



The Shipston Spotlight

Keeping us connected

Issue 1: May 22nd

Welcome to the first edition of the Shipston Spotlight, which provides an opportunity to glimpse the wide range of work and activities the Shipston High School community has completed in recent weeks.

We are all living through unprecedented times. Just a few short months ago, none of us would have predicted that school sites would be largely empty and that students would be working remotely. The change for school staff, students and families has been enormous.

Despite all the recent upheaval and uncertainty, one constant has been the indomitable spirit of the school community. Everyone has adapted so quickly and good naturedly to this new learning experience, and students have engaged with incredible enthusiasm and commitment.

As a staff, we have been really impressed with the high quality of work students have produced. Diligent, creative and thoughtful attitudes to study have produced detailed, challenging and joyous pieces of work.

All students are to be congratulated and all their work celebrated. This newsletter affords the chance to share just some of that work. Well done to all students on maintaining our school values of learning, respect, ambition and achievement. Whilst we may be physically separated, the unity and values of the school thrive through your commitment to learning. Keep going, and enjoy the newsletter; we will all be together again when the time is right.

G. Saunders

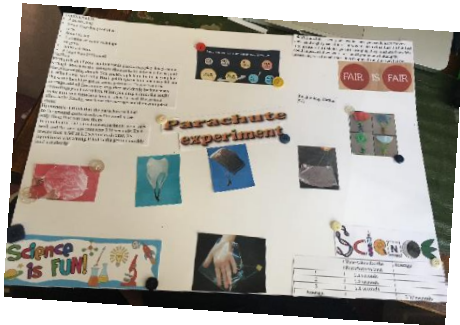


7HM's rainbow of rainbows 😊



Student Showcase

We have been so impressed with the fantastic effort students have been putting into their work, below is a sample of some of this wonderful work.



Ellie-May Year 9 Science

SCIENCE POSTER

Equipment:

- String
- Lego man
- Materials
- Staircase or window
- Stopwatch/phone

Method:

First, we gathered all of our equipment and all of our materials and started to assemble the parachute. Secondly, we got some string and then attached it to some paper or a plastic bag. Then we added a lego man to the parachute and timed how long it took for the lego man to reach the floor.

Evaluation:

In my experiment I found out that it was unfair because Lego men might have more weight than others and the height of the drop would differ because we didn't do it together. To conclude next time I do the experiment I will make sure everything is the same and change the variable that made it unfair.

Noah Year 9 Science



Crosby Year 9
Science



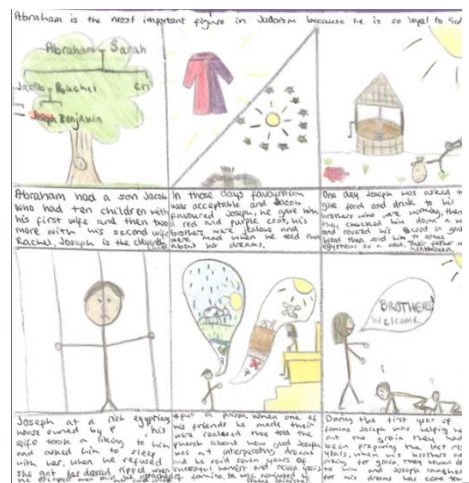
Sophie Year 9
Geography



Jake Year 9 Parachute Project
Archie Year 9 Parachute Project



Imogen Year 8
Humanities Project



Annabel Year 7
Judaism Project



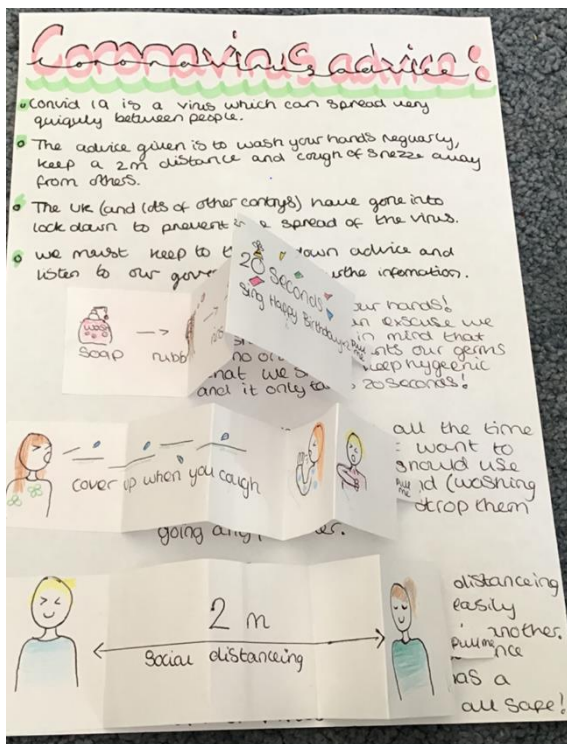
Olivia

Year 7 Creative Writing Work

Slowly, we crept down further down, the heat was rising, the smoke choking us, the jagged rocks stabbing us and burning and burning our feet making us slide down.

