Fowey River Academy

Newsletter



Dear Parents/Carers

I trust everyone has been keeping well and is coping with living under the Government's lockdown requirements. Speaking personally, I am so keen for things to return to some sort of normality as soon as possible. I miss the structure of life before Covid; I miss going to school each day to see the students and mix with my colleagues and I miss seeing friends and family at weekends.

Fortunately, it appears that we are seeing the "flattening of the curve" that we have been constantly told is required and that Covid related infections and deaths are reducing quite substantially which, of course, is very good news. We hope therefore to hear from the government this weekend with their plans to allow more businesses to open and how current restrictions may be relaxed slightly. It is unlikely that there will be any major changes to the remote learning for students and so our staff have been continuing to create online lessons.

Thank you to those of you who completed the remote learning survey last week, the information from this allows us to adapt our provision to ensure it meets the needs of your children. The results of the survey were extremely positive and the implementation of the I Pads and Firefly before this pandemic have meant that the students have been able to receive first class lessons with support from their teachers.

Last Friday the 1st May marked the first anniversary of Fowey River Academy joining the Leading Edge Academies Partnership. Last year when we joined the trust we held a large celebration event and had planned a similar event for this year but due to the current situation we are unable to do this. Being part of the trust has allowed Fowey to make some huge changes and improvements

but none of this would be possible without a dedicated staff team and a very active governing body. A special thanks must go to Martin Dale for his work in removing the academy from ALAT and securing Fowey a place within the highly successful LEAP trust.

We have made many changes but I would like to highlight a few major things that have made a massive difference:

- We have been able to increase our staffing and this includes some very experienced staff in key subject areas.
- Other new staff have allowed us to increase the breadth of our curriculum with new GCSE classes in Photography, Music Technology, Citizenship and RE.
- The introduction of iPads for every student in the Autumn has been a major success and in the current lockdown they have allowed a fantastic curriculum to be delivered remotely.
- Fowey has also been able to secure European funding for an Erasmus project and this
 has allowed students to participate in the project work including a fully-funded
 residential trip to Italy and Germany with further trips to France and Spain coming in
 the future.
- Our communication and use of social media have greatly increased and the news of the improvements at Fowey are travelling around the County. This is evident in a large increase in our numbers for Year Seven next year with 133 confirmed already; this is the highest number we have had for many years.

Please look after yourselves and let me or my team know if we can help in any way.





How can I help slow the spread of the virus?



Stay at home – no unnecessary journeys or social contact







Only leave home for essential shopping, medical needs and exercise once a day



You can travel to and from work if **absolutely necessary**



Public gatherings of more than two people are banned excluding people you live with



Don't visit other people's houses or socialise outside your home



Police will be able to fine you if you don't follow the rules



If you are unwell, isolate yourself and your family



Keep in touch with one another

FRA has one of the best views in the UK...fact! We are so lucky to be in an area of such outstanding beauty.

We are working closely with a local firm of architects who are starting to come up with a vision for our swimming pool (more to follow next time) and in doing so, they were kind enough to help create this <u>short video</u> of the school. In these difficult times it's a nice reminder of how lucky we are to live, work and play in Fowey!

Watch Here



Thanks to:



Community Update

Do you know a family of an FRA student that is really struggling financially during the lockdown...although there is government support out there, not everyone is eligible and for some it might not be enough...through our friends at FRA, we have access to funds that could make a difference...





please drop us a line and we can help...

- don't be proud...
- don't struggle when it could be easier...
- we are here to help...

Send an email to <u>compass@fracademy.org</u> all correspondence is strictly confidential.

Free School Meals

The Government Voucher Scheme is gradually getting better as systems improve...we are still delivering to those that struggle with the voucher system or who don't have access to a participating supermarket. Vouchers for w/c 11th May will be sent out by FRA, not Edenred, and will arrive later in the week. Boxes will be delivered on Thursday this week and will contain some lovely fresh fruit & veg courtesy of our friends at Richards Fruit & Veg in Par. Please email us at compass@fracademy.org if you have any problems.









Creativity at FRA



Year Group Updates

Wherefore Art Thou Romeo

During the week of April 27th students in Year 9 and 10 were asked to watch the RSC's version of Romeo and Juliet. The text is part of their English Literature GCSE and was a fantastic opportunity, as it offered students a chance to watch a version of the play from the comfort of their own homes.

