



BROOKVALE GROBY LEARNING CAMPUS

Valuing Everyone, Achieving Excellence

Mandy Bearne, Acting Headteacher

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Welcome to the first edition of our E-Learning newsletter.

I want to begin with a very big thank you to staff, students and parents for the way in which you have responded to the new ways of working during COVID-19 lockdown.

It has been a steep learning curve for many of us but the young people of Brookvale Groby have adapted brilliantly.

In this newsletter we have brought together many of the success stories of the last 2 weeks along with some advice on looking after yourself and staying safe.

I hope you enjoy reading Edition No 1 and that you will send us your contributions for Edition No 2.

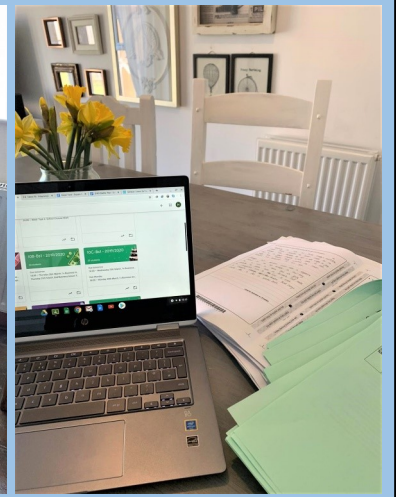
Remember to follow the handwashing and social distancing advice from Public Health England.

Stay safe and well.

Best wishes,

Mandy Bearne

Our staff are working from home to provide remote learning and keeping the campus running!



'Healthy Together' have put together information for schools to send to young people and parents to remind them about Chat Health and access while schools are closed:

[ChatHealth-Update-Secondary-Schools-1.pdf](#)
[ChatHealth-Update-5-19-Parent-and-Carers.pdf](#)

Public Health England have provided information on **'Looking after your feelings and your body':**

[Easy read looking after your feelings and body.pdf](#)



FIND US ON SOCIAL MEDIA

Please follow us on:

Facebook (**@BrookvaleGrobyLearningCampus**)

or Twitter (**@BrookvaleGroby**)

Please note that important information will always be shared with parents by email, so if you are not on Twitter or Facebook then you will not miss anything crucial. Nevertheless we warmly welcome you to join our online community!

We have received some lovely comments via Facebook and email that we would like to share:

Christina Brown:

Thank you to the staff who are with the children of key workers.

Key Worker Parent comment:

'Many thanks for the wonderful job you teachers are doing. My daughter is enjoying it very much'.

Gavin Williamson:

Can I please take this opportunity to say you guys at Brookvale are doing an amazing job under really tough circumstances. Thank you.

Governor:

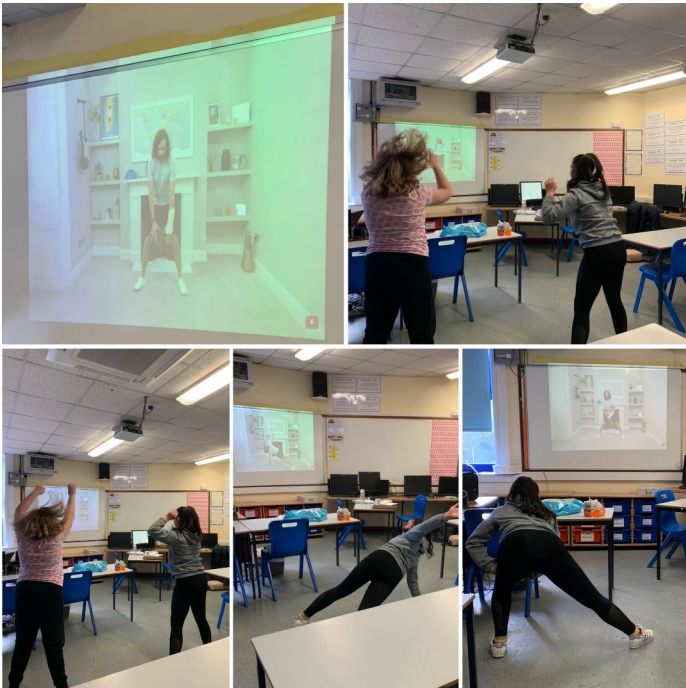
I hope you are well. Looks like you are doing a great job!

Grandparent of a student at BGLC:

I do so hope that all will go well for you, staff, parents and children during these uncertain times, maintaining a positive attitude for our future.

Year 11 student to her HOY:

Hope you're well, missing you!



Commercial dance session

Tuesday afternoon's wellbeing activities at BGLC!

