

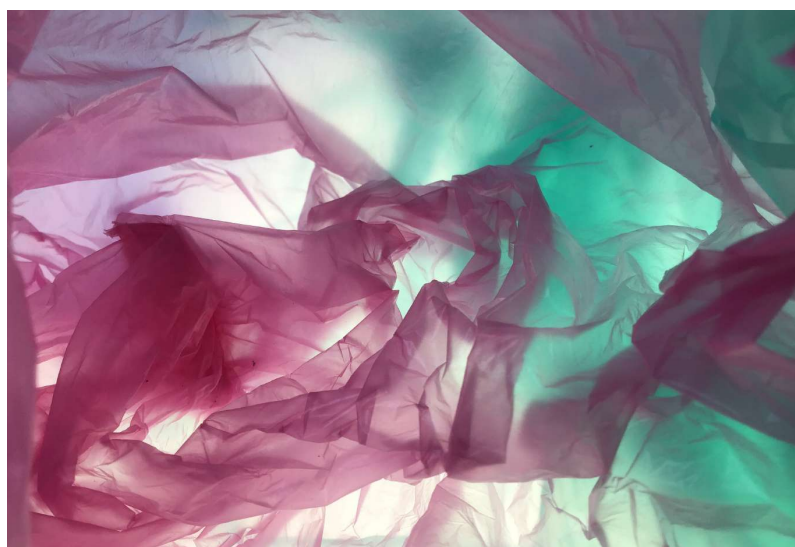
Fowey River Academy

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FROM THE HEAD...

BY BEN EDDY

Firstly I would like to congratulate all of the students for such an amazing return to school, having been off for so long and coming back to a very different environment must have been difficult. We have thankfully been able to remain open to all students since September, 22% of Secondary schools across the Country have had to close to some year groups during this time.

Since being back at school the staff have been working hard to identify any gaps in the students knowledge and make plans for catching these up. It is very clear that it is vital that students attend school as much as possible and complete all of the set work. As we move forward and see other areas having 'local lockdowns' we must presume that it may happen to us at Fowey in the near future. Our provision over the initial lockdown was outstanding, having issued the iPads and set up our online curriculum via 'Firefly' and having staff available via email enabled students to continue with their learning online as well as with the 'live lessons' via teams. We have built on this since September in preparation for any further closures.

We have started to reintroduce MIXX activities on Wednesdays and Thursdays and hope to continue to build on this provision after half term. When you return to school all students will be expected to wear full school uniform, I have written a separate letter to you all about this via Parentmail.

I wish you all a safe and restful half-term and will see you all on Monday 2nd November.

WHAT'S INSIDE

FOWEY READING ACADEMY

COVID UPDATE

SPORT & MIXX UPDATE

WOW WALL

YEAR 6 LIVE BROADCAST

JOIN US ON



8TH OCT
6-8PM

YEAR 6 LIVE BROADCAST

by Jon Rolls

On October 8th, staff and students teamed up in an FRA first, broadcasting LIVE via YouTube and Facebook. Normally this time of year we would be inviting Year 6 students and parents into the school to help them with the difficult decision of choosing their secondary school. Due to COVID this was not possible, and unlike other schools who opted for pre-recorded videos, we took the bold step of planning a LIVE streamed broadcast...with a good tech rehearsal under our belts we were all set for the LIVE performance.

True to LIVE TV, the gods were not with us for the first 15-20 minutes as YouTube decided to have a major outage! But, our fantastic tech team battled on and after a while got us back up and running and by the end of the evening we were really pleased with the result.

FRA is a 'real' school, where staff and students work together and we hope we showed the passion and enthusiasm that the team are bringing to help build FRA into one of the best schools in Cornwall!

“It was brave and ambitious and the team were brilliant...we hope parents will recognise the effort and ingenuity that went into it.”

Jon Rolls





FOWEY READING ACADEMY

by Chrissy Berry

We know how important reading is for everyone, not just students! With the average reading age of a GCSE being 15 years 7 months, we are determined to support our young people with a lifelong love of reading so that they can succeed academically, but also with all elements of their lives.

As part of our commitment to this, all students have been tested for their reading and spelling ages and teachers are using this information to support our children with their progress. We will repeat the tests later on in the year to monitor progress.

