



PRIDE IN PROSPECT

(AT HOME)

Friday 22 January 2021

#prideinprospect

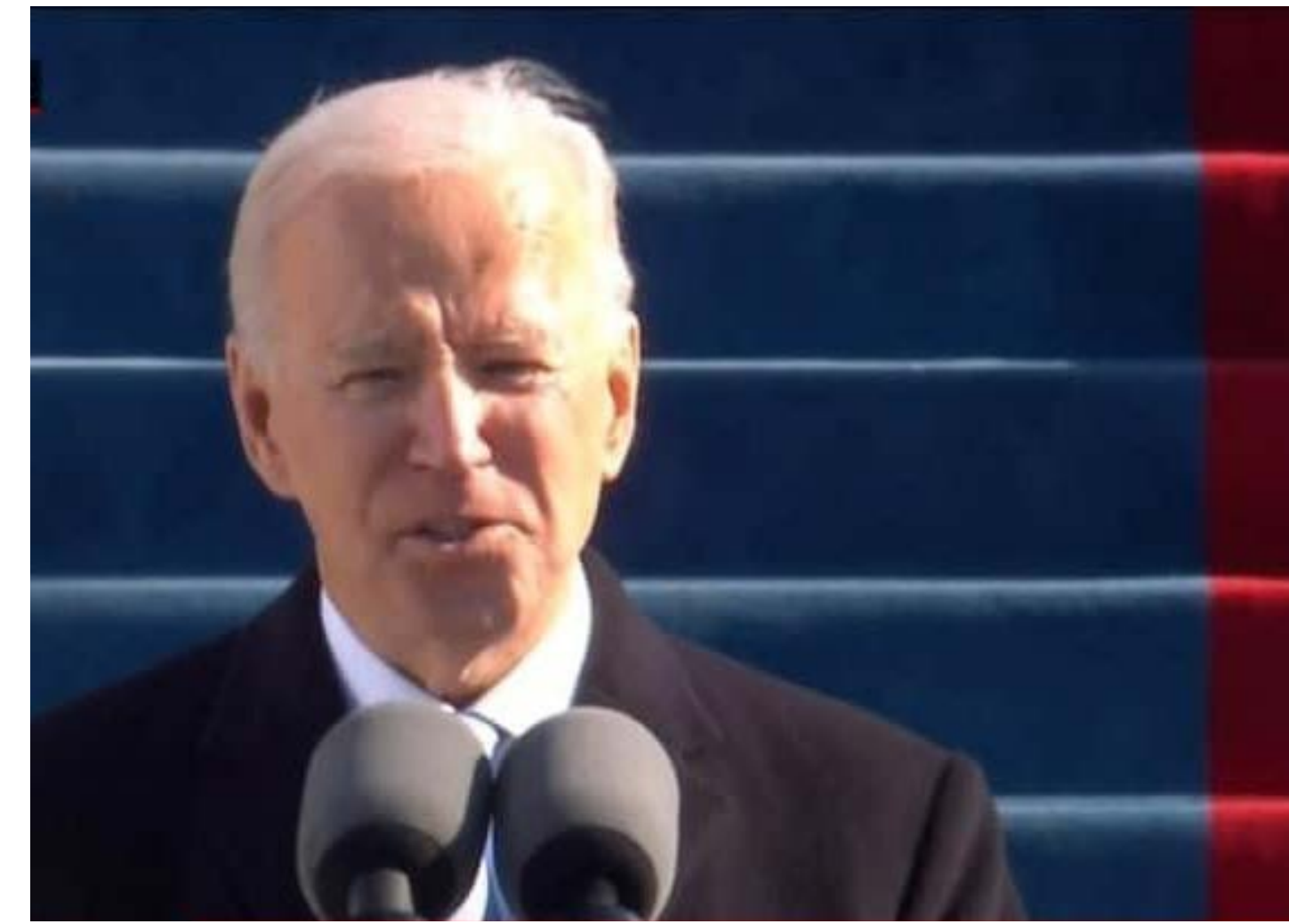
WELCOME

I really didn't expect to be writing to you all at home this week, and although there may have been a little confusion at the start of term, I think we all agree that a return to lockdown and the closure of the school to most of our students has been the right decision.

However, we are still open for the three classrooms full of students who are joining us at school every day, following their lessons remotely whilst their teachers are at home! It has been fantastic to see so many of you in lessons over the last two weeks – I have been trying to drop in to as many as I can and I have seen a wonderful variety of lessons taking place. We have all become much more proficient in our use of technology and every day I have teachers and students suggesting new ways of learning in the virtual classroom.

I do realise that sitting in front of a screen all day is really hard work, especially when you're not able to see your friends and have your usual interactions in the classroom. We are trying to ensure that in every lesson there is some time for independent learning and I would encourage you to get up and stretch your legs in between lessons and make the most of your break times; I know the weather has been pretty unpleasant this week, but do make sure you get outside and get some exercise.

