

Reigate School

Issue No: 172

NEWSLETTER

Friday 3rd April 2020



Follow us on twitter @Reigate School
www.reigate-school.surrey.sch.uk

Office: 01737 243166
Absence Line: 01737 245241
info@reigate-school.surrey.sch.uk

MESSAGE FROM THE HEAD OF SCHOOL

In this week's newsletter we wanted to celebrate all of the fantastic work that the children are doing during the school closure. We have also included some wellbeing information and tips whilst living through social distancing and learning at home.

Wishing you all a Happy Easter.

Stay safe and well.

Mr Alexander

THANK YOU TO THE NHS FROM REIGATE SCHOOL



On Friday 27th March Reigate School donated safety goggles from the Science Department to East Surrey Hospital for their staff to use for protective equipment. We received the following lovely message from East Surrey Hospital following our donation:

"Thank you so much! You cannot imagine what a difference your donations have made - you have definitely restored our faith in human kindness! Our doctors and nurses could not believe that they could now have their own pair of goggles, as the supply has been so intermittent and, as I told you, we had just run out of visors (disposable) when you arrived. We are grateful to you and your colleagues."

HOME WORKING HEROES OF THE WEEK

HISTORY

Elizabeth Leitch and Jessica Sturgeon (Year 9) have both been in contact loads and have done some really great work this week.

Afua Larbi-Yeboah (Year 7) who has been in regular contact for work and questions and has completed her work to a very high standard.

RE

Luis Alves (Year 10) who has battled against the odds to get himself sorted with SMHW and is producing fantastic work from home.



HOME WORKING HEROES OF THE WEEK (Cont)

PE

Maya Chan (Year 8) who is doing lots of fitness at home, setting herself goals and sharing ideas with others via social media.

Zara Mehmood and Holly Maclellan (Year 7) who have completed Joe Wicks work outs together on FaceTime.

Dawson Francis (Year 7) who has been keeping a log and reflecting on his fitness sessions so that he can adapt and improve them next time.

MFL

Finley Taylor (Year 8) who has completed all the tasks set on time and has shown real enthusiasm for French by asking lots of questions. He also cooked a wonderful beef bourguignon for The Great Language Challenge!

ENGLISH

Maya Chan (Year 8) who has kept up a fantastic reading habit whilst at home, having already devoured 'The Ballet Shoes', 'The Beast of Buckingham Palace' and 'The Man Who Didn't Call' whilst remote learning - what a star!

SCIENCE

Eva Smallman (Year 9) for her excellent quality of work, good detail and plenty of effort.

Well done to all of our heroes this week and the rest of the school for continuing to work hard at home.

THE BOOKY BROADCAST

Mrs Knights has created "The Booky Broadcast" a newsletter for Year 7. The 'broadcast' is a relaxing roll of Year 7 news, book chat, jokes, pictures and quizzes. Year 7s are welcome to write in with some of their own contributions that will be published in future editions. Contributions to be sent to i.knights@reigate-school.surrey.sch.uk.

The Booky Broadcast is sent out via email to parents/carers on Friday afternoons.



ARTIST OF THE WEEK

NINA KRYSTOWCZYK

For her outstanding digital fashion designs. Well done Nina!



HEGARTYMATHS

Congratulations to the following children who have clocked up the most learning hours on HegartyMaths this week



Top Correct Answers 27th March – 3rd April

Year 7	Year 8	Year 9	Year 10	Year 11
Alfie Maplesden Nila Nasekhian Kristian Sadler Rhys Strudwick Annabelle Childs Daisy Wells Isabella Cserenyecz Ethan Ward Thomas Doyle Leland Rose	Sophia Bryant Abbey Worcester Dan Hammond Jaydel Edge Maya Moberg Maya Chan Saraya Nyame Catelyn Morrow Aaron Newsam Samuel Stapley	Vimbikai Chituwu Kayla O'Neill Megan Thomas Amal Bazzar Eva Peters Abigail Hayden Jessica Sturgeon Tia-Louise Savage Leia Chan George Evered	Ella Bryant Alisha Haider Alfie Taylor Matthew King George Apostu Robbie Davies Madeline Hart Angelina Else Harry Bartley Ella Moxley	Minnie Snape Ellie-Louise Robertson Luke Burgess Binal Chudasama Holly Francis Hayley Ford Lara Cawkwell Samantha Harding Jimmy Bartley Matthieu Lehodey