All tutor groups, from Year 7 to 11, are completing a class read during tutor time. Each class is reading a different book which has been selected by the class and tutor to encourage 'Reading for Pleasure' which is evidenced to support a lifelong love of reading. During this time, teachers are demonstrating 'Reciprocal Reading' which teaches students the skills they should be applying when reading a text, such as decoding and prediction with justification. Each class should complete at least two books a year during this process.

Additionally, we have enrolled all Year 7 and 8 students on to the Accelerated Reader scheme. Following each completed book, students use their iPads to complete a quiz which measures their understanding. Students select their books based on their reading ages and recommendations from their teacher.

We have introduced a tutor group competition and individual prizes for progress and effort. There is also a family prize for students who are getting their parents/guardians to complete their reading logs with them. We are absolutely delighted that our students have read and understood...11,182,362 words! We are really looking forward to celebrating this achievement in our Reading Praise Assembly during Project Week.





COVID NEWS

BY JON ROLLS

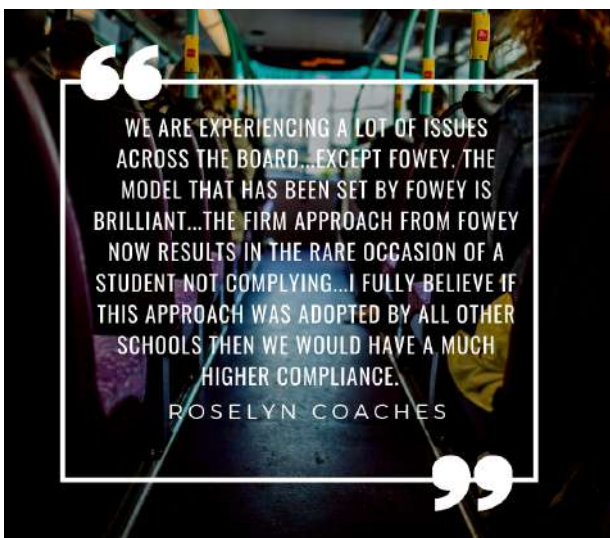
The good news is FRA is still open, fully open and we have made it to half-term without any major COVID issues. Of course we have had suspected cases, but the team at FRA have dealt with them impeccably and this has meant we can continue to educate ALL students.

That's not to say it's been easy, every day we get a new Government update with revised protocols for keeping schools open.

We are, however, confident that we are as prepared as we can be, and actually, in a bizarre way, COVID has helped us to focus on what is important, and create daily structures that have helped us maintain a good balance of safety, structure and calm.

We believe we are in a good place to maintain this, but not complacent, and will be reviewing our risk assessments after half-term to take account of any changes.

Thank you for all your support in help[ing us manage the evolving situation, ensuring that students education is maintained.



Getting it right...

Occasionally it's nice to pat ourselves on the back, and a recent letter from Roselyn Coaches to Cornwall Council, praising our handling of COVID was very satisfying. Every day the senior team and other staff meet and greet every pupil on every bus, checking for masks and starting the day as we mean to go on...every day we send students off in the same way, often holding buses until we are happy everyone is doing the right thing.



SPORT & MIXX

by Simon Horton

It has been great to see so many students return to school and be so active. Each year group has a space at break times to play sports like basketball and football or even just walk around with friends. It's also been really great having students attend lunch time clubs like badminton, basketball, handball, football and volleyball as well as Year 10 and 11 students who have been using our state of the art fitness suite. Year 11 have been given their own table tennis area and Mr Bayes looks forward to the challenge of remaining unbeaten.

We have been running rugby and netball clubs after school on a Wednesday and after half term we will be changing this to netball and football. We would like to run intra-school competitions where Fowey students will form teams and play against each other in a league or cup competition. Come along and get involved. Physical Education lessons have been really positive and we have placed a big focus on engaging with physical activity and being active and healthy. As we move through the year we will bring in some more specific activities and hope to look deeper into the skills and processes needed for these.

“Keep up the great work everyone, and don't forget to get out and about, be active, get some fresh air and boost your mood!”

Simon Horton





ERASMUS PROJECT UPDATE

BY JENNIE HICK

As travel across Europe remains a difficult issue we have had to postpone the visit of our Erasmus partners who would have been with us two weeks ago. The project continues and we are likely to be given permission by the British Council to extend it to 2023. This will mean that FRA students should still be able to travel, fully-funded, to Rodez in France and Murcia in Spain. Last week saw us take part in a virtual conference with our partner schools from Italy, Germany, Spain and France. We were also joined by a Finnish school who are working with our Italian partners.