I've just been watching Joe Biden become the 46th President of the United States and listened carefully to his inauguration speech. He spoke about the importance of



Because here's the thing about life. There's no accounting for what fate will deal you. Some days you need a hand. There are other days when we're called to lend a hand. That's how it has to be, that's what we do for one another.

Joe Biden, 46th President
of the United States

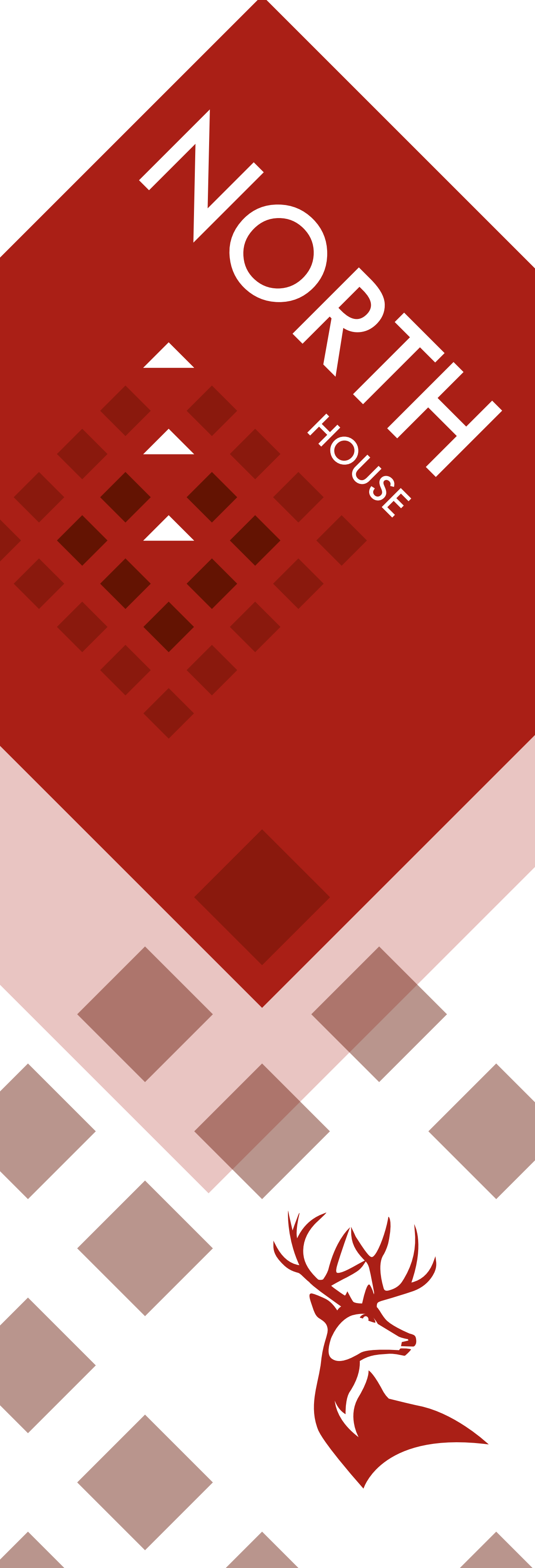
unity and working together as a community. This is even more important at times like this and I hope that you remember the importance of our community not just at Prospect School, but in the wider area, in your street, in Reading, in England and beyond. Everyone in the world is affected in some way by the very unusual circumstances in which we find ourselves, but President Biden is absolutely right when he says that by sticking together as a community, we will be stronger together in the longer term.



I really hope to be able to see you all again soon – we don't yet know when that will be – but I am extraordinarily proud to be Headteacher of Prospect, even if we are a 'virtual' Prospect at the moment.

**David Littlemore,
Headteacher**

#stayathome #prideinprospect #aspirebelieveachieve



First of all...

MR LYDDON



HAPPY NEW YEAR and welcome 2021!

I am sure that we were all hoping that the new year would bring a bit of a change of fortune and life would begin to return to normal...

And here we are. Again. Back at school but not at school.

