



## Message from the Chair of Governors

On behalf of the Governing Board, I would like to thank you for all your support, understanding and co-operation this term in ensuring that Bolder students have



continued their education as normal, despite the challenges of the current pandemic. We particularly appreciate the strong support of parents and outstanding commitment of students in Years 8 and 9 during the recent closure of our London Road site. This, together with teachers being well prepared, has resulted in teaching and learning continuing as normal, albeit remotely, with pupil engagement in lessons of over 90%.

We would also like to offer – I'm sure on your behalf too – our heartfelt thanks to our wonderful staff who, despite the challenges, have made the education at Bolder such a success this term. All of them, both teaching and non-teaching staff, have been prepared to go the extra mile. This has included working extra hours dealing with staggered starts, taking on additional lunchtime duties, supervising students at local shops, ensuring their safety as they wait for public transport and filling in the gaps left by overloaded external services. During the recent closure, staff have been making as many as 200+ calls a day to students.

It's easy to forget that our school staff are also dealing with the pandemic in their own lives, for example, worrying if they have been infected after an outbreak, having to get regularly tested, deciding how to travel to and from school safely. I know some haven't seen their

families in 9 months and are concerned about whether or how to see loved ones at Christmas.

So, a BIG thank you to all the staff - and to Heidi Swidenbank and her senior team for leading and managing Bolder so effectively this term.

On behalf of the Governing Board, I wish you all an enjoyable, restful and safe Christmas break.

### Andrew Dodge Governing Board Chair Reflections of 2020

#### From Talha 7A

We've finally reached the end of 2020. What a year this has been! The festive season is now here and for many people throughout the world it will not be the same. Especially those who have lost their loved ones. Nobody had expected what challenges we might face.

This year meant a lot for me and I have learnt a lot of things that I would never had imagined that I would learn. The saddest moments for me for this year were many.

I lost 2 members of my close family. My grandpa was my last grandpa. I will always have good memories of him. My uncle passed away, he was very young. I lost my last year of primary school due to the virus. I also lost my summer holidays, and my sport activities such as : boxing, swimming, football and BMX club.

There were however some positives to this year like getting the chance to spend more time with my family. I got the chance to be independent at home. I learnt more about global politics and BLM – equalities of others. I also learnt how to live with a mask.

I will definitely remember 2020 for the rest of my life!

#### Talha 7A

## IMPORTANT NOTICE

All students will return to school on **Tuesday 5th January 2021** at the following times:

Year 7	11am
Year 8	11.10am
Year 9	11am

These start times are for the first day only and normal timings resume from the 6th January.

## Bolder Student to Design Mayor's Christmas Card!



We are very proud to announce that the design by Duru in Year 9 has been chosen by the Mayor as his Christmas card this year.

Tony Louki the Mayor came into Bolder Academy to congratulate all the participants for their entries.

#### Mrs Kumar

## Results from Student Survey – Highlights

The student surveys that were recently completed were highly positive. We can't print all of them but here are a selection that give a feel of what we received.

Highlights are:

- 84% of students believe strongly that the teachers help them to do their best.
- 84% felt that the school environment was a safe place.
- 80% felt that there was an adult that they could talk to if they needed help.
- 93% felt that the school encourages diversity.



### Friendliness and Warmth

- I love that you can see your friends and the teachers are so nice.
- The best thing I like about Bolder Academy is the community.
- It accepts all children and is fair to everyone. They include everyone in challenges and competitions.
- I love the high expectations, I feel like we have an amazing education with a balance of fun is amazing! I really can't think of bad things, the teachers are kind, fun, respectful and lovely people. The head teacher and deputy heads too! The students are welcoming and kind and making friends was quite easy! I love the school.
- I think personally that Bolder Academy is a very unique school as I have not seen any other school with such good values. I really think that Bolder Academy is a very loving, caring school and there is not a problem. I also think that Bolder Academy is very welcoming to new students, such as Year 7s as they gave us a lovely welcome at the start of the year.

### Inclusivity and Diversity

- You make friends here easily
- That we all help each other

- That there are lots of people from different cultures and races
- I like that people are not judged for how they look or what they do and that we have teachers to tell them off if they disrespect.
- The fact that you don't have to hide anything about this school such as how you feel, what's happening back at home and that the teachers always find a way to make things right.
- There isn't a lot of bullying but when there is the teachers know how to deal with it.
- I love everything! I especially love the way they will support you in every way possible and you can go to any of them for help when needed.
- The safeguarding leads that do their job extremely well because I am able to get help when I need it.
- They have good support groups – if you are going through something you can chat to the teachers.
- The diversity of the students. There are people from different ethnicities and beliefs.
- I love how the school accepts and talks about people in the LGBTQ+ community. In my primary school they wouldn't talk about these topics but here at Bolder Academy they do and I appreciate it.

