

Fowey River Academy



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LIGHT AT THE END OF THE TUNNEL...

BY MR EDDY

Hello everyone,

I hope that you have enjoyed your half term break.

We are back to a lockdown curriculum with online lessons beginning again on Monday 22nd February. We are currently setting up some new software that will allow us to run online parents' evenings and we will be sending out information about these soon with the aim of delivering these for all year groups over the next few weeks.

It's hard to believe that half of the school year has already gone, and as we await news of the "roadmap to recovery" from the government we hope that some normality, may not be too far away. But as you continue with your remote learning it's really important that you complete as much work as possible and make sure that you email your teachers with any questions or bits that you don't understand. When we do eventually return to school your teachers will spend time checking on your home learning and filling any gaps in knowledge. But don't panic, we know that everyone will be at different places and we are ready to support you.

I encourage all of you to do some form of exercise each day, in the last lockdown I ran three miles a day for thirty days and although it was tough on some days the overall benefit to my general wellbeing and mental health was amazing, it also helped me lose quite a lot of weight (I will let you make your own mind up on this). Why not get all of the family involved, the evenings are starting to get lighter and hopefully soon the wind and rain will start to disappear, as we move towards Easter.

We all hope that the news this week is positive and that we can start to get some students back into school. Our testing programme has been very effective and we are ready to roll it out to all students if required, but we are still looking for volunteers to help with this ambitious task.

We will update you as soon as we hear anything.

Stay focused, stay healthy and keep up the hard work you have all been doing.

WHAT'S INSIDE

LOCKDOWN REFLECTIONS

COOKERY CORNER

ART INSPIRATION

IMPORTANT DATES

COMMUNITY



FOOD BOXES

Thanks to generous support from Anchor Church and Fowey Parish Church, working with our brilliant new food supplier Richards, we were able to deliver over 90 amazing food boxes to families this week...

FRA ALUMNI

We now have over 90 ex-Fowey students signed up to our Alumni network, to help inspire current students with stories of what is possible...see the amazing clip from [Dr Dan Evans from NASA](#).

SCHOOL TO PLATE

We're hatching plans to revive our growing spaces to help students who would benefit from 'outdoor education'. We'll be looking for help and support...from tools to expert guidance on growing from our farming community...

COVID TESTING

We are hugely grateful to the volunteers who have helped us complete over 200 tests a week since starting back. With the government still suggesting testing will be required, we need a massive volunteer effort to ensure we can keep everyone safe...if you can spare a few hours a week...WE NEED YOU! E-mail: psmith@fracademy.org



LOCKDOWN

Reflections

BACK TO SCHOOL? COVID CHAOS!



Written by Rudy

Photography by Rudy



Wednesday 13th January 2021

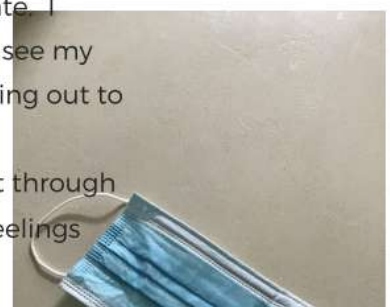
I am writing this report from my home in I Cornwall. I should be at school but my school is closed because of the Coronavirus. Can you believe it? Again! I love going to school to see my friends and my teachers are okay too. How has this happened again?

How is it affecting me personally? I can't go to school, I like school more than I realised. I even miss the bus journey! I miss my friends and my education is getting messed up to. I find home learning hard. My Mum and Dad are both at work. My older sister and brother have their home learning to do so I mostly do it on my own.

Going back after Christmas. I was looking forward to going back to school but suddenly everything messed up! It wasn't too bad to start with because I was still going back just a week later. Then it was two weeks later and I was going to be tested at school. That was okay.

It got worse! I listened and watch Boris Johnson announce the National Lockdown and schools would be closed because of the high infection rate. I remember feeling annoyed and sad. I wanted to go back to school and see my friends. I remember how hard the last lockdown was. It is tough not going out to see people, going to school and doing other stuff.

How do I feel about it? I understand that we all need to be safe and get through this. I hope schools reopen soon and they start the COVID testing. My feelings change every day. **Could it get any worse? Who knows?**



LOCKDOWN

Reflections

Why green is the most important colour.

Did you know that we see more green than any other colour? Our human eyes can amazingly tell the difference between more shades of green than any other colour. Emerald, lime, pistachio, olive, sage, bottle, mint, teal, jade, pea, forest, sea, to name just a few. I think all shades of green are energising and restful.

Green signifies well-being and health. Green signifies of nature. Green signifies luck, think four leaf clover. Green signifies safety and often means go. Green signifies wealth, money and conversely jealousy.

I think that the most important colour is green. Plants, which are paramount to our survival are green, the chlorophylls in them undergo photosynthesis, which is the absorption of sunlight for food. Imagine if we had a world without plants! Our treasured Father Christmas, representing the epitome of kindness, used to be green until Coca-Cola changed his suit to match their advertising logo.

And as Kermit the Frog once said "It's not easy being green"!

LOCKDOWN

Reflections

4th January 2021

The priminister, Boris Johnson announces a national lockdown is to start immediatetly. COVID 19 has a new varient, which is easier to catch. Normal life has changed for everyone, especially for school children like me. I can't see my friends (apart from out my bedroom window), my holidays were cancelled. No football, no tennis practice. I go out for a walk or bike ride each day. I use WhatsApp to video call my friends. My dad moans that the pubs are shut. School work is a lot harder at home, it takes me a lot longer than usual even with my parents help. I think I might miss school. My mum works from home, my dad works everyday as normal, we're all staying safe at home. Online video games keeps me sane. My cats don't know about the lockdown but they're happy we're all home.

The COVID vaccine is being rolled out, hopefully this will end lockdown soon.



