

Dear Parents/Carers,

Welcome to the second edition of our "Working from Home" Newsletter. We love seeing the wonderful and creative work our students are doing whilst working from home – please keep sending us your lovely updates.

As the national school closures continue, we cannot stress enough how important it is for our students to work hard at home. We are so pleased to see our pupils thriving during this uncertain time. Many of our students are using this opportunity to carry out additional activities, such as baking, learning new skills and expanding their studies.

In this edition we continue to celebrate the work our students are completing at home, as well as giving you support and advice on how to maintain a routine, stay positive and make the most of this unique situation.

Please don't forget to continue to send in your photos and excerpts of work completed at home, to enable us to continue producing this newsletter for you and share the excellent work being completed by our dedicated students. Please send photos and excerpts to our Marketing Officer at:

sian.williams@reddish.stockport.sch.uk

Please note that photos and excerpts sent in will be used in our Newsletter, and published on our school website and social media pages. **Thank you for your continued support.**

Keeping a Routine

It is very important to keep a routine. It makes home learning easier and helps us to remember that this is not a holiday. Your teachers are expecting learning to take place, albeit in a different way.

Try to complete the tasks set each day to help you keep on top of your workload and maintain a sense of normality and structure. Please also remember that your teachers are here to help if you are stuck with any work that has been set.



Limiting phones and TV

It will be important to maintain virtual contact with family and friends, as long as interactions are friendly and positive – however, too much time spent on electronic devices can have negative effects on mental and physical health, as well as disrupting sleeping patterns.

Variety is key – exercise, hobbies such as reading or drawing and learning new skills such as baking, are great ways to of avoiding spending excessive amounts of time on electronic devices including mobile phones and TV.



Don't work non-stop

Taking regular breaks is very important for productivity. Our brains need a break, and following a short break from work, we tend to return more productive.

When taking a break from completing work, it is important to move, allowing your muscles to stretch, especially if you have been sitting in one position for a long period of time. Taking short movement breaks can really help with your learning and focus.



Take advantage of outdoor space

There are many benefits of outdoor learning, however, we must obey the social distancing rules when doing so! We learn to appreciate the world around us, it enhances our solving skills and increases our sensory skills – not forgetting the benefits it has on our physical and mental health.

Challenge yourself

It is the perfect time to learn a new skill and challenge yourself whilst you are working from home. Try one of the following to challenge yourself at home:

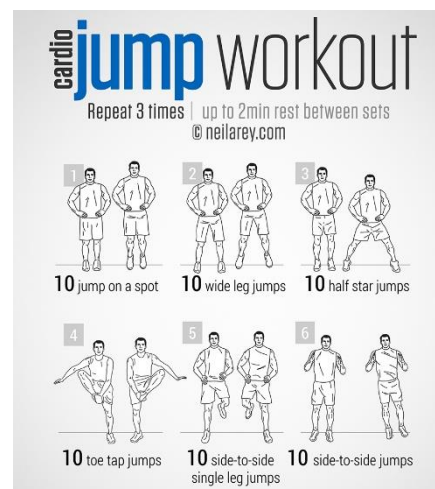
- Read a book you haven't read before
- Keep a gratitude journal – think of 3 things you are grateful for each day – this will help you to stay positive and pick out positive aspects of your day
- Make a scrapbook of your time spent in isolation – take photos or even draw/paint how you have spent your time during isolation

Exercise

It is very important, not only for your physical health, but also for your mental health, to maintain an exercise regime whilst you are spending the vast majority of your time at home.

Try this jump workout by completing each of the 6 exercises 2 or 3 times, taking a 2 minute break between each set.

For an extra challenge, you can do more reps each day to further develop your fitness skills.



A Message from Mrs Evans

Thank you for your continued support with your child's online learning during these difficult circumstances. Staff have been very impressed with the quality of a lot of the work that has been submitted each week and it is lovely that we are able to share some of this work in our newsletter.

It is incredibly important that all students engage and complete the work set each day. Unless students are sick, they must access the work and submit key pieces to their teachers.

Please keep in touch with classroom teachers and relevant Heads/Assistant Heads of Year if your child needs support with any of their work.