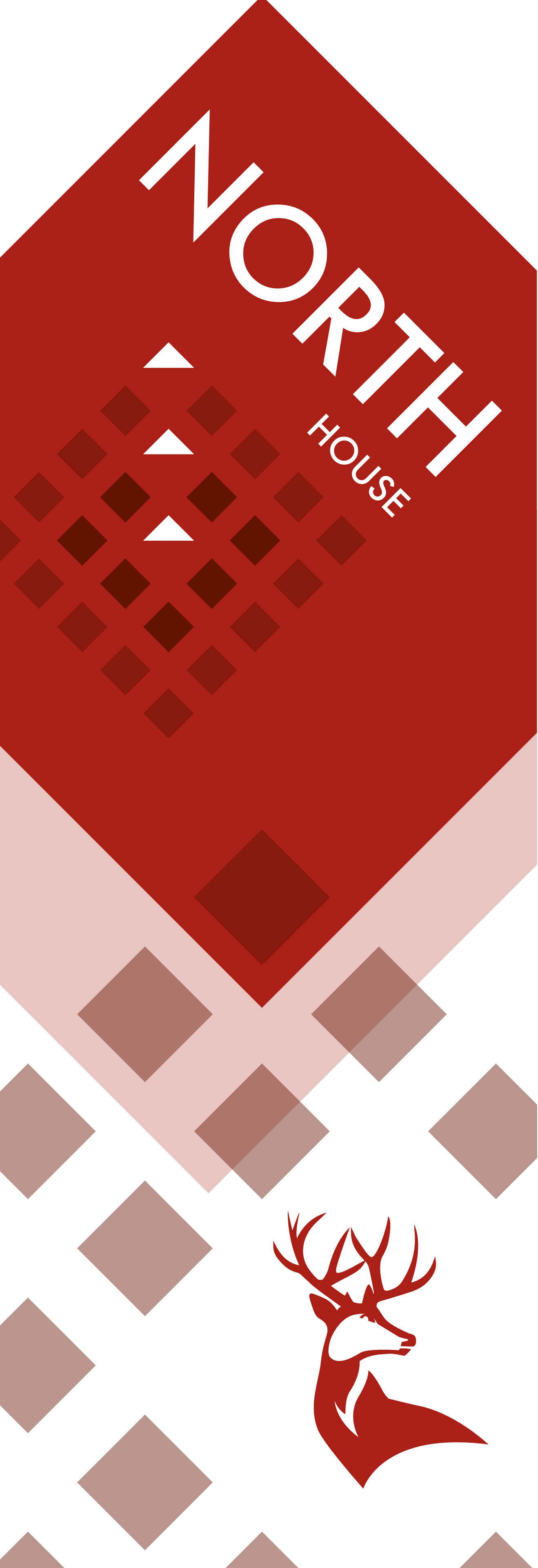
We are yet again having to work with you via online lessons. Soon, we will all be experts at MSTEams (that is if the whole country using it doesn't cause it to epically fail!)

However, because you are awesome and adaptable, you have taken to the online provision like ducks to water! Yes, it is a little strange and talking to a computer rather than a class of students feels really

odd, but there are so many of you really working hard and helping to make this situation really enjoyable!

Not only are we continuing with some practices that we are having to become accustomed to, but we are re-introducing some elements that we have not been able to do for some time. We are now able to deliver assemblies again and talk to you as year groups which has been fantastic!

The House Competitions have continued on from last term, and North House have made a superb start to the year, winning the Maths Challenge and becoming overall winners of weeks 1 and 2! Both of these are much needed wins, and help us in our overall total



and our surge back to the top (early days, but I believe in you!) Please keep participating in the House Competitions in future weeks and continue to attend those online lessons (we need the points...)

The situation that we find ourselves in has been an ever changing environment, and we have moved from tier to tier, causing much confusion and frustration... Now we are forced, yet again, to stay at home, which understandably many of us find challenging. As has been mentioned in assemblies over the last two weeks, now more than ever it is important to check up on each other and see how we are all doing. It is really important to reach out and converse with others outside of your bubble. Also, it is really important to maintain a healthy balance between attending lessons and finding some screen-free time where you can work on keeping physically healthy – so make sure that you do what you can to keep moving! We also see the return of the fabulous Joe Wicks on YouTube (although I think he has had a few of his own issues in the last week...)

So, keep doing what you are doing. Stay connected. Stay healthy. Learn a new lockdown skill. Share your story with us – after all, we

are one community and we want to share in your journey and success. We will get through this and get back to seeing each other again!

Mr Lyddon, Head of North House

ilyddon@prospect.reading.sch.uk

Thoughts for the road.....

- Scotland has 421 words for snow
- Blue whales eat half a million calories in one mouthful
- The current American flag was designed by a secondary school student
- No number before a Thousand contains the letter 'A'
- Sloths have more neck bones than giraffes

MRS GERRARD

Dear East house students,

I cannot believe we are in week 3 of lockdown and I am incredibly proud of all of you for how you have adapted to online learning. I absolutely love teaching and I'd rather teach in the classroom than online. However, I have enjoyed seeing you on camera and chatting to you on MSTeams.

You have now completed over 60 lessons online and you probably had to tell us on multiple occasions 'Miss/Sir you are on mute'! However overall, your engagement has been extraordinary and if you have any problems with your online learning please do contact your tutor or your Head of Progress. We are still in the lead of overall house points however the other houses are catching up on us slowly, I would love it if we could win this week's house competitions.

I would like to highlight the following 10 students who have scored the highest reward points since the start of lockdown. A special mention to Aliyah Jamil and Thierney Smithurst (year 10) who have 66 rewards points in total, which equate to more than 1 reward point in every single online lesson! The other 8 students who have performed extraordinarily well are; Arissa Azeem, Haris Fazlic, Joshua Smith, Nick Poplawski, Emilia Kowalczyk, Matilda Koryapoe, Sarah Little and Donatella Yeboah.

I am so looking forward teaching you all in real life again whenever that may be and as always if you have any questions or concerns please do not hesitate to email me.