LOCKDOWN

Reflections

Tanka (短歌, "short poem") is a genre of classical Japanese poetry and one of the major genres of Japanese literature.[1]

Task five - Tanka poem about lockdown

5 syllables in line 1
7 syllables in line 2
5 syllables in line 3
7 syllables in 4 | 5

Everywhere's empty
Everyone is stuck at home
It's a lonely time
Family can't even hug
Will life ever be normal ...

Tanka poem

cookery corner

Mr Chapman is doing wonders in the kitchen inspiring students to get involved! Here are a few of their amazing inventions...

2. Roll out the pastry and use it to line a 23cm greased tart tin.
3. Cover with baking paper, fill with dried beans and bake blind for 10 to 15 minutes. Remove the beans and bake again for 15 minutes, or until golden.
4. Put the cream and sugar and salt in a pan and bring to the boil. Remove as soon as the mixture boils up. Off the heat, add the butter and snap in the chocolate. Stir until blended.
5. Take a couple of minutes for a breather, then stir in the milk. Keep stirring till shiny.
6. Pour into the tart shell and leave at room temperature for 2 hours to set.
6. Serve with creme fraiche or ice cream.

Branden's
Chocolate
Tart!



Leftovers =
bubble and
squeak



Jegan's
remote
cooking!



A sculpture is displayed on a white rectangular pedestal. The sculpture consists of several light-colored wooden sticks of varying lengths, some standing upright and others leaning. Interspersed among the sticks are several paper flowers made from brown, textured paper. Each flower has multiple layers of petals and a white paper center. The background shows a dark chair and a shelf with various items.

art

— is life

Corset designs

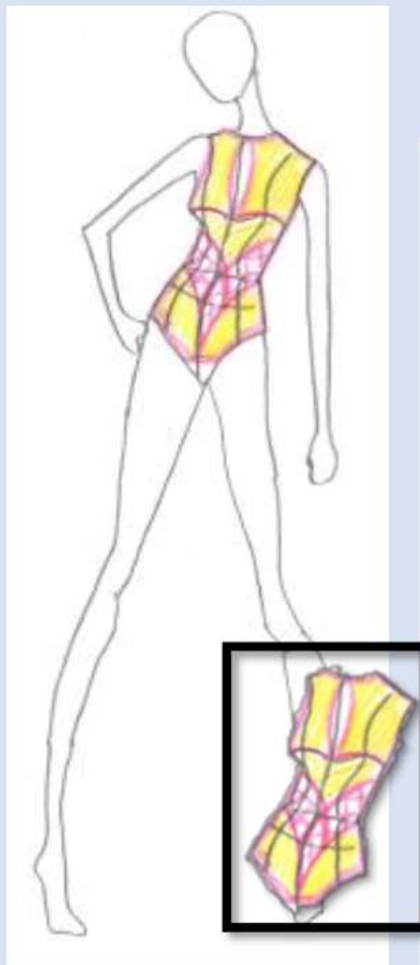
Advantage: I like this corset as its red which is considered sexy. I also like how the top half of the corset has rouching over the shoulders.



I don't like the fact that you could not wear a top over the rouching.



Advantage: I like this corset as it reminds me of a Disney princess dress



I don't like this as it is my least favourite.

By sketching Corsets I realised my are hugging but a little risky.



In this picture My famous place of Cornwall I decided to do the tin mines since it was a big thing in the past.

Art



In this picture is my pixie jar although I didn't have the right resources to make a proper pixie jar so made something similar instead



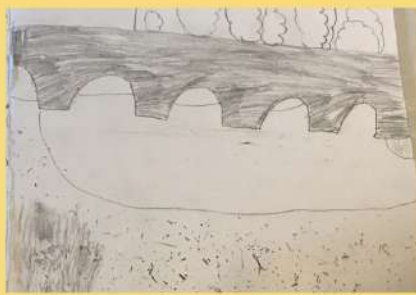
In this picture is my wolf drawing I had a lot of inspiration



In this picture is my monkey I drew and I painted the leaves took pictures and then created this photo



