

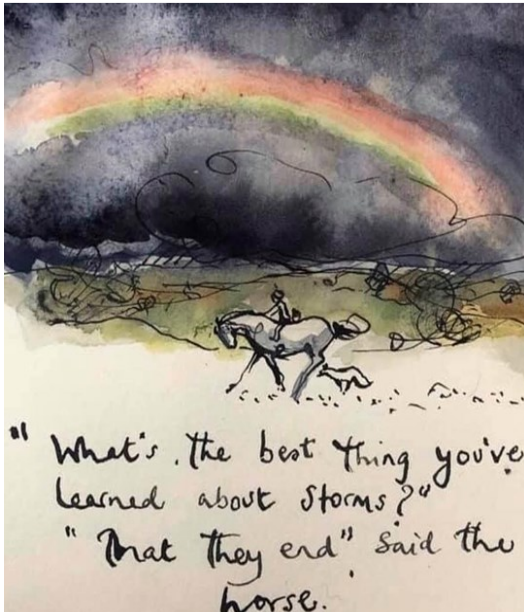


A Message from the Headteacher

Dear Parents/Carers

Welcome to our new edition of the newsletter. We have produced this to showcase the wonderful work which the students and staff are doing despite the current difficulties. We have also invited you to show your wonderful work and your helpful ideas to help us all through this situation; please see the details below. I do hope that you are all keeping safe and that you are managing to cope with the social distancing and the 'lockdown'.

If you are anything like the staff here at school the last few weeks must have felt incredibly strange - there have been some good bits - for many the ability to spend different quality time with our families; less driving and rushing around - having the opportunity to really assess what's important in our lives. Alongside these benefits there are so many uncertainties and worries that we just can't wait



until it gets back to normal. Just so that you and your children know, we are missing them here in school and looking forward to when we can open fully and see our community restored to 'normal'.

It has been strange not seeing our students here in the last couple of weeks but we hope that they have settled in to being at home now and that the distance learning is going as well as it can. Don't worry if it feels odd or there are some things they are struggling with - please tell them to ask their teachers for help via Show My Homework (SMHW) or email but also trust that we will support them in person and sort out any problems as soon as school starts properly again. We have listened to your feedback about online learning and have made some adjustments to our practice. Please read the updated ['Guidance and Expectations for Remote Learning'](#).

To support and enrich students' learning, the Department for Education has produced a list of [useful resources for home education](#).

Formal lesson setting, online, will begin again on Monday 20th of April; please tell your children to keep looking at their SMHW and school email on a daily basis from then. We appreciate that many parents/carers, like many of us, are juggling home-working with supporting their children doing remote school work at home. Please don't become stressed about it, do what you can and do what is right for your children; we have lots in place to support you. Please do keep an eye on the school website.

We know many children are working incredibly diligently and we are really proud of them; we would like to celebrate their efforts. It would be great if students could share some photos of activities that they have been doing at home over the last few weeks or work that they are proud of. If you have good ideas to share how to keep the family busy and motivated, or perhaps helping in the community, or indeed the interesting or unusual work setups you have put together in your home then please share them with us. Your ideas will be an inspiration for others! We would like to share the photos on the Rednock School official Facebook Page and on our School website. By submitting photos parents/carers give their consent for the images to be used in this way. Please send your photos and stories to lockdownstories@rednockschool.org.uk

Continued.....



We hope that your children have found some kind of routine to their week and that they are still managing to get fresh air and do something nice for themselves each day; at times like this it is important that we prioritise our well-being above everything else so that we have the resilience to get through whatever challenges lie ahead. We have attached the link to our pastoral notice board below - it's on our website and has lots of ideas and support links of how you can help yourself during this strange time; it also details what we can do for you and your children too - we are still here if you need us!! You can call in by phone and we can arrange for pastoral appointments to take place for you or your children.

<https://www.rednockschool.org.uk/notices/pastoral-support/>

Please take care,

David Alexander
Head Teacher

Rednock School Is Happy To Help

Design and Technology Department

During the Easter holidays the DT department designed and created face shields for frontline staff to use. In this current situation and with shortages of personal protective equipment we thought it would be a great idea to put our skills to good use. With the materials available within school we were able to make 65 face shields that have been donated to a local Care Home. It feels great to be able to do something constructive for the community to help local health workers. We are hoping to be able to make more soon.



Craft Kits

Thank you to Sara Browne from the Science Department who has put together a variety of craft kits for students to use as part of the daily 'Try something new...' session. The activities include making hair scrunchies, crocheting a granny square, making lavender bags and making pom poms.



