

Mossley Hollins High School

Newsflash 26

Friday 27th March 2020



Message from Mr Marshall

Welcome to our first weekly newsflash as a virtual school. As Vladimir Lenin said: "There are decades where nothing happens, and there are weeks where decades happen." This has been one of those weeks and we are all having to come to terms with a completely new way of living and learning.

I have to say how proud I am so far of the way our learners have responded to the 'new normal'. They are not only working hard on their lessons at home but taking the time to write to us and send photos of their activities. I am delighted with the way they have responded to their teachers and hope that they have now found effective routines to allow them to continue to learn whilst supporting their own families.

We do not know how long the current situation will last but we are doing everything we can behind the scenes to provide the very best learning opportunities for our students whilst the school remains closed to most students. We will continue to work with the teachers and faculty leaders to see how we can make learning even more effective and hope to be able to share our ideas with you soon.

Please keep an eye on our school website where I will keep you updated, on a daily basis, of any changes that may affect you or your child. We are all keen to hear the detail from the Department for Education about how the year 11 grades will be awarded.

In the 'new normal' I am determined that the school will continue to serve our community and we will, as far as possible, try to continue with the school calendar as published. We will continue to provide reports for year groups as planned and we are looking at ways we can keep an eye on students' learning through quizzes and reviews. We are planning how to continue our work with the Mossley and Carrbrook Schools Partnership and looking forward to our upcoming PRIDE awards ceremonies- albeit in a different format this year.

Please stay in touch and let us know if there is anything that you are really pleased with, and even more importantly, what we can do even better for you or your child.

In the meantime, please continue to follow Government guidance to stay safe but have a great weekend.

Mr Marshall.

Message from Mrs Din

We would like to thank all parents and carers for your continued support and understanding through these unprecedented times. I appreciate that you have likely had a large number of emails and messages from school and from individual teachers. We are doing our best to provide the best support possible as we are unsure of how long the current situation will last. Whilst done with the best of intentions, if you feel that we could be communicating better (or differently) we would very much like to hear from you. We will do what we can to take on board your comments to ensure that we do what is best for you and your children.



You can send us appropriate constructive feedback on our forum page on Insight or using the email links on our FAQs page on our website (<http://www.mossleyhollins.com/frequently-asked-questions2/38112.html>.)

Accessing and completing work:

1. Login to your school email account (see tutorial attached). All work being set by teachers is being done via Insight which automatically sends an email to the students.
2. Use Microsoft 365 apps such as Word, Excel, PowerPoint, alternatively you can install the complete Office suite onto your computer/laptop. If you have not got access to this, do your work by hand and take photos to send to your teachers via Insight or TEAMS.
3. Use OneDrive to store your files, this is part of Microsoft 365 (see tutorial attached). This is cloud storage and so it means that you can access these files anywhere, anytime from devices that you access the internet. You can also download the OneDrive app to your phone or tablet. You can make files available offline on your laptop or desktop computer.
4. Some of your teachers may be setting work via TEAMS. Your form mentors may also use this platform to hold discussions and have fun quizzes etc. You can download the teams app directly onto your phone, tablet or laptop/desktop. This allows you to chat to other students and your teachers, to get advice about your work. Teams can also be accessed via Microsoft 365 from the school website.
5. OneNote is a virtual notepad allowing you to make notes from any handouts, videos or PowerPoints sent by your teacher and works in line with TEAMS as part of your personal class notebook. You can download this as an app directly on to your phone, tablet, laptop or desktop.
6. When accessing any of the school systems, e.g. Microsoft 365, Insight etc, you use your usual username and password. Your email address is your username e.g. 16aa15, with @mossleyhollins.com. So 16aa15@mossleyhollins.com.
7. If your teacher has directed you to another website or app like Mathswatch and it does not work, please contact your teacher directly. For example, if you have forgotten the password etc.
8. If you are not sure of what to do with the task set, please contact your teacher directly, via TEAMS or email.

Insight Tutorial

In last weeks newsflash we included a tutorial on how to view homework tasks, upload completed work and view feedback from your teacher on Insight. The tutorial can be found here <http://www.mossleyhollins.com/newsflash--friday-20th-march-2020/>

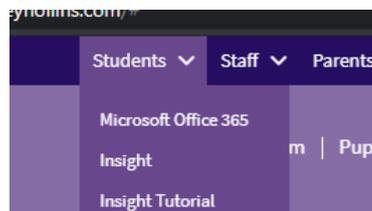
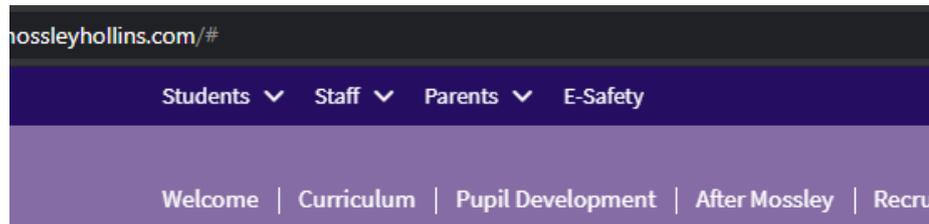
If you are unsure of your Insight login, you should contact r.judge@mossleyhollins.com.