We talked at length about how all the schools managed their distance learning and it appears that we have all experienced similar "ups and downs" during lockdown. However, along with Finnish pupils for whom the national government provides laptops, our students at FRA appear to be more fortunate than the other European learners because of the iPads and the use of Firefly. The other four schools said that their students could not get easy access to technology. We are hoping that the Spring will ease restrictions and that we will once again be able to meet our partners face-to-face.

Lyrik Kabinett Poetry Project: "Rising Voices, Rising Waters"

BY JENNIE HICK

As part of the Erasmus project, three of our Erasmus students have been invited to take part in a four-month poetry project with the Lyrik Kabinett Foundation in Munich. It is a prestigious project supported by the Bavarian State Ministry for Science and Art as well as the City of Munich. Three students from each of the five Erasmus schools will be involved in five 90-minute online workshops creating poetry on the subject of water. Our Erasmus project, "A Vision Shared", concentrates on the 17 Global Goals for sustainability. Our particular focus here in Cornwall is that of the two Global Goals concerning safe, clean water and life under the sea. So how appropriate to be involved in this 'aquatic' creative writing project given this, our geographical situation of having water on three sides of us and the fact that as we go into the Winter, we are likely to be experiencing quite a lot of the wet stuff from the heavens too!



ART

by Carla Moorcroft

Year 11 textile students have been producing amazing photos inspired by the artist Vilde Rolfsen. They used small coloured plastic bags to take beautiful abstract photos. This is the start of their 'Looking through Layers' project.

Year 9 art students have been exploring natural patterns and land art this term focusing on two artists, Andy Goldsworthy and Peter Randall Page. As part of this they made land art sculptures and took a series of photographs. They also drew a series of leaves using leaves as their brushes.

Year 8 started their cultural pattern REAL PROJECT with some tie dye, which we completed in the sunshine.

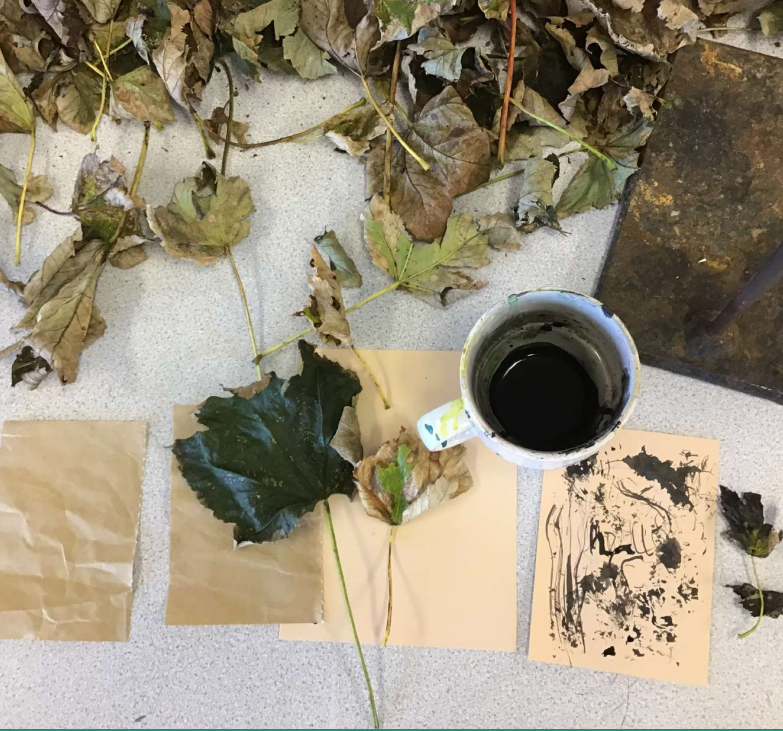
Year 7 have been exploring this term, looking at Ernst Haeckel and Henri Rousseau in REAL linking their work in geography, history and drama as well as art.

Our Instagram page has been busy showcasing work from a variety of different year groups, all working hard and producing top quality art work. Find it at <https://www.instagram.com/fraartdept>

“**Every child is an artist, the problem is staying an artist when you grow up.**”

Pablo Picasso







DRAMA

by Sarah Mottart

Yr 11 GCSE Drama Students are creating their own theatre pieces for their component 1 exams. The work is developed from stimuli set by the exam board. Students can be examined as actors or designers and some of our current year 11s have opted to do costume design and sound design alongside the more traditional acting option. Their final performance exam of this work is very soon - on November 17th. To help boost their performance work they will be having last minute tips and encouragement after half term from local comedian, Kernow King. We wish them all the best!