EGGARTYMATHS

Congratulations to all the children appearing in the Top 10. Those children who were 1st, 2nd or 3rd in their respective year group will receive their chocolaty prize when we return to school!



eggartymaths

Eggartymaths winners for the competition from 24th February – 3rd April

Year 7	Year 8	Year 9	Year 10	Year 11
Alfie Maplesden Nila Nasekhian Annabelle Childs Ethan Ward Kristian Sadler Daisy Wells Rhys Strudwick Poppy Scott Evie Maidment Alice Horn	Sophia Bryant Isabelle Walker Maya Moberg Dan Hammond Saraya Nyame Seb Hooper Tom Lucas Emily Campbell Spencer Hawley Jacob Mills	Kayla O'Neill Abigail Hayden Jessica Leary Eva Peters Megan Thomas Amal Bazzar Eleanor March Harriet Seymour Vimbikai Chituwu Emily Dansie-Smith	Ella Bryant Dennis Anderson Nangyalay Syed Alfie Taylor Lilia Dobson George Apostu James Musk Alisha Haider Andrew Ball Lulu Salgado	Minnie Snape Binal Chudasama Sophie Smith Ellie-Louise Robertson Luke Burgess Lara Cawkwell Mustapha Raache Lauren Hetherington Lily Garcia Hope Stevens

BEDROCK LEARNING

Congratulations to the following Year 7 children who have completed the most lessons on Bedrock Learning for the week 23rd March – 27th March.



Alfie Maplesden
 Layla Clarke
 Ella-Louise Bentley
 Lulietta Bramham
 Callum McClean
 Derren Mitchell-Belton
 Tymoteusz Harasim
 Olivia Thompson
 Millie Dyke
 Thomas Wilkinson

EDUCAKE

Congratulations to the following children who have clocked up the most learning hours on Educake.



Top Correct Answers 23rd March – 3rd April

Year 7	Year 8	Year 9	Year 10	Year 11
Eliana Daines Nila Nasekhian Lucy Bond Jessica Green Henry Gardener Luca Montefusco Edward Dewar Sophie O'Connell Henry Robinson Isabella Cserenyecz	Emily MacKenzie Evie Lord Oscar Yermo Ben Lowther Summer Beagley James Symonds Chloe Anderson Emma Shaw Nandini Joshi Eloise Robinson	Caitlyn Thomas Chayse Elliott Ava-Grace Markwick Lauren Hunt Kayla Pascoe Rudy Nash Maysie Liddle Eva Grist Oliver Scotland-Brown Sophie Jackson	Mia Ferrao Alisha Haider Madeline Howland Lily Ella Waylett Annabel Worsfold Rebecca George Sadie Jenkins Lottie Wardley Holly Nixon Thomas Goodbourn	Elysha Dawson Megan Lodge Lucy Wilson Lauren Hetherington Ellie-Louise Robertson Megan Bendall Miles Greenfield Abigail Harries India Rogers Peter Gates

TASSOMAI

Although Tassomai was only available for most of our children this week, we already have some stars emerging. Congratulations to the following children.



Year 7	Year 8	Year 9	Year 10	Year 11
Samuel Isted Archie Graham-Williams Alfie Aldred Ella-Louise Bentley Evie Pawlowicz Bailey Nicholson Felipe Moreira Evangeline Milton Henry Robinson Nila Nasekhian	Cameron Turner Nathaniel Milton Arvo Steins Oscar Graham Dylan Buttress Elliot Bartley Tilly Richardson Jay Lloyd Callum Humphry Ralph Cobbold	Farhad Ashrafi Jack Dempsey Joshua Thornhill Jamie Cattermole Ruban Johal Thomas Foot Tia Jetten Kenzie MacKinnon Thomas Bisset Ioana Oprea	Chloe Lacey Archie Jones Angelina Else Lana Payne-Olufunwa Thomas Goodbourn Sadie Jenkins Adam Ainsworth Annie Thompson Matthew Smythe Harry Fripp	Connor Grabban Ben Davarias Madeleine Parkes Harrish Muraleetharan Alisha Mould Dylan Turtell Tia Elsey Rebecca Frampton Jonathan Mugford Ella Rodd

VOCAB EXPRESS

The MFL team are so impressed with the Vocab Express achievements. Little and often is the most effective way to learn vocabulary in a foreign language. Keep up the great work!



