

BartholoNews



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HEADTEACHER'S MESSAGE

Dear Parents/Carers,



As we are now in the middle of the second week of this current lockdown and home learning, I hope you are managing to adjust to the new working routines. We have been really pleased with the way students have adapted so quickly and are continuing

to engage successfully with their learning.

We have also set up mass testing, using the lateral flow test, for all students and staff who come into school, so that we can do our utmost to keep St Bart's a safe environment, and our provision for the care of vulnerable students and children of key/critical workers now has over 100 students using it.

As we are all aware, the national situation seems to change daily, with different announcements, and it can be hard to keep up, but I can assure you that at St Bart's we are committed to ensuring that we provide continuity of learning for your child through the channels that we have already communicated. Your child's tutor and House will also continue to oversee the overall welfare of your child, and we will be sending out a wellbeing survey to all students later this week.

May I also take this opportunity to thank parents for all the positive messages of support that we have received over the last month,

which are really uplifting for staff, and for which we are very grateful.

Lastly, please encourage your child to share with us any personal successes, achievements or acts of kindness they have performed over this period, as we are still keen to hear about these, to celebrate them within our St Bart's community as well.

*Ms Mortimore
Headteacher*

THE FIVE WAYS TO WELLBEING

As we respond to changing advice, guidance and news, we want to remind and encourage all members of our community to take steps to promote their wellbeing during the uncertainty of the current times.

The Five Ways to Wellbeing research, conducted by the New Economics Foundation, is used by the NHS and a range of leading Mental Health charities including Mind. We as a school also promoted this in our 25 March 2020 edition of BartholoNews.

The research identified five key things it is valuable to incorporate as part of our daily lives in order to help build resilience, boost our wellbeing and maintain positive mental health. These Five Ways to Wellbeing are: to connect; to keep learning; to be active; to give and to take notice.



In the current climate, a degree of creativity is needed if we are to do each of these things safely and while following government guidance on social distancing, however our staff and students had some excellent ideas about how they could focus on each even while remaining in the home.

Connect

Feeling close to and valued by others is important. Given the current advice about social distancing, students considered how to maintain positive connections with those they may not see in person for a while, such as older family members and friends. We also considered how to maintain positive relationships with those we live with while adjusting to spending considerably more time together at home.

Some top tips:

- Make the most of the technology we have available to help us stay in touch with family and friends in a meaningful way; schedule in time for Facetime / Skype catch ups with family who we don't live with, or get out some paper or cards and spend some time writing letters that might brighten up someone's day.
- Think carefully about how we are connecting with others on social media and ensure that we are being mindful of how comments and messages may make others feel. Think also about what limits we put on our social media use – it's important to have some time away from the steady stream of messages and updates. Purposeful, positive and intentional interactions are much better than a continual drip-feed of updates.
- Take time to enjoy the company of family; dig out the board games or puzzles or work on something you enjoy together. Ask others how they are feeling and really listen to their answers.
- Stay connected with St Bart's; read Bartholonews/InTouch messages from staff to stay up to date with what's happening across the school community.

Keep Learning

Research continually shows how positive learning can be for your mental health.

Some top tips:

- If you are well, make sure you are staying on top of the work that is being set for you by class teachers and that you are submitting work when asked to.
- Attend all scheduled live lessons, if you are well enough.
- Take responsibility for your own learning at home; establish routines to help, like regular times of the day you will work on set assignments and some ways you will reward yourself for work completed.
- Beyond completing schoolwork, there are many other ways to keep learning while you are at home. Reading has to top our list of things to do!

Be Active

For many of us, our current means of keeping active isn't available at the moment as clubs and activities have been shut down and our access to outside spaces is limited. However, there are many ways to include daily exercise as part of your routine while at home as exercise, along with other healthy lifestyle choices like eating and sleeping well, is key to protecting our mental health.



Some top tips:

- Keep an eye on Satchel One (Show My Homework) for advice from your PE teachers.
- Joe Wicks is back on Youtube; if you haven't yet, why not give it a go?
- Many tasks around the house and garden are great for exercise – think about how cleaning, hoovering, cutting the grass can give you the opportunity to be active and to be helpful.
- Keep up to date with Government advice and, where it is permitted for you to do so, make the most of opportunities to get outside and get some activity and fresh air.

Give

Research shows that those who regularly do something kind for others have higher levels of wellbeing and are more likely to identify as feeling happy. While it is important that we are safe in how we are supporting others at this time, there are still opportunities for us to give to others, particularly when it comes to giving our time.



Some top tips:

- Be generous with our families. Give our time and efforts to help others. That could be helping more proactively with household tasks to ease the burden on other family members or being thoughtful in our interactions with each other.
- Use some of the skills you have to teach others; that could be using your ICT skills to help elderly relatives by ordering their online shop for them, or supporting younger siblings with school work.
- Give some time to help those in our communities. This needs careful thought so as to be managed in line with Government advice about social distancing, but think of ways you can reach out to those around you, perhaps virtually.

Take Notice

Paying attention to the present moment, or 'mindfulness' as it's often referred to helps us enjoy life more and understand ourselves better.

There are many activities that can help us carve out a little time for pause and reflection and many of you will already have activities you do regularly to do this.

These could include 'colour me calm' activities, or a gratitude journal to reflect on the things you are thankful for each day. With



world news so focussed on Covid 19 and our daily lives so affected by it, it's important to take time off from worry about the pandemic and mindfulness activities can help with that.

Some top tips:

- Take time away from social media and regular updates; turn off your phone or, at the very least turn off notifications and limit the frequency you check messages and updates each day.
- Take time to notice things others do for you at home and thank them for it.
- If able to spend time outside, focus on the natural world around you, make the most of the opportunity to observe the changes Winter is bringing each day.
- Make use of mindfulness resources you've considered in PDP, assemblies, lessons or tried before yourself that you've enjoyed.

The suggestions above are by no means exhaustive, and we are sure that each families will have their own creative ways in which to try and incorporate some of these areas into everyday life as we adapt to the current circumstances. We hope we've given you some to get you thinking and look forward to hearing about what you try.

If you'd like more details about the Five Ways to Wellness, further information from the [NHS](#) and [Mind](#) can be found through the links.

For anyone who needs some support with their Mental Health, or who is worried about someone else's wellbeing, there are a range of resources and places to access support [available through the school website homepage](#).

ONLINE SAFETY

With an increased use of technology during the school closure, it is more important than ever to keep our children safe online. [The NSPCC have some useful advice and guidance for parents/carers on their website.](#)



COVID TESTING IN SCHOOL

The beginning of term started with a rapid induction into the setting up and operating of a lateral flow testing facility, which we managed to have fully operational for all our key worker and vulnerable students on Tuesday. We have since tested staff and all students in school, including those sitting BTEC exams, with over 200 tested in the first week.



As you can see our school hall has been transformed. A huge thank you to our science technicians, admin and invigilator staff who have so quickly and professionally taken on the roles needed to run a testing facility. We would also like to thank all parents who have volunteered to be involved; an offer we may take up when students return plans are clearer.

VACANCY FOR A MEMBER OF THE ACADEMY TRUST

St Bartholomew's School is looking for at least one new Member of the Academy Trust to join them.

What is a Member of the Academy Trust?

There are two levels of governance within an academy trust. The first is the Trust Board who undertake the day-to-day strategic oversight of the school. The second is a group called "The Members" who are similar to shareholders in a commercial company, however, they do not have any specific duties imposed upon them but they are each subject to a liability of £10 should the academy trust be wound up.

What do they do?

They usually meet up to three times a year to provide scrutiny of the Trust Board, to make any changes to the academy trust that are within their powers and to be the guardians of the very special ethos that exists at St Bart's.

Who are we looking for?

We are looking for individuals with close links to St Bart's and the local community and who have an understanding of education.

Appointments are made on a skills basis to enable the Members to continue to function effectively. Each term of office is for four years.

The closing date for applications is Monday 25 January 2021.

If you think that this might be for you and would like to apply, or have any questions about the role, please contact Helen Sutherland, Clerk to the Governors, at hsutherland@stbarts.co.uk.

All appointments are subject to satisfactory DBS and employment checks.

GEOGRAPHY'S SUSTAINABLE SWAPS

Keep reading BartholoNews for more ideas on sustainable swaps from the Geography department over the coming weeks.

Instead of...

Did you know: 11,000,000,000 wet wipes and make up wipes are used every single year in the UK alone.

You could use...

Reusable wipes!
These wipes come in a variety of shapes and sizes and are very effective at removing make up and cleaning faces. They can also be used when changing babies. It is also very easy to make your own.

Wipes are behind 93% of blockages in UK sewers. In some locations they are also changing the shape of rivers as they pile up on river beds and banks. Most wipes are non-biodegradable which means they will just sit in landfill. Some wipes also say they are flushable – no wipes are truly flushable!