These are my Cornish buttons in all different colours



REAL PROJECT



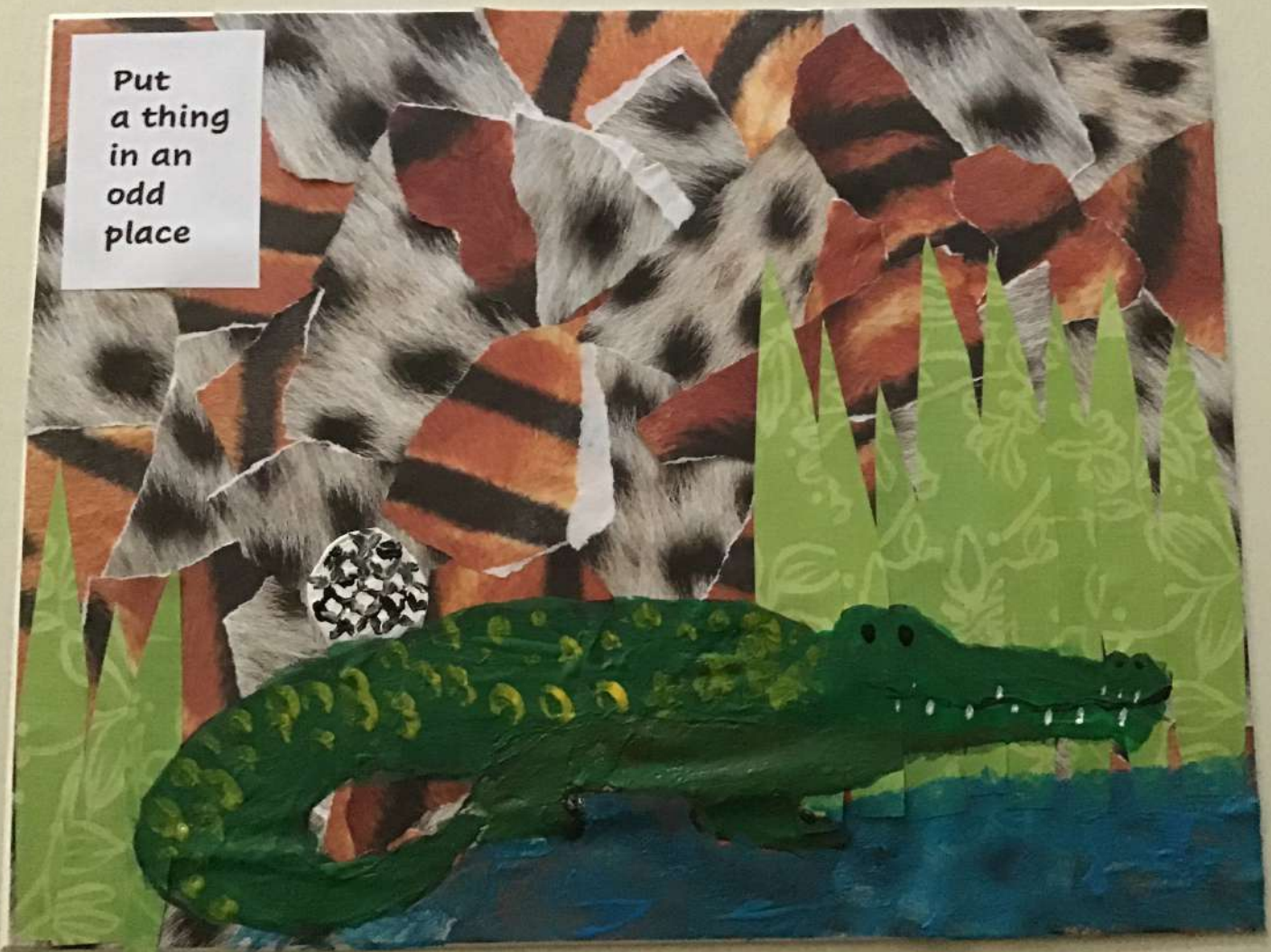
taste the special
handcrafted
goodness.

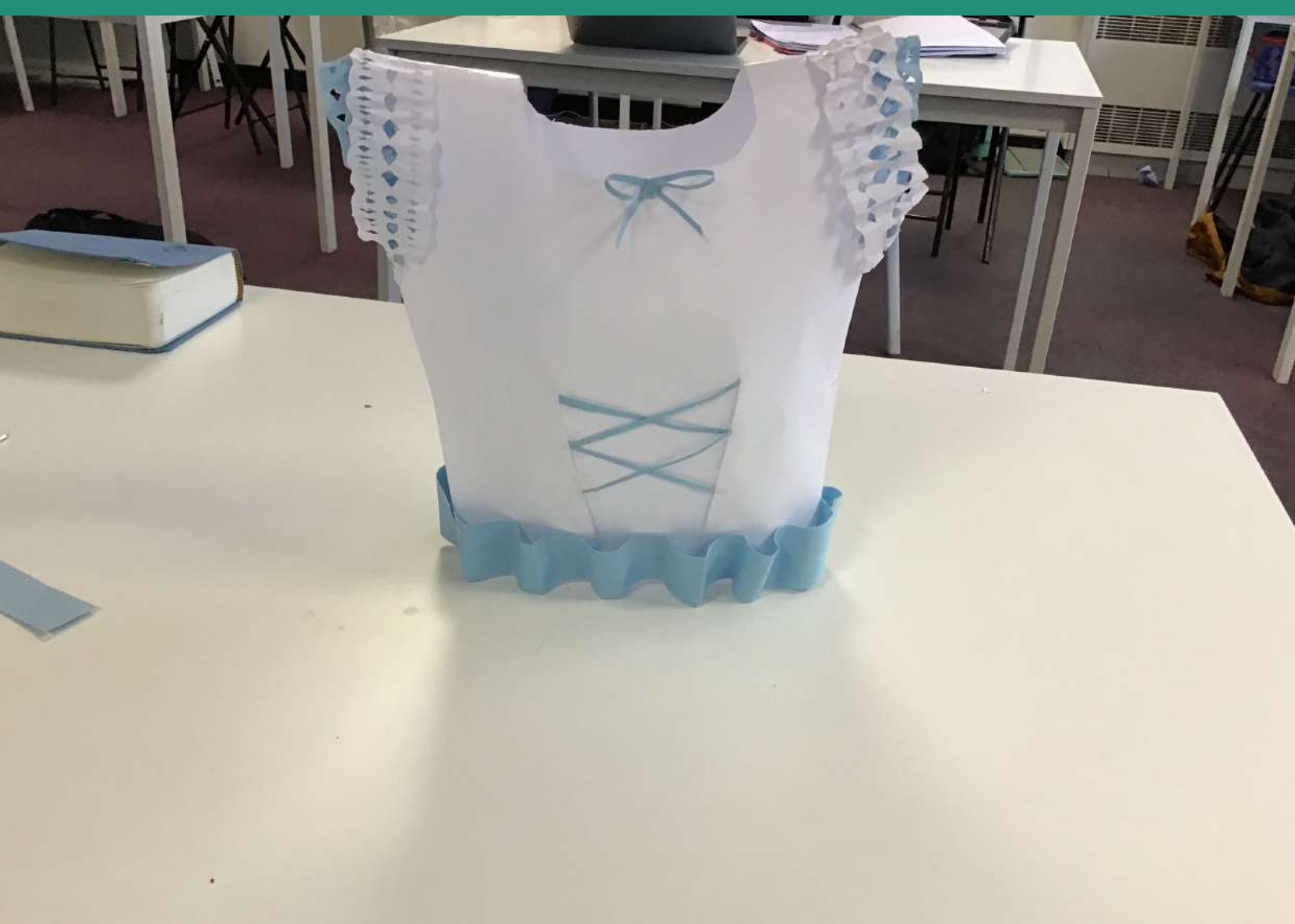


Favourite drawing

My favourite drawing was probably the llogo design because you got to use your emagination with your logos my favourite logo was the castle because it was really fun looking at all the old cas And investigateing On who lived there

