

Student Home Learning Update Week 5 (w.c. 04.05):

I hope that you are all well, and are continuing to stay focused on your home learning and stick to a positive routine. I had some wonderful conversations with students in Year 9 at the end of last week that really lifted my spirits after a fraught week. It was fantastic to speak to such polite, enthusiastic and engaged students. Thank you!

Mrs Davies spoke in her video at the end of last week about not wasting lockdown, which I think is a really important message. This relates not just to your important home learning, but also developing as a person. This period, coupled with Ramhadan, is a perfect time to reflect on our values and who we are.

One of the things we as a school really value is kindness. This time has really brought out the best in people, and there are some truly heart-warming stories of how people have pulled together to help others; just look at Colonel Tom Moore!

This week's challenge is to undertake a random act of kindness; doing something anonymously to help someone or brighten up their day. We all need a bit of help or cheering up from time to time, and helping others can be good for our own well-being. Here are some ideas you could try:

- Manorlands, a local hospice helping people with cancer, is asking for art submissions to brighten up the walls for their patients. You could do a painting or a drawing, and send a photo of it to studentprogress@uak.email to help them out.
- You could write a letter to a friend or a member of your family who you have not been able to see in person during lockdown. I am sure they would appreciate the surprise post.
- If there are vulnerable people near you who cannot leave the house, you could give them a care package of treats and things to keep them busy, and leave it on their doorstep.
- Similarly, you could cook or bake something for a friend or neighbour and drop it round; last weekend our neighbours dropped us round a surprise homemade pizza, it brighten up our Saturday

These are just a few ideas; taking the time to work together and help each other through will be invaluable over the next few weeks as the lockdown period is ongoing.

As well as kindness, another quality we really value is empathy. Reading is a really good way to build empathy by seeing the world from someone else's point of view. In the coming weeks we will be launching a brand new reading app which will help you access some great books from home.

This Friday (8th May) is VE Day; commemorating 75 years since the end of World War II in Europe. It is a celebration of when a community of people came together to overcome fear and hatred. The value of community and togetherness is as important now as it was 75 years ago.

Have a wonderful week!

Thanks,

Mr Turvey
Assistant Principal.