



APRIL 2020  
ISSUE 46

NEWS FROM ELIZABETH WOODVILLE SCHOOL

**WHAT TO DO OVER EASTER**  
IDEAS FOR ALL OF THE FAMILY OVER  
THE EASTER HOLIDAY

**SHOWCASE**  
A SHOWCASE OF WORK FROM SOME OF  
OUR AMAZING STUDENTS

COVER  
PHOTOGRAPHY  
BY EMMA  
ROBERTS  
YEAR 8

COVER  
PHOTOGRAPHY  
BY EMMA  
ROBERTS  
YEAR 8

# highlights

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# Mrs Matharu

## Dear Parents and Carers,

I hope you are safe and well. It's been an unusual end to the half term; I did not envisage schools closing early, exams being cancelled and online learning being the norm when the year started. During this unprecedented time, please can I remind you to keep following the Government's advice. You may have already devised a schedule for your children to follow, set up a learning space and prepared yourself for the pressures of home schooling whilst perhaps still working and looking after other children. As a school we understand that students may not be able to complete all work but do expect them to have attempted work.

The reality of staying at home, unable to meet up with friends or take part in normal after school activities will be tough for some students. Please support your children. There are many online help sites including [www.mind.org.uk](http://www.mind.org.uk)

A number of our students will be concerned with regards to the exams being cancelled, we are still awaiting information and further guidance from the Government, and once we have this we will keep you informed. Miss Gilligan will send out further information regarding work that needs to be submitted, please remember this is a guide.

The school has donated goggles and gloves to the NHS and are doing "our bit" by ensuring we remain open for key worker children and vulnerable children. Many local communities have formed support groups to assist the vulnerable in their local areas; as a school if there is any way we can help please get in touch.

As the Easter holidays start, please can I remind you that teachers will not be setting work or expecting work in. Unfortunately many plans will have been cancelled such as holidays, day trips etc, however the imperative is to stay safe and maintain social distancing. In the holidays there are a number of alternative activities that can be done, below are a few suggestions with more further in this newsletter:

- Joe Wicks - Online fitness training
- Learning to cook - with whatever may be in the cupboards
- Craft work
- Family Board games/jigsaws
- Reading
- Discover new hobbies
- Drawing and painting
- Learning a language online
- Gardening

At present we are unsure when we will be reopening, as soon as we have more details we will email parents and update our website.

We know this is a really difficult time for everybody and we are thinking about you all.

With warmest regards and best wishes



# Northamptonshire County Council Online Safety and Wellbeing Resources

## FOR TEACHERS, PARENTS AND PROFESSIONALS

Keeping children and young people safe online can be a challenge. The internet is complex, evolving rapidly, and there is much we are still seeking to learn and understand. We have collated a few ideas and resources that will help in working with young people to manage their safety and wellbeing in the online world. This is *just* a guide, but a starting point to better equip you as a professional or parent with the resources and activities you need to start the conversation.

These recommendations will focus on 4 key areas:

- Keeping safe online – Where should we start and what should we be doing?
- Thinking critically – What questions should we be asking, and how can we better challenge what we see online?
- Digital resilience – How can we work through and best manage difficult situations online?
- Online wellbeing – How do we focus on our mental health, and protect our wellbeing when engaging with the online world?

### Before you begin

At the beginning of your session, work with young people to agree and set out some rules or guidelines on how your session will run. If a young person has been involved in shaping how the conversation will look, they are more likely to feel comfortable and refer back to these rules themselves. It is also important to avoid shaming young people for their online use and behaviour. At the same time, remember children are not expected to divulge personal stories about what they do online, especially if they are vulnerable. Instead you should begin by asking 'where' are they going online and 'how' are they using it.

Parents, carers and professionals can also download our [online safety guides](#) and agreement

### Resources and ideas for safeguarding 12 – 16 year olds

- Crossing the Line – PSHE toolkit covering sexting, peer pressure cyber bullying and self-esteem 11 – 14 year olds
- Myth vs Reality – Childnet International
- Screen time and healthy balance – Childnet International
- Digital Resilience: 11 to 14 year olds – Childnet International
- Trust me: critical thinking resources – Childnet International
- Picture this – Drama activity about sexting
- Sex, Relationships the internet - Thinkuknow
- STAR – SEN: Toolkit

### Resources and ideas for safeguarding 17 – 18 year olds

- Fake it till you make it: Healthy relationships – Project Evolve
- Self-image and identity: Online scenarios – Project Evolve
- What would an employer do – Project Evolve
- Is it right: Self-image and identity – Project Evolve
- Health, wellbeing and lifestyle: Society's views – Project Evolve

For more information email: [onlinesafety@northamptonshire.gov.uk](mailto:onlinesafety@northamptonshire.gov.uk)



@NCCcybersafe



# WEETABIX DONATIONS



We have been fortunate enough to receive 100 boxes of breakfast bars and energy drinks from Weetabix to support many of our families during this very challenging time.

Mark Brennan, Deputy Head, went out with Adrian Walsh, our minibus driver, on Friday 3rd April to deliver these packages.

We would like to thank Paul King at Weetabix for organising this generous donation that we are able to share with many of you. #TeamEWS



## Mrs Parry takes on the challenge!

**THIS MARCH MRS PARRY TOOK ON THE CHALLENGE OF WALKING 10000 STEPS EVERY DAY. AND NOT FOR NO GOOD REASON, SHE DID IT TO RAISE FUNDS FOR CANCER RESEARCH IN THE UK.**

On her personal fundraising page which can be found at <https://fundraise.cancerresearchuk.org/page/adeles-walk-all-over-cancer-fundraising-page-14> she made the proclamation:

*'It's time we fight in whichever way we can. I can walk. And as much as I am struggling with my own demons, this is not about me. This is about doing the right thing.*

*I'm not just doing it for those we lost to cancer. I'm doing it for those that survived. For every person that is fighting every day. For every child and parent that have to watch their loved ones going through a battle that they didn't ask for and don't deserve. We all know someone that has been affected by cancer. We've all seen the sorrow. Now it's time to do something about it'*

And she did! Mrs Parry walked a minimum on 10 000 steps each day for 31 days. Reaching a total of 332 548 steps for the month of March 2020. A lot of these steps were done alone. Some in the gym, some at school, some on the treadmill and after the lock-down took effect a lot in the garden and public parks. But it was done! Her initial goal was to raise just £300 which is a drop in the bucket when it comes to funding research but a necessary drop nonetheless. At the time that this article was written she had raised a total of £255.47

If anyone would be willing to contribute to this worthy cause it can be done electronically at:  
<https://fundraise.cancerresearchuk.org/page/adeles-walk-all-over-cancer-fundraising-page-14>

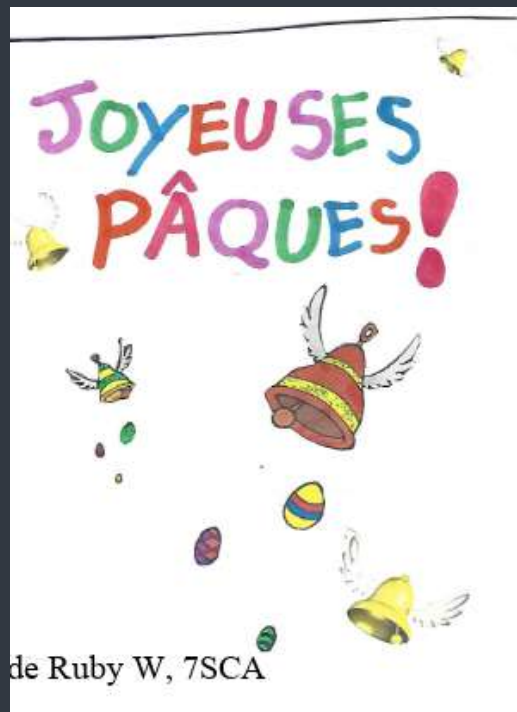
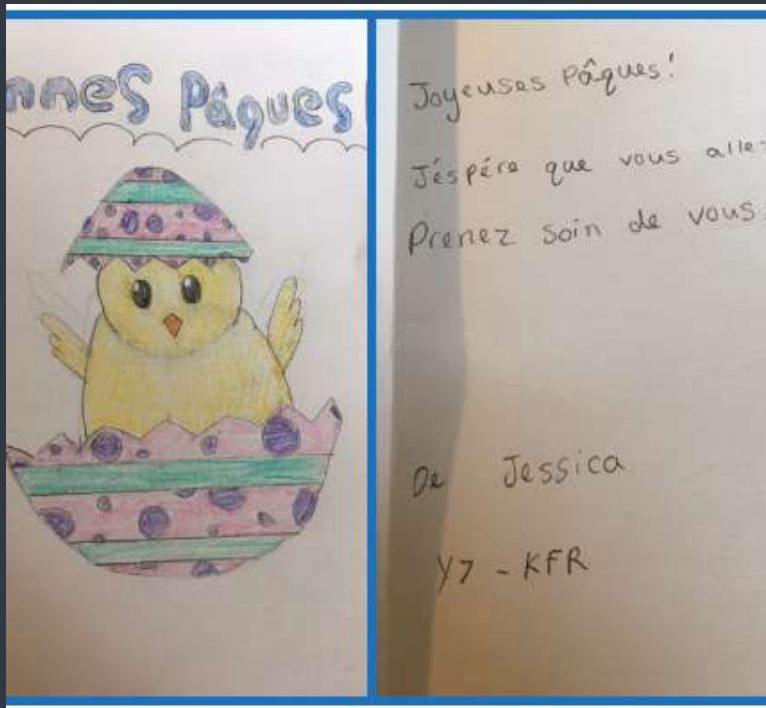
Mrs Parry is planning on repeating this endeavour next year with some extra recruits and twice the goal.

