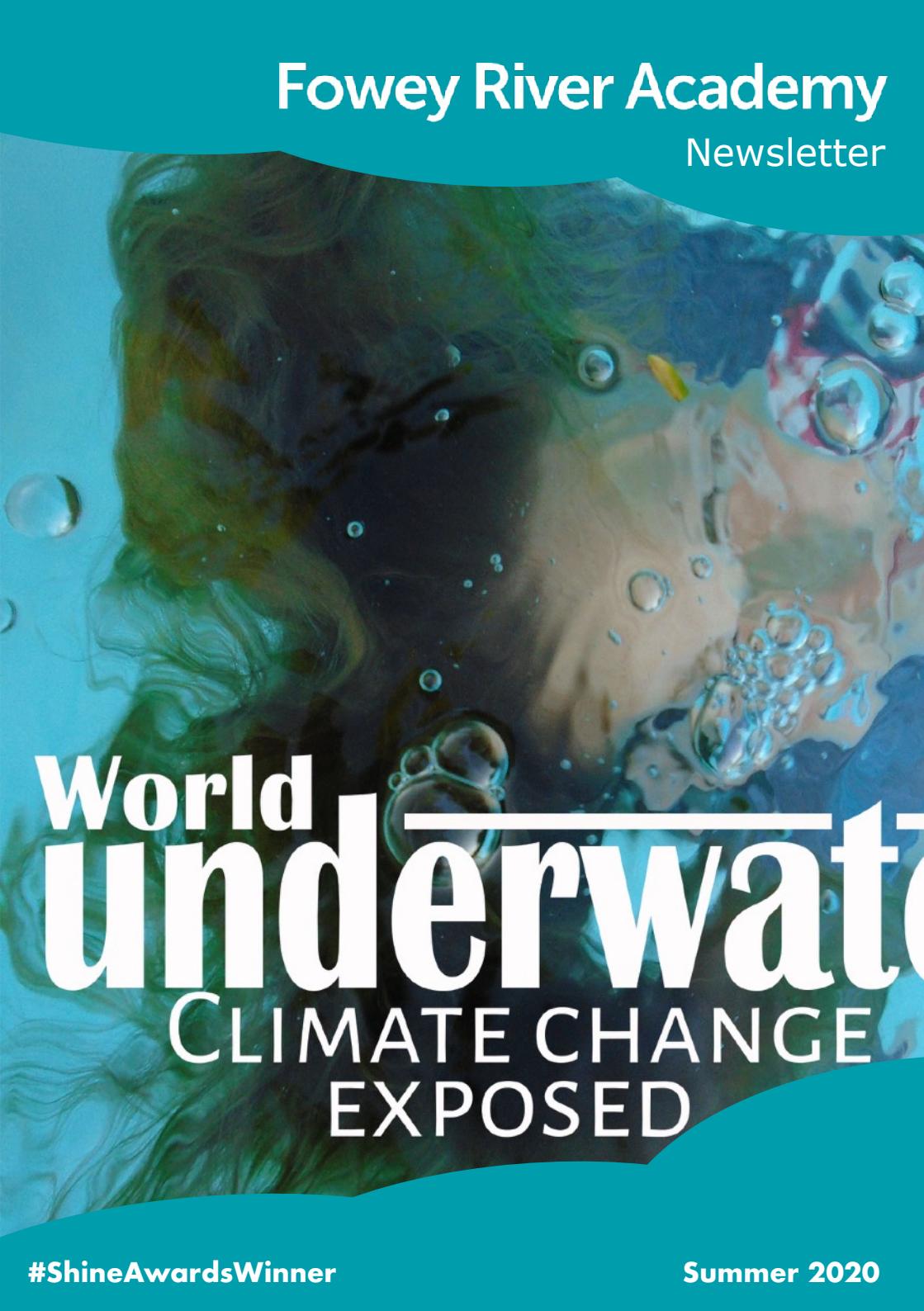


Fowey River Academy

Newsletter

A close-up, underwater photograph showing turbulent, swirling water in shades of blue, green, and brown. Numerous small, clear bubbles are scattered throughout the frame, some rising towards the surface on the right side.