April 3rd Challenge – Congratulations to the following children:

Year 7	Year 8	Year 9	Year 10	Year 11
Areez Jaufaraully- 2,580 Nila Nasekhian- 2,015 Adam Smith- 845 Zoe Smith- 440 Layla Clarke- 410 Lily Hall-Brennan- 410	Sienna Rogers- 470 Tilly Richardson- 440 Nandini Joshi- 300 Zara Islam- 260 Sam Davidson- 255	Ayhan Erol- 590 Kayla Pascoe- 560 Maisie Casse- 390 Jack Dempsey- 360 Tia-Louise Savage- 360 Eva Peters- 355	Sadie Jenkins- 2,485 Alisha Haider- 1,365 Mia Ferrao- 690 Lilia Dobson- 500 Kathleen Mills- 470	Amy Brown- 1,010 Jennifer Ross- 940 Ben Curtis- 900 Jonathan Mugford- 580 Emily Taylor- 540

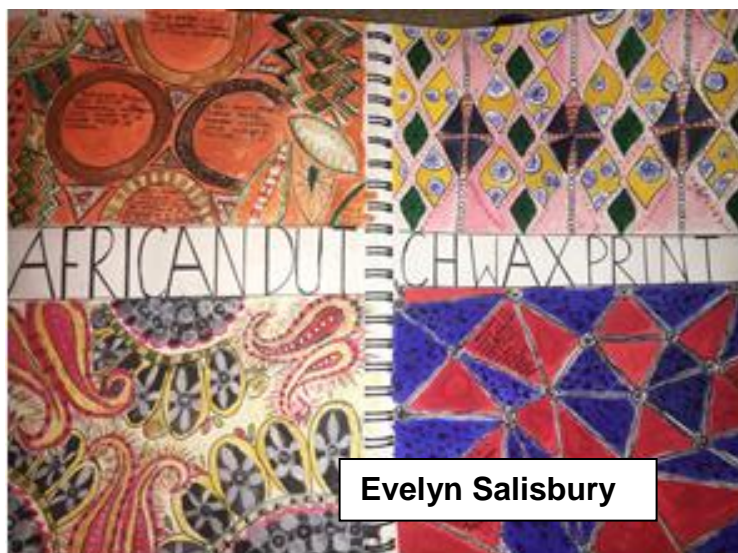


Mia Ferrao



Eleanor March

Some of the amazing art work being created at home by the children.



Evelyn Salisbury



Alfie Lodge



Hafsah Akhtar



Year 7 Science Competition

Your task over the Easter Holiday is to make a model of an animal or plant cell. Be as creative as you like!

Adult supervision will be required (if you're baking!) and always check with your parents before you start!

Please take a photograph and/or video clip explaining your model and send to Ms Hudson (n.hudsonpawsey@reigate-school.surrey.sch.uk) in the science department by Monday 20th April.

Prizes awarded for the best models!








This link shows how you can make a cell at home – step by step method.

<https://www.bbc.co.uk/bitesize/topics/znnycdm/articles/zrh8jty>



ONLINE RESOURCES

We have included below some of the resources to help children to continue progressing in their studies. The majority of work will be set on Show My Homework but we have listed some of the other resources for particular subjects.

Show My Homework		https://reigateschool.showmyhomework.co.uk/
Maths		www.hegartymaths.com
Science		www.educake.co.uk
Science		https://www.tassomai.com/ Tassomai is available on most devices including PC's and phones.
Languages		www.vocabexpress.com
Languages		www.pearsonactivelearn.com
General		www.bbc.co.uk/bitesize

If your child has forgotten their login details for any of these websites please email info@reigate-school.surrey.sch.uk.

NOTICES

For children aged between 11 and 19 there is a ChatHealth Service available provided by the Surrey School Nursing Service.

For more information please visit the website <https://childrenshealthsurrey.nhs.uk/ChatHealth>



Stay positive, keep learning

5 tips for children and families learning and living through social distancing

STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.

Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.

MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.

Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!

LIMIT SCREEN TIME

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**

Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!

GO OUTSIDE, STAY ACTIVE

Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.

Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.

TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have some worried feelings.

Talk to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

Be grateful for each other. Now more than ever.

ONLINE PRIVACY

ONLINE PRIVACY

The London School of Economics and Political Science have developed an online toolkit aimed at children of secondary school age, parents and educators to promote children's understanding of the digital environment. The toolkit provides some answers to common privacy questions and has been developed in discussion with young people around the country. The article and toolkit can be found at the following link;

http://www.lse.ac.uk/my-privacy-uk?utm_source=twitter&utm_medium=iconews&utm_term=0d73e8d2-1d2d-498e-9b07-b4b7516c0b13&utm_content=&utm_campaign=



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE



TIPS FOR STAYING EMOTIONALLY WELL

Is your glass half-empty or half-full? How you answer this age-old question may reflect the way you think about yourself and to life in general. There are studies that show personality traits such as optimism and pessimism can affect many areas of health and wellbeing. Positive thinking (the cup is half full) can help you manage the stress everyone feels from time to time. In turn, feeling less stressed can help you have better physical health. If you tend to be pessimistic, (the cup is half empty) don't despair, you can *learn positive thinking skills*.



Some facts

- You are 31% more productive when you are positive
- Dopamine (the happy hormone) helps the brain to learn
- Positive people live longer
- Being positive helps you cope with stress
- A positive outlook can reduce blood pressure, improve your immune system and help you recover quicker from illness
- 90% of your happiness is to do with how you view the world.

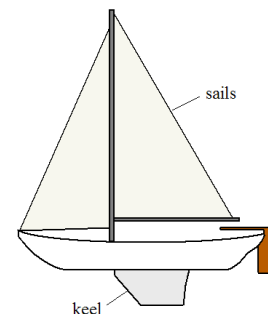


How can I learn to think positively?

Understanding positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant and difficult situations. Positive thinking means that you approach unpleasantness in a different way. You think the best is going to happen, not the worst.

The art of positive thinking often starts with self-talk. Self-talk are all those unspoken thoughts that run through your head. These thoughts can be positive or negative. Some of your self-talk comes from logic and reason, other self-talk thoughts are not based on facts but are misconceptions you make because of lack of information.

Try to balance your positive and negative thoughts. Aim to have more positive thoughts. We need and should not get rid of all negative emotion; For example, think of the negative emotion as the keel (the long specially shaped piece of wood running along the bottom of a boat) of a yacht. It sits under the surface and keeps the yacht upright. Imagine the sails are the positive emotions, the sails have the power to move the yacht, but they need the balance of the keel to keep the boat upright and working. However, the smaller the sail is (fewer positive emotions) the less impact it will have on the movement and direction of the yacht, making it less effective. The larger the sails, the faster the boat goes in the direction you want it to.



Think about what is positive in your life right now

Reminding yourself of what you're thankful for is a great way to encourage positive thinking. This list of things you are grateful for can be simple and small, such as sleeping in your own bed, your friend who makes you laugh, any pets you own, a song you really like, clean drinking water from the tap, dare I say it, even for some of you, no school right now.

Try to appreciate what you have or are experiencing right now, without the distraction of the 'what has been' or 'what might be'. The more we can do this, the better we will be at seeing the world in a different light. This is not about having a false, shiny, 'everything is wonderful' view, but rather a genuine appreciation for the goodness we find in each moment. This does take practice, maybe ask a friend to start with you or try an app to help you get started. There are many positive thinking apps to try for free.

Contain the thought

When we experience a negative or unhelpful thought, it has the potential to grind us down if we let that thought take a hold. The negative thought is generally not true but if we let it progress, it can make us feel worse, eventually stopping us from doing things or seeing people.

When you experience the negative thought, label it, then take a step back and try to view it as if it is something that someone else is experiencing. As you take a step back, the thought begins to lose its power. The further you step away the less impact it is able to have on you. Stand up to the thought and don't let it bully you.

Imagine you can blow the bad thought out, into a soap bubble (the type you made when you were younger) and watch that thought float away, further and further away.

We all have negative thoughts; perhaps you experienced the loss of loved one, family problems or are stressed about what might happen in the future. These are completely justifiable concerns, (remember the keel of the boat) but they can take up a lot of our energy so try to work on thinking about the here and now.