PE with Mr Wicks and a commercial dance session! See our YouTube video:

<https://youtu.be/y7hr0JvwWKc>



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

MARK LORD FITNESS! BGLC's very own Joe Wicks!

Head of PE Mark Lord and his son Rafe, have put together some fitness workouts for you to try at home:

Home Workout #1: Beginner Bodyweight:

Bodyweight squats: 20 reps.

Push-ups: 10 reps.

Walking lunges: 10 each leg.

Dumbbell rows (using a gallon milk jug or another weight): 10 each arm.

Plank: 15 seconds.

Jumping Jacks: 30 reps.

The student's bedroom workout:

20 x sit-ups.

20 x lunges (on each leg)

20 x push-ups.

20 x bicycle crunches.

20 x tricep dips.

Plank (minimum 45 seconds)

20 x Supermans.



Brookvale Groby PE
- check out our PE Twitter page:

@BGLC_PE

Garden workout in the 'Brownett' household on Monday 30th March.

How creative can you get when making your own circuit at home?

#StayActive



Alfie Swinfield Year 9 - Den building and train track assembly with his brother Archie.

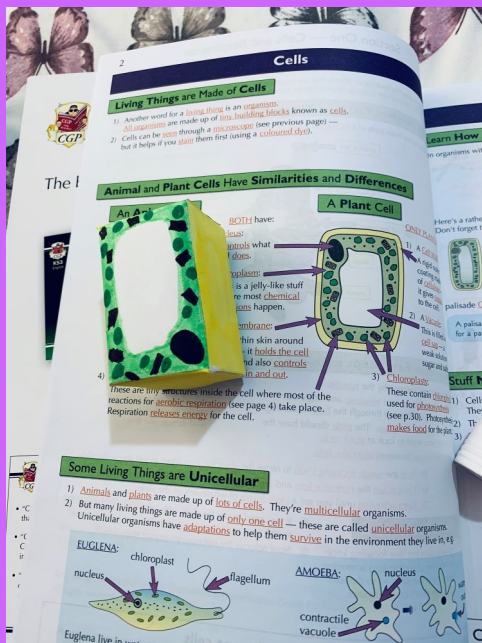


KEEPING ACTIVE

Let us know how you're keeping active!

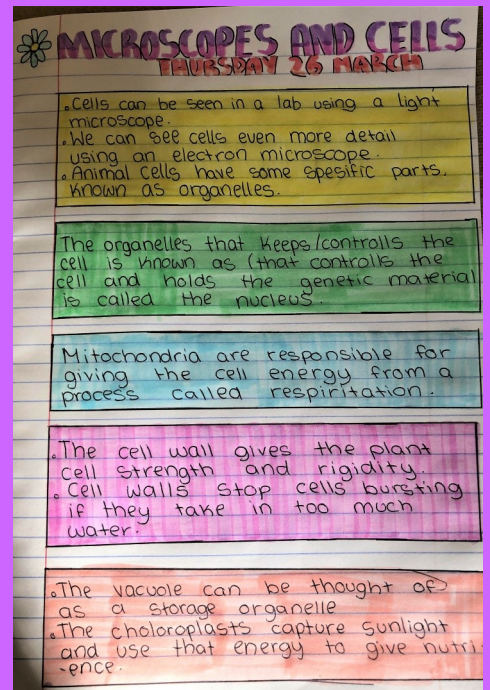
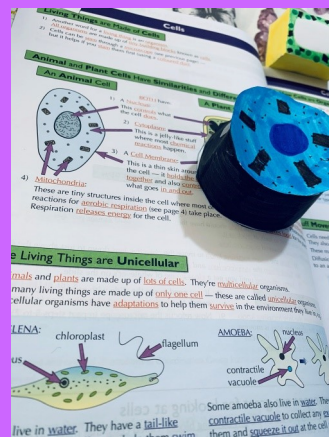
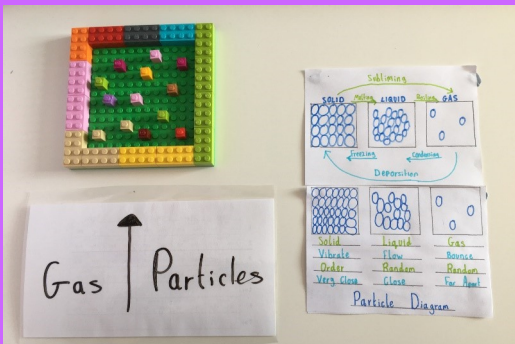
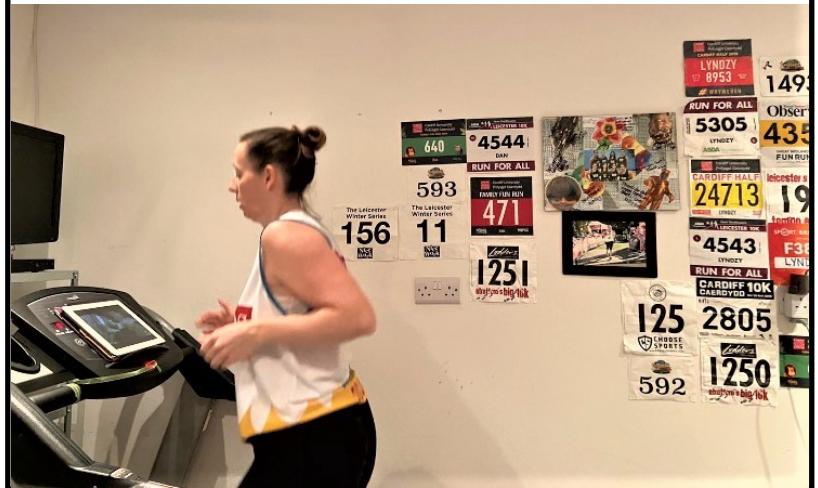
Think about things you enjoy that you can do at home. This could be reading, writing, playing games, doing crossword puzzles, jigsaws or drawing and painting.

Amazing work by students in Science!



Here is a picture of PE teacher Lyndzy Wiles keeping active, running on the treadmill, whilst continuing to train for the London Marathon for the second time!

Lyndzy said: "I have to hit the treadmill because I use my once a day trip outside to walk the puppy!"





Suggested recipe for Easter nests:

https://www.bbc.co.uk/food/recipes/easteregg nests_93841

Plus some helpful websites to help people cook what is in their cupboards:

<https://www.bbcgoodfood.com/recipes/collection/storecupboard>

<https://www.supercook.com/#/recipes>



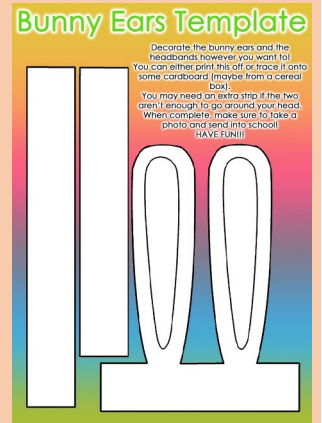
BGLC students' let's get crafty:

How about making an Easter bonnet - something students and their siblings can do with bits and pieces you have at home.

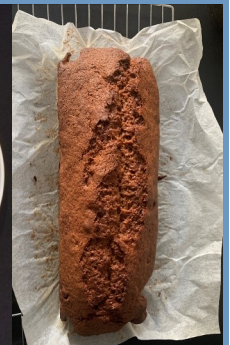
Use these templates available on FB & Twitter to create your own 'Bunny Ears' or 'Decorate you own Easter egg'.

Be creative and use your imagination!

Please send photos of your artwork and creations to **Christine Anderson; canderson@brookvalegroby.com**



Home cooking from our fabulous students!



Lisa Papworth Year 7 cooking - looks brilliant!

Year 9 Olivia Woolf - her two foods pictured above from her afternoon tea menu



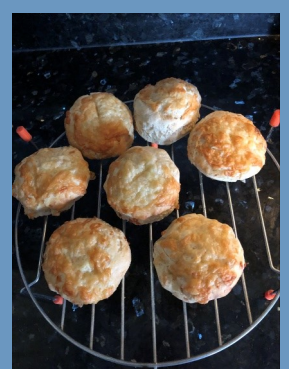
Oliver Munn

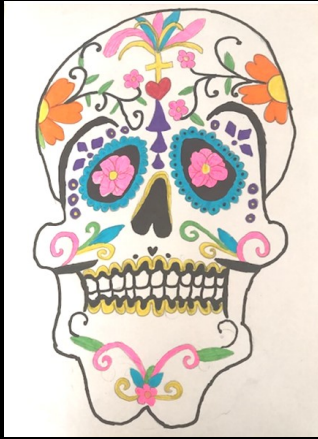


Amelia Norton

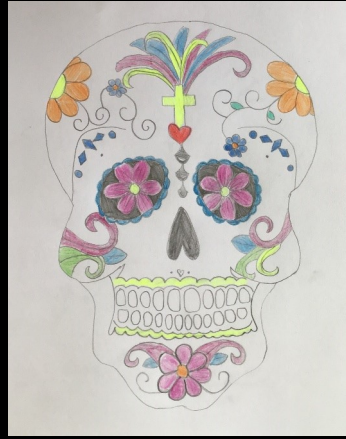


Beth Eames

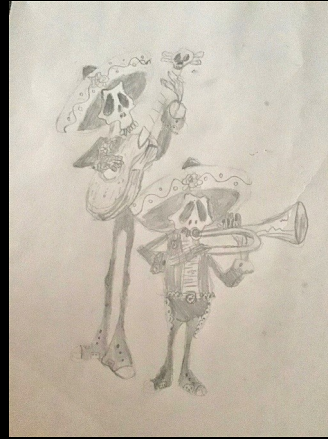




Yasmin Larkin



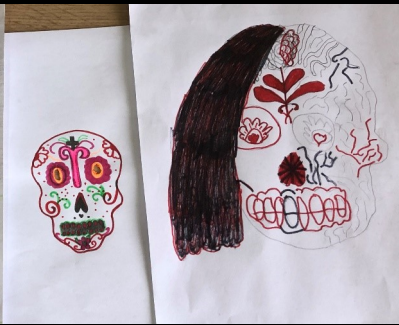
Layla Jackson



Janavi Bokhria



Jodh Samra



Matt Pinnick-Thorton

Art work from our brilliant
Year 8 students'
Mexican Folk Art project!



Aanya Hudson



Olivia Hartopp



Louisa Tarbuck



Phoebe Cartledge



Sophie Bell



Melody Payne



Maddie Foggin

Amazing art work from our Year 9 students'
Oriental Art project!

Humanities Heroes: Lockdown Edition

So many of our amazing students in Humanities have been doing some incredible work while working from home.

Humanities Teachers wanted to give a special shout out to the following students who have been working so hard to keep up with their education, following remote learning.

HISTORY

<p>Miss Hall</p>	<p>KS3: Great work from Ellie Brewster, Haris Chajecki, Simrun Dhugga, Amaris, Imir, Amelia-Amba Patel, Joseph Smith, Tiffany Wan, Josh Brewin, Elliot Chodynicky, Lillie Jane Demetriades, Praneeta Garapati, Mia Rylatt, Lexie Webster.</p> <p>Year 10: Especially: Simar Gill, Teigan Baykus - trying so hard on all their work and made such amazing progress, as well as keeping in touch when they need some help. Huge effort!</p> <p>Also for doing some great work: Thomas Bland, Ben Geary, Alex Duff, Connor McFarlane, Hannah Gibbs, Elyssa Law, Daniel Badelek, Erin Dempsey, Ruby Herd, Poppy Hill, Noah Hines-Den, James Hollingsworth, Shauna Hurst, Rowan Martin, Chloe Palmer and Mackenzie Smith.</p> <p>Year 11s and 13s keeping their studies going despite such difficult circumstances: Christian McNulty, Megan Taylor, Alice White, Ben Shaw, Alex Lawrence, Srhya Lalh, Darren Hall, Helen Chick, Amy Hubbard, Maeve Stretton, Sam Mason, and especially Isabelle Sharman who has done so much fantastic work and sent it all through.</p> <p>If your name is not above, then it isn't because I haven't noticed your work or looked at it - but just that there are so many of you who are keeping me going by getting on with your education and asking questions and showing how much you care about doing well. It's really inspiring when I find working from home difficult, so a massive thank you to all of my students!</p> <p>Keep smiling, stay in touch and let me know if there is anything I can do to help.</p>
<p>Mr Allen</p>	<p>Year 9: Hannah Wozencroft - brilliant work completed to a high standard and some very impressive answers to difficult questions. Well done!</p> <p>Year 10: Mia Webster and Ellie Harris have produced absolutely fantastic work. Lily Higgins is trying hard on all her work and asking for guidance when needed. Great effort. Freya Desmond, Jake Norton and Darcy Warden are also completing excellent work. Finally Liam Tipper-Weston, Kian Worrall and India Cooper have produced good work. Well done guys, keep it up!</p>
<p>Mrs Hunter</p>	<p>Year 10: especially Devonte Khan, Hansika Aurora, Emily Adkin, Will Alves, Jacob Hines-Den, Raj Singh, Matthew Gillespie, Megan Humphrey, Caitlin Johnston and Morgan Knight.</p> <p>A special mention must go to Lucy Hollingworth for producing work to an outstanding standard.</p>
<p>Mr Hill</p>	<p>Year 7: Sienna Fairclough, Izza Akhtar, Harvey Day,</p> <p>Year 8: Faith Swingler, Holly Doyle, Lottie Hurst,</p> <p>Year 9: Grace Ryan, Kiera Parmer.</p>

