

Dear Parents/Carers

I hope that you and your family are safe and well despite how unsettling this time is for everyone.

Although we would prefer to have had pupils in school, this half term the remote learning experience has been encouraging, most pupils at home are successfully and actively engaging with their teachers via the remote learning lessons and feedback from pupils working in the building has been positive: they too are engaging well with their teachers in the live lessons.

We hope to welcome pupils back into the building as soon as we possibly can. Depending on the national picture, this could be as soon as Monday 8th March for some pupils. Of course we will communicate confirmed plans with you all once we receive further guidance from Government.

Attendance and engagement with remote learning has continued to improve as the term has progressed. We appreciate that home learning is often challenging however, it is so important for your child to continue to engage with their learning. However hard please stress the importance and encourage your child to engage fully with the programme in place. We have now successfully addressed the majority of organisational and technical problems and our Year Teams continue to offer pastoral support as necessary.

Despite the challenges, there are positives, home learning develops vital skills such as independence, resilience, self-confidence and time management. Some pupils are naturally more able to adapt to working independently than others and technical experience varies between individuals but most pupils are doing their best. This has been a huge learning experience for the whole school community and we are extremely proud of the way teachers have adapted their skills to ensure that pupils continue to have a valuable educational experience as highlighted through the many activities and examples included in this newsletter.

Thank you for the many positive comments we have received so far from our families. It is very reassuring to know that pupils are finding the lessons easy to access and that they feel well supported at home.

I would also like to thank you as Parents/Carers and our pupils for the admirable way you have also adapted to these challenging times. We know it hasn't been easy, but we are very proud of everyone and want you to know that support is available, please see contact details below. Keep going you are all doing a great job!

In order to support wellbeing, we have devoted the Friday afternoon prior to half term to a series of interactive activities to encourage teachers and pupils to take time to complete some fun activities and time away from the screen to focus on themselves. We would like to encourage staff, pupils and parents to join in where they can.

Support and contacts

If you do need support at home, or you are struggling with accessing your learning please contact your Head of Year in the first instance.

| | |
|---------------|--|
| Year 7 | h.saunders@reddish.stockport.sch.uk |
| Year 8 Y Band | w.denby@reddish.stockport.sch.uk |
| Year 8 X Band | j.king-fahey@reddish.stockport.sch.uk |
| Year 9 | m.power@reddish.stockport.sch.uk |
| Year 10 | t.hurst@reddish.stockport.sch.uk |
| Year 11 | f.rockey@reddish.stockport.sch.uk |

If your child has Special Educational Needs and need support for them, please contact our SENCO Miss S Watts by email on s.watts@reddish.stockport.sch.uk

For any Safeguarding concerns, please contact Mr A Perry on a.perry@reddish.stockport.sch.uk

For general help or enquiries, including support for free school meals, please contact us via schoolclosure@reddish.stockport.sch.uk

Take care and stay safe



Language Nut

Digital Language Resources for Primary & Secondary Schools

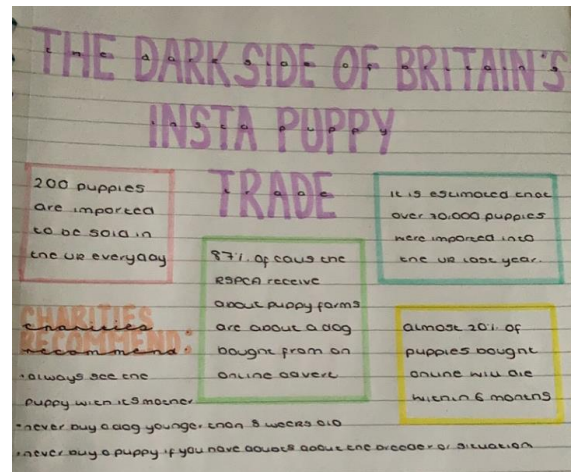
Pupils at Reddish Vale are working their socks off in languages. We are currently the second highest school in the world on Language Nut. Nathan P in year 8 is currently leading not only at Reddish Vale but is the top pupil in the whole world. What an amazing achievement Nathan P. Wunderbar!