World underwater

CLIMATE CHANGE EXPOSED

#ShineAwardsWinner

Summer 2020

Heads Report

Dear Parents/Carers,

I cannot quite believe that we are at the end of the school year already. None of us could have predicted such a difficult and strange year with so many changes for everyone. As life begins to return to a more normal routine, we start to look at the way we lived our lives before Covid-19 and many of us have made changes for the better.

With regards to school, I feel that we provided an excellent offer for our students; having just issued the iPads to every student we were able to provide an outstanding "remote learning" curriculum that most students made amazing progress with. As the weeks went on we started to introduce live lessons and again the feedback was that these were very well received. When restrictions were lifted we met our Year 10 students with their parents and then invited them back into school for some catch-up lessons.

I would like to thank all of the teachers as planning, preparing, delivering, marking and giving feedback in all of these different forms of teaching has been a very difficult task whilst working from home. I also want to congratulate the students who have produced some amazing work and made very good progress while working from home.

As well as the students who have excelled, I am very aware that some have found this time difficult and when we return in September we have planned a very thorough "Recovery Curriculum". This will be delivered through the tutor programme to start with and also in the first two lessons of every subject. To ensure the wellbeing of the students we have also added a tutor time at the end of each day for the first week to ensure that every student has had a good day and that there are no issues before they go home.

All year groups return to school on Monday 7th September and as you have seen in the press they will work in "bubbles". This will mean that they will be based for almost all of their lessons in their tutor room at a designated desk with staff moving to them rather than students travelling around school all day.

Please make sure that your son/daughter has all of the correct equipment each day.

We are constantly reviewing our procedures and risk assessments and will continue to do this over the summer to ensure that all students and staff are safe. Due to the many restrictions it is vitally important that students follow the rules and instructions from staff at all times; anyone not doing this could be putting others at risk and for the safety of all, this will not be tolerated.

Further details relating to our **COVID-19** plans are available here and will be updated over the Summer and we have also updated our **Key Dates** section of the website.

Finally, I would like to thank everyone for your support of the school over such an unusual year. We expect more changes ahead but feel that staff and parents are working together to ensure that every child is safe, makes progress and is enjoying their learning.

Have an amazing summer, be safe and let's hope that we have some sunshine.

I look forward to welcoming everyone back on Monday 7th September at 08:40.

Best wishes



COVID-19 Plans

Our preparations for September and providing a safe environment are ongoing but students from Year 10 will already be familiar with some of the changes. Working through the Government guidelines is a challenging exercise and trying to work out how to safely look after 600+ students in a confined space is not easy, but we feel we have struck a good balance between safety and pragmatism, to ensure we can allow all students back. Of course, we understand that some parents and students may be nervous and so we implore anyone who is worried to make contact with us so we can support you through the return to school.

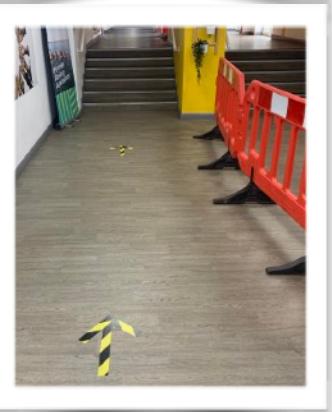
If you have any specific health concerns, please ensure you have made contact with us via compass@fracademy.org so we can ensure your risk assessments are up to date.

In addition we have put in place the following which is not an exhaustive list:

- Specific zones for each Year group, called 'bubbles'
- Separate entry and exit points
- Temperature checks on arrival
- Staggered breaks and leaving routines
- Sanitising stations on entry and exit
- One-way systems in busy corridors
- New bins for classrooms for tissues/waste etc
- New daily cleaning regimes

We are working closely with the Trust, Council and other agencies to ensure we are covering all bases.

All plans and risk assessments will be uploaded to our website [here](#) to ensure clarity.



To avoid virus transmission and to ensure personal safety, we are asking all students to arrive each day with the following equipment; this will help to ensure equipment is not being shared and that students are ready to work.

School uniform **will not** be required until October Half-Term to give parents adequate time to purchase uniform. That can be done from <http://www.cornwallscreenprint.co.uk>

Until half-term, students will be able to wear non-school uniform.