We reached the bottom and were immediately escorted onto a small black boat. As we sailed across the river of souls, faces screeched and screamed as they swam past. The journey seemed endless, time consuming.

Suddenly, the boats came to an abrupt halt at the bottom of a tall, dark black castle where guards were holding torches of fire. Approaching me was a tall man draped in black with a trident in his clenched fist. He stifled an evil laugh and forced me to get out the boat and follow him into his castle. Shaking, we proceeded down the corridor and got to two black chairs. We sat down and got told by Hades that we have punishments and with a loud voice he told me because I stole some sweets I would have to be forced to eat sweets until my teeth fell out. I tried to scream and run but it was too late.



Abigail Year 9

Isabelle Year 8

PSHE



Samuel Year 7



Health and Wellbeing



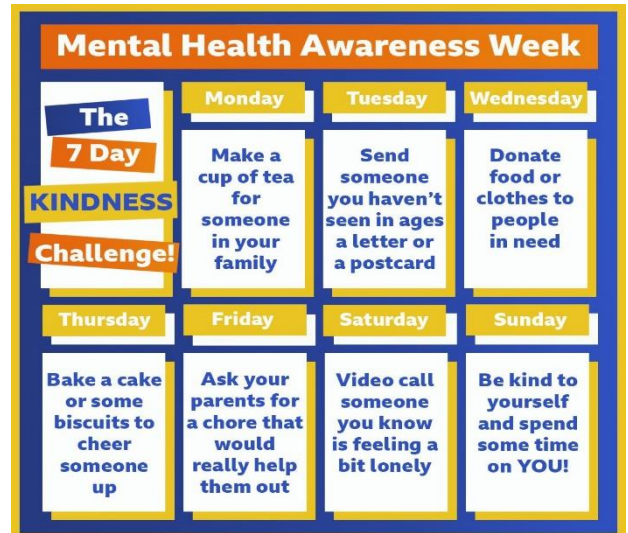
This week is Mental Health Awareness Week - hosted by the Mental Health Foundation, this year's theme is kindness.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

To help promote healthy wellbeing Loudmouth have come up with five ways to good well-being: <https://vimeo.com/415406933>

BBC Bitesize have also come up with some suggestions on how we can practice kindness in their 7 day kindness challenge.

Ms Whitworth would love to see what you do for the kindness challenge, please send any pictures or write ups to jordanwhitworth@shipstonhigh.co.uk - remember to include your name!



Keeping Fit!

MAY THE FORCE BE WITH YOU JEDI TRAINING

ODD NUMBERS

- 20 JUMPING JACKS
- 10 CALF RAISES
- 20 PLANK JACKS
- 10 SQUAT JUMPS



EVEN NUMBERS

- 10 BURPEES
- 10 SQUATS
- 20 MOUNTAIN CLIMBERS
- 20 PLANK KNEE TUCKS

Level 1 - YOUNGLING

Complete 2 Rounds

Level 2 - PADAWAN

Complete 3 rounds

Level 3 - JEDI KNIGHT

Complete 4 rounds

Level 4 - JEDI MASTER

Complete 5 rounds

Choose a level which is challenging for you. Try to advance your level throughout the month. The ultimate goal is to become a JEDI Master by the end of the challenge.

Color in each day you complete the exercises.



As well as keeping our minds healthy it is also important to keep our bodies healthy too. Here's a quick activity you can do at home (thanks to

<https://keepingkidsinmotion.com/category/monthly-fitness-challenges/>).

These websites contain some great suggestions for keeping healthy at home:

<https://www.nhs.uk/change4life/activities>

https://www.sportengland.org/jointhemovement#get_active_at_home



Family Support

Over the last couple of weeks, we have received lots of information from various organisations who are recognising how difficult this situation is for families. Below are a selection of websites that provide ideas on mental health and well-being.

Family support from Warwickshire County Council: <https://www.warwickshire.gov.uk/fis>

<https://greatmindstogether.co.uk/resources-%26-downloads> – really good for **workbooks** and **activities** to download that look at anxiety, coping with Covid-19, coping with change. Some SEND focus, but useful for all.

<https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send> Some resources here on **mental well-being**.

<https://issuu.com/familiesonline/docs/familieswarwickshirelockdownissue1?fr=sMWIwZjEyMzkxMzQ> A home learning **digital magazine with activities**.

