

# BartholoNews



29 April 2020

[www.stbarts.co.uk](http://www.stbarts.co.uk)

Issue No: 940



## HEADTEACHER'S MESSAGE

Dear Parents/Carers,

We are now into week six of lockdown and I hope you are all keeping well. Despite much speculation there is no clear date yet to

which we can work towards when schools will reopen to all students. Therefore, it is as important as ever that students keep to their new routines and learn remotely from home, whilst continually staying in touch with their teachers.

In this week's BartholoNews there are messages from staff and students who are staying in touch which I hope will inspire you to do the same, as well as messages on how to remain healthy.

As a school we are also pleased that St Bart's are helping to support the NHS with protective visors and my thanks go to our Product Design Department for giving up their time to do this.

Please continue to take care and stay safe.

*Ms Mortimore*  
*Headteacher*

## ST BART'S BEGINS PPE PRODUCTION

Our Product Design Department is now working in collaboration with Wallingford and Mary Hare Schools to produce face shields to be delivered to local hospitals and care

homes. Each of the three schools is manufacturing approximately 200 face shields per day and these are being distributed



throughout Oxfordshire and West Berkshire to trusts and other charities who are struggling to procure PPE. These organisations include Wallingford Community Hospital, The Royal Berkshire Hospital, Westgate House Care Home, Katherine House, John Watson Special School and Helen House.



More than £6,000 has been crowd-funded, thanks to generous members of the public and local businesses, to buy the materials; mainly 0.5mm polypropylene and acetate binding sheets.

If you would like to donate materials please contact Alice Walker at [walkera@wallingfordschool.com](mailto:walkera@wallingfordschool.com) or

**DONATE HERE:** <https://bit.ly/3d9Hkbh>

A new Laser Cutter, which was on order, will be delivered to St Bart's this week which will enable us to more than double the amount of face shields produced.

A huge thank you to Mr Jara, Mr Turner and Mr Lewis. If anyone knows of local health or care facilities in need of face shield/visors they can make a request by emailing [office@stbarts.co.uk](mailto:office@stbarts.co.uk)

## ROUTINE SCHOOL AGED IMMUNISATIONS

We have been asked to share a letter from the West Berks School Immunisation team with you. Turn to page 6 to see it.

## STAYING MENTALLY HEALTHY DURING LOCKDOWN

Here are 5 ways to help yourself cope with the strains and stresses of the covid-19 isolation period.

I am still working so please do reach out to me via email if you would like some support at the moment. I'd be happy to have a chat via email, on the phone or just send you some self-help materials that you can do at home to support your psychological wellbeing. My email is [eharvey@stbarts.co.uk](mailto:eharvey@stbarts.co.uk)

1. A lot of current anxiety is about not knowing what the future holds. Try not to focus too far ahead but instead think about what you need or want to achieve today, and aim to complete that.
2. Escape through reading. Reading can help you switch off from the world around you and land you into a different reality. It doesn't have to be fiction. You can enjoy learning about a new subject or reading a celebrity autobiography. Audiobooks and podcasts are equally good if you just want to plug in and tune out from isolation.
3. This is a very unusual situation for everyone so it's totally normal to feel more anxious, sad or just 'not yourself'. Don't feel ashamed of these feelings; talking to a friend or family member can help and make you realise you're not alone.

4. Exercise is a great way to burn off stress and to get a boost of serotonin, our body's natural happy chemical. It doesn't matter what you do: a TikTok dance, walking the dog, a Joe Wicks class, yoga, going for a jog, jumping on the trampoline. Just get your body moving.
5. We're all in this together so take time each day to connect with your friends, family and teachers. Talking to others about your feelings and sharing your experience of lockdown can be really helpful if you're feeling lonely or concerned.

Stay safe, stay home and take care.

*Elinor Harvey  
School Counsellor*

## EASTER ACTIVITIES FOR CHILDREN OF KEYWORKERS



During the Easter holidays St Bart's was open for a small group of students who enjoyed varied activities. Mr Brennan and Mr Brooker decided to construct a

trebuchet which was successfully launched last week. Thank you to Mr Brennan and Mr Brooker and all the students for their fantastic achievement!





*The Trebuchet, constructed in the Easter Holidays, being launched.*

## HOUSE AWARDS AND COLOURS

We hope you and your families are all well, that you are managing to keep up to date with work and maintaining contact with your friends and extended families.

We are very aware of all of the amazing work you do for your Houses and we want to be able to reward you for this commitment with your **House Award** or your **House Colours** if you are in Year 10.

Every House has attached a blank form on SMHW for you to fill in and return to your House Office email which you will find below.