Equipment Checklist:

- ✓ Face Mask for buses
- ✓ Strong waterproof school bag
- ✓ A scientific calculator
- ✓ A pencil case containing the following:
 - ✓ Pens and pencils
 - ✓ Coloured pencils
 - ✓ Pencil sharpener
 - ✓ Rubber
 - ✓ Ruler
 - ✓ Compass
 - ✓ Protractor
 - ✓ Glue stick
 - ✓ Paper scissors

Uniform Checklist Until Half-Term:

- No ripped jeans
- No cropped or otherwise revealing tops
- No extremely short skirts
- No sandals, flip-flops or open-toed shoes
- No excessive make-up
- No extreme hairstyles
- No jewellery or piercings other than plain ear-studs
- No offensive messages or pictures on clothing

We have been blown away by the effort and commitment shown by both students, parents and teachers during lockdown. We know learning from home has been challenging, hard work and sometimes lonely and frustrating, but we have all embraced this new way of working and compared to many schools, we have seen some great results and engagement. Our decision to give all students iPads has definitely paid off, we could never have predicted they would have been used in this way but it does go to show that brave decisions do pay off, however unexpectedly.

We don't often blow our own trumpet, but we wanted to share a fraction of the positive vibes we have had!

"A big thank you to the staff at FRA for supporting the kids through this strange time."

"Both my children found the Live Lessons useful and informative. Thank you for all of your help and support over the last few months."

"Thank you to Fowey River Academy for everything you have put in place to ensure that the students are working and supported. Everything you have done has made it easier for me as a parent, thank you for the support."

"I have been blown away by Fowey River Academy's commitment to learning and student wellbeing. The introduction of Live Lessons for all subjects shows just how much Fowey River Academy wants students to engage and be motivated – my child really enjoyed the lessons."

"Thank you to everyone at the school for all the effort and time you have put in."

"Thank you to all my child's teachers for making everything as easy as possible and for giving lovely feedback to submitted work."

"Thanks to this support, and the lessons on Firefly, my daughter has really knuckled down and is doing her work well."

Recovery Curriculum

A journey for all students in preparation for adulthood, building aspirations for the future to re-establish their visions.

As lockdown continued, consideration was given to how it will be for children when they return to school. What can we do to ensure that the transition back to school for all of us feels safe, calm and caring?

It would be naive to think that our students will be able to pick up where they left off on the day our school went into lockdown; so much has changed, so many things have happened, and we have all experienced some form of loss.

A national study has been analysing the losses children have suffered during this time, and the potential anxiety and trauma it may cause, with significant impact on their ability to learn effectively.

A "think piece" called the 'Recovery Curriculum" has been written enabling schools to consider the processes they will need to put in place to successfully transition children back to school. We have worked hard to take on board the thoughts and experiences of our students throughout this time.

From this think piece and in consultation and collaboration with our students and staff along with other partners including Head Start Kernow, Values-Based Education and High Performance Learning, we have created our own recovery programme.

This programme takes into account our own context, environment and lived experiences to help us all successfully transition and create a curriculum that is responsive to the needs of children, that harvests their experiences and makes sense of the situation emotionally as well as cognitively.

The intended outcome is to create a safe, stimulating, inter-connected, inclusive and respectful environment that empowers all of our students to become reflective, resilient, mindful, engaged learners with a true aspirational vision of their life now and in the future.

85% of us have experienced some form of loss. The main unifying loss for us has been freedom, friends, social and emotional well being.

70% of us have enjoyed the opportunity to work independently and at our pace.

87% of us have changed our sleep patterns

72% of us want time to reflect on and consolidate on previous learning

77% of us want information on mental health and wellbeing

Putting it into context.
The FRA recovery curriculum is based on the experiences, culture and needs of our students.

88% of us have enjoyed spending time with our family

68% of us want the opportunity to goal set and plan for the future

73% of us want calm, safe welcoming learning environments

63% of us want time outside in nature

92% of us want time to rebuild relationships and reconnect with others

1% of us want to go back to normal



Recovery Curriculum

These website links also provide some valuable information and support.