### Opportunities

- Being Bold and the special activities that are put on for Being Bold.
- I enjoy all the opportunities the school gives us that some other schools don't have.
- How there are so many people you can talk to things about and all the opportunities given to us to do different things outside of our comfort zone.
- I am excited about the new building and can't wait to go in it, hopefully this summer.
- It is different to other schools because there are lots of unique things about it like how we have booklets, knowledge organisers, the amount of House Points to receive a badge and you get a reward.
- I love how we have lots of positions like form captain or house captain. I feel it gives

everyone the opportunity to be a part of something.

### In terms of the aspects that students said they would like to change about Bolder Academy?

#### Key points, ranked on frequency of occurrence:

- Less homework
- Have RCMs at Break or Lunch instead of at the end of the day
- A bigger building
- More outdoor activities (especially football) and more playground equipment
- Longer play time
- Phones in the school playground
- Better school lunches, cheaper snacks
- A Library or quiet place to sit and read
- More information about careers
- Fewer books so that school bags are not as heavy

#### In response to students' feedback we will be talking with students after the Christmas break about each of these areas. The good news though is that we have already addressed some of these aspects:

##### Less homework

We feel homework is a really important part of students' learning and that it builds the foundation of good habits when they reach their exam years. We continue to review this constantly and have established a new homework club already this term.

##### A bigger building

The new building remains very much on track and it really is going to be fabulous with a lot more space.

##### More outdoor activities

We have introduced basketball at lunchtime and also purchased new table tennis tables. We also hope to start netball in January.

##### Phones

We feel that using phones would not help social times and so we will not be reviewing this.

##### A library and quiet space

As of January we have employed a librarian and this will mean this area will be opened at breaks and lunchtimes.





# Bolder Building Update

The new building is now really taking shape. The façade is complete and it is truly spectacular. It really will be the talk of Isleworth!

The builders, Bowmer and Kirkland, have been fantastic and have continued to work throughout the second lockdown. They have worked closely with the school to ensure all aspects of the building continues to progress. We have now signed off the climbing wall and all the dining room furniture – these should start to be fitted in early spring. After Christmas we will start project planning the move – it's very exciting time.

**Ms Swidenbank**



## Celebrations at Bolder

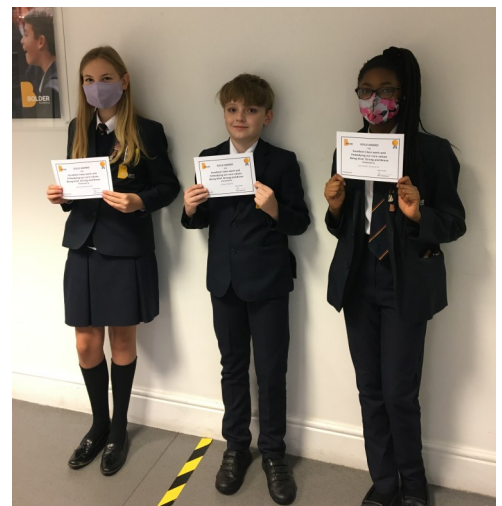
It is brilliant to see so many Bolder students staying positive and working hard to gain House Points for being kind, brave and strong. It is our pleasure to announce that the following students have received a new award – well done!

Year 7	
Adriana	Gold
Georgia	Gold
Alexander	Gold
Lyubomir	Silver
Owen	Silver
Francesca	Silver
Hanna	Silver
Poppy	Silver
Thomas	Silver
Fathima	Silver
Nessa	Silver
Maxim	Silver
Ollie	Silver
Hana	Silver
Ance	Silver
Jack	Silver
Mithra	Silver
Hadjer	Silver
Siham	Silver
Lexi	Silver
Daanya	Silver
Kiah-Leanne	Silver
Nyla	Silver
Izaan	Silver
Ruby	Silver
Naima	Silver
Maya	Silver
Haya	Silver
Safiya	Silver
Rosana	Silver
Ava	Silver
Sara	Silver
Alice	Silver
Annika	Silver
Ruwaida	Silver
Olivia	Bronze
Filip	Bronze
Finlay	Bronze
Darius	Bronze
Beatriz	Bronze
Bisera	Bronze
Saffron	Bronze
Bashir	Bronze
Lishay	Bronze
Mateusz	Bronze
Muhammad	Bronze
Kyran	Bronze
Reginald	Bronze

