



Dear Parent/Carer

We hope you are safe and well.

In our letter on Wednesday, we informed you that we had a reported case of COVID. As a result, all our Year 11 students are working from home and will receive lessons via Google Class.

Please do not hesitate to contact us if your daughter is finding it difficult to access Google Class to participate in lessons.

We are approaching the season of Advent, which prepares us for the celebration of Christmas. This year, we will not be able to celebrate our mass or liturgy in the usual way, due to COVID 19. However, we will ensure that students enjoy our Christmas celebrations. Mrs Cunningham is planning class liturgies and other activities to focus our attention on the season of 'expectant and waiting'.

In the run up to Christmas students will begin supporting charities through different activities. We will begin our festive celebrations with Christmas Jumper Day, which is scheduled for 11<sup>th</sup> December.

Please encourage your daughter to go straight home after school. As we have received a number of complaints about students causing disruption in the Broadway. It is a challenging time financially and we would not want any parent/carer to receive a fine.

We continue to be incredibly proud of our students who are making excellent progress despite the COVID restrictions. We are very pleased to see that many students are taking advantage of our new hot food offer and we hope this is a positive change moving forward.

Yours faithfully

Ursula Norbert Headteacher and Nick Watkiss Executive Headteacher

## Change in season and liturgical life of the church

As the seasons change, so too does the liturgical life of the church. This Sunday as we begin the Sacred Season of Advent, we also begin a new liturgical year ahead. Hopefully we will see these changes around us, especially in our churches.

## Advent

A period of waiting.

The message of Advent is an invitation and it also challenges us. We are called to be looking forward to be ready, to be prepared and we are asked to wait in joyful hope.

Waiting is not something that we are usually good at these days.

Our modern world tells us to move faster in so many ways. We have smart phones, emails and microwave ovens that all 'help' us to get through our busy days.

However, Advent asks us to do the opposite. During these sacred days of preparation, we are being asked to take some time to be still and silent as we prepare ourselves deeply for Christmas. While we simply can't ignore the shops, the media and the advertisements over the next few weeks, neither can we ignore the words and message of Jesus in Sunday's Gospel; 'Be on your guard, stay awake, because you never know when the time will come ... what I say to you all: Stay awake.'

## Reflection and Questions

As Advent begins, reflect upon how ready you are for Jesus' coming.

Are you preparing for it with the same enthusiasm that you prepare for Christmas through shopping, cooking, decorating, etc?

Are you looking forward to that day when He will return?

Are you preparing for the spiritual celebration of His birth?

Are you awake and attentive to the numerous ways that God speaks to you on a daily basis?

If you find that you are not as prepared for His return in glory as you'd like to be, make this Advent a time when you get your heart ready. Commit to prayer, spiritual exercises, reflection and attentiveness to His gentle and glorious voice.

## Prayer

Lord, as Advent begins, help me to put my eyes on you. Help me to open my ears to your voice. And help me to open my heart to your glorious presence. May I be attentive to you in every way you desire to come to me Jesus, I trust in You.





## English Department — Wonder Woman of the Week!!!!

Congratulations to all the girls who were nominated last week for their amazing contribution & work in English. The nominations and winners are:



<u>KS3 nominations</u>	<u>KS4 nominations:</u>
Konique 8An1	Lily-May 11Fr2
Asia 9Fr2	Carmen 10Ad1
Rebecca 8Ce1	Anuluwapo 11Ad1
Megan 9Fr1	Kelechi 10Ad1
Farzana 8Ce1	
Gloria 7Ad1	
Emmanuela 9An1	
Jessica-Esther 7Ad1	
Rachael 7Ce2	
<b>KS3 WINNER: Joleen 8Ce2!!!!</b>	<b>KS4 WINNER: Rachel 10Ad2!!!</b>



## Christmas Virtual Choir Project

We are running a Virtual Choir Project for the next two weeks, to record a Christmas song together since we are unable to perform a carol service as we normally would.

All students have been set a task on Show My Homework which contains all the resources they need. Please view this introduction video to get a flavour of what is involved: <https://vimeo.com/478896495>

Recordings need to be completed by the 11<sup>th</sup> December at the latest, and should be emailed to [ebryant@stccg.co.uk](mailto:ebryant@stccg.co.uk).

Please encourage students to participate, as the more voices there are, the better it will sound. Achievement points will be awarded to all students who send in a recording and there will be a prize for the form with the most contributors. We are very excited to hear the finished result!

**Mrs Bryant—Co-head of Music**





## Year 11 Remote/Blended Learning

We just wanted to say a huge thank you and well done to Year 11 for a magnificent start to their remote learning today. Today their teachers and pastoral staff have been using their Google Classroom and has given them the opportunity to use a wide variety of methods to deliver their lesson content. The students were supported by Miss Shepherd (Head of Year) and her pastoral team through their morning assembly and form tutor check in questions. Students are expected to do this at 8.45 to get their day started and let us know how they are.

Teachers will continue to set the work and lead the learning activities **at the time for their lessons**. This enables us to ensure that students keep to their lesson schedule for the day and work through as they would in school, completing learning as they go through the day.

**Students MUST join the meeting with NO camera on and Audio Muted.**

### Daily students should:

- Log into their form time class and complete the check in at 8.45am and any pastoral activities put there for them
- At 9am (every day except Tuesday) students go to their Lesson 1 at 9am by opening their class page. It is here that the teacher will let them know in the stream or by putting on an assignment what the plan for the lesson is. They should be aware as staff are moving classroom to classroom on site that this may take a few minutes.
- Teachers make their plans for how and what method of delivery and activities they decide suits learning best. The stream is an open form of communication with the teacher and class and must be used properly. The Chat only operates if there is a live meet although what is seen on camera will be demonstrated work and presented explanations rather than the staff member. These are recorded and names shown so all must ensure formal modes of communication.

