



An Daras Trust
Igniting Curiosity Growing Capabilities

St Stephens Community Academy Fortnightly Family Newsletter



“ Embracing Learning; Inspiring Ambition; Celebrating Individuality.”

Friday 15th January 2021



Mrs. Maura Furber -Headteacher

Dear Parents/Carers,

Well what a New Year this has turned out to be-not quite the one we were hoping for but I'm sure things will soon get brighter. Many thanks for all your continued support, kindness and co-operation while we establish home learning and school based provision. We, like many schools nationally, have found ourselves with many more children in school during this lockdown due to the widening of key worker categories and vulnerable roles. This has made an impact on how the staff work to provide the same provision in school as remotely. Obviously with staff also having their own families to 'home school' we are looking to find the best provision for all and I am very mindful of work/life balance. Please do understand that your child may not receive a message or comment instantly on their learning especially if sent after school hours and if their teacher is working in school. We will do our utmost to ensure you have the necessary information to support you ASAP. I have also been checking over the past couple of weeks that all of you have the right computing equipment at home to support the learning set. PLEASE contact the school if we can assist you in any way. It is VITAL that your child **attempts the learning set by their teacher** EVERY day -this is the national expectation. After so much time absent from school in this pandemic we must ensure our children remain on track with their class mates, do the work set because this will really support them when we do return to whole school provision again. The staff and I will be monitoring this very closely and are here to support you as much as we can. We will regularly review the best way to provide this learning and will update you of any changes as and when they occur. Please don't hesitate to get in touch if we can help you-the best way currently is via the school email : ststephens@andaras.org or by telephone: **01566 772170**.

Take care and stay safe. Team St Stephens can do this!

Maura Furber

School Improvement

As you will be aware we have been trialling a new Learning Platform via Microsoft Teams. Thank you for your patience with the 'glitches' we have had. We do hope to resolve these issues and soon be able to use this platform to further support our blended learning provision for all our pupils. We are checking that everyone can access the shared learning platforms easily via the trial class conversations.



For those of you that have managed to access the meetings it has been so lovely to see you and for those in school to see their friends at home and vice versa. **More information on the next page in this newsletter.**





Live Learning sst@andaras.org

Further to our class 'Teams' meetings this week we would like to trial some **live learning** starting from next week (**Week beg 18th January**)

The days and times on the chart below **will replace the current ones** we have been doing.

Class	Days of live lessons via Microsoft Teams	Time
Year F	Tuesday & Thursday	1.30-2.00
Year 1	Monday & Thursday	9.15-9.45
Year 2	Wednesday & Friday	9.15-9.45
Year 3	Monday & Thursday	10.45-11.15
Year 4	Tuesday & Wednesday	10.45-11.15
Year 5	Monday & Friday	10.00-10.30
Year 6	Wednesday & Friday	11.30-12.00

We would really appreciate your participation in these sessions-we will all be learning new computing skills together. Our aim is that these sessions will compliment all the other ways we have of communicating and supporting you and your child.

BOOK EXCHANGE FOR PUPILS NOT IN SCHOOL

We would like to offer you the opportunity to exchange your child's current school reading books.

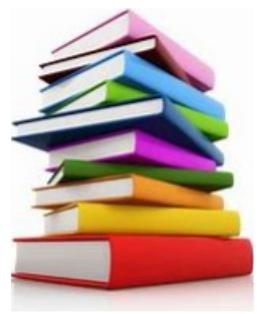
As in our previous lockdown we have put a selection of reading books from our library and colour banded books (NOT Accelerated Reader texts) in the Main Reception Area.

We can allow one adult into the Reception Area to drop off books into the 'returned' book box and pick up the equivalent amount to take home to share—a walk through rather than a drive in!!

So children make sure you get those books ready to return ...read them again and enjoy before new ones arrive at your home to share.

Please can we ask that you adhere to the safety measures in place to ensure everyone is kept safe: one adult only wearing a face mask, hand sanitiser on arrival and exit. Thank you.

This will be carefully monitored and books will be isolated for 48 hours before being returned to the book shelves.



JANUARY 2021



MON	TUE	WED	THU	FRI	SAT	SUN
				01. I am special	02. I am great	03. I am happy
04. I am fantastic	05. I am brilliant	06. I am thoughtful	07. I am caring	08. I am joyful	09. I am super	10. I am calm
11. I am incredible	12. I am delightful	13. I am inspiring	14. I am unique	15. I am friendly	16. I am intelligent	17. I am marvellous
18. I am wonderful	19. I am brave	20. I am terrific	21. I am magnificent	22. I am confident	23. I am positive	24. I am kind
25. I am grateful	26. I am adventurous	27. I am fabulous	28. I am loved	29. I am lucky	30. I am helpful	31. I am relaxed

www.relaxkids.com

Find your child's favourite class

Find a class near you

Relax Kids offers a wide range of classes for children. Find a class near you.

www.relaxkids.com/finder

A selection of workshops, discussion circles and activities that are relevant and age-appropriate.

www.relaxkids.com

Relax Kids Facebook Group: www.facebook.com/group/1638484848484848

Relax Kids offers a wide range of classes for children. Find a class near you.

www.relaxkids.com

Relax Family Chat Room: www.facebook.com/group/1638484848484848

ChargeUp!

Thinking for events who inspire with a difference in young people!

www.bsgactordom.com

Clay Thought

With no roll-ups and no need to cover in parents and teachers, we're making it so easy!

www.dailymindful.com



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

'Science demands we cut emissions in half globally this decade in order to put us on a safe path. We can do it. But we have to pursue it with intentionality and urgency.' Christiana Figueres, architect of the Paris Climate Agreement.



We face big challenges in 2021, but we know when we join together and use our voices we can create change. 2021 is the most important year yet in the fight against climate change. In November the UK is hosting the UN Climate Conference (see The Time is Now: <https://youtu.be/IF2juJyknOM>).

Action to combat climate change and reduce our carbon emissions requires everyone's help and needs to happen at every level – individuals, communities and businesses can make a difference, alongside governments. Young Climate Warriors helps empower children to take positive actions to help cut carbon emissions, based on the premise that 'you are never too small to make a difference' (Greta Thunberg). This week's challenge asks children to draw their curtains and 'shut the door on draughts' – cutting carbon emissions from electric lighting by opening curtains when they get up and cutting emissions from heating by closing curtains at night and keeping doors shut. To sign up to receive the challenges via email every week, please go to www.youngclimatewarriors.org

This week's challenge
15th January



Remember to Hit the RED BUTTON - CHALLENGE COMPLETED!



There is no Planet B, there is no time for draft plans ... SHUT the DOOR on DRAUGHTS!
If warm air leaks out, the room temperature lowers, so the boiler has to work harder creating more carbon emissions.
CLOSE YOUR CURTAINS at DUSK.
Open them when you get up. Save electricity used for lighting and save even more carbon emissions!

31% of UK household carbon emissions are caused by heating air and water, more than either driving or flying.



www.youngclimatewarriors.org

We need to reduce direct carbon emissions from our homes (space and water heating and electricity) by 24% to meet the UK's 2030 targets.

Insulation is really important to reduce heat loss from your home – heat loss from an uninsulated home is approx. 25% through the roof, 35% through the walls and 10-15% via draughts, doors and windows.

Sunrise in the UK is 07.59am on 15 January, by half-term it will be 41 minutes earlier at 7.18am.

Healthy Body=Healthy Mind

We are delighted that Arena Sports and Plymouth Argyle are continuing to support our sports provision for the children currently in school. Rain or shine its so important to keep physical exercise a daily part of your routine. We know many of you are joining Joe Wicks in his morning exercise sessions at home and taking bike rides and walks with your family ...and pets!

Keep up the great work.

