

SBE School

PARENT NEWSLETTER

Home Learning

29 January 2021



WELCOME

Throughout this pandemic there have been times when achieving perspective has been difficult, whether that's considering the national picture, a local community angle or at home. The news this week continues to bring concerns and challenges, but I think it's important that we take a moment to reflect upon our successes...and when I say 'our' I mean those of our students. This week has seen students surpass the 9,500 Superb Remote Learning (SRL) points mark, which is an outstanding achievement. Well done! They're doing a fantastic job and we'd like to thank you for everything you're doing to support them in being the best they can be at this challenging time. Thank you.

I hope you find this newsletter both informative and useful.

Paul Davis - Assistant Headteacher

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



SUPERB REMOTE LEARNING (SRL)

We are two weeks into the scheme and the SRL points run rate has increased considerably, meaning that the total awarded has now reached 9500! This brilliant news gives a clear indication of just how well SBE students are participating in their remote lessons. We are really pleased that on Friday we will be awarding the first Bronze Level SRL certificates and that there will be recipients in every year group from Year 7 to Year 11 (Sixth Form awards are run separately by Mr Greenhalgh and his team). Well done to everyone who will be receiving them!

SRLs appear as positive behaviour events in Go4Schools, please take a look at the running totals awarded to your child(ren) and encourage them to strive to achieve an award. The target for Bronze Level is 20 SRLs and if you could remind them that they can earn two SRLs per lesson - for great participation and for completing lesson tasks well - and a further one for great contributions during morning registration time - then like the end of a T20 match, the run rate will increase further, and we will be awarding even more certificates next Friday!

Mr Whitbread –
Director of Extended Learning



REMINDER - SCREEN FREE DAY

Our parental and student feedback regarding remote learning has been incredibly positive, even in these challenging times. One of the biggest areas of feedback that I have received is concerns regarding the high level of screen time your child has had over the last four weeks. In addition, research suggests that high levels of screen time can be linked to poor sleep and memory, and low mood. In light of this we have planned a 'Screen-Free Day' on

Wednesday 3rd February.

We would like to give students, parents, and teachers the opportunity to get away from all electronic devices and do something different. We are suggesting a number of different activities that are not specifically linked to any subject but will develop the Shenley skills of Teamwork, Expression, Numeracy, Solving problems, Independence, Literacy and Enquiry (TENSILE).

For full details and activities for the day please see letter sent on 26/01/2021

*Mrs Z Peskett
– Assistant
Headteacher*



STUDENT ABSENCE YEAR 7-11

During this period of national lockdown, attendance is still being monitored for all students including assemblies, form time, and online lessons.

If your child is absent from either the small school or unable to participate in online live lessons, please ensure you ring the absence line 01908 524897, which is still being monitored, or e-mail attendance@sbeschool.org.uk with the student's name, form and brief reason for the absence.

Despite several attempts to query unknown reasons for student absences between September and December by letter, email and text we have made the decision that all outstanding absence queries will be classified on our records as unauthorised. I welcome you to contact me and clarify the reason for absence. If you are unsure, please access your child's attendance register through Go4Schools.

If you require your Go4Schools log in details to be reset, please contact our data team on data@sbeschool.org.uk

If you have any queries regarding attendance, please do not hesitate to contact me using the details above.

If you have any queries other than attendance, please email enquiries@sbeschool.org.uk.

May I take this opportunity to wish you all well and stay safe.

Mrs C Cunningham - Attendance Administrator

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



WORD OF THE WEEK

#SBE_Qualities #DoYouBuildPositiveRelationships

Miss Arkison - Year 7 Progress Leader

PE FOR THE FAMILY!

We know that you and your family may be struggling to engage in physical activity at the moment. There are some suggested activities accompanying this newsletter that you could do as a family. They will not only get you physically active but help to spend some time as a family doing something different.

*Mrs Knapper -
KS3 Lead Teacher for PE*

SMALL SCHOOL - KEY WORKER PROVISION

Our small school provision is into its fourth 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



MUSIC NEWS

KS3 BandLab Project - We are reprising our use of BandLab with Year 7 and 8 students and hope they will find it quite similar to Garage Band that we use in the classroom. Year 8 students have been invited to log in to their old accounts. Assignments will be set very soon so that we can continue to make music and students can build on their prior composing and sequencing knowledge.

Online Instrument Lessons - are continuing with our fantastic team of teachers who have maintained continuity of learning whether students are at home or in school since March last year. Timetables have been emailed to you and students can view their lesson times on MS Teams. If you are interested in your child learning an instrument, please email me for more details - shsmith@sbeschool.org.uk The benefits of playing an instrument include increased comprehension and number skills, better coordination and dexterity and a greater capacity for memory as well as the enjoyment of making music and performing with others.

Blue Peter Music Badge - If your child is aged between 6 - 15 and would like to apply, here's the link. You could be the proud owner of a BLUE PETER MUSIC BADGE! For details visit the link <https://www.bbc.co.uk/cbbc/joinin/bp-music-badge>



Exam Success - Congratulations to the students who have taken vocal or instrument exams this term either face to face with an examiner or on the new exam board online platforms.



Sam Wyer - Grade 5 piano - Distinction



Tom Palmer – Grade 5 guitar - Merit



Lily Revell – Grade 5 piano - Merit

Spring Concert 2021 - Sadly, live ensemble music making will not be happening for a while and that means our Spring Concert in March will also not happen. That doesn't mean that we can't have another virtual concert as we have already had three very successful concerts on MS Teams since July 2020. If you would like to be involved, I would like a short solo or small group piece (with your family) to be submitted by Friday 19 February. For more details, please email me for a submission form - shsmith@sbeschool.org.uk. If you receive instrument tuition or are in one of our ensembles you will receive details automatically.