- [Thinkuknow Home Activity Worksheets](#)
- [Mentally Healthy Schools Corona Return Toolkit](#)
- <https://www.family-support.org.uk/professionals-hub/return-to-school>
- <https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown>
- <https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/>
- <https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/>
- <https://www.kernowccg.nhs.uk/your-health/children-and-young-people/sleeplessness-and-insomnia/>

We have also produced some handy tips for you as parents and students to help you prepare for September.

Tips for Parents

Parents are able to provide a strong foundation to support their child's learning and development. Use these strategies to help.

- ⇒ Have high expectations – As humans we do not rise to low expectations. Research shows that the most important things a parent can do to help boost their child's academic achievement is to have belief and high expectations.
- ⇒ Read with your children – Try to do this regularly at all ages.
- ⇒ Respond well to failures and mistakes – Take the time to discuss how mistakes are good and a normal part of being a human and to be used as an opportunity to learn and grow. This will help young people develop a growth mindset.
- ⇒ Praise the effort and hard work – Focus on the processes, persistence and hard work they showed as well as the values and behaviours they displayed and not the natural abilities.
- ⇒ Eat dinner together regularly – This provides a valuable time to talk, share and discuss.
- ⇒ Have a clear structure and rules – Be clear on how you divide time between school work and leisure time. Always take the time to explain the thought process behind your decisions and rules.

Tips for Students

To become a more effective, confident, motivated learner does require some practice and hard work. But everyone has it in them and by using these strategies you can start practicing straight away.

- ⇒ Get plenty of sleep – teenagers need at least 8-10 hours per night. Try turning down the back light on your phone a few hours before bed. It will help you sleep better.
- ⇒ Eat breakfast – it is one the simplest ways to boost your mood, memory and concentration
- ⇒ Take notes – effective ideas include: Summarising things in your own words, using a pen and paper not a computer, make notes at the end of each topic and try to use pictures/diagrams and words.
- ⇒ Have the highest of expectation and aspirations for yourself - challenge yourself. You are capable of so many things. It starts with the belief and decision to try.
- ⇒ Choose your student partner carefully – mood, effort and success is contagious. Choose someone who will inspire and motivate you to achieve greater things
- ⇒ Visualise – When you set your goals and aspirations picture yourself doing the behaviours that will lead to the success. It is about persistence not perfection and the journey not the goal.

Community Update

With the easing of lockdown we have some really positive news regarding the Sports Hub and Healthy Mind & Body Camps for local young people.

The Sports Hub is now back open and accepting [bookings](#) for the fantastic refurbished gym complete with new kit and a makeover.

Our partners at Eolas+ are also running a series of camps at FRA to help youngsters stay active both in body and mind and get prepared for the return to school in September.

More info and [bookings here](#).



**Congratulations to
the following
students for being
recognised by the
Fowey Festival
Awards for Young
Writers and Artists**



Maisie Cunningham -
Millie Gough -
Isla Hill -
Isobel Newton Webster
Robyn Burt
Sonja Hornsby
Emmie Bulley
Christine Pimblett
Annabelle Woodford
Finlay Tardivel
Joel Wilson

WINNER - Art
RUNNER UP - Art
HIGHLY COMMENDED - Art
COMMENDED - Art
COMMENDED - Art
COMMENDED - Art
COMMENDED - Art



Waterstone:

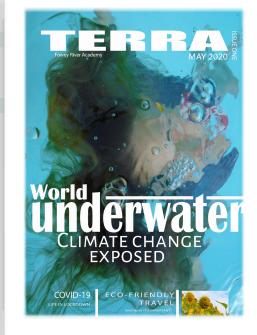


Creativity at FRA

Fowey River Academy Students Pick Up Three National Shine Media Awards!

Fowey River Academy creative students impressed judges from The Daily Mail, TES and Google to pick up three national Shine School Media Awards for their magazine, Terra, that they created during lockdown.

Shine judges, who awarded the team the Rising Star Award along with the Highly Commended Award for Best Environmental and Community Initiative, were impressed by the overall design of the magazine and how the content, images and illustrations raised awareness of environmental issues.



Kimberley Boddy, Terra Editor, said; "Taking part in the competition, and picking up these awards, has given us a start in a dream industry. Well done to the team, Alice Coggan, Jemma Pritchard, Megan Bennett, Mia Harris, Mya Lawrence and Skye Whereat, without their combined creative talents our magazine would not have been a success!"