A Tutorial for Parents/Carers – Accessing Microsoft Office 365

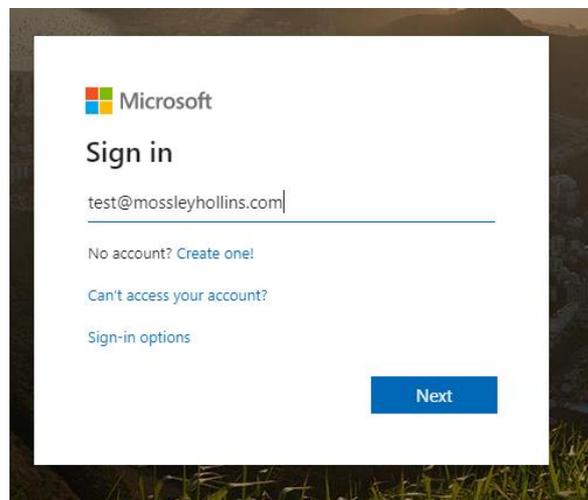
Logging in to Office 365

Go to www.Mossleyhollins.com

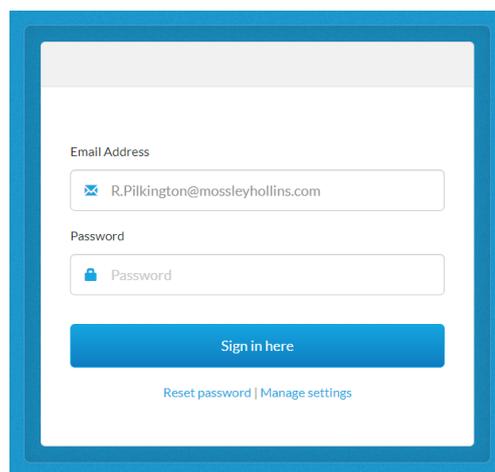
From the Student or Staff drop down at the top of the site select Microsoft Office 365



Sign in with your Mossley Hollins network account with @mossleyhollins.com after the username

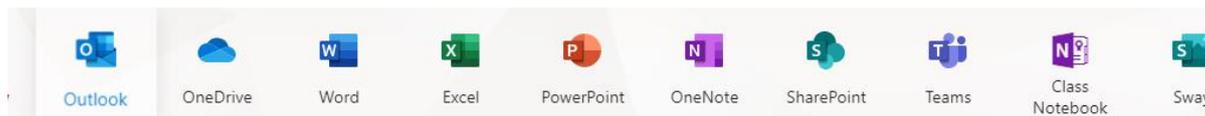


Enter your password again at the Iam Cloud page

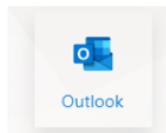


Using the Apps

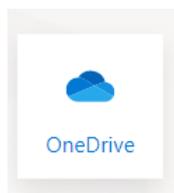
Once logged in you will be presented with several apps



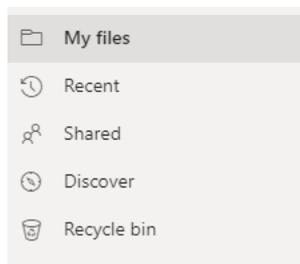
To access e-mail, use the Outlook App



Access your One Drive Account,



With One Drive, you can upload files to here and share them with other people to view, and view files that have been shared with you.



To add a file, you can select the Upload option and navigate to your computer or you can create a new document using any of the Microsoft Office Packages within the web browser by selecting