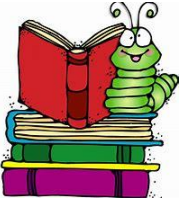
<https://www.futurelearn.com/courses/low-mood-during-covid-19>

Useful Apps: If your child is struggling to get motivated, how about downloading an app such as **Habitica**, **Focus: To Do** or **Habit: Daily Tracker**. Create a list and tick off the tasks as they do them.



Warwickshire County Council also creates a weekly newsletter offering support for families
<https://us5.campaign-archive.com/home/?u=a24b439ef7022ae0d86f9ca6e&id=7346556874>





Recommended Reads

Each newsletter the English Department will be offering a recommended read for you to enjoy!

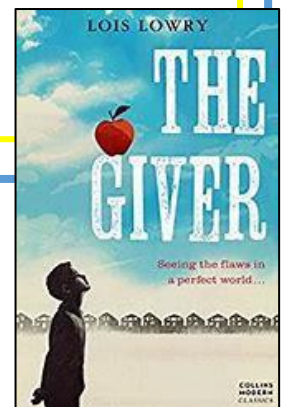
Mrs Thompson is reading *The Giver* - by Lois Lowry. Here's her review...

"I have been reading this after I saw it recommended on a dystopian literature list - and it is fab! It follows a boy named Jonas who lives in a community free of crime, sadness - even death!

It sounds like utopia, right? But is it?? In order for the humans to live like this, we discover, one member of the society must hold the position of 'Memory Keeper'. And the job falls to Jonas. And with what he learns, we start to question this society. Is it really utopia if you have to be shielded from so much?

It is a short book and the style is simple - in-keeping with the nature of our narrator who is only a young boy. But the issues are incredibly interesting and I couldn't put it down. There are some difficult moments - when we learn what happens when people are 'released' for example (so if you are feeling a little emotionally fragile, you might want to put it on your list for later!). But on the whole, I'd say this story is accessible for year 7 whilst still managing to raise questions that would get year 11 pondering the meaning of life. I loved it and I know I will still be thinking about it for a long time to come. And apparently there is a film too, so that will be my next stop! I urge you to read the book first, though. You won't regret it!

Happy reading!"



Aidan discovers a love of reading



Teacher Feature

What has Miss Midgley been up to in the evenings and during the weekends?

“I have been trying to make the most of this time by reading a lot, baking banana bread and finding new walks near my house. I’m very lucky that I live so close to such beautiful places. Most importantly though, I’ve been spending time with my dog, seen here looking for some delicious bees in the lavender.

As I always tell my form, I love hearing about what you have been up to! I’m looking forward to seeing you all again soon. “



Art competition!



Paints, crayons, cameras and markers at the ready!
We are inviting you to enter Shipston High School Art competition.

You need to create a piece of Art that makes you happy:

It could be a picture of the view from your window, a person you love, an activity you have enjoyed doing recently, something you are looking forward to, a rainbow or anything else that has inspired you during this time .

The competition will be judged by our Head of Art Kelly Costello and our Head of ICT Ella Rivett.

How to enter:

When you have finished your picture, you should scan or photograph it with your name and form - or ask your mum or dad to do it - and send it to: kellycostello@shipstonhigh.co.uk
or ellarivett@shipstonhigh.co.uk

Closing Date : Thursday 4th June



Half Term Activities

10 fun activities for half term:

1) Learn a new recipe. Here's one tried, tested and recommended by Mrs Thompson...

https://www.bbc.co.uk/food/recipes/quick_cheats_pizza_88026



2) Make a homemade lava lamp - <https://youtu.be/7-BYKktXCGU>

3) Take a yoga class together - <https://www.youtube.com/watch?v=oBu-pQG6sTY>

4) Take an alphabet walk - when you go for your daily exercise see if you can find something beginning with each letter, take a photo and create a collage.

5) Try origami https://www.youtube.com/watch?v=dXh1TUg_0XU



Ms Whitworth's attempt at origami dragons!

6) Step challenge - pick a place in the country you would like to 'walk to', and use a step counter for the week (most phones have some sort of step counter) and see if you and your family's combined steps can get there or add up your steps at the end of the week and see how far your steps would have taken you.

7) Decorate some rocks with kind messages and leave them for people on your daily exercise.

8) Hold a paper aeroplane race.

9) Take a virtual tour of a museum - https://www.nhm.ac.uk/visit/virtual-museum.html?gclid=CjwKCAjwh472BRAGEiwAvHVfGnPNrQI6WLjS8EpsRbMhggzEgEdmRtIBMWOLZtQKDcfQijB8tBC2GRoCNIMQAvD_BwE there's also some great tours of zoos and theme parks!

10) Make salt dough jewellery - <https://www.youtube.com/watch?v=0SmfpX-GmDs>

We'd love to see what you get up to over half term – please send any pictures or write ups to jordanwhitworth@shipstonhigh.co.uk.

