



Stewards Academy

Newsletter April 2020



Dear Students,

We hope that you and your family are keeping well during these unusual times. It has certainly been a strange few weeks for you, your families and staff alike. From partial closure to two year groups to the complete closure of school to the vast majority of pupils you will certainly have felt a range of emotions; the 'excitement' of not being in school for some of you, to the realisation that you miss the daily routines and contact with your friends and teachers. However you are feeling please note that we are still here to support you and your family at this time albeit in a different way.

Part of our plan to support you is to try and think about the things that would have been coming up on the academy calendar as part of the Phoenix Curriculum and how we can share these with you. We will be having regular newsletters where we take the time to celebrate your successes and keep you up-to-date with news and so forth. But we will need your help! If you have completed an amazing bit of work, have a picture of something you have created or a piece of news you would like to share, then you can ask your parent to share it on Twitter @StewardsAcademy or send to admin@stewardsacademy.org marked F.A.O. Mrs da Vighi.

In this first edition there are some top tips for looking after your wellbeing, celebration of positive points and some alternative activities you can do connected to calendared events. The first of these is Earth Day on Wednesday 22nd April and the Geography Department have come up with some activities you might like to try at home. You can also find daily fun challenges from art and English : @MissHRMartin and @EnglishStewards. It would be great to see some more of these pieces of work. Well done to all those that have shared what you have created already!

For more information about shows and plays that are being shown @StewardsPA

I look forward to seeing some of the things you have been up to.

Take care,

Mrs da Vighi — Assistant Headteacher: School Organisation and Enrichment

Dear students,

I am glad to have this opportunity to address you, during these unusual times. I have sent numerous letters to your parents—I am sure they have shared much of this information, but it is good to be able to send my regards and best wishes to you directly. You should know that whilst many of you are out of sight, you are far from out of mind. My work over the last few weeks, with the support of our wonderful team of staff, has been all about how best to support the community of Stewards in the weeks ahead. Some of your teachers and support staff are in school and some are working from home and we have had to get used to virtual meetings, which has been interesting to say the least!



This new situation has taken some getting used to for all of us, and all that can be asked of us is that we make the best of things. I know that you will have been working hard at home to keep up with the school work we have set, but remember that we do understand that the circumstances of every family are different and that not all pupils will be able to complete all the work set. Your wellbeing is very important to us and you and your families will need to decide what works for you at this time.

I hope you have found some positive advantages of being at home too and have taken the opportunity to spend more time with loved ones, bake a cake or try something new (one of my children is currently trying to learn how to juggle).

We are all missing you at Stewards and are looking forward to having you back in school, but for now we must ensure we keep safe and well and know that caring for each other involves being apart.

Best Wishes, Mrs Ginger



Leading Space Education
Quality Mark





Congratulations...



ClassCharts

Positive points have been tallied up from the start of the academic year through to our 'closure' on 20th March. Below are the top ten pupils per year group, with two extra in Year 7 due to the same number of points. Well done to all of you; an absolutely fantastic achievement so far!

Mariia Novikova	7HMB	262
Lily Yamoah	7MG	252
Elissa Zakaria	7ELH	244
Myah Weekes	7HMB	237
Harriette Cleall	7PS	233
Desiree Adragna	7HMB	226
Iga Nowakowska	7MG	222
Sam Lott	7HMB	219
Clifford Edwards-Lowe	7MG	217
Ruby Ball	7JC	214
Lukrecija Kundrotaite	7HMB	214
Jena Mahmood	7ELH	214

Ella Stacey	8RN	271
Holly Battelley	8ROG	249
Pheobe Dimdore	8CV	246
Madison Lintonbon-Baker	8EW	241
Ella Braby	8UM	239
Francesca Walker	8EW	237
Rachael Carpenter	8SE	234
Connor Vinten-Mccullagh	8SE	232
Millie Ward	8ROG	227
Finlay Thurston-McGowan	8ROG	224

Elsie Pudney	9SD	317
Ben Noruwa	9EM	267
Tiffany Page	9FD	254
Gabrielle Hodgson	9EM	230
Nancy Osagie	9FD	228
Divine Idehen-Amen	9SD	225
Louise Parks	9ALC	222
Bobby Millross	9EM	211
Jack Navin	9SJG	205
Wafikat Salami	9TEC	205

Blessing Zimani	10JS	226
Mia Todd	10CH	212
Daniel Monk	10JS	210
Emily Edwards	10TT	205
Madison Parrish	10TT	201
Anjeta Brahaj	10KH	200
Flick Parmenter	10TT	194
Kemarah Denty	10TT	190
Daisy Dove	10JK	188
Amber Coericius	10EG	186

Esther Ntow	11PH	195
Seven Hassan	11RT	186
Ella Johnson	11JMB	185
Libby Jacobs	11PBT	184
Isabel Laver	11PBT	176
Arletta Czarnecka	11LM	173
Matylda Szczerba	11LM	169
Kai Henson	11PBT	165
Carys Brealey	11PBT	164
Charlotte Goodenough	11JMB	160

A special mention to Elsie for achieving over 300 points, absolutely fabulous.

For all pupils, your positive points will be banked and we will be reviewing how to reward you for your successes this year.

Staff are still awarding positive points during the closure period for work that you have submitted so see how many more you can get!

Keep up the good work everyone, look after each other, try not to stress too much and stay safe!



Earth Day 2020



Earth Day is on April 22 of every year. 2020 will mark 50 years of Earth Day, on which events are held worldwide to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network, and celebrated in more than 192 countries each year.

At Stewards Academy, we believe that every day is Earth Day and strive to protect our environment in any way we can. On Wednesday 22nd April 2020, the students that are in school will be partaking in activities to celebrate the event. However, those at home can also take part!



Here are some activities you can do at home to celebrate Earth Day:

- Pledge to stop using disposable plastics, especially single-use plastics like bottles, bags and straws.
- Complete your ClassCharts work online rather than printing out your work. This saves on paper usage.
- Recycle paper, plastic and glass. Reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year.
- Calculate your carbon footprint. Use a website like 'footprint.wwf.org.uk'. Your carbon footprint is defined as the total amount of greenhouse gases produced to directly and indirectly by **you**.
- Put a bird feeder in your garden or if you are particularly handy, build a bird house.
- Give your garden some TLC. Tidy the borders and cut the grass. Plant something; herbs, flowers, vegetables!
- Pick up litter and rubbish in your street outside your home. Or challenge yourself to clean one area. You can see some results of this in the #trashag feed on Twitter and Instagram.
- Challenge yourself to not turn on any lights all day and plug your TVs off at the wall. Light some candles once it gets dark and plan activities that don't require electricity e.g. board games or cards.
- Upcycle old clothes, household items or even the recycling.
- Follow the Instagram tag #EarthDay to find out what celebrities and other people are doing around the world. Take some inspiration from them! Post your own inspiration!
- Create some art out of recyclable materials. Get creative!
- Bake an Earth Day themed cake!
- Take your daily exercise in an area filled with nature. Take note of the type of wildlife in your community. Bring a bag and some gloves and pick up any rubbish you see.
- Research Earth Day and the effect it has had on the world. Create a project about the event on it's historic 50th year anniversary!





Looking after your wellbeing...



Stay active – staying at home could mean you're spending a lot of time sat down, playing games and watching television. It's important to keep yourself entertained, but it's also important to vary your activities and keep moving. Not only is this good for your health, it can also help you to feel a sense of achievement and help with your sleeping pattern and stress levels. As difficult as it is to be outside right now, there are workout videos and tips on apps, such as YouTube, some ideas are on the working-from-home tips page.

You can also go for a walk or exercise outdoors if you stay more than 2 metres away from others.

Maintain a healthy diet – as well as exercising, keeping a healthy diet is essential. This is particularly important when you need to boost your immune system. Fruits, vegetables, seeds/nuts and green tea have all been proven to regulate the immune system and help the body to defend against disease. It is important to stay regulated by drinking plenty of water.



Try to keep a routine – being at home a lot can make us feel as if there is no reason to get ready and get productive. However, in order to keep a sense of normalcy, it's important to maintain some sort of routine. Even if that means setting an alarm in the morning, getting ready, and setting aside time for schoolwork. Your body's immune system actually functions better when following a routine.

Take control of the things you can; try to let go of the things you can't – there are lots of things right now that are out of our control. It can be extremely difficult to let go of the things we cannot control, and it's a good idea to acknowledge how you are feeling about this but trying to control things we physically can't often just leads to anxiety. When you find yourself worrying about these things, try taking control of something you CAN physically change – tidying, reorganising, completing something. These things can give you a sense of being grounded when it feels as if everything is up in the air. Make sure that you try to keep doing things that you enjoy such as cooking, workout routines etc.

Connect with nature – try to get exposure to the outside world. Of course, social distancing means not being around other people, so this is not easily done. Although we are all being asked to stay indoors, we are being permitted to go outside for exercise once a day. You can, however, make the most of any private outdoor space or solo activities - try going out into the garden/balcony, going for a solo walk, or opening windows in your room. The fresh air and sunlight both have positive effects on our health.



Stay connected with others – if you are starting to struggle in the circumstances, try calling/videoing/chatting with a friend or family member – let them know how you are feeling, keep updated, play a game.

Keep yourself informed – it's important not to shy away from the facts of what is happening in the world but try to make sure that what you are taking in is from a reliable source. There are lots of exaggerated and false stories doing the rounds. There, also, needs to be a balance between keeping informed and not overwhelming yourself with information.

