

Fowey River Academy

Newsletter



#TheRealBanksy

9th March 2020

Acting Heads Report by Ben Eddy

Dear Parents and Carers,

I just wanted to introduce myself properly as you will be hearing much more from me over the next few months.

I am delighted to be able to write my first article as the Acting Headteacher of Fowey River Academy. I have spent the last fifteen years working at Mounts Bay Academy in Penzance running the student services team, I was initially asked to come and work at Fowey for six weeks as a consultant Vice Principal, when we became aware that Mr Dale would not be returning for a longer period of time. I was delighted to be asked to continue working here as the Acting Headteacher.

Being the Father of two boys one eighteen and one sixteen, I am very much aware of the responsibility that my staff and I have in ensuring that the highest standard of teaching and learning is achieved.

I'm a proud Cornishman having grown up and lived in the County for most of my life, I like to keep fit and have played and coached rugby at various levels since a young age.

The needs of the children are always paramount in the life and decision making within a school. I strongly believe in providing the children with exciting, creative and meaningful learning experiences, which build their enthusiasm for learning and help them to grow and develop positively in a variety of ways. I think it is crucial to involve the children and their families as partners in their education. I am also keen on building a whole school community which thrives on mutual respect and values positive relationships. I know how vital working in partnership with parents really is in order for children to find school a positive and rewarding experience.



Acting Heads Report by Ben Eddy

It's been another busy week at FRA, with the news being dominated with the Corona virus. I wanted to take this opportunity to share with you the measures that we have taken to reduce the risk of any infections being spread in our Academy and within the local area. We have repeatedly reminded the students about the importance of good personal hygiene, we have ensured that all toilets have extra soap and hand wash as well as antibacterial lotion. Every classroom now has tissues and antibacterial lotion. We have shared videos with the students on how to wash your hands correctly and given education on the Corona virus.



I am regularly checking the latest government advice and will share with you any further information as soon as possible.

Last week saw trips to Bristol for the Art department, a heritage conservation trip to Carhaze Castle and a fantastic cake sale by 8 Fire who raised eighty pounds.

We also had the launch of our Aspire360 Crowdfunding campaign nearly and raised nearly ten percent of our total in the first 7 days, please visit our page and donate if you can!

The week ahead has a speed network careers event for year 9 and the first of our parents evenings for year seven on Thursday.

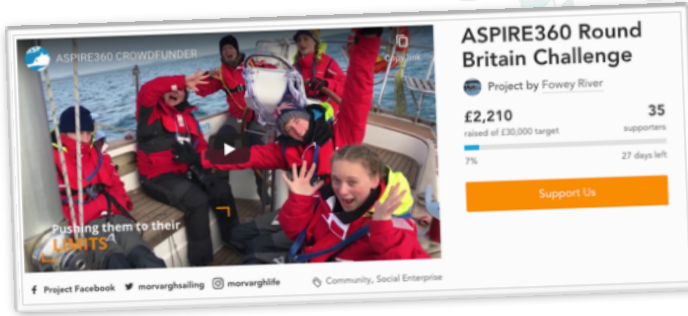
I look forward to meeting more of you in the coming weeks.

Best Wishes

Ben Eddy



Aspire360



After 1 week our [Crowdfunder](#) is already 7% funded and that is without a couple of 'offline' donations still to bank taking us to 10%...but we still have a long way to go and just 27 days to do it! So

your help and support is greatly appreciated...here are a few nice comments from some of our backers.



Julian Telling 2nd March 2020

This is an amazing opportunity for the pupils of Fowey River Academy, my children did something similar years ago and the experience was a brilliant life experience.



Sarah Gibson 1st March 2020

Fantastic project and a brilliant team at the Morvargh Sailing Project!

Beth Keyzer 2nd March 2020

Such a beneficial trip. Thank you for everything, I'm glad I can help. I have such fond memories of my Round Britain with you all in 2017. Good luck crew 😊

Community Swimming Pool

We know that many in the community would like to see the old FRA swimming pool back in action...so this week we commissioned an architect to come up with initial designs and costings to refurbish and upgrade the pool. We will then assess the viability of operating and funding the pool looking to work closely with the community on fundraising and the business model to make this successful...