Hayden	Bronze
Amiyah	Bronze
Chesan	Bronze
Issac	Bronze
Amelia	Bronze
Miroslav	Bronze
Cooper	Bronze
Amelia	Bronze
Olaf	Bronze
Magomeddibir	Bronze
Momchil	Bronze
Rahela	Bronze
Jjivish	Bronze
Theo	Bronze
Sophia	Bronze
Amelia	Bronze
Cormac	Bronze
Ariana	Bronze
Wojciech	Bronze
Libby	Bronze
Janaya	Bronze
Emily	Bronze
Ike	Bronze
Tamia	Bronze
Rakeem	Bronze
Artur	Bronze
Ahlan	Bronze
Victoria	Bronze
Simon	Bronze



Year 8	
Olivia	Gold
Oktay	Gold
Lois-Jacklyn	Gold
Sanam	Silver
Marco Antonio	Silver
Faye	Silver
Callum	Silver
Alexander	Silver
Falguni	Silver
Roan	Silver
Klaudia	Silver
Jenery	Silver
Upravd	Silver
Amina	Silver
Grace	Silver
Safiya	Silver
Lorenzo	Silver
Jordan	Silver
Victoria	Silver
Brooke	Silver
Hayden	Silver
Karishma	Silver
Alisia	Bronze
Bailey	Bronze
Tio	Bronze
Yana	Bronze
Lucas	Bronze
Lucky	Bronze
Elena	Bronze
Chelsea	Bronze
Isabella	Bronze
Mansour	Bronze
Calum	Bronze
Harvey	Bronze
Sullivan	Bronze
Benjamin	Bronze





## Year 9 Awards



Year 9	
Duru	Gold
Karishma-April	Silver
Saayakee	Silver
Eira	Silver
Gabrielle	Silver
Hanad	Silver
Tetiana	Silver
Obaid	Silver
Haris	Silver
Noah	Bronze
Keyla	Bronze
Aleezah	Bronze
Demi	Bronze
Sarvesh	Bronze
Tiah	Bronze
Nevena	Bronze
Rayan	Bronze
George	Bronze
Alfred	Bronze
Jakub	Bronze
Salo	Bronze
Adam	Bronze
Ellie	Bronze
Teodor	Bronze
Daria	Bronze
Yasmin	Bronze
Sebastian	Bronze
Kareem	Bronze
Alisha	Bronze
Rachel	Bronze
Ella	Bronze
Tyler	Bronze
Evie	Bronze
Arina	Bronze
Ayna	Bronze
Martina	Bronze
Esteban	Bronze
Simran	Bronze
Mija	Bronze

## Science at Bolder

The ISS and the talk with Mr. Adams about Aliens: Is there life in space?

**By Anya Rayet 7F**

### The possibility to live in space

On Tuesday 8th December 2020, class 7F had the chance to speak to Mr. Adams on a zoom call.

He is a scientist who knows all about space. He told us that the laws



of physics are present in other planets too, not only on Earth.

Mr Adams also informed us that the first cells appeared on Earth 3.5 billion years ago and that there are over 24 planets like Earth where there is a possibility for us to live in the future. This was quite exciting to know.



Another form of evidence for potential life beyond Earth is the detection of radio waves. He also told us radio waves were received from space but no one knew this until after World War 2.

An area of Space that really interests me is the International Space Station. Mr Adams answered my question: 'What experiments take place on The International Space Station?' He said experiments about the human body and how plants grow in space are completed.

I also learnt some interesting facts during the Question and Answer session:

- It takes 3 days to get to the moon.
- It is mentally and physically challenging sustaining life on Neptune.
- Space could be infinite
- There is a chance to go to Mars and live there in the future.

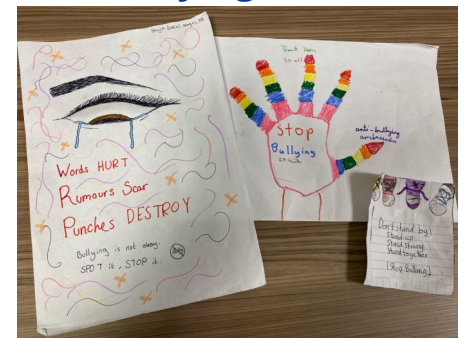
ISS stands for International Space Station. This is a large spacecraft in orbit around the earth and is a home to crews of astronauts. The ISS has existed for 20 years. I saw the ISS pass over my garden with my Dad and brother earlier this month! It went so quickly – I was impressed!