**Bonnes vacances!**  
**Joyeuses Pâques!**  
**¡Disfruta la vacaciones!**  
**¡Felices Pascuas!**

The MFL department would like to thank all the students for adapting so quickly and responding so well to online and distant learning. Over the last two weeks, students have become experts at using Google Classroom, Google quizzes, Quizlet and Seneca. Quizlet live was a big hit!

It's wonderful to see that, at this difficult time for all, students have shown a lot of resilience and have continued to develop their language skills.

Take care and stay safe.





# Design & Technology Showcase

Year 11



Sophie Christie



Finlay Southall



Elise Stoneman



Keaten  
McPherson-  
Brookes

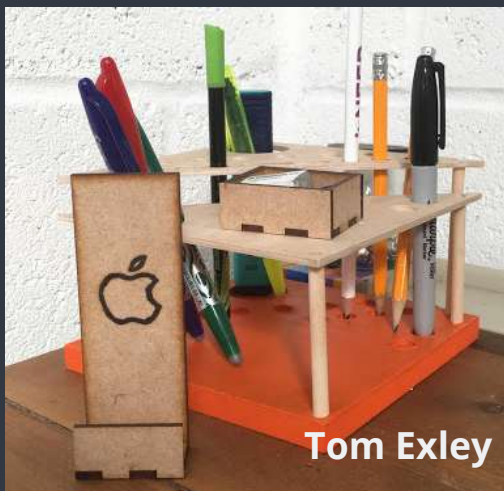
# Design & Technology Showcase

Year 13

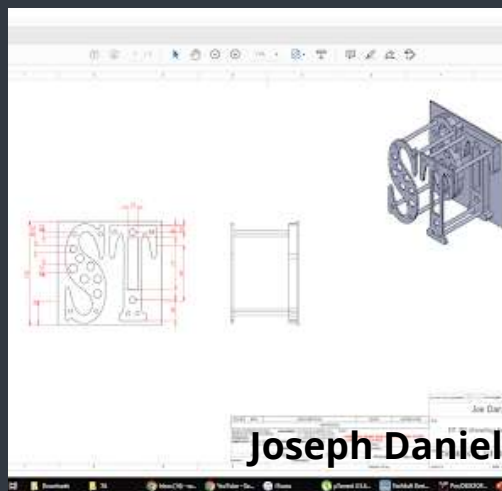


Ben Morgan

Year 7



Tom Exley



Joseph Daniel



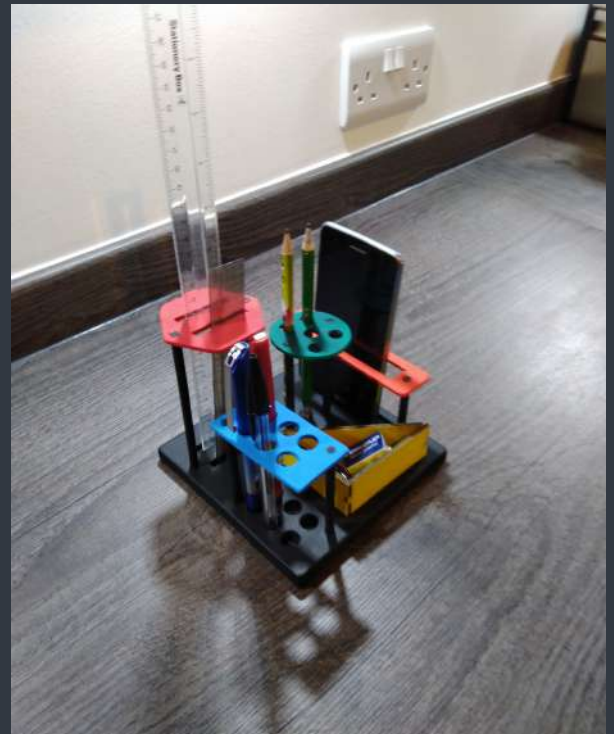
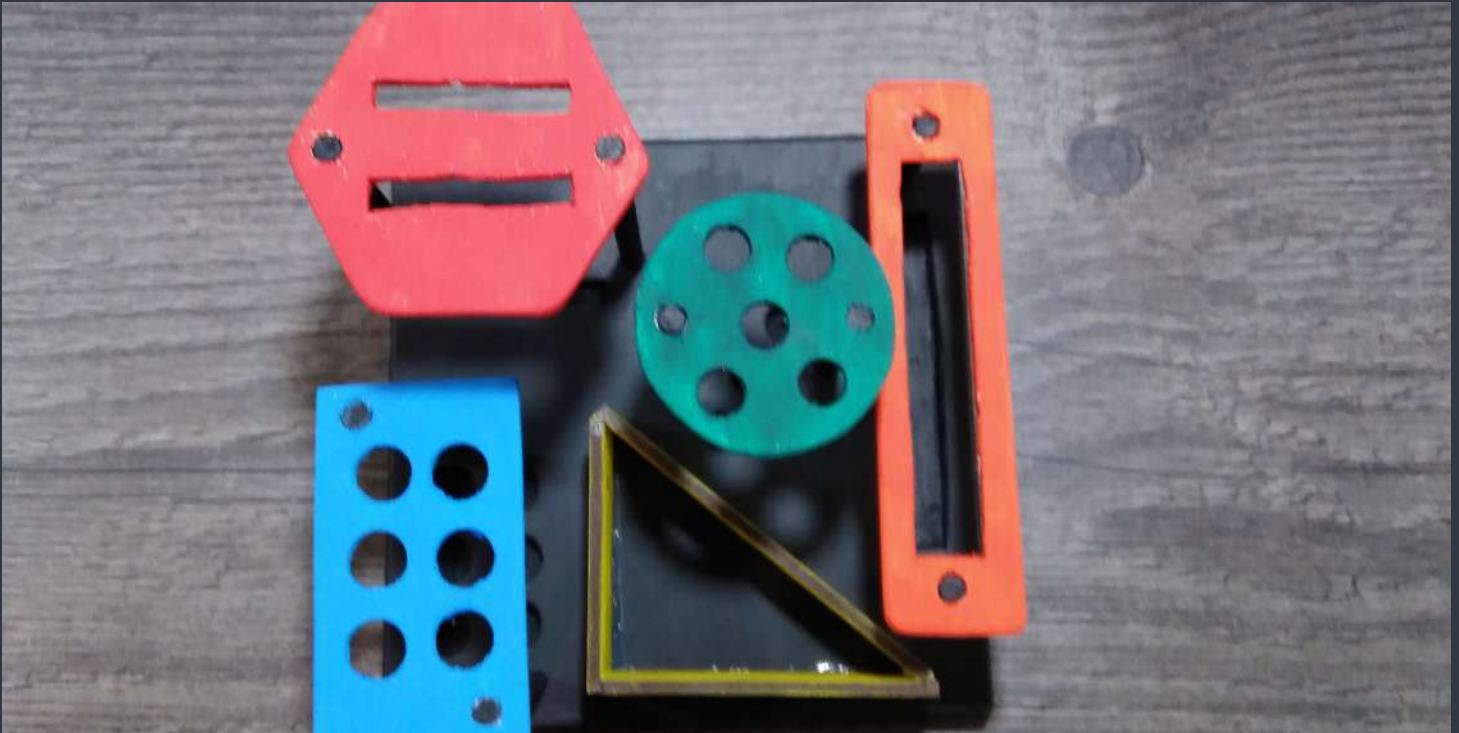
Jess Browning



Thomas Bell in yr7 didn't quite have time to complete his desk tidy before the school closed. So he took it home and has done an excellent job of finishing it off, some of the parts were cut at home and all the painting. That's a perfect example of one of the school's values, ambition, if ever we saw it!

Well done Thomas! #Ambition

# Design & Technology Showcase





# Easter fun with fractions and mindfulness!



**Chelsea King**



**Finley Maddock**



**Madeline Gilder**



**Ben Webster**







# Maths feast

## VISIT TO MILTON KEYNES ACADEMY

On Thursday 12th March, a team of maths students went to Milton Keynes Academy to compete in the Maths Feast challenge against other teams of schools.

The problems varied in style each round, some we worked on individually and some together. The questions challenged our maths but also our problem solving abilities.

In the relay round we split into 2 teams and were allocated a number and used it to answer a question leaving us with another number to give to another pair, for example you are given a number 78 called 'w'.  $w = pqr$  when  $p, q$ , and  $r$  are prime numbers.  $x$  is the sum of  $p+q+r$ . What is the value of  $x$ ?

To work this out, we wrote the 78 as a product of primes getting  $2 \times 3 \times 13$ . These added together to get 18 which would be the number we passed on. We had a great time competing and it allowed us to challenge ourselves.

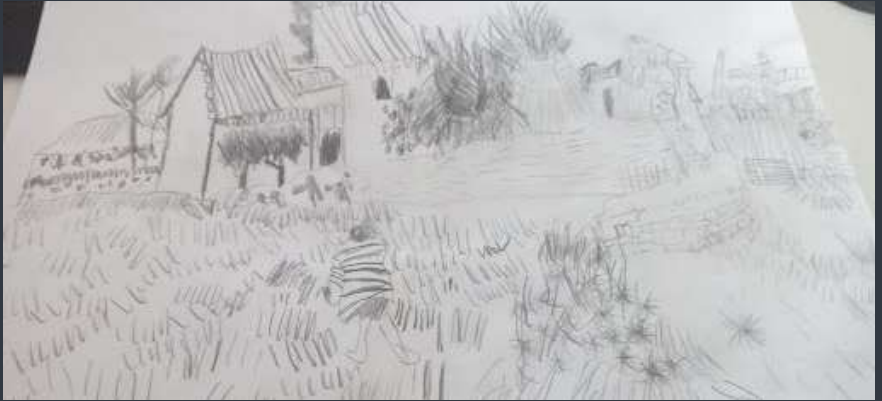
We really enjoyed taking part in the competition and came in 9th position overall.

