

SBE School

PARENT NEWSLETTER

Home Learning

5 February 2021



WELCOME

This newsletter containing a wide variety of information, support, personal development opportunities, guidance and celebration. It's fantastic to see that so much is happening even though we're currently unable to welcome students into school. To see so many students fully engaging with live lessons and achieve their Superb Remote Learning Bronze Level Certificates is great.

We appreciate your encouragement in helping us to continue to do what we do best...to support both you and your child(ren) in ensuring that students can be the best that they can be. I hope you find this newsletter both informative and useful.

Paul Davis - Assistant Headteacher

Pathways and Employability – Key information for 2020/21

Please take a moment to read the accompanying Pathways and Employability Key Information. This provides an overview of career pathways and employability guidance at Shenley Brook End School for 2020/21, which is extensive.

In addition, I strongly recommend the use of Unifrog to support both students, and parents, when discussing possible GCSE/A Level options as well as potential career pathway options. Please make use of this excellent resource – www.unifrog.org

Mr Davis – Assistant Headteacher

Unifrog!

Unifrog is a career pathways and employability platform that students use from Year 7 through to Year 13 to support their development and decision making.

Unifrog are running a series of university webinars for students over the coming months, which students in Years 9 to 13 may find informative. Please note that parental oversight would be required for those students in Years 9-11 that wish to attend.

Sign up at: www.unifrog.org/webinars

Mrs Harris – Employability and Pathways Lead

CONTACTING US

- General enquiries - enquiries@sbeschool.org.uk (please use this rather than the school phone switchboard).
- Student absence (small school or unable to participate in online live lessons) - attendance@sbeschool.org.uk or call 01908 524897.
- Go4Schools log in details reset - data@sbeschool.org.uk
- Our dedicated anti bullying community email - anti-bc@sbeschool.org.uk
- Student Wellbeing - wellbeing@sbeschool.org.uk



FREE SCHOOL MEALS (FSMs)

If your child/children are eligible for Free School Meals and you have not received information from the school please contact: finance@sbeschool.org.uk

Mr McCluskey - Deputy Headteacher



MUSIC NEWS

Love to Sing?

Why not join our Lock Down Vocal Group project.

Go on, admit it, singing at the top of your lungs feels good - whether it's in the shower, along to the radio or around the house (hairbrush optional).

The wellbeing benefits of singing are proven. The positive neurochemicals released when we sing, such as endorphins, dopamine and serotonin, have an amazing impact on your mood.

We are looking for singers of **all ages, abilities and styles** to get involved in a virtual singing project. There will be opportunities for solos and small group sections as well whole choir singing. Interested? Let Mrs Lee know NOW! rlee@sbeschool.org.uk

Composer Birthday Bake-Off!

Our year 13 students started baking birthday cakes for a variety of composers they were studying in the summer term and we would like to revive the movement. It will certainly be a break from screen time and leave you with something delicious to eat - if you can bake!

Composers I've chosen for February and some listening material are:

- 🎵 [Alban Berg 9th February \(1885-1935\)](#)
- 🎵 [Ed Sheeran 17th February \(b.1991\)](#)
- 🎵 [Hubert Parry 27th February \(1848-1918\)](#)



Song Writing Competition

Aged 8-18? Written your own original songs? Fancy writing your first song? The Song Academy Young Songwriter 2021 competition #SAYS21 is open for entries until the 31 March 2021. Win prizes (including a recording studio session and Yamaha equipment worth £1,000) have opportunities to be heard & connect to young songwriters worldwide.

- 🎵 With judges including Fraser T Smith, Tom Odell, Miranda Cooper, Calum Scott & my ex-student, Tom Grennan, this year is set to be bigger than ever!
- 🎵 Check out songacademy.co.uk/SAYS21 for inspiration, tips on song writing and how to enter #SAYS21.

Mrs Smith – Team Leader for Music

SMALL SCHOOL

KEY WORKER PROVISION

Our small school provision is into its fifth week and supports those parents who are critical workers. Students are following the live lesson timetable, mirroring what the students are learning from home. If you have any questions at all about the small school then please get in contact with Mr Southwell ssouthwell@sbeschool.org.uk.

Please look out for the most up to date guidance on Critical workers, as we are doing our very best to provide a space for students in this challenging time.

Mr Southwell - Assistant Headteacher



PE - Chance to Shine!

MK Dons SET have started running Kicks Zoom sessions on a Monday evening from 5-6pm, as part of their Premier League Kicks programme. These sessions are for pupils aged 9-14 and combine discussions on football, health & wellbeing, and social action, with practical football challenges, quizzes, and football fitness sessions.

To attend the FREE sessions, young people (and/or their parents) must email their Schools Manager ([Jake Butler](#)) to register their interest.

Please also see the following [LINK](#) with lots of challenges and sessions to keep you all busy at home!

Mrs Knapper - KS3 Lead Teacher for PE

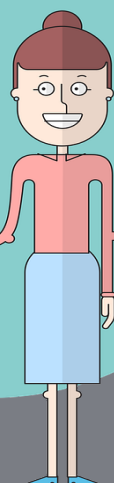
WORD OF THE WEEK

#SBE_Qualities #DoYouBuildPositiveRelationships

Miss Arkison - Year 7 Progress Leader

WOW
Self-care

When you're good to yourself, you're actually being good to everyone around you because when you feel good, you'll only react well to other people. At the same time, it's very easy for you to do things for other people when you know that other people are just an extension of yourself.



DR.EAM DENTISTRY CONFERENCE

DR.EAM Dentistry Conference for Year 10 -13 students

The Birmingham Widening Access to Medical Sciences Society (BWAMS) at the University of Birmingham aims to encourage and support students from disadvantaged backgrounds in undertaking careers in medical sciences. They have an upcoming DR.EAM Dentistry Virtual Conference.

It is a **free** outreach event aimed at **Year 10-13 students** who are considering a career in Dentistry.

The free virtual conference gives students the chance to learn more about a healthcare career and all it has to offer!

Date: **Saturday 20 February 2021**

Time: **9am to 5pm**

Should you be interested please apply [HERE](#) before Wednesday 17 February 2021 12pm



STUDENT VOICE

This year our has been just as busy (if not busier) than ever for our Student Voice groups.

Our Head Girl and Boy, Neha and Benjy have done a fantastic job in supporting their peers and I would like to take this opportunity to thank them for their work and the support. They have truly elevated the role and brought new meaning to what it truly means to be Head Boy and Head Girl.

A pledge from Neha is to gain funding to place outdoor table tennis tables in the playground areas of the school. **We would love to hear from any parents that have any ideas on how we could access funding either locally or through any business ties.**

The student cabinet have also been hard at work and have been:

- Speaking to Aspens about potential changes to our food service.
- Writing a proposal to the Governors regarding school uniform and hair colouring.
- Working to implement improved restorative educational approaches to behaviour in regard to equality and diversity.
- Working with Miss Tillery to collect student feedback on live lessons. This has allowed us to feedback to staff on what is working as well as what can be improved.

A particularly special focus for the group has been discussing how best to celebrate the life of Mr McArthur, and our Head Boy and Girl have written more about the plans for this in their newsletter.

The Student Voice groups are here to help allow students articulate their opinions and make our school a great place for them and their peers to learn. Please encourage students to use their voice in the correct way by speaking to staff around any concerns they have. As teachers we are here to support our young people and families as much as we can so that we can make our school and community the best place it can be for our students.

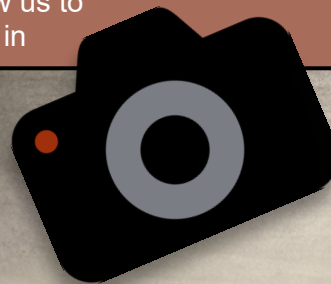
Mr Mangan - Student Voice Lead Teacher



@SBEArt_Photo

Our Art and Photography department have just launched our very own Twitter account @SBEArt_Photo. Please make sure you follow us to see lots of amazing artworks our students have been creating in lockdown as well as links to art publications, galleries, and exhibitions we think you will find useful. We are so excited to share the skill and creativity of our students with you!

Mrs Wright – Team Leader for Art, Design and Photography



A DAY IN THE LIFE OF A YEAR 7!

Hopefully, this daily timetable from Hollie, Ariya and Aanchal will help others that are finding it tough to get into a routine.

- I wake up at 7:30 and have my breakfast.
- I set up my laptop so that I've got everything I need for the day.
- I check my emails and load up MS Teams.
- Form time at 9.00am. It's great to speak to my form tutor.
- Lesson 1 at 9.30am. I try and find somewhere quiet so that there are no distractions. I make notes.
- I take a break and have a snack.
- Lesson 2 at 11.30am. I try and find somewhere quiet so that there are no distractions. I make notes.
- I have lunch.
- I go for a walk.
- Lesson 3 at 1.30pm. I try and find somewhere quiet so that there are no distractions. I make notes.
- I go over my notes or do my homework in my room.
- I play some games with my cousins via Facetime.
- I Facetime my family and/or friends.
- I have my dinner.
- I watch a movie with my family.
- I don't go to bed too late so that I'm not tired in the morning.



Hollie Cartwright, Ariya Hothi and Aanchal Thakkar

Children's Mental Health Week



Children's Mental Health Week, an annual week-long campaign run by children's mental health charity Place2Be, begins Monday 1 February and will run until Sunday 7 February.

This year's theme is "Express Yourself" with the focus on children finding ways to share feelings, thoughts, or ideas through creativity. Mentally Healthy Schools have created a toolkit of resources for children, staff and parents to use during Children's Mental Health Week.

Throughout the week, we will be using our social media platforms to share a variety of mental health resources including 'wellbeing for education return' and the children and young people's psychological first aid training which is run by Public Health England.

SUPERB REMOTE LEARNING (SRL)

In the last newsletter I mentioned that we would be awarding our first SRL Certificates, but little did I know just how many. The fantastic news is that 37 students received Bronze Level Certificates - many congratulations to them all! Here's the breakdown by year group. Mrs Small and Mrs Sullivan are rather pleased with how well Year 8 did and it seems that the competition is now on:

YEAR	BRONZE
7	8
8	14
9	6
10	6
11	3

The total of SRLs awarded in January rose to 13,500 which is yet another amazing number! I look forward to finding out who we will be sending first certificates to today - and I can see that some are already closing in on Silver Level...

The SRL scheme will keep running until we are able to return to school. Please do continue to encourage your child(ren) to strive for their SRL points and go on to achieve Bronze, Silver or even Gold Level.

Mr Whitbread – Director of Extended Learning



STUDENT WELLBEING SUPPORT

The third issue of 'Wellbeing Weekly' and accompanying video went out to students this week, with a focus on sleep. Change in routine or worry can have a significant impact on sleep, so it is not surprising that people are struggling with it at this time. In the newsletter, we gave the students some ideas of what they can do to help improve their sleep patterns. We have also set them a seven-day challenge, which will give them the opportunity to try out different techniques to help them prepare for a restful night's sleep.

As a parent, one of the ways you can help your child is to be a good role model. Try to make sure you are taking time to wind down before bed, reducing screen time an hour before you want to go to sleep, not having too much caffeine in the evening, and taking time to relax and manage your stress.

Other ways to help your child would be to:

- Z** Help them regulate their body clock by keeping a similar sleep pattern both during the week and at the weekend.
- Z** Spending the hour before bed doing a relaxing activity like reading or listening to calming music, having a warm shower or bath, or even meditating.
- Z** Encourage them to avoid the use of electronics for the hour before bed. The blue light emitted suppresses the production of melatonin, which promotes feelings sleepiness.
- Z** Encourage them to do some physical activity during the day.
- Z** Talk to them about any worries they may have during the day, to help prevent them keeping them awake at night.

Pooky Knightsbridge is a Mental Health Educator, Speaker, Author and Adviser and has created a short video, to help with establishing good sleeping habits. [Establishing good sleep hygiene - YouTube](#)

As we mentioned last week, it is important for you to take care of your own wellbeing too. Mental Health services across our local areas have formed a series of webinars for individuals within our community. Each webinar will centre around one theme and look at ways of boosting your wellbeing. Some of the subjects include support with employment, managing anxiety and stress and practicing mindfulness. The webinars are free to access. For more information and to register please visit -

[BLMK Events: MK Talking Therapies](#)

If you feel your child would benefit from support, please contact us at:

wellbeing@sbeschool.org.uk

"Sleep is that golden chain that ties health and our bodies together." – Thomas Dekker

The Wellbeing Team



FINALLY

As we near the end of the half term please take a moment to reflect on all that's been achieved, it's been a great effort. Let's make sure that the final week is just as positive. Please do get in touch if you would like any further support or advice.



Paul Davis – Assistant Headteacher