'What if?' Roadshow



On Wednesday 4th March our Year 12 students attended the 'What if?' Roadshow, which was hosted by the Police and Crime Commissioner, Gloucestershire Fire and Rescue Service, Gloucestershire Constabulary, the Great Western Air Ambulance Charity, the South Western Ambulance Service, the Severn Major Trauma Network and the University of Gloucestershire. The aim of the roadshow was to shatter the 'illusion of invincibility' held by many young drivers and passengers, and empower all of us to be safe and sociable road users.

The audience was shown a film detailing the story of two young men who were involved in a 'crash' in the Forest of Dean. The pair take the audience on a journey, exploring their emotions and presenting the harsh realities after the incident. Alongside the film, there were on-stage testimonies from professionals who attend road traffic collisions and those who have been affected by them. These accounts were moving and explored the emotional and personal tragedy that people involved in a road traffic collision encounter. Students who see the show will be more aware of their personal vulnerability and accountability as riders, drivers and car passengers.

Abbie Scragg said, "The What if? Roadshow really helped raise awareness on the dangers of driving and brought into account the reality of your actions and choices when driving or as a passenger. In my opinion, it helped us young people who are starting to learn to drive to be careful and to be wary of driving and the dangers on roads."

Dominic Small said, "The What if? Roadshow was very moving and myself and my friends were shocked by the extreme effect dangerous driving can have on you and people around you."

GCSE Art Trip to St Ives

The Art Department went on its annual trip to St Ives during February break taking 33 Art GCSE students. Students visited the Tate gallery and the Barbara Hepworth sculpture garden. The students spent two days taking part in artist led workshops facilitated by local artists including the Leach Pottery and Greg Humphries. The weather stayed dry so students could go on the beach to do some much loved sand sculpting. Keep an eye out for trip letters going out next term for St Ives 2021.





Sixth Form - Coventry Building Society

On Monday 9th March, eight Year 12 students received their certificates for successfully completing the Coventry Building Society (CBS) employability skills course. The course ran from September until January and involved workshops on a range of practical skills from CV and letter writing to personal branding, interview and presentation skills. The workshops were delivered by CBS staff who are directly involved in the recruitment and selection process and were able to give invaluable advice to our students. On the back of the skills learnt on this course, three students have successfully applied for part time work and apprenticeship placements and everyone is far more confident in the way that



they approach the whole recruitment and selection process as they prepare for their next steps. Special mention goes to Ellie Sherman who received a £50 Amazon Voucher as a prize for the student who demonstrated the most progress. Well done to all of you - Mr Justice.

Careers Education Information, Advice and Guidance (CEIAG)

Whilst we all have a little more enforced time on our hands, it is important not to let time drift and be caught out. We need to set goals to help maintain our resilience, sense of purpose and direction.

It would be a good idea to recheck your plans and take time to consider the broader career pathways available to you. There are lots of really useful links on the schools website for CEIAG, please follow the link below:

<https://www.rednockschool.org.uk/information-advice-guidance/careers/>

Useful Reading Information

The Day

The Day is a free, daily newsletter for parents and guardians at home with children, helping to enrich learning with real-life knowledge and skills. Published at 7.00am Monday to Friday and **entirely free for the duration of school closures**, The Day hopes to set young people on the path to exploring the real world and thinking for themselves.

Please click here to sign up for the free newsletter - <https://theday.co.uk/home-subscriptions/new>



British Science Week

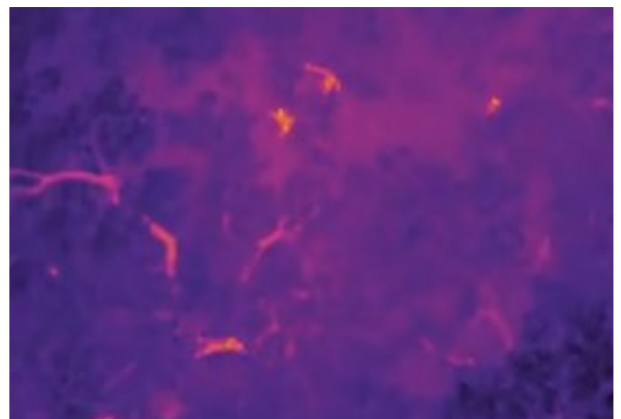


The week commencing Monday 9th March was British Science Week, and the Science department celebrated in style! Students took part in various activities in their Science lessons, including calculating their carbon footprint and helping out research scientists by taking part in a Citizen Science project. This involved looking at drone footage taken with an infra-red camera to help survey the locations of spider monkeys in the Amazon rainforest. It was amazing to see the monkeys bouncing around in the video clips!

