



Woolton Academy Trust

Weekly Student Bulletin

Monday 30th March

Weekly News

We will be sending this weekly bulletin to all students, parents, carers & staff in our school & college community.

We will use this to keep you updated on key information for the week ahead, but more importantly as a fun way to stay connected.

We would like your contribution so that we can share ideas and photos of what students, parents, carers and teachers have been up to through out the week 😊

Please send any ideas / photos to:

studentbulletin@wootton.beds.sch.uk

Thought of the Week

"We can't help everyone, but everyone can help someone."

– Ronald Reagan

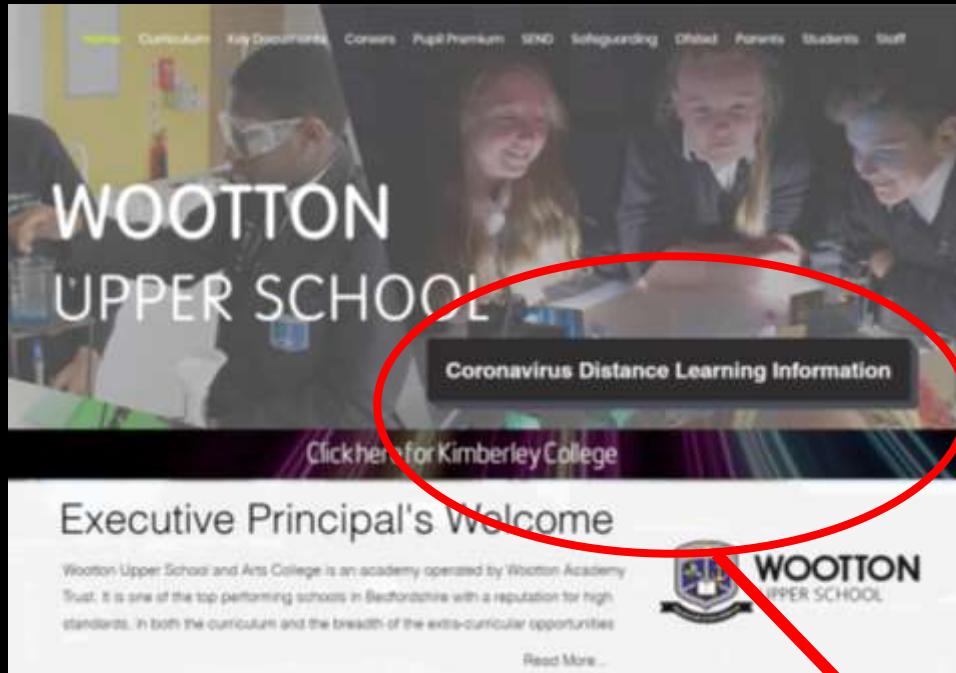
Help the NHS and Key Workers by following the Government guidelines on staying at home.

Help your younger siblings to complete their work at home

Help your parents /carers by supporting them with daily chores

Help you neighbours or those more vulnerable during this difficult time

Where can you find key information?



Go to either the Wootton or Kimberley website and click on the Coronavirus Distance Learning Information tab.

Here you will
find:
**KEY
INFORMATION**

such as:

- * Contact Information
- * Email addresses
- * Overview of work for the week
- * Letters home
- * Government advice

Coronavirus Distance Learning

Contact information

WAT Safeguarding Team: safeguarding@wootton.beds.sch.uk

WAT Special Educational Needs Team: SEND@wootton.beds.sch.uk

IT help: it@wootton.beds.sch.uk

Year 12 and 13 Pastoral (Kimberley): kimberleypastoral@wootton.beds.sch.uk

Year 9 Pastoral Team (Wootton): Year9pastoral@wootton.beds.sch.uk

Year 10 Pastoral Team (Wootton): Year10pastoral@wootton.beds.sch.uk

Year 11 Pastoral Team (Wootton): Year11pastoral@wootton.beds.sch.uk

Wider Pastoral Concerns: cmcmorn@wootton.beds.sch.uk

Student Bulletin : studentbulletin@wootton.beds.sch.uk

Careers: careers@wootton.beds.sch.uk

Government advice



Staff email addresses

Key information

Distance Learning Information

Safeguarding Information

What are students learning about?

Year 9 - 11

Year 12 - 13

Letters Home

- [Letter 26th March](#)
- [Letter 25th March](#)
- [Letter 24th March](#)
- [Letter 23rd March](#)
- [Letter 23rd March - Appendix 1b - Work for Yr12-13 \(23rd March - 4th April\) - updated](#)
- [Letter 22nd March](#)

Coronavirus (COVID-19): what you need to do

Stay at home

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

Anyone can spread the virus.

[Full guidance on staying at home and away from others](#)

STAY AT HOME 

**PROTECT
THE NHS**

 **save
lives**

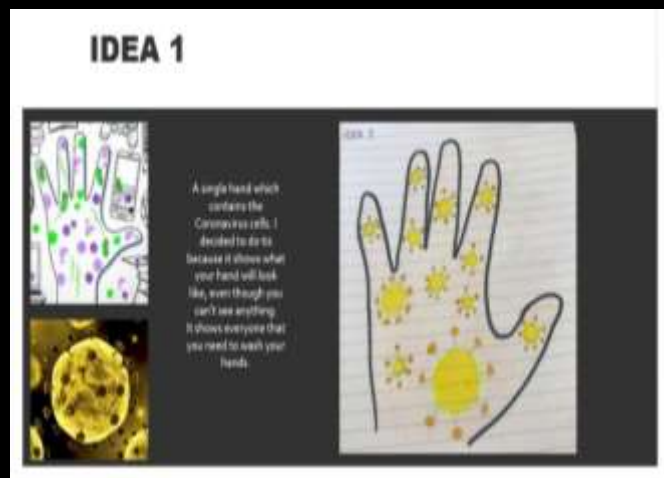
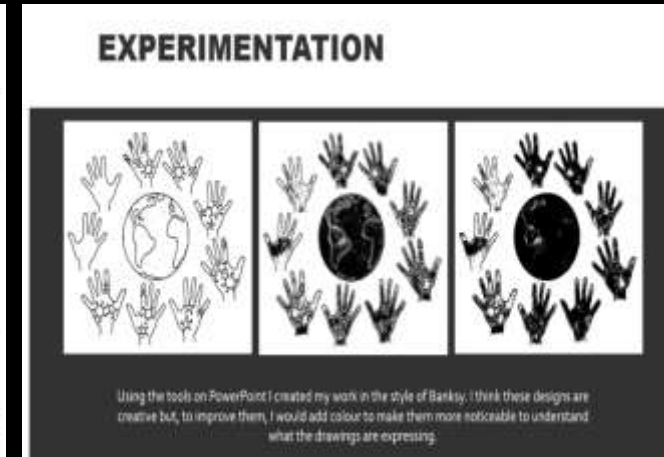
Y13 LAST DAY AT KIMBERLEY



Y11 LAST DAY AT WOOTTON



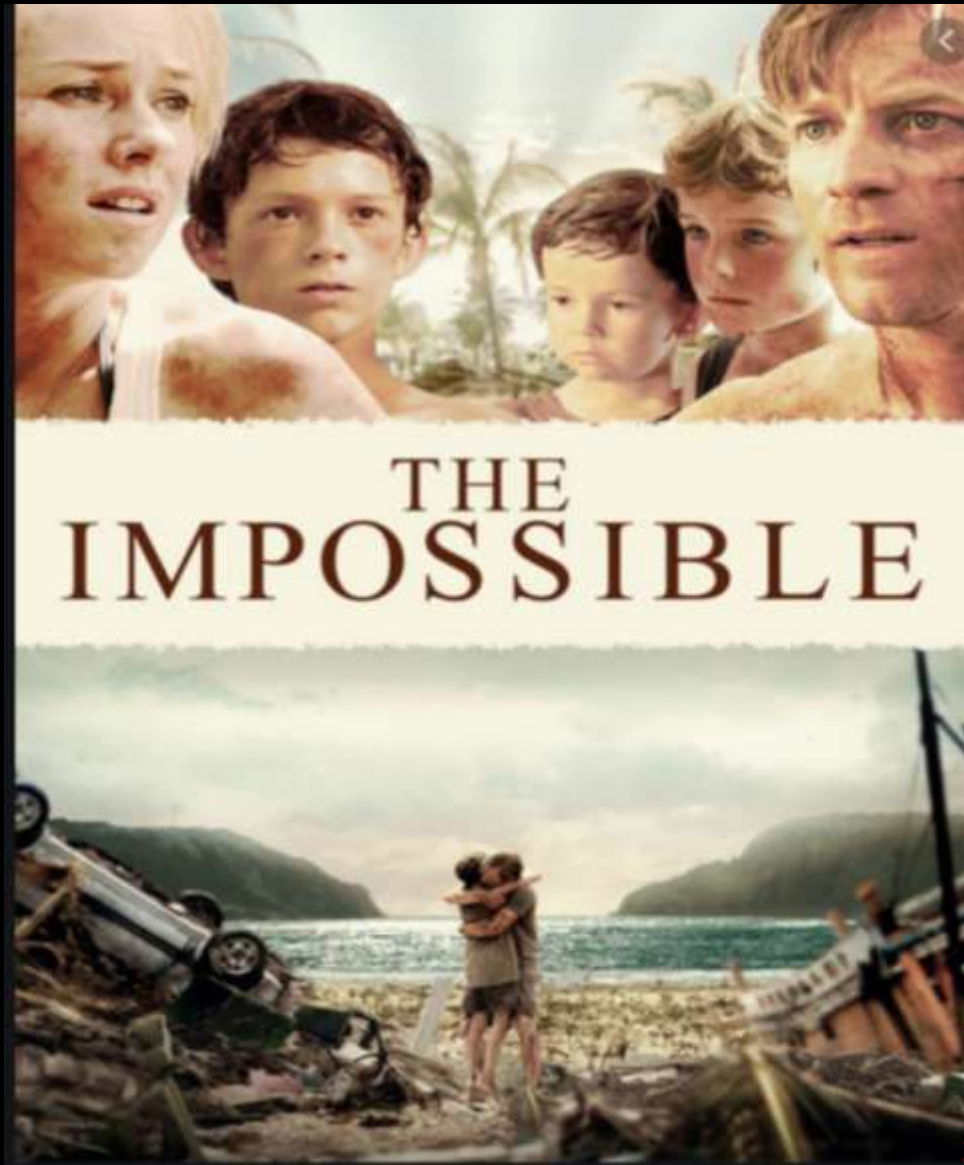
Student Work of the week 😊



Shannon McConnell (Y11): ART

Movie of the week 😊

(Available on Netflix)



SYNOPSIS:

In December 2004, close-knit family Maria (Naomi Watts), Henry (Ewan McGregor) and their three sons begin their winter vacation in Thailand. But the day after Christmas, the idyllic holiday turns into an incomprehensible nightmare when a terrifying roar rises from the depths of the sea, followed by a wall of black water that devours everything in its path. Though Maria and her family face their darkest hour, unexpected displays of kindness and courage ameliorate their terror. The film is based on a true story.

Please share any film recommendations with us 😊

studentbulletin@wootton.beds.sch.uk

#woottonlisteningwonders



@watmusicdept

What are you listening to?
Please share your favorite songs of
the week 😊

studentbulletin@wootton.beds.sch.uk

Workout of the Week

No equipment needed – only a chair / step for tricep dips 😊

Spell your name!

(30 second rest between first and last name)

A: 15 PUSHUPS
B: 50 JUMPING JACKS
C: 20 CRUNCHES
D: 10 BURPEES
E: 60-SECOND WALL SIT
F: 20 ARM CIRCLES
G: 20 SQUATS
H: 30 JUMPING JACKS
I: 60-SECOND PLANK
J: 20 MOUNTAIN CLIMBERS
K: 40 CRUNCHES
L: 12 BURPEES
M: 15 SQUAT JUMPS
N: 10 PUSHUPS
O: 20 LUNGES

P: 10 TRICEP DIPS
Q: 20 JUMPING JACKS
R: 60-SECOND PLANK
S: 30 BICYCLE CRUNCHES
T: 60-SECOND WALL SIT
U: 40 HIGH KNEES
V: 30 SQUATS
W: 15 TRICEP DIPS
X: 10 MOUNTAIN CLIMBERS
Y: 12 JUMPING LUNGES
Z: 30 CRUNCHES
Å: 30 MOUNTAIN CLIMBERS
Ä: 20 SQUATS
Ö: 50 CRUNCHES

To make it more
challenging;

- No / less rest between letters
- Add more reps
- Repeat more than once!
- Add resistance for exercises like squats / lunges etc
- Make the exercises more advanced (e.g. – elevate legs on a chair/step when performing press-ups)



@wusPE

Please share any photos
of you taking part 😊

studentbulletin@wootton.beds.sch.uk

'Do Remember They Can't Cancel The Spring'

David Hockney, often dubbed Britain's greatest living artist, has unveiled a new painting to add a splash of colour in these uncertain times. His piece of work, 'Do Remember They Can't Cancel The Spring' features bright yellow daffodils, springing up in front of a gloomy grey background.



Do Remember They Can't Cancel The Spring © David Hockney

Could you take some inspiration from David Hockney and create an image (drawing, painting, photograph etc) to boost our spirits?

Art Challenge

Email in a
photo of
your
Creation!

studentbulletin@wootton.beds.sch.uk



Healthy Meal of the Week

Chilli – a great versatile recipe as you can add / substitute a lot of the ingredients and use up veg that is nearing the end of it's life

Ingredients

1 onion

1 tin tomatoes (use fresh if no tinned – put about 5 in and leave them to cook)

2 cloves garlic

250g -500g mince / quorn or just vegetables

Kidney beans (or baked/ chick peas/ cannellini)

Tomato puree

Salt and pepper

Chilli powder – 1 tsp or use powdered cumin / smoky paprika

Put mince in pan and fry gently until oil starts to come out of it
Chop onion in small pieces – add to mince

Not using mince – chop any veg – you could peppers/ butternut squash / sweet potato (just put all in pan at once)

Once mince is brown and onion is soft add can of tomatoes

Chop garlic and add

Add beans if you have them

Use the empty can to add empty can full of water

Add salt and pepper to taste and chilli powder/ other seasoning (about a teaspoon to start with)

Add a good tablespoon of tomato puree

Add a good hand full of sweetcorn (or a small tin) and carrots (3-4)

Give it all a mix

Simmer on a low heat for about 25 mins- lid off – taste and add more salt, pepper and chilli powder if needed – if you find it lacks any taste – add a spoon of bisto!

Serve with rice or baked potato or sweet potato

GOOD TO KNOW: FREEZE ANY LEFTOVERS

Send us photos – any recipes to share? 😊

National Theatre home



Free full-length plays Every Thursday

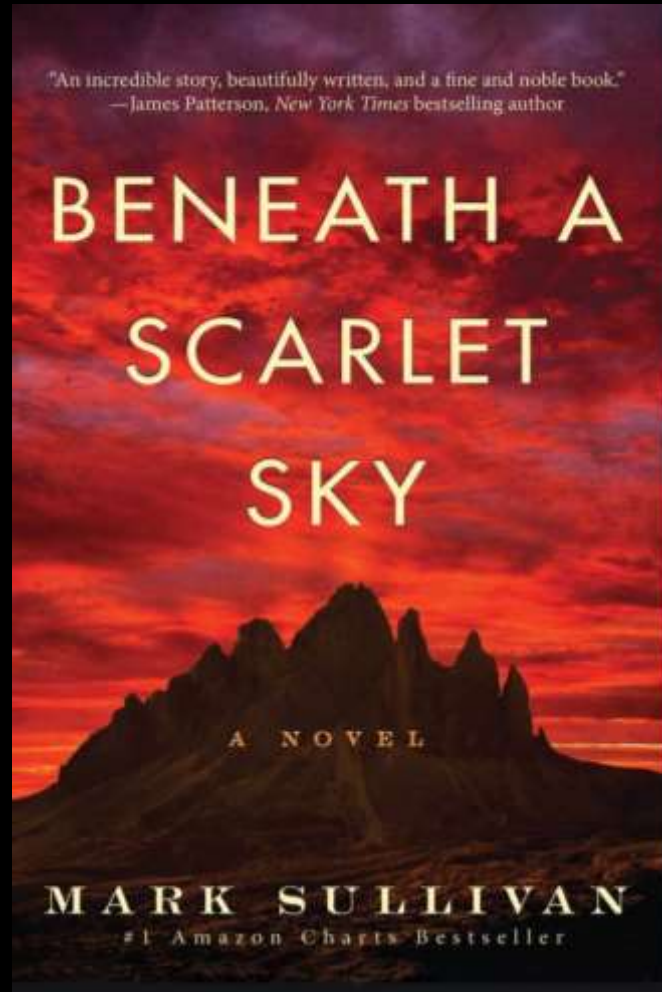
every boxset on Netflix already then fear not!
Every Thursday, National Theatre will be streaming a play for you to watch from the comfort of your own home. Starting with ***One Man Two Governments*** starting James Corden **on Thurs 2nd April.**

Search National Theatre at Home or follow the link below:

<https://www.youtube.com/channel/UCUDq1XzCY0NI0YVJvEMQjqw>

Plays will be available for 7 days to stream so get the family around and settle down for a night at the theatre (in your living room!)

Book Club



Beneath a Scarlet Sky by Mark Sullivan

4.7/5 on Amazon!

This is a true story of an Italian boy during the Second World War. The Nazis descend, and Pino Lella is a teenager trying to survive. In the process he manages to save lives and share intelligence, however he also sees loved ones die and horrific acts.

Really readable, incredible for being true, and referencing events in World War 2 (such as the concentration camps) that you will already know a bit about.

What are you reading? Send us photos.....
any recommendations? 😊

studentbulletin@wootton.beds.sch.uk

Family activity of the week



Send us photos – any games/ activities to share? 😊

studentbulletin@wootton.beds.sch.uk



The Careers Team
are still here to help you

Careers/next step support is still available.

Please email Mrs Ashby, Head of Careers at
yashby@wootton.beds.sch.uk

Emoji Quiz: Movies!

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Support Apps 😊

Calm Harm App

<https://calmharm.co.uk/>



Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).
calmharm.co.uk




Home - Clear Fear App

<https://www.clearfear.co.uk/>



Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.
www.clearfear.co.uk

Support Apps 😊

<p>Kooth Home</p> <p>https://www.kooth.com/</p>	 <p>Kooth is an online and confidential service giving help and advice about emotional health kooth.com</p> <p>kooth</p>	<p>Information about us. <u>XenZone</u> is a provider of online mental health services for children, young people and adults. <u>Kooth</u>, from <u>XenZone</u>, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.</p> <p>www.kooth.com</p>
<p>Qwell Home</p> <p>https://www.qwell.io/</p>	 <p>Qwell COUNSELLING.COM</p>	<p>Information about us. <u>XenZone</u> is a provider of online mental health services for children, young people and adults. <u>Qwell</u>, from <u>XenZone</u>, is an online counselling and emotional well-being platform accessible through mobile, tablet and desktop and free at the point of need.</p> <p>www.qwell.io</p>
<p>1-2-1 counsellor chat Childline</p> <p>https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</p>	 <p>ChildLine 0800 1111</p>	<p>If you're worried or need support at night, you could try asking an adult you trust for help. If you contact us, we'd want to make sure you're safe.</p> <p>www.childline.org.uk</p>

Weekly Quiz

1. What is the year 2020 written in Roman Numerals?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

2. What colour on a standard London underground map is the Circle Line?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

3. Who is the Chancellor of the Exchequer?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

4. How many UCAS points does a grade A* at A-Level earn?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

5. What is the correct definition for an event that happens every two years?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

6. What colour is the 'zero' on a Roulette Wheel?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

7. Which film tells the tragic story of George Milton and Lennie Small?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

8. How many different prime ministers have been office during Queen the reign of Elizabeth II? Can you name them?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

9. Which country was previously called Mesopotamia?



Why not get the whole family involved? Answers to be shared next week 😊

Weekly Quiz

10. Which actor plays Hagrid in the Harry Potter films?



Why not get the whole family involved? Answers to be shared next week 😊

"Everyone is a bit scared,"
said the horse



"But we are less scared
together."