



MV16
Newsletter
Issue 1 05.04.2020



WELCOME

It is hard to believe that it has been two weeks (longer for a few of you) since our lives were turned completely upside down by Covid-19. All of us are disappointed that college ended so abruptly, however, it is important to put it into context: our priority is and always will be keeping safe, healthy and protecting the NHS in order for our country and systems to get back on its feet in due course. So until then we will continue to do everything we possibly can to ensure the delivery of education to you is as effective as possible. This also means that you play a part in these efforts, something we've been incredibly impressed by so far. This newsletter aims to bring you up to speed on what's been going on behind the scenes at MV16, along with other useful information regarding college closure, the summer term and future planning.

ACCESSING COLLEGE WORK

TEAMS is our chosen platform for accessing college work from your teachers. Please make sure you 'like' each post put up by your subject teacher so we can register who has seen it and thus completing work! When emailing your teachers only use your school email account and not your personal account.



GRADING OF SUMMER 2020 EXAMS

Important information has been released by Ofqual today regarding the grading of exams this summer. Details have been shared on TEAMS and sent to parents /carers via email. Please ensure you read them carefully.

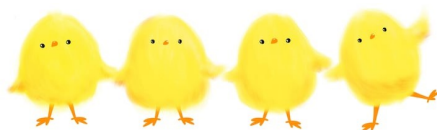
'I HOPE YOU ARE WELL'

All email correspondence from our lovely students has commenced with the words 'I hope you are well'. This means so much to your teachers and reinforces just how proud we are of your mature approach and outlook. We all truly hope you are well too.

BURSARY

Bursary payments continue to be made on a weekly basis to those students who are eligible. If you think you may be eligible due to a change in circumstances, please look at the bursary form on our website, complete with relevant details and email in confidence to Mrs Johnson.

**Arrangements for next term
can be found on the last
page of this newsletter—
please read.**



FREE SCHOOL MEALS

Free School Meals still apply in Year 12 and Year 13. If you were in receipt of these at secondary school you may still be eligible. Similarly, if your circumstances have recently changed you may be entitled to the offer. The government has set up a voucher scheme to make up for the shortfall in meal provision, vouchers are sent to parents directly. Please contact the college in confidence if you would like further information.

Ms Sullivan's Art Club entry—Impressive!



MY TYPICAL DAY

Many of you are wondering what teachers and support staff are doing. Here's what my day typically looks like!

I'm still working a 'normal' day. Routine and structure are incredibly important when working from home. My day starts with checking emails and then breakfast, which is rather solitary compared to my normal cuppa in the canteen with Mrs Roberts and other students grabbing a bacon cob!

Thank goodness for technology and the ability to communicate with colleagues via a number of interactive ways. This does come with a word of caution though—I've realised how important it is to take a break and have some downtime; we are all using technology and screens more than ever. I have a meeting with the senior leadership team each morning which sets out the agenda for the day. Behind the scenes we are following up guidelines from the DfE, awaiting instruction from exam boards and ensuring that the college business needs are met. In addition, Mrs Roberts and I are monitoring TEAMS, contacting students and teachers and meeting up via FaceTime to plan next terms work. I'm missing the hubbub of break time and my favourite coffee, although I'm not missing those gentle reminders about clearing tables.....

The afternoon flies by. It may include a meeting with other head teachers from across the Trust and often I touch base with Mr Rahman MV16's Executive Headteacher. The final part of my working day is to email all staff with a daily update. It's really important to keep in touch with everyone, as we are not used to working in isolation. We all chose teaching for a number of reasons, one of which is enjoying working with young people!

...rather solitary compared to my normal breakfast in the canteen with Mrs Roberts and other students grabbing a bacon cob!

The final part of my day involves incorporating the government's daily activity recommendation. I grab the dog and we walk a couple of miles! So pleased that the clocks have gone forward and we have some lighter evenings.

This sounds like a pleasant way of working... however, it is challenging and all MV16 staff are missing our students and daily interactions, not to mention the actual teaching in a classroom. It certainly isn't our preferred way of working but we recognise it is for the best. One thing is for sure, We will all welcome a return to college when it comes.

Ms Johnson



WHAT DID YOU DO DURING COLLEGE CLOSURE?

This will inevitably be a question once this is all over. Try to avoid letting the time slip away, so when someone does ask, 'What did you do during the closure?' you have an interesting response.

Develop yourself - learn a new skill such as cooking, read some books, watch some classic films rather than what you usually might watch, listen to interesting podcasts, complete an online course that interests you. **Year 12** take note - we've provided some extra-curricular ideas with this newsletter. **Year 13** can also research what's on their chosen degree course and start learning the areas which interest you most. Universities have been in touch stating that they are keen that Year 13 continue to study so they are ready when they begin university.



COPING WITH CORONA INDUCED ANXIETY

As the UK continues to see times of change and uncertainty ahead, Birmingham City University Senior Lecturer in Mental Health Nursing Kim Moore gives advice for productive activities you can do whilst staying at home:

- Learning new words or a different language
- Download an image for adult colouring and create a masterpiece
- Practice mindfulness and meditation
- Speak with your family and friends by phone call or Facetime
- Watch a new film or tv series
- Play a new game on your games console
- Try to go out wherever possible to access nature and sunlight
- Spend time with a pet if you have one
- Have a spring clean or start a new DIY project

We recognise the importance of protecting and maintaining your mental health. Whilst it can be difficult to shift your thoughts from something that is currently happening around you, some distraction can be a fun and useful way to help reduce levels of stress and anxiety.

Garden Springwatch from Mr Beeton

Since working from home and observing my garden, which my "office" has a good view of:

I have seen that, I commonly have squirrels visiting my bird-feeder. But actual birds have been numerous too. I've seen:

Robins, Dunnocks, Collared Doves, Blue Tits, Great Tits, Long Tailed Tits, a Wren, a Nuthatch, Magpies, Blackbirds.

I've also learned that my cat sleeps A LOT! Which is good of course for all the birds mentioned above. But it's been great to see all this garden activity, and it has been a very welcome diversion from the regular news.



ART CLUB

Wow! Who knew an Art Club would have such a fabulous response amongst our students! We are in awe of the talent you all have. Thanks to Mrs Richardson for launching this idea. Entries from all students, staff and siblings have been welcomed and much admired. We understand it's the hardest part of Ms Johnson's week shortlisting. We look forward to this club continuing whilst we're all in lockdown. It certainly brightens up each Wednesday!



HOW BEAUTIFUL DO THESE DAFFODILS LOOK?

Earlier in the academic year Mr Pratt rallied the help of his Year 13 Physics students to dig a small trench and plant some bulbs. It was lovely to see students out there working on this and even nicer to see these beautiful blooms when surveying the site for security this week.



We're missing your birthdays! Love to see the 18th balloons in the canteen. We also feel for those of you who are turning 17 and not being able to have your first driving lesson. Therefore, a birthday shout out to the following:

18th Birthdays for: Hannah F, Dillon P, Mitchell F, Molly J, Kelise H, Evelyn S-J, Jonathan A, Kareena R, Jack C, Flo P, Sam P, Ben R, Kerala C, Ellie S, Owen T-S, Simone H, Jason C, Morgan B, Rosie W and Finlay G

Those turning 17: Taylor C, Charlotte W, Lilly S, James L-P, George P, Emerald R, Benn C, Sally H, Abby H, Charlotte K, Susie S and Eve S-A

John on reception also had his birthday during our closure, we won't mention which one! Happy Birthday John!



THEATRE TRIP WITH A DIFFERENCE

Perhaps the most unusual school theatre trip was held this week by the Year 12 Drama students. Organised by Mrs Breeze with Mr Bower accompanying, the group watched the smash hit comedy 'One Man Two Guvners' from the hottest front room seats available. Chatter via Teams at the start allowed mid play snacks to be discussed and at 8pm, all was paused to participate in the NHS handclap. During lockdown, the National Theatre are airing a performance every Thursday evening, and Mrs Breeze was quick to spot this as an opportunity. Throughout the play students were asked questions about the plot and techniques, along with offering opinions and critiquing performance. Even if you don't study drama, do join in the fun next time we arrange such an evening.

FACULTY FOCUS—HUMANITIES

You don't have to study a Humanities subject to benefit from these great links provided by Mrs Preston, Mrs Steans and Mrs Fletcher. Now is the time to develop your wider knowledge and build on your cultural capital.

4th 1968 US civil rights activist Martin Luther King Jr. assassinated - link to his famous "I have a dream" speech and impact on you tube https://www.youtube.com/watch?v=_IB0i6bJljw

6th 1994 Rwandan Genocide begins - watch "**Hotel Rwanda**"

7th April WHO formed by UN – found out more about the World Health Organisation at www.who.int

9th April 1483 Edward V succeeds to throne after death of his father Edward IV but is never crowned and with his brother Richard disappears and become known as "The Princes in the Tower" - read more at <https://www.hrp.org.uk/tower-of-london/history-and-stories/the-princes-in-the-tower/#gs.1rdbsb>

10th April The Good Friday Agreement signed between the British and Irish governments – read more at <https://www.britannica.com/topic/Good-Friday-Agreement>

14th April 1865 - US President Abraham Lincoln is shot - watch the film "**Lincoln**"

15th April 1945 liberation of Bergen-Belsen - find out more at <https://www.iwm.org.uk/history/the-liberation-of-bergen-belsen>

15th April 1912 Titanic sinks - watch the film "**Titanic**"

16th 1917 Vladimir Lenin issues his radical "April Theses" calling for Soviets to take power during the Russian Revolution - for a simplified summary of the Russian revolution go to <https://www.youtube.com/watch?v=KOK1TMSyKcM>

19th 1775 American Revolution begins in Lexington, Massachusetts. The "Shot Heard Round the World" took place in Concord later that day - read a summary of the event at <https://www.battlefields.org/learn/articles/lexington-and-concord-shot-heard-round-world>

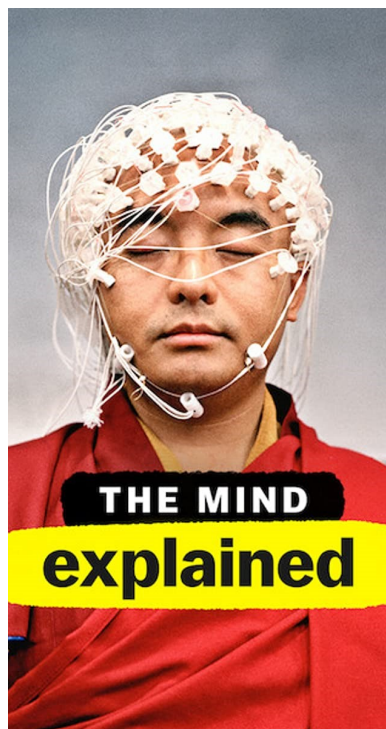
ACADEMIC RESEARCH OPPORTUNITY

Conducted by the British Sociological Society with Swansea University this project aims to document everyday lived experiences of a global pandemic. It basically involves participants keeping a journal/diary every day in order to gather rich qualitative research documenting people's everyday experiences living in these unprecedented times. They are still looking for participants to join.

Teachers, staff, students or indeed parents might find this a cathartic thing to do?

Details can be found here -

<https://es.britisoc.co.uk/coronadiaries-documenting-the-everyday-lived-experiences-of-a-global-pandemic/>



Netflix has a really good mini-series that Psychology students (both BTEC and A Level) and any other interested students could watch for a bit of light relief! It's called **The Mind Explained** – it has a number of episodes on different topics from memory and



Mr Bower—Art Club

EASTER RECIPE

EASTER EGG ROCKY ROAD

Don't forget to share a pic of your creation

225g dark chocolate, broken into pieces
100g unsalted butter, cubed
2 tbsp cocoa powder
2 tbsp golden syrup
100g rich tea biscuits
50g mini marshmallows
50g dried cranberries
200g chocolate mini eggs

Line a 20 x 30cm traybake tin with 2 sheets of cling film (in a criss-cross pattern). Put the chocolate and butter in a large bowl set over a saucepan of gently simmering water, and melt until smooth and glossy.

Remove from the heat and add the cocoa powder and golden syrup. Mix together until fully combined and leave to cool at room temperature for about 15 mins.

Put the biscuits in a freezer bag and use a rolling pin to bash them, leaving some pieces chunkier than others. Stir into the cooled chocolate with the marshmallows, cranberries and 150g of the mini eggs.

Pour the mix into the tin and press down with the back of a spoon until even. Scatter over the remaining mini eggs, pressing them in a little, and leave to set in the fridge for 1 hr.

Remove from the tin and cut into bars to serve. Will keep for up to 1 week in an airtight container



UNIFROG CHAMPION

Mrs Roberts is now part of a handpicked group of 10 teachers who are leading the way with across the UK due to the excellent way that Unifrog is used at MV16!

Unifrog Teacher Champions play a key role in making Unifrog the best it can be. As part of the Unifrog team, they'll use their expertise to share careers guidance best practice with local schools, help us spread the word about Unifrog on social media and have the opportunity to influence the future of Unifrog via focus groups.

Why Mrs Roberts? Let's hear from the Frog... 'We think you'd be perfect for the role based on your usage of Unifrog and for the valuable suggestions and feedback you've already shared with us' High praise indeed. In fact it was Mrs Roberts who told them to use Insta!

Teacher Champions will help Unifrog in their social mission to level the playing field when it comes to students finding and applying for the best opportunities. They'll also have excellent opportunities for career development: be recognised as one of 10 Unifrog experts from a community of over 2,000 schools, have the chance to speak at Unifrog conferences and contribute to careers-related thought leadership pieces.



#stayathome

While you have time at home- think about trying a new cultural pursuit online. If we #stayathome, the entertainment and learning can stream into our home instead. Lots of online services have enabled free access-take advantage of this unexpected opportunity.

Watch a Play

National Theatre Live will screen a NT Play every Thursday at 7pm. They will be available to screen for the following 7 weeks, It starts on 2nd April with James Corden in One Man Two Guvnors [LINK](#). The Royal Shakespeare Company has free full length broadcast here [LINK](#)

Watch a Ballet

Every Friday at 7pm a full-length ballet will be broadcast by the Royal Opera House [LINK](#) This week begins with Peter and the Wolf [LINK](#)

Discover a new City or Culture

Explore the world's greatest landmarks, culture and arts with Goole Arts and Culture [LINK](#)

Virtual Tour

Here are 12 of the world's greatest museums and galleries [LINK](#)

Explore London

All our best Museums and Galleries from Home [Museums LINK](#) [Galleries LINK](#)

Have you ever tried Opera?

The Met Opera in New York have nightly broadcasts of World-class performances [LINK](#) Glyndebourne Opera is in East Sussex [LINK](#)

Live Classical Music

Chamber music from around the world [LINK](#) Berlin Philharmonic [LINK](#)

Speak another Language

Learn a language for free [HERE](#)

Or even SIGN a language for free <https://www.british-sign.co.uk>

More Art
Club....
Purrrrrfect!



and then the world
walked inside and shut their doors
and said we will stop it all. everything.
to protect our weaker ones
our sicker ones. our older ones.
and nothing. nothing in the history of humankind
Ever felt more like love than this

-CD via Instagram

Term begins on Monday 20th April at 9.00am!

We've been really impressed with your work ethic so far and hope you return after Easter to remote learning with the same enthusiasm and vigour that you showed before the Easter break.

Remember to be logged on and ready to pick up the work for your subject lessons. It is important to click 'Like' on your teacher's post to allow us to see that you've received the work.

What's coming up this term alongside studying?

We are in the process of planning how we will continue to support your university and apprenticeship applications. We'll be helping you to write your personal statements later in the term. We'll also be in touch with you if you are an 'early applicant'.

Don't forget! Check the 'Going to Uni' and 'Not Going to Uni' pages of TEAMS for up to date opportunities, including virtual tours of universities and campus life.

Useful links to support your Health & Wellbeing

Don't be afraid to access support if you need help. We mustn't underestimate how difficult the current situation is for everyone. The links below may offer help

Mental Health support : [Young Minds](#) and [Kooth](#)

Meditation and sleep : <https://www.headspace.com/>

Relax - mindfulness and meditation app : <https://www.calm.com/signup-flow>

Think Ninja [https://www.healios.org.uk/services/thinkninja1?ct=t\(EMAIL_CAMPAIGN_4_2_2020_15_6\)&mc_cid=f9b630a3f0&mc_eid=be2bb9fbfbf](https://www.healios.org.uk/services/thinkninja1?ct=t(EMAIL_CAMPAIGN_4_2_2020_15_6)&mc_cid=f9b630a3f0&mc_eid=be2bb9fbfbf)

ThinkNinja is a mental health and emotional wellbeing app for children and young people, designed with self-management skills and interactive education content that is easy to translate into their daily lives. From topics such as coping skills for day to day stresses, to more complex issues including unhelpful thoughts and thinking traps that are driving symptoms of low mood and anxiety, young people can move around the app with the guidance of a virtual avatar called 'Wise Ninja'.