The space station is also a unique

science laboratory where a lot of work is required to operate the many experiments carried out on board. The crew also has to make sure that the station is in top shape, so they clean, check equipment, maintain and repair or replace broken equipment. Some of the work they do include experiments in recycling in space and cancer research.

Astronauts are almost weightless in space due to microgravity. Therefore, they sleep in sleeping bags which are attached to the walls or ceiling so that the astronauts don't float around and bump into something while asleep.

## Anti-Bullying at Bolder



Well done to Haya 7B, Malak 7D and Hanna 7F for their entries in the Anti-Bullying house competition. Each student has received 5 house points! Well done!

**Miss Randall**

## Charity at Bolder



During the school closure for year 8 and 9, we had a surplus of Free Meals left over that were not collected by students. We did not wish them to go to waste so asked a local charity if they would like them, The Open Kitchen in Hounslow kindly collected the lunches which they were going to take into Central London to feed the homeless people. The charity said that they could not thank Bolder Academy enough for their donation.

**Mrs Kumar**

## Art At Bolder

Well done to the following 14 children who were shortlisted by the Mayor of Hounslow for their excellent Christmas Card designs. The Mayor was incredibly impressed by all entries and enjoyed appreciating the artistic talent at Bolder!

Duru 9B	Vanessa 9A
Safiya 8D	Bianca 8C
Inaaya 8C	Mantas 8B
Mariah 8D	Molly 8E
Nikola 8F	Roan 8B
Keely 7D	Cooper 7A
Rida 7A	Alice 7B

### Year 7

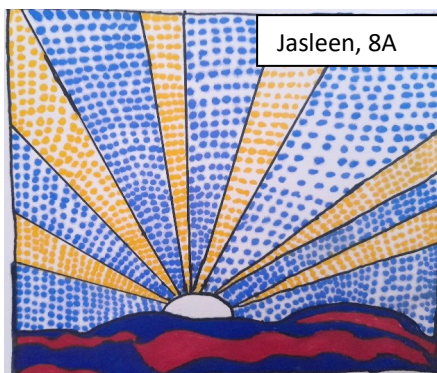
Year 7 have developed their colour theory skills through engaging prep and artist research. An artistic shout out to Paula and Sabrina in 7A for their skilful still life drawings.



### Year 8

Year 8 have shown great resilience learning from home and have produced some great responses to various Pop Artists such as Roy Lichtenstein and Richard Hamilton. I look forward to seeing these

outcomes in person when we resume in school teaching!



## Artist of the Month!



This month our star artist is Paula from 7A. Paula has always put 100% into her artworks and has a distinctive style which she has grown more confident with over the last few months. She has excellent knowledge of harmonious colours and how we can manipulate our material to represent the colour we see.

Miss Handley

## Clubs - It's Non-Stop

### Basketball (every lunchtime)

Dominik from the London Warriors has been a huge hit at lunchtime running basketball club for all year groups. We

are delighted that he will continue with us in the new year.

### Netball (every lunchtime)

From January Nina and Katy, two highly experienced coaches, will be joining us to run netball clubs Monday through to Thursday at lunchtime. We hope lots of students will join in.

### Girls Rugby (Tuesday after school)

The year 9 girls have had a great time playing rugby after school each Tuesday. We are pleased to share that this will continue next term.

### Fencing (Thursday after school)

We have launched a brand new club this term using the skills of the very talented Mr Williams. Mr Williams, our music teacher, is also a qualified fencing coach. The year 8s have just loved their sessions.

### Library (lunchtime)

We know that some students want to have a quiet space and a place to read at lunchtime on the 390 site. To this end we have employed a librarian on Monday, Wednesday and Thursday to open up a quiet space for these children.

The library at the Busch Corner site remains open every break time.

### Interact (Thursday lunchtime)

Students who have joined the Interact club have been busy organising charitable and whole school events. They have grown in confidence and we look forward to hearing more in January.





## Computing at Bolder

We have moved on from our Cycle A: What is a computer and moved on to Cycle B: Programming and Algorithms.

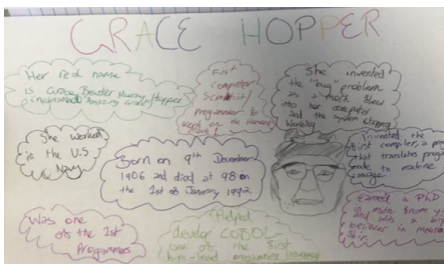
Whilst year 7 have enjoyed an introduction to Scratch, year 8 are continuing to develop their understanding with python.