All of our pupils have access to the Language Nut app and can get their login details via Google Classroom or from their languages teacher.

| | | | |
|----|---|----------------------------|----------|
| 1 |  | Laurus Cheadle Hulme | 46483200 |
| 2 |  | Reddish Vale High School | 26887300 |
| 3 |  | Walthamstow Academy | 26440100 |
| 4 |  | Altrincham Grammar Sc... | 26276800 |
| 5 |  | Cheadle Hulme High Sch... | 25540000 |
| 6 |  | Hazel Grove High School | 23186100 |
| 7 |  | Sir John Leman High Sch... | 19814200 |
| 8 |  | Laurus Ryecroft | 19757000 |
| 9 |  | Boldon School | 18748900 |
| 10 |  | Didsbury High School | 17978100 |



Ellie D in year 8 has been developing her art skills and produced this outstanding drawing! Amazing work, Ellie!

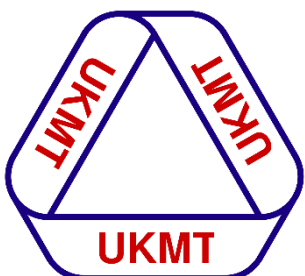


Animal care pupils have been working extremely hard researching the dark side of Britain's Insta Puppy Trade.



We would like to say a big thank you to the year 11 prefects for arranging informative and inspiring assembly resources to all year groups, on the Holocaust memorial.

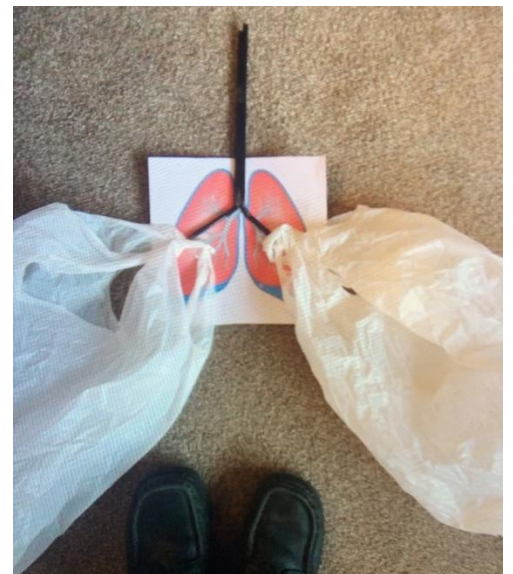
Macie Charnock also created a mental wellbeing assembly as the student wellbeing lead, which included examples of how pupils and staff are managing their mental wellbeing and ideas on how to stay positive during these difficult times.



Good luck to all year 9 and 10 pupils who sat the UK Mathematics Trust Intermediate Challenge online last week.

It is a tough test of mathematical skills, but we are sure that we will have a few of our pupils identified as 'Mathemagicians'

Mr Hodgson and Mr Matthews



Daniel Johnson in year 8 has made this amazing lung model at the end of his respiratory system lesson. Well done, Daniel!



Focaccia by Morgan H, year 11

Food Technology pupils have been challenged to make a variety of different dishes each week. Our year 11's have focused on focaccia bread and we are extremely impressed with some of our pupils' excellent work!

Meanwhile, years 7 and 8 have been preparing different dishes varying from main meals to dessert.

Follow @rvhs_dt on Instagram for all of our pupil's yummy dishes.



Focaccia by Charlotte B, year 11



Maisie W, year 7 has presented her chorizo pasta to a very high standard! Well done!



Alyssa, year 8 is setting off the year 8 cooking challenge to a wonderfully high standard with her Aero chocolate cake!



Ella N, year 7 has shown excellent preparation and cooking skills with her chicken and chorizo dish!



Friday 5th February 2021:

All year groups period 4 and 5

"YOU TIME BINGO"

On the last Friday of this term you will have the opportunity to take part in 'You Time Bingo'.

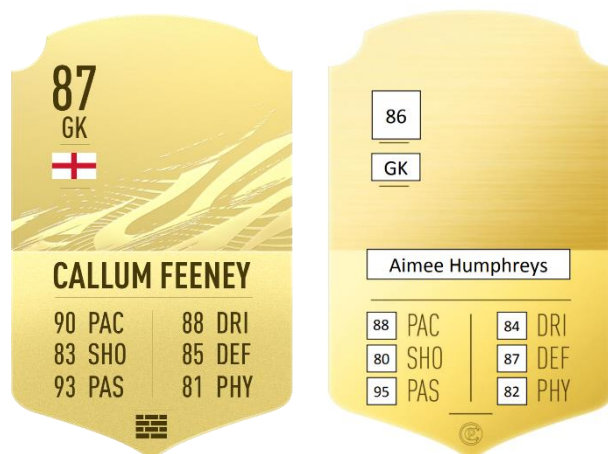
Evidence that you have completed any of the tasks on Friday and over the Half term to be sent to your HOY and you will be put in a draw for some amazing prizes delivered to your door. Enjoy some YOU time away from the screen 😊