Please **submit** your applications before **Friday 8 May**. We are going to be **announcing** those that are successful in achieving them on **Monday 11 May**.

There is also a space for you to highlight any of the amazing community support that we know some of you have been involved in since the isolation began.

Please remember all of the amazing work that you do and get those forms in!

[davisoffice@stbarts.co.uk](mailto:davisoffice@stbarts.co.uk)

[eversoffice@stbarts.co.uk](mailto:eversoffice@stbarts.co.uk)

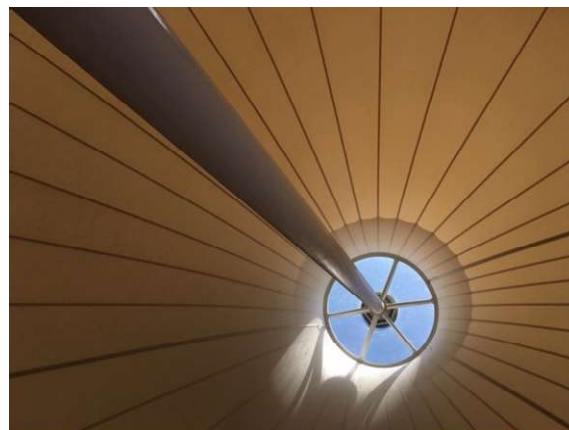
[curnockoffice@stbarts.co.uk](mailto:curnockoffice@stbarts.co.uk)

[pattersonoffice@stbarts.co.uk](mailto:pattersonoffice@stbarts.co.uk)

## THANK YOU HAWKRIDGE DISTILLERS

We are very grateful to have received 10 litres of hand sanitiser from Hawkridge Distillers in Compton. They have switched from making spirits to making 80% alcohol hand sanitiser in the light of the national shortage. Read more about this endeavour here:

<https://bit.ly/2Send3q> Thanks too to West Berkshire Council for organising this for us.



*The hub roof at St Bart's*

## HOME COOKING HEROES

The food teachers have been receiving some wonderful photographs of students' home cooking, and have been very pleased to reply to emails with a Home Cooking Heroes certificate. Some of you have been helping your family by helping to cook a family meal; while others are focussing on a particular recipe. Cakes and bakes feature regularly (we can't think why?!) and we have seen a rich variety of pasta meals, vegetarian meals, and even photographs of a special celebratory meal enjoyed for Easter lunch in the garden! Please send your photographs to any of us;

Mrs Eastman [leastman@stbarts.co.uk](mailto:leastman@stbarts.co.uk) or Mrs Bell [mbell@stbarts.co.uk](mailto:mbell@stbarts.co.uk) or Mrs Wenlock [awenlock@stbarts.co.uk](mailto:awenlock@stbarts.co.uk).

You may be using the St Bart's Recipe Bank; we are adding new recipes all the time, such as courgette and mint fritters, bean burgers, Carrot whoopie cakes- and homemade Jaffa cakes (which provide a fun cookery challenge!). Some of the recipes are taken from Delia Smith's book 'Frugal Food' while some others are written by Jack Munroe who has been presenting on Daily Food Live on BBC 1 at 10.00am. Jack's recipes are very



economical, and are often based on canned and frozen foods. I have added her Diet Coke chicken which you may wish to try!

The link to the St Bart's recipe bank is:

<https://bit.ly/2V2Gwxt>

Eszter Csordas in Year 7 kindly shared the traditional Hungarian recipe she baked called Ferdinand cake. The Hungarian name is Karcagi Ferdinánd; it is a sweet vanilla-butter yeast dough shaped into snail shapes which are packed together in a cake tin. The cake may be named after Archduke Franz Ferdinand of Austria, and was baked and served for the first time at a wedding reception in Karcag in 1923.

Brushing the top with hot sweetened cream after 30 minutes of baking is an important step as cream makes the pastry particularly soft and spongy. Pictured is Eszter making her Ferdinand.



### How to make a Ferdinand cake

#### Ingredients:

You will need a 22cm diameter (approx) round cake tin.

#### For the dough:

- 500g flour
- 4 egg yolks
- 1/4 tsp salt
- 300 ml milk
- 25g butter, melted
- 2 tsp caster sugar
- 2 teaspoons Easy Mix dried yeast

#### For the filling:

- 150 g butter (room temperature soft)
- 3 tablespoons icing or caster sugar (vanilla sugar if you have it, or add level teaspoon vanilla essence)
- 75g raisins (optional)