Mrs Evans

Cooking Challenge

Mr Ellis is hosting a cooking challenge via Google Classroom, to allow students to continue developing their cooking and baking skills whilst at home.

This is a fun activity which you can do from home and there is no limit to what you can make – you can cook or bake whatever you would like.


For more information, please contact Mr Ellis, and to enter a meal or dessert into the cooking challenge, please submit a photo onto your Year Group's Google Classroom page, where Mr Ellis can decide upon the winners from each year group.

We have included some recipes which you may wish to use. Please don't forget to send your creations to your food technology teacher and enter them into our cooking challenge! You just may be the next winner!


BROWNIES

INGREDIENTS


- 225G DARK BOURNVILLE CHOCOLATE (PREFERABLY BUT DARK IS A MUST)
- 140G BUTTER
- 3 EGGS
- 225G SUGAR
- 100G PLAIN FLOUR
- 1 TEASPOON BAKING POWDER
- 2 TEASPOON VANILLA
- 1 TABLESPOON COCOA POWDER




PREHEAT OVEN TO 175C




LINE A 10" TIN OR TRAY BAKE TIN WITH BAKING PAPER




IN A BOWL WHISK TOGETHER THE EGGS SUGAR AND VANILLA FOR 4 MINUTES ON A MEDIUM SPEED UNTIL PALE AND FLUFFY



OVER A SAUCEPAN 1/3RD FILLED WITH BOILING/SIMMERING WATER PLACE A METAL OR PYREX BOWL OVER IT ENSURING THE BOTTOM DOESNT TOUCH THE WATER. ADD YOUR CHOCOLATE AND BUTTER AND ALLOW IT TO MELT, THEN REMOVE THE BOWL FROM OVER THE SAUCEPAN




ADD MELTED CHOCOLATE TO THE CREAM ONCE IT HAS COOLED A LITTLE AND WHISK TO COMBINE




WHEN DONE A SLIGHT WOBBLE AND JUST UNDERCOOKED IS ACTUALLY PERFECT FOR GOOEY BROWNIES


COMBINE THE FLOUR, BAKING POWDER AND COCOA POWDER AND FOLD INTO THE MIXTURE 1/3 AT A TIME



EVENLY SPREAD INTO YOUR CAKE TIN. BAKE FOR @27 MINUTES



COOL AND CUT INTO SQUARES



If you would like a slightly bigger challenge, you may wish to follow our shortbread recipe instead, which is slightly more challenging, but just as delicious!

SHORTBREAD

INGREDIENTS

180G PLAIN FLOUR
1 TEASPOON SALT
125G BUTTER (NOT
MARGARINE)
55G CASTER SUGAR
1 TEASPOON VANILLA



PREHEAT OVEN TO 170C



IN A MIXING BOWL CREAM BUTTER,
SUGAR AND VANILLA TOGETHER
WITH A WOODEN SPOON



ADD FLOUR INTO
THE CREAMED
MIXTURE 1/3 AT A
TIME UNTIL IT
FORMS A DOUGH



DO NOT OVER
MIX

WRAP THE DOUGH INTO
CLING FILM AND ROLL
INTO A SAUSAGE



REFRIGERATE
OVERNIGHT

CUT INTO 1CM THICK
SLICES AND PLACE ON
A BAKING TRAY LINED
WITH BAKING PAPER



COOK FOR 15 MINUTES
UNTIL SLIGHTLY
GOLDEN AROUND THE
EDGES





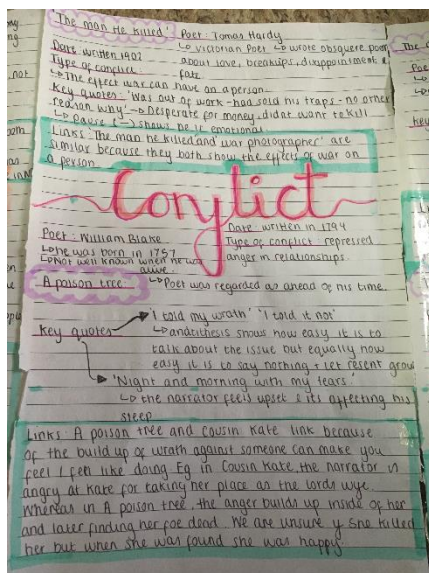
Many of our students have participated in a cooking challenge, in which they were asked to cook a meal or dessert. All of the students who participated went above and beyond, with some even making three course meals!