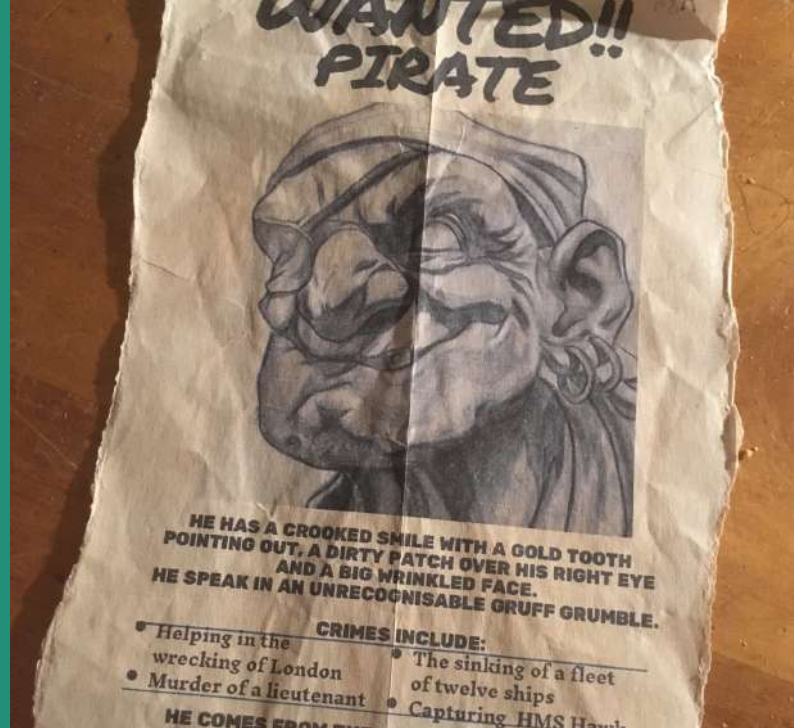
Year 10 GCSE Drama students are working alongside Hall For Cornwall to produce work which will form the 2021 Secondary Drama Showcase. The theme for this year's showcase is '2020, the year that...' and FRA students are already coming up with really exciting ideas. Tickets for this online festival will go out towards the end of this year and we will update you further in our next newsletter.

Year 9 Drama students are preparing problem solving plays to mark national anti bullying day in November. The plays show the different problems linked with bullying but the students will also show different ways the problems can be dealt with to bring about a positive outcome.

Yr 8 Drama students are studying Bollywood movies as part of their REAL studies, which is looking at the impact of the British Empire. They are working towards making their own Bollywood style film and have had some top filming advice from the Yr 10 media studies students on creating effective camera angles. The students have taken still images of their film plots which they are then going to manipulate in their photography and art lessons to create fun comic strip stories.

Year 7 Drama students have been shipwrecked and while they've been producing some highly imaginative practical work they have also submitted some really beautiful homework linked to the work such as messages in bottle, maps, diary writing and wanted pirate posters.

Drama Club is running on a lunchtime with Year 7 and 8 students, which is a fun club where we play some games and also create short improvised sketches. It's proving to be really popular but the club is still open to new members. One member said "Drama Club is amazing because you get to meet new people and also get to understand the world of Drama".





TEN TORS

by John Payne

Fowey River Academy's first Ten Tors team started training on Saturday 17th October, with a circuit on Bodmin Moor from Minions.

It was a wonderful first day out; the weather was decent, the team navigated their way around the checkpoints perfectly and we had time to climb Sharp Tor, Kilmar Tor, Trewortha Tor and Cheesewring.

Ten Tors is the UK's biggest outdoor adventure event for young people. It is run annually by the Army, with teams from private schools, state schools, cadets, Scouts and a few youth groups taking part. Ten Tors is a prestigious event - it is widely recognised as being a major challenge requiring teamwork, stamina and commitment to succeed.

Our Ten Tors team is drawn from Year 10. They will be training on alternate Saturdays through to the event in May 2021. Their challenge will be to walk 35 miles over a weekend, carrying all their gear and navigating their way between 10 granite hilltops (the "tors") on Dartmoor. They'll be doing this unassisted and camping wild on the moor overnight.