#### For brushing the top:

- 1 tsp caster sugar



- Half level teaspoon vanilla essence (optional)
- 150 ml double cream

#### Method:

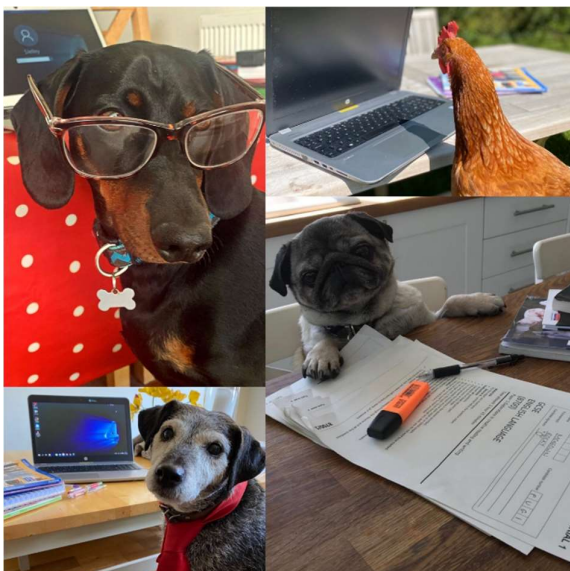
1. Prepare for practical: long hair tied back, jewellery removed, apron on, wash hands in soapy water for a minimum of 20seconds. Check your kitchen is clean and clear.
2. Place the flour in a large mixing bowl. Add salt, sugar and yeast, mix in well with one hand.
3. Crack each egg, separate out the yolks ( use a half shell to do this; or break egg onto a plate, cover the yolk with a small cutter while carefully tipping the plate sideways over a bowl to catch the white while retaining the yolk). Repeat so you have 4 yolks together in a jug or bowl. Add 300ml milk.
4. Melt butter on a very low heat in a saucepan, or 20 seconds in a microwave oven.
5. Add melted butter to the egg yolks and milk, beat with a fork or small whisk until combined.
6. Make a well in the centre of the dry ingredients. Pour in the liquids in one go. Bring together with one hand to a soft dough. The dough should be soft and stretchy but not sticky Adjust consistency with extra flour or teaspoons of milk if required. Tough hard dough is hard to knead and will not rise very well.
7. Turn onto a floured surface and knead for 10minutes.
8. Cover the dough and let it rise on the side in the kitchen for 2 hours until it has started to rise. (I often make bread doughs to this stage and leave to rise overnight covered, in a refrigerator ready for shaping the next day).
9. Meanwhile cream together soft butter and sugar and vanilla with a wooden spoon until smooth. Stir in raisins if using them.
10. Turn out the dough onto a floured surface and divide into two equal balls.
11. Roll out the first ball into a thin rectangle about A4 paper size, and spread half of the butter cream and raisin mixture on it. Roll

- it up and cut long side into approximately 5 cm/2 inch (equally sized) pieces.
12. Repeat the process with the other dough ball.
  13. Thoroughly butter a 22cm diameter (approximately) round cake tin and place the snails cut side down into the pan leaving a little space between them.
  14. Let the snails rise for 60-90 minutes until well risen,
  15. 10 minutes before baking, pre-heat the oven 180°C/ Gas 5.
  16. Place Ferdinand in the oven.
  17. After 30 minutes brush the top with cream combined with sugar, and bake for further 5-10 minutes or until a dark golden brown. Remove the pastry from the oven and turn it out onto a cooling rack. Let it cool a bit before serving.

*Linda Eastman  
Head of Faculty Food & PDP*

## DAVIS DESKS

We are sharing photos of our home learning desks on Instagram through the hashtag **#davisdesks** and tagging **@davis\_barts**. Photos of your desks can be silly, messy, neat, as long as they work for you then that's great. Students from all houses can take part, the aim is to have a bit of fun, promote home learning and to bring the St Bart's community together whilst we are all apart. Your picture does not need to feature a pet!



If you don't have Instagram but want your desk to be featured on the Davis Instagram account

just email your photo to  
[davisoffice@stbarts.co.uk](mailto:davisoffice@stbarts.co.uk).

*The Davis House Team*

## PE NEWS

The PE Department have been keeping Year 7, 8, 9 and 10 core PE groups active and busy whilst the school is closed by setting 3 tasks per week on SMHW. Students can choose which tasks they want to complete.

**Task 1** is a HIIT training session which changes each week and is supplemented with a visual demonstration on our PE social media pages.

**Task 2** is a skill based challenge, which in week one was basketball, week 2 was cricket and week 3 is rugby.

**Task 3** is a written challenge, Year 7 have been making certificates for sports day, Year 8 have been House sport team sheets, Year 9 have been making resources cards and completing a leadership activity and Year 10 have been making theory posters for different types of training.

The results have been arriving by email and we have been celebrating them on our PE social media page. We will do more of this in person with students when we go back to school. We really are seeing some fantastic work.

