



Principals' Letter – Spring Term 2020 Week Ending 1st May 2020



Dear Passmores Family

This week has obviously been quite a tough one with lots of rain and the novelty has most definitely worn off. However, what is also obvious is how many families we know have been effected by the loss of a dear friend or relative. It would be easy for us to become frustrated especially if no one you know has been directly impacted. Despite that being understandable we have heard of many of you that have received the worst possible news so we must all recognise that and continue to do all we can to protect our community by staying in unless absolutely necessary. For those of you that have lost loved ones please accept our deepest condolences; we wish we could do more to support you in these incredibly difficult times. You are in our thoughts.

Thank you for the hundreds of you that have replied to our survey on the best way to provide education support at home. It is clear that we cannot have one approach that is going to make everyone completely happy so we will do our best to come up with the most appropriate, if still imperfect, response for the next batch.

As you know we have taken the decision to not set any 'new' learning during this time away. However, if you are lucky enough to have good internet access and Wi-Fi connection, there is plenty of new learning out there on Hegarty Maths, Tassomai and Century Tech. All of the content on these sites is on our schemes of learning for the subjects covered so there is no wrong topic to look at.

If you require further on-line learning resources on top of what we have bought for your young person, a list of those available is still accessible using the link below:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

BBC Bitesize is also providing online lessons each day and these are available using this link <https://www.bbc.co.uk/bitesize/articles/z6vpnrq> as well as the National Academy which has been established to support on-line learning of students - <https://www.thenational.academy/>

We have had a couple of questions regarding live online lessons via a platform such as Zoom. We have taken the decision that this would not be the right approach from a safeguarding perspective and we will not be offering them.

It is great to see so many examples of what our community is up to and how many of you are trying to improve other people's lives through raising money and just letting them know that we are thinking of them. The pastoral focus, as you can read below, was on 'trying something new' and here is the link to the video that is mentioned:

<https://www.youtube.com/watch?v=K9T75FeyPFE>

We cannot finish without highlighting the amazing effort that Miss Sales made yesterday by running a marathon up and down her street to raise money for charity. It was a fantastic achievement to run a marathon in just over 4 hours with very little training and having to make 90 about turns at the end of the road! Well done Miss, you join the long list of Passmores heroes during this national crisis.

A message from the Pastoral Team: We hope you are all starting to adapt to this new way of living and hope that you are all keeping safe and well. Thank you to all those students who have emailed their tutor with updates on what they have been doing. We would love to hear from more of you, so please get in contact. Last week our theme was Try Something New and if you haven't already seen the video then please go to our Passmores Academy YouTube. This week our theme is the little things.....

In a matter of days, life as we all know changed completely. Think back to the days between Christmas and New Year when you set out goals and resolutions and planned what 2020 was to hold for you. Now fast forward. We're allowed outside only to buy essentials, to exercise once a day and to help those who need it most. If you had told us this in December, there's no way we would have believed it. It goes to show how much we take for granted and how often we forget to be grateful for the very things which we fill our days with. For the freedom to nip to the supermarket when we run out of milk, for being able to meet friends in our favourite coffee shop, stopping for a quick chat in the street, and for being able to drive from one end of the country to another to visit family and friends. We're all used to a world that's fast moving in which our days are scheduled by the hour. We have become obsessed with reaching our destination in the fastest time possible, having parcels come by next-day delivery and being able to pop to the shops 24 hours a day. We need things to look forward to and when we do, we count down our days as if they're worthless in order to feel one step closer to that summer holiday or pay day. Sometimes, it is easier to be preoccupied with what we don't have rather than what we do have. It is often said that without pain it would be difficult to appreciate life's little joys. In times like these it is important to stop, take a step back and reflect on all of the little things to be thankful for that many of us take for granted. Things we took for granted that we will now be thankful for include:

- Everything about work and being part of the Passmores family
- Meeting up with friends and family for a coffee
- Spontaneous trips and activities
- Breathing fresh air in the lovely sunshine or on the beach
- A reason to wear 'real' clothes!
- Having a laugh and a joke with friends and family
- Our favourite restaurants (McDonalds!)
- Good health
- The beauty of the world around us
- The kindness of strangers
- The future and what it might bring - living in the moment
- Our incredible NHS

Can you write a list of all the little things that you will no longer take for granted? Cut your list up so that each thing you took for granted is on a separate slip of paper. Find an empty mason jar or something similar that can be used to create your jar of thankfulness. Fold up each slip of paper and place it in the thankfulness jar. When this is all over and our lives begin to return to normal, take one slip of paper out of the jar every day or week and remind yourself to be grateful that you have this thing in your life that brings you joy.

