



The Shipston Spotlight

Keeping us connected

Issue 3: June 26th

Welcome to the third edition of this newsletter, which provides an opportunity to enjoy just some of the fantastic work and activities the Shipston High School community has been busy creating during June.

Across these recent weeks, I am sure that we have all been impressed by the range of activities showcased in The Shipston Spotlight. Students are working with incredible creativity to demonstrate their knowledge and interest in the curriculum, their creativity is celebrated in these pages.

The work displayed also shows the quick adaptability of the students. Who would have thought, a few short months ago, that we would still be working off site? Wonderfully, while we are really looking forward to being back in school soon, the quality of work has remained as impressive as ever. Well done to everyone; enjoy this edition and keep sharing your magnificent work.

G. Saunders

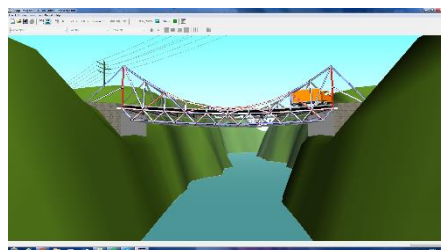
Student Showcase

Our students continue to impress and amaze us with the effort they are putting into their work. Here are some more samples of their work for you to enjoy.



Darcey

Year 8 have been learning about bridge structures. Focusing on Tension and Compression. Some have also used 'Bridge Designer' software, to design their ideas.



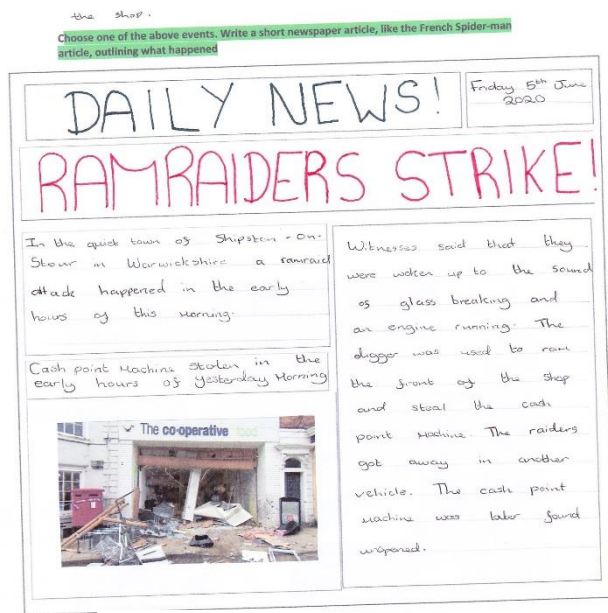
Jay



Georgina



Some fantastic English work...



Isabelle Year 8

I CAN'T BREATHE

George Floyd
Pinned down knee to his neck
Called out
'I can't breathe'
Soon gone

Nelson Mandela
27 years in prison
They would not
Let a black man run for president
What did he do wrong

People shouldn't have to tell their kids
About what to do when it happens,
It will happen, it will always happen
Why are some cops racist
Why

Black lives matter too
Don't make this a reality
Don't make people have to worry

"When a man is denied the right to live the life he believes in, he has no choice but to become an outlaw."
Nelson Mandela

'I can't breathe' should never be words to come out of someone's mouth.

Black lives matter too

Benjamin Year 7

I can hear my heart humming and my blood racing like a Formula 1 sports car as I keep on sprinting to gather the loot before my enemy. The zone is closing in on me; sooner or later I will be engulfed – death is upon me and my first life will be gone.

The rocky ledges overlooking the crater below are protecting me and my team from the other players; the derelict, dilapidated houses watch over me as I hide from the blood-thirsty enemy. The cranes are towering above me in the swirling mist of the clouds and shafts of sunlight fill the sky.

