

BartholoNews



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VIDEO MESSAGE TO OUR STUDENTS



Dozens of St Bart's staff have taken part in a video to show the students how much they are missed, and how proud they are of them. The project was initiated and put together by Miss Allwright, from the PE Department. Posted across school social media, the video has been welcomed with comments like, "So touching, thank you all for your effort, such a lovely video," and, "Thank you, I think you are missed too."

You can view the video here on our website: <https://bit.ly/2WwABTj>

Well done Miss Allwright and thank you to all those who took the time to join in.

ST BART'S FACE SHEILDS UPDATE

In recent weeks we have reported on the efforts of St Bart's to make face shields for those in need of PPE. Our team have now produced more than 3400 pieces and between the alliance of schools just over 6300 have been boxed up and sent out.

School teams help shield key workers

Tech creating vital protective equipment for hospital staff

By **DAN COOPER**
and **CLAIRE HENNING**
www.stbarts.co.uk

THREE local schools have joined forces to create thousands of protective face shields for staff working in hospitals and care homes.

Newbury's St Bartholomew's school has teamed up with Mary Hare School in Swalesmore Common and Wallingford School in Andover to provide the vital equipment.

Staff at each of the three schools - approximately 200 face shields per day and these have been distributed throughout Andover, Swalesmore and Wallingford to provide personal protective equipment (PPE).

These organisations include Wallingford Community Hospital, Royal Berkshire Hospital, the Royal Berkshire Care Home, Districts of Kent Home, Andover, Swalesmore and Wallingford.

More than 60,000 has been produced so far by the partnership of local schools and staff. A new laser cutter, which was on order, will be delivered to St Bart's this week, enabling it to make even greater numbers of face shields produced.

To far more than 600 subjects have been produced and all current orders have been fulfilled.

The schools would also be delighted to hear from other healthcare settings that could



Staff at the Royal Berkshire Hospital in Reading wearing the protective face shields made by local schools.



Product design teacher Martin Turner and helper Luke with the equipment at St Bartholomew's School.

They have been sent as far as Birmingham and Exmouth and an email of thanks from the Head Consultant at the Royal Brompton Hospital has been received.

Family members, including Mr Jara's daughter

Gabriella, and Art Technician, Tracy Sutton, have also been lending a hand.

Last week The Newbury Weekly News covered the story, you can read it here: <https://bit.ly/3dSDJPd>

Other healthcare settings that could make use of them are urged to email socialmedia@wallingfordschool.com with their request. To donate materials please email walkera@wallingfordschool.com or **DONATE HERE:** <https://bit.ly/3d9Hkbb>

MESSAGE FROM THAMES VALLEY POLICE

Matt Darnell, Detective Chief Inspector, Protecting Vulnerable People, has asked us to make a letter about safeguarding during the lockdown available to you. Please read this on page 6.

PATTERSON STUDENTS INVOLVED IN NEW WORLD RECORD

On 21 April many Patterson students and staff got involved in a world record attempt; a virtual tea party to raise funds for Guide Dogs, the Patterson House Charity. Students had to post a picture of themselves drinking tea on the Guide Dog Facebook page between 3 and 4pm. Guide Dogs announced yesterday that they had achieved the World Record for the Biggest Virtual Tea Party. The event raised £43,433 with our students pledging a total of £97. What an amazing, positive achievement.



Patterson Staff getting involved with the tea party

Patterson are aiming to get students involved in various challenges during the lockdown period including Patterson Pets, which was run last week, and a special challenge on the Bank Holiday Friday which Mr Brooker launched.

In addition students can get involved in *Walk this May* (being run by all the Houses). Students have to send pictures of their step count either daily or after each walk. All the Houses are collating these steps and seeing which House can walk the furthest.

Students can continue to get involved in the House Readathon competition as well. One of our Year 8 students, Harry Wakefield, has already raised £100 on his.

Information about the different events is being shared on SMHW and via Patterson House Instagram page, @stbartspatterson.

DAVIS UPDATE

We're been so pleased to see so many people taking part in '#WalkthisMay' and sending in their totals to the House Offices. Here in Davis we've been thinking about ways we'll be able to support our House Charity. Swings and Smiles is a local charity that provides support, friendship and play for children with special needs and their families. They are still providing this support in the current climate remotely and virtually.

We are really pleased that the charity have launched a 'Swings and Miles Challenge'. This means that you can combine your #WalkthisMay efforts with fundraising for children with special needs. All you need to do is to get sponsorship for all your walking. More information and resources are available on their website: <https://bit.ly/35Uvtvf>

VE DAY COMMEMORATION

This is Harry (8P2), who made and painted a cardboard cut-out of a World War 2 soldier in order to commemorate VE Day. Well done Harry!



MATTHEW RAISES OVER £1000 FOR CHRISTIAN AID WEEK



When he heard that Newbury Christian Aid Committee wasn't going to be able to raise money with the usual Christian Aid Week (10-16 May) house to house collection this year, one of our Year 11 students, Matthew, decided that he'd like to support

them in another way. Matthew created and uploaded a musical presentation onto Newbury Christian Aid's Just Giving page, which



supporters can enjoy for free, as a thank you for their donations. So far Matthew has raised just over

£1000 of his £1500 target. Congratulations Matthew!