They should be ready to start their lessons at the right time for the school timetable. For the week ahead, the natural break time will be given at 10.40 (rather than 10-10.20).

Please refer to the detailed recorded presentation sent to all students and all families regarding the general messages and expectations for remote learning, wellbeing and safeguarding.

**Please remember the importance of communication and letting the school know if there is anything you need our support with.**

For attendance: Email [attendance@stccg.co.uk](mailto:attendance@stccg.co.uk) or call Mrs Gurney our Attendance officer

For IT Support: email [ITSupport@stccg.co.uk](mailto:ITSupport@stccg.co.uk)

For Pastoral support from Form Tutors: [info@stccg.co.uk](mailto:info@stccg.co.uk) with the Form Tutor/Tutor Group identified so that it can be directed to the right person.

Wider pastoral support [rshepherd@stccg.co.uk](mailto:rshepherd@stccg.co.uk)

**Mrs Ward—Deputy Headteacher**



# The YoungMinds Wellbeing Advent Calendar



Looking after your wellbeing as you countdown to the holidays

The Wellbeing Advent Calendar is back!

Christmas is a fun and exciting time, but for some, it can leave them feeling anxious, lonely or stressed. The lead up to this year's festivities will be different to usual. For some pupils and their families, this time of year will be very difficult, especially for those who have experienced trauma or bereavement.

We've created another Wellbeing Advent Calendar to help support you, your pupils and your colleagues throughout December. Each day, try a different 5 minute activity to help boost wellbeing and look after our mental health in the lead up to the holidays.

Each activity can be adapted to be virtual and can be something you do as a class in tutor time, separately after lunch or your pupils can do it themselves at home with their families.

We love seeing how you use your Wellbeing Advent Calendar! So don't forget to send us any pictures or feedback to [360schools@youngminds.org.uk](mailto:360schools@youngminds.org.uk) or use the hashtag **#360Advent** and tag **@YoungMindsUK** on Facebook, Twitter or Instagram.

# The YoungMinds Wellbeing Advent Calendar

Looking after your wellbeing as you countdown to the holidays



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### 30 Christmas wish list

Get ready for December with a Christmas wish list for the world. Write down all the things that would make the world a better place for everyone.

**Tip:** Each pupil can write their list first, then this can be added to an ultimate class list.

### 1 Knock, Knock?

Ask each pupil to write down and share their favourite jokes to brighten up everyone's day.

**Tip:** To help them get started, here are some of our favourite jokes from Beano [youngminds.org.uk/beano-jokes](http://youngminds.org.uk/beano-jokes)

### 2 The gift of giving

Share an act of kindness with someone in your school. It could be a kind word, a compliment, a smile. Think about how this made you feel and how this made them feel.

**Tip:** Take the gift of giving outside the classroom and show others that you're thinking of them.

### 3 Light up the Christmas Tree

Draw a Christmas tree that has five or more lights on it. Brighten up each Christmas light with the name of friends you can count on.

**Tip:** If a pupil is struggling, suggest someone in the class who is supportive, friendly or reliable.

### 4 Share something special

Ask your students to share with the class something that has really cheered them up when they were feeling down.

**Tip:** Ask your pupils to think about how it makes them feel and why.

### 7 Snowman of gratitude

Draw three circles to make the shape of a snowman. In each 'snowball' write the things you are grateful for.

**Tip:** You could extend this by asking pupils to carefully cut them out and stick them up around the classroom.

### 8 Have a giggle

Have a go at laughter yoga. Sit in a circle and laugh at everything and anything. What may start as a fake laugh will soon turn into a genuine free-flow of class happiness.

**Tip:** Warm up by clapping your hands and other playful exercises.

### 9 Letter from Santa

Write a letter that Santa could give to another pupil who is having a tough time.

**Tip:** Collect all the letters and each day spend 5 minutes reading one out to the class.

### 10 And breathe...

Start the day focusing on your breathing. Ask your class to close their eyes and listen to their breath as they inhale for four and exhale for four.

**Tip:** Get everyone out of their seats to sit or lie flat in a comfortable position anywhere in the classroom.

### 11 Positive paper chains

Give each pupil a strip of paper for them to write a positive message. Connect all the strips in a paper chain and display around the classroom.

**Tip:** Instead of connecting them put them, in a basket for pupils to take when they need a dose of positivity.

### 14 Superheroes unite!

Ask your class if they know a keyworker and draw them as an ultimate 2020 superhero. This could be teachers, nurses, bus drivers or shop workers.

**Tip:** Create the ultimate superhero individually or together on the whiteboard.

### 15 Christmas boogie

Ask the class to pick a tune to their favourite songs and have a sing and dance together.

**Tip:** Keep it festive and play music from films like Polar Express, Frozen or Home Alone.

### 16 Festive hats!

Have different coloured paper across each table and ask pupils to design or create a showstopping festive hat.

**Tip:** Punch two holes and add some string to hold the hats on their heads for the rest of the day.

### 17 Rainforest orchestra

Pick a pupil to start a clapping rhythm. One by one, ask each pupil to join in, until everyone is clapping. Direct them to clap louder, quieter, or stomp their feet to sound like a rainstorm.

**Tip:** Add in different animal sounds. End with shhh sounds as the animals go to sleep.

### 18 Have a restful day

Set aside time to relax. Christmas can be a stressful period so it's important that we look after ourselves.

**Tip:** Make time for your own self-care too. Ask your pupils and colleagues what they will be doing for self-care over holidays.