Don't forget you can follow the Geography Department on Instagram @stbartsgeog

BLACK HISTORY MONTH POEMS

In [BartholoNews on 16 December](#) we explained how, inspired by what they had learned about writers like Derek Walcott from St Lucia and the British-Trinidadian poet, Roger Robinson,



students wrote poems of their own to enter into a competition as part of our Black History Month activities.

Below is Eish Mahajan's (8E3) poem, inspired by the French-Senegalese writer David Diop's 'The Vultures'. It is a poem about hopes and a positive vision of the future.

My poem

I imagine a future
Where I protect my country from terrorism,
Where I maintain peace for my people,
Where I lead my pride of lions.
I imagine a future.
First, I must struggle with schoolwork.
Then I need to become fit and healthy.
But first I have to stay focused and determined.
Now it's hard to concentrate on my studies.
And it's hard to stay fit,
As everything has been turned upside-down
By a plague from hell.
Stopped.
No face-to-face communication,
Everything online,
Giving me headaches,
Wasting all my time.
I chose the road to change,
Or I would fall down the tunnel to despair.
I am making my future
Eliminating distractions like soap kills germs,
Running 6 miles on a treadmill next to a mini
Gurdwara,
On a table where I focus on my schoolwork,
Hope lives in my like a folded flag, waiting to unfurl.

Eish Mahajan

We will publish the final winner's poem in the next BartholoNews [or you can read all the winning poems, along with a full list of winners on our website.](#)

FOODBANK THANKS ST BART'S

We would like to share the message of thanks from the West Berks Foodbank for the fantastic support you have all shown in helping to support our community.



"I wanted to let you know the size of your amazing pre-Christmas donations to the Foodbank. This has now been done and I'm delighted to tell you that the St Bart's collection came in at an impressive 561.8kgs which equates to 1180 meals that the students and staff have provided for those in need in our area. Combined with the donation co-ordinated by Philippa Perchard at the end of November, the St Bart's Christmas total is 696.5kgs, that's 1463 meals for our clients.

We are so grateful for your support, particularly at such a difficult time. Demand for our services is greater than ever as you can imagine and your donations will help us continue to support people in our area over the forthcoming months.

Thanks for thinking of us. I look forward to working with you again in 2021"



FOLLOW YOUR HOUSE ON INSTAGRAM



curnockhouse
davis_barts
evers_stbarts
stbartspatterson

STUDENT SPORTS COUNCIL

The PE Department are very excited to introduce the members of this year's Student Sports Council. We have set up a Sports Council to allow students to have a voice in the future planning of PE and sport in our school. All students who were interested in becoming part of the Sports Council wrote an application letter to Mr Fry, there were over 40 students in total who applied! These fantastic applications were all read carefully, and the students listed below have been selected as their year group reps.

We also appointed 20 students to be a part of this year's Sports Council Committee. These students will work alongside the Sports Council to increase participation in PE and school sport, to promote a healthy lifestyle and most importantly be role models.

Student Sports Council reps:

Year 7	Year 8	Year 9
Izzy McNally	Georgina Wallis	Annabel McClean
Isla Clare	Darcy Edwards	Darcy Hunt
Bethany McClean		Charlotte McDonald
Vishal Karthik	Ibrahim Diallo	Spencer Codling
Patryk Groza	Elliot Robins	Aiden Moffat
Louie Murkett	Lawrence Cook	Lewis Gardner

Please keep a look out for the Sports Council rep's introduction videos on all of St Bart's social media platforms!



YEAR 10 PHOTOGRAPHY ENRICHMENT



Before Christmas the Photography Enrichment group were asked to capture something festive, remembering to think of focus point, composition and light. This is a great example by Marcie Essex-Lopresti.

RECEIVING EMAILS FROM SCHOOL

If you stop receiving emails from St Bart's we would advise you to check that they are not going into your SPAM folder. Some email providers have a 'safe list' feature. To make sure you receive emails, add our address, 8695402@capita-intouch.co.uk, to this list.

This email address should not be used to contact the school. Please continue to use office@stbarts.co.uk if you wish to send us emails.

AT ST BART'S WE EXPECT ALL MEMBERS OF OUR SCHOOL COMMUNITY TO BE...

BRAVE
AMBITIOUS
RESPECTFUL
TRUSTWORTHY
SAFE ...SO THAT WE CAN ALL BE THE BEST THAT WE CAN BE.



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