Mrs Gerrard, Head of East House

sgerrard@prospect.reading.sch.uk

MR GERRARD

Dear South House,

Another strange set of circumstances to be writing about in Pride in Prospect. I'm hoping we are back to normal soon, however I'm really pleased to see how many of you are really engaging with online lessons and activities. I've been teaching Wellbeing to South house and have really enjoyed the participation, effort, engagement and respect shown for online learning. Some of you have really adapted quickly and I'm very proud of you. I'm also glad that, according to my conversations with many that you are happy and well and looking forward to your return.

I do have one major concern ... House points. We are clearly not as effective at picking up house points in lockdown. We are currently third since lockdown began and this needs to improve. Ask your tutors and teachers to reward you when you are participating in class and tutor period.

However there are some students who are excelling at home and I would like to mention Husna Ahmed, Charlotte Manning, Deanne Clark, Ezra Spearing, Tommy Rampton, Saina Lama and Lucy Griffiths who are collecting a huge number of positives since lockdown.

To finish, I would like to say keep up the good work. Please try to maintain some normality where possible, get good rest and exercise and find ways to stay happy, healthy and safe.

Mr Gerrard, Head of South House

rgerrard@prospect.reading.sch.uk

WEST
HOUSE

WEST NEED TO RETURN TO BEING THE BEST!

Dear West students, families and staff,

Happy New Year to you all, I do hope you are all keeping well. Here we are again, in a lockdown and teaching and learning online is in full swing. I have really enjoyed teaching online although it is not a patch on teaching you all in a classroom. Please make sure you are attending your lessons and gaining as many reward points as you can, we look forward to our lessons with you and also make sure you are attending our online assemblies too.

Moving on to more pressing business, West House is not doing anywhere near as well as we usually do in the house competitions, could I ask you all to try really hard to submit your entries each week so that we can start

to climb back up the ladder. Miss Jelley and I really do not like being at the bottom!

As we go through this month, it is really important you look after yourselves and reach out to us if you need any support. I have enjoyed being able to support you from afar and offer advice when needed. You can reach me, Miss Jelley or your tutors through e-mail or by chatting with us on Teams. We really are here for you!

Remember [Kooth](#) is also fantastic and is a free online service for young people to promote positive mental health and is well worth a look.



How you can survive another lockdown, top tips from Team West!

- Get out and about, go running, cycling, walking or any other hobby you may have.
- Download an app which will calculate how far you have gone and how many steps you have done- this can be really motivating.
- Play your favourite music loudly (not too loudly) and dance around your bedrooms or houses. Just have some fun.
- Take up a new 'virtual' activity-I have been doing Yoga 3 times a week and I have grown to love it, you could try pilates or other online workouts are really good too.
- Learn a new language- pick a really random one- like Norwegian and try and learn greetings, colours, numbers and basic language- you'll be really proud of

yourselves! I tried learning Swedish once and it was really good fun.

- Learn to play an instrument- do you have an instrument at home? One you may have forgotten about? Look online and re- train yourselves, ask Ms Jelley for tips to speed up your learning. You'll feel proud of yourselves when you are able to play well or even just a little.
- Cooking- can't cook? You have time to learn and practise now, why not try out some new recipes. I have tried (with some success) to cook some dishes from the Caribbean which my children have loved! All you have to do is try.
- Read, read and read again – get away from those screens as much as you can – try not to go from screen to screen. Pick up that book you never started to

read and snuggle down with it and a lovely cup of tea!

I hope some of my survival tips help you,
REMEMBER HOUSE COMPETITIONS
(please!)

Perhaps the most important piece of advice I would offer is to talk, talk to friends, talk to your families, play with your brothers and sisters, get to know your neighbours from a distance, talk to us, just talk!

Wishing you all best wishes and good health,

Miss Smith, Head of West
ajsmith@prospect.reading.sch.uk

WEST
HOUSE



FREE WEBINAR FOR PARENTS

As part of Children's Mental Health week, the Mental Health Support Team will be offering a free online webinar focused on

5 Ways to Well-being for children and young people.

This will be taking place on Microsoft Teams from 2–3pm Wednesday 3 February 2021.

To join us, click 'Join now' below:



Join now

#mentalhealthmatters

#prideinprospect



MENTAL
HEALTH
MATTERS

SCIENCE PHOTO COMPETITION



The science department are running a Nature photo competition this term.

- Take a photo of nature out and about on your daily walks, in your garden, or from your window
- Follow [@prospect.school.science](https://www.instagram.com/prospect.school.science) on Instagram
- Tag us in your photo and use #prospectphotocomp

Closing date: Sunday 7 February

Prizes to be given out when we get back to school

Good Luck, we're looking forward to seeing your photos!



14 DAY PLANK CHALLENGE

First select which level challenge you want to attempt – Beginner, Intermediate or Advanced.

On each day across the next 2 weeks, try to complete the plank for the indicated time.

When you have complete the challenge, email Mr Dorliac (adorliac@prospect.reading.sch.uk) with the level you completed.