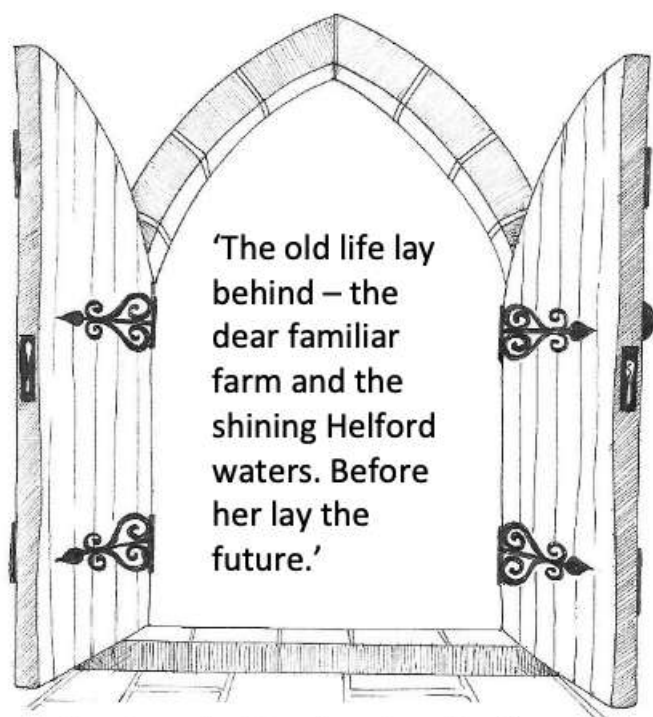
**Put
a thing
in an
odd
place**





FOWEY FESTIVAL

CHILDREN'S PROGRAMME



Daphne du Maurier *Jamaica Inn*

Awards for Young Writers and Artists 2021

This year we are inviting children and young people to create their own original story, poem, or picture and enter our competition to become the **Fowey Festival Young Writer or Young Artist of the Year 2021**.

The 2021 challenge is to produce an original picture, poem or short story on the theme of **Stepping Through a Door**. It can be just an ordinary door or one that leads to the future, the past or an imaginary world where anything can happen.

The competition is open to all children and young people living in Cornwall and the Isles of Scilly aged 4 to 16 years on 31st August 2021. Please note that this year stories can be up to 500 words.

Pictures, poems and stories can be entered independently or by schools where children and young people are working at home or in school.

Thanks to generous sponsorship, there is no entry fee.

All details can be found at www.foweyfestival.com

Key dates:

Launch date	Monday 11 January 2021
Final entry date	Friday 18 th June 2021
Awards Presentation Event	September 2021 tbc

THE SCIENCE LAB

Compiled by Marianne Bryan



Building on our links with Exeter University, Year 7 and 9 had a live lesson delivered by two of Exeter's PhD students, who are doing research on turtles. It was amazing to hear about their work with turtles and how the turtles are threatened by climate change and plastic pollution. It was particularly interesting to hear their perspective too, as one is based in Saudi Arabia and the other in Kenya. Our pupils were thoroughly engaged with the live lesson - the number and level of questions coming from our students was amazing and really impressed not just us but the PhD students. We were fascinated to learn that some turtles grow from being the size of a matchbox to being almost 2 metres across and weighing up to one ton, and adults typically live 60-70 years! It was sad to learn that turtles have spikes at the back of their throats, which makes it very difficult for them to expel plastic once they have swallowed it.

Year 8 has been completing a semester based upon Cornish science, recognising Cornwall's proud (and possibly surprising) contribution. This has culminated in a creative task in which students have been submitting very creative ways to demonstrate mining, renewable energies and letters to the local council.

“ Turtles are reptiles of the order Chelonia /kɪ'louɳniə/ or Testudines /tɛ'stju:di:ni:z/. They are characterized by a special bony or cartilaginous shell developed from their ribs that acts as a shield.[3]



Year 10 has been focusing on using the Earth's resources sustainably. By finding out about potable water and wastewater treatments, hopefully they know which they'd prefer to drink! They have made life cycle assessments of plastic bags to understand why it is important that we use recyclable bags over single use plastic. With the ever increasing use of materials, they have researched alternative ways to extract the limited supply of copper from the ground through phytomining and bioleaching.

Year 11 have recently started the topic of rates of reaction, in which they will find out the different factors that determine how quickly a chemical or biological reaction will happen. It is interesting to note that turtles lay their eggs in sand on beaches around the equator, where it is warm enough for them to develop and hatch. With global warming there is the danger that some places are getting too hot for the turtle eggs to develop properly (if it is too hot no males develop) - but the researchers said that it is unlikely that there will be turtles breeding on Cornish beaches anytime soon!

TURTLES MIGRATION HABITS

BY AMALI MILES

INTRODUCTION

Sea turtle migration refers to the long-distance movements of sea turtles notably as adults but may also refer to the offshore migration of hatchlings. Most sea turtles migrate between foraging and nesting grounds, and seasonally to warmer waters. Often these migrations take them hundreds and even thousands of miles. With satellite telemetry, scientists can track the movements of sea turtles between areas and even across entire oceans.