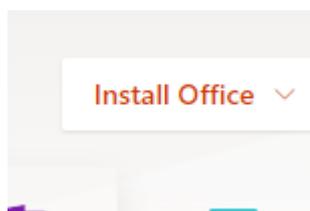


New

To install Office on to your computer

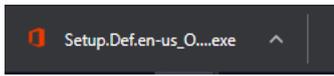
Login to Office 365

Select Install Office, top left



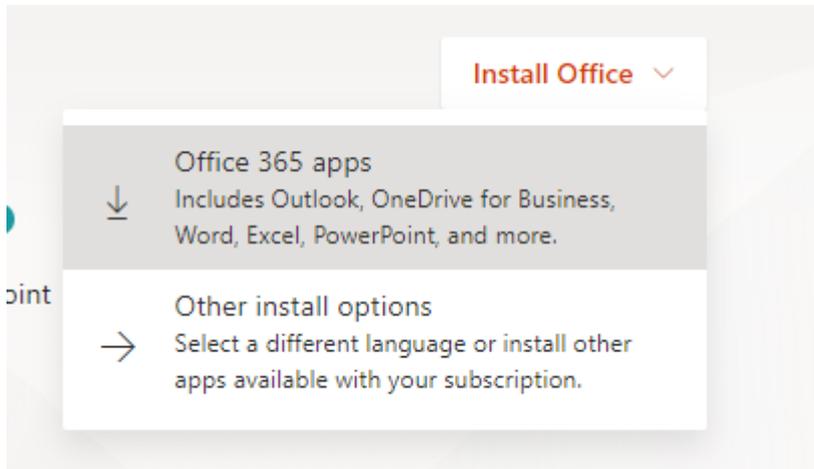
If you are installing Office on to a Windows based operating system select Office 365 apps.

This will then begin to download an installer,



Once downloaded, open and follow the instructions, to install Office.

If you are installing on any other device select the, other install options, and select the best option that matches the device you are using.



Home Learning- Curriculum Provision

Thank you to all parents and carers for all that you are doing for your children in order to allow them to continue to study at home. Teachers will continue to set work as outlined below; this will be done via Insight, and students should please submit their work on Insight, rather than a teacher's email address. If they are having problems with Insight, please then contact the teacher or school to let them know, and we will try to support and resolve any issues.

Our staff have been asked to only set work on their designated days; this should help students and parents to organise your home study and be clear about what is being set for each subject. We have done this so that students do not receive a lot of emails and work all at once, and that parents only receive a limited number of notifications each day. It will allow them to get organised and see clearly what has been set that day.

We know that you may well be feeling pressure and worry and will be adjusting, just as we are, to the new normal. We are aware that you will have different priorities and concerns at home, and we will need to bear that in mind when we send communications to families.

There will be a lot of new things for us to consider as we go through the days, please keep talking to us, and let me know of any concerns or conversely, anything that is working great and you would like to share.

Learning Schedule for all Year Groups

Monday – Science and Technology

Tuesday – Spanish and Sports

Wednesday – RS and English

Thursday – History and Performing Arts

Friday – Geography and Maths

If you have any queries, or are unclear, please do not hesitate to contact Ms Riddy (Deputy Headteacher).

Year 11: Continuing with Their Studies

We are currently setting work for year 11 in order to allow them to continue with their current studies, in preparation for their next educational phase. We will be making extended work available, which extends their learning more closely towards A' level work, from next week on the website and via Insight. If students have chosen to study subjects at A' level, this work will allow them to explore and research independently; in preparation for their college studies. Students may choose to do this work, dependent on the choices they have made for college.

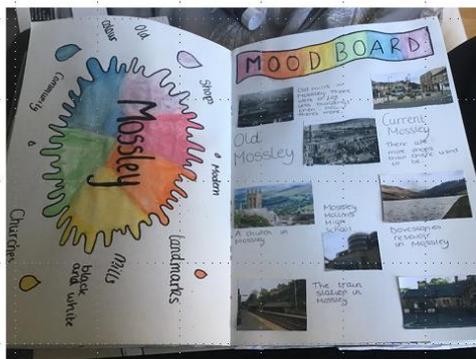
The 'New Normal' – Our Mossley Hollins Virtual School

On Friday, 21st March, staff and the students at Mossley Hollins entered into a new way of working. Mr Marshall, Mrs Din and Ms Riddy addressed teaching and support staff to explain how learning and our excellent support for students will continue.

Our students have been busy this week and it has been so important to us to receive regular updates from students to show us the fantastic work that they have been developing at home; showing the Mossley Hollins independence and resilience. Ms Adams in Art has shared some excellent examples of artwork that have been sent in by photograph.



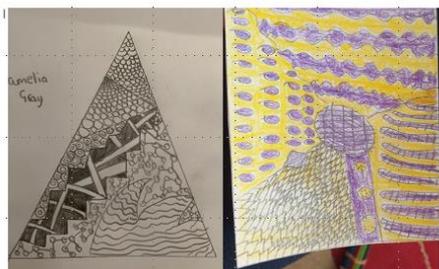
Some of the amazing efforts created by our very talented artists. I'm so very proud of each and everyone of you who has sent me your work. Keep focussed and creative. You are doing so admirably at home. It is a credit to yourselves and families. Keep up the great work !!



Yr. 7 get creative with Zentangles



Yr. 8 set up their own still life and draw from it.



Yr. 9/10 Start a new Project Research around Mossley for their Murals.

Learning at Home- Food and Nutrition

Congratulations to Zak Moreland and Amelia Byers this week who challenged themselves to practise their food preparation skills at home.