Remembering the positive aspects of life can lift our spirits even on the toughest of days. To quote the American self-help author, Melody Beattie, "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend". We must learn to appreciate the little things in life.

Next week you be hearing from the humanities department as the theme is VE Day.

Word of the Week (w/b 4th May 2020): PERCENT

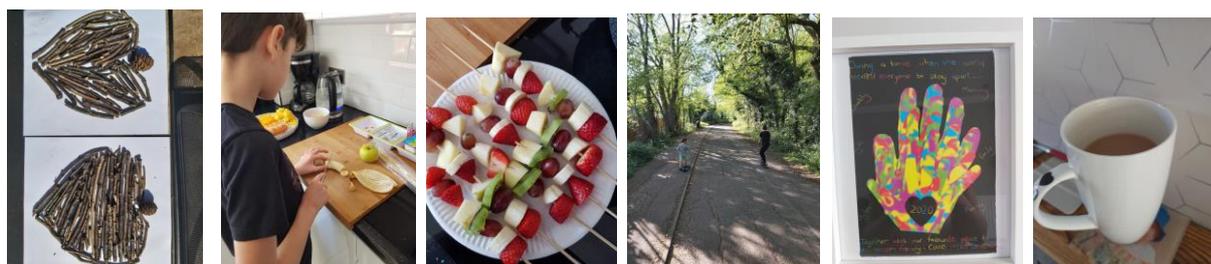
- ❖ Percent (%) = one part in a hundred.
- ❖ Per = for each; cent = 1/100th.
- ❖ Similar terms: CENTury = 100 years; PER Diem = daily.

Thought for the Week, from Mr Pickering: As we near the end of National Stress Awareness month, the Thought for the Week is about how we can cope with the stresses of day to day life, especially at the moment. Their website is <https://www.stress.org.uk/> and has excellent information and advice about what stress is, and how best to manage it. Stress doesn't have to be a bad thing and it is useful for things like taking exams when we have it under control. Therefore, the important thing in all this is not to let the stress control you, but for you to control the stresses in your life to benefit your life. One of the best ways to combat stress has been shown to be exercise, which is why the government has allowed people to go out once a day to do this. So, whether it's a walk, run or bike ride, try and make sure you stay fit and healthy in both body and mind by getting your daily dose.

Passport Challenges: Following our passport challenges, we have received some great feedback from many students. One of which is **Ross Blackshaw** in Year 11, who has been keeping busy. As well as all the cooking he has done, which can be seen in the pictures below, he has been exercising, cleaning cars and weeding for a poorly neighbour. Well done Ross and everyone else doing their best to help others to stay positive.



Another busy student completing challenges is **Dylan Wilson** in Year 7. Well done Dylan.



Art Department: These are just a few of the photos that have been sent in from students completing passport challenges for art.

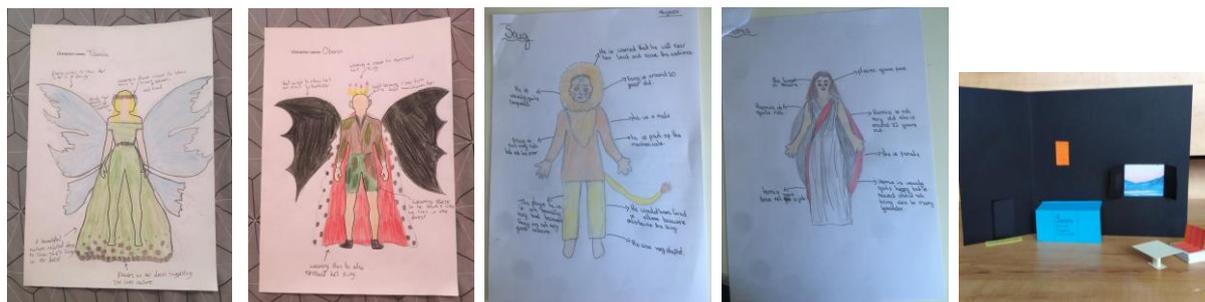
KS3 passport challenge highlight #facethefoliage



KS4 Passport Challenge - This challenge involves creating a masterpiece on a toilet roll. Students need to choose their favourite piece of art work, movie, tv show or animal and recreate it using the middle of a toilet roll. The picture below is *Starry Night* by **Zara Man**. We hope to put more of these pictures in next week as students collect their toilet rolls.



Performing Arts: We have received some lovely costume designs from students in KS3 that the Performing Arts Department would like to share. They also received a great stage design from **Elena** who has designed and made a version of the cafe from her favourite book (*The One Memory of Flora Banks*.) This cafe is unique because it's actually in Antarctica.



This rap has been sent in by Ryan. Well done, a great rap.

