SchoolNewsletter

Week commencing 08 February 2021 www.tchs.org.uk

Welcome to our School Newsletter.

All of the latest news, information and developments from across the school community



This newsletter will provide regular information for our school community, with day to day matters regarding Curriculum, Teaching & Learning, Pastoral Support, Safeguarding, Chaplaincy & Religious Life and also ways to keep connected with one another, sharing good news & new ways to keep active, healthy, and support one another during the lockdown period.

Mind - Coronavirus & Your Wellbeing

Although not physically together, we are part of one community, and hope to support one another in the time ahead.



Updates

Religious Life



Thursday 11 February is the Feast of Our Lady of Lourdes, Patroness of our Diocese of Brentwood, and world day of prayer for the sick.

In 1858, 14-year-old Bernadette Soubirous told her friends that a beautiful young lady was appearing to her in a rock formation on the outskirts of her small town of Lourdes. A friend asked Bernadette to do her a favor—to take her rosary along the next time she knelt before the beautiful young lady. Bernadette obliged. Later, Bernadette told her friend how the lady had reacted: the lady had noticed that Bernadette was not holding her own rosary, said that she was not there to make relics, and told Bernadette to return next time with her own rosary, not someone else's.

Bernadette's unvarnished recounting of the lady's reaction was blunt, but reasonable and, more importantly, authentic. This plainspokenness fit a pattern. Over and over again, whenever little, uneducated Bernadette was asked about the beautiful young lady she saw in the grotto, her answers never changed and also included startling but authentic details. Bernadette reported that when she and the lady prayed the rosary together, the lady only said the Our Father and the Glory Be. Mary didn't pray the Hail Mary. How could she pray to herself? Would she say "Hail Me?" Bernadette reported that the lady spoke to her in the Lourdes' dialect which Bernadette herself grew up with, slightly different from standard French. Bernadette stated that a golden rose rested on each of the lady's feet. Of course! And when Bernadette respectfully asked the lady her name, she didn't understand the big words in the response: "I am the Immaculate Conception."

In addition to the miraculous cures associated with the healing waters of Lourdes, the very character of Bernadette, as well as the tone and content of her accounts, removed all doubt that the beautiful young lady she saw was indeed the Virgin Mary. Our Lady of Lourdes is perhaps the most powerful and prolific physical healer in the history of the Church after Christ himself. Through her intercession, and through the waters that flow in her magnificent shrine, many thousands have been cured of their infirmities, as medical records prove beyond any doubt. Holy Mary has appeared at various times and in various places, but mostly to the simple and mostly in the country. She loves the faith of the simple, and speaks to them in simple language.

In this, Mary reflects the words of her Son Jesus. He speaks plainly.

His message is clear. And Mary's simple words always point to the simple words of her own Son.

God is like the sun whose fiery brilliance scorches the eyes of all who look right at Him. Get too close and you'll be burned. Like the sun, the Creator of the world can be distant, mysterious, and intimidating. But Mary is like the moon, bathed in a soft, pleasant glow. She's close to us, and easy on the eyes. The sun's heat and light may make life possible, but the sun itself is dangerous and remote. But Mary can be approached by man. And like the moon, she doesn't produce her own light, but just reflects in a softer tone the powerful rays of the enormous star whose light generates life itself.

Prayer

Our Lady of Lourdes, give physical healing to all who invoke your intercession. The saving waters at your shrine have healed thousands of pilgrims. May all the prayers and supplications directed to you be immersed in the waters of your holy baths, so that what is asked may be granted through your intercession and according to God's will.

Mr Liam Connolly
Assistant Headteacher

Curriculum, Teaching & Learning



Gresham College (www.gresham.ac.uk) provides free public lectures, by leading academics, that have been running for over 400 years. Many of the lectures are useful for A-Levels, and also for career and study decisions, for personal statements, for 'stretch and challenge' and to those planning to do Extended Project Qualifications (EPQs). The lectures are usually 45 minutes to an hour long, and range across the arts and sciences. Professors include Chief Medical Officer Chris Whitty, Historian Richard J Evans, Classics Professor Edith Hall, and Astronomy Professor Katherine Blundell.

