

THE WEEKLY NEWSLETTER

Halewood Academy

Dear Parents/Guardians,

I would like to take this opportunity to welcome you back, and thank you for your continued support in ensuring the safety of your son/daughter in their return to Halewood Academy. We understand this is a challenging time for us all, and can be both exciting and nervous for families. It has been a pleasure to welcome back students, and meet our Year 7 cohort, who have all made a fantastic start to the 2020-21 academic year.

I cannot speak highly enough about the way in which students have conducted themselves in their return to school. Students have adapted to our new way of working in a mature and sensible manner. Many staff have complimented the students on their resilience and how they have supported one another.

Please see information in the newsletter of 'What to do if...' and keep it to hand, as this may become useful to you all. We will be sending a weekly newsletter with updates and information from the week, however, please continue to check the school website and social media platforms. If you have any questions please do not hesitate to contact the school via admin@halewoodacademy.co.uk or by telephone. It is our aim to ensure as a school community we are here to support our students and families in any way we can in these uncertain times.

This week we were due to hold our Open Evening, and were disappointed not to be able to invite prospective and current parents/guardians in to show off our amazing school. Instead of this we are organising a virtual Open Evening, which we will share with you in the near future.

Thank you again, and take care.

Miss J Gallagher, Principal

**Halewood
Academy**

Wade Deacon Trust



This week...

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Week & Last week's
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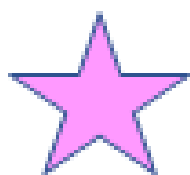
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Maths Challenge of the Week

A quiz has twenty questions with 7 points awarded for each correct answer, 2 points deducted for each wrong answer and 0 for each question omitted.

Jack scored 87 points.

How many questions did he omit?



ANSWERS IN TO MISS DEVONSHIRE OR YOUR PROGRESS LEADER

Last week's answer

36

Start with the number
Perform each operation
in order from top to
bottom.

What number do you
get as your final
answer?

29

+ 14	50
÷ 2	25
+ 5	30
× 4	120
÷ 10	12
+ 16	28
- 8	20
× 4	80
- 22	58
÷ 2	29



Career of the week!



COUNSELLOR

£19,000 £47,000
Starter Experienced

35 to 40
a week

Counsellors help people discuss their problems and feelings in a confidential setting



YOU CAN GET THIS JOB THROUGH:

- a university course
- a college course
- volunteering
- training with a counselling organisation

ENTRY REQUIREMENTS:

COLLEGE COURSES -

- Level 3 Certificate in Counselling
- Level 4 Diploma in Counselling Skills

GCSE's -

- 5+ in English, Maths and Science

SKILLS & KNOWLEDGE

- counselling skills including active listening and a non-judgemental approach
- knowledge of psychology
- the ability to understand people's reactions
- active listening skills
- patience and the ability to remain calm in stressful situations
- sensitivity and understanding
- excellent verbal communication skills

Excellence

Resilience

Collaboration

Respect

Aspiration



Word of the week – Week 2

Definition:

To be extremely important

Synonyms (words meaning the same):

*essential, important
indispensable, critical,
vital*

crucial

Worked examples:

It is crucial to start revision early if you want to reduce exam stress.

Antonyms (words meaning the opposite):

*unimportant, insignificant,
inconsequential*



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Remember that self-care is not selfish. It's essential

2 Be willing to share how you feel and ask for help when needed

3 Free up time in your diary by cancelling any unnecessary plans

4 Forgive yourself when things go wrong. We all make mistakes

5 Plan a fun or relaxing activity this weekend and make time for it

6 Focus on the basics: eat well, exercise and go to bed on time

7 Remember it's ok not to be ok. We all have difficult days

8 Notice the things you do well today, however small

9 Avoid saying 'I ought to' or 'I should' to yourself

10 Give yourself permission to say No to requests from others

11 Aim to be good enough, rather than perfect

12 Let go of being busy. Allow yourself to take some breaks today

13 Make time today to do something you really enjoy

14 Talk kindly to yourself like you would to someone you love

15 Find a caring, calming phrase to say to yourself when feeling low

16 Notice what you are feeling today, without any judgment

17 Leave positive messages for yourself to see regularly

18 Don't compare how you feel inside to how others appear outside

19 Get active outside and give your mind & body a natural boost

20 No plans day - make time to slow down and be kind to yourself

21 Remind yourself that you are loved and worthy of love

22 Look at photos from a time with happy memories

23 Let go of other people's expectations of you today

24 Ask a trusted friend to tell you what they like about you

25 Release yourself from inner demands and self-criticism

26 Find a new way to use one of your strengths or talents today

27 Take your time. Make space to just breathe and be still

28 Accept your mistakes as a way of helping you make progress

29 Write down three things you appreciate about yourself today

30 You matter. Remember that you are enough, just as you are



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind



European Day of Languages 26 September

Celebrate the European Day of Languages

When is the European Day of Languages?

