

Woolton Academy Trust

Easter Student Bulletin

Monday 6th April

Reminder

We will be sharing this weekly bulletin with 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 for the Week

In a world
where you can
be anything,
be kind.



Think of **five kind acts** you can do over the Easter Holidays.

Perhaps you could teach a relative a new skill?

Cook a meal for the family?

Help with some jobs around the house?

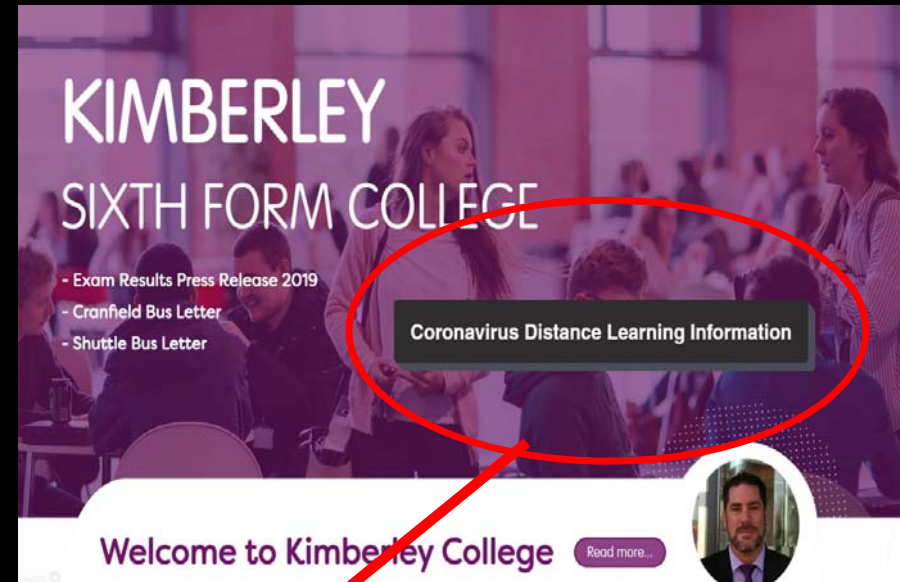
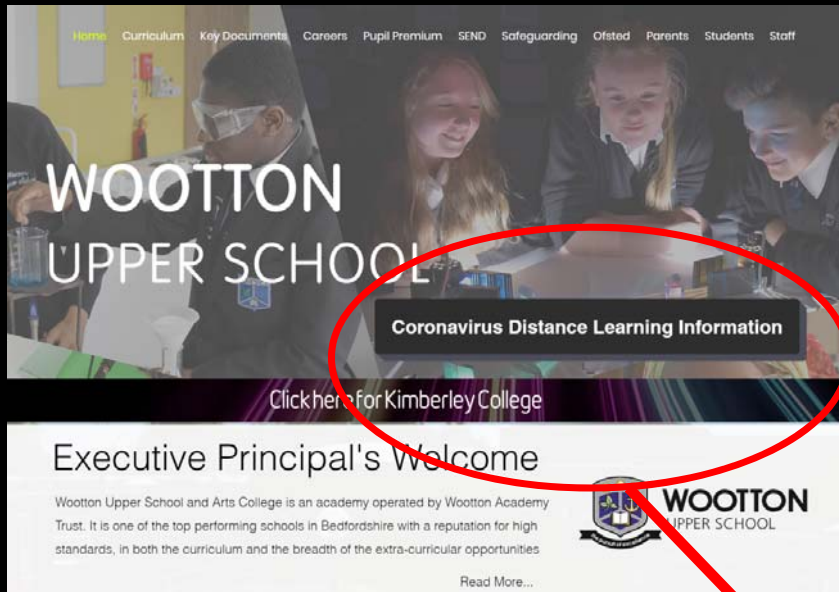
Could you buy shopping for a neighbour and leave it on their doorstep?

Bring the community together with a virtual quiz?

Could you write to or telephone a neighbour or grandparent, to really raise spirits?