| | MAKE | ACTIVE | RELAXATION | RANDOM ACTS | OWN IDEAS |
|-------------------|--|---|---|--|--|
| YEAR 7 | Make a sock puppet | Do a Joe Wicks workout | Read 20 pages of a new book | Help make tea | <p>If there's something you do that's not on here please share for others to see 😊</p> <p>We have also added lots of links to various virtual tours for you to look at!</p> <p>You could visit the zoo, an aquarium, the Tate gallery Enjoy!</p> |
| YEAR 8 | Write a short poem | Go for a walk and make a note of 3 things you see | Complete the chocolate challenge | Do all the washing up for the day | |
| YEAR 9 | Create a board game to play with your family | Complete, 2 min jogging on the spot, x20 jumping jacks and 2 mins spotty dogs | Create a short journal listing all the things you are grateful for | Send a nice message or letter to some you care about | |
| YEAR 10 | Make pancakes | Go for a walk or a run | Listen to some relaxing music | Send a motivational quote to a friend | |
| YEAR 11 | Make pancakes | Complete an exercise session | Have a pamper session | Make a tea or coffee for a family member | |
| STAFF AND PARENTS | Bake a cake and share the recipe | Create a family kitchen disco | Take a picture of your favourite book and share why others should read it | Have a video lunch with a friend or colleague | |

PE and Sport Challenges!

It has been lovely to see the pupils remaining active during the remote learning in their PE lessons. We have set a range of activities that pupils can engage in during their PE lesson to remain active during lockdown.


We also have pupils sending in their activities that they are doing themselves which is lovely to see. Pupils are cycling, running and going on family walks and this is great for their physical and emotional well-being. Please continue to send your activity logs to your PE teachers or to the PE Instagram account @rvhs_pe




Pupils participated in the Fifa Ultimate Team challenge and recorded their player statistics. Here are just a couple of examples.

Each stat was paired with an exercise shown in the table below. The number of reps that were achieved in each exercise in 2 minutes became their stats.


Captain America Crab Walks




- Sit on the floor with your feet hit distance apart in front of you.
- Arms behind your back with fingers facing hips.
- Lift your hips off the floor and tighten your abs.
- Start by walking by moving your left hand followed by your right foot, and then your right hand followed by your left foot.



Spiderman Step Ups



1. Step up with the right foot, pressing through the heel to straighten your right leg.
2. Bring the left foot to meet your right foot on top of the step.
3. Bend your right knee and step down with the left foot.
4. Bring the right foot down to meet the left foot on the ground.



Students were also set the Avengers Fitness challenge which included various exercises inspired by the Avengers.

These exercises corresponded with the FUT challenge to determine pupil's player statistics.

| MONDAY Full Body | TUESDAY Strength + Tone | WEDNESDAY Abs | THURSDAY Cardio/HIIT | FRIDAY Upper Body | SATURDAY Lower Body | SUNDAY Stretching |
|---|---|---|---|--|--|--|
| Hard Mode 10 reps of each exercise | L-SIT, PREP 10 reps of each exercise | abs of steel 10 reps of each exercise | Kamikaze 10 reps of each exercise | KING 10 reps of each exercise | PERSEPHONE 10 reps of each exercise | ACROBAT 10 reps of each exercise |
| SUPERHUMAN 10 reps of each exercise | PISTOL SQUAT, PREP 10 reps of each exercise | Master Pack 10 reps of each exercise | Hades 10 reps of each exercise | DEFYING GRAVITY 10 reps of each exercise | HELL-FORGED 10 reps of each exercise | SUN 10 reps of each exercise |

Careers and Enterprise (CEIAG) News!

At Reddish Vale High School we are committed to providing a planned programme of impartial careers education, information, advice and guidance (CEIAG) and enterprise education for all students across Years 7 – 11.

For all the latest Careers (CEIAG) news please visit the school website and look for '**Careers Information (CEIAG)**' in the Menu.

xello

Xello is our new engaging online program that will help to prepare our pupils for post-secondary success in academics, careers and life. We are asking all pupils to log in to Xello and complete the 'About Me' section. More information and guidance is available through Google Classroom and on our school website.

code[™]

Code are offering an hour long digital work sector experience session on 24th February 2021 at 11.15.

Within the hour session pupils will learn about the company **roles and details, qualifications, benefits, career progression, salary, highlights, challenges and a lot more.**

They will get a chance to ask questions and gain insights into a thriving company and a growing sector.

Pupils are to Click 'Hand in' to the Assignment on Google Classroom to book a place!