Outdoor Ed & D of E...

Well done to Year 9 Outdoor Education who managed to pitch 6 tents in the classroom! This was their first attempt and they demonstrated brilliant communication skills, endurance and evolution!



National recognition for Josh...



The Royal Geographical Society has been in touch with us about their 2019 Excellence Awards. Each year they ask Awarding Organisations to provide the names of the top scoring candidate(s) for each of their geography qualifications, so they can announce the names in their Excellence Awards.

We are delighted to tell you that former pupil **Joshua Bateman** was the top scoring candidate for AS Geography in 2019 across the country, scoring 157 marks. Huge congratulations to Joshua, we are very proud of you!

The Green Farm - Erasmus Project

On Thursday 6th February 2020, our Erasmus team went to a green farm called the Essenze Di Puglia in Putignano, that is owned by a green farmer Vincenzo Netti. This farm has been owned by his family for three generations, and is totally eco-friendly by saving lots of energy and producing environmentally friendly products out of natural resources.

Vincenzo Netti visited our partner school, and spoke about his farm first. He showed us some of his products, like an eco-friendly oil, that is made out of Linen seeds, a miniature version of a solar panel that he uses on his farm as well as almond shells. The farm is eco-friendly as the fuel for the farm is produced there. The pellets that are produced from almond shells emit few harmful gases. The almond trees also absorb any Co2 that is emitted.

After his assembly we took a bus and visited his farm. Apart from one dog and 12 cats there are no other animals, as they need lots of land, care and food. Vincenzo showed us a big oven where he burned the pellets and heated the house and the farm. The fuel for this is called biomass and is made up of almond shells. He also showed us a little battery, where the energy from the solar panels and from the turbine is stored. He also showed us, that even a hay bale could be used to plant a lettuce or other vegetables as the plants' roots can grow deeper. This is important because in the summer it gets extremely hot here and there is very little rain. The bale stores water deep inside and so it allows the lettuce and other plants to thrive in an otherwise hostile environment.

We learned how to harvest linen out of the bales of linen fibre which look just like hay. It is very eco friendly because people don't have to create other materials that are bad for the environment, when they can use similar materials that are 100% natural.

A special oil, that Vincenzo created is made out of Linen seeds, and it is really eco friendly as it can replace palm oil and fuel, doesn't damage the environment and works exactly the same.

Vincenzo Netti showed me, that an eco friendly life is just the same as a non-eco friendly life, but it's even better, because you're not damaging nature, and your carbon footprint is very, very small.

Treat Friday

Pictured here are some of this weeks year 9 students enjoying hot chocolate Friday having earned 7 or more credits showing Emphy, Excellence and Endurance. Congratulations to this weeks winner Emmie Bulley who wins a £10 shopping voucher as part of the weekly prize draw. Well done to all students showing these FRA values.



Castle Skills!

A group of twelve Year 9 students visited Caerhays Castle this week for hands-on heritage conservation and restoration, learning construction skills on a training day Thursday 5th March. The day was organised by KPK Builders, Caerhays Estate and Cornwall Construction Training Group. The day started with a tour around Caerhays Castle grounds, including parts of the grounds where visitors aren't usually allowed, to hear about the history of the castle and to learn about some of the heritage construction skills that are needed to maintain the castle. We learnt, for example, that much of the concrete mortar that has been used to repair on old walls in the last few decades will need to be replaced with the more traditional lime mortar.

After a well earned pasty lunch, our 12 lads tried their hands at dry stone walling, lime plastering, bricklaying and roofing with traditional slates. Our students did themselves proud - they got stuck in and the building professionals were impressed with how well they did. We learned about how there is a shortage of skilled people in the construction sector and that wages are higher than expected. Our students came away enthused and a number determined to pursue careers in construction. We are aiming to follow up this taster session with further construction training and work experience.