One little act of kindness can make a huge difference! 😊

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

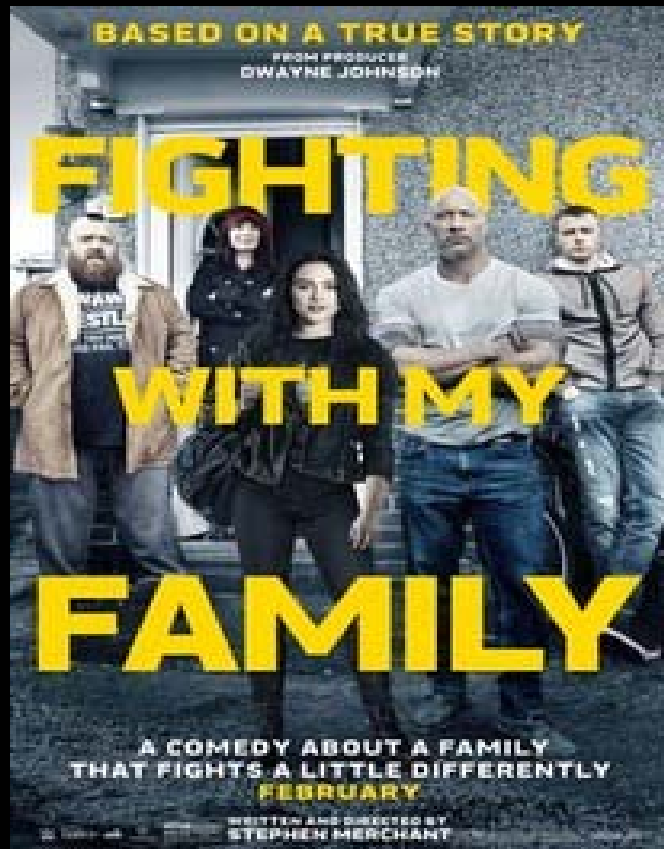
Year 12 - 13

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](#)

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Film of the week



FIGHTING WITH MY FAMILY is a heart-warming comedy based on the incredible true story of WWE Superstar Paige. Born into a tight-knit wrestling family, Paige and her brother Zak are ecstatic when they get the once-in-a-lifetime opportunity to try out for WWE. But when only Paige earns a spot in the competitive training program, she must leave her family and face this new, cut-throat world alone. Paige's journey pushes her to dig deep, fight for her family, and ultimately prove to the world that what makes her different is the very thing that can make her a star. (12A)

I hope you enjoy watching this, and aren't fighting too much with your own families!

Please share any film recommendations with us 😊

studentbulletin@wootton.beds.sch.uk

#woottonlisteningwonders

music
Makes
EVERYTHING
better

twitter 

@watmusicdept

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

studentbulletin@wootton.beds.sch.uk

Workout of the Week

Home workout

40 seconds // 20 second rest (x 2 rounds)
45 second rest between rounds

- High knees
- Jumping squats
- Wall sit
- Plank
- Mountain climbers
- Burpees
- Tricep dips
- Press-ups

More challenging?

- Increase time / decrease rest time
- Complete more than 2 rounds



studentbulletin@wootton.beds.sch.uk



@wusPE

Please share any photos of you taking part 😊

Creative Challenge of the Week

The Toilet Roll Challenge!

Wondering what to do with all those gorgeous little blank canvases clogging up your recycling bin? Why not turn them into art.



The Scream (after Munch 1893)
artist unknown
biro on empty
toilet roll

The possibilities are
endless
Have fun creating!



Email us photos of your creations!! 😊

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Weekly Student Bulletin



This is an oil painting response to the Corona virus by ex student Johan Andersson.

He is now a professional artist living in LA.

Johan keeps us updated on a regular basis with his art work.

You can see more here

<http://www.johanandersson.com/>



ART EASTER

DECORATE AN EGG CHALLENGE!

HAPPY EASTER TO ALL OUR STUDENTS AND FAMILIES!

So now is the time to see all that creativity we in the art department know you have! Decorate an egg for Easter!

Boil the egg (ask permission and maybe get some *eggspert* guidance first!) and while your egg is cooling down for you to be able to handle think about imaginative ways to design it! You can dye, marbleise add glitter and/or marker pen to realise your dream egg! Take a photo and

send your image to studentbulletin@wootton.beds.sch.uk

If you don't have any eggs in the house don't worry, send us your drawn design instead!



EVERYBODY SHOULD HAVE A GO!!



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Interested in Dance?

DANCERS – Many dance companies and theatres are broadcasting live dance performances that you can watch at home...

One of my personal favourites!