Liberty Abbott

# Art Showcase

## Year 7 Home Learning

Wonderful Van Gogh inspired drawings by Dominic, Cameron and Palmer



# 30 Day Art Challenge

Challenge for all students. You don't need to be an Art student to enter!  
Complete one drawing a day on paper that is 5x5cms, from the list that was sent to your school email account.

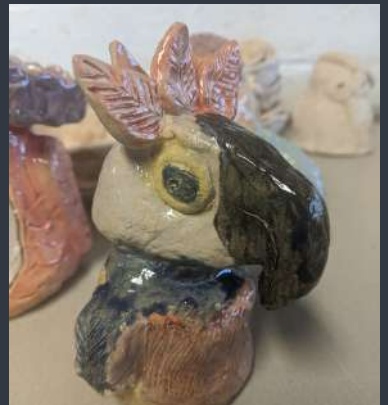
Once you have completed all drawings, place all together on a piece of bigger paper, photograph and email to any of the Art teachers (Mrs Hedges, Mrs Kavanagh, Mrs DuPlessis or Miss Mantle)

Deadline for entries is Monday 27th April. Good luck!!



# Art Showcase

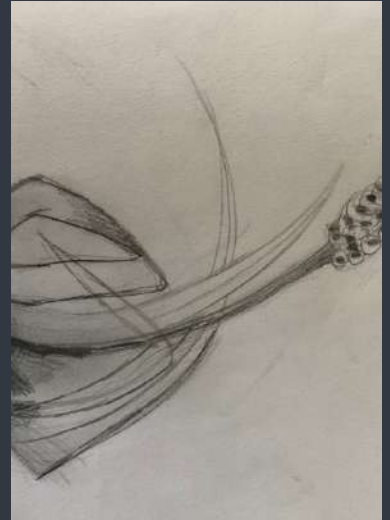
Year 9's ceramic birds- fresh from the kiln!





# Art Showcase

Images of hope and cheer, displayed in windows to encourage passers by







# Art on Instagram

Visit our new art department Instagram account to view some of our student's spectacular art work.

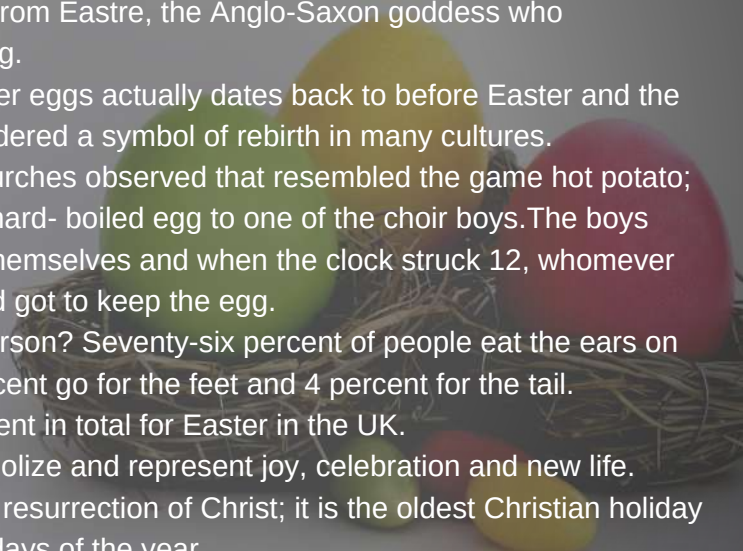
Miss Mantle has also posted time lapse videos for key stage 3 students, these might assist in completion of your tasks!



ewsacademyart

## Mrs Gordon's Easter Facts

1. The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 metres and weighed an astounding 7,200 kg.
2. It would take 35 minutes of running to burn the calories in a 250-calorie chocolate egg.
3. The art of painting eggs is called pysanka, which originated in Ukraine. It involves using wax and dyes to colour the egg.
4. The term Easter gets its name from Eastre, the Anglo-Saxon goddess who symbolizes the hare and the egg.
5. The exchange or giving of Easter eggs actually dates back to before Easter and the giving of eggs is actually considered a symbol of rebirth in many cultures.
6. There used to be a tradition churches observed that resembled the game hot potato; Here, the priest would throw a hard-boiled egg to one of the choir boys. The boys would throw the egg amongst themselves and when the clock struck 12, whomever had the egg was the winner and got to keep the egg.
7. Are you an ears, arms or tail person? Seventy-six percent of people eat the ears on the chocolate bunny first, 5 percent go for the feet and 4 percent for the tail.
8. An estimated £381 million is spent in total for Easter in the UK.
9. The Easter egg is said to symbolize and represent joy, celebration and new life.
10. Easter is the celebration of the resurrection of Christ; it is the oldest Christian holiday and one of the most important days of the year.
11. Workers in Birmingham, who make the famous Cadbury Creme Egg, produce more than 1.5 million egg delights a year.



# Beat the boredom!

Miss Ballard has the solutions!

## Riddle Room

How much dirt is in a hole 4 feet deep and 2 feet wide?

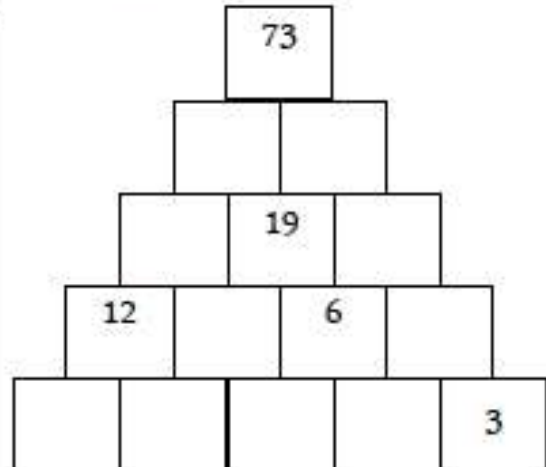
### School Essentials Wordsearch

S	T	C	E	P	S	E	R	G	I	T	S	O	N
P	L	Y	C	A	L	C	U	L	A	T	O	R	C
Y	A	G	A	R	U	L	E	R	G	L	S	H	E
H	C	O	M	O	B	H	M	C	L	O	Y	P	D
S	I	L	B	A	A	B	R	O	U	M	L	H	U
I	S	O	I	N	C	L	O	M	N	M	B	U	C
L	Y	N	T	U	K	A	F	P	C	H	M	M	A
G	H	H	I	I	P	Z	I	U	H	P	E	A	T
N	P	C	O	I	A	E	N	T	B	S	S	N	I
E	I	E	N	H	C	R	U	E	O	A	S	I	O
A	U	T	H	E	K	T	L	R	X	R	A	T	N
K	R	O	W	E	M	O	H	S	E	T	U	I	M
Y	R	O	C	U	R	I	O	S	I	T	Y	E	O
R	T	M	A	T	H	E	M	A	T	I	C	S	O

EDUCATION  
RULER  
RESPECT  
HOMEWORK  
ART  
BACKPACK  
HUMANITIES  
ENGLISH  
CALCULATOR  
TECHNOLOGY  
LUNCHBOX  
MATHEMATICS  
COMPUTERS  
PHYSICAL  
BLAZER  
UNIFORM  
ASSEMBLY  
CURIOSITY  
AMBITION

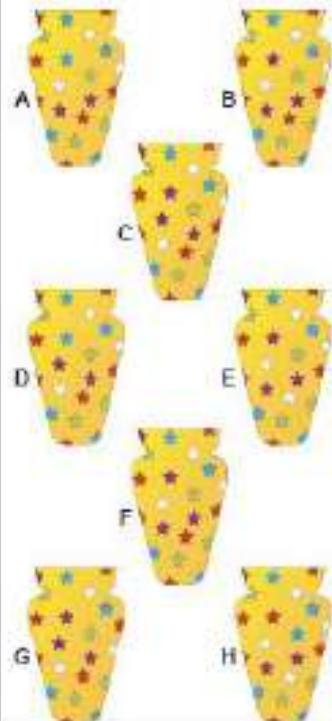
## Plus Pyramid—Each brick

in this pyramid is the sum of the two below it.



### A Matching Pair

Only two of these vases are identical in every detail. Can you spot the matching pair?



**Sudoku**—Each row, column and 3x3 box has to contain the numbers 1-9 with no repeats.

### Easier

6		3		7		5	4	
			9	5			6	7
			4			2		3
	4		2	8				
8		5	3		4	9		6
				9	6		8	
2		8			7			
7	3			4	9			
	6	9		2		7		8

### Harder

				6		2		
		2						3
3			2	4				9
4			8			1	2	
1	9	3				4	8	5
8		5		3			6	
5			1	9				8
9						5		
	8		5					





# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**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



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



## ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## HOW FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING SELF ISOLATION

**01**



Check in with each other on a regular basis. How are you feeling today? Is there anything I can do to help?