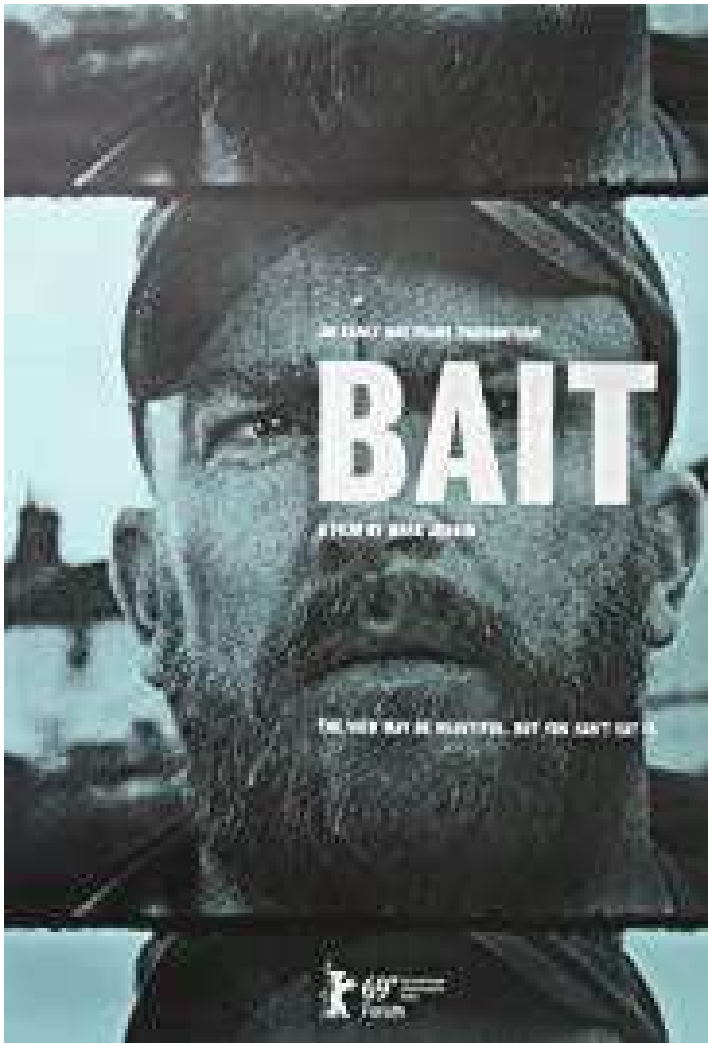
Sea turtles nest in tropical and subtropical regions around the globe. Both males and females will migrate to nesting areas to breed, generally in the area where they were born. It is not known exactly how adult turtles are able to navigate to their birth beaches, however, researchers think they may use a number of clues including ocean currents, the earth's magnetic field, and water chemistry.

The leatherback has a lightly pink spot on the top of its head directly above their brain. It is thought that this allows light to reach the pineal gland which may be used for migration. The pineal gland is an endocrine gland found in vertebrates which affects wake/sleep patterns and functions to signal day length. This combined with a change in temperature can signal a change in day length and season which indicates migration time.

MIGRATION FACTS

- Leatherback sea turtles are among the most highly migratory animals on earth, traveling as many as 10,000 miles or more each year between foraging grounds in search of jellyfish.
- In February 2020, a sea turtle named Yoshi was tracked from Australia to the waters of Angola on Africa's eastern coast and back, a record trip of 22,000.
- They usually lay 100-125 eggs per nest and will nest multiple times, about two weeks apart, over several months.





PERFORMING ARTS

SARAH MOTTART

Year 10 Drama students have been working on creating their own devised work on the theme '2020, the year that...' as part of the Hall For Cornwall Showcase. Covid has meant that they have had to adapt their work to a filmed final product. To help them with this Ed Rowe (Kernow King) and Mark Jenkin (Academy winning film director from Cornwall) produced a short film to help the students adapt their skills towards acting for film. We are very grateful for the time they have taken to support students at this time and for the brilliant advice given. Students went on to write and perform their own original monologues - all with astonishing results.

We are now in the process of finding ways to get their performances out to a wider audience during current Covid live theatre restrictions. Theatre lockdowns have enabled students to gain excellent links with practising theatre-makers, many of whom are directing their energy and time into educational resources. At Fowey many of our drama students have worked with educational support provided by The Old Vic Theatre in London, Curve Theatre in Leicester as well as our local Knee-high Theatre Company, resulting in some really authentic learning in costume, sound and set design. In addition, we have been able to tap into acting workshops from lead professional actors to help guide our students in their performance development. All drama students at Fowey River Academy have been provided access to productions from London's National Theatre, at no extra cost. There have been some real positives about studying Drama online during the pandemic due to the boost in available materials and we're proud of how well everybody is adapting to the challenges.

...hear the larks?

Mrs May. Lovely.

Alice. You'm looking rosy Mrs May.

Mrs May. Tank you.

Alice. You'm muddy half way up the knee.

Mrs May. Ah. Bin in the mud.

Alice. And you 'ave in your 'and a bucket.

Mrs May. There now.

Alice. Bin cocklin?

Mrs May. Observant Alice.

Alice. I found something strange the other day.

Mrs May. What yu found?

Alice. Well it is very strange.

Mrs May I don't care ow strange it is, tell me.

Alice. Well I saw a piskey eatin some niceys.

Mrs May. Really, you must be off your rocker.

Alice. I think I might be, I saw at the top of the

Mrs May, Wow I'm gonna take a look tomorr

Alice. Well good luck.

Mrs May. Why thank you.

Alice. Yur welcome.