We are very grateful to KPK Builders, Caerhays Estate and Cornwall Construction Training Group for a wonderful and engaging day out.



Finding Banksy's Bristol!

On Tuesday 50 Year 9, 10 and 11 took part in an Art expedition to Bristol. During the expedition students had the opportunity to look around the Art Museum and Gallery, took part in a street-art tour of Bristol and learned the new skill of stencil street art.

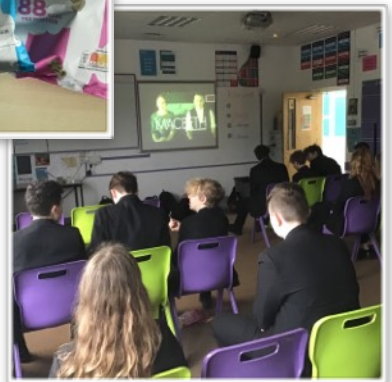


The day was fantastic and students had the chance to see a number of huge pieces of street art including a number by Banksy.



Macbeth...online!

On March 5th all of Year 8 celebrated World Book Day by watching a live stream of the RSC's Macbeth. The broadcast was live from London and was shown in English classes to allow all children an opportunity to see a play from the comfort of school. This was particularly exciting as Year 8 students will be studying the famous Scottish play in the Summer semester.



THE FRA VISION

To inspire lifelong global learners who have a desire and belief that they can achieve.

Teaching student's, the vital knowledge, skills, attributes to be successful.

Providing every student with the experiences that shape and develop their character and the support and guidance to nurture their talents

We believe that we need to nurture the behaviour's and attitudes in our students for them to develop a strong set of personal virtues that prepares them for a successful future. This semester we are focusing on Empathy, Endurance and Evolution and we are working with our students to help them understand the importance of these values and how develop their ability in each of these areas.

To ensure students continue on their journey of self-development they should practice and apply these values at all times.

This website has some really useful tips, support and guidance

<https://parentandteen.com/building-character-in-teens-one-of-the-7-cs-of-resilience/>

<p>VALUES BASED EDUCATION AT FOWEY RIVER ACADEMY</p> <p>Keep your thoughts positive because your thoughts become your words.</p> <p>Keep your words positive because your words become your behavior.</p> <p>Keep your behavior positive because your behavior becomes your habits.</p> <p>Keep your habits positive because your habits become your values.</p> <p>Keep your values positive because your values become your destiny.</p> <p>— Mahatma Gandhi</p>	<p>TO ENDURANCE</p> <p>There's no such thing as we can't</p> <p>CAN'T</p>	<p>If we try and don't succeed... ...we try again!</p> 	<p>Accept feedback and build on it</p> 	
	<p>EMPATHY</p> <p>Listening to others instead of talking over them</p> 		<p>TO EVOLUTION</p>	<p>Improve with every thing we do</p> 
	<p>Treat others with kindness and respect</p> 			<p>Turn every setback into fuel to power forwards</p> 
<p>Enabling all pupils to become thinking, self-responsible and caring citizens</p>			<p>Always focus on what went well. Even better if for myself and others.</p> 	

"There's three parts to character development and self improvement: **the head, the heart and the hand,**"

The head is the intellectual part of understanding what the important values, behaviours and attributes are what they do.

The heart is feeling how using these values can impact on others and your own journey of self improvement

The hand actually takes action and makes the choice to do something different, make a change, be kinder, not give up, bounce back and always strive to improve with everything we do to achieve our own personal best

AN ONLINE ONLINE SAFETY WE BELIEVE IN EMPATHY. PARENTS, CAREGIVERS, AND TRUSTED ADULTS WITH THE INFORMATION THEY NEED TO HELP OR INFORMED CONVERSATION ABOUT ONLINE SAFETY WITH THEIR CHILDREN. INTO THE FEEL IT IS NEARBY. THIS GUIDE PROVIDES THE PLATFORM TO HEAR FROM THE ELDERLY TRUSTED ADULTS SHOWN BY A RANGE OF PEOPLE USING #WAKEUPWEDNESDAY FOR FURTHER GUIDANCE AND TIPS FOR ADULTS.