There are four monkeys in the picture, one in mid-flight, can you spot them? In addition to the activities in lessons, all of the Year 10 Triple Science students took part in the 'Biology Challenge' a national Biology competition, and Key Stage 3 students also got involved in 'pop up Science Club' making plastic (casein) from milk.

Please click on the link below to take part in the spider monkey challenge.

<https://www.zooniverse.org/projects/rossmcwhirter/spotting-spider-monkeys>



STEM Ambassadors visit Cam Woodfield School

As part of British Science week, Dr Craig and her team of Year 13 STEM ambassadors went to Cam Woodfield Junior School to give a special demonstration assembly on the theme of 'our diverse planet'. The students explained to the children about different gases in our atmosphere and demonstrated their properties, as well as setting off some explosions for good measure. Additional entertainment was provided at the end of the day by Dr Craig's 200-point turn in the minibus.



Celebrating the Periodic Table

As part of the 150th birthday celebrations for the Periodic Table, Dursley Library has won a grant from the Royal Society of Chemistry to make a permanent art installation, and has asked Rednock School to be involved. We have been working with local artist Abi Nicol to design cartoon characters that represent the different elements of the Periodic Table, and we are looking forward to making them when the school reopens.

FameLab 2020

The final for the Year 9 FameLab competition took place in the main hall with the ten finalists giving three minute speeches from memory about a scientific topic of their choice. Dr Cunningham judged the talks, and pronounced Henrietta Hudson to be the winner, we enjoyed her talk about how empty space within atoms means that we never really touch anything. The quality of the presentations was outstanding this year, and we are very proud of all of the students who performed brilliantly in front of their whole year group.



Learning Resource Centre (LRC) News

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” Dr Seuss.

In these uncertain times, students might just be tempted to lose themselves in social media, and while it can be useful in keeping us connected and informed, it’s also a good idea to keep reading books.

Reading is such an important skill, not just to read a recipe or a road sign, it helps us understand the world around us, and discover life beyond what we know.

Here are more reasons that highlight the importance of reading books.

Books Reduce Stress

Whether it’s adventures, thrillers, science fiction, young adult, romance novels or autobiographies, books can help you relieve tension and relax. Books allow us to escape the stress and anxiety of everyday life by allowing us to immerse ourselves in another world or involve us in a topic we find compelling.

Books Make Us Better Communicators

Books improve our vocabulary and so our communication skills improve. Reading enhances our language skills and develops fluency, allowing us to express our thoughts and ideas better.

Books Educate Us

Books quench our thirst for knowledge. Through books, we learn about how things work, understand different cultures, and comprehend the history of things. We can learn new languages, how to improve ourselves and even how to build things. The right books are full of useful information that help us become smarter, sharper, more skilled and more open to new ideas.

Books Help Build Empathy

Reading helps us to take the perspective of characters we normally wouldn’t interact with, and to give us a sense of their experiences.

Books Keep Our Brains Healthy

Did you know that when you read books, you’re also exercising your brain? The more you read, the more you stimulate your mind. Mental stimulation keeps blood flowing to our brains, when we read, our brain function and memory improve. The healthier your brain is, the more you are able to focus and develop your analytical skills.

Books Motivate Us

Books have the power to inspire and motivate us with stories of people who have made something of themselves despite the odds. Whether it is the heroics of a fictional character or the real-life accomplishments of someone remarkable from history, books encourage us never to give up, keep moving forward, and stay positive.

Books Stimulate Creativity

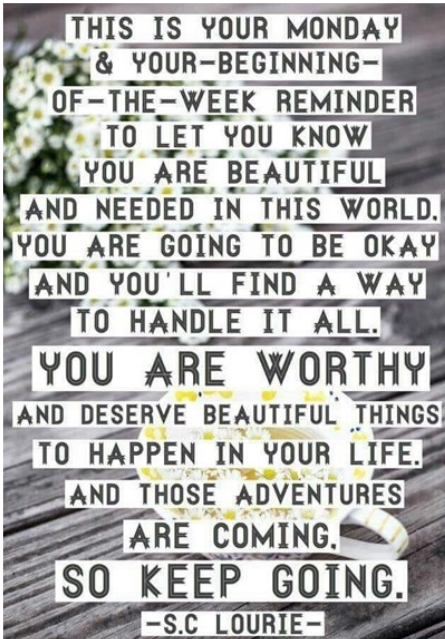
The right book can take us on adventures and inspire us to visualise new lands, dimensions, and alternate universes. Through reading, our imagination is ignited, and we open up our minds to new possibilities. Even non-fiction books on science and technology have the power to stir our creativity and stimulate innovative and inventive ideas.