MODERN FOREIGN LANGUAGES

by Emma Bennett

It has been a real delight to have students back to FRA and no more so than in MFL, where teacher input is so crucial to developing speaking and listening confidence. Students from all year groups have engaged fully with their MFL lessons and really appreciated having their MFL teacher face to face.

We have been so proud of how students approached their language learning during lockdown and we found ourselves using favourite apps and finding new ways to introduce and practise vocabulary.

We are so grateful to have had the iPads during lockdown as we have a huge range of apps and language learning resources which we subscribe to- including a fully digital textbook for all languages and all year groups.

Year 11 are now well on the road to GCSEs and have started using PIXL to identify areas to work on ahead of the mock exams in November. At the other end of the school, year 7 have embarked on their language learning journey and have started to learn either French or Spanish, with the possibility of German, Latin and Italian in the future.

Whilst many of us will be spending this half term “grounded” in the UK, don’t forget that there are many opportunities to explore culture treasures online. Le Louvre is one of many museums and galleries that are running virtual tours in this Covid-19 era.

We wish you a restful half term break from the MFL Team.

“

**With languages
you are at home
anywhere.”**

*Edward De
Waal*





High Performance Learning

HIGH PERFORMANCE LEARNING

by Rebecca Stott

In order to improve student outcomes, over the next two years we will be working in partnership with High Performance Learning (HPL) to become a world class school. This journey begins in the classroom with our 'Teach to the top' digital curriculum.

At Fowey River Academy we believe that all the students can be high performance learners. We embed the HPL philosophy throughout our school. We never tell our students they cannot achieve; it is just they are not doing it yet but with practice and perseverance it will happen. To help all of our students access challenging academic content, we 'teach to the top' then differentiate back using classroom strategies and blending learning through our unique digital curriculum. To see what our taught to the top digital curriculum looks like for our students visit the Fowey River Academy YouTube channel and watch our HPL Digital Curriculum tour clip: <https://www.youtube.com/watch?v=7IDC-d74aws&t=1s>

In addition, to ensure our students can thrive in school and later life, we have also started using the research-based High Performance Learning approach to systematically build the cognitive competencies during our tutor programme. This term students have focused on mental wellbeing, understanding the teenage brain and learning strategies.

If you want to discover more about High Performance Learning please visit <https://www.highperformancelearning.co.uk>

If you have any questions regarding HPL, please contact me: rstott@fracademy.org



Learning

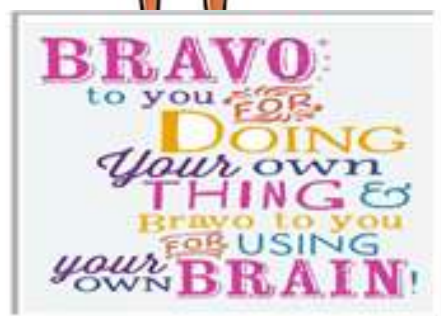
Pathway School

**THE TEEN WITH AN
UNSTOPPABLE DREAM
CAN NAVIGATE THE SEAMS
OF LIFE'S CHALLENGES,
OPPORTUNITIES, AND
CALMNESS WITH
DARING CONFIDENCE.**
– Ty Howard



We all have a brain, a body, a mind and a life, we all want the best possible outcomes for ourselves and want to be the best possible version of ourselves to ensure we flourish now and in the future.

Every young person has unlimited potential to achieve success in all areas of life. The whole school Flourish programme will help our young people recognise their potential and motivate them to tap into it, to fulfill their goals and make their vision of themselves a reality.



Over a 5 year period students will be taken on a developmental journey covering all areas required to be successful, confident and in control of all areas of their life. The same themes are covered each year with 1



Semester 1 – My identity, my purpose and vision. They will develop their self awareness, decision making, resilience, goal setting, mindset and aspirations

Semester 2 – Relationships – They will build their social awareness, trust, respect, communication and self-worth

Semester 3 – Inclusivity and equality – They will develop their understanding of discrimination, stereotypes and ability to show tolerance, acceptance, kindness

Semester 4 – Health and wellbeing – They will learn how to maintain a healthy balanced lifestyle including physical, social, emotional, cognitive and mental health.

<https://foweyriver.fireflycloud.net/pshe/parent-information>



Welcome
back Yr 11!