It wasn't just the students who wowed the judges.

Fowey River Academy Teacher, Mrs Carla Moorcroft, won the award for Most Inspirational Teacher after her students nominated her for the *Time Educational Supplement* (TES) sponsored award for her inspirational work both in and outside the classroom.

Shine judge, Alison Strachan, commented; "Mrs Moorcroft is not only an extremely effective teacher, but someone who has made enormous efforts to create a supportive and caring school community through linking groups both outside and inside its parameters. She is clearly an extremely kind person who, to quote her pupils, 'is the sort of person who makes every day a bit brighter.' She has obviously made a great deal of difference to the lives of her students, in both pastoral, social and educational ways and is a most deserving winner of this accolade."

Creativity at FRA



After hearing the result Carla Moorcroft, Teacher of Art, said; "Winning was a complete shock as I did not know the students had nominated me. I still cannot believe it. It doesn't feel real. Everything I do is for the students. I want them to have good experiences, be inspired and have the confidence to explore new creative ideas. I feel honoured that they nominated me for doing the job I love."

Assistant Headteacher, Ms Stott, who set up the remote learning journalism club said: "When we set up the magazine to give students the chance to develop their journalism, photography and illustration skills during lockdown we did not expect to reach the national final let alone win an award. We are so proud of what all our students and Mrs Moorcroft have achieved."

For further information on the competition /awards please visit the Shine website:

Check out the prize giving announcements here (Carla's prize is at 24 minutes): <https://www.youtube.com/watch?v=Lwwlnwv9yUQ>

Full Article Regarding Carla's Prize:

<https://www.shine-schoolawards.org/shine-2020-winners/most-inspirational-teacher/>

See Full 2020 Competition Results here: <https://www.shine-schoolawards.org/shine-2020-winners/>

Highly Commended
Fowey River Academy
Terra

IS COVID-19 GOOD FOR THE ENVIRONMENT?

COVID-19 Lockdown

TERRA May 2020

World underwater CLIMATE CHANGE EXPOSED

COVID-19 | ECO-FRIENDLY TRAVEL | LIFE IN OCEANS

Little Book Hub at Par

As part of our commitment to our students and their families, we have been really excited to see the formation of the Little Book Hub in Par. This hub offers free books to anyone in the community who is interested. The scheme is the only one currently in Cornwall and is situated under the bridge in Par. You just need to turn up and have a look through the selection.

We have donated a large selection of books and intend to continue to support the initiative until local libraries are up and running. If you have any books you would like to donate or you are struggling to get hold of some reading material please do pop along.



Year 10 Literature Winners

We continue to reward our Year 10 students that demonstrate significant effort towards their literature studies via Seneca with prizes.

For any parents interested in how to monitor their child's Seneca account please log on

to www.senecalearning.com or

contact Mrs Berry.

Please see a list of students that have recently received recognition for their effort with a prize through the post:

Mckenzie Whereat

Emily Nunn

Emily Denne

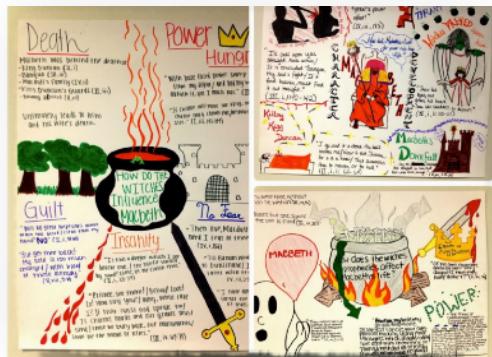
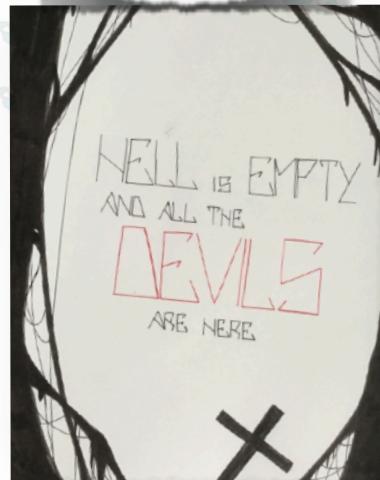


Literature at FRA

Shakespeare at Home Festival

During the week beginning the 13th July students in Year 7, 8 and 9 have had a fantastic opportunity to engage with the Bard himself through English, Music, Drama and Art. This semester each year group has been studying a Shakespeare play and the four subjects listed have produced a range of fun activities relevant to their curriculum which will help students to develop and demonstrate their understanding of Shakespeare's work in a creative way.

One student from each year group will be given a prize for their contribution to the festival. Please see some of the entries attached. I think you will agree that the judges have a very difficult job ahead.



Student Spotlight

Branden's ambition is to be a chef with his own restaurant. At the moment he cooks in school – in his house – in his back garden !!

After school he is going to College to study cheffing and all about food but in the meantime he would like a pub or bistro job in the holidays – whenever that can happen!



Therefore, during lockdown Branden has studied the national qualification of Food Hygiene and Safety which is needed by everybody who works in the industry before they can go to work in a pub or a restaurant or a café.

There are four parts to the qualification, each with an exam. Branden scored 100% in each of the four sections and therefore, has been awarded the certificate which he will be able to take with him on any interview and which will be displayed in the workplace.

Well done Branden.

Dear Student, Parent and Carer

As you are aware government changes has meant that you were unable to take our GCSE exams in the summer this year. However you will have the opportunity to take the exam in the autumn. Your best grade is the grade that counts for you. For example if you received a grade 6 in August, but in the November exams you achieve a grade 7 then the grade 7 will count. If however in the November exams you achieve a grade 4, then the grade 6 you received in August will be the grade that counts.



It is important that you tell us which exams you wish to take. You can only take exams for subjects you were originally entered for, and you received results for. You cannot take an exam for a subject you were not originally entered for.

If you would like to be entered for an exam in November please email

septemberexams@fracademy.org by Friday 4th September 2020 with the following information:

- Your Name
- Contact details
- Subjects you want to be entered for

You will then be sent an exam timetable.

Can I also take this opportunity to remind you that if you have not already booked a time to collect results, or state if you want them emailed please let Mrs McHardy know as soon as possible. You can email her on lmchardy@fracademy.org. Have a great summer.

**Harry Bayes
George Randles
Millie Van Den Broek
Ewan Hoddinot
Will Hughes
Saffie Best
Bella Hermes
George Newton
Fran Johns
Emily Denne
Charlie Pallett
Chloe Tann
Emmie Bullley
Pamela Simpson
Samantha Baldwin
Alice Husband
Evie Toms
Fern Hendry Annear**

Voted by the teachers, to recognise those that have worked really hard, showed endurance and excellence over the lockdown period. Well done! Amazing ENDURANCE.

ABOUT US

THE LITTLE LOCAL BOOK HUB has many locations, mostly across North London and Hertfordshire, but also in Cornwall, Gloucestershire and Suffolk!

We are a **FREE BOOK-SHARING SERVICE**, and we rely entirely upon book donations from the public to ensure our **OPEN-AIR BOOK BOXES** are always fully stocked.

WE DIFFER FROM TRADITIONAL LIBRARIES IN THIS WAY:

- NO MEMBERSHIP
- NO "LATE FEES"
- NO LIMITS ON BOOKS BORROWED (IN FACT, THEY CAN BE KEPT, SWAPPED OR PASSED ON!)
- WE OPERATE IN THE OPEN-AIR
- WE TAKE REQUESTS TO FIND A PARTICULAR TITLE BY LIAISING WITH EACH-OTHER TO SEE WHAT'S IN STOCK FOR YOU

TO CONTINUE OFFERING THIS POPULAR, ENJOYABLE SERVICE BEYOND LOCKDOWN WHICH MANY OF OUR FOLLOWERS HAVE REQUESTED, WE REALLY NEED MORE BOOKS!

WE APPEAL FOR THE FOLLOWING:

- GOOD CONDITION PAPERBACK FICTION
- GOOD CONDITION CHILDREN'S BOOKS (ANY FORMAT)

AS SPACE IS LIMITED WE ABSOLUTELY **CANNOT ACCEPT ANY HARDBACKS OR NON-FICTION**.

- NO COOKERY BOOKS!
- NO ENCYCLOPÆDIAS!
- NO MEDICAL JOURNALS!
- NO ENGLISH LITERATURE STUDY GUIDES!
- NO GAMES, PUZZLES, JIGSAWS OR DVDS
- NO TATTY OR REALLY OLD STUFF



We request the kind of fiction that you would be attracted to in a bookshop, perhaps for holiday reading, or commuting to work (or you can always dream of these activities!).

IF YOU HAVE SOME GREAT BOOKS TO POP INTO OUR HUBS PLEASE CONTACT US VIA OUR FACEBOOK PAGE MESSENGER BUTTON, OR ON EMAIL AT info@littlelocalbookhub.uk

PLEASE ALWAYS WASH YOUR HANDS THOROUGHLY AFTER HANDLING USED BOOKS • www.facebook.com/littlebookhub • www.instagram.com/littlebookhub

No appointment needed but some hubs have different opening times, so please check. The majority are 9am to 9pm weather permitting.



Healthy Body : Healthy Mind Camp - Fowey River Academy

Public - Hosted by **Eolas+** and **Arterne: Enriching the next generation CIC**

Select a date and time

WED, 12 AUG
09:00

THU, 13 AUG
09:00

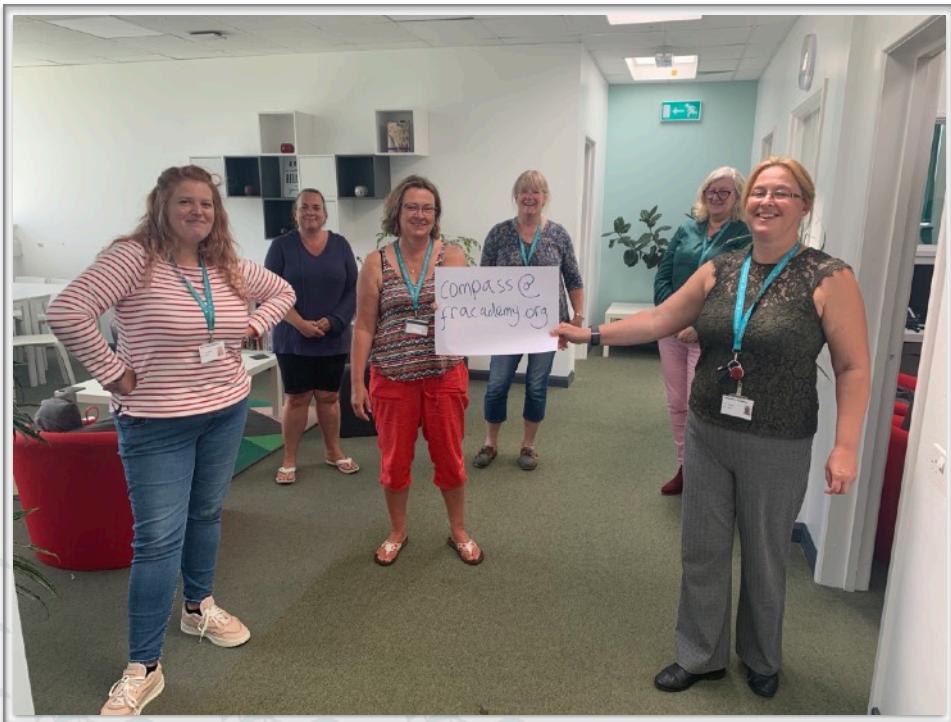
FRI, 14 AUG
09:00

[Click Here for more info](#)

Summer Support

Don't forget, if you need us over the summer, we are here for you. The summer holidays can be a long time away from friends and the support you get at school, so if you need any help, just email us, we check it every day.

compass@fracademy.org



A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobile phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'!

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



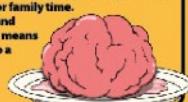
DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Bath is content specialist with over 10+ years in research and analysis. He has written various expert pieces for National Online Safety for educational purposes and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National
Online
Safety®

#WakeUpWednesday

**Until September, enjoy
the summer. Take care
of yourselves and be
safe both in and out of
the...**



We Are



The Leading Edge Academy Partnership