Running breathlessly we stumble across a cave – all around the hum of the busy zip wires filled with approaching enemies can be heard. The skins of my teammates are a rainbow in the darkened gloom of the cave. The whistle of the wind; the shriek of the bats; the trickle of running water surround me. The echo of my voice encouraging my teammates to advance on the enemy is the last thing I remember.

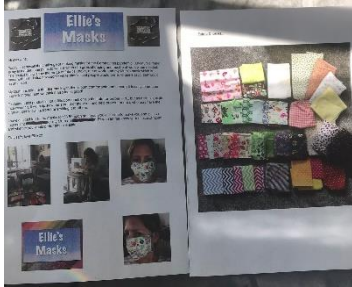
Oliver Year 7



You will remember 7HM's rainbow of rainbows from our first edition, which is now being enjoyed by staff and patients at the Ellen Badger, and the children's wards at Warwick and Walsgrave Hospitals 😊



Mrs McDermott set KS3 a half term challenge to "Design/Make a social distancing product..."



Eleanor Year 8



Harvey Year 7



Jake Year 9



Riley Year 7

Here's some more tasty offerings from Food Tech's half term challenge: to design, cook and present a dish using three or more ingredients that you have at home...



Year 7 male student



Nathan Year 7



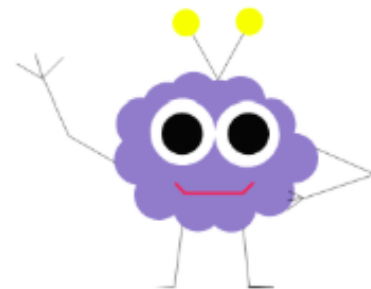
Noah Year 9



Lucy Year 7

Maddie Year 8 created a fun character for IT...

I chose to design my character like this because I wanted something that the children would like. I needed to do the character in bright colours because children like bright colours, and it will stand out on the screen. I also wanted my character to look friendly so that it didn't scare the children when they were playing on the game. I named my character Pom Pom Poppy so that it was a fun name and easy for younger children to say. I used the tools available in Scratch. I used the circle tool to help me get the right shape, along with the line tool to make sure that I got straight lines. I also used the fill tool for colour.



Keeping Fit!



This year sports day is going to be a little bit different...due to the current situation we find ourselves in, we are going to do a **Virtual Sports Day !**

Instructions are included on the school website and can be accessed using this link.

<http://www.shipstonhigh.co.uk/category/front-page-news/>

You have until **6th July** to get involved and submit your scores, using the online form.

Best of luck!!

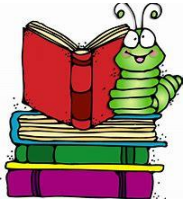


Socially distanced hockey!!



One of our Year 10 "bubbles" has been keeping fit, practising their hockey skills during lunch break





Recommended Reads

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

A Good Read: Talking Heads

Of course there is no single best play: there is only the play that speaks best to a reader, student, actor, director or audience member at any given moment. With this in mind I would like to point you in the direction of Alan Bennett's masterful take on loneliness, isolation and frustration; a Mappa Mundi for the Covid world we all inhabit today.

It's over thirty years ago that Bennett first unleashed on an unsuspecting world six characters all of whom are deeply flawed, hilariously funny, viciously nasty and yet above all engagingly human. The BBC has now revisited some of the original six stories in a very apposite attempt to shine a spotlight on the world of isolation in covid-controlled 2020.