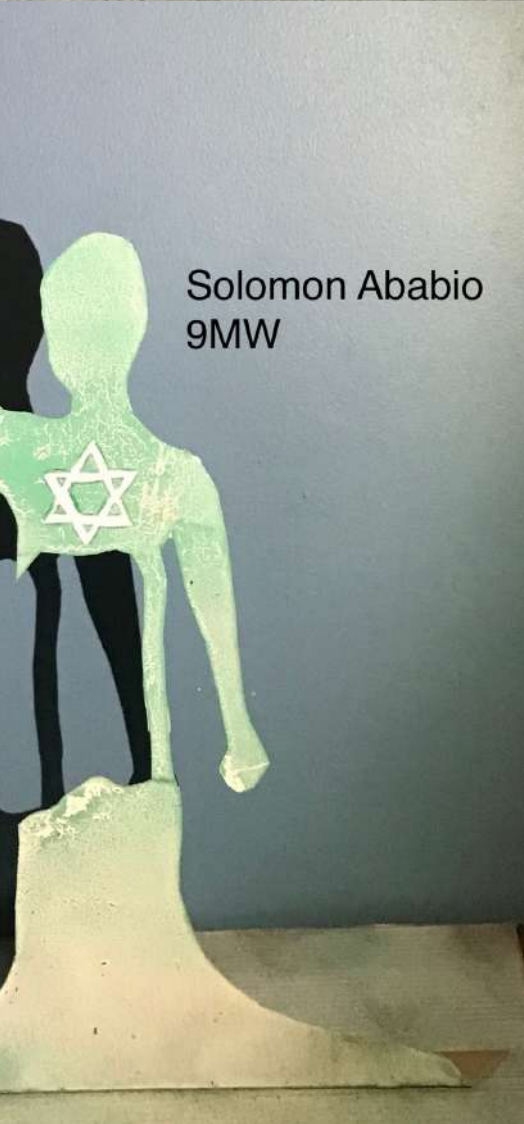
Mrs May. Well I gotta be off I'



HISTORY



Issy Watkins
9OM



Solomon Ababio
9MW

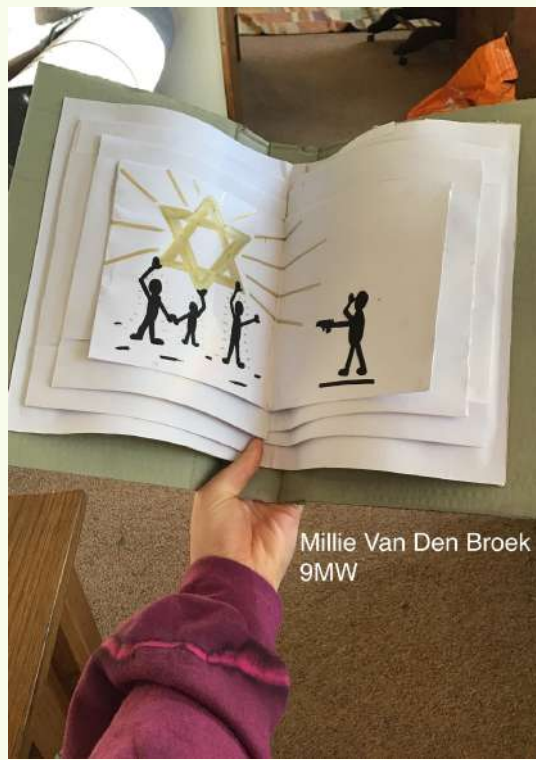
BY SALLY RENFREE

In History this week we have been doing some more creative tasks. Year 9 have been creating Holocaust Memorials. We have been studying the rise of Hitler & the Holocaust in Europe during the Winter Semester. Students have looked at how the 'Final Solution' developed into mass murder & how easily democracy can fall into the wrong hands. We have had some really thoughtful and powerful memorials created by our Year 9's, reflecting on everything they have learnt this Semester.

Special mention to Solomon who was inspired by an artist from Ghana for his statue. For Year 7 in Week 10, we decided to ditch the screen for a week. The Year 7 students were given a range of Historical tasks, that didn't include needing to look at a screen, that they could choose from. We have had some amazing making, with models and pictures. Special mention to Tom in Air who sent in too many pictures to choose from his research into the lives of people in his local graveyard.