Middle of March and schools are closed, Making sure no one is exposed.
But all these people out there thinking they're cool.
Out and about acting like fools.
Lockdown means.. lockdown!!

NHS and key workers still working hard, always on their guard.
Rainbows on windows showing support, coz covid19 is at fault.
Families separated for a long time. I'm really missing mine.
Lockdown....means lockdown!!

Panic everywhere, but not everyone seems to care.
Death rates rising.. even with Boris Johnson and the queen advising.
Stay at home and stay safe and have a bit of faith.
Lockdown...means lockdown.

It won't last forever, as long as we all stick together.
What's 3 weeks away from loved ones, for good health in the long run.
Happiness and reunions for all the humans.
Lockdown...means lockdown!

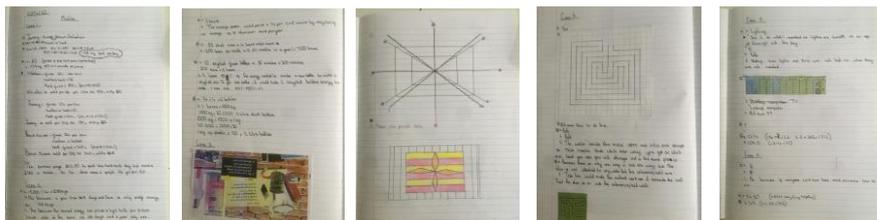
Schools and shops will eventually reopen, we will all show we are unbroken.
Get to see all my school friends ..back to learning with all our pencils and pens.
No more home schooling by my mum, coz my brain cells have gone dumb.
Finished driving my parents round the bend all because the UK is on the mend!!
Lockdown... means lockdown!

Covid 19 will not beat us!!
We all had to adjust. Staying safe and not going nuts.
We will get the all clear and finally enjoy the rest of the year.
2020 covid19 survivors...lockdown means lockdown no more knockdowns.
UK back to full swing, Thursday claps and lots of singing.
Covid 19 will not win!!
Lockdown means lockdown!

We have also had some lovely pictures sent in on upcycling from **Evie Matthews** and a great fact file from **Samuel Morris**.



Maths Department. The Maths Department would like to share some great work from **Alyssa Cradle** in Year 7. Not only has she worked hard on her maths but her presentation is lovely.



Technology Department: The Technology department have been sent some lovely pictures from students. One student, **Kyran Ackerman-Mond** has been busy in the kitchen helping out the family. These look lovely Kyran, especially the Passmores cake, well done.



VE Day - 75th Anniversary on Friday the 8th May: If you would like to celebrate this event there are some great suggestions and competitions at these official websites <https://ve-viday75.gov.uk/> (this is Dan Snow and the government), and <https://www.britishlegion.org.uk/get-involved/remembrance/remembrance-events/ve-day-75> (the Royal British Legion). If your son/daughter/ward would like to take part in any of the competitions, then full details are on the websites. There are also interviews with veterans for you to learn about their experiences of war, and events that are taking place nationally such as a Vera Lynn singalong next Friday at 9pm. It's easy to forget the suffering of WW2 at times like this, but it is worth remembering that approximately 60 million soldiers and civilians died in that conflict which is close to the current population of the UK. So next Friday (8th May) let's try to do something to remember the sacrifice of those who fought to keep us free during WW2. VE Day next week: If any student produces any work on VE day and is happy to share it, please email it to l.pickering@passmoresacademy.com so we can share it in this letter or on Social Media. Mr Pickering is looking forward to receiving the creations.

Museum Visits: With lockdown now entering our 6th week many people might be getting slightly fed up with being indoors and the thoughts/dreams of a holiday a distant memory, therefore, now might be the perfect time to grab your loved ones, settle on the sofas and escape this reality for an hour or two by exploring some of the best museums the world has to offer. Let me take you to the Vatican museum in Rome, one of the most romantic cities in the world. Here you will be met with soaring vaulted ceilings, intricate murals and tapestries. Don't forget to look up when exploring the seven spaces in the museum's virtual tour, to gawp at a series of 360-degree images, including the Sistine Chapel. Wander around the rest of Vatican City with a You Visit tour that takes in Saint Peter's Basilica and Square, complete with a tour guide narrating each interactive space. Enjoy this wonderful adventure from the comforts of your own home. <https://www.timeout.com/travel/virtual-museum-tours>



[Check Out These Amazing Virtual Museum Tours](#)

Charity News: Congratulations to **Dylan Crowe** in Year 10, who has raised £150 for the local charity PACT. Dylan took part in the 2.6 challenge last weekend. Well done!

Handwritten signatures of Natalie Christie and Vic Goddard.

Natalie Christie & Vic Goddard
Co-Principals of Passmores Academy