* If you need to take a rest during the plank, that is ok.
Just try to keep it short, say 10 seconds

#fitnessmatters #prospectpe



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B:	0:15	0:30	0:45	1:00	1:00	1:15	1:30
I:	0:30	1:00	1:30	2:00	2:00	2:30	3:00
A:	0:45	1:30	2:15	3:00	3:00	3:45	4:30

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
B:	1:45	2:00	2:00	2:15	2:30	2:45	3:00
I:	3:30	4:00	4:00	4:30	5:00	5:30	6:00
A:	5:15	6:00	6:00	6:45	7:30	8:15	9:00

Proper Plank Form

Squeeze Glutes While Maintaining Correct Form

Keep Body In A Straight Line
Ears, Shoulders, Hips, and Heels

Keep Stomach Muscles and Core Muscles Tight

Elbows Directly Under Shoulders

Modified Plank

REMOTE LEARNING SURVEY FOR PARENTS

We need parents' opinions about remote learning and anything the school could do to further support your child's well-being.

Please complete this [online survey](#).

I will only take a few minutes.



#youropinionmatters



Remote Learning Provision - Spring Term 2021

* Required

1. What year group is your child in? (you can select more than one) *

- ☐ Year 7
- ☐ Year 8
- ☐ Year 9
- ☐ Year 10
- ☐ Year 11
- ☐ Year 12
- ☐ Year 13

2. How well do you think your child is managing with the current situation? *



3. On average, how many hours is your child engaged with their learning each day? *

- ☐ Less than an hour
- ☐ 1-3 hours
- ☐ 4-5 hours
- ☐ more than 5 hours

4. How confident are you that your child has made progress in the last week? *



TWITTER

@prospectschool

Miss Russell
@PhysicsMissR

What a week. Teaching in these strange times is a challenge, but seeing our students rise to the challenge is a privilege and I'm very proud of them. Especially to my tutor group, go team 8SB. We have 454 positive points from just this week!
[@prospectschool](#) [@KGAcademies](#)

Tutor group report for:
8SB

Report dates:
10/1/2021 - 16/1/2021

Behaviour score breakdown

Category	Score	Percentage
R1 Verbal pra...	+431	
R2 Postcard	+18	
R3 Postcard / formal letter	+5	(1%)

h basham
@BashamHelena

One of my year 8 students was having trouble accessing chat during his lessons, asked my year 9 tutor group if anyone knew the answer. One of them has spent his lunch break making a step by step instructional video 🥰 There are no words to express how amazing this gesture is.

14:46 · 19/01/2021 · [Twitter for Android](#)

1 Retweet 7 Likes

Tes Resources
@TesResources

A guide to using a games console for online learning is hailed as a solution for families lacking devices.



How to use an Xbox or PlayStation for online learning
tes.com

20:11 · 07/01/2021 · [Sprout Social](#)

29 Retweets 6 Quote Tweets 27 Likes

h basham
@BashamHelena

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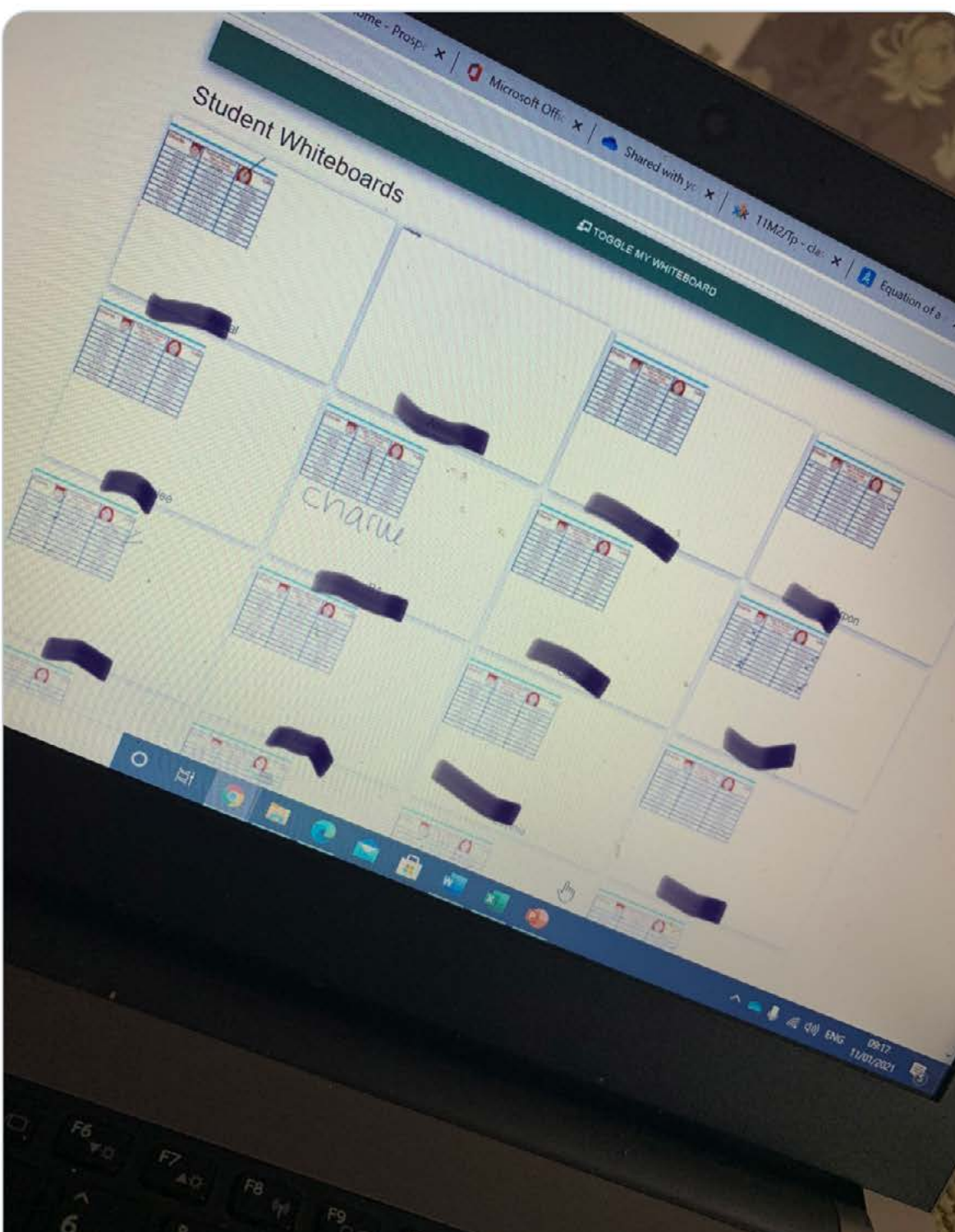
14:46 · 19/01/2021 · [Twitter for Android](#)