Mya Lawrence
9MW



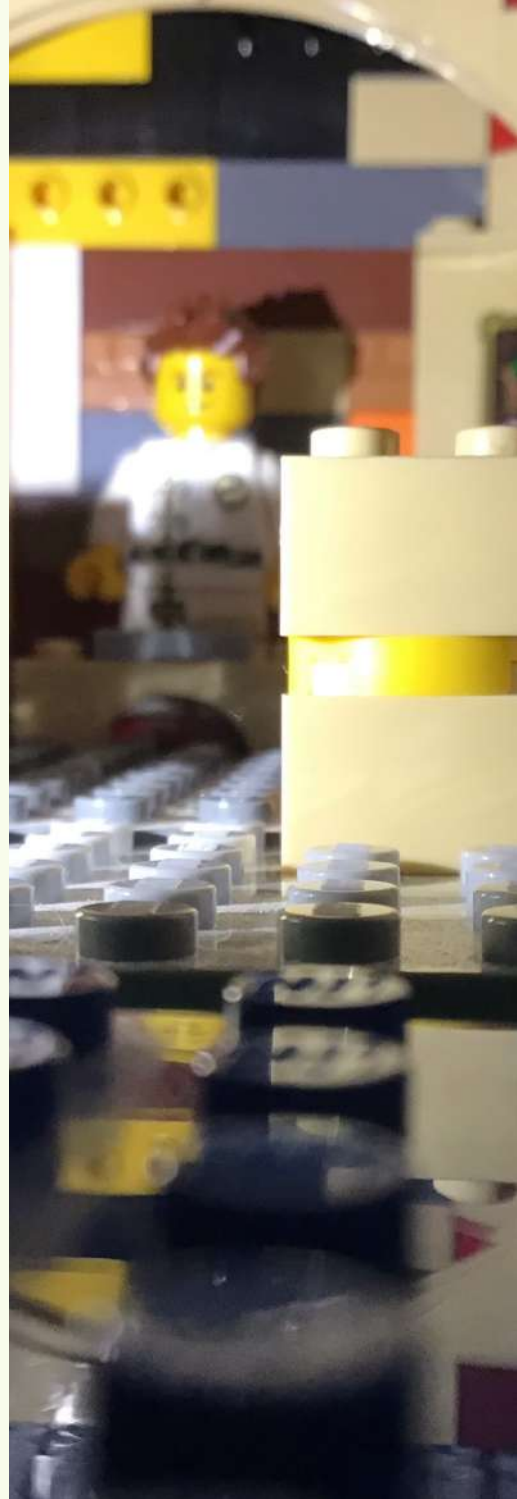
Millie Van Den Broek
9MW



Evie Hermes
9MW



Irish soda bread



HISTORY HOMEWORK

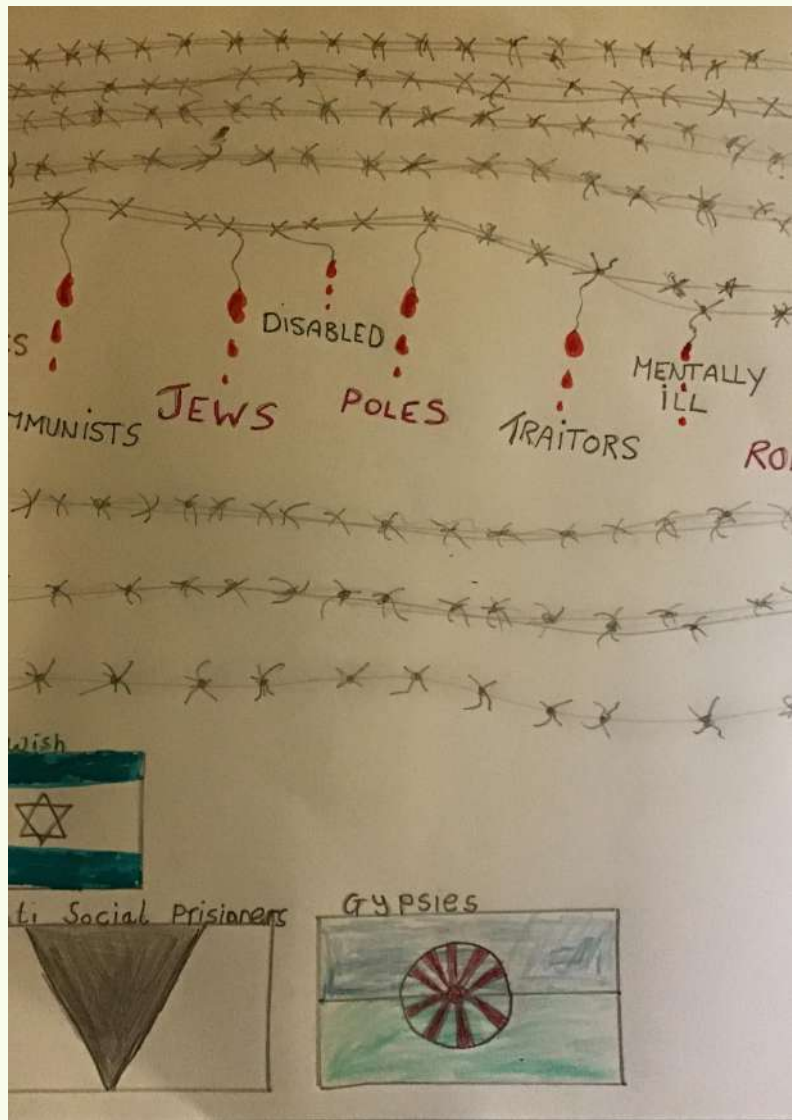
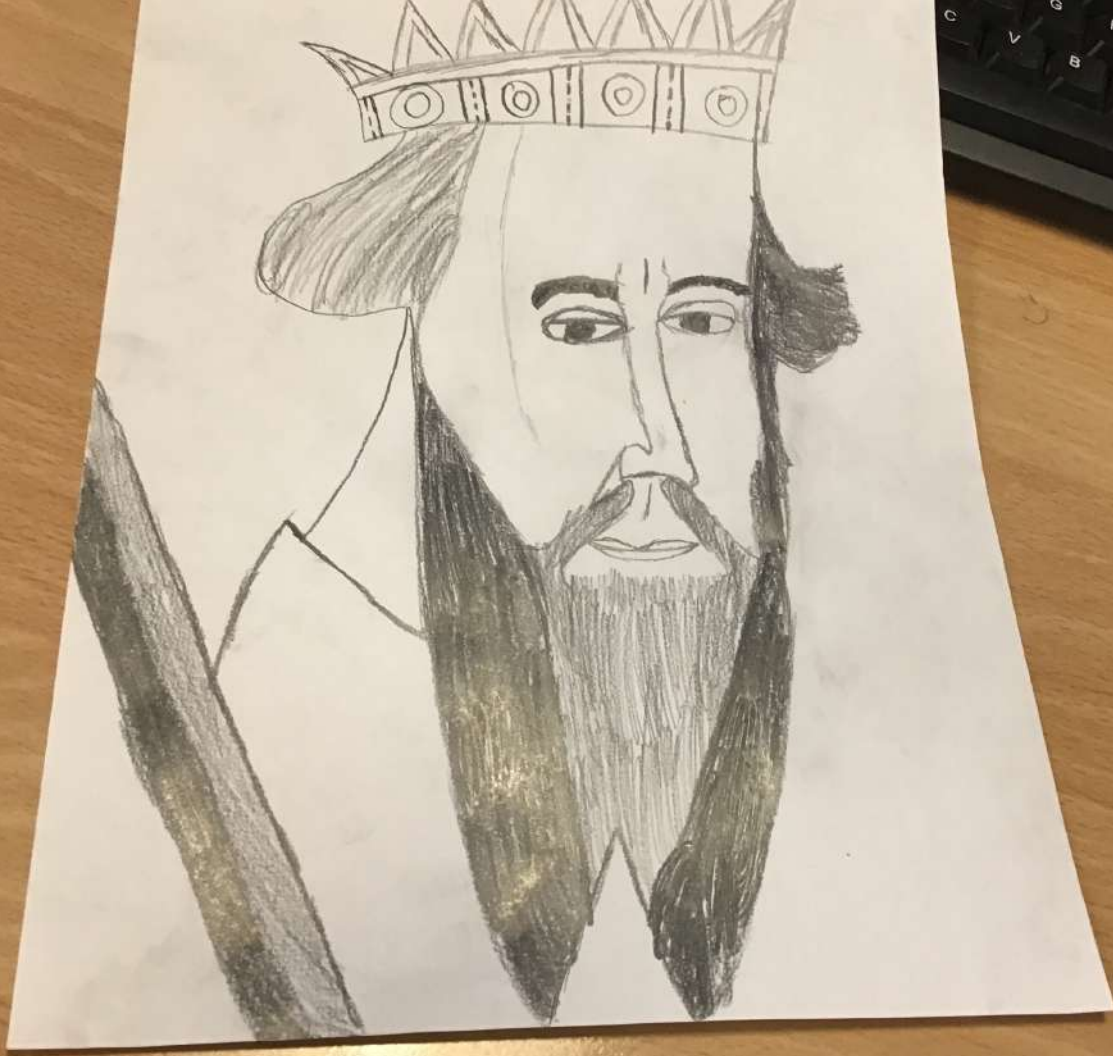
This was my inspiration