**02**



Engage in some physical activity together. Doing this in a group can increase connectedness and is great for reducing stress

**03**



Get some really simple healthy rules in place that you can all follow (E.g. We will make sure to sit down and eat dinner with each other every night)

**04**



Set a challenge to learn a new coping skill each week. Spend 5-10 minutes each day to practise using it

**05**



Organise and plan your week together. Make sure everyone understands what work or school related activities are coming up over the next 7 days

**07**



Schedule in time during your week where you can all engage in some activities that provide you with a sense of pleasure and achievement

**08**



Work together as a team. Be a strong unit that supports, cares and encourages

@BELIEVEPH

**06**



Spend 5 minutes each morning when you wake up to engage in some breathing exercises as a family

**09**

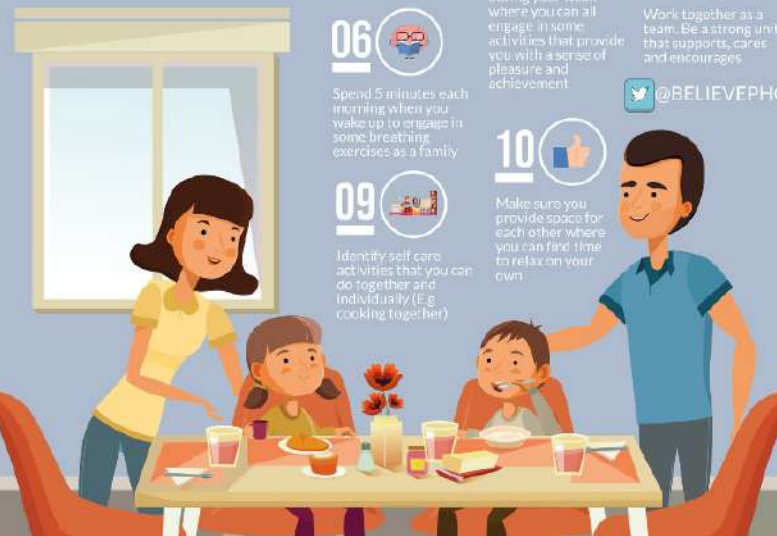


Identify self care activities that you can do together and individually (E.g. cooking together)

**10**



Make sure you provide space for each other where you can find time to relax on your own



## Having trouble handing in your work?

Top tips from Mrs Shah

### How to scan a document using iPhone

1. Go to the 'Notes' application and click on the notepad in the bottom right corner
2. After opening up a new page, you hit the little camera button which will give you the option to scan a document
3. Lay out the pages you would like to scan and take a photo of each

Credit: Daily Mail



**8th April | Webinar | 12pm**

HELGA



'UK University Search' have teamed up with the University of Liverpool, University of South Wales, University of Bournemouth, University of Stirling, University of Leicester and City, University of London to bring you a FREE webinar which aims to answer many of your questions about higher education.

Whether you are the parent of a Year 13 student looking to start in September this year, or of a Year 12 wanting information for a 2021 start, this webinar will bring you everything you need to know.

They will be focusing on the following topics, with each one lasting around five or six minutes, and finish with a Q & A.

- The benefits of university - Rebecca Oliver (University of Bournemouth)
- Choosing a course - Ali Clark (University of Stirling)
- Virtual events - Elliot Newstead (University of Leicester)
- Personal statements - Rebecca Bowen (University of South Wales)
- Student finance - Andy Cotterill (City, University of London)
- Introduction to the Russell Group - Jonathan Atkinson (University of Liverpool)
- Jonathan from the University of Liverpool will also give you a quick summary of the actions that are being taken by universities currently in the wake of Covid-19.

Time: April 8, 2020 12:00pm Online event

You can book a place here: [https://zoom.us/webinar/register/WN\\_ITdg2sKwTz2eAk8I-zBqDg](https://zoom.us/webinar/register/WN_ITdg2sKwTz2eAk8I-zBqDg)

This information and a booking form was sent to Sixth Form student's school email accounts



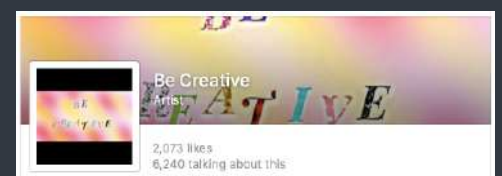
# Mindfulness

Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest.

Mrs Griffin



Be Creative



# VE Day Competition

**PRIZES FOR THE BEST THREE DESIGNS  
THERE ARE TWO CATEGORIES – POSTERS/BUNTING**

7 May 1945 the formal act of military surrender was signed by Germany, ending the war in Europe. The next day celebrations broke out all over the world to mark Victory in Europe or VE Day. In Britain, Churchill marked the occasion by declaring 8 May a public holiday. People held parties, danced and sang in the streets. Huge crowds gathered in London, both on Whitehall to hear Churchill speak and outside Buckingham Palace where King George VI and the Royal Family appeared on the balcony.

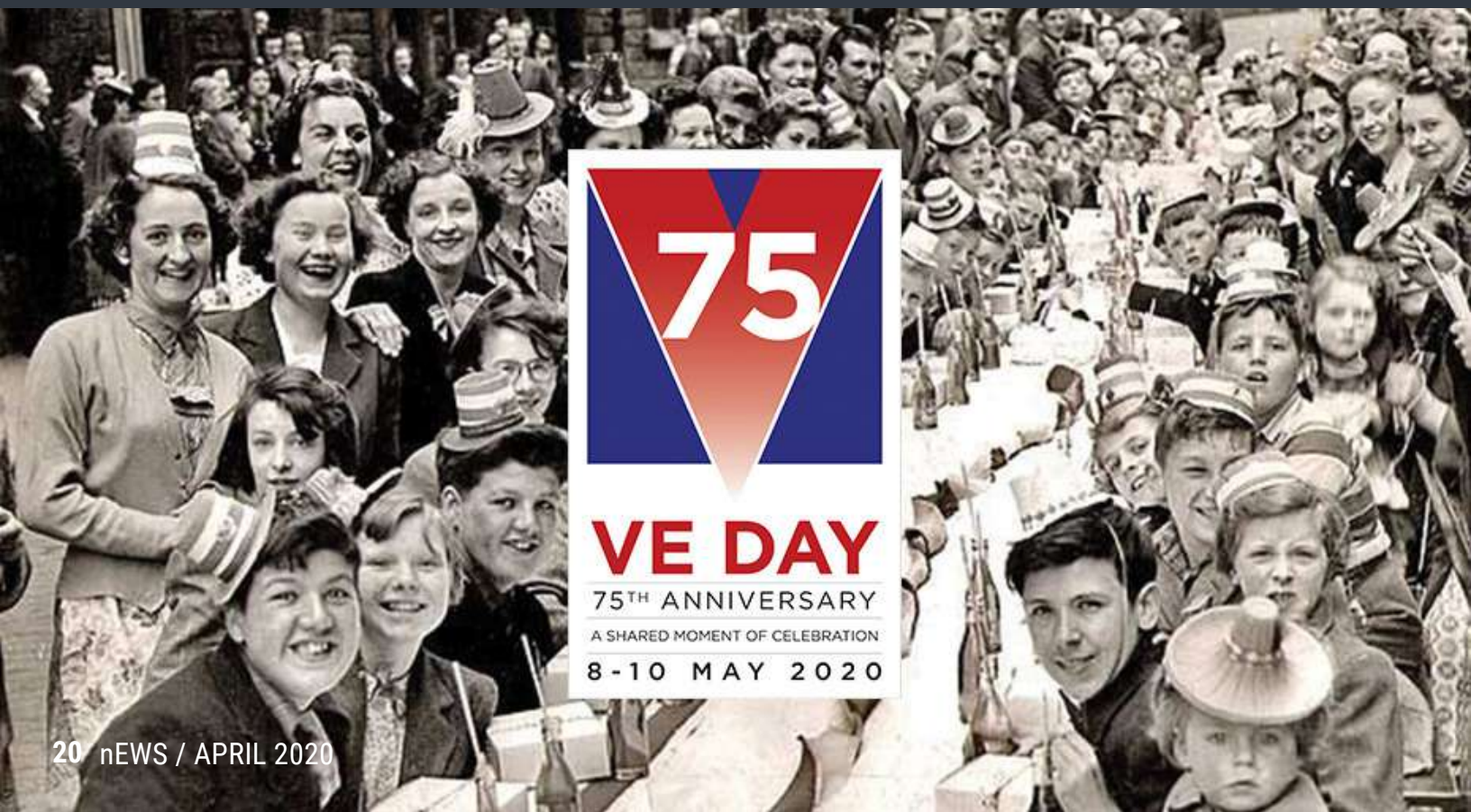
## **Your task:**

Make your own VE day bunting. It could be painted on paper or made from fabric. It is basically the British flag in triangles or squares fastened together with string or ribbon. Hang it in your window. Take a picture of it and put it onto Google classroom.

Or

Create a poster to celebrate the end of World War 2 and advertise the celebrations that will take place on 8th May 2020.







entries to: [heather.weller@ewsacademy.org.uk](mailto:heather.weller@ewsacademy.org.uk)





# Be an excellent historian

What could you do this week to improve your history knowledge and skills?

<div>Watch</div> <div></div>	<div>Read</div> <div><div>Horrible Books</div></div>	<div>Listen</div> <div></div>												
<div><p><b>Hidden Figures</b> – I love NASA and space. I love underdog heroes. So this is a no-brainer. <a href="https://fsharetv.co/movie/hidden-figures-episode-1-tt4846340">https://fsharetv.co/movie/hidden-figures-episode-1-tt4846340</a> <b>Gandhi</b> - An awesome story depicting human courage fighting for human rights against the machine of British colonialism. <a href="https://www.youtube.com/playlist?list=PLG0CRfg9zPTOU6XAapsHf_g0tF7tf9ix">https://www.youtube.com/playlist?list=PLG0CRfg9zPTOU6XAapsHf_g0tF7tf9ix</a> film is on YouTube in clips but they should run on if you play all.</p></div> <div></div>	<div><p><a href="#">Horrible Histories Magazine # 3 : The Awesome Egyptians Mummy Mania</a> <a href="#">Horrible Histories Magazine # 6 : The Slimy Stuarts Bombs and Broomsticks</a> <a href="#">Horrible Histories Magazine # 9 : The Angry Aztecs</a> <a href="#">Horrible Histories Magazine # 10 : The Bizarre Tsars</a> <a href="#">Horrible Histories Magazine # 11 : The Vicious Vikings</a></p></div> <div></div>	<div><p><a href="https://app.kidslisten.org/ep/The-Past-and-The-Curious-A-History-Podcast-for-Kids-and-Families-Episode-41-OK-BLOOMER">https://app.kidslisten.org/ep/The-Past-and-The-Curious-A-History-Podcast-for-Kids-and-Families-Episode-41-OK-BLOOMER</a> Amelia Bloomer helped change the world with a pair of underpants. Among other things, it helped women ride bikes, and this led to a new independence in the late 1800's. <a href="https://app.kidslisten.org/ep/The-Past-and-The-Curious-A-History-Podcast-for-Kids-and-Families-Episode-40-Robert-Small's-And-Basketballs">https://app.kidslisten.org/ep/The-Past-and-The-Curious-A-History-Podcast-for-Kids-and-Families-Episode-40-Robert-Small's-And-Basketballs</a> The Harlem Globetrotters were more than a show. They were an incredible barnstorming team who helped integrate the NBA. Watch the globetrotters on YouTube first!</p></div>												
<div>Historic event of the week</div> <div>Battle of Waterloo</div> <div><a href="https://www.youtube.com/watch?v=nDZGL1xsqzs&amp;feature=youtu.be">https://www.youtube.com/watch?v=nDZGL1xsqzs&amp;feature=youtu.be</a></div> <table><tr><td>Who:</td><td></td></tr><tr><td>What:</td><td></td></tr><tr><td>Where:</td><td></td></tr><tr><td>Why:</td><td></td></tr><tr><td>When:</td><td></td></tr><tr><td>Outcome:</td><td></td></tr></table>	Who:		What:		Where:		Why:		When:		Outcome:		<div>What if? Or Meanwhile elsewhere?</div> <div>When William won the Battle of Hastings meanwhile elsewhere In Byzantium..... <a href="https://drive.google.com/file/d/1LDj8Qmiyr53qFufOILjN-UJZcsMQhyWd/view">https://drive.google.com/file/d/1LDj8Qmiyr53qFufOILjN-UJZcsMQhyWd/view</a> The Song Dynasty..... <a href="https://drive.google.com/file/d/1I3zKcrVhm1kqLX6Trg2blhd5hDOlxheE/view">https://drive.google.com/file/d/1I3zKcrVhm1kqLX6Trg2blhd5hDOlxheE/view</a></div>	<div>Do it - hands on history</div> <div>Enter the embalmer's workshop, prepare the body of Ramose, officer to the king, for burial. The chief embalmer, Kha, will be watching your work closely. <a href="http://www.bbc.co.uk/history/ancient/egyptians/launch_gms_mummy_maker.shtml">http://www.bbc.co.uk/history/ancient/egyptians/launch_gms_mummy_maker.shtml</a></div> <div></div>
Who:														
What:														
Where:														
Why:														
When:														
Outcome:														

## 5 STEPS TO POSITIVE MENTAL WELLBEING

- 1. Connect-** Ensure children stay connected with their friends. Whether that's an hour a day on social media, a gaming platform, or on the telephone - help them stay connected with friends or family.
- 2. Be active-** Put an hour aside a day for physical activity. If it's dry go outside and have a kick-about. Encourage exercise into your daily routine. Eat well and drink lots of water.
- 3. Take notice-** Be present. Chat to your children about their feelings and emotions. There's a lot of uncertainty going on around the world. Talk about those, but keep perspective and take information from reliable sources - government and public health, not social media and rumours.
- 4. Keep learning-** You've got time with the children - learn a new hobby, start learning a new instrument, read together, read alone, bake - anything to help stimulate the brain. Do challenges, there are plenty posted in the internet
- 5. Give-** Encourage kindness and encourage children to share - give time at the end of each day to reflect and learn the art of appreciation and gratitude. Get the kids to think about things that people have done that have been nice and be thankful of that.

# Focus on geography

## Poem

The wind is getting stronger  
The wind is howling for longer  
The twirling makes me feel sick  
I am shaking, shivering with fear

The tornado peaks round the corner,  
And says HELLO  
Twisting around my street I say  
Have you come to play  
The tornado doesn't listen  
It makes half the town homeless

A couple of people have died  
And several are injured  
Suddenly it is all quit  
No one dares to go outside  
The fear is still there  
Of the haunting tornado  
It was not here to play  
It was here to ruin everyone's lives

In geography, Year 7 have been busy creating their own festivals, taking care to make sure that it is sustainable.

Year 8 have been researching tornadoes and their impacts and have presented work as poems and newspaper articles. Tornado poem by Gracey Smith, News article by Evie Bywater

Year 9 have continued their work on dynamic development with a case study on Cape Verde and Year 10 are hard at work looking at how humans impact the landscape.

Mrs Reed

## **Newsflash**-----

### **Tornado in moore**



#### **What happened and when?**

On the afternoon of Monday, May 20, 2013, a large and extremely powerful tornado ravaged Moore, Oklahoma, and adjacent areas, with peak winds estimated at 210 mph, killing 24 people (plus two indirect fatalities) and injuring 212 people.

#### **How it happened**

Two days of storms turned into several supercell thunderstorms. One of these thunderstorms with strong updraft winds soon turned into a tornado when there is warm, humid air near the surface and colder, drier air aloft, pushing over the warm air. This was unexpected at this high of winds.

#### **Facts**

Traveled 14 miles, mostly through the densely populated city of Moore, Oklahoma. Spanned 1.1 miles in width. Lasted 40 minutes. Completely destroyed 300 homes. Caused \$2 billion worth of damage.





Promoting positive wellbeing in children and teens, please see the following links for great resources to use at home

## All ages:

'A story about Coronavirus' – help support your children to understand coronavirus and to reduce worries <https://www.elsa-support.co.uk/coronavirus-story-for-children/>

'A time when I felt'... a simple resource to write and draw emotions and feelings <https://www.elsa-support.co.uk/tab-booklet-a-time-when-i-felt/>

'A hug in a mug' – draw or write the things that make you feel warm and happy <https://www.elsa-support.co.uk/mug-full-of-happiness/>

Calming, mindful colouring <https://www.elsa-support.co.uk/mindful-flip-flop/>

Communication fans – share feelings easily

<https://www.elsa-support.co.uk/communication-fans/>

A-Z of self care

<https://www.elsa-support.co.uk/a-to-z-of-self-care/>

5 day mindfulness challenge

<https://www.elsa-support.co.uk/elsa-support-mindfulness-challenge/>

Full of resources for children of all ages

<https://www.twinkl.co.uk/search?term=mental+health>

Under 12's Breathing techniques – how are you feeling?

<https://www.elsa-support.co.uk/breathing-techniques/>

Mindfulness Rainbow Walk – notice what's around you

<https://www.elsa-support.co.uk/mindfulness-rainbow-walk/>

## Over 12's

Young Minds information on Coronavirus if you're worried

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Looking after your mental well-being

<https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/#collapse7546>

Information on supporting teenagers with positive mental health

<https://stem4.org.uk/mindyour5-for-teenagers/>

Interactive game to suggest positive activities to boost your mood

<https://www.childline.org.uk/toolbox/games/boost-your-mood/>

Build your happy place – interactive tool to build an ideal room

<https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

Wall of Expression – feeling worried? Frustrated? Write on the wall

<https://www.childline.org.uk/toolbox/games/wall-of-expression/>

Play the balloon game and watch your worries float away

<https://www.childline.org.uk/toolbox/games/balloon/>

A self care resource – different templates around self care

<https://www.elsa-support.co.uk/unicorn-self-care/Mindful-colouring><https://www.elsa-support.co.uk/mandala-wishes/>

Tangle it Easter – mindfulness and relaxation

<https://www.elsa-support.co.uk/tangle-it-easter/>

Further information on mindfulness apps to download for children and teens:

<https://www.psychologytoday.com/gb/blog/creative-development/201802/5-mindfulness-apps-children>

Mrs Wright

# FOOD TECH AT HOME

Robert Hawes has been busy at home preparing a meal for the family. It looks amazing!





During these strange times it could be easy to become sedentary and to begin to feel isolated. Along with everyone else, I have been trying to find ways to fit in all of the following: managing my own work at home; staying in regular contact with my students; keeping the house tidy and full of everything me and my family need; taking care of my own children as well as checking on my neighbours and vulnerable members of my community.

I thought I would share a few things that we, as a family, have found helpful to keep us going. Mornings have taken on a new purpose; I am still getting up at the normal time and using the quiet hours to get some work done of my own. At 8am I wake my children (they love this lie in!) and we are all ready at 9am to follow Joe Wicks' PE on YouTube. This has been a great way of us all exercising indoors and we have been laughing so much at some of our efforts (OK, mostly mine) to follow all the moves. We have found that having this routine helps us to stay positive, feel healthy and to start us off in a positive frame of mind.

My children complete school work for two hours in the morning before having two hours to do whatever they like; watch television, chat to friends etc. They have also been spending time in the garden – the irony of the beautiful weather at this time mustn't have gone unnoticed! My Year 10 daughter has been spending much longer on her school work than my Year 9, 7 and 6. She has joined an online study group with her friends via Zoom and they spend much of the afternoon working through tasks whilst playing music to each other and generally ending up having a chat and laughs together. I love this; she is happy and is still learning and, most importantly, has a sense of still being a part of her friendship group.

I would recommend using all the modern methods of staying in contact with friends and family in order to maintain good mental health. Prior to the current circumstances, there is no way that I would have allowed my 11 year old to be on her phone for 2 hours or more. Yesterday however, she phoned her dad, Nan and Grandad and her auntie. I had no issue with this and she was happier for having been able to speak to everyone and to know that they are well. We have to be realistic about the situation we find ourselves in; times have changed overnight and I think our attitudes to some of these issues also need to move to suit these times.

So, what have you been up to? How have you been staying happy and healthy?

If you haven't already attempted Joe's PE, I highly recommend it. In the meantime, here are some other tips for staying mentally well in these challenging times:

1. Create a routine for yourself. Have a few 'duvet days' if you enjoy this, but try to make good use of most days so that your time feels purposeful.
2. Get involved in household routines such as cooking and cleaning. These give you a break from school work but also make everyone happier as everyone is putting in some effort at a time when the family home has become a busy hub for everyone.
3. Take time outside where possible and safe. Vitamin D is essential for feeling good and staying healthy.
4. Communicate. Talk openly with friends and family about how you are feeling. If you are worried and share these worries, you may find that you feel immediately better. Don't be afraid to reach out to others as they may well be feeling the same as you.

I hope you keep well and I look forward to seeing everyone on our return to school. Keep doing your school work which teachers have spent time creating for you but also remember that these times are unprecedented; we are all just muddling through and we can only do our best. Sometimes watching telly or playing with friends is just what we need.



# The Kindness Competition



<https://www.ditchthelabel.org/choose-kindness-competition/>

What does  
'choosing kindness'  
look like?

Prizes to be won!

What does choosing kindness look like? Send your creative interpretation.

Your creative piece of work could be anything from videos, photographs, posters, stories, sculptures or essays.

Be creative!

**Look at the website!**

Entries must be submitted in a digital format via the [competition Entry Form](#) or by emailing [education@ditchthelabel.org](mailto:education@ditchthelabel.org), with the subject link "Choose Kindness Competition".

By Monday 13<sup>th</sup> April

# TO YEAR 11 (NORTH) FROM MR FREEMAN

Some key messages:

- Hoodies are being organised and will be home delivered if necessary.
- Prom hasn't been cancelled and we all have our fingers crossed we'll be through the virus by 26th June.
- Mental Health - don't do too much on social media, watch the news for facts rather than rumours of what's happening, read books, get up and do exercise with Joe Wicks, Body Coach, each morning, keep in a routine, get school work done, stay in touch with your friends via technology

Keep going, keep sending your work in

Mr Freeman



# YEAR 10 PRODUCT DESIGN

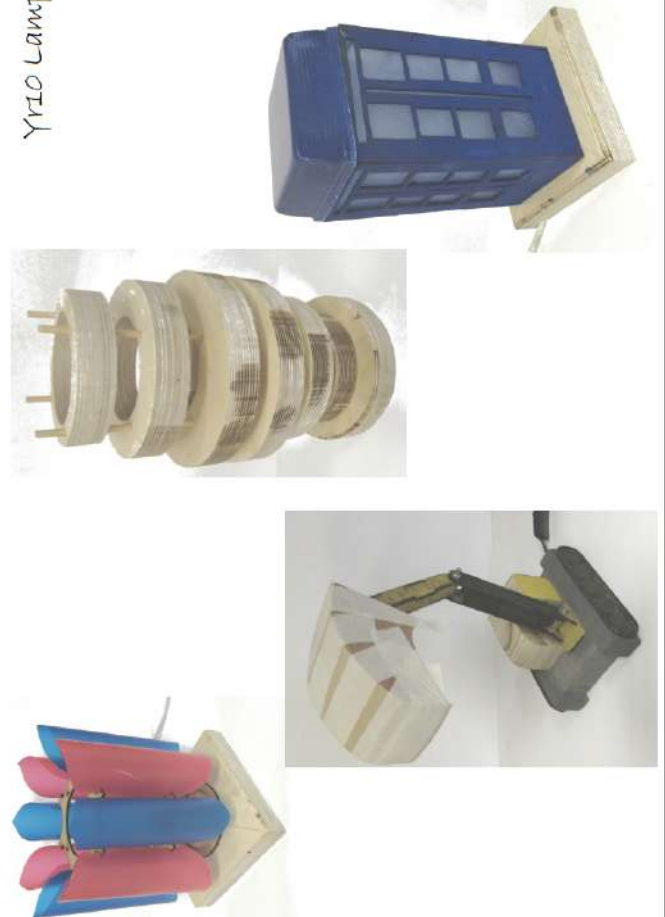
Yr10 Lamps



Yr10 Lamps



Yr10 Lamps



Yr10 Lamps



# YOU'LL NEVER BE BORED AGAIN

It's really important while you are at home that you don't spend all day in front of a screen – take some time out to look after your wellbeing – whether that is physical, emotional, spiritual or social.

- Make a card for a relative and send it to them
- Get some fresh air daily – at least open your windows!
- If you have a garden – get out the swing ball or other garden games like boules.
- Get the garden ready for spring planting – tidy up the flower beds and plant!
- Go the park (remember social distancing). Take 'guess what this is' pictures on your phone.
- Facetime, or find an app, that allows you to play remote games with some friends or family.
- Go for a walk (remember social distancing). Smile at people you pass.
- Do daily exercise – find some on You tube or BBC website.
- Find your board games – do a different one every day.
- Jigsaws!
- Karaoke – do on a group chat.
- Listen to music and dance around your room. This one will make your parents/carers smile!
- Discover a new skill – baking, cook a new recipe, basic car maintenance, sign language
- Organise your wardrobe.
- Lego!
- Research a job you know nothing about.
- Visit an online museum – find out 5 fascinating (to you) facts.
- Keep a diary of what you did and how you felt during time away from school.
- Take a breathe- download an app (eg) 'breath' and practice deep breathing, great if you begin to feel stressed or anxious.
- Rediscover your senses – take 2 minutes – look out the window, what do you hear, see, smell, taste and touch.
- Art! Paint or draw. Do you have coloured chalk – draw 'mandalas' patterns on your paths.
- Mindful Colouring in - see Powerpoint 1 for readymade pages.
- Playdough.
- Plan some healthy snacks for the week – try a new fruit.
- Make a smoothie.
- Write a short story : 'Never in a million years ..... ' or ' The winner of X Factor is ..... '.
- Keep a gratitude jar – each day write on a slip of paper one thing you are grateful for....
- When you feel stressed you can empty the jar and remind yourself of the positives in your life. Start the jar of by writing one person, one memory, one skill, one food, one holiday, one toy/game one hope you are grateful for.
- Do some housework without being asked.
- Sit outside in your garden / balcony / park ((remember social distancing) with a picnic.
- Write a blog.
- Do some origami – find instruction on the internet. Challenge yourself!
- Crosswords.
- Learn how to knit or crochet
- Get on your bike – with a helmet.
- Can you arrange to help tidy a garden for an elderly neighbour – ask by phone .
- Keep a sleep diary – notice how you feel if you sleep well and from a reasonable time .
- Video call some elderly or vulnerable relatives or friends.
- Read a book – start a WhatsApp book club.
- Send a 'thank you' email to any 'key workers' you know.
- Produce a poster for your window to make your post person/delivery person smile.



# WHAT TO DO OVER THE EASTER HOLIDAY

## **Spend some time together:**

- Do some online fitness training with Joe Wicks, The Body Coach <https://www.youtube.com/user/thebodycoach>
- Learn to cook, with whatever may be in your cupboards
- Discover new hobbies
- Dig out your board games and get everyone involved
- Watch a favourite film together

## **Be creative:**

- Make a scrapbook
- Draw and paint
- Make greetings cards (birthday cards, anniversary cards, Easter cards, Christmas cards) that could be used throughout the year.
- Play with some 3D design software <https://www.tinkercad.com/>
- Do some origami together <https://origami.me/diagrams/>

## **Do you want to earn yourself an award?**

- Earn yourself a Blue Peter badge (if you have a stamp and a post box nearby) <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
- Complete a digital enterprise award scheme online <https://idea.org.uk/>
- Science awards you can complete from home <https://www.crestawards.org>

## **Do you want to learn a new skill?**

- Learn languages for free <https://www.duolingo.com/>
- Do some computer programming using <https://scratch.mit.edu/explore/projects/games> or <https://blockly.games/>
- Or watch a wide range of educational videos at <https://thekidshouldseethis.com/>

## **Help around the home:**

- Do some gardening.
- Decorate a room.
- Tidy your room, help parents with daily chores.

## **Look after your wellbeing:**

- Print off and use some mindful colouring sheets
- The website <https://www.elsa-support.co.uk/> has lots of good mental health wellness activities that can be downloaded. Some cost but there are lots there for free.
- ChildLine also has good resources for teens such as this interactive game which suggests positive activities to boost your mood <https://www.childline.org.uk/toolbox/games/boost-your-mood/>

# VIRTUAL TOURS

Have you tried virtual tours? Are you aware of UK attractions with virtual tours so you can explore without leaving your house?

Tours include: Stone Henge, Buckingham Palace, Roman Baths, Giant's Causeway, the Globe Theatre, the list goes on.

You can explore London and other major cities

# OPEN DAYS

As well as tours of top UK attractions did you know that Universities are hosting virtual tours, a perfect place to start your University research without leaving your armchair.