European Day of Languages is held on the 26th of September every year.

How did the European Day of Languages start?

The Council of Europe and the European Union jointly organised the European Year of Languages in 2001. Millions of people from 45 countries participated in activities to promote language learning and the preservation of cultural diversity.

The European Year of Languages was so successful that the Council of Europe declared the European Day of Languages to be celebrated every year.



Fun Facts about European Languages

- There are more than 225 languages in Europe, representing around 3% of the world's total.
- If you only count native speakers, Russian is the most spoken language in Europe. English comes out on top if you include second-language speakers.
- Languages are sometimes related to each other if they come from similar roots. These are known as language families. The three main language families in Europe are Germanic, Romance and Slavic.
- Most European languages use the Latin alphabet and some Slavic languages use the Cyrillic alphabet. Armenian, Georgian, Greek and Yiddish have their own alphabet.

THIS YEAR'S HALEWOOD ACADEMY LANGUAGE CHALLENGE:

TRY TO LEARN THE WORD "HELLO" IN AS MANY LANGUAGES AS YOU CAN.



WHAT TO DO IF...

Guidance for staff
if you or another household member has COVID-19 symptoms or have been in contact with a confirmed case.
Government guidance is subject to change at short notice - if in doubt refer to official websites shown below.



YOU HAVE SYMPTOMS OF CORONAVIRUS

If you have coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

DO NOT come to school

Inform School ASAP

Get a test now

www.gov.uk/get-coronavirus-test
or phone NHS 119

Tell school what the test result is as soon as you know.

Follow 'stay at home: guidance for households with possible or confirmed coronavirus infection'
www.bit.ly/stayathomeguidance

www.gov.uk/get-coronavirus-test

SOMEONE ELSE IN YOUR HOUSEHOLD HAS SYMPTOMS

If someone in your household develops

symptoms, they get a test. Other members of their household self-isolate for 14 days from when the symptomatic person first had symptoms.

DO NOT come to school

Inform School ASAP

If the test is negative:

- the person with symptoms can stop self-isolating, but may have another illness
- other members of the household can stop self-isolating, so you can return to school.

Negative
Test Result

If the test is positive:

- the person with symptoms self-isolates for at least 10 days from symptom onset and follows 'stay at home guidance'
- other members of the household continue self-isolating for the full 14 days

Positive
Test Result

DO NOT come to school

www.bit.ly/stayathomeguidance

YOU HAVE BEEN IN CONTACT WITH A CONFIRMED CASE OUTSIDE SCHOOL

Contacts who need to self-isolate will be notified and advised by the NHS Test and Trace service. If you have not been notified, you do not need to self-isolate. If your contact is waiting for a test result, you do not need to self-isolate.

If you have been informed that you are a contact of a person who has had a positive test result for COVID-19:

DO NOT come to school

Inform School ASAP

- you must self-isolate at home for 14 days from the date of your last contact with them.
- follow the 'stay at home' guidance
- You are at risk of developing COVID-19 for the next 14 days.
- Even if you never develop symptoms, you can still be infected and pass the virus on without knowing it.
- You should not arrange a test unless you develop symptoms of COVID-19.
- If you do not have symptoms of COVID-19, other people in your household do not need to self-isolate.

www.bit.ly/guidanceforcontacts

Year 11 Revision Lessons

We are now able to provide 'face to face' revision lessons for Year 11 students. These lessons will take place after school between 3:00pm and 4:00pm.

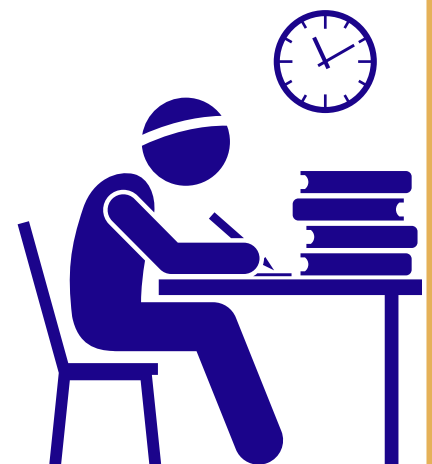
They will commence on Monday 21st September.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Subject	Maths	English	Science	No revision (staff training)	Option subjects
Venue	HB4	HB4	Science labs		HB4

All revisions sessions will take place on HB4, which is the Yr11 Homebase (with the exception of Science), unless students are informed otherwise by a teacher of an option subject, who may need to use a specialist room/equipment.

We strongly advise all students to attend these sessions.

They will be invaluable in terms of ensuring that they are prepared for their summer examinations.



Attendance

Top 5 Form attendance
(14th September 2020 - 18th September 2020)

FORM GROUP

ATTENDANCE

1.7CKN	99.1%
2.7HHA	97.9%
3.7CSA	97.7%
4.7NST	97.3%
5.7LTR	97.1%

WELL
DONE
YEAR 7