In *A Lady of Letters* the poison pen of Irene writes copious letters complaining about smoking hearse drivers at the crematorium; unfit neighbours who never even put a table cloth on their dining room table and issues regarding the council's ability to manage their municipal duties. What we really discover is that exclusion from society sometimes leads people to misunderstandings. Unfortunately, when people misread situations there can be unintended consequences. Perhaps a modern equivalent would be the trolls and cyber-bullies who stalk the pages of the social media sites so lovingly frequented by most people today. However, there is a substantial difference. Where the trolls act in a way that is purely malevolent, Irene is at heart a good person who really wants to help, wants to be a benevolent member of society, wants to do the right thing. She's just misguided. So much so, that her poison pen letters end up with a custodial sentence after wrongly accusing her neighbours of child abuse and even hinting that just like the accusers of Kate and Jerry McCann – the new neighbours have murdered their own child. This do-gooder has 'done –badly' as we discover that the child is having cancer treatment in the hospital and Irene is locked away for the safety of all of her community. The masterstroke for Bennett is to avoid the bathetical plunging into mawkish sentimentality by finding a role for the frustrated Irene in prison. No longer lonely, the rudderless Miss Ruddock is now replete with a full life in real lockdown by helping the disenfranchised, illiterate and vulnerable characters who are also incarcerated for their crimes. The irony of incarceration leading to freedom should not be dismissed by the populace today.

The re-filming of some of these monologues, again with single hand held cameras and lengthy scenes which focus only on the talking heads in question were unusual in 1988 and have lost none of their potency in our virus controlled world of 2020. The nuance of gesture and the subtlety of performance make these monologues exceptional pieces of timeless drama. All that the actor has is words, words which create their lives and world in a fully realistic, hysterically funny and heartbreakingly sad manner.

The forty five minutes of talking heads is a valuable use of your time. Check out the remakes, peruse the originals and better than that, read the plays themselves. Bennett's body of work is vast and magnificent ranging from early plays such as *'Habeas Corpus'* to the wonderful *'Madness Of George III'* and the GCSE text, the fabulous, *'History Boys.'* However, it is the quality of writing that makes him great. Such examples as this from *'A Chip in the Sugar'* epitomise his genius:

"She said, 'He knows what I mean. Where did you get those shoes?' He said, 'They're training shoes.' She said, 'Training for what? Are you not fully qualified?' He said, 'If Jesus were alive today, Mrs Whittaker, I think you'd find these were the type of shoes he would be wearing.'"

By A G Warren



Teacher Feature

This week it's Mr Smallman's turn to tell us what he's been getting up to in the evenings and at the weekends...

When people asked me what my favourite lesson was when I was at school you might think Biology, Chemistry or Physics would have been the answer, but I always replied 'woodwork' (as it was then called!).

Lockdown has enabled me to reignite this passion - inspired by Springwatch and gardening programmes, I decided to blow the dust off my old tools and get making again. A few trips to Screwfix and several power tools later I have finished off a hedgehog house, am nearing completion of a planter and thinking about the possibility of a bar in the garden!

Walking, cycling and now the golf courses have reopened, means that once the school work has been completed I don't really stop!

At the end of the day, while others might be reading a novel or watching Love Island, I'm reading my new Screwfix catalogue!!



Health and Wellbeing

We are aware that some young people may be struggling right now and feel it important to highlight this crisis line run by



24/7 Crisis Line Number for Children and Young People.

For urgent calls for children and young people who are experiencing a mental health crisis contact the Rise Crisis team between 8am-8pm on 02476 641799 or call 0300 200 0011 outside of these hours.

During the COVID response, this service is available 24-hours a day, 7-days a week, with an advice-only service outside the core hours of 8am-8pm.



Warwickshire Educational Psychology Service has also developed a series of short

webinars to support emotional well-being. The sessions are aimed at parents/carers, secondary aged young people, school staff and other professionals, and are free to access.

See the flyer at the end of the newsletter for further information.



Something to keep you busy...



Why not have a go at making some **Frozen Flowers**!!

All you need is a variety of flowers (disassembled, e.g. petals off of the stems), water and ice cube moulds (or you can use yogurt pots or containers).

Method:

- Collect various different flowers and leaves from your garden or on a social distancing walk.
- Carefully pull apart the flowers so that the individual parts of a flower are separated, e.g. stem, petals, bud, root.
- Gently place the flower parts in an ice cube mould, evenly distributing them as you go.
- Pour water in your moulds to the top.
- Place in the freezer overnight to allow to completely freeze.
- The next day, pop the frozen flowers out of the moulds and place in a tray. Enjoy!