We would like to share the HIIT training results from weeks 1 and 2.

Well done and congratulations to:

### Week 1

Helena 7P2, Charlite 8E1, Grace 9E1, Will 10E1

### Week 2

Carys 7C2, Layla 8C2, Ollie 9C3, Sophie 10E1

We would also like to say well done to Charlotte Graham and Ruby Wiltshire in Year 9 who have produced some excellent athletes recourse cards, please see pages 7 and 8.

Find us:



facebook

Dear Parent/ Carer,

**Re: Routine School Aged Immunisations**

Due to COVID-19 and the closure of schools (except for children of key workers), the school aged immunisation programme will be rescheduled. Please be reassured that we are committed to ensuring that all students still receive their immunisations and we will contact you with details in due course.

From the 27th April we are introducing a new **School Aged Immunisation Advice Line**, which will be available via **07929 185006** from **10:00 – 14:00 Monday to Friday**, excluding Bank Holidays. The advice line is primarily for parents or carers of school aged children (aged 4 to 16 years).

The advice line can provide you with information and advice around a range of immunisation related issues, including:

- Specific immunisation programmes aimed at school aged children:
  - **Influenza** – primary school and special educational needs schools
  - **Universal HPV** – year 8 and year 9
  - **Tetanus, Diphtheria and Polio Booster** – year 9
  - **Meningitis ACWY** – year 9
  - **Measles, Mumps and Rubella (MMR)** – catch up programme for all school ages
- Dosages, schedules and how vaccines are given
- Incomplete immunisation history – what vaccines your child may need
- Information about planned and upcoming school sessions/ community clinics

Please use the above number to contact the immunisation team with any queries you may have or alternatively visit the website below:

**Website:** [cypf.berkshirehealthcare.nhs.uk/immunisations](https://cypf.berkshirehealthcare.nhs.uk/immunisations)

**Please note that GP practices are continuing to provide vaccination programmes for babies and pre-school children as normal and it is recommended that you attend, when invited.**

Yours sincerely



**Charlotte Church (Immunisation Service Lead)**



## What Do You Need to do the Long Jump?

### You need:

- ✓ Running shoes/spikes
- ✓ A short running track
- ✓ Sand pit at the end of the track



## How do You do the Long Jump?

### Step 1: Run up

The speed greatly affects the jump distance. So, maintain your velocity - you should be at top speed right before take-off!

### Step 2: Take-off

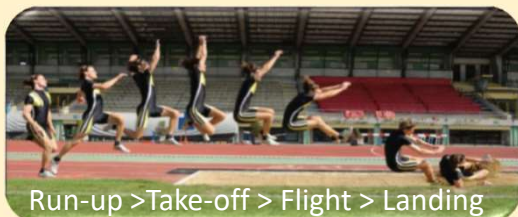
When taking off, the aim is to reach height so that you can stay in flight longer and further!

### Step 3 : Flight

There are three different techniques when you are in flight. The hang, the sail and the hitch-kick. These keep you in the air for longer.

### Step 4: Landing

When landing, it is imperative not to fall backwards into the landing pit. Bring your heels up and your head down towards your knees.



Jessica  
Ellis-Hill

The Long jump is one of the events of the women's heptathlon, this is **Jessica Ellis-Hill** who won an Olympic gold medal in 2012.



Greg  
Rutherford

**Greg Rutherford** won the Olympic gold medal for the men's long jump event at the London 2012 Olympics

## Furthest Jump?

**Female:** Galina Christyakova (URS) jumped **7.52m** in 1998

**Male:** Mike Powell (USA) jumped **8.95m** in 1991

## The Rules

- ❖ No part of your body is allowed to touch the ground between the take off line and the sand.
- ❖ You must take off from within the lane.
- ❖ You must not walk back through the sand after the jump.
- ❖ The jump is measured from the nearest brake in the landing area made by any part of your body.



# The Long Jump

By Charlotte Graham, 9E3

### Teaching points

Your back foot should be toe-to-heel to your front foot.

Your arms should be spread about shoulder-width apart

Your hands will be touching the starting line with your index finger and thumb on the line.

Put your weight over your hands so when you start you can propel yourself forward.

## Sprints



Dina Asher-Smith is a British 100m and 200m sprinter. She came 5<sup>th</sup> in 100m in the

2016 Rio Olympic Games. Last year, Asher-Smith came 1<sup>st</sup> in 200m and 2<sup>nd</sup> in 100m and got new National Records in both events.



### Phase 1:

Arms are shoulder-width apart, outstretched on the line, with legs bent.



### Phase 2:

Legs are now extended as well as your arms, your weight is over your



### Phase 3:

Push off the starting line with your legs and as your weight was forward you