Ailey On Stage

We know you can't see the Ailey dancers perform in a theatre, so we wanted to make sure you can still find comfort and joy in the beauty of dance by virtually connecting with their performances. For a limited time, Ailey is thrilled to share full length videos of the Company performing on stage!

<https://www.alvinailey.org/ailey-all-access>



BALLETBOYZ



Sadlers Wells Theatre

A programme of full-length dance performances and workshops online, to keep you entertained and connected through dance, wherever you are in the world while our live stages are dark

<https://www.sadlerswells.com/whats-on/2020/digital-stage/>



Cooking with Jamie

Lunch (cooking) with Jamie Oliver.

You may have seen Jamie's Keep Cooking and Carry On show on Channel 4, which shows you how to keep cooking through quarantine conditions, using what you already have in your cupboards.

He also has a whole section on his website just to get kids cooking, so they can rustle up their own lunch.

<https://www.jamieoliver.com/features/easy-recipes-for-kids/>

Send us photos – any recipes to share? 😊

**National
Theatre
home**

**Free full-length plays
Every Thursday**

If you love theatre or if you have managed to watch 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. This week:

Jane Eyre *directed by Sally Cookson*
on Thurs 9th April.

Search National Theatre at Home or follow the link below:

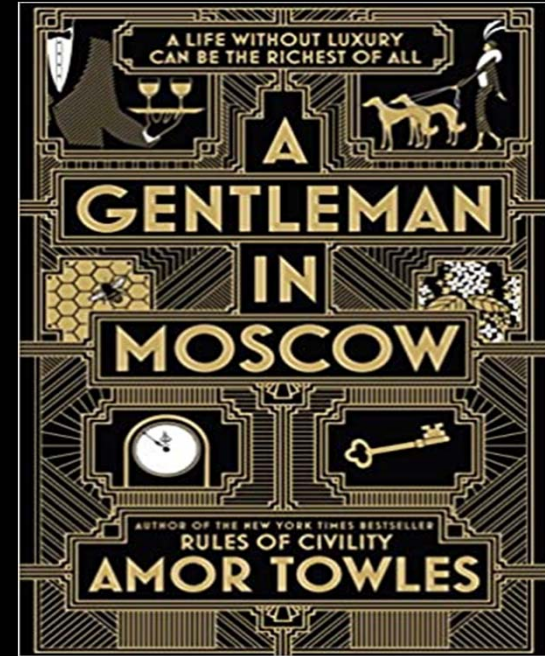
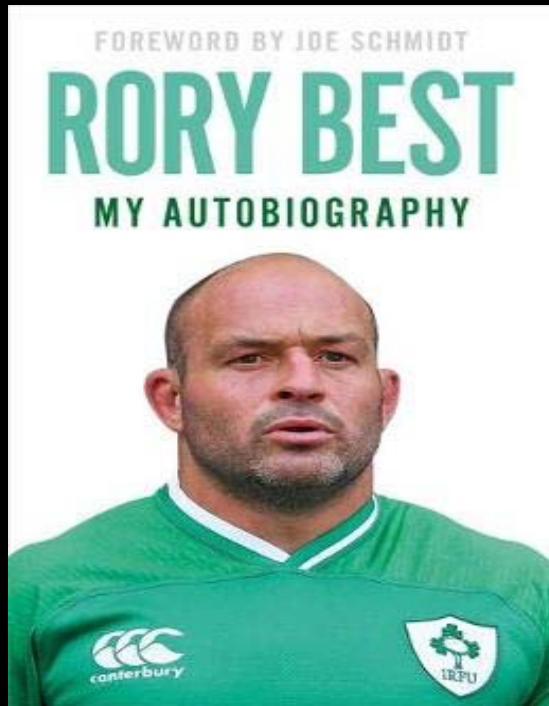
<https://www.youtube.com/channel/UCUDq1XzCY0NI0YVJvEMQjqw>



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

Mrs Davies
is reading



Mr Graham
is reading



What are you reading?.....Any recommendations? 😊

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

Career of the Week!

Computer Game Designer

National
Careers
Service



Computer games developers make games for the internet, mobile phones, PCs and games consoles. This sector is projected to grow by **2.8%** by 2024 creating **8,600** extra jobs.



