal mental health
- Maternity

“It's like having a mini doctor for you at home.”



Visit: [frimley-healthiertogether.nhs.uk](https://frimley-healthiertogether.nhs.uk)

SCAN ME



Please click [here](#)

## Amazing volunteering!

The Sports Collective have recently contacted us to commend the great work that Eve Todd (Y7) has been doing for them. She volunteers as a junior coach with the Athena Angels Gymnastics Club, working alongside the head coach to help deliver training to the younger members.

Athena Angels Gymnastics Club and the SPORTS Collective, work in partnership to offer gymnastics sessions to children through schools as part of their development focus for physical education. On a recent occasion the session was arranged for a fully inclusive SEN Group with a range of disabilities. Eve was keen to extend her training and volunteered to help. The activities were designed to make sure everyone could take part. Eve encouraged and engaged with each child, ensuring they were able to perform the activities by adapting the equipment to cater for disabilities as required. The Mayor of Wokingham, Mayor Keith Baker, also visited to show his support for the work the coaches are doing.

According to The Sports Collective "Eve is a great junior coach showing patience, commitment and empathy. We are so pleased that she joined us and look forward to working with her again."

[The Sports Collective Facebook Page](#)



## Library News

### Book of the Month – July 2021

#### ***Run, Rebel*** By Manjeet Mann

*Run, Rebel* is a book about a girl called Amber Rai, a teenager dealing with domestic abuse. In this book, you can see how the abuse affects her life in ways that we would not think of. She has dreams and aspirations, and a strong, defiant character, which enables her to rebel against her father. This book talks about how her mother slowly regains her confidence after years of repression. Both parents are illiterate, and her father refuses to let her mother learn how to read and write. However, this does not stop her mother from trying.



This is an amazing verse novel, and takes less time to read than it looks! I read the whole book in 3 days! It really is gripping and shows the difficulties of Amber's life. It gets to the point, and portrays the story in a no-nonsense way, showing her emotions very clearly. Throughout the book (and this is what I love the most) it doesn't just show the story from Amber's perspective. In the middle of the book, it also tells the story of Amber's mother and her sister.

Overall, I found this to be an absolutely fantastic read, highlighting problems in society today. Will Amber lead a successful mutiny, or will she be suppressed again after a failed attempt? Read *Run, Rebel* and find out!

By Srilakshmi Seshadri (Y7)

## Parental Guidance – Mental Health and Wellbeing

As we look ahead to the summer, it is important to think about how you, as parents and carers, look after yourselves in order to provide the best possible support to your child.



You can access a short video [here](#) which has been created by SSS Learning Ltd and is entitled *Your Mental Health and Wellbeing-10 Top Tips for Parents*.

## Student Focus Centre

### Sleep

Teenagers experience changes in hormones, which in turn shift their body clocks making them come alive at night and then struggle to get up in the morning. We know that a lack of sleep can have a major impact on concentration at school as well as general mental health. So, what can you do to help ensure you get a good night's sleep?

1. Keep lights dim in the evening to encourage melatonin production and flood your bedroom with light in the morning to switch melatonin off and increase alertness.
2. Curb your caffeine intake. Caffeine can affect you for up to 10 hours after drinking it!
3. Avoid stimulating activities like listening to loud music. Stay off social media and gaming, and try not to watch TV for an hour before bed.
4. Try not to have long lie-ins to catch up with sleep at the weekend, as this further disrupts the body clock.



## Maths Stars of the Week



The Stars of the week for Maths are:

**KS3 - Rayna Cheema (Y7)** - She has consistently worked well in class over the last year and helped others where she can.

**KS4 - Alana Bodell (Y10)** - She had an excellent attitude to her Maths examination and engages really well in class.

**Maths riddle:** why do noses fail to be 12 inches long?  
(Answer in next week's Friday News)

**Answer to the riddle from last week:** how many sides does a circle have? Two - the inside and the outside!