Use this link to access free, online versions of some classic literature.

<https://www.researchify.co.uk/audiobooks.html>



Mindful Meditation & Well-being with MJ



We have set up a Well-being hub Google Classroom for staff and students at Rednock. All students have been invited to join. If they have not done so already they can accept the invitation by opening their Google Classroom App when they have logged into the school website. Currently we have over 100 members. The hub gives many ideas and strategies for coping during these challenging times. Please click on the link below to view the coping calendar from "Action For Happiness" that gives us 30 suggested actions to look after ourselves and each other.

<https://www.actionforhappiness.org/active-april>

The Well-being hub is a great place to look for new ideas to experience something different, for example streamed online theatre, books, PE, Art exhibitions around virtual galleries, nature, poetry and juggling. There are opportunities to undertake singing with Miss Summers, Mindful Meditation with Miss Johnson and creative classes.

There are also tips for mindful well-being. Try this tip

A Mindful Moment to pause ...

You can use any daily moments in your life to be mindful and meditate.

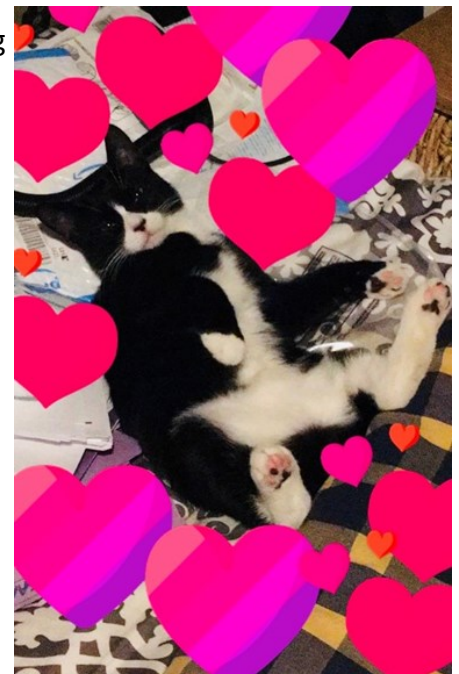
So keep washing those hands but as you do it, be mindful and use it as a time to "breathe in and out". Say the words in your head or out loud as a positive reminder as you feel the soap and water on your hands. Enjoy the experience of the hand washing and send yourself some loving kindness :)

There are fun activities, links and many thoughts for the day! We even have our own mascot; like the kitten who is learning to climb trees and find his way in the world and students can follow his progress.

Our intention is to spread some positivity, creativity and support for young people in these challenging times.

May I be well,
may I be happy,
May I be healthy,

May I be
filled with
loving
Kindness.





Therapeutic Thursday 9th April 2020

Today at Rednock our students really supported their wellbeing with a day spent on “inner peace” and “resilient calm”.

Students were invited to attend a Mindful Meditation session with Miss Johnson. A growing body of research shows that it reduces stress, anxiety and promotes self-regulation and empathy. Doing mindfulness is like a fitness routine for your brain and students commented that they felt calmer and less stressed.

Students undertook a session on Qigong, a Chinese health practice based on gentle movements, meditation and breathing. There was a real atmosphere in the Drama Suite as everyone focussed on the movements of the 8 Brocades. Both modalities are healing practices for the mind and body! Perfect for these challenging times.

We lost ourselves in a film Kungfu Panda 2 and munched on popcorn. Mr Merriman organised an Easter egg hunt, we worked in teams and followed cryptic clues that were hidden both indoors and out. In the afternoon we got very creative in the sunshine and designed Mandalas and chalk art work.

Please see some of the student work below.



What a great day we had with Rednock staff and students!



Student Stories



Rednock School will continue to remain open for vulnerable students and those children of key workers. During the coronavirus pandemic, the rainbow is used as a sign of support for the NHS who have been working tirelessly on the frontline. Students in school have created some lovely rainbow posters that are featured on the windows of the LRC. Students have also been busy creating bunting which is now on display in the foyer.



Giant Jigsaw Challenge

Miss Burley set the students currently in school a fun art challenge. Each student was given a blank jigsaw piece to fill with positive artwork. Miss Burley selected a group of images to inspire the students before starting the challenge. The students were given a checklist of things to include within their artwork.

Jigsaw Checklist

- Positive Imagery
- NHS message
- Colourful
- Bright

Please see the positive and creative artwork the students created in response to this challenge.