Many Universities, including The University of Northampton, are also hosting live events where you can talk to subject staff and ask questions. Try a virtual lecture through Gresham College

A range of plays will be made available to stream via YouTube in April and May, starting with One Man Two Guvnors. Every Thursday at 7 pm on the theatre's official YouTube channel, fans will be able to stream a selection of performances for a week. Or try an Opera through The Met Opera in New York

# NATIONAL THEATRE

Andrew Lloyd Webber will be streaming his musicals for free online, the series will start with the 2000 adaptation of Joseph and the Amazing Technicolor Dreamcoat and will be available for 48 hours from Friday 3 April at 7pm on "The Shows Must Go On" YouTube channel.

# MUSICALS

# ANIMAL CAMS

**12 live animal webcams to get you through social distancing** Including badgers, penguins, polar bears and elephants...

<https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/>

# AND DON'T FORGET...

Every day through You Tube or own websites:

9:00 - Joe Wicks PE sessions  
9:30- Geography with Steve Backshall  
10:00- Science & Maths with Konnie Huq and Carol Vorderman  
10:30- Literacy with David Walliams & JK Rowling  
11:00- Gardening with CBBC's Maddie Moat  
11:30- Dance with Oti Mabuse  
12:00- Food tech with Jamir Oliver  
1:00- Music with Mylene Klass  
1:30- Dance with Darcy Bussell  
2:00- History with Dan Snow  
3:00- Science with Professor Brian Cox  
4:00- Home economics with Theo Michaels



# A MESSAGE FROM THE EWS PE TEAM

We would like to wish you and your families all the best in this uncertain, anxious time. Your health and well being is of the upmost importance, so we have suggested some ideas to keep you physically and mentally healthy. Try some of them – we would love to hear/ see pictures/ videos of your creations.

You also have access to the PE home learning booklets, for all year groups through Go4Schools and Google Classroom. These are designed to help you keep fit and healthy both physically and psychologically through this period of time.

If you would like further help please email [tracey.cotter@ewsacademy.org.uk](mailto:tracey.cotter@ewsacademy.org.uk)

**Stay together, Stay strong, Stay safe.**

## PHYSICAL & MENTAL WELL BEING

The below websites can help you with your physical and mental well being.

Joe Wicks – The Body Coach

Every morning at 9am, Joe will be doing a workout on line for students.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Kelly Holmes – Eye of the Tiger Chair Challenge

<https://www.youtube.com/watch?v=ScvJq2IOGsk>

Yoga and meditation sessions with Adriene

[https://www.youtube.com/results?search\\_query=yoga+with+adrienne](https://www.youtube.com/results?search_query=yoga+with+adrienne)

Remote Physical Education for teens

<https://www.youtube.com/watch?v=7ShwR6m14eg>

HiiT Circuit training at home for teens

<https://www.youtube.com/watch?v=xj7TQ6xTjnU>

WorkOuts with Maurice for students and parents

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfl&list=PLJ\\_VoGBcjVsoqSEjPSUI5HajeNjoSbyF0](https://www.youtube.com/watch?v=L_A_HjHZxfl&list=PLJ_VoGBcjVsoqSEjPSUI5HajeNjoSbyF0)

Guided meditation for teenagers

<https://www.youtube.com/watch?v=TRgVlslcSeo>

There are many resources on You Tube to help you with you physical and mental fitness – have a look and select the one's that appeal to you most.

# CREATE YOUR OWN SESSIONS

There are many activities you can do in confined spaces at home. Below is a suggested alphabet circuit training exercise. (There are many more ideas on the internet). If you are unsure of any of the exercises – type them into google and they will explain how to perform the exercises safely.

You could use your own name, members of your family, days of the week or any selection you choose. You could even create your own Alphabet Circuit.

A poster titled 'Alphabet Fitness Challenge' with a subtitle '\*Spell your name out by completing the workout listed at each letter of your name\*'. It includes a note about differentiation: 'Differentiation – alter the speed/weight or intensity to increase/decrease difficulty'. The exercises are listed in three columns, each corresponding to a letter of the alphabet from A to Z.

<b>A</b> – 30 Squats	<b>J</b> – 30 Lunges	<b>S</b> – 25 PRESS UPS
<b>B</b> – 50 Step ups	<b>K</b> – 15 leg raisers	<b>T</b> – 40 STEP UPS
<b>C</b> – 50 Sit Ups	<b>L</b> – 40 Seconds Side Plank	<b>U</b> – 20 leg raisers
<b>D</b> – 1 minute wall sit	<b>M</b> – 30 Burpess	<b>V</b> – 30 Lunges
<b>E</b> – 40 seconds Plank	<b>N</b> – 6 minute Spin bike	<b>W</b> – 1 minute wall sit
<b>F</b> – 1 minute boxing	<b>O</b> – 50 Sit ups	<b>X</b> – 5 minutes on Spin Bike
<b>G</b> – 20 Crunches	<b>P</b> – 50 Squats	<b>Y</b> – 2 minutes mountain climbers
<b>H</b> – 3 minutes on Spin Bike	<b>Q</b> – 20 Bicycle Crunches	<b>Z</b> – 30 Burpees
<b>I</b> – 10 Press UPS	<b>R</b> – 30 Crunches	

## ME AND MY FAMILY

During the coming weeks you will be spending more and more time at home with your family. Try and find things you can do together.

Some examples:

- Create a treasure hunt – hide some treats/ an item of clothing etc in the house. Create some clues for the rest of your family to try and crack in order for them to find the treasure. You could write a number of clues, hiding these clues around the house until the final treasure is found.
- Play a family board game or have a board game series – you could keep a master score board and each time you play the game, you can add scores/ rewards to the board.
- Create your own game – sock football/ keepy ups with socks etc.
- Sock Golf – set up a course (bins, draws, areas that you can aim the socks in), throw the socks to hole ½ etc – keep a tally of how may throws it takes to get to each hole. You could run a family league!
- Sock Dodgeball! Be careful though!
- Create your own training circuits – you could use tins in a bag for weight training, use your stairs for step up, press ups aided by a work surface – try and be as creative as you can and write down your circuit, take pics. We would love to see your innovative ideas.
- Engage with nature – create your own nature bug reserve. Use a specific area of your garden and monitor the insects/ animals that come into your area – you could take pics and research different species on line.
- Turn each room in your house into a ZONE for a day – you could have a colouring zone in one room, Zumba work out (you tube) in another, cooking in the kitchen I would suggest!, Sports zone (design a target throwing game for example), Brain room where you could play a family game/ solve puzzles etc etc etc – come up with some imaginative ideas.
- Just Dance – dancing and listening to music can be very good for your mind – you tube Just Dance videos are plentiful!
- Design a circuit in your garden – balancing on beams/ walls, step ups, pull ups etc.
- Design word searches, crosswords, quizzes about sport that you can test on your family.

We would love to hear about your creations when we return to school.



# NOTHING ON THE TV?

Try some of these sport documentaries. Try and write some reports for the one's you watch.

## **Windsurfing During A Massive Storm In Ireland | Red Bull Storm Chase 2019**

<https://www.youtube.com/watch?v=BJddw6KzF7c&safe=active&app=desktop>

The most challenging windsurfing contest ever got the green light this year! Check what happened in our highlights video. ► Read more about Red Bull Storm Chase 2019 here <https://win.gs/RedbullStormChase> After three years of waiting, the Red Bull Storm Chase 2019 hit Ireland. With building-high waves and gusts of wind reaching over 115km/h, only the best are windsurfers are nominated to participate in the "Red Bull Storm Chase". During a 36-month holding-period, ten of the world's best windsurfers waited patiently to catch three of the biggest storms on oceans around the globe to determine who was the very best.

## **Stop at Nothing- The Lance Armstrong Documentary**

<https://www.youtube.com/watch?v=tpb-VBNoEC0&safe=active>

You think you know this story? You don't. An intimate but explosive portrait of the man behind the greatest fraud in sporting history. Lance Armstrong enriched himself by cheating his fans, his sport and the truth. But the former friends whose lives and careers he destroyed, would prove to be his nemesis.

## **Iron Cowboy from Netflix. The Story of the 50.50.50**

<https://www.youtube.com/watch?v=qj5G1f0Q9ss&safe=active>

50 Races. 50 Days. 50 States??? (with Iron Cowboy) Repeatedly mocked for choosing a goal so big, Lawrence decided to take on the challenge of doing 50 Ironman races, in 50 consecutive days, through all 50 US States. His journey will make you laugh, cry and possibly squirm in your seats in disbelief. #running #run #ironcowboy When I first came to know Iron Cowboy I REALLY doubted that he was for real. After all, for me, this was beyond possible. However, as he likes to say himself, he redefines the impossible. This man has literally run 50 races on 50 days on 50 different states and, today, he is here to help you do the same.

## **Living with the Lions: The Story of the 1997 British and Irish Lions Tour of South Africa (Part 1/3)**

<https://www.dailymotion.com/video/x6fb6yZ>

The greatest sports documentary of all time. If you like rugby you'll love this if you don't like rugby you'll love this. An inside view of what it's like with the British and Irish lions, how they train, bond and prepare for the toughest of challenges. A brilliantly filmed piece of sporting history.

## **Faster, Higher, Stronger KJT**

<https://www.youtube.com/watch?v=wmqMs329Dcc&safe=active>

BBC Sport has been given exclusive access with Katarina Johnson-Thompson, the heptathlete from Liverpool who is targeting gold at the Rio Olympics. Katarina, or KJT as she is known, is a massive talent and a great all-round athlete, and her battle with fellow Briton and reigning Olympic Champion Jessica Ennis-Hill could be one of the highlights of the entire games.