YEAR 11

by Matt Double

A big welcome back to Year 11.

The start of the new term has been a really busy one for Year 11.

Firstly, we had some marvellous applications for prefects before lockdown and we are pleased to say that our prefects have been selected and we are hoping they will be able to undertake their duties soon. Well done to all of you who were selected.

The College and the Common Room has proven to be a hit and gives Year 11 a place to be their selves, a place to eat and a place to study and they have certainly been utilising this as well as taking time to play football and table tennis with Mr Bayes and Mr Double

We have already formed a College Council and have student representatives from each tutor group, who are given the opportunity to let us know what they want from the College and how it is run.

Revision

The IT suite is being used for both after-school intervention and lunchtime Bitesize revision sessions.

Here's a reminder of what's going on and when:

English after school sessions are on Wednesday 3.30 – 4.30pm

Science after school sessions are on Thursday 3.30 – 4.30pm

	Year 11 Bitesize Lunch (Lunch 1 - 12.00-12.30)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Subject		Graphics	Maths FOUNDATION	Maths HIGHER	
Staff		AD3	MW4	OJM	
Venue		T4	College IT	College IT	
	Year 11 Bitesize Lunch (Lunch 2 - 13.45-14.15)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Subject	Geography	GCSE PE/Drama	iMedia	Sport/French	Music
Staff	SHE	GR/SM3	MBW	SJH/EB3	AQ2
Venue	College IT	College IT/Drama	College IT	College Lib/College IT	College IT

Revision Tips

Our lovely tutors will be starting to help your child with their revision, giving them tips on how to revise and putting together a revision timetable, in preparation for the mock examinations starting on Monday 23rd November 2020. These tips are available on Firefly on the following link <https://foweyriver.fireflycloud.net/revision>

We are delighted to say that we will be launching the GCSE Pod app with students before half term. This app can be personalised for your child and their subjects. The app has proven to be beneficial for many students and previous Year 11's reported they liked the podcasts which can be downloaded and watched whenever or where ever they want – even on the bus!



College Info



During the current restrictions the Colleges are working hard keeping us all updated on events and virtual Open Evenings. We have recently sent you information via Parentmail from both Cornwall College and Truro College which we hope you found useful. Their virtual open days are

Cornwall College – Tuesday 20th October 2020 5.30pm – 7pm
Truro College – Saturday 7th November 2020 10am – 3pm



PARENTS & CARERS

Parents and Carers are one of the most important elements in helping Year 11 be successful for your child and we would like to take this opportunity to thank you all for your help since September. Your encouragement and reminders to attend revision sessions and catch up is really appreciated. Please can we ask that you check Parentmail regularly as this will be one of the ways we keep you updated. If you have any queries please do not hesitate to contact the Year 11 team on:

Mr Walmisley – Tutor: mwalmsley@fracademy.org

Mr Bidder – Tutor: tbidder@fracademy.org

Miss J Martin – Tutor: jmartin@fracademy.org

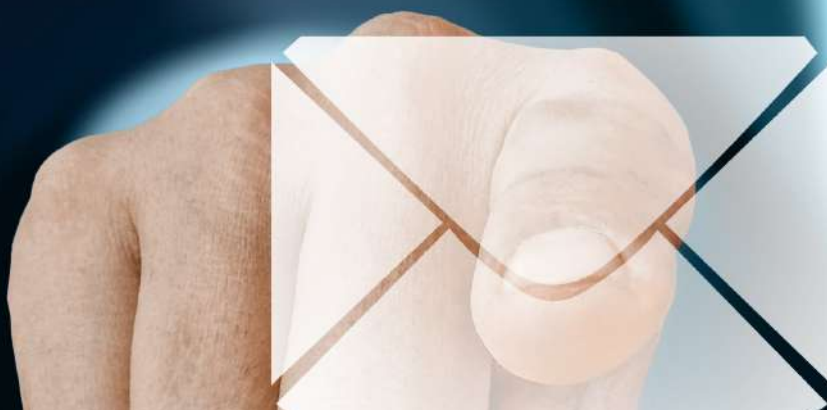
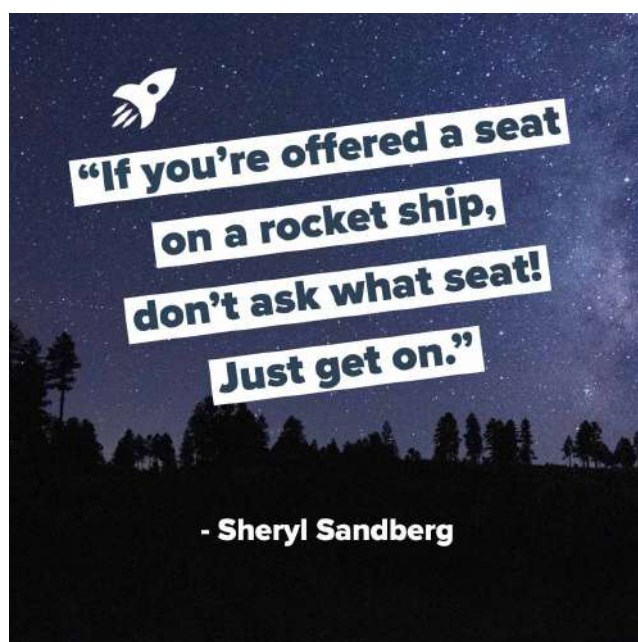
Mr A Doyle – Tutor: adoyle@fracademy.org