Zak adapted the school recipe for 'Mini Quiche', which we made last week and prepared a family size quiche at home.

Amelia focused on food waste and cooking methods, using ripen bananas to make a banana cake. Amelia writes, 'As part of food technology I made a banana bread with a sprinkle of icing sugar on top for decoration. I chose banana bread because it is to do with our topic of cooking methods, and it was an example of convection; I also did it for a fun activity because I love baking.'

Well done Amelia and Zak. Look out for the weekly **Food challenge** in the newsflash each week.



Meanwhile for some of our students this week has seen them return to school.

Students who had to attend school as their parents are keyworkers have been taking part in the daily fitness YouTube channel with Joe Wicks (body coach). They have also been participating in games of table tennis, some artwork and working in class to complete the work set by their teachers. Miss Fogg joined in with the Live Daily PE session with Joe Wicks.



Home Learning Good News Stories

We have received lots of lovely messages and pictures following our request for updates and tips from students and parents on how they are managing in this unprecedented situation.

Tyler is contributing to washing up, a skill that he has learnt from his Home Tech classes and we are going on a daily hour-long walk. We were up close to two deer yesterday, which was amazing to see. Walking and cycling is keeping up fit as a family and gives us the space to talk rather than grabbing conversations. Tyler just needs to get into a daily routine, and we know that the school and teachers are doing a brilliant job, we have all got to work together to get through this difficult time.



Home Learning in Year 7

Well done to **Thomas** who has been very busy making his first cheese & onion pie this week. It was delicious and baked to a family recipe owned by his Great grandma and sold on Oldham market on returnable plates! Echo friendly - 50 years ago!



Kalia has been enjoying the morning workout with Joe Wicks, she has also been putting her time to good use by volunteering at an animal sanctuary in Glossop everyday (whilst ensuring social distancing) and doing her schoolwork when she gets home. She has also been doing some baking for her family. We are sure the animal sanctuary is very grateful for the help.

Jennifer has been keeping really busy baking bread, pizzas, churros and a Nutella cake!

Phoebe has been enjoying working at home and has made a diary to record the PE sessions she takes part in every day.

Bayley is also taking part in the daily workout with Joe Wicks, we certainly seem to have some very active students.

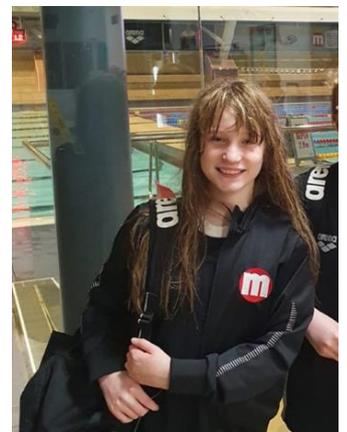
Our Young BBC Reporters Reflecting on the 'New Normal'

Young Reporters Update on adjusting to schooling from home.

These past couple of weeks have been a most unusual (and potentially anxious) time for staff, parents and pupils of Mossley Hollins alike. As an English teacher, I have had to entirely adjust how I deliver learning and provide feedback to my pupils remotely. This has proved particularly interesting with a year 7 daughter and a giddy Labrador at home myself. Whilst I know it's been a challenge for me, I wanted to understand how our students were adjusting to the 'new normal'. A couple of members of our Young Reporters' Club provided an update of their experiences:

Harriet (Year 8)

At first, it felt like all the students were quite happy that they had some time off school! However, since then things have changed very much indeed. Not only do I miss the comradeship of all my friends at school and the regular routines but also the support of teachers in the class lessons. Fortunately, I have been able to keep up with my schoolwork with help from my parents. However, the stress arrived when I began trying to upload my work onto Insight, which I was unable at first due to some kind of error. Thankfully, this has now been resolved. More than anything, I am missing my swimming training - so I am going on bike ride and using my pull up bar and weights more often now. I also make sure that I stay in contact with friends via my phone and social media. My message to everyone is to take care for now and make sure you stay safe!



Harriet –enjoying swimming before the coronavirus struck.

Tyler (Year 8)

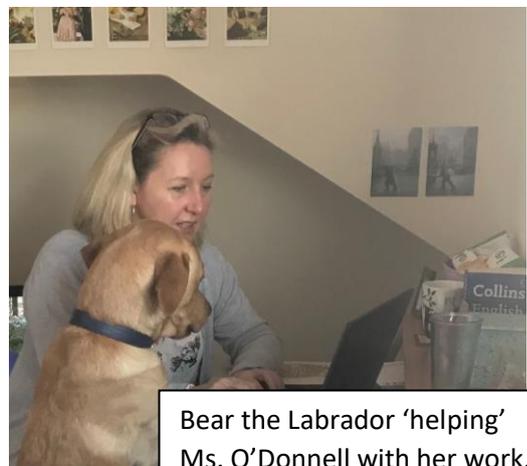
At home, it is very different than working at school, you have to be motivated by your parents to keep up the study. In addition, sometimes you can lose track of time and even forget what day it is! There can be many distractions at home too from your work, particularly when teachers are not there to refocus you or give you the support you need.