New lectures this month include:

Mathematical Journeys into Fictional Worlds - Professor Sarah Hart Vaccination – Professor Chris Whitty

Far from Hollywood: New Kinds of Classic Films - Professor Ian Christie Artificial Intelligence and Humour - Professor Yorik Wilks Russian Piano Masterpieces: Stravinsky – Professor Marina Frolova-Walker

Crime in Fiction – Professor John Mullan

New lectures in 2020-21 for students:

Astronomy: A series called Cosmic Vision by Astronomy Professor Katherine Blundell, and another by award-winning science communicator Professor Roberto Trotta, The Unexpected Universe.

Business/ Economics: A series on The Psychology of Finance by Business Professor Alex Edmans; a series on Intergenerational Justice by Visiting Professor Martin Daunton.

Classics A three-part series on Great Thinkers by Professor Edith Hall

English/Media A series on The Powers of the Novel by Visiting Professor John Mullan, and a three-part series on classic film, Exploding the Film Canon by Visiting Professor Ian Christie.

Geography: Two short series about the environment, Our Connected World, and How to Build a Just and Prosperous Planet by Professor Jacqueline McGlade.

History A fascinating series on Evil Women in history by Professor Joanna Bourke, a series on England's Reformations by Professor Alec Ryrie; a Black History Month series including lectures by Professor Hakim Adi, Professor Richard Drayton and curator Dr Gus Casely-Hayford; a series about Darwin and his legacy by visiting Professor Jim Endersby; and lots of one-off lectures.

IT: Great Ideas From Computer Science by IT Professor Richard Harvey, which includes algorithms, data, programs and networks; a lecture on AI and Humour by Visiting Professor Yorick Wilks.

Law/ Politics/ Citizenship A series on <u>Death</u>, the <u>State and Human Rights</u> by Law Professor Leslie Thomas QC, which will discuss police restraint and inquests into deaths in custody (especially relevant to the Black Lives Matter movement); a series on <u>The Politics of the Courtroom</u> by Visiting Professor Thomas Grant, which will look at where the balance of power should be between politicians and the courts.

Mathematics Sarah Hart, Gresham Professor of Mathematics, will look at <u>Mathematics in Music and Writing</u>, and some one-offs – Professor Kevin Buzzard on <u>Will Computers Outsmart Mathematicians?</u> and Dr Kit Yates on <u>The Maths of Life and Death</u>.

Medicine A series on <u>Major Debates in Public Health</u> by the Chief Medical Officer for England, Professor Chris Whitty, and a series by Visiting Professor Roger Kneebone on <u>Performing Medicine</u> which will include a lecture on knife crime.

Music A series on <u>Russian Piano Masterpieces</u> by Music Professor Marina Frolova-Walker; and <u>100 years of BBC Radio</u> by Visiting Professor Jeremy Summerly **Religion** A series on <u>England's Reformations</u> by Professor Alec Ryrie, looking at different aspects of the history of the transformational change 'The Reformation' had (also mentioned in History).



Key Stage 4 Teaching & Learning Update

Key Stage 3 Teaching & Learning Update

Specialist Education and Training Support Service (S.E.a.T.S.S.)

Please click the link for further information from Redbridge Council in relation to Specialist Education & Training Support Service, which parents may find useful.

Science

Tassomai are holding more parental webinars, for any parents who missed the event a few weeks ago.

Dates and times are as follows:

Wednesday 10th February from 12-1pm Thursday 11th February from 4-5pm

Parents can sign up on the following link:

www.tassomai.com/blog-content/2021/2/1/lockdown-learning-webinars-for-parents

Ms Ann Corry Deputy Headteacher

Pastoral



Safeguarding

If you have any safeguarding concerns, you should email Mr J Doherty in the first instance. You should also copy in Ms Keegan for Key Stage 5 or Mr N Doherty for Key Stage 3 and of course the relevant Head of Year. Please do not include any details in the email unless you think absolutely necessary. You may also phone to speak to the relevant member of staff. Contact information is:

Mr J Doherty, Designated Safeguarding Lead (DSL) and Key Stage 4 Pastoral Lead:

email: <u>idoherty@tchs.uk.net</u> Telephone: 020 8504 3419

Ms M Keegan, Director of Sixth Form and Deputy Safeguarding Lead (Key Stage 5):

email: mmkeegan@tchs.uk.net Telephone: 020 8504 3419

Mr N Doherty, Director of Pastoral Care and Deputy Safeguarding Lead (Key Stage 3):

email: ndoherty@tchs.uk.net Telephone: 020 8504 8946

We will of course get back to you as a priority.

Contact Details

A reminder that if there are technical difficulties regarding your child accessing their online learning then please contact the Information Technology (IT) Department directly for further support on:

itdepartment@tchs.uk.net

If you have any other questions or concerns, you should email your child's Head of Year. Their email addresses are:

Mrs A McNamara, Head of Year 7: <u>amcnamara@tchs.uk.net</u>

Ms D Leo, Head of Year 8: dleo@tchs.uk.net
Ms C Harding, Head of Year 9: charding@tchs.uk.net
Mr I Milne, Head of Year 10: imilne@tchs.uk.net
Mrs L Law, Head of Year: llaw@tchs.uk.net

Mrs C Leslie, Head of Year 12: cleslie@tchs.uk.net
Mr P McGrory, Head of Year 13: pmcgrory@tchs.uk.net

Financial Support

All parents are advised to check our website to see if you are eligible for Free School Meals (FSM) at: www.tchs.org.uk/about-us/free-school-meals

As well as supporting families, through the Pupil Premium initiative, the school will also receive additional financial support for every eligible child, helping us to provide extra support such as interventions, learning assistants or access to online resources for the students who need it most.

If you are not receiving FSM support but think you might be eligible for this, please submit a claim at:

www.redbridge.gov.uk/schools/free-school-meals

Families that qualify for FSM will have been issued vouchers via email. If you have not received vouchers you should firstly check your 'junk mail' as your service provider or computer security may filter them there due to being from an unrecognised sender.

If you have changed your email address since creating your FSM account with the London Borough of Redbridge (LBR) then you must inform the local authority so that they can update their records. Please also confirm your email details with the school.

FSM vouchers will continue to be issued to families up to and including Friday **5th March.**

If any parent is struggling financially at this current time, then they are more than welcome to contact the Headmaster. Please email Ms Parry, the Headmaster's Personal Assistant on: sparry@tchs.uk.net

Absences

If your child, whether they are attending School physically or virtually, is ill, has a medical appointment, is attending a funeral or cannot access their virtual lessons, then please follow the usual procedures of reporting an absence. This means our records will be updated which will inform your child's subject teachers that they will not be attending their virtual lesson on that day.

Year 7 to 11 absences should be reported to:

year7to11absences@tchs.uk.net

Year 12 and 13 absences should be reported to:

sixthform@tchs.uk.net

In addition, all absences can also be reported via Parentmail.

If neither of these facilities are available then please phone 020 8504 8946, press 1 and leave a message.

Parents and students should not email absences to subject teachers directly but follow the above procedures. This will help the School maintain centralised and accurate attendance records.

Pastoral Support

Children's Mental Health Week 2021 – Student Questionnaire

As you know last week was Children's Mental Health Week 2021.

As a school, we believe it is really important to support staff, children and parents with their mental health & wellbeing.

We sent out a Mental health and Wellbeing Survey last week to students to collect information on what they think, so that we can review and improve the way we work during the year. It is really important for us to hear what the students think and why, so we would like it if they would fill out the questionnaire via Microsoft Forms which was emailed to all students last week.

I hope you are following the updates, tasks and signposting that we are doing via the School's Facebook and Twitter accounts. If not, like or follow us @TCHSWoodford and get involved!



Safer Internet Day 2021

Tuesday 9th February 2021 was Safer Internet Day. The theme for this year is 'An Internet we can Trust: exploring reliability in the online world'.

Again, please see our Twitter or Facebook pages for all the information on how you can engage and learn to make the internet a safer place for us all.



Mr Nigel Doherty Deputy Headteacher

Careers



This week is National Apprenticeship Week.

The range and availability of apprenticeships has grown enormously over the last few years and there a huge range of options for students leaving school post GCSE and A Level - including degree level apprenticeships which allow you to learn and work at the same time.

In celebration of National Apprenticeship Week please see listed below a selection of some of the most useful websites for researching apprenticeships.

www.ucas.com/understanding-apprenticeships/discover-apprenticeships www.successatschool.org/blog/465/What%E2%80%99s-an-apprenticeship%3F www.amazingapprenticeships.com www.gov.uk/apply-apprenticeship www.unifrog.org

Students can also use their Uniforg account to research, compare and apply for an apprenticeship.

If you have any questions about apprenticeships or need help finding an apprenticeship in a particular area please do not hesitate to get in touch with Mrs Jones, Careers Leader - kjones@tchs.uk.net

Sixth Form

In normal circumstances, we would have Year 13 PSD lessons to help support the students through their final few months of school life and with the challenges they face as they approach their A-levels. Lessons have been adapted to allow the students to complete the lessons by themselves. The lessons have been designed to help with issues or difficulties that they may encounter through this term. They also have the purpose of helping to build confidence, resilience and determination. There are 10 lessons which cover Personal & Spiritual Growth, Self-Management, Self-Awareness, Mental Health, Resilience & Determination.



Physical Education during lockdown



Before we went into lockdown, the Physical Education department prepared students so that they had the fitness, skills and knowledge to maintain their fitness. This was achieved by all students building up to a 30 minute continuous run in core PE lessons for key stage 3 students. This ensured that they had the stamina to perform runs at home to maintain their fitness. We also asked them to plan their own circuits in their journals, explaining how to order the exercises, how to perform them safely and how to make the circuit more challenging (called overload) as their fitness improved.

One of our year 9 students braving the snow for her run!



As lockdown started we also gave the students a series of challenges to complete which either involved walking, running or circuits. We have been asking students to send us photos of what they have been doing and we have been delighted with how they have stepped up to the challenge (Excuse the pun!).

A very impressive training diary from one of our year 7 students.



The walking challenge involves completing a set number of steps each day, and students have been sending us screen shots of their step count to monitor their progress.

Bronze = 5000 steps per day
Silver = 8000 steps per day
Gold = 10,000 steps per day
Platinum = 12,000 steps per day

One of our year 8 students has been working on her daily step count.

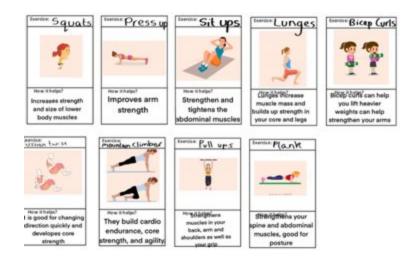


The circuit challenge involved different amounts of work whilst doing the circuit.

Bronze = 9 stations 20:40 work to rest Silver = 9 stations 30:30 work to rest

Gold = 9 stations 30:30 work to rest (2 laps) Platinum = 12 stations 30:30 work to rest (2 laps)

A fabulous circuit planned by one of our year 7s



The final walking/running challenge involved building up the miles between January and half term. Mr Bacon also challenged his groups to beat him, sharing his results from his runs at home. Students have been using apps such as Map my Run and Strava to monitor their progress.

Bronze = 6miles/10km Silver = 12 miles/19km Gold = 18 miles/30km Platinum = 26.2 miles = 42km



A fantastic 10km run completed by one of our year 9 students!

Trinity Community - Top Tips



From Ms Healy & The PE Department.

Yoga - Yoga with Adriene

Meditation - <u>Daily Calm 10 Minute Meditation</u>

Couch to 5k - Couch to 5k

Mind - Coronavirus & Your Wellbeing

Pray as you go