TIPS FOR STAYING EMOTIONALLY WELL (Cont)

Step away from social media

While social media has become part of our daily lives, it can be the cause of negative thoughts. Think for a moment how much information you are absorbing while scrolling through Snapchat or Instagram, it's inevitable that you're going to read something that triggers a negative emotion. Perhaps it's a news story or an update from friends going to a gathering you are not at. All of these seemingly small snippets of information can unconsciously cause a huge amount of stress and anxiety.

Try to make a conscious effort not to check your phone as often. Stick to some practical tips to help you reduce your social media time.

If you regularly check your phone first thing in the morning, this is a good place to start switching things up. Perhaps you use your phone as an alarm clock, and this is causing the temptation to check your social media. Try buying a separate alarm clock to get out of the routine. When eating at home, leave your phone in another room. Even switching off your notifications can help. These small changes will mean a gradual but important reduction in the use of social media and can work wonders to boost positive thinking.

Take time out for yourself

Many of us lead busy lives that we forget to take time out just for ourselves. Setting aside time to unwind and do something you enjoy is so important. Whether that's curling up with a book, watching your favourite film, rediscovering Lego or arts and crafts you enjoyed when you were younger, jigsaw puzzles and drawing, it's important to practice self-care and make yourself feel special. Thinking about number 3 however, make this something away from your phone.

There is no quick fix to becoming more optimistic, but the more you practice challenging your unhelpful thoughts, thinking about the here and now and finding time just for you, your self-talk will contain less criticism and more acceptance. When your state of mind is generally optimistic, you're better able to handle everyday stress and experience a greater sense of wellbeing.

Please give it a try.

COMMUNITY HELPLINE



Surrey County Council have set up a new community helpline to direct families to services that can help during the coronavirus pandemic.

This community phone line is here for two things:

- To help direct residents who need support, if friends and family are unable to help with such things as picking up shopping, prescription collections or having someone who can be a telephone friend, and other services that can help.
- To provide advice on where to register your offer of help to support your community.

Community Helpline number: 0300 200 1008 (Monday to Friday: 8am to 6pm, Saturday and Sunday: 10am to 2pm)

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/community-support/need-help>



Sleep ... Are you getting enough of it?



How much sleep do you need?

- Teenagers need between **9 and 11** hours of sleep **EVERY** night.

Are you getting enough?

Why is sleep important?

- It helps us to be **physically and mentally healthy**.
- It allows our bodies and minds to rest and **process all the things that have happened** that day.

What happens if you don't get enough sleep?

- Difficulty concentrating.
- Feel **stressed/anxious/grumpy**.
- More likely to become unwell.
- **Crave unhealthy, sugary food.**

Tips to help you sleep better:

1. **Do enough activity** during the day – *do an exercise video/spend time in the garden.*
2. **Don't drink sugary drinks.**
3. **Start to wind down** 1 hour before you go to bed – *avoid anything that will stimulate your brain, like playing games or watching TV.*
4. **No mobile phones or laptops in bed.**
5. If there is **something on your mind**, try writing it down before you go to sleep to **get it out of your head and onto paper.**



Thinkuknow is an education programme from the National Crime Agency's CEOP Command. Since 2006, Thinkuknow has been keeping children and young people safe by providing education about sexual abuse and sexual exploitation. Thinkuknow is unique. It is underpinned by the latest intelligence about child sex offending from CEOP Command. Thinkuknow aims to ensure that everyone has access to this practical information – children, young people, their parents and carers and the professionals who work with them. Alongside the Thinkuknow website the programme provides educational resources, including films, cartoons and lesson plans, to help parent/carers and professionals raise young people's awareness. <https://www.thinkuknow.co.uk>

CAREERS GUIDANCE

We have a careers section on the school website which contains useful information regarding college open events, up and coming careers events at Reigate School, details regarding apprenticeships and how to search and apply for them along with links to useful websites. There is also a link to a quiz which is fun to take and will give children an idea of what kind of careers will suit their personalities. Go to Academic-Careers or Academic-Option at post 16 for details of local college open events. Below are some other very useful websites which have plenty of information regarding further education, apprenticeships and careers choices plus interview techniques and many other tips.



www.barclayslifeskills.com



www.apprenticeships.org.uk



www.allaboutschoollavers.co.uk



www.notgoingtouni.co.uk



www.icould.com