In this programme, we follow KJT as she qualifies for Rio, look at her training regime as she overcomes career-changing surgery and get a flavour of what her life is like off the track. The programme is presented by Darren Campbell - an athlete who knows what it takes to win an Olympic gold.

## **Michael Johnson- Survival of the fastest**

<https://www.youtube.com/watch?v=5KMjOosM7cY&safe=active>

A brilliant BBC feature documentary on Michael Johnson, one of the greatest Olympic athletes of all time, exploring his slave heritage.

## **Faster Higher Stronger - Stories of the Olympic Games - 100m**

<https://www.youtube.com/watch?v=tAF0UoPe8Ik&safe=active>

Faster, Higher, Stronger examines how the most anticipated and hyped event in any Olympics - the 100 metres final - has been run faster and faster. By men like Jim Hines, the first to run the race in under 10 seconds; Carl Lewis, the best finisher of them all; and Usain Bolt, whose massive stride allows him to eat up the track.

## **Faster Higher Stronger - Stories of the Olympic Games - 1500m**

<https://www.youtube.com/watch?v=SUG0c537kqo&safe=active>

BBC Two's history of the Olympics tells the story of the blue-riband event of any Games - the 1500 metres, or metric mile.

This was the race that gave Britain its finest Olympic hour in Los Angeles in 1984, when three British legends competed for gold - Sebastian Coe, Steve Ovett and Steve Cram.

## **Compilation of Inspirational Sporting Stories**

<https://www.youtube.com/playlist?list=PLJ5DAO0a5kk-BypOXzg7vf-wLzXTrrl2P>

YouTube compilation compiled by Richard Costelloe

# HIGH 5 PRIMARY NETBALL FESTIVAL

On 12th March 2020, we had the annual Primary High 5 Netball tournament, which this year was held at Hackleton Primary School. Six teams competed from five of our cluster primary schools and some excellent Netball was played, despite the windy conditions! It was a very close competition, with Blisworth beating Hartwell to the top spot by goal difference.

Hackleton A team finished in third place, whilst Roade were awarded the spirit of the games certificate for their determination, teamwork and respect.

A big thank you and well done to the student leaders; Jade Potter and Freya Humphrey for running the score table (and doing all the Maths!), and to Georgia Sparks, Amie Sparks and Jess Davis for Umpiring. Also, not forgetting Miss Sullivan who kindly gave up her time to help out with umpiring at this event too.

Finally, thank you to Hackleton for hosting the event and for making us feel so welcome.

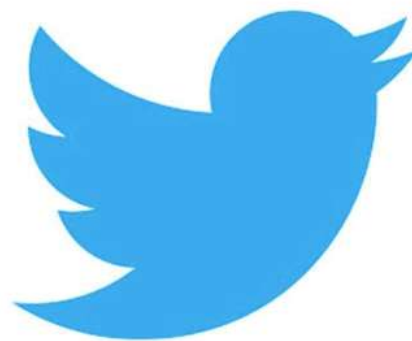
Cassie Tuplin  
SSCO EWS North Cluster



**EWS PE Team**

@EWSPEdept

Updates on Sporting activity in and around the school.



Please follow our BRAND NEW Twitter Account. We will be posting weekly challenges, inspirational clips and articles, team and fixture news and much more from the wider world of sport. You may even see just how good Mr Sanderson is at Keepy Uppy with a toilet roll.



# WINTER GAMES FINALISTS

Huge Congratulations to our Y7/8 Girls Indoor Rowing team North, Y7/8 boys FUTSAL team North and Y9/10 Girls FUTSAL team South for representing South Northamptonshire in the Winter Games Finals at Kettering Arena in February. An amazing achievement to have three teams qualify for the Games. We are very proud of our athletes for making it that far. Y7/8 Rowers finished 8th overall, Y7 FUTSAL finished 5th overall and the Y9/10 Girls Futsal took home the Silver Medal in their FUTSAL Competition – AWESOME. Well done all.



Y7/8 Rowers: Gabby Dzintozei, Lucy Taylor-Smith, Macey Huskin, Bethan O'May.



Y7/8 FUTSAL Team: Dominic Button, Aiden Ali, Josh Webster, Max Thorpe, Tarick Nanton, Freddie Heavens, Harry Farbon, Isaac Hopkins.

# WINTER GAMES FINALISTS

## Year 9 Girls Futsal

27/02/2020

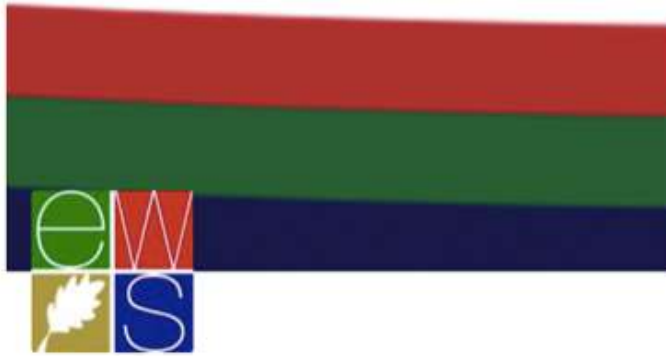
Having become South Northamptonshire Champions EWS South headed to Kettering Arena hoping to beat last year's 3rd place finish. The tournament started with a tough game against Wootton Park school. EWS had the most chances of the two teams but a Wootton equaliser late on cancelled out Keira Doig's earlier goal. EWS then faced Wrenn School after some excellent football from both teams Mollie Knox equalised with seconds remaining. Next up were Kingswood Secondary who were unbeaten in the tournament and EWS raised their game accordingly with hat tricks from both Keira Doig and Mollie Knox followed by Elise Young coming forward from the back to net the seventh. Finally, EWS took on Southfields School and again played some excellent football resulting in Poppy Whitburn, Keira Doig and Mollie Knox all finding the net. EWS finished the tournament unbeaten but were just edged out of top spot by Wootton Park. Well done! Huge achievement!



Elise Young, Lillie Farnen, Mollie Knox, Katie Rockingham, Abbie Knox, Keira Doig and Poppy Whitburn.



STRAVA



**EWS Strava Club**

 Milton Keynes, England, United Kingdom

A Club for Students and Staff to generate in interest in running, and riding.

[Join Club](#)

**STRAVA**

We've set up a school Strava Club to share and inspire students (and parents) to get active. Strava is a free app on all smartphones and can be used to log walks, runs and rides to name but a few. Download the app and click record. Join the School Club and see how you're getting on against you friends.

# ARROWS ARCHERY TRAINING

Our Year 10 and 11 Sports Leaders took part in a training session with David Hanson this term in preparation for leading a Primary Event next Term.

The students really enjoyed learning a new activity and can't wait to put what they have learnt into action in the future.





## Elizabeth Woodville School South Extra Curricular Sport Time Table Summer Term



All our Clubs are open to All years and All Abilities (unless stated)

	Lunch Time	After School (3:30-4:30pm)
<b>Monday</b>	Basketball - Years 7,8 (PE Dept)	<b>Cricket</b> - (Mr Inchley & Mr Martin) <b>Rounders</b> - (Miss Sullivan)
<b>Tuesday</b>		<b>Football</b> - (Mr Davis) <b>Athletics Track Events Only</b> - (Mr Inchley)
<b>Wednesday</b>	Basketball - Years 9,10 (PE Dept) OCR PE Drop in - (Mrs Tuplin)	<b>Athletics Track &amp; Field</b> - (All Staff)
<b>Thursday</b>	Badminton - Years 7&8 (Mr Inchley)	Staff Meetings
<b>Friday</b>	Badminton - Years 9,10&11 (Mr Inchley)	

### PHYSICAL EDUCATION DEPARTMENT EXTRA CURRICULAR TERM 5&6 (NORTH CAMPUS)



	LUNCHTIME	AFTER SCHOOL: 3:20 – 4:30pm	
<b>MON</b>	Table Tennis – All Years – Lobb Gym (ISN) Badminton – All Years – Sports Hall (CRY)	ATHLETICS– All Years – TCR/ ISN/ CRY/ GFR	
<b>TUE</b>	Fitness – Fitness Suite (ASN) Multi Sports – Sports Hall – Sports Leaders	FITNESS RUNNING CLUB – CWT OCR catch Up sessions – ISN	
<b>WED</b>	Basketball – All Years – Sports Hall (CRY) OCR Sports Science & CTECH Drop In (TCR)	Multi Sports – CRY Rounders - TCR	
<b>THUR</b>	Indoor Football – Y10 – Sports Hall (ISN)	OCR catch Up Sessions – by invitation only CRICKET – All Years - ISN	
<b>FRI</b>	Indoor Football – Y11 – Sports Hall (TCR)		

SPORTS LEADERS will be offering additional mini courses during Terms 5&6 – these will be advertised in Forms.





# Key dates

## TERM 4

Easter 2020 - School closes Friday 3rd April

## TERM 5

School opens- Monday 20th April 2020

VE Day School closes- Thursday 7th May 2020

School opens- Monday 11th May 2020

Summer Half Term- School closes Friday 22nd May 2020

## TERM 6

School opens- Monday 1st June 2020

Summer 2020- School closes Friday 17th July 2020



### NORTH CAMPUS

The Elizabeth Woodville School (North)

Stratford Road

Roade, Northampton

NN7 2LP

T: 01604 862125

### SOUTH CAMPUS

The Elizabeth Woodville School (South)

Stratford Road

Deanshanger, Milton Keynes

MK19 6HN

T: 01908 563468



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