1 Retweet 7 Likes

Prospect School Retweeted

MrsJewell
@MrsJewell2

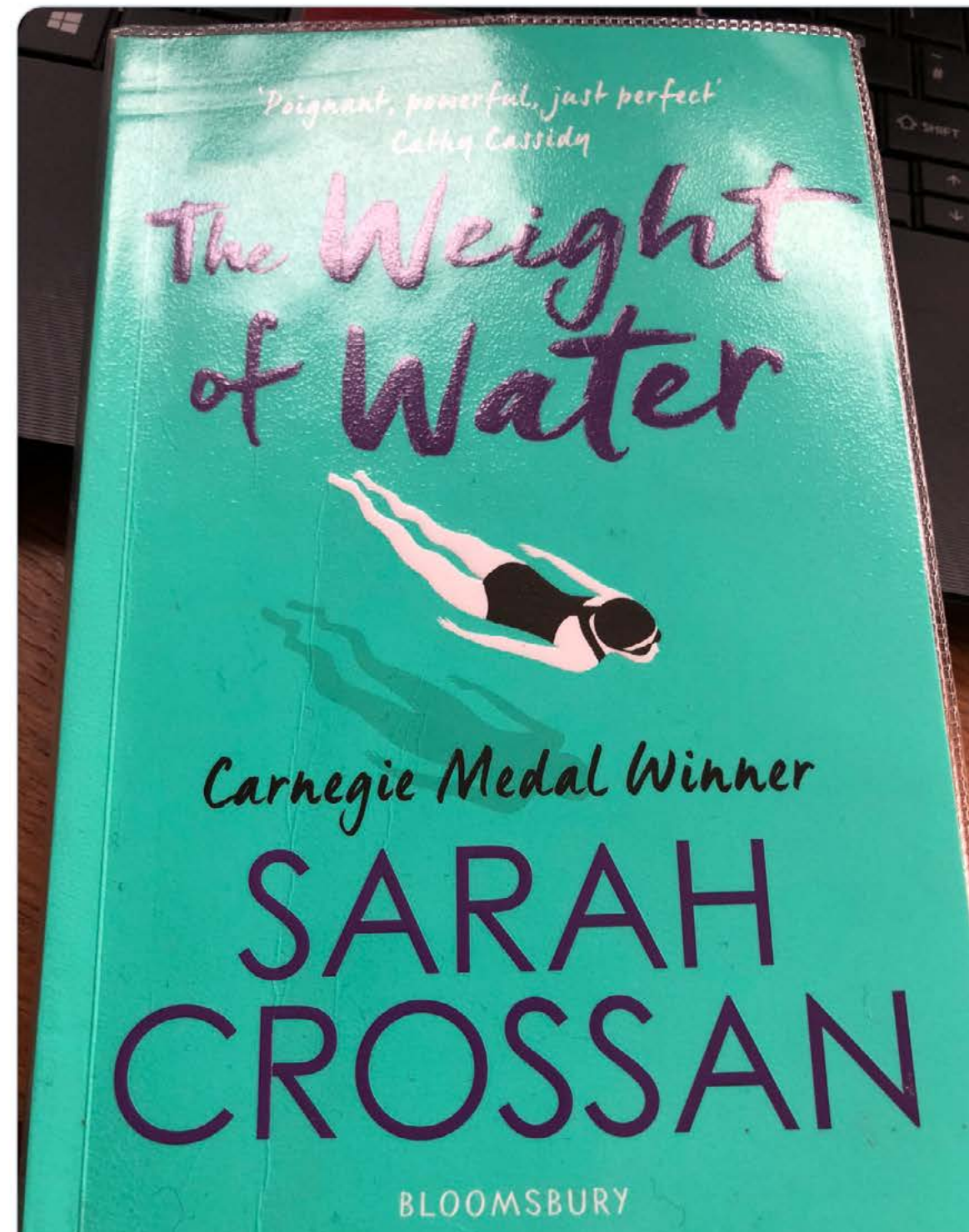
[@prospectschool](#) Year 9 working on a retrieval practice starter. I can see them working in live time thanks to [whiteboard.fi](#). Thanks to [@mathsteacher09](#) for sharing!