Mr M Double – Head of College: mdouble@fracademy.org

Mr S Bayes – Head of Year 11: sbayes@fracademy.org

Mrs L McHardy – CGS Manager: lmchardy@fracademy.org

Or telephone 01726 833484 extension 243.





Best Value Gym in Town!

BY PAUL SMITH

The Sports Hub is a fantastic facility and right on your doorstep! Since refurbishing the gym membership has steadily increased and so has the team.

We now have a number of new faces who can help you with training programmes or just show you the ropes.

The new gym boasts 3 fitness areas, each with their unique benefits:

THE CARDIO ZONE - all the kit you need to get a great cardio workout, raising the heart rate and some great resistance weights machines

THE POWER ZONE - specially designed for free weights and functional fitness, a great open plan space to build strength

THE RUNWAY - if its wet outside, you can sprint indoors! Our custom running lane allows for sled pulls and sprint training through the winter

www.thesportshubfowey.org/book-now



Member Review

"I'm a past pupil of FRA and I've seen a lot of change in the Sports Hub during my time in school and out. To be honest, I had been looking around for a gym that fitted my training needs as the old sports hub didn't quite have all that I wanted. When I saw the new look gym and multiple training zones, I couldn't believe how good it was and that it was on my doorstep. I've been a member now for some months and haven't looked back. It's an amazing place to train and I can't recommend it enough" - Dan

WOW!

#thisgirlcan

We couldn't be prouder of Year 8 student Fern who made her debut for St Austell RFC Girls team recently.

Sporting her new kit, Fern is proving that rugby isn't just a boys game.

Keep up the good work Fern, we hope to see you playing for Exeter Chiefs Womens team one day!



Fowey Arts Awards...

BY CARLA MOORCROFT

We were very pleased that two of our students achieved awards at the Fowey Arts and Literature festival this year. Maisie winning 1st prize and overall young artist of the year, and Millie winning second prize. We are super proud of them and their paintings.

FOR INFO

FREE TRAINING FOR PARENTS

BY LOUISE GHILLYER

Young People Cornwall are offering parents mental health training to support family mental health, this will take place on the 19th of November at 10:00am.



Mental Health Training For Parents
Training takes place in Mid Cornwall

FREE
open to all
voluntary, private
and small to medium
profit community
groups.

For more information please
email tim.hunt@ypc.org.uk

Covers:
Young People's mental health, emotional well-being, Anxiety and self harm.

You'll gain:

- Understanding about Mental Health and Emotional Well-being and how this affects young people.
- Ideas about how to support young people with mental health difficulties as well as gain some practical tips and resources.
- Information on other services available in Cornwall.

Logos: HEARTSTART, Young People's Cornwall, COMMUNITY FUND



Uniform Swap Shop...

BY JON ROLLS

To support FRA families we have started a uniform swap shop. We have a number of items from trousers to blazers, available. The swap shop will be open on **Wednesday 28th October 9-12pm**. We will put a copy of what is available on our website on our uniform page. Please feel free to drop by and pick things up. This will be on a first come first served basis until we have a clever way of doing it online. Please try and donate something at the same time. Thank you.