LITTLE REMINDERS OF HOW TO

BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON. CONNECT WITH HOW THEY FEEL OR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM. SO YOU CAN IMAGINE THEM AS REAL PERSONS AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING "I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU."

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO **LOWER** THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.

BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR ACTIONS WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National Online Safety

#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too ↴

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

FOWEY RIVER ACADEMY LEADERSHIP SCHEME

We are looking for inspirational role models, mentor and leaders to help plan, organise and run a variety of support, mentor and wellbeing sessions with our year 7&8 and primary school students

Responsibilities	Commitment	Benefits
<ul style="list-style-type: none">Planning, organising and leading the following sessions and events :<ul style="list-style-type: none">Lunch and break time drop in and enrichment sessionTutor group mentoring and support sessions<ul style="list-style-type: none">Primary workshopsCommunicating to rest of the school and communityMonitoring implementation and impact of your sessionResearching and reporting on latest innovationsIntroducing and running new and exciting activities	<ul style="list-style-type: none">1 lunch time and break time per weekAdditional support for tutor groups, primary workshops and project weeksInterest in setting up your own club with support of staffMonitoring, intervention and support for pupils who you feel need additional support and guidance	<ul style="list-style-type: none">Training<ul style="list-style-type: none">Support and careers guidance<ul style="list-style-type: none">Hoodie and badgeAttendance at primary festivalsDevelopment of key employability skillsA written reference for future college and job applications



Application by email or letter to Mrs Smith and Mrs Ghillyer by Tuesday 17th March



FRA's Sponsored Readathon

All students from Year 7 to 10 are invited to take part in a belated World Book Day celebration on Monday, March 16th in the school hall.

Students who are interested will need to inform their tutors by Friday, 13th March, collect sponsorship and bring books to read on the day.

All funds raised will be going towards new books for the school library.

Any questions please see Mrs Berry.

Year 11 Careers information

**CORNWALL COLLEGE
COURSES & CAREERS
ADVICE EVENT**

CAMBORNE, SALTASH,
ST AUSTELL & NEWQUAY



www.cornwall.ac.uk

- Tour the campus
- Meet expert lecturers
- Explore career pathways

**SAT 14 MAR
10AM - 12PM**

**DUCHY COLLEGE
COURSES & CAREERS
ADVICE EVENT**

ROSEWARNE & STOKE CLIMSLAND



www.duchy.ac.uk

- Tour the campus
- Meet expert lecturers
- Explore career pathways

**SAT 21 MAR
10AM - 12PM**

**FALMOUTH MARINE SCHOOL
COURSES & CAREERS
ADVICE EVENT**

www.falmouthmarineschool.ac.uk



- Tour the campus
- Meet expert lecturers
- Explore career pathways

**SAT 28 MAR
10AM - 12PM**

**OFSTED
OUTSTANDING**



**SAT
29
FEB**

CALLYWITH COLLEGE

OPEN MORNING

10AM - 1PM

Accredited by the
Falmouth Local College
www.callywith.ac.uk



CALLYWITH COLLEGE



**OFSTED
OUTSTANDING**

WE ARE OUTSTANDING

OFSTED
Outstanding
2017

OFSTED
Outstanding
2017

DISCOVER YOUR OUTSTANDING COLLEGE AT OUR NEXT OPEN EVENT

16th March World
Book Day

16th/17th March
World of Work
Yr 7/8

16th March Year
11 Easter
Revision
Programme
Bookings Open

19th March
Speed
Networking
Yr 9

Year 7 Parents'
Consultation
Evening 12th
March 16.00-
19.00pm

County Rugby 7's
Yr 7 @ Pool 26th March
Yr 8 @ Penair 18th March
Yr 9 @ Pool 24th March
Yr 10 @ Redruth 12th March

We Are



The Leading Edge Academy Partnership