GEOGRAPHY

<p>Mrs Gowdrige</p>	<p>Year 7: Joey Harris - so kind and polite and really keen to learn.</p> <p>Year 9: Chloe Kirby - you are on it!</p> <p>Year 11: Mya Flint and Reagan Davies - Troopers!</p> <p>Year 12: Lucy Valk - she's always online when I am :)</p> <p>Year 13: Most of the group. You're working solidly throughout and showing strength in the face of adversity. Keep smiling!</p>
<p>Mrs Goodger</p>	<p>Year 7: Harley Gagin and Mea Culver, both initially struggled with the work but despite this they persevered until they understood what they needed to do and both completed their work very well!</p> <p>Well done for showing such zest and grit.</p> <p>Year 10: Bethany Eames, Ella Write, Chloe Mayes they have shown an excellent work ethic at this difficult time.</p>
<p>Miss Wright</p>	<p>Year 7: Louie Paddison - hard worker and keen to learn.</p> <p>Year 8: Shayne Chandarana - hard working and polite!</p> <p>Year 9: Olivia Harkins - making excellent progress, keep it up!</p> <p>Year 10: Kayleigh Simpson & Roshnee Pardivalla - up-to-date on all work set!</p> <p>Year 12: Isis Bemrose - Flying high</p> <p>Year 13: I second what RGO says!!!</p>

Supporting Students during Home Learning:

Tips for Parents and Carers

Set up a daily routine and work schedule:

Students working at home will need to plan their time during the week in order to make sure that all of their tasks are done. This will all be new for students so there are bound to be a few teething problems to start with. First, help by setting up a daily routine.

Either:

1. Encourage them to follow their school timetable - even if it starts a little later in the morning! This way all weekly lessons will be covered. All they have to do is check the work for that subject via the Google Classroom and get on with it.

Or

2. Help your child to create a bespoke timetable for the week. For example, 3 hours of English on a Monday morning followed by history in the afternoon.

However your child works, making clear breaks for lunch and break will help to keep a routine. They should get into the habit of checking the day's work each morning.

Encourage breaks from devices:

Try to limit the amount of access or time your child has to electronic games, phones, tablets or TV.

We all know that we can easily waste a lot of time on such things ourselves (and there must be time for

Find a suitable workspace:

If possible, setting up a dedicated workspace will help students to separate school work from leisure and

Take an active interest in their learning:

As a parent or carer, supporting remote learning may seem difficult. Helping students to create daily work plans, asking them about their work and checking that it's done and encouraging them to keep in touch with their teachers is important.

Monitor your child's wellbeing and mental health:

You can make sure that your child eats well, gets to bed in good time and is well-rested. You can also encourage them to get out for fresh air and exercise each day.

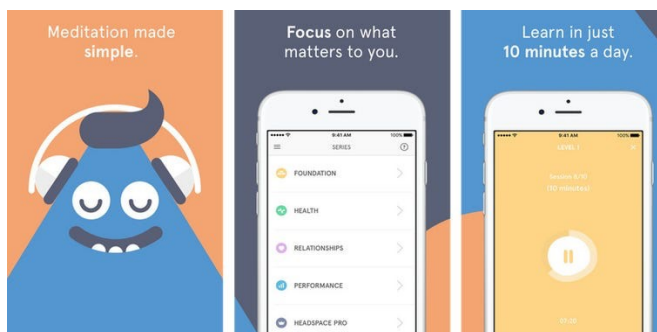
You are doing your best!

We realise that we are living through some difficult times at the moment. There will be moments or days where you will need to recalibrate and take the pressure off. You are raising children and doing your best at a time when they are trying to process what is happening outside. Sometimes it makes sense to have a cup of tea together, talk about how you are feeling, sit outside in the sun and start the weekend a bit earlier than usual!

Health and Wellbeing

Exercise regularly

Getting your daily dose of exercise is still really important. Check guidance from the government to be sure that your children are adhering to social distancing guidance. The [Sport England](#) website has lots of suggestions for ways in which you can stay active around the house from dancing with the kids to training for a couch to 5k.



Headspace App

This app teaches you how to meditate, helping you to stress less, focus better and sleep well. You can download this for free from the App store.

Calm

This app is also great for your meditation and breathing techniques. You can download this for free from the App store.



Joe Wicks' Daily Workout

Joe Wicks, the Body Coach, is providing a daily 30 minute workout online.

TOGETHER WE HAVE GOT THIS!