The students' cooking creations varied from cupcakes to curry, and we are extremely proud of everybody who participated.

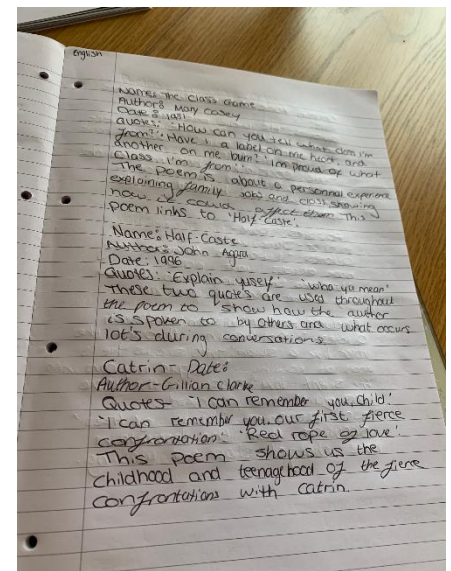
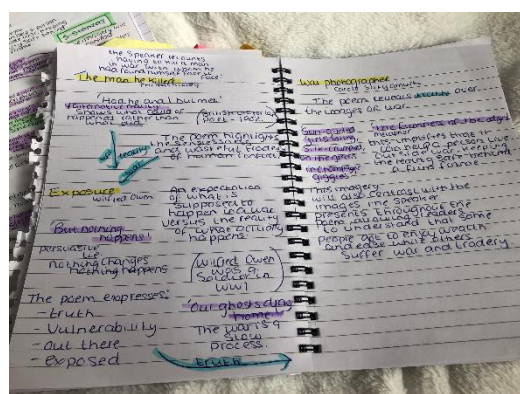
The cooking challenge is hosted by Mr Ellis and you can participate by contacting him on your Google Classroom Year Group page.



Students showed off their artistic talents by decorating their homes in light of the VE Day weekend. It was a lovely opportunity to decorate their homes for the special occasion.



Mrs King-Fahey's Year 10 students summarised all of the poems learnt remotely this term, in preparation for their GCSE exams next year. Their responses were very creative and impressive.





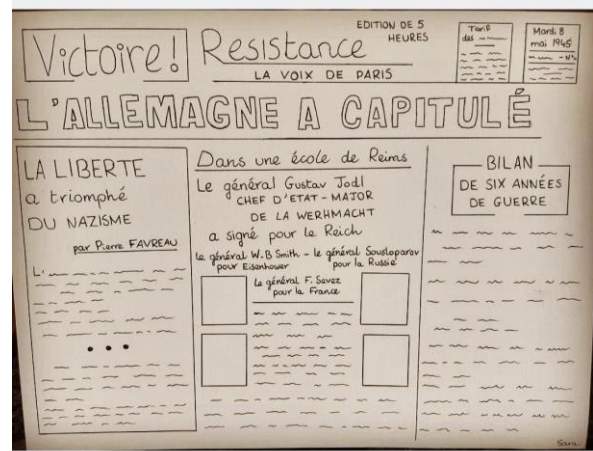
Dilan Sangani and Jack Egerton have both designed their own football kits.

Jack's was inspired by and in celebration of the VE Day 75th Anniversary, and Dilan designed not only a player's kit, but also designed a matching goal keeper's kit, too!

We are very impressed with both of their designs and hard work.



Lily Fisher has showed her artistic talent and painted this outstanding portrait of Marilyn Monroe.



Sara Insec has combined her French and English curriculums to create this newspaper inspired poster in celebration of VE Day.

This was an extension task to her English work, and she used her MFL skills to develop her work really well.

VE Day Poem:

75 years ago it ended
When the shooting has stopped
When the guns were dropped
The nightmare was finally over!