There are always challenges - we encourage students to engage with and we'd like to celebrate **Mithra S (7C)**, **Jasleen M (8A)** and **Mariam A (9D)** for completing the hour of code game, **Raaghav P (7E)** for his continued efforts with programming and **Daanya S (7F)** and **Hanna B (7F)** for their fantastic Halloween Scratch programs. A particular congratulations to **Hanna** who has been recognised as a prize winner by the external competition hosts. We hope to see some more entries for our Christmas Scratch challenge!

On the topic of Christmas we'd also like to recognise those students working particularly hard in our 12 days of computing at Christmas advent challenge: **Nessa H (7C)**, **Annika T (7B)** and **Tom N (7E)**.

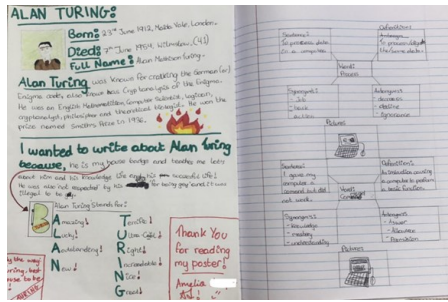


<http://silenteacher.toxicode.fr/> -> complete the game here to help develop your understanding of coding and logical thinking.



To encourage the year sevens with their homework we have introduced 'home learning legends' to really recognise their high efforts. Very well done to our current home learning legends: **Nessa H (7C)**, **Amelia L (7F)**, **Emily H (7F)**, **Ike** and **Ezra H (7B)**, **Ruwaida A (7a)** and **Fathima A (7E)**.

We hope to have lots more students joining these legends soon!



We have had to rely on technology for online lessons this month and we'd like to congratulate our year 8 and year 9s for their hard work and high efforts whilst learning at home. A particular well done to **9D** who had



fantastic attendance and high levels of engagement in their coding lesson, with very high scores in the end of lesson quiz. For more advice on remote education, see the next page.

### Home Learning Tips

Here are some top tips from National Online Safety, which helps you/your child get the most out of home learning.

Establishing a daily schedule is important. In the case of lockdown, students are expected to follow the same timetable that they would have in school. Break times should also be

the same. Routines and breaks are important for our health and to achieve success! Where possible do try to have a break away from technology too.

The vast majority of students have done very well with learning at home and you're making us very proud. Unfortunately, though there has been some incidents of unkind behaviour when online from a minority of students. So we remind our students that our school values are expected to be followed- regardless of the learning environment. **Be Brave, Be Strong and Be Kind!** Where possible please do keep an eye out on what your child is visiting/ posting.

Miss Tough

## Jack Petchy Award

This Autumn's Jack Petchy Award goes to **Ryan in 9E**. Ryan makes an effort to say good morning and have everyone feel welcome at school, demonstrating our school value of kind. He makes a particular effort with new students as well as a student who is a selective mute. Ryan tries hard in class and despite finding some topics challenging, will show resilience by not giving up further demonstrating strength and bravery. Ryan has been completing riddles to develop his logical thinking and takes pride and finds enjoyment in finding and creating things to share with staff and students too. Ryan is an incredible asset to the school and he has chosen to spend his £250 on visualisers for the school to make the sharing of work easier for teachers - another example of how thoughtful and considerate he is during this challenging time.

Ms Randall

## WARRIORS BASKETBALL BOYS SESSION

ALL AGES & SKILL LEVELS WELCOME TO ATTEND

**TIME:** 5:30-7:00pm

**COST:** FREE For A Limited Time only

Every **Tuesday** @ **Kingsley Academy Sports Hall**

Prince Regent Road, Hounslow

TW3 1NE

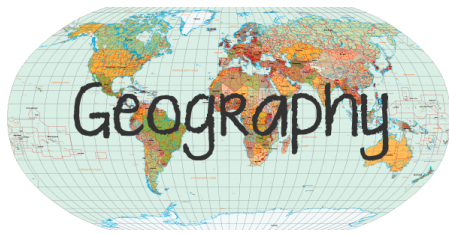
Independent community basketball training for any level or skill. Come train with experienced coaches and use our resources to help improve your game!

For more Info contact

#BALLAZLIFE #BallerBoy



## Geography at Bolder



Well done to all year groups for completing this term's work to a wonderfully high standard. The Geography Department wishes you a restful, happy holidays and we very much look forward to welcoming you back in January to continue your learning!

In Geography this half term Year 7 have been delving into the complex topic of development. They have been learning about the different ways development can be measured and how the UK was transformed by the Industrial Revolution. The Year 8 have been learning about the location, climate, and importance of the Tropical Rainforest and the many ways we are connected to this biome. Finally, the Year 9 have been studying UK coastal processes and landforms with a particular focus on the Holderness Coastline.

We would like to congratulate a number of students for consistently being enthusiastic geographers who are always contributing excellent answers and ideas in lessons, and always going above and beyond in their completion of class work.

### Year 7:

Lyubomir (7A) Ruwaida (7A) Leila (7B)  
Giorgi (7B) Mithra (7C) Rosie (7D)  
James. B (7D) Adnaan (7E)  
Francesca (7E) Julia (7F) Anya (7F)

### Year 8:

Oktay (8C) Darnell (8F)  
Bhagya (8F) Oskar (8A) Ayaan (8A)  
Rujula (8B) Upravd (8B) Jenery (8D) Iyla (8D)  
Abdulaziz (8E) Natan (8E)

### Year 9:

Vanessa (9A), Brandon (9A), George T (9B), Ella (9B),  
Karishma-April (9C), Damien (9C), Sahib (9D) Daria (9D)  
Jashan (9E) Adam (9E)

## Languages at Bolder

**Korean:** Bolder's Korean students have been enjoying getting creative by making their own alphabet advent calendars. They really are talented linguists - listen out for an alphabet a day at home!

메리 크리스마스 					
1	2	3	4	5	6
아	야	어	여	오	요
7	8	9	10	11	12
우	유	으	이	가	나
13	14	15	16	17	18
다	라	마	바	사	아
19	20	21	22	23	24
자	차	카	타	파	하

1	2	3	4	5	6
a	ya	eo	yoo	o	yo
7	8	9	10	11	12
u	yu	eu	i	ga	na
13	14	15	16	17	18
da	ra	ma	ba	sa	a
19	20	21	22	23	24
ja	cha	ka	ta	pa	ha

**Arabic:** A huge well done to our Arabic linguists who did exceptionally well in their Cycle A, AfE test - shout out to Daniel C, Esteban, Manisha!

عئار دو هجم!

### French

*Tombe la neige...Tu ne viendras pas ce soir...*

Students in Year 7 have sung and been encapsulated by the melody and lyrics of Salvatore Adamo. I am super impressed with their knowledge of cognates and interpretation of French lyrics - it has become a 2020 French class favourite! Watch this space for more cultural fun in the next Y7 Being Bold Week with a special screening of



the award-winning *Une Vie de Chat* and a workshop...



Finally, Year 8 and Year 9 students have been very brave and strong continuing their learning at home and have acquired some excellent study skills - a huge *Bravo* from me to you all

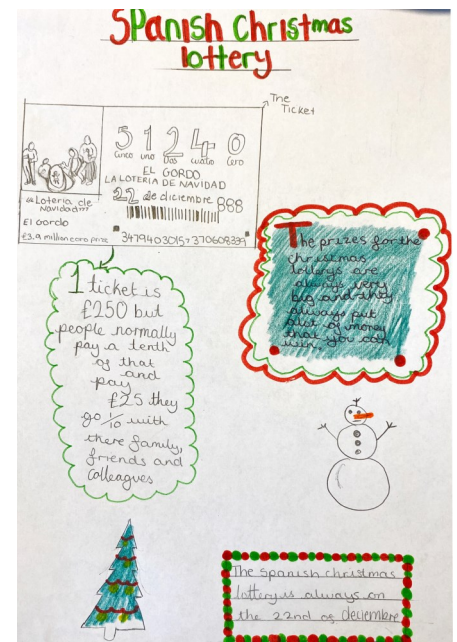
Joyeuses fêtes et Bonne Année !

Miss Farah Kader

## Spanish

Year 7 have started to learn about Spanish Christmas and will be making Spanish Christmas cards in the last week of term. This poster was created by Leila (7B).

Year 7 has also been learning to invent



Me llamo Blob y soy un monstruo. Tengo cuarenta y cinco años. Mi cumpleaños es el primero de julio. Tengo los ojos negros y tengo la piel azul. Me gusta la menta. En mi familia hay noventa y seis personas. Como todo el mundo sabe, mis padres son extraterrestres. Mi padre se llama Blobby y mi madre se llama Blobette. Mis padres tienen noventa y dos.



and describe characters' physical appearances in Spanish.

Ms Ventura



## Sports at Bolder

### Cross Country Results

Here are the results of the school cross country. Well done to everyone who took part!