My work



Millie Van Den Broek
9MW



**WORKOUT
OF THE
WEEK**

**THE
SPORTS
HUB
FOWEY**



THE SPORTS HUB FOWEY

15 MINUTE PYRAMID AMRAP

10 DOWN UPS
12 AIR SQUATS
14 PRESS UPS
16 SIT UPS
18 GLUTE BRIDGE
20 MOUNTAIN CLIMBERS
18 DOWN UPS
16 AIR SQUATS
14 PRESS UPS
12 SIT UPS
10 GLUTE BRIDGE

DONT FORGET TO WARM
UP FIRST!

What you need to know about... GAMING STREAMERS & INFLUENCERS



Part of our Gaming & Gambling Series



Brought to you by
NOS National Online Safety
www.nationalonlinesafety.com



What are they?

'Gaming Streamers & Influencers'

Streamers are people who stream themselves gaming, drawing, making things etc. for people to watch on the internet. Usually this will be done live, and others are able to chat with them in real time while they do so. Influencers are social media stars who hold influence over the people that follow them, like a kind of trend-setter or taste-maker, who companies often pay to promote their products. A streamer could also be considered an influencer in their chosen area.

JADAGAMING

LIVE



Know the Risks

Adult Content

Many streamers use platforms such as Twitch or YouTube to broadcast themselves. YouTube for example, is only for ages 13+ (YouTube kids is for under 13s) and may contain a lot of other adult content. Streamers themselves, may be unsuitable for younger audiences with the kind of content they make, and with many opting to stream live, anything can – and does – happen.

Authenticity Risk

A lot of streamers will have some kind of sponsorship deal in place with a company trying to sell their products to an audience. When the audience is mostly younger viewers, they may not realise that streamers are getting paid to promote a product and may not necessarily have their best interests in mind.

Bullying and hate

While some streamers do employ moderators to try and combat hateful comments or bullying in their comments sections, they can still be very hectic. Hateful language is quite common, and people looking to groom children or engage in online bullying behaviour, could frequent the live chats.

Subscriptions

Streamers also make money through subscriptions on websites like Twitch, where fans will donate them a small amount as little or as often as they like. Called 'bits', they can be bought in bundles of varying prices which can be gifted to streamers via 'cheers'. Children could buy these 'bits' in large amounts without realising what they're doing, leaving a big bill behind.

Safety Tips

Discuss what's real online

Be sure to teach kids the difference between what's real and honest, or fake and untrustworthy online. Photoshopping fake images and videos and bragging about themselves online is unfortunately quite commonplace so it is difficult to tell what is real or fake. People with large followings can be promoting unhealthy or unattainable lifestyles to children to boost their own online influence.

Use filters

There are filters that can be put in place to block out a lot of adult content on streaming sites. Just make sure you have access to children's accounts so you can set the parameters and keep track of what they're seeing yourself. Usually, parental controls will be located in the settings portion of an account's menu.

Check age settings

Both YouTube and Twitch state that they are not suitable for children under 13 years old, but other sites might be different. YouTube Kids, for example, is for ages 13 and under, and offers much of the same kid-friendly content that YouTube does without the risk of running into something improper.

Affiliate links

Keep an eye out for affiliate links in social media posts and tags like #ad. UK influencers have to follow the CAP Code for advertising standards, but many don't. It can be hard to tell who is working through legitimate channels because it's almost impossible to regulate. Many streamers encourage fans to buy merchandise through online shops and stores.

Action & Support

Name check streamers

If your child has begun showing an interest in a streamer or influencer, check their names on Google. Some popular streamers have been discovered flouting industry regulations and using their young audiences to enhance their personal wealth through scams whilst others may swear on streams or promote drinking, substance abuse or links to gambling sites they operate to their young audiences.

Talk to your child

Initiate an open dialogue with your child about the kind of content they're consuming online. Ask about their favourite streamers and whether they like their personalities or the games they play and the community they have. Also remind them about what they should and shouldn't be sharing about themselves online and that just because social media stars do it, it can also be damaging.

Block and report

If you suspect a streamer might be taking advantage of their audience, or worse grooming children in any way, and have irrefutable evidence, do not hesitate to block and report them. First, block your child from being able to view their content and alert other parents to your concerns. Go immediately to the police or local authorities with the evidence of what you've seen.

Our Expert Mark Foster



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



DATES FOR THE DIARY

- Lockdown Online Learning starts again - Monday 22nd February
- Boris Johnson Speech Outlining Potential Back-to-School Plans - Monday 22nd February
- Earliest potential back to school date for students - 8th March

**TERM DATES FOR THE FULL ACADEMIC YEAR
CAN BE FOUND BELOW**