Sending work back to teachers via Insight has also taken a bit of getting used to. As well as studying, I know it is also vital that I keep physically well. To keep healthy, I have gone on the school website daily to access exercise challenges. I know it is important to be physically and mentally healthy in these times as well as keeping on top of my studies.

It is clear that we are all working hard to ensure learning continues and to follow some form of routines to maintain our physical and mental wellbeing in these unprecedented times. If you would like to join our (virtual) Young Reporters' Club to add your experience to the conversation, please contact me, Ms O'Donnell, at m.odonnell@mossleyhollins.com



Tyler enjoying a bike ride as his one form of outdoor exercise for the day.



Bear the Labrador 'helping' Ms. O'Donnell with her work.

Patrick O'Connell – A Rising Star in the Kitchen

Congratulations to Patrick who has started his Skill for the Duke of Edinburgh Award at Saddleworth Cookery School. Due to the current restriction in place, Patrick has only managed to attend one session. However, this week, with access to some fresh yeast, he has made this delicious loaf of bread and doughnuts!

Well done Patrick.



Year 11 Learning

Just a reminder to year 11 parents of what we said in the Newsflash last Friday (Newsflash 25 on our website). We are setting work for Year 11, as we know the vast majority of them value learning and wish to keep up-to-date with it.

We have suggested that where the work will be particularly useful to the student's plans for her or his next stage at college it is even more sensible to keep on top of it. For example, if a student is planning to do science, mathematics, economics or accounting at college, they would be advised to continue taking their maths studies seriously, now, at home (and their science in the first example). At present, the school is working on useful 'bridging' work between GCSE and A-Level in key subjects that students may be planning to study. This will be available, also, to support at home.

We have made it very clear that the decision on what is done at home and what is submitted will rest with the student and her/his parent or carer.

I know you are very keen that we advise you on specifically how the Examination Boards will arrive at their final figures for each student in the country. We are very keen to know that, too. The truth is, though, that this is not the government's first priority at the moment. What we do promise you, is that the moment we find out the specific detail, not only will our school follow that instruction to the letter to make it fair for all our students and all students nationally, we will also be the first to let every Year 11 parent and student know. No school or teacher should give out advice on this when we have not yet been given the factual information from the Examination Board.

We cannot answer questions about exam grades definitively as we have not been given the final instructions ourselves yet. The best plan is to take our advice in Newsflash 25.

Positive Steps – Careers, Information and Guidance

Ms. Senior, our advisor in school from Positive Steps will not be available for face to face appointments until further notice. Whilst she is working remotely from home, Ms. Senior will be conducting telephone consultations with students that have been selected by staff in school. Any students wishing to self-refer will need to contact the school office via admin@mossleyhollins.com in the first instance and details will be passed on.

Life Skills

At Mossley Hollins, we are committed to the personal development of each child and as such, we are keen that all students continue to work on the Life Skills curriculum as part of their home learning. The resources for life Skills have been uploaded onto Insight and I would ask that parents, carers and family members carry out the activities with their child in a 15-minute slot once a week. There are instructions under each slide to assist with the delivery of the session if necessary. The Life Skills curriculum is designed to equip each student with the skills and knowledge to prepare for, and succeed in, life in modern Britain. Continuing with the delivery of the curriculum at home will provide an excellent opportunity for families to discuss issues, which they may not ordinarily get a chance to in their busy lives, and I thank all families in advance for their support in assisting us with the personal development of each student.



For any queries regarding the Life Skills curriculum, please email Mrs Harrison at r.harrison@mossleyhollins.com. If you wish to submit evidence of discussions of the Life Skills content, please upload these to Insight for your child's Form Tutor to read.

Mossley Hollins Teaching and Learning Briefing – *We Make the Weather!*

As the most important resource in our school, the teachers were treated to a 'wellbeing breakfast' made and served by the Technology Faculty staff. Staff were invited up to the fourth floor for fresh coffee, orange juice and homemade pancakes, which they enjoyed whilst chatting with one another before lessons, began.

What a great start to the day!



Ideas on Encouraging Reading

As children get older, it is sometimes difficult to develop and maintain a love of reading for pleasure in a world so full of other distractions. However, as well as all the joy a good book can bring just by transporting us to another world, much research has been done into the impact independent reading can have on educational outcomes and our development as well-rounded people. These include:

- Wider general knowledge
- Greater insight into human nature and decision-making
- Better well-being and mental health
- Improved reading and comprehension skills
- Improved writing ability and more accurate spelling and grammar
- Increased range of vocabulary



More on the benefits of reading can be accessed on the National Literacy Trust and The Reading Agency websites: <https://readingagency.org.uk/about/programmes/> and <https://literacytrust.org.uk> .

