



RCS

NEWSLETTER

RCS NEWSLETTER - NEWS & UPDATES - FEBRUARY 2021

Headteacher's Update

Since the government announced that all schools across the UK would close for a second time, I continue to be overwhelmed by the level of support our community continues to show one another.

We have approached the second school closure in our way, the Rawmarsh Way, and my staff and I will continue to do our absolute best by each and every one of your children. It is our civil duty and one that comes with great trust and great responsibility.



Learn
Believe
Succeed
Together

WE BELIEVE IN OURSELVES

we take
responsibility
for our choices & actions

WE TAKE RISKS & RISE TO A CHALLENGE

WE DREAM BIG

WE ARE PROUD OF OUR ACHIEVEMENTS

WE ARE RESPECTFUL
& WE LISTEN TO OTHERS

WE TAKE PRIDE
IN OUR
APPEARANCE

We are prepared to make mistakes
& Learn from them

WE WORK HARD & NEVER GIVE LESS THAN OUR BEST



THE RAWMARSH WAY

WE SUPPORT OTHERS AROUND US

WE TAKE PRIDE IN
& LOOK AFTER
OUR SCHOOL
COMMUNITY

WE ARE EQUIPPED TO LEARN

Headteacher's Update

One of the things I missed the most during the first school closure was the hustle and bustle of our great school, but I could not be prouder of each and every student who continues to epitomise the Rawmarsh Way by rising to this latest challenge and engaging in online learning.

Provision

Our provision has gone from strength to strength and we are starting to enjoy some of the hustle and bustle during our online lessons. The manner in which our students continue to work hard and never give less than their best, under the current restrictions, is a feat we should all be proud of.

February Half Term

February Half Term, for all of us, will be a holiday far from ordinary, but I do hope each and every one of you manage a well deserved rest from your online learning. Let's continue to support one another and focus on controlling what we can.

Mr Turton
Headteacher

DFE Consultation

Following the cancellation of this year's summer exams, the Department for Education and Ofqual have recently concluded a consultation on the 29th January seeking views on how to award grades in a way that reflects students' performance accurately, recognising the disruption they have faced this year.

Grades will be based on teacher assessment, with teachers supported in making decisions with guidance and training from exam boards.

The consultation will consider the range of evidence teachers use to award a grade, which could include coursework, other forms of assessment and papers provided by exam boards, to support consistency and fairness across schools and colleges.

The proposals ensure students are given the opportunity to demonstrate the standard at which they can perform and incentivise them to continue learning throughout the rest of the academic year.

The government has been clear that while cancelling exams was a last resort, it remains committed to ensuring that students receive a grade that reflects their hard work throughout the year and supports them to progress through their careers.

As soon as we have the results from this consultation, we will relay this information to you, explaining how we will garner the evidence required to ensure all students achieve grades that reflect their ability in all of their subjects.

Virtual Parents' Evenings

We've now hosted our first ever 'virtual' Parents' Evenings for Y10 and Y11.

As with education in general at the moment, we have had to adapt with the times we find ourselves in but, despite the format of our Parents' Evening events changing, the value in the feedback that is shared remains hugely important - especially with students currently working from home.

The first events have gone very smoothly and the School Cloud system has proven to be efficient, simple to use and has given parents the flexibility to make their own appointments online. We hope to use the system for more events very soon.

Y8 Options process

This week students in Year 8 have had their Options assembly in preparation for choosing their mini options for next year. Students will choose a faculty and carousel around subjects within this faculty.

During their Social Studies lessons they have also been working on careers linked to their potential option choices. After half term there will be a virtual Options Evening for parents/carers and students to attend with an assembly delivered by Mr Turton and then specific faculty workshops where there will be an introduction to the department, a video showcasing the option and then time for a question and answer session. Students will then be emailed an electronic option form where they will make their choices.

Tutor Period

We have started to reintroduce some Form Period sessions back into the timetabled school day.

This is so that each tutor group can come together to discuss their experiences during this lockdown, to check in with each student on how they are managing and to offer further support where needed. To start with, 3 tutor sessions have taken place before the February Half Term holiday. It has been great to see so many students engage with each other, outside of the normal lesson dynamic.

More of this to come after the break, so students should watch out for invites from their tutors.

Support with home learning

On the website, you will find a new section in the Parent zone called 'Supporting your child at home'. In here you will find:

- A video session that includes strategies you can use to support your child's learning. It looks at different approaches you can take to help question, guide and model ideas and techniques that they will be using in their lessons.
- A link to a number of resources that can help support young people's mental health, including websites, charities and strategies for use at home.
- A guide to reading and vocabulary strategies we use in school that will help you support your child with accessing reading material at home.

Rawmarsh Pledge Update

Y7

In Y7 George Purdy and Ava Merrick have almost achieved a Bronze Pledge with 1 more task to complete. They are currently working with Mr Bartle to complete their final tasks. Amy Thompson has now achieved her bronze Active Citizenship Pledge and only has 1 task left to complete to achieve her Life Skills Pledge. Millie Parker is continuing to impress us and has now also completed 4 silver tasks: raising money for charity, keeping a sleep diary, researching someone who has overcome adversity and completing an interview with an employer.

Y8

In Y8 Alfie Bramwell, Isabelle Dyson, Enya Pearson and Demi Petch have all achieved 3 of their Active Citizenship tasks, so have 1 more to complete to earn their badge.

Y9

In Y9 Abigail Adegboye, Aimee Grant, and Luca Lankard all have 1 more task to complete to achieve their Bronze Active Citizenship Pledge. Keep going! We would love to be able to award you with your pin badges before Easter.



Pledge Task Opportunities

Art

Visit an art gallery, theatre or sports event in order to gain their Life Skills Bronze pledge. As we are currently in lockdown and cannot access these places they are going virtual! Students have been provided with a number of web links and virtual tours to provide them with the opportunity to look around these buildings and immerse themselves in the culture. In order to gain their pledge, students should complete the tour then provide evidence through taking screenshots of their favourite parts of the tour or write a report about the gallery/theatre and send them to their art teacher.

MFL

Y7 students have been participating in a 'Wanted' poster competition to demonstrate the skills they have been learning this term.

This is also an opportunity for them to achieve some of the pledge tasks in lesson. These include Active Citizenship: learn a new skill; Life Skills: analyse a mistake you have made and British Values: use an idea from a classmate to improve your work. Good luck to all those students who have entered.

Performing Arts

Take part in the Film Still Challenge by recreating a scene from a movie and taking a photograph of it.

You may use costumes, props, your dog, your chicken, whatever you like! If you can, get some of your family involved. Be as creative and imaginative as you can. You MUST put the original image side by side to your creation for comparison.

This is an enrichment challenge so you can gain evidence towards the Active Citizenship pledge by participating in an after school club. Deadline for the challenge is FRIDAY 26th February! Email your creations to jjgibbons@rawmarsh.org

PE

The PE team are continuing with their weekly challenges for all year groups.

It is really important that we all keep active and have as much fun as we possibly can during these challenging times. Check out these weekly fun challenges set by the PE team on Google Classroom.

Census Competition

The Census is a large survey of all the communities in England and Wales to decide how things like funding are given out to vital services such as hospitals this year they are running a competition for young people to get involved with.

The "It's our Story" competition is a fantastic opportunity for you to get involved in making a real difference to your local community. It is a competition designed to challenge you and allow you to take pride in your locality.

The competition needs you to create a campaign to get adults in your area involved in The Census which is being held on the 21st of March. You can put your creative skills to the test and be in with the chance of winning some excellent prizes and complete some of the esteemed Rawmarsh Pledge tasks.

All you have to do is register your interest and use the resources available on the website to help you complete your campaign. This is an amazing opportunity as The Census only takes place every 10 years so this is your only chance to take part!

HOY Challenges



Mr Bartle & Miss Robinson

Mr Bartle has been setting challenges for Y7 students to complete during lockdown. These have included: the toilet roll keepy up challenge, learning how to juggle, cook a meal for your

family and create a motivational quote during Mental Health week last week. Y7 students should keep an eye out for other challenges in the coming weeks.



Miss Merchant & Mrs Small

Miss Merchant has organised a weekly quiz for Y8 to participate in every Thursday during second break.



Mrs Cooper & Miss Egginton

Mrs Cooper has launched the photo a day project where you are encouraged to take a photo every day in February to represent something that you have done during your day that is interesting. It is also used as a visual diary. The photos can be of people, places or things. They can be abstract or real-life. You could take close ups of flowers, or places and people that you have seen during lockdown.



Mr Leary & Mrs Tapper

Mr Leary is starting a platform by which you can share things you have done / are doing to keep your mental health intact during this lockdown period. This could literally be anything:

- Going out for a run / walk, either by yourself or with another person.
- Keeping in touch with friends via Skype / Google Meet / WhatsApp groups etc.
- Organising / partaking in online gaming sessions with friends.
- Helping siblings out with homework.
- Taking up a new hobby (i.e. weight-lifting / jewellery-making / painting / DIY / video blogs / vlogs etc.)

Student Council Update

My name is Amy, I am in Y7 and I joined the student council in September.

Home learning

For the past few weeks we all have had to adapt to home learning. This has had an impact on how we normally learn and are educated. However, all of us have been receiving links to Google Meet and having online lessons. Lots of us enjoy it and can easily adapt to it but, on the other hand, a few of us struggle and this is alright as I used to struggle as well.

One quote I always look up to that helps to inspire me is that 'Every storm is followed by a rainbow.' I hope it can help you to feel some hope during this difficult time.

Student council

We have been having meetings every month and we have been coming up with some ideas on how to improve the school, these ideas include:

- Creating a worry website
- Writing competitions
- Rewards for Pledges
- Fundraising
- Recycling

It would be amazing if any students could share any of their ideas with us. We would love to hear them. You can email any ideas to Miss Hussain at khussain@rawmarsh.org

PSHE

Within PSHE, students are looking at a variety of different topics such as health and wellbeing, careers and life skills.

Within Year 7, students are looking at the topic of 'Healthy body and Healthy mind, mental health awareness and methods to try and support their own wellbeing, such as why sleep, diet and exercise is so important.

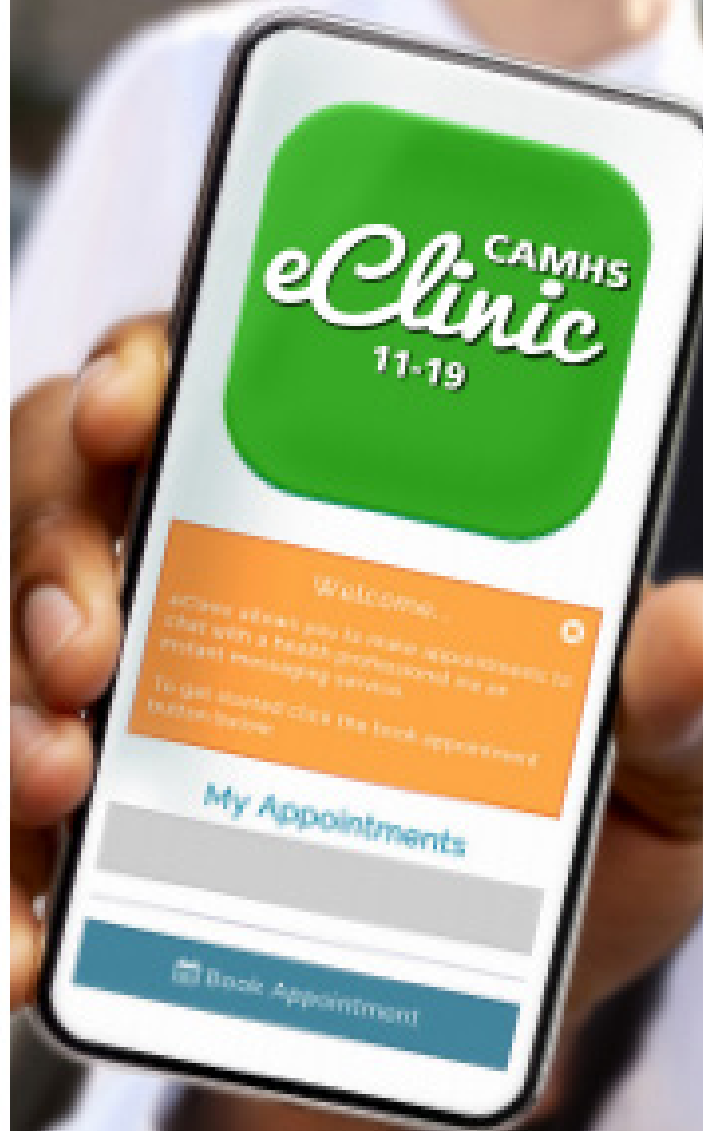
Within Year 8, students are completing a careers topic entitled 'Journey to the World of Work' looking at transferable skills such as resilience and adaptability.

Students in Year 9, 10 and 11 complete rotations meaning they receive 1 lesson of PSHE every 4 weeks. Within Year 9 the next rotation will look at a careers unit entitled 'Exploring Your Perfect Career' allowing them time to reflect on their strengths and explore career paths. In Year 10, students will be looking at reframing negative thinking and ways in which they can think more positively. The next two Y11 rotations will focus on skills to prepare them for life after school focusing on money management. Students will recap prior knowledge around budgeting and apply that to understanding a pay slip, including understanding the jargon they may find when they start employment. The second rotation will look at managing risk with money including understanding how insurance works as well as protecting against online fraud, including spotting phishing scams.

Should students need support in these challenging times there is a student support section of the website with advice and helpful links should they need it. www.rawmarsh.org/student-support

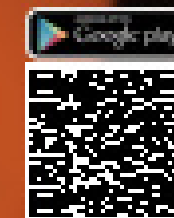
If anyone would like further information about the topics studied with PSHE please don't hesitate to contact me on hmayfield@rawmarsh.org

NHS

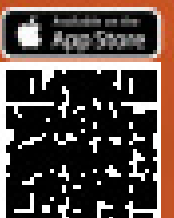


WITH
ME
MiND

Sign up to our FREE app and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your mobile or tablet.



Scan our QR code for a FREE direct download:



For further information visit our website: withmeinmind.co.uk

Or follow us on socila media on:   

There is a great amount of uncertainty about the Coronavirus pandemic and, with uncertainty, it is understandable that we can all feel unsettled and unsafe. This can cause us to become worried and increasingly anxious.

Regardless of their age, this may be a difficult time for children and young people. Some may react immediately, while others may show signs of difficulty later on.

How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Adverse reactions may include worrying about their health or that of family and friends, fear, avoidance, problems sleeping or physical symptoms such as stomach ache.

During this time, it's important that you support and take care of your family's mental health – there are lots of things you can do, and additional support is available if you need it.

HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT. PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.

POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!

EAT WELL

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES IS TO PLAN AHEAD. IF YOU CAN PLAN EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN WELLBEING AND IMPROVE YOUR HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, WELLBEING AND WORK THE OTHER WAY AND THIS CAN ALSO ALWAYS ENSURE THAT YOU ARE YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.

KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO FOLLOW A SERIES OF FITNESS VIDEOS ONLINE OR IF YOU PREFER, GO FOR A WALK EACH DAY. EVEN IF YOU CAN'T FIND TIME DURING THE WEEK, CARVE OUT TIME AT THE WEEKEND. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH OUTDOORS AND BEING ABLE TO WALK IN AN OPEN/GREEN SPACE HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.

GOOD QUALITY SLEEP

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC) OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIMEING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN. AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.

FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

- <https://www.nhs.uk>
- <https://www.mentalhealth.org.uk>
- <https://www.livingwell.org.au>
- <https://www.mentalhealth.org.uk>

The National College

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [theNationalCollege](https://www.facebook.com/theNationalCollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

This guide does so at their own discretion. No liability is entered into. Current as of the date of release: 25.03.2020

Looking after your mental health in a Winter Lockdown

- don't suppress + do validate your emotions
- maintain social connections in ways that feel manageable
- If possible, speak about how you feel
- plan daily small pockets of joy + relaxation
- create soothing rituals
- do things which give you purpose + meaning
- Plan things to look forward to
- Watch out for your inner critic - step back and respond with compassion
- create soothing spaces
- Counteract brain biases by noticing the positive + being aware of the present
- Allow yourself to rest
- Asking for help is a form of active coping - know what help is available proactively
- prioritise sleep
- get outside + get natural light every day
- move your body regularly
- shift focus to what you can control + your achievements
- reset your expectations to where you are now, not your normal level
- make decisions about what you do based on how you normally feel about these things, rather than your current mood
- make active decisions about what info you let into your limited brain space
- don't forget the basics: hydrate, eat regularly, take breaks + rest.

@thepsychologymum

The Capacity Cup of
Corona Virus Overwhelm

version 2.0

Burn out
Exhaustion
Anxiety
Overwhelm
Irritability

worrying about how much longer I can keep going
fearful of losing my job
not knowing what's next
feeling lonely
missing loved ones
being stuck at home
not being able to see friends or family
not being able to go outside
not being able to travel
not being able to work
not being able to sleep
not being able to eat
not being able to think
not being able to feel
not being able to live

(Just some) **EMOTIONS THAT YOU MIGHT FEEL DURING THE COVID-19 PANDEMIC**

Labels around the central cluster of faces include: sad, happy, calm, surprised, angry, guilty, grateful, helpful, worried, overwhelmed, stressed, lonely, and anxious.

@uniquelyyoum

If you are struggling, please do not feel you have to do so alone. It is important to stay connected to others. Talk to classmates, friends or family about how you feel, or you can contact the Pastoral Team or e-clinic for support and advice for a range of issues.

You can also find useful information and guidance at: www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak



FOR MORE NEWS AND UPDATES VISIT THE SCHOOL WEBSITE AT
WWW.RAWMARSH.ORG