<https://fracademy.org/uniform/>

FOR INFO

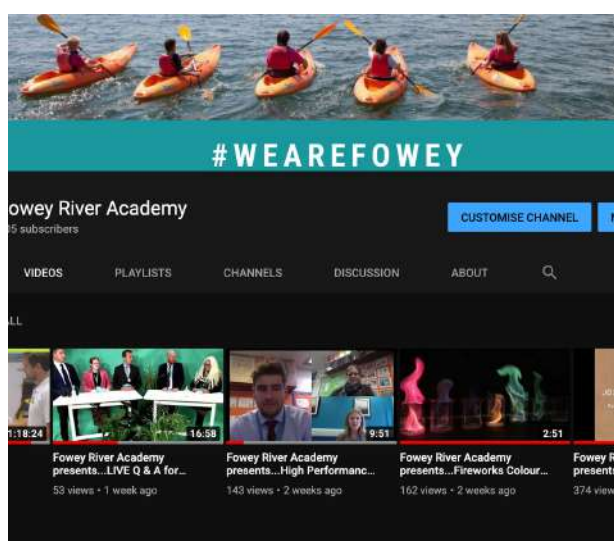
SUPPORT FOR FAMILIES

BY JON ROLLS

Many of you will be aware of Marcus Rashford's campaign to extend the Free School Meal programme to students during holidays to help those families struggling in these difficult times. Although the Government is yet to support this, there are still a number of ways families can receive support. Lots of amazing local businesses have pledged to support local families and we have attempted to list many of them here: <https://fracademy.org/food-support-for-families-during-holidays/>



<https://www.youtube.com/c/FoweyRiverAcademyNEWS>



@FRAcademyNews Channel...

BY JON ROLLS

We recently launched our new YouTube Channel and have already received over 200 subscribers!

Our channel has some great content, showcasing the school and introducing many of the staff who are making a difference to students lives.

With a new 'green screen' studio we can now produce great content on a regular basis, if you have ideas of what you'd like to see or hear then please drop us a message via social media.

FOR INFO

UNIFORM

When students return they will need to be in full uniform. Here is a quick reminder from our website, of what students will require. We also have a PE Kit Q & A on our website for further clarification.

www.fracademy.org/uniform

UNIFORM

- Black school blazer*
- House tie*
- Black tank top style jumper (optional)*
- Black V-neck long sleeved jumper (optional)*
- Black skirt (optional)* or black trousers.
- Plain white cotton shirt
- Plain black full length trousers (not drainpipe style or jeans/jeans-style trousers of any description or in any fabric)
- Plain black belt
- Plain black or natural tights
- Plain black socks
- Plain black, sensible, low-heeled shoes of leather appearance (no trainers, shoes with logos, sandals, open toes/heels, high heels or boots)

* only available from our uniform supplier Cornwall Screen Print & Embroidery

Year 7 Breakfast Club


BY SALLY RENFREE

There is lots of research to show the importance of a good breakfast, but for a variety of reasons, some of our students don't get that start to the day.

So, with generous support from a local funder, we will be trialling a Breakfast Club in Year 7, to see if it helps with students performance at school.

This is designed to support students who struggle to get breakfast at home, for whatever reason, and we will be monitoring its effectiveness up to Christmas.





Don't turn Halloween into a "Nightmare on your Street"

MESSAGE FROM THE POLICE

Don't turn Halloween into a "nightmare on your street".

To protect the vulnerable this year, police and partners are asking teenagers to get creative and find alternative ways to celebrate at home.

Due to the 'rule of six' which applies indoors and outdoors, traditional Halloween parties and social events cannot take place this year. Five eerie alternatives for Halloween at home:

Virtual fancy dress party

Arrange a party online via Skype or Zoom and invite your friends and family. Nominate a DJ to put together some terrifying tunes or put together a Halloween play list and see who has the scariest moves.

Out-boo your neighbours with a wicked window decorating competition.

Invite your neighbours, friends or family to see who can create the spookiest window

Virtual horror quiz

Ask everyone to write ten questions each and read out in their spookiest voice. Turn off the lights and use a torch to set the scene. Throw in a music round of guess the horror movie theme tune. Extra points for the best fancy dress!

Create your own scary cinema

Decorate your living room, dig out some truly terrifying classics and enjoy a scary movie marathon.

Make some spooky snacks

How about hot dog 'fingers' with tomato sauce, or creepy cakes with sweets such as 'eyes', 'worms' and 'teeth' for decorations.

