

WEEKLY 'HEAD'-LINES

Dear Parents and Carers,

It's been another good week at school. On Monday, students took part in a 5k run around the site. It was excellent to see the effort from all the students and staff and I am glad they waited for me at the end!

It is important to remember to look after your fitness and much as we possibly can during this time and remember that fresh air and exercise can make us feel more positive.

Staff have once again been really impressed with the work being completed at home via the mrrscience.com site.

This week we have launched a new initiative called 'Ask the Expert'. You can find details of this on both the Shrewsbury Academy website and mrrscience.com.

Every teacher has nominated a 1 hour slot where they are available to respond to emails from students or parent(s)/carer(s) to give quick guidance for any learning that you are finding too difficult. It is important that this is used for this purpose only.

Please keep communicating with your teachers, with each other and stay positive.

Mr Jon Arnold
Headteacher



NOTICES

Students Welfare and Well Being.

If you are worried about your son / daughters Well Being during lockdown please be aware there is lots of help and support on offer. I would like to signpost you to mrrscience.com where there is now a link on the first page to alert students to a CAMHS website with lots of resources, videos, downloadable books and apps and much more for students on a huge range of topics such as anxiety, stress, self-harm, mindfulness, sleep, to name but a few.

I think this is really useful there are also resources for parents on there if you would like more help and understanding of your teenager whilst they are on lockdown. There are also lots of videos, and information that is really interactive. If you require any further support don't forget you can email your tutors, heads of year and the pastoral teams to seek support from staff we are all here for you!

Here is the link for you

<https://www.camhs-resources.co.uk/>

Competition

Well done to Andrew Till from Year 7 who won this week's English challenge.

Student Work

Congratulations to the following students who have completed work to an extremely high standard:

Science:

Jack Bridges, Maisie Hawes-Dulson, Sam Hess all in Year 7; Maja Klimczak, Heidi Miller, Brett Gee, Nisa Aldogan all in Year 8 Eoin Moore, Dianna Francis all in Year 10.

Also in Science, outstanding work from:

Josh Davies - Year 10

Chloe Tomley - Year 9

Louis Sanders - Year 8

Ellie Barnes - Year 7

Maths

Meg James

George Jones

Both got 100% on all new tasks – 1.5 weeks' worth of work!

PE

Sharlena Tola and Sam Poston both in Year 8.



Trust Newsletter

The Marches Academy Trust Spring Newsletter has been published. It is packed with highlights from Cross-Trust activities that pupils have partaken in and is available to view by [clicking here](#).



Ask the expert



We have uploaded information on how you can contact subject teachers to help support you whilst our students are learning from home. Please click [here](#) for more information.

Reading

We want to encourage reading for pleasure throughout this time and there are over 7000 books available here for free through Renaissance. <https://readon.myon.co.uk/>

Daily blog

Our students are doing a daily blog to record the work they are doing and provide them with something to look back on in years to come. We will put blogs in our bulletin each week.

Happy birthday to you - Oscar who turned 12 today

Today we started the day with some hot buttered toast and a catch-up with each other. When we were fed and watered we began an hour and half's hard work on the computers where we completed online work.

After break, we did another half an hour of online work and then we played a good game of dodgeball with Mr Arnold and Mr Rogers.

Before lunch we set upon making leek and potato soup for lunch, making sure we used all the onions, leeks and potatoes that were supplied by the local food hub, we also had crunchy croutons and a crusty roll, this was delicious!

The best bit of the day was celebrating my birthday with chocolate cake and mini cupcakes. Other students made a birthday card, which everyone signed.

The afternoon was full of fun with a game of football and a math's game.

A great way to end the week!



Bitesize have launched their daily lessons today – this week's schedule is on the link below, a page for each year group.

https://bam.files.bbc.co.uk/bam/live/content/zr9bgwx/pdf#sa-link_location=blocks&intlink_from_url=https%3A%2F%2Fwww.bbc.co.uk%2Fbitesize%2Farticles%2Fznbnschw&intlink_ts=1587376213584-sa

and then there is a daily schedule which tells you in more detail what each lesson is about <https://www.bbc.co.uk/bitesize/tags/zr7447h/year-10-lessons/1>

A link is going onto mrrscience but students can access via the website/the red button/iplayer.

USEFUL CONTACTS

KEEPING CALM

Feeling a certain amount of concern or worry is natural when we encounter difficult or unsettling times. [Click here](#) to view a video demonstrating an introduction to mindfulness. It explains how mindfulness can help rewire the brain to work in calmer and more positive ways. You can also listen to this guided [audio clip](#) alongside it, and take a look at this mindfulness [PDF](#) as supplementary resources.



Shropshire Public Health Nursing Service	0333 358 3654
Compass	0345 678 9021
Early Help	https://shropshire.gov.uk/early-help/
Parenting Team	01743 250950
SEND Local Offer	https://www.shropshire.gov.uk/the-send-local-offer/

WEBSITE QUICK LINKS



Please click on the following useful links to find out more.

- [News](#)
- [Home Learning](#)
- [Term Dates](#)



FACEBOOK

Please follow us on Facebook [@ShrewsburyAcademy](#) for supplementary home learning ideas, news and feel good stories. We also encourage you to share your ideas and interact with our posts! For news from across the Trust, why not also follow [@MarchesAcademyTrust](#).



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