Research has also found:

- There is a direct link between a child's reading age and their life chances.
- The more a child reads independently, the higher their reading age.
- A child is more likely to read independently if there is a culture of reading at home.
-

How can you help your son or daughter to read more?

The importance of parents reading as **role models** is a key factor in encouraging young people to read. 'Save the Children' have promoted this in a video on the impact of reading for just ten minutes a day. See their film at www.youtube.com/watch?v=Orb6xXPPBKo

Boys in particular often struggle to see the value in reading, as they get older. If you are having difficulties encouraging your son to read, visit the *Oxford Owls* website, where Gary Wilson has created an advice video on how you can help: www.oxfordowl.co.uk/for-home/reading-owl/expert-help/encouraging-boys

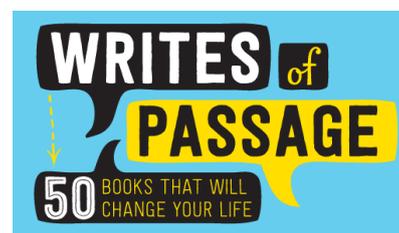
Even listening to **audio books** can harness some of the benefits of reading, including the development of the imagination. On the World Book Day website (www.worldbookday.com), you will find extracts from a range of books for different age groups. Check this out in the 'World of Stories' section on their webpage.

Tips from our students to encourage reading for pleasure include the following ideas:

- Reading favourite film/sports stars' or (the latest trend) YouTubers' autobiographies
- Reading sports reports in different newspapers/magazines
- Reading a book which has also been made into a film (and deciding which is the best)
- Reading for just ten minutes every night before going to sleep
- Reading the same book as a friend and setting up a mini book group to discuss it. Alternatively, have a competition to see who can complete it first (honestly of course!).

The World Book Day website has many other ideas to inspire reading, including the results of a nationwide survey to find people's favourite books of all time. The completed project, called 'Writes of Passage', lists 'fifty books which will change your life' and includes titles such as 'Of Mice and Men', 'War Horse' and 'The Fault in Our Stars' (and other books suitable for a range of ages/interests). See the whole list at www.worldbookday.com/writes-of-passage.

Mrs H. Michell (h.michell@mossleyhollins.com)



Supporting Students with Dyslexia

Please see the below message from the British Dyslexia Association.

Thank you to everyone who joined our webinar for parents on how to support your dyslexic child during school closures. We hope you found it helpful. Thank you for all your questions.

The logo for the British Dyslexia Association, featuring the text "British Dyslexia Association" in white on a dark blue background. The word "Dyslexia" is in a larger, bold font, and "Association" is in a smaller font below it.

You can view a recording of the webinar [here](#) and download the slides [here](#). Please feel free to share these with anyone you think may find them useful.

We know, even at the best of times, many parents cannot afford to access paid training, and for many parents the COVID-19 restrictions have made money very tight. However, we have been asked by some parents what services we sell to support you during the school closures. Our eLearning platform remains fully operational and many [eLearning modules are suitable for parents](#) and available to buy.

As Helen said when introducing the webinar, like many organisations, the COVID-19 restrictions have severely impacted our income. Providing crucial services at this time, like free webinars for parents, will simply not be possible unless donations keep coming in. If you are in a position to be able to [make a donation](#) it is more important than ever you do.

We will be looking at more ways to support parents for free during the school closures and we will announce these in due course. To ensure that you get these relevant updates, please [sign up for our email newsletter](#) if you haven't already done so. (Please note, due to GDPR, signing up for this webinar may not have automatically signed you up for our email newsletter.)

The Mossley Hollins [Cooking at Home Competition](#)

Each week the Technology faculty will be challenging students and their families to cook at home.

Please send photographs of your entries to h.duncan@mossleyhollins.com with the subject title '[Food Challenge- Students name](#)' and we will judge and share the winners in our newsflash each week.

Please feel free to experiment and use your own family recipes for each challenge.

Challenge 1

You can enter one or both recipes.

[Savoury challenge](#) = Chilli-con-carne

[Sweet challenge](#) = Flapjack

Good luck.

Flapjacks

Ingredients

250g	Porridge Oats
125g	White sugar
125g	Margarine/butter
3tbsp.	Golden Syrup (or Maple Syrup)
50g	Dried fruit (sultanas, cranberries) Optional

Equipment

Saucepan	Vegetable knife
Wooden spoon	Measuring jug
Tablespoon	Teaspoon
Chopping board	Container to bake in

1	Switch on oven Gas 5 / Elec 180 Place the sugar and margarine into a saucepan.
2	Half-fill a measuring jug with hot water and place the tablespoon and teaspoon in the jug to warm up. Measure out the golden syrup using the hot tablespoon, putting the spoon back into the water between measures – this will help the golden syrup to slide off the spoon, especially when pushed with the teaspoon.
3	Place the saucepan on the hob, on a low heat. Gently melt all the ingredients together, stirring with a wooden spoon, until the sugar has dissolved, and the mixture is bubbling.
4	Switch off the heat. Move the saucepan to a pan stand in your work area. Stir through the oats and any additional ingredients e.g. dried fruit. Tip the mixture into the foil tray and use the back of the warm tablespoon to smooth out until level.
5	Bake the flapjack for 15-20 minutes at 180°C, Gas Mark 5. Wearing oven gloves, remove from the oven and place on a pan stand. Leave to set for five minutes, then transfer to a chopping board and cutting into pieces. Place back it into the container.

Top Tips

*Use a square baking tray to make your flapjack in. This will need to be greased and lined with baking paper first.

*Double the ingredients to fill your tray!



Chilli Con Carne

Ingredients

1 tbsp.	Sunflower or vegetable oil
1 medium	Onion, diced
250g	Minced beef, turkey or Quorn
½	Red pepper, diced and green pepper
½ tsp.	Chilli powder
1 can	Red kidney beans, drained
1	Beef or vegetable stock cube
100ml	Boiling water
400g	Tinned tomatoes
1 tbsp.	Tomato purée
	Salt and pepper to season

Equipment

Vegetable knife	Vegetable chopping board
Saucepan and lid	Wooden spoon
Measuring jug	Kettle
Fork	Tablespoon
Teaspoon	Container to take Chilli home in

Key Skills:

- ✓ Weighing and measuring
- ✓ Knife skills – slicing and dicing
- ✓ Checking the seasoning of products

Time	Order of work
5 minutes	Prepare self, equipment and gather ingredients
5-10 Minutes	<p>Prepare onion Chop off the top of the onion. Place it cut side down onto the board and cut in half through the root. Peel off brown skin and the first layer beneath if tough. With the root end facing away from you, slice through the onion towards the root but not through it – this keeps the onion together. Then turn 90° and cut across the onion to dice it, throwing the root away. Repeat for the other half.</p> <p>Prepare red and green pepper Ensure any seeds have been removed. Using the vegetable knife, slice the pepper lengthways into strips. Rotate the pepper 90° and slice across the strips to dice the pepper into small cubes.</p>
5 Minutes	<p>Prepare the stock Boil the kettle. Whilst this is boiling place 1 stock cube into the bottom of a jug. Pour on the hot water and stir with a fork until the stock cube has dissolved.</p> <p>Take all of your prepared ingredients: beef / onion / pepper / kidney beans / tinned tomatoes/ stock over to the hob.</p>
10 Minutes	<p>Cook the meat / Quorn Heat the oil in the saucepan over a gentle heat. Add the onion and minced beef / Quorn and sauté gently for 3-4 minutes, until meat has turned brown.</p>
15-20 Minutes	<p>Add the additional ingredients Stir in the red and green peppers, kidney beans and chilli powder. Then add the stock, tinned tomatoes and tomato purée. Bring to the boil then reduce the heat, cover and leave to simmer for 15-20 minutes. Whilst this is simmering, complete all the washing up and clean the kitchen.</p>
5 minutes	<p>Check for seasoning Using a clean teaspoon, taste a small amount of your chilli. Add salt or sugar to taste and pour into your container. Wash, dry and put away your saucepan and lid.</p>



Top Tips:

1. Serve with either boiled rice, green salad, pitta bread, tortilla wraps or baked potato
2. Substitute meat for a range of vegetables or pulses including, sweet potato, butternut squash, chickpeas or lentils.

Geogglebox – Supporting Students at Home

How can you further your geographical knowledge and understanding? Here's your opportunity to do so through watching geographical films and documentaries. From a range of sources and streaming services, please see below examples to help your knowledge of the 'bigger' picture of your topics in geography at the moment.

Once you have watched, if you would like to produce a 'review' of these please send to Miss Hodgkins. Examples may be used in future Newsflash publications.

Year 7: Tropic of Cancer with Simon Reeve – India – BBC iPlayer

This episode will provide you with an insight into life and culture across India.

Year 8: Hans Rosling – Don't Panic! Truth about Population - [YouTube](#)

A review of population change including urbanisation.

Year 9: Frozen Planet – On Thin Ice – BBC iPlayer

Take some time to understand the impact of a changing climate on ice cover, including glaciers, across the world.

Year 10: Cowspiracy: The Sustainability Secret – Netflix

USA based. An insight into how factory farming is affecting the planet, and a focus on the impacts of this on rainforests and oceans.

Linking to Resource Reliance, Sustaining Ecosystems and Climate Change.

*** For further information on each of these productions please do take time to review any age ratings, warnings or detail of content in greater detail.*

Keep an eye out for what is on the Geoggle-box next week!

If you have any questions, or recommendations, please don't hesitate to contact Miss Hodgkins.

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3D Styrofoam Modelling – Year 10 Design & Technology

Congratulations to the Year 10 Design and Technology students, for completing their Styrofoam models which ran alongside our Aston Martin experience day. They started by completing a focussed practical task to learn basic cutting and shaping skills. (Square corner block) Then they moved onto creating curved shapes from a block using methods including craft knives, dremels and surforms. When they had mastered these skills, they made their own ergonomically designed model of a new computer mouse, which fitted exactly with their hand. If this wasn't enough of a challenge then came the super challenge task, of turning a cube of Styrofoam into a perfect sphere and they were only allowed to use hand tools. Well done to all students and hopefully we can return to more modelling tasks soon. Note: the masks were to protect students from the fine dust generated when working with Styrofoam.



HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



GOOD QUALITY SLEEP ZZZZZ

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC), OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

EAT WELL



A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.



DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACE TIMING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



The National College

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

<https://www.nhs.uk>

<https://www.mentalhealth.org.uk>

<https://www.livingwell.org.au>

<https://www.mentalhealth.org.uk>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: @thenationalcollege | Twitter: @thenatcollege

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PE Department – Exercise at home

This week, the PE department have started a fitness challenge for Year 7,8 and 9 students to take part in over the next few weeks and months in their own home. The fitness challenge will be set each week for students to complete as homework to ensure they maintain a high level of health and fitness whilst they are not in school. Students must record their progress and achievement each week and upload the information onto insight. The PE department will ensure the progress and achievement is being recorded and this will be celebrated when students are back in school.

To improve their own fitness, students can take part in their own workouts at home and create their own circuit to complete exercises. Circuit training includes between 6 – 10 exercises. The exercises should be completed for 30-60 seconds with rest periods in between. We would like students to create their own workouts and complete exercises related to their favourite sport to improve their fitness whilst they cannot take part in these sports now.

Exercise – Physical and Mental benefits

It is proven that exercise has significant effects on physical and mental health. Exercise improves physical health by helping people to lose body weight. It also helps to increase muscle tone and size. Exercise has significant impacts on improvements in mental health as it can help to reduce stress and anxiety. It can also improve self-confidence when completing challenges and demonstrating the resilience to complete them. Most importantly, exercise is proven to improve our immune system and improve our overall health, which is essential at this moment in time.

Exercising at home is very important for all pupils, parents, carers and family members to ensure we can maintain our own physical and mental health in the current situation we find ourselves. Here, in this photograph, we have Miss Dodd setting a fabulous example at home taking part in the daily Joe Wicks PE lesson.

Stay active and stay healthy.



Outstanding Performance - Ella Whitwam

Ella Whitwam in Year 8 has gone above and beyond and set the perfect example with her fitness challenges. She completed the challenges for her homework but also completed her own workout relating to netball. She has done this to maintain her fitness levels whilst she is not able to take part in her favourite sport which she plays both inside and outside of school.

We would like all Mossley Hollins pupils to take Ella's lead and show a high level of dedication and enthusiasm when completing the exercises at home.



Music Department

Pop Choir

Of course it was inevitable, but unfortunately last week's Wednesday evening concert in Stockport was postponed. This was a joint venture between Stockport and Tameside Music Services and involved four schools – two from each authority that were invited to perform. It is hoped that the concert can be held later in the year.

Band News

Last week it was officially announced that the Whit Friday walks and band contests are cancelled.

Our school band look forward to taking part in this huge community event every year so naturally we are all very disappointed that again the inevitable has happened.

For our current Year 11 players we are now offering you the chance to play with the band in the 2021 walks and contests as you have missed out this year.

Ever Thought About A Career in Teaching? Even at this time? Great...

Ever thought about a career in Teaching?

If so, why not **'Train to Teach'** with us here at **Mossley Hollins High School** through School Direct in partnership with the everyonelearning@ Teaching School Alliance and the University of Cumbria?

We are currently recruiting for **Biology, Chemistry, Physics, English, Geography, History, Maths and MFL.**

School Direct allows schools to request training places directly, select the ITE (Initial Teacher Education) provider of teacher training they want to work with and agree the content and focus of the training.

Bursaries are available!

For further information please contact d.webster@mossleyhollins.com
<https://getintoteaching.education.gov.uk/explore-my-options>



**MOSSLEY
PARTNERSHIP**
TEACHING SCHOOL
ALLIANCE