#### Year 7 results

- 1<sup>st</sup> Curie
- 2<sup>nd</sup> Malala
- 3<sup>rd</sup> Turing
- 4<sup>th</sup> Pankhurst
- 5<sup>th</sup> Kahlo
- 6<sup>th</sup> Owens

#### Year 8 Results

- 1<sup>st</sup> Owens
- 2<sup>nd</sup> Curie
- 3<sup>rd</sup> Pankhurst
- 4<sup>th</sup> Turing
- 5<sup>th</sup> Malala
- 6<sup>th</sup> Kahlo



### Overall Result

#### Joint 1<sup>st</sup> Pankhurst and Curie

- 3<sup>rd</sup> Owens
- 4<sup>th</sup> Malala
- 5<sup>th</sup> Turing
- 6<sup>th</sup> Kahlo



## Climbing Wall

It's so exciting to see the new building developing. See below for a render of the new climbing wall



## Lunchtime Basketball

Basketball enthusiasts are getting a boost every lunchtime with our basketball coach Dominic.



Mrs Quinell

## Year 8 and 9 Girls Rugby

It's been wonderful to see so many year 9 girls attending Rugby in partnership with Harlequins over the past 6 weeks. Now there is an opportunity for Year 8 girls to join too. The club will be run on a Tuesday from 4:15-5:15pm with a second coach and will run through to the Easter holidays. It doesn't matter whether you have never played rugby before, just come along and join in, have fun and learn the game as you go. If you've enjoyed rugby in your PE lessons this will be an excellent way to develop further.

Please complete the link to register as parental consent is required.



<https://forms.gle/EWB4hDZbPrRsFqXM6>

### Year 9 results

- 1<sup>st</sup> Pankhurst
- 2<sup>nd</sup> Owens
- 3<sup>rd</sup> Malala
- 4<sup>th</sup> Turing
- 5<sup>th</sup> Curie
- 6<sup>th</sup> Kahlo





## Fencing at Bolder



It's fantastic to see some of our year 8 students taking up the opportunity to learn how to fence. Keep your eyes peeled for more opportunities across all year groups for different after school activities.

## Letter From Metropolitan Police for Information

Dear Parent,

I am writing to make you aware that a number of school children within the Chiswick area have recently been the victims of robbery. We do not believe that school children are being targeted specifically, however, they do make up a notable proportion of victims,

Unfortunately, this is a common theme across London at this time of year and also after Christmas, mainly due to the darker evenings, increased retail sales and presents. General research has shown the Year 7 & 8 students are often the easiest targets for robberies with mobile phones, wireless earphones & e-scooters being the most targeted property.

I would like to take the opportunity to request that students, parents, and staff are reminded of the importance of young people's personal safety and the steps that can be taken to help make young people less of an attractive target for criminals. Out of yourhands.com provides some useful education resources that you may wish to consider utilising. The MPS internet site has prevention advice available [Met.police.uk/cp/crime-prevention/personal-robbery](http://Met.police.uk/cp/crime-prevention/personal-robbery). You may also want to consider posting information on the school intranet site, website, newsletter, or sending a letter home to parents. Mobile phones and gadgets being registered on [Immobilise.com](http://Immobilise.com) helps police return devices back to their owners and identify offenders,

Please be assured we are focusing on the area along with other robbery hotspots across the borough with extra police patrols and work is going on in the background to identify and arrest offenders involved. Our end of term policing plan Operation Aegius, will also be in place to support schools across the West Area as they break up for the holidays.

If any of your students, parents, or staff do have information to share with us then we would be most grateful to hear from them, our communities are always our best form of intelligence. Information can be passed via the Safer Schools Team, anonymously using [Crimestoppers-UK.org](http://Crimestoppers-UK.org), or the young person's version [Fearless.org](http://Fearless.org). If there



Working together for a safer London

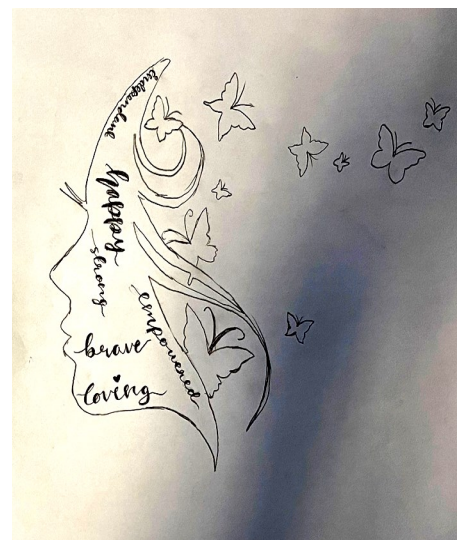
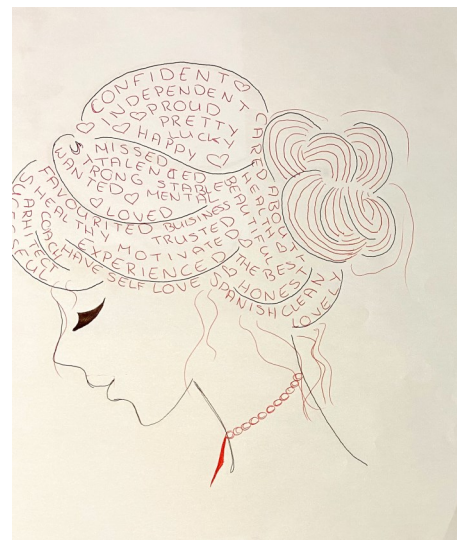
is anything urgent then\_ 101 or 999 is always the best option.

If you would like any further information or an input from police officers then please do not hesitate to get in touch with your local Safer Schools Team who would be happy to help.

Your local Safer Schools Officer is PC Dan Boyne ([p232483@met.police.uk](mailto:p232483@met.police.uk))

## Be Her Lead

This half-term Year 8 students have been taking part in the Be Her Lead program. We have started with sessions on mindful colouring and empowerment art. These two silhouette drawings are by Victoria and Millie. They are inspired by the question: "What sort of woman do you want to be?"



Miss Ventura



# REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

## 1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



## 2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



## 3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



## 4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



## 5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



## 6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



## 7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



## 8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



## 9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



## 10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.



# ISOLATING AT HOME

Your child may suddenly have to stay home from school and the family to isolate. Here are lots of ways for you all to keep healthy at home during isolation.



## PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20 minutes
- ✓ Walk often
- ✓ Try a virtual exercise class



## SIT LESS, STAND OFTEN, MOVE MORE

- ✓ Reducing the time you are sitting is important.
- ✓ Play hide and seek around the house
- ✓ Progress to some gentle, frequent walks around the house or garden if you have one.



## ACTIVE SCHOOLWORK

Being active helps memory, concentration and coming up with ideas.

Remind your child to:

- ✓ Stand up whilst learning important words
- ✓ Walk around whilst learning a phrase or thinking about an answer
- ✓ Stand up when reciting work
- ✓ Walk around the house for 5 minutes before doing any mock tests or exams



## GOOD FOOD HABITS

Now is a great time to develop good food habits.

Follow them as a family or group, then you can all remind and encourage each other to eat properly - and not too much!



## ACTIVE SWAPS

Make simple changes by setting yourself some Active Swap days:

- ✓ Swap sugary drinks for water
- ✓ Swap chocolate for fruit
- ✓ Swap white bread for brown
- ✓ Swap a snack for a walk or exercise
- ✓ Swap cereal for boiled eggs
- ✓ Create a fresh food day

And remember standing up or a walk after a big meal is good for your digestion.



## ACTIVE CHALLENGES

Set you and your family simple daily targets:

- ✓ Stand up together every 20 minutes
- ✓ Go for a walk of 1,000 paces around the house or garden every day (and take the stairs if you have them)
- ✓ Try a standathon. Who can stand up for the longest!
- ✓ Playing board or computer games? Making standing up part of the game (like when you throw a six)
- ✓ Make tidying up an Active Movement
- ✓ Let your child be in charge of being active for the day!



## WORKING FROM HOME

You may have to stay at home to look after an isolating child. Add standing and moving to your work routine too.

Standing conference calls can be much more dynamic!



## PROTECT THE NHS

During your isolation period you should not leave your home.

If vulnerable and needing immediate support call **01753 944198**



HANDS



SPACE



FACE

## MORE TOP TIPS

- ✓ Stand up to brush your teeth twice a day with a fluoride toothpaste
- ✓ Sleep is important:  
Primary age 10-11hrs  
Secondary age 9-10hrs  
Adults 7-9hrs



## ADDITIONAL SUPPORT

There is lots of information and ideas of how to look after your mental and physical health on the "Health at Home" website.

For more information, visit:  
[www.activemovement.co.uk](http://www.activemovement.co.uk)



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## EMOTIONAL WELLBEING

If you require further emotional support check out the following support resources:

- 1) Kooth - For secondary age children
- 2) Every Mind Matters - For all ages
- 3) Public Health Slough - For all ages