Families reunited
Smiles returned
Silence was golden
The nightmare was finally over!

Celebrations began
Street parties and fun
No threat of a gun
The nightmare was finally over!

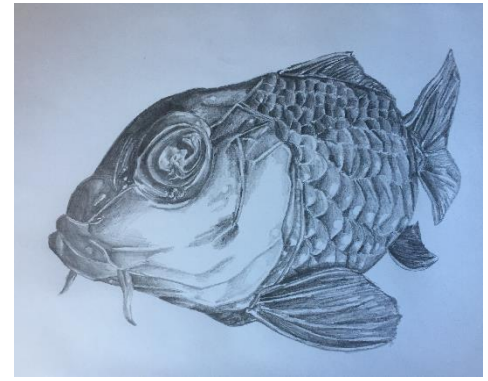
Students created excellent pieces of work in celebration of VE Day. For example, Daisy Riley made a poster, and Matthew Van Duerson wrote a celebratory poem.





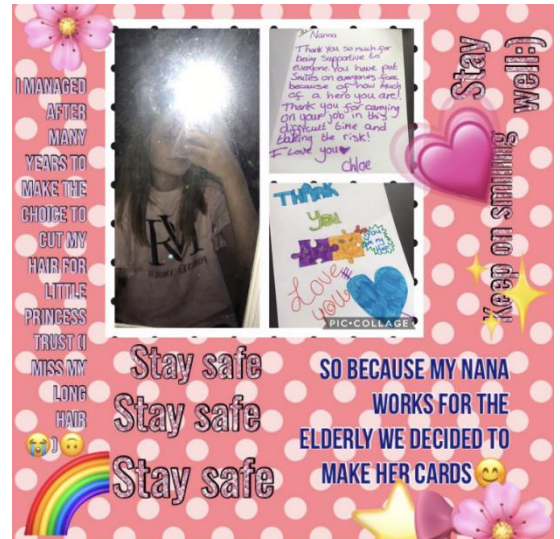
Callum Shaughnessy has shown his excellent art skills and produced these very realistic pencil drawings.

We are extremely proud of the work he has produced whilst working from home – keep up the good work!



Chloe Goodwin, Year 8, has gone above and beyond this week with the random act of kindness of having her hair cut to donate to the Little Princess Trust, which provides free real hair wigs to children with hair loss and raises funding for research in children's cancers.

We are extremely proud of her achievement and her kindness.



Things I Can Control BINGO

WHOLEHEARTED SCHOOL COUNSELLING

Getting enough sleep	How often I smile	Owning up to my mistakes	Whether or not I accept myself	Setting my boundaries
When I practice gratitude	Treating myself with kindness	When I help others	Whether or not I keep my word	How I interpret events
How I "talk" to myself	When & if I forgive others	How truthful & honest I am	When I take mindful breaths	
The goals I set for myself	Saying I need a break (& taking one)	Treating others with kindness	How much effort I put forth	When and if I try again
When I ask for help	How I respond to challenges	Reminding myself I am enough & worthy	How I take care of my body	How I relate to my feelings

Download a Things I Can Control Bingo sheet using the link below to play with your family.

You may choose one as a daily focus and start spotting your chosen action in each other's behaviour throughout the day, keeping a tally of how many times your action is completed by members of your family.

<http://www.restorativestockport.co.uk/wp-content/uploads/2020/04/Things-I-can-Control-bingo.pdf>

Use these gratitude prompts at the end of each day to help identify something that you have valued.

Focusing on the present and appreciating what you have now, can create positive emotions such as love and joy, which has been proven to limit negative emotions such as anxiety and fear.

You can download this gratitude prompt sheet using the link below:

<http://www.restorativestockport.co.uk/wp-content/uploads/2020/04/Gratitude-prompts.pdf>

GRATITUDE PROMPTS

1. A **strength** of mine for which I am grateful is...
2. Something money can't buy that I'm grateful for is...
3. Something that **comforts me** that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. A **memory** I'm grateful for is...
7. Something that **changes** that I'm grateful for is...
8. A **challenge** I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...