Following this, students were asked to pick their favourite scene or moment and recreate a prop from it using quotes. Attached are some examples.

We hope you love seeing them as much as we enjoyed receiving them.









Year 7 Drama



Once again we've had some really fun work sent in from Yr 7 Drama students.

We were developing their work on costume and the students were tasked with having to create a pirate costume out of things they could find lying around the house. This forced the students to be inventive and creative. A big thank you to the models here - various teddies, little brothers and sisters and family members got to display the costumes. The students sent lots of messages saying how much fun they had doing this task.





Year 10 Work Experience

Dear Year 10,

Unfortunately your Work Experience has had to be delayed.

We know how much you were looking forward to this. As a school we are really committed to this week. It has obviously had to be cancelled due to the current situation which is beyond our control.

We want you to know that if at all possible we will try to reorganise this event for later in the year.

Matthew Price Senior Assistant Head Teacher



Year Group Updates

Year 11 A-Level Preparation

Seneca have put a course together to help current year 11 students prepare for A Level English Language next year. It should introduce them to some key A Level topics and consolidate their GCSE knowledge.

<u>A Level English Preparation - Summer 2020</u>



Sports Update

Message from Mr Horton

What a great few weeks for physical activity it has been - I am really impressed with the evolution and adaption that students have shown during these tough times. They continue to inspire us!! Well done to everyone who took part in the TwoPointSix Challenge, that was so much fun and we raised a significant amount of money!

This week look out for the Lockdown Olympics and some sporting superstars sending their personal messages to the students and community of Fowey.

Ella runs Marathon for Hospice

Over the last week Ella in Year 7 has been out running to raise money for Cornwall Hospice Care by completing a Marathon distance!

Beat that Mr Horton!!



Well done Ella!!!!

"Today I finished my marathon for Cornwall Hospice Care. I have raised £285 so far. I am really proud to have got 5th place on a Strava section."

Mr Chapman - Strength Building

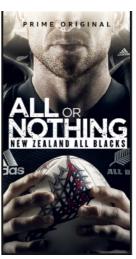
Can you take Mr Chapmans strength challenge on to the next level and complete 100 sit-ups everyday?

Break them up, spread them out through the day and build your strength.



Who's up for the challenge?

One to watch:



The All or Nothing series' on Amazon Prime are great behind the scenes documentaries on some of the worlds best sports teams. This one looks at the culture and success behind the New Zealand All Blacks.

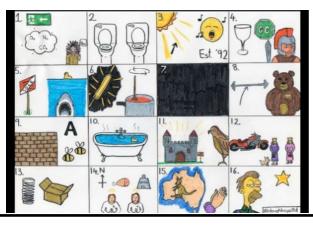
Look out for:



Football Teams Answers: 1. Leeds

- 2. Notts County
- Celtic 4. Man United
- Motherwell
- 6. Queens Park Rangers
- Newcastle
- Tottenham Hotspurs
- Liverpool
- 10. Bolton Wanderers 11. Sheffield Wednesday 12. Swansea 13. Millwall
- 14. Hamilton Academical FC 15. Queen of
- the South

Now try these rugby teams:

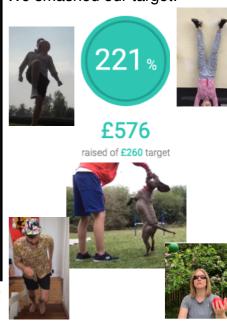


TwoPointSix Challenge -COMPLETE!!! So many staff and students

joined in the TwoPointSix Challenge to raise money for The **Royal Cornwall Hospitals Trust** at this vital time!

There was juggling, kick-ups, situps, stair climbs, handstands, catch, and of course dog tricks!!

We smashed our target:



Maddie Hiked 26.2 Miles



AWESOME EFFORT!!

THANK YOU!

Mr Doyle climbed the equivalent of a mountain in his back garden!



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.

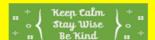
Providing every student with the experiences that shape and develop their character and the support and guidance to nurture their talents

The world needs kind, honest global citizens who have the ability to accept responsibility for their own actions, the curiosity and adaptability to be ambitious, courageous, open to feedback and support to help them evolve and be happy

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. We are continuing to focus 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.