* You might like to use magnifying glasses to try and “discover” what is hiding in the ice!

Remote Learning French Challenge

Miss Chambers invites you to take part in a fun 30 day remote learning French challenge.

You will find full details on the Noticeboard on Show My Homework.

It contains lots of links to videos, articles and some fun activities for you to try.

Go on...give it a go

Bonne chance!



Shipston High Remote Learning

30 day

Follow the grid to boost your cultural and linguistic skills! Tick it off each day and make sure you show Miss Chambers when you return to school so you can be rewarded with a commendation!

1	20 mins of Bitesize	2	Complete 30 minutes of KS3 Seneca	3	Listen to 3 French songs on Spotify	4	Watch a Caillou cartoon in French (see link below)	5	Choose a famous French-speaking celebrity and find out something interesting about them!
6	Research a French-speaking festival or custom	7	Find 5 French slang words, write them down and what they mean	8	Research a French-speaking country in West Africa – can you give me 5 facts about it?	9	Watch a Peppa Pig episode in French on YouTube (see link below)	10	20 minutes of Memrise
11	Watch a video on 1jour1actu.com (see link below very challenging!!)	12	Research a French delicacy	13	Research a French speaking country in North Africa – can you give 5 facts about it?	14	Read an article on 1jour1actu.com (see link below very challenging!!) What was it about?	15	Do something creative – make an ‘arc en ciel’ (Rainbow) and stick it in your window!
16	Listen to the French national anthem	17	Research a famous French landmark. Can you give 5 facts about it?	18	Research 5 new verbs	19	Complete 20 minutes of Memrise	20	Watch a Peppa Pig episode in French on YouTube
21	Research a French landmark – find 3 facts about it	22	Watch a Caillou cartoon in French (see link below)	23	20 mins of Bitesize	24	Watch a video on 1jour1actu.com	25	Watch a Caillou cartoon in French
26	Eat something French today!	27	Research a French speaking country in the Caribbean – can you give 5 facts about it?	28	20 minutes of Memrise	29	Watch a Peppa Pig episode in French on YouTube	30	Listen to 3 French songs on Spotify





Supporting emotional well-being through principles of Acceptance and Commitment Therapy (ACT)

Warwickshire Educational Psychology Service has developed a series of short webinars to support emotional well-being. The session is aimed at parents/carers, secondary aged young people, school staff and other professionals. The sessions are free to access as part of our work in virtually supporting families and staff in Warwickshire during this time.

There are 4 Webinars in this series:

Session 1: Introduction to the principles of ACT and introduction of a key ACT principle of focusing on what you can control.

Session 2: Acknowledging our thoughts and feelings. Key ACT principles involve learning to acknowledge and accept all feelings and thoughts, whether these are difficult or not; sit with these feelings; and then learn to step away from difficult thoughts and feelings, so that we can make choices about how we behave, rather than reacting in a way that that may not be helpful for us in the longer term.

Session 3: Come Back into Your Body' focuses on practising mindfulness by connecting with the body, and includes some interactive activities. Being aware of how our bodies feel can help to ground us in the present moment; a key principle of mindfulness.

Session 4: A guided introduction to Dropping Anchor a technique to disrupt rumination and worry; focusing your attention on the task or activity you are doing. The better you anchor yourself in the here and now, the more control you have over your actions.

The Webinars will be available from the 22nd June 2020.

If you would like to sign up to watch the Webinars, there are 2 ways you can do so, either by clicking on the link below or scanning the QR code using a phone or tablet to access the form.

<https://forms.office.com/Pages/ResponsePage.aspx?id=BqqwiCdZu0uok4nMJxOsgnj5Q5LTTU1HmJT09R1U9O1UN09TMTk5S0tJMjdTUEdBWUJWVKEzV0EyVC4u>



Once signed up the Webinars will be available to watch via the email links for up to 30 days.