Mrs Smith – Team Leader for Music

A DAY IN THE LIFE OF A YEAR 9!

Hopefully this daily timetable from Zoe will help others that are finding it tough to get into a routine.

- Wake up around 7.30am
- Get dressed and eat breakfast.
- Switch computer on around 8.45am
- Sign into Teams for form time just before 9.00am
- Lesson one at 9.30am
- Complete work after lesson one and have a snack at breaktime, around 11.00am
- Lesson two at 11.30am
- Eat lunch around 12.45pm after lesson two.
- Lesson three at 1.30pm
- Finish any work after lesson three, around 3.00pm
- I then make a list of any unfinished assignments or bigger projects that I need to do in order of when they are due, and occasionally call with my friends so we can help each other out and discuss certain assignments.
- In my free time I have set myself a challenge of doing ten hours of music practice a week, including instrument lessons. I go on daily walks and read before going to bed.



Zoe Littlecott-Prado (9ELT)

AN IDEA FROM DRAMA!

It's great to broaden your experience of Live Performance and whilst the theatres are shut & we're all locked in then why not make good use of the school's on-line accounts with **Digital Theatre+** and the **National Theatre Collection** by engaging with some performances. There are a range of Musicals, Plays, Operas and a whole host of resources available. Our Log In access should work from home, so please use to your heart's content and enjoy some theatre on us. (Parents: please note that you may wish to check content is suitable for students aged under 14).

Digital Theatre+ Log In:
Username: user.sbes
Password: dt123

National Theatre Collection
www.dramaonlinelibrary.com Log In:
Username: 7Xn&1Ba(x'
Password: 2ly(9Tt@v'

Mrs Chandler - Team Leader for Drama

STUDENT WELLBEING SUPPORT

The second issue of 'Wellbeing Weekly' and accompanying video went out to students this week, with a focus on motivation. Everyone has times where they don't feel as motivated as usual and, in the newsletter, we gave the students some tips on what they can be doing during lockdown to help improve their motivation.

One of the key influences on motivation is our general wellbeing. Feeling tired, unwell, or having a low mood can have a massive effect on how motivated we are. So, it is important to encourage your child to get enough sleep, eat well and get outside for fresh air and exercise.

Other ways to help maintain positive wellbeing during this time include:

1. **Connecting with people.** Students are missing out on the social aspect of school, which can have a big impact on how they are feeling. Encourage your child to stay in contact with their friends or take some time out to have a chat with them, play a game or go for a walk together.
2. **Doing something that gives you a sense of accomplishment.** This can be done by setting a goal of something you want to achieve by the end of the day or week. When we achieve something, we have set out to do our brain releases the chemical dopamine into our bodies, also known as the feel-good chemical, because it does just that!
3. **Doing something for fun.** There are many benefits of doing things just for the fun of it. These include a reduced level of stress, an energy boost and the release of serotonin, which contributes to positive feelings of wellbeing and happiness.

As well as thinking about your child's wellbeing and mental health, it is important that you take care of your own. There are lots of good resources online offering advice and guidance... you may find the following website helpful - [Every Mind Matters | One You \(www.nhs.uk\)](#)
If you feel your child would benefit from support, please contact us at wellbeing@sbeshool.org.uk

'We can't direct the wind, but we can adjust the sails' – Thomas S Monson

The Wellbeing Team

READY, STEADY, READ!

At SBE School we have always understood the importance of reading for both education and well-being. We want our school to be a school of readers, but we understand that accessing reading material can be a challenge during lockdown. Fortunately, help is at hand!

Oak National Academy Virtual Library

Children in England will be able to access books online free during school closures via a virtual library.

Internet classroom Oak National Academy created the library after schools moved to remote learning for the majority of pupils until February half-term.

Formed with The National Literacy Trust, the library will provide a book a week from its author of the week, along with videos, activities and recommended reads. This week's author is Jacqueline Wilson!

Access the virtual library [HERE](#)

Audible from Amazon

For as long as school building remain closed, Amazon are giving children free access [HERE](#) to a range of audiobooks, with no log-in or account details required.

Mrs Hazell - Director of English

@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



WORKING ONLINE

Keeping children safe is of the utmost importance right now, due to the overreliance on technology to access lessons and keeping connected with teachers, friends and family. It's never been more important that we monitor and promote correct usage.

We encourage parents to access the National Online Safety website. It provides great advice on what to look out for, how to monitor and identify online bullying and provides parental guidance for the many social media platforms that are out there. Accompanying our newsletter this week, we are sharing '**What parents need to know about Instagram**'. It's worth a look to educate ourselves and help keep children safe and free from bullying.

- Being kind to one another right now is critical for our own wellbeing and there are several things that we can all do online to support this.
- **Be positive** – post things that make you happy and things you are thankful for and avoid negative, hurtful comments when commenting about others.
- **Show appreciation** of others and praise others for their achievements.
- **Host online Quiz** for friends and family to stay connected.
- Be **compassionate** and understanding.

The biggest thing we can do to support our youngsters is to encourage them to **Think** before making a comment.

Mr S Healy - Deputy Head Teacher

MK LIBRARY

Milton Keynes Library

Did you know the public library offers a click and collect service? Click [HERE](#) for more information

The Library Team

Before you speak, **THINK**

T Is it true?
H Is it helpful?
I Is it inspiring?
N Is it necessary?
K Is it kind?



FINALLY

Please take care of yourself and your family. We wish you and your family a safe, healthy and productive time.

Please do get in touch if you would like any further support or advice.

Paul Davis – Assistant Headteacher