£19,500 - £59,000 per year



Working 30 - 40 hours per week



You'll usually need **5 GCSEs** at grades 9 to 4 for a level 3 qualification such as **A-levels**, a **BTEC** in Creative Media Production/Games Development or a **T level** in Digital Production, Design and Development. You could do a **degree** in computer games development or related subject. You can also do an advanced or higher **apprenticeship** in creative and digital media or software development. You can build your experience by starting as a computer games tester.

Useful subjects: Computing, Information Technology, Art and design, Media and Maths



To see the full profile click here - nationalcareers.service.gov.uk

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Year 10 Student INFO



SENIOR LEADERSHIP



Applications will be available to download from 'Show My Homework'.

You will need to complete an application which will then be reviewed by the Trust.

If your application is successful you will then be invited to an interview day.

The successful candidate will start their role as senior leader in **September**.

Applications can be sent to: jwilkinson@wootton.beds.sch.uk

Support Apps 😊

[Calm Harm App](https://calmharm.co.uk/)

<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/)



<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>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>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>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

Answers from last week

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



MMXX

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

Weekly Quiz

Answers from last week

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



Yellow.

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

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Weekly Quiz

Answers from last week

3. Who is the Chancellor of the Exchequer?



Rishi Sunak.

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

Weekly Quiz

Answers from last week

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



56.

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

Weekly Quiz

Answers from last week

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



Biennial (not biannual).

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

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Weekly Quiz

Answers from last week

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



Green.

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

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Weekly Quiz

Answers from last week

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



Of Mice and Men.

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

Weekly Quiz

Answers from last week

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



14

Winston Churchill, Anthony Eden, Harold Macmillan, Alec Douglas-Home, Harold Wilson (twice), Edward Heath, James Callaghan, Margaret Thatcher, John Major, Tony Blair, Gordon Brown, David Cameron, Theresa May, Boris Johnson.

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

Weekly Quiz

Answers from last week

9. Which country was previously called Mesopotamia?



Mainly Iraq, but also Kuwait, Turkey and Syria.

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

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Weekly Quiz

Answers from last week

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



Robbie Coltrane.

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

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Weekly Quiz

1. Who is this?



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

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Weekly Quiz

2. Chris Martin, Guy Berryman, Jonny Buckland, Will Champion form which rock band?



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

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Weekly Quiz

3. Which athletics race is named after a famous battle?



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

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Weekly Quiz

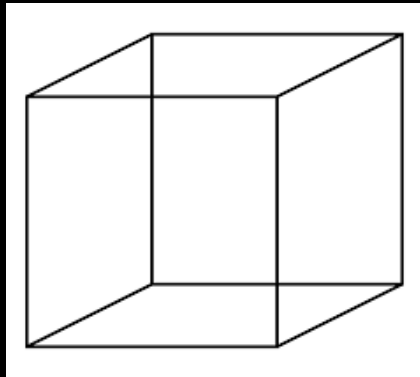
4. How many houses are here at 'Hogwarts school of witchcraft and wizardry'? Can you name them?



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

Weekly Quiz

5. What is the surface area of a cube with side 4cm? State the units.
(Extension – how long is the side of a cube whose volume and surface area is the same number?)



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

Weekly Quiz

6. How many US States names begin with the letter 'M'?
Can you name them all?

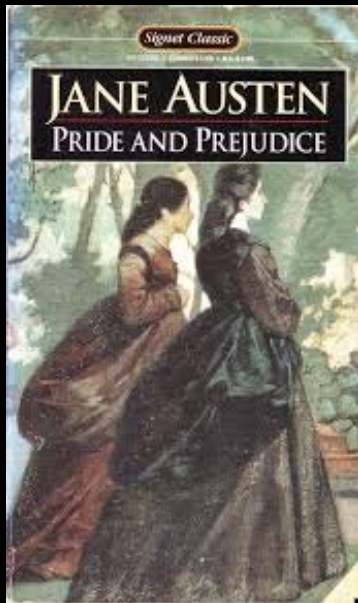


Why not get the whole family involved? Answers to be shared next week 😊

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Weekly Quiz

7. Which family plays a central role in the Jane Austen novel 'Pride and Prejudice'?



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

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Weekly Quiz

8. The daughter of King Henry VIII and Anne Boleyn, who succeeded Mary I in 1558 and reigned for the next 44 years?



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

Weekly Quiz

9. In which year was the £2 coin introduced? (Allow one year either way).



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

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Weekly Quiz

10. Who hosted the first academy awards (Oscars) ceremony in 1929?



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



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys