

EASTER 2021

The Venerable Bede News



Welcome

Dear Parent/Carer,

Welcome to our school newsletter for March 2021. Whilst we have only been back in school a few weeks this half term, we have achieved quite a lot together.

School will re-open after the Easter break on Monday 12 April at our usual time of 8.30 a.m. (breakfast club will be open from 7.45). For your information,

the school office is closed during the Easter break.

We were really pleased with the number of pupils who took part in coronavirus testing in school. I would like to thank everyone who worked tirelessly to set this up, and thank those pupils who engaged in the testing process. The agency workers commented on how sensibly and maturely all pupils approached all aspects of the testing process. We do think that we made the right decision to test 3 times before pupils returned to us. I can report that we did not have any pupils who were asymptomatic and tested positive. We really appreciate

that everyone is playing their part in keeping each other safe.

A reminder that after the Easter break, pupils are able to return to school in summer uniform, if they choose to do so. This means that instead of wearing a shirt and tie, pupils can wear the school polo shirt instead (no tie needed). The polo shirt can be worn inside or outside of a skirt or trousers. School blazers do still need to be worn.

I would like to wish everyone a happy and restful Easter.

Best Wishes

David Airey

Headteacher

VB PUPIL WELL-BEING DAY 2021

Contributed by SHL /JRE

Children's social and emotional needs are at the forefront of teachers' minds as society experiences a rise in awareness of mental health and well-being. Coronavirus has disrupted significant aspects of children's lives, threatening their sense of structure, predictability and security. Some pupils will return to school having experienced some level of stress, anxiety or isolation, following the nation's third lockdown in the last twelve months.

Our online Pupil well-being day, held on the 3rd of March, aimed to tackle some of these issues by encouraging pupils to take time away from online devices and engage in a series of mindfulness activities. The day began with an introduction from the tutor looking

at the 5 ways to well-being, published by the NHS. Pupils were then given the option to choose activities throughout the day which promote wellbeing, these included 'thanking a member of staff' for support, engaging in yoga or physical activity and creating games that can be enjoyed with friends and family. One anonymous pupil sent a card thanking the whole school community, " Thank you for always supporting me in my learning, and being such a lovely school to be a part of." Pupils also had the option to enter a picture competition to showcase their efforts throughout the day. The online well-being day was a precursor to a series of activities that pupils participated in upon their return to school on the 10th of March, including a motivational

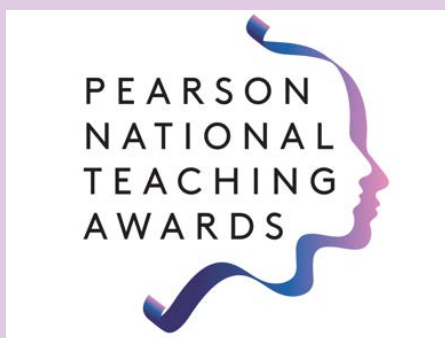
talk from Gram Seed. The aim is to maintain a thread of activities throughout the half term which promote a positive sense of social and emotional wellbeing.

David Airey, Headteacher, commented, " With the pressures on us all currently, everyone needs to be mindful of their own well-being as well as that of others. Anything we can do to support our pupils, our staff and their families must be of benefit."



THANK A MEMBER OF STAFF

Contributed by VDG & DAI



Michael Morpurgo, celebrated author and former Children's Laureate, and President of the Teaching Awards Trust, said: "So often and for so many of us, it is a teacher who changed our lives, was at our side through hard and difficult times, who lifted us up when we were down, helped us find our voice, gave us confidence when we needed it most, set us on a path that we have followed ever since. At my school I had a French teacher, who might not have made a linguist of me, but was always kind to me. He loved his subject and passed that on. I still love French, the language, the people, the literature, but even he could not persuade me to learn my French grammar."

If you would like to say a HUGE thank you not just to teachers, but school leaders, teaching assistants, and all support staff at school for their amazing work click on the link below.

<https://thankateacher.co.uk/thank-a-teacher/thank-a-teacher-form/>

PRESS RELEASE

++ Colleagues, Pupils and Parents send 'thank-you' cards to teachers at The Venerable Bede Church of England Academy, making it the most thanked school in the North East ++

The Venerable Bede Church of England Academy in Sunderland has been recognised as one of the schools receiving the most thank-you cards expressing thanks for the work of teachers and staff during the pandemic.

Students, staff, and parents at The Venerable Bede Church of England Academy in Sunderland have been sending thank you

cards to their teachers and staff through the Thank a Teacher campaign, which is run by the Teaching Awards Trust. Cards have been sent via the online portal between colleagues, and from children or parents to their teachers, in a collective effort to praise and acknowledge the individuals going the extra mile. With the high number of thank you cards sent through Thank a Teacher, The Venerable Bede Church of England Academy is currently the most thanked school in the North East.

As we close in on one year of pandemic learning and come to the end of a two-month national lockdown, our communities are more grateful to schools and teachers than ever. Educators and school staff across the nation have certainly gone above and beyond; they have taught and looked after key worker children who continue to come into school during lockdown, while simultaneously offering a remote education to ensure kids at home keep up and that the community stays safe. Ensuring that children, whether at school or at home, are able to access high-quality education and feel supported academically and emotionally has been no small task during this year of disruption.

We can all agree that educators and school staff deserve more thanks than ever before given the challenges of the last year, and The Venerable Bede Church of England Academy community is leading the charge on intentionally reminding all school staff members that the work they are doing is valued and appreciated.

David Airey, Headteacher of The Venerable Bede Church of England Academy, said:

"The last year has been challenging for all of us, staff, pupils, parents and community. We wanted to be able to mark the exceptional effort made by so many during this time so we started sending thank-you cards through the Thank a Teacher campaign. It has been well received and a wonderful morale booster.

"Our staff do what they do because they love it, not because they receive praise for it. But that doesn't mean that a 'thank-you' every now and again isn't appreciated. For our community to recognise the challenges of this

year and tell us that they feel thankful for the work teachers and staff are doing is humbling and greatly appreciated."

Mary Palmer, Chief Executive of the Teaching Awards Trust, said:

"The Thank a Teacher campaign is all about spreading appreciation. The Covid-19 pandemic has shown us all how incredible schools, teachers and support staff really are. They have superbly navigated the waters in a rapidly changing environment, adapting to remote learning, periods of isolation, and the differing needs of their pupils. We are delighted to see so many thank you cards being sent to The Venerable Bede Church of England Academy, and encourage everyone to send their own lovely messages to their teachers and school staff members. They deserve it!"

The Thank a Teacher campaign is a year-round effort to draw attention to the amazing work of teachers across the UK, culminating with Thank a Teacher day on June 16. Anyone can send a card; children, students, parents, grandparents and colleagues can all say thank you. The Thank a Teacher campaign recognises ALL staff working in schools; school leaders, teachers, teaching assistants, and all support staff including lunchtime supervisors, caretakers and cleaners.

Particularly outstanding thank you cards can also lead to teachers being put forward for the Pearson National Teaching Awards, where winners may have the opportunity to appear on the BBC's The One Show.



Picture: Keith Blundy

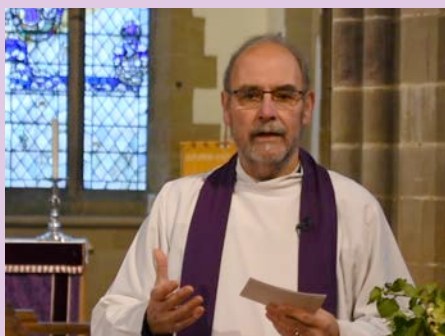
EASTER REFLECTION VIDEO PREMIER

Contributed by RDG

On the morning of Wednesday 24th March the entire school community took part in our Easter Reflection delivered through YouTube Premier.

The Easter Reflection focused on the theme of 'all you need is love', linking with the season of Easter.

Pupils from a range of year groups contributed to the video through the reading of prayers and Bible verse,



personal reflection on the theme and through excellent musical performances.

This termly reflection, in lieu of our communal Eucharist service, provided an opportunity for all pupils and staff to take some time out of their busy school day to consider how the Easter themes are relevant to their lives today.

Access and view the video here

TALK FROM AND Q&A WITH GRAM SEED

Contributed by JRE

We spent the morning of 10th March reflecting on our wellbeing and the importance of building resilience in the wake of another lockdown.

A highlight of the morning was welcoming Gram Seed back to school to share his incredible story in an online chat via TEAMS.

As a former criminal, football hooligan and self proclaimed tramp, Gram has experienced his fair share of life's lows. Following a drug and alcohol induced coma

in 1996, Gram became a reformed character. He began attending church services and realised that,

"God had a plan for me, to do something different, and that was to help people"

Since his coma, Gram has become an award winning author, public speaker, and charity worker. He works tirelessly to support others in need. Having worked with the prison service in criminal reform and helped

countless young people in his work with schools, Gram was the ideal guest to communicate the power of faith and positive thought in the face adversity.



MY FUTURE CAREER CHOICES

Contributed by HPE



Year 8 students are currently making some choices about their curriculum and the

subjects they will study from Year 9.

Some students find this a very straight forward process as they have a future career path in mind whilst others can find it a little daunting. However, please don't worry; **we are here to help you every step of the way.**

You are going to study these courses for the next 3 years, so it's important to think about those subjects you enjoy and also where your strengths lie.

Feel free to visit our website where you can access a range of resources that will give your further information and guidance.

www.venerablebede.co.uk/curriculum-choices-hub/careers-choices-information/

If you would like to speak to Mandy Wood, our Careers Advisor, please speak to Miss Pestell.

ANTI-BULLYING FEATURE

Contributed by AJA

A huge welcome back to school on what has been a very difficult year in many ways.

If you experience an incident of bullying, please don't suffer alone. I (Miss Jackson), am available in room 15 or you can see any member of staff in school.

If you want to report an incident of bullying , please

find the "Bullying Form" in the hub:

<https://www.venerablebede.co.uk/vbab-hub-about/report-an-incident-of-bullying/>

You can also visit the "Kooth" website for information or advice.

<https://www.kooth.com/>



ONLINE COUNSELLING - KOOTH AND ZUMOS

Contributed by KMP

Students have been empowered to be proactive in improving their own mental health by using the online resources Kooth and Zumos.

Prior to lockdown, students were first introduced to Kooth and Zumos through their learning in Personal Development lessons. During lockdown and via online lessons, students were reminded and encouraged to use these facilities to help support themselves through these uncertain times.

Kooth is an online resource that allows students to access a free, safe and anonymous counselling service through a chat function. The counsellors are trained and dedicated to helping young people with any issue they may have. Students are likely to be

attracted to Kooth because they don't have to physically speak about their problems, instead, they can share them by typing on their phone, tablet or laptop in the safety of their own home or place of choice.

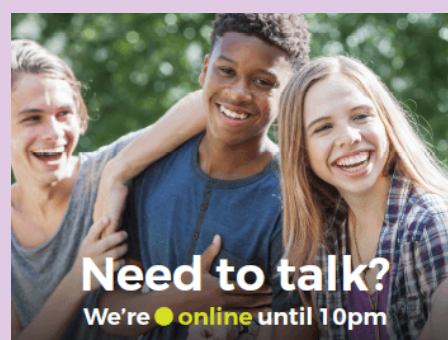
Kooth can be accessed via the website: <https://kooth.com>. In order to access Kooth, students have to set up an account with a username and password of their choice.

Zumos is an online wellbeing platform that aims to make students happy! Through Zumos, students can participate in Quizzes, listen to podcasts, participate in mindful activities, and ask questions about anything related to wellbeing. Zumos is also completely anonymous and is run by experts in this field.

Zumos can be accessed by following these steps:

Visit <https://zumos.co.uk/#join>

- Enter your School Code : STUSEC1456SR2
- Click "Check Code"
- Fill in the "Create Student Profile" form
- Click on "Create Profile"



WORLD BOOK DAY 2021

Contributed by EGC & CLH

On Thursday 4th March, pupils celebrated World Book Day! In their English lessons, pupils across Years 7, 8 and 9 shared their current and recommended reads; created their own short stories; designed book covers and, most importantly, spent some time reading their favourite books! As part of our World Book Day celebrations, pupils and staff across the school also entered a quiz to test their knowledge of literature.

Many students took part in the quiz with the following students achieving full marks:

Bonnie (Year 11), Meg (Year 9), Daniel (Year 8), Natalie (Year 7).

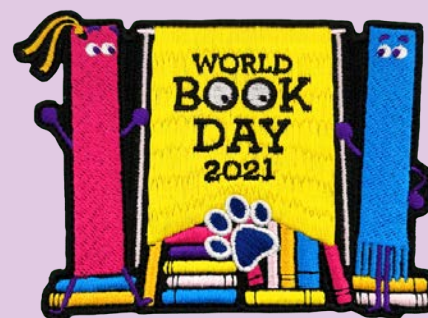
WHY NOT TEST YOUR KNOWLEDGE?

1. The author Michael Morpurgo writes books mostly about what? **Witches and Wizards; Science Fiction; Adventures set in real places or Comedy?**
2. In the Hunger Games, how many districts were there originally? **10, 11, 12 or 13?**
3. What is the name of the talking lion in the Narnia books? **Aslan, Jadis, Tumnus or Cecil?**
4. Anthony Horowitz wrote 'Point Blanc' and 'Skeleton Key' about which character? **Alex Rider, Matt Freeman, Percy Jackson or James Bond?**
5. In the Maze Runner, what is the only thing that Thomas can remember about his life? **Where he lives; his friend's name; his own name or his age?**

On our return to school we have been able to give away copies of the special edition World Book Day titles.

We have had 6 titles to choose from with a great range available - adventure stories, funny books, and some non fiction focussing on the environment and on football.

Year 7 and Year 8 were all given a book during their Literacy lessons and older pupils have been able to collect copies from the Learning Resource Centre.



WORLD
BOOK
DAY

4 MARCH 2021

WORLD BOOK DAY

Changing lives through a love of books and shared reading.

FIVE STEPS TO WELL-BEING

Contributed by JCH

The Five Ways to Wellbeing are a set of mental health messages aimed at improving the mental health and wellbeing of the whole population.

important part of being healthy.

These five ways to wellbeing are proven to make a real difference to you.

Building small actions into your daily life can make you feel good, and feeling good is an



<p>Connect</p>	<p>With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.</p>
<p>Be active</p>	<p>Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.</p>
<p>Take Notice</p>	<p>Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.</p>
<p>Keep Learning</p>	<p>Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy archiving. Learning new things will make you more confident as well as being fun.</p>
<p>Give</p>	<p>Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.</p>