You can donate and enjoy Matthew's concert at <https://bit.ly/newburychristianaidweek>

HOME COOKING HEROES

Food teacher Mrs Bell has been applying her IT skills to create a new food Instagram account. The username is @stbarts_food. We will be adding details of new dishes cooked by St Bart's Home Cooking Heroes every day, so please follow us!

Mrs Bell has also created a great video based on photographs St Bart's students have been emailing to us. You can find the Home Cooking Heroes video on the Instagram page, or on our website by following this link: <https://bit.ly/2Z12kx4>

Please continue to send us photographs of your home cooking as we love to see them- you can email any food teacher;

Mrs Eastman: leastman@stbarts.co.uk

Mrs Bell: mbell@stbarts.co.uk

Ms Wenlock awenlock@stbarts.co.uk

We will send you a Home Cooking Hero certificate the first time you send us a photograph, and your cooking may now be featured on our food Instagram!

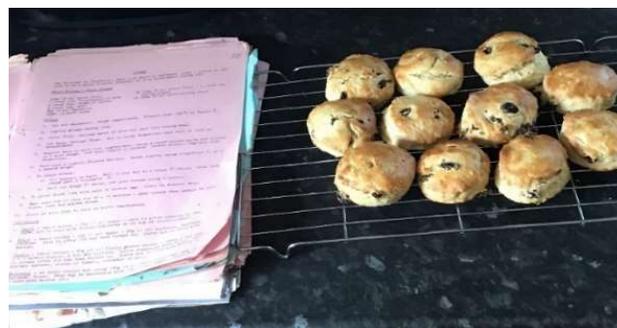
The link to the St Bart's recipe bank is : <https://bit.ly/2V2Gwxt>

Here are a couple of the photographs we have received this week.

Rebecca Poynter (7E2) has been baking lots of yummy food to raise money for the NHS. So far she has raised



£250 by cooking for donations from friends and family. Well done Rebecca!



Jake Tillen (9C3) made these delicious looking scones. He used his Mum's recipe folder, which she collated from our recipe sheets when she was at St Bart's over 40 years ago! Seeing the folder really took me back; it was the way we organised recipes when I first taught here in 1981. The same recipe can be found in the recipe bank in the Y7 folder.



Abigail Hamblin in Year 7 made these delicious banana cakes for the 75th VE Day celebrations last Friday. She has kindly shared the recipe.

Banana Cakes

Bananas are loaded with essential vitamins and minerals such as potassium, calcium, manganese, magnesium, iron, folate, niacin, riboflavin, and B6. These all contribute to the proper functioning of the body and keeping you healthy. The high content of potassium in **bananas** makes it a super fruit.

Makes 12

- 12 paper or silicone cupcake cases (muffin cases will be too big)
- 125g room temperature butter or lower fat spread (lower in fat but cakes will be harder textured)
- 125g caster sugar or light golden brown sugar
- 2 eggs
- 125g plain flour
- 2 rounded teaspoons baking powder
- 2 small/ medium bananas, mashed
- Optional addition: 50g chocolate chips or 50g chopped walnuts or pecan nuts

Method:

1. Oven gas 4/ 170° C. Place cup-cake cases in a bun tin
2. With an electric mixer (under adult supervision) or a wooden spoon, beat the butter (or spread) and sugar together until smooth.
3. Break eggs into a bowl and beat with a fork.
4. Add egg to creamed butter and sugar, a third at a time, beating well after each addition.
5. Mash peeled, sliced banana on a plate using a fork.
6. Sieve flour and baking powder into the cake mixture, stirring the raising agent into the flour as you sieve.
7. Stir flour in gently with a spatula or wooden spoon (don't use an electric mixer at this stage), then add in mashed banana and chocolate chips or nuts if using. Do not over-mix.
8. Divide cake mixture equally into cake-cases, (trying not to let any mixture slurr on the side of the cases so the cakes look super-smart when baked).

9. Bake on shelf between centre and top shelf position, for 20-25 minutes until golden brown.

These cakes last for up to 4 days (not in my house).

Linda Eastman
Head of Faculty Food and PDP

PE News

We would like to share the HIIT training results from weeks 3 and 4
Well done and congratulations to:

Week 3

Year 7: Chloe 7E2, Madison 7D1

Year 8: Amelia 8C1

Year 9: Bradley 9D3

Year 10: George 10D1, Sophie 10E1

Week 4

Year 7: Meg 7C3

Year 8: Liam 8P3

Year 9: Ruby 9C3

Year 10: Sophie 10E1

We would also like to say well done to Annabel Gibson and Jenny Tonge in Year 10 who have produced some excellent posters on the methods of training posters, please see pages 7 and 8.

Last week the PE Department introduced the Berkshire Virtual School Games Event a package that The West Berkshire School Sport Network has put together for Year 7, 8, 9 and 10 students as their core PE work from home. Week 1 started with a Sportshall Pentathlon. This week we are sending out the week 2 challenge on SMHW which is a Tennis challenge. You can also see this information on our PE Instagram account, @stbarts_pe

We are now very pleased to announce the week 1 Sportshall Pentathlon results.

We have had 74 results in, which is brilliant.

Top 3 in each year group are as follows

Year 7 Girls
Macey Seamons,
Beatrix Busby
Lily Buckmaster

Year 7 Boys
Adam White
James Fenner
Jacob Avery



Year 8 Girls
Kirsten Fraser
Elsa Farrow
Matilda Roots

Year 8 Boys
Tom Dair
Aidan Moffat
Drew Street

Year 9 Girls
Isabella Warner
Ruby Lockhead
Ruby Wiltshire

Year 9 Boys
Bradley Hopkins
Toby Davis
Ben Cook



Pictured: James, taking part in the events

A big well done to all of these students. We have also entered 8 Key Stage 3 St Bart's teams into the overall School Games competition and we will let you know how we got on against the other schools that are taking part.

The PE Department



Cowslip in flower at St Bart's

SUPPORT DURING THE SCHOOL CLOSURE

Don't forget that we have compiled a list of useful services for those in need during this difficult time. You can view it here:

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

We're also maintaining an archive of communications. You may find it useful to refer to these documents here:

<https://bit.ly/35TD3pX> and to back issues of Bartholonews, here: <https://bit.ly/35XsBxm>

Find us:



facebook



Matt Darnell
Detective Chief Inspector
Protecting Vulnerable People
Thames Valley Police
Fountain Court
Oxford Spires Business Park
Kidlington
Oxford OX5 1NZ
Tel: 101

7 May 2020

Dear DSL,

With the situation that we are all facing in light of COVID19 virus, please can I take the opportunity to update you with regard the current position of Thames Valley Police, particularly in relation safeguarding our children. During this period of COVID 19 lockdown children and young people are increasingly using social media. There are positive aspects to this but also challenges. TVP have launched a media campaign which highlights some of the safeguarding issues that this increased use can bring. The key messages highlighted in the campaign are as follows:

For children are:

- Don't be afraid of coming forward and speaking to a parent, carer, guardian, teacher or other trusted adult.
- The Police are here to help and support you – you will not be in trouble.
- Know who you are talking to on-line. If something doesn't feel right – tell someone.

Key messages for parents

- Trust your instinct for signs, you know your child better than anyone
- Have your children suddenly become very secretive?
- Are they sad or withdrawn but won't say why?
- Do they seem distracted
- Do they have sudden mood swings?
- Are they unable to switch off from their phone or social media?
- Have open conversations with children about their internet usage.
- Use parental controls and seek guidance from the available free resource.

TVP is strongly advocating for information on staying safe the use of the NCA CEOP website www.thinkuknow.co.uk – this contains links to advice for children at different age groups, parents/carers and professionals including teachers.

TVP would like to take this opportunity to ask schools to publicise this information and website to teachers parents and children through any communication channels you are using during Covid i.e. newsletters correspondence that you are having with children and parents, on your school websites.

Kind regards

Matt Darnell
Detective Chief Inspector
Protecting Vulnerable People

Detective Chief Inspector Matt Darnell
PVP

Fartlek Training

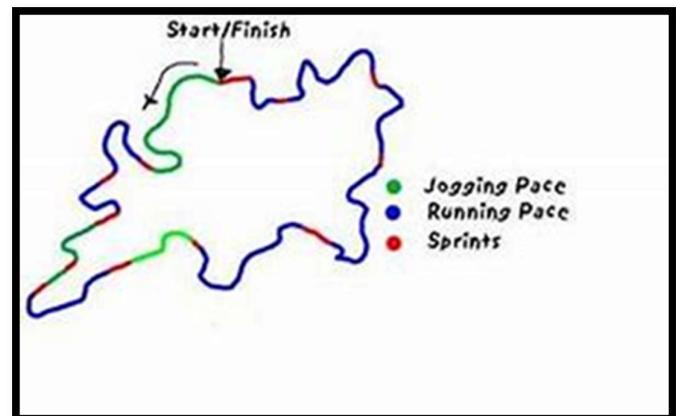
Fartlek training is a training method that combines continuous training with interval training.

Advantages-

- Highly adaptable
- Effective for endurance training
- Effective for speed training
- Improves fast twitch muscles response
- Great for group training

Disadvantages-

- You can injure yourself
- Can be painful to perform
- Requires creativity



Circuit Training

What is it?

by Jenny Tonge

Circuit training is type of workout which is fast paced. It involves several strength training and high intensity aerobic exercises (e.g. squats and push-ups) in order to create a circuit.

There are many benefits to doing this sort of a workout, as it can help many of your body's muscles, as well as being a quick workout.

Here is a list of the key benefits of doing circuit training:

- increased muscular endurance and strength
- a mix of cardio and strength training
- challenges the whole body
- metabolism is increased

Why is circuit training good for your health?

Some of the main reason why circuit training is good for your health is because it improves the cardiovascular and respiratory system. This means that it can also help in reducing the risk of conditions such as metabolic syndrome, Type II diabetes and coronary heart disease.

The training is an efficient way of maintaining low body fat percentage and helping you with your overall health and well-being.