> This website has some really useful tips, support and guidance https://parentandteen.com/building-character-in-teens-one-of-the-7-cs-of-resilience/

To ensure students continue on their journey of self-development and to help them practice and apply these values at all times we are launching



The Fowey River Academy Values Award

This is an internationally recognised award which provides student with the opportunity to:

- Reflect upon positive universal values and how to express them in relation to themselves, others, the community and the world.
- Be inspired to choose their own positive personal, social, moral and spiritual values and be supported to develop and deepen them to become a citizen of the world

Please click here for more information, to access the award and parent letter

SUPPORTING YOUR MENTAL HEALTH AND WELLBEING

Daily life has been turned upside down and it's easy to feel lost. Although we can't control what is going on around use, we can choose to live purposefully and keep active.

A Sense of Purpose is the motivation that drives you toward a satisfying future. It also helps you to get the most from the things you do and achieve - large and small - right now.

To help use all find a purpose and to find simple ways to respond to the global crisis Action for happiness have realised their Meaningful May Calendar https://foweyriver.fireflycloud.net/enrichment/clubs/wellbeing

The Mental health Foundation have released their Take Action get Active campaign by encouraging us all to do 30 minutes of physical activity a day in May. https://foweyriver.fireflycloud.net/enrichment/clubs/wellbeing/be-active

Physical activity is proven to improve mental health including managing stress and anxiety, improving moods, better sleep, better self-esteem and reducing the risk of depression.

To further support with this as an Academy we have created a wellbeing, values, social and emotional support page on Firefly, which includes the 5 ways to wellbeing, mental health support, making a difference activity pack, useful links and activities for everyone. https://foweyriver.fireflycloud.net/enrichment/clubs/wellbeing/give





🙆 🔘 ACTION CALENDAR: MEANINGFUL MAY 2020





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY Take a minute to remember what

SATURDAY 2 Do something

SUNDAY

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe



really matters to you and why 8 Set yourself a

Look out for positive news and reasons to be cheerful today

10 Tell someone

Send friends a photo of a time you all enjoyed together

Today do something to

care for the

natural world

you love know

15 Find out about the values and traditions of

Take a positive action

19 Find a way

feel really valued

Share photos of 3 things you find meaningful or memorable

23 Share an

to help in your local community 24 Do something special today and revisit it in your

memory tonight

Give your time to help a project or charity you care about

are doing to give it

your decisions and

about an event in your life that was really meaningful

Think about how your actions make a difference for others

31 Look up at something bigger

ACTION FOR HAPPINESS











www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

How do I feel dealing with this global crisis?

Living life in lockdown is very tough. Not being able to go places on holiday or at any place when you are in contact with any other people except your family. When I go out for my exercise I see a lot more people doing exercise, but I know that there is a reason behind it. Coronavirus is probably the biggest global crisis the world is having to fight. Every morning I wake up ready for a new day. School at home is all so different and plain and boring. Sometimes when you are at home doing school work you might be relieved that you don't have to go to school, but even after a while it gets more and more strange.

When I go to bed in the evening I sit by my bed and look out through my window and wonder about how well the key-workers are doing to save lives that are in desperate need of help. I sit for a very long time and I just can't believe that most people in the world are either helping people with Coronavirus or those people who are fighting for their lives. After a while I lay in my bed normally reading a book, but sometimes I just can't do anything else but sit and think about the world. It almost doesn't feel real that this global crisis is happening. I just can't believe that every day people are fighting all the time.

I remember on December the 25th 2019 I was sat down opening my Christmas presents surrounded by the people I love and care about. I knew that the new year would bring a challenge, I just new in my body something would happen. Each new year in the past there was a challenge,but this challenge is different. We all know what is happening. This was a ginormous challenge that the world would have to defeat . This was a challenge that nobody new we would have to defeat. This challenge was an absolute game changer for the world. It was hard to describe. It was the one and only Coronavirus.

The Coronavirus started on the 31st of December 2019 in the city of Wuhan in China. Nobody new about it except people in China. I absolutely hated the day in school when I found out about it. I remember I was in my last lesson on Friday in English with a teacher who was covering now but is now one of my English teachers and one of my favourite teachers and my class were told that the DO NOW! task was to go on BBC News and look at the virus outbreak in China. I looked and thought it would blow over soon, but look where that had vanished to . It is now the biggest thing the world is talking about now.

The question today was how do I feel , dealing with this global crisis? The answer is I don't have a specific feeling. My feelings change all the time every day. All I know is that we are all coping with something ginormous and we just have to keep fighting no matter what and show our support to those key-workers by clapping at 8 o'clock on a Thursday evening. Even though we are clapping, the key-workers are just feeling so much more confident and to go in to their job and help people in need. All we need to do is do our bit if that is staying inside or just showing love. The main thing to say is never give up.

Year 7

Sennen Julian **Emma Sweet** Hayley Homer Skye Whereat **Evie Toms** Rose Harvey Evie Hart Alex Davidson Caitlyn Spowage Fern Hendry-Annear Fin Bully Roseannon Cole Dan Lee Ewan Hoddinott Anya Maclennan Logan Macey Irish

Jake Newton Webster Ariana Menezes George Randles Alfie Fitzpatrick Trixie Taylor Isla Hill **Emma Sweet** Alice Husband Zach Bendry Lily Love Williams **Ebony Doney Emily Matthews** Scarlett Allen **David Stephens** Opal Brennan Beale Elissa Jane Harry Hayes Rose Rundle Silvie Chapman Isaac Fugil

Ella Barnett

Year 8

Michael Day Liam Powell **Evie Hermes** Will Hughes Shay Gallears Olivia Denne Samantha Baldwin Lily Yates Alfie Kittow Millie Van Den Broek

Adam Stephens Keane Wearne CharliePallett Scarlett Earee Rose Marsh Chloe Tann Fin Stuart Pamela Simpson Tom Trout Callum Day Josh Simmons

Year 10

Fran Johns Bella Hermes Caitlyn Matthews Saffie Best Samuel Shufflebottom Helen Jinks Jed Pearce Harry Bayes Faith St James Bronwyn Ellery **Emily Denne** Louis Brewer Rebecca Rawle Lola Hoffman George Newton

Voted by the teachers, to recognise those that have worked really hard, showed endurance and excellence over the last couple of weeks. Well done and keep it up!

Staff coping in a lockdown!

The Great European Bake Off: (How many baking puns can you spot in this article?)

Emma Sweet (first 1), in Year 7, was the inspiration for an international Bake Off on Thursday. Emma had baked a beautiful birthday cake for her Dad and shared a photo of it with Miss Hick. Together they decided to have a fun competition with Year 7 only it snowballed.

When we mentioned it to our European partner schools, they all wanted to join in and it was a done deal (There's another one there.) Mrs Miller (oh, how appropriate again), suggested printing the recipes and photos into a book which will sell to raise funds for charity. Mr Horton has made a start on that and we hope to publish it soon! We hope it will prove to be a success.

The activity was sandwiched in between lessons and the Key Worker Clap and lots of students and staff turned out to stir up support.

There was some foul play from a few adults who posted pictures swiped from the internet at first! (Shame on you, Mr Randall).

More "fowl" play from the chicken-breeding siblings who held the majority of the egg supplies in the county. Even Mrs Pedley kept her (baking) powder dry by fibbing about which cake she was going to cook.

Ms Stanton even gate-crashed the gig by entering her beautiful hedgerow cake.

All in all, a great evening was had and although we had thought of identifying "Best in Class" awards, it is true to say nobody was beaten and everyone Victorious! (2 in one sentence!!) The last words go to Emma:

On Thursday, year 7 and the teachers let their inner baker shine as they competed in a lockdown bake off. It was incredible how many talented bakers we have at FRA, many people entered and made something amazing in just three hours! The bake off certainly lifted many spirits including the teachers involved. We had some fantastic cakes entered and it obviously shows that anybody can bake something outstanding if they put their mind to it. It was great fun and I hope to do another one when we get back to school!

The Great FRA Bake Off

Miss Bryan







Emma

The Moorcroft's













Recipe Corner with Ms Rubio-Piqueras

Spanish omelette or Tortilla **Española**

6 to 7 medium potatoes (peeled) Ingredients

- 1 yellow onion (diced into 1/4-inch pieces)
- 1/2 tablespoon salt (or to taste)
- 5 to 6 large eggs (the better the eggs, the better the tortilla) 2 to 3 cups olive oil (for pan-frying)

Instructions

- Scrape 500g new potatoes. Cut them into thick slices. Chop 1 onion.
- 2. Heat 150ml extra-virgin olive oil in a large frying pan, add the potatoes and onion and stew gently, partially covered, for 30 minutes, stirring occasionally until the potatoes are softened. Strain the potatoes and onion through a colander into a large bowl (set the strained oil aside).
- Beat 6 eggs separately, then stir into the potatoes with 3 tbsp. chopped flat-leaf parsley and plenty of salt and pepper. Heat a little of the strained oil in a smaller pan.
- 4. Tip everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.
- 5. When almost set, invert on a plate and slide back into the pan and cook a few more minutes.
- 6. Invert twice more, cooking the omelette briefly each time and pressing the edges to keep the cushion shape. Slide on to a plate and cool for 10 minutes before serving.

Youtube video in English from a Valencian chefs showing you how to cook it!

https://www.youtube.com/watch?v=JceGMNG7rpU Other style (with ham)

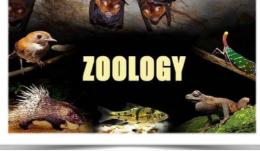
https://www.youtube.com/watch?v=ne15z0z8vUa

Other website with more tips + VIDEO

https://www.thespruceeats.com/spanish-omelet-tortilla-espanola-3083734

Enrichment

The staff have been working hard to create a set of exciting resources that students can use to stretch and challenge. These resources are entirely optional but cover a range of really interesting subjects. So if you want to do more or fancy a change of topic, have a look:







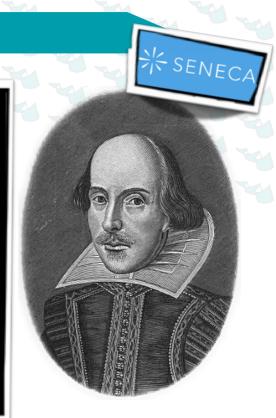
HTTPS://
FOWEYRIVER.FIREFLYCLOUD.NET/
ENRICHMENT/CLUBS/WELLBEING

Year 10 English Literature

Each week we will be rewarding one student who has demonstrated an excellent attitude to their learning in English Literature through the Seneca program.

Seneca Learning is an incredibly useful revision website which helps students consolidate their knowledge and identify areas for development.

Our winners so far:



Bella Hermes Harry Bayes Edward Hughes

Super well done!

Who will it be next week?





Launched in 1997, Netflix is now one of the world's leading online streaming services, providing users with unlimited access to a huge selection of TV shows and films. It's available on any internet-connected device that supports the Netflix app, from smart TV; and games consoles to tablets and smartphones, and is becoming increasingly popular with a younger audience. This is unsurprising given consumer attitudes are changing more towards video-on-demand (VoD) services. That's why we've created this guide to help parents and carers understand exactly what Netflix is about.

Inappropriate content

Risk of hacking

Binge-watching



Screen addiction

Netflix party



Safety tips for parents & carers

Create a Netflix Kids experience profile

One of the biggest advantages of Netflix is the ab to control what content your children can watch. Setting up a Netflix Rids experience profile means that children only have access to TV shows and movies which have been carefully selected for kids. The look and feel of the app is smoler and children only access now recount relations. dren can't access any account settings

Set maturity ratings & block content

separate profile to their own and set a maturity ratin that means children will see only TV shows and mov that fit that rating. The three categories of rating for the UK are kids (all U. P.G.) theres (12. Guidance, Teen and adult (15, 18. mature, adult). You can also block specific TV shows and movies from individual profile which means they don't show up in the browse or

Have an open & honest conversation

Paierits can review the TV shows and films that have been watched on each profile under their account. If your child seem useful or shocked by something they have seen or if you are concerned about anything they've viewed, by to talk to them about it and have a open and honest conversation to help understand am concerns.

Switch off autoplay

Netflix has two autoplay features that can be switched on and off across different accounts and takes effect across all devices. Parents can disable the ability for consecutive episodies to play automatically and for previews to play when browsing. Both can help to limit the amount of time children spend on the app.

Lock your profile

ntially access more adult-themed content or ge access levels. Parents can set-up a Profile Lock which means only they can access their own ix account.

Set screen time limits

Meet our expert



Create a strong password & always log out.

Given that Netflit doesn't use 2-factor authentication, the need for a unique username and strong password is even more important. Ty to use a different password to rees you've used before and use a mixture of numbers, letters to uper race and lowercade and symbols, with a mistruum of a characters. Aleago log out when not using your account so that if your device is lost or stolen, your account remains nuccessible.



ode/264 | https://www.ofcom.org.uk/_data/assets/pdf_file/3023/190610/children-media-use-attitudes-2019-report.pdf

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We Are



The Leading Edge Academy Partnership