Prospect School Retweeted

Zoë
@zebranda67

Totally loving the book [#TheWeightofWater](#) by [@SarahCrossan](#) I am currently reading to my year 7 tutor group [@prospectschool](#)
A lovely way to start the day.



Read the Ofsted report [here](#)

10:10
Messages

Tweet

Prospect School
@prospectschool

Ofsted have published their report following their remote visit to us last term; [files.ofsted.gov.uk/v1/file/501594...](#) [#aspirebelieveachieve](#) [#prideinprospect](#)



#prideinprospect

Click any image to jump to Twitter



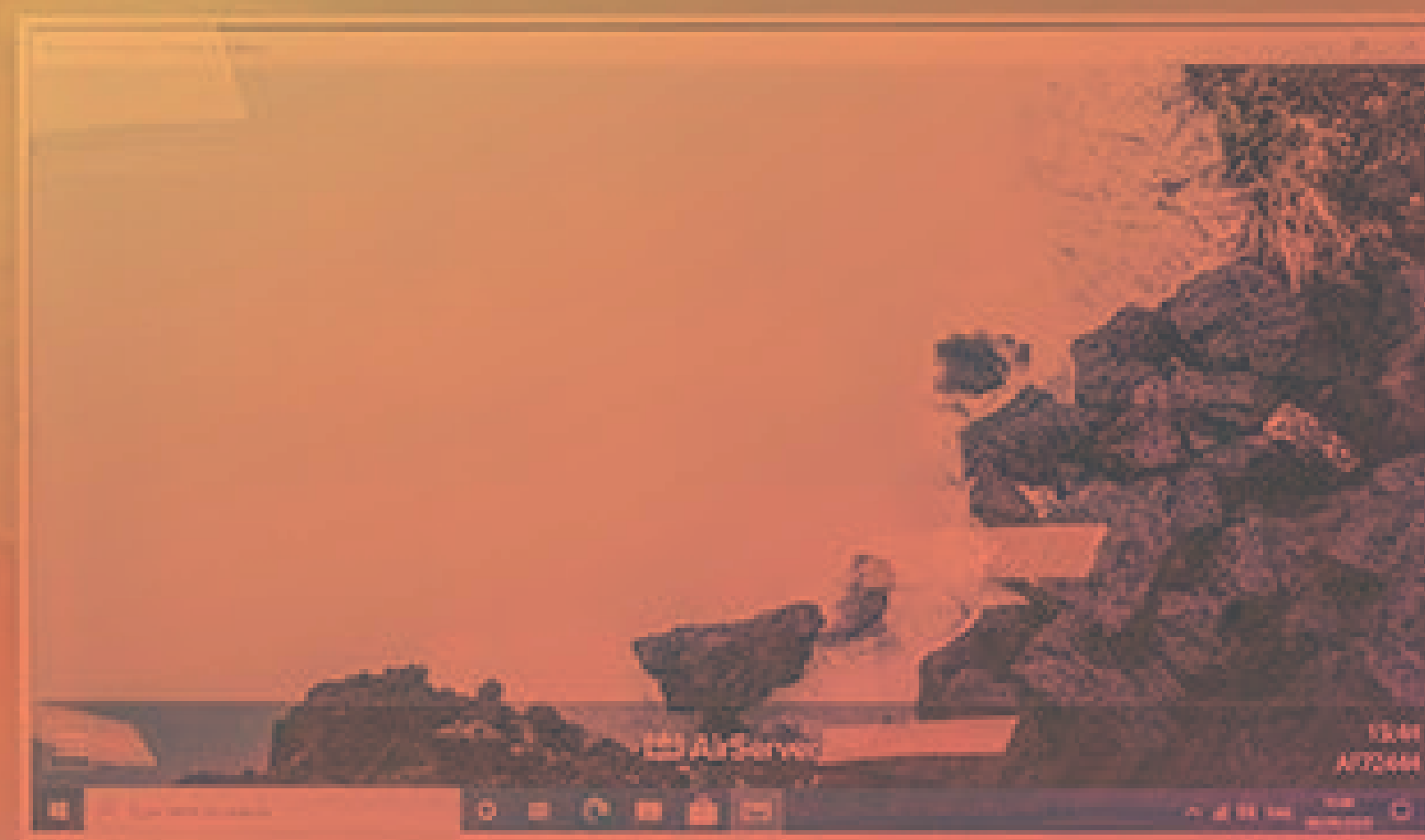
THE EXPERT IN ANYTHING WAS ONCE THE BEGINNER

HARD WORK BEATS TALENT & OPENS DOORS

BOUNDLESS OPPORTUNITIES AWAIT GREAT PROSPECTS

SO GET YOUR HEAD DOWN & WORK HARD IN THIS SITUATION FOR TOMORROW BELONGS TO THOSE WHO PREPARE FOR TODAY

ASPIRE BELIEVE ACHIEVE



I THINK IT IS POSSIBLE FOR ORDINARY PEOPLE TO CHOOSE TO BE EXTRAORDINARY. ELON MUSK

VI FORM

(AT HOME)

#prideinprospect



@prospectschool



@prospectschoolreading

RESILIENCE AND MOTIVATION

The Sixth Form continue to show the resilience and motivation required to thrive in these exceptional circumstances.

Yr13 have completed their full set of mock exams remotely.

The return rate has been excellent, and the virtual scripts are now with staff. Well done to every one of them. These grades will go towards building up a bank of evidence of your abilities and will help your teachers make a final grade judgment (if this is what the government / Ofqual confirm).





I would like to thank Mrs Jeffery for all her hard work and perseverance in getting the exams onto MS Forms and then creating the Teams for the students to access. This was a large and complex job but was completed with fabulous results.

Engagement points

I would also like to give specific praise to the following Yr12 students for currently possessing the highest number of engagement points since the start of term 3. It should give them great pride to know they are leading the way for their cohort. Points are awarded by staff during each 'live lesson' for attendance and engagement . Let's see who can break into the top 5 for the next edition of Pride of Prospect.

Mock exams

Year 11 have been competing their bank of mock exams – well done.

Jiro Ratilla (6SB) 	28
Alfie Clyne (6EA) 	21
Emily Walford (6SA) 	20
Mohammed Samed (6NB) 	18
Rocky Papura (6NA) 	17
Shyanne Dalfsen (6SA) 	17
Anas Eljandi (6NB) 	17

SIXTH FORM: WE OFFER A RANGE OF PATHWAYS

With it being the time of year when Yr11 will be looking to finalise their options for Post16 study – what better moment to remind them about Pros6 – the Sixth Form at Prospect School.

1–year L2 qualifications, for those students who need to push their English and/or maths results up from grade 3.

2–year L3 qualifications, for those students looking to study A Levels and looking at going to university or completing degree-level apprenticeships.

1–year L2 Vocational qualification in Hair & Beauty.

This is for those students who are considering going into the industry and want some practical skills to set them on their way.

For further information

Please check the web page. Here is a link to the application form

<https://www.surveymonkey.com/r/Pros6App2021t>.

Mr Alexander, Head of Sixth Form

salexander@PROSPECT.READING.SCH.UK



#prideinprospect

well done

excellence

SHOUT-OUTS

awesome

unbelievable

fantastic



@prospectschool



@prospectschoolreading



YEAR 9

Year 9 have had a wonderful start to the term.

Many are rising to the challenge of online learning and I'm proud of each and every one of you. I am amazed by the perseverance and resilience of this year group. Many have shown a mature attitude towards technical hitches and the ability to get online. By now the majority of year 9s should have access to their lessons from home. This is backed up by the approximately three thousand positive points that have been awarded over the last two weeks with

Ezra Spearing coming top of the positive points leader board, followed closely by Arissa Azeem, Erin Oliver and Amelia Day. So a big shout out of 'Well-done' to them.

More wonderful people who have been brought to my attention.

Amarnez Lewis for his wonderful attitude towards his lessons and lock down.

Jacob Bristow for making online tutorials for his tutor group

Tiana Fairchild for being brilliant in her business lessons with Mr. Priddey.

Ella Clayton for her improved attendance,
Rhianna Sampson for excellent work in Hospitality and catering

For Miss Clay-Smith's English class for making a great start to poetry.

For some of Ms Cozens geography class for answering in the chat section on teams

And so many more of you who have worked hard over the last two weeks.

Last but not least a wonderful thank you to all the Year 9 Tutors for all their hard work.

Don't forget that this week's House challenge is a Spelling Bee – so please can we have as many people as possible having a go this week.

I wonder what the hardest word will be?

Don't forget to google 'Kooth' – which is a wellbeing website – have a go and see what it has to offer!

Mrs Vacy-Ash, Head of Progress – Year 9

DAILY EXERCISE

Don't forget to exercise every day – a walk out and about can do wonders for a healthy positive attitude.

I walk my dogs every day and love every minute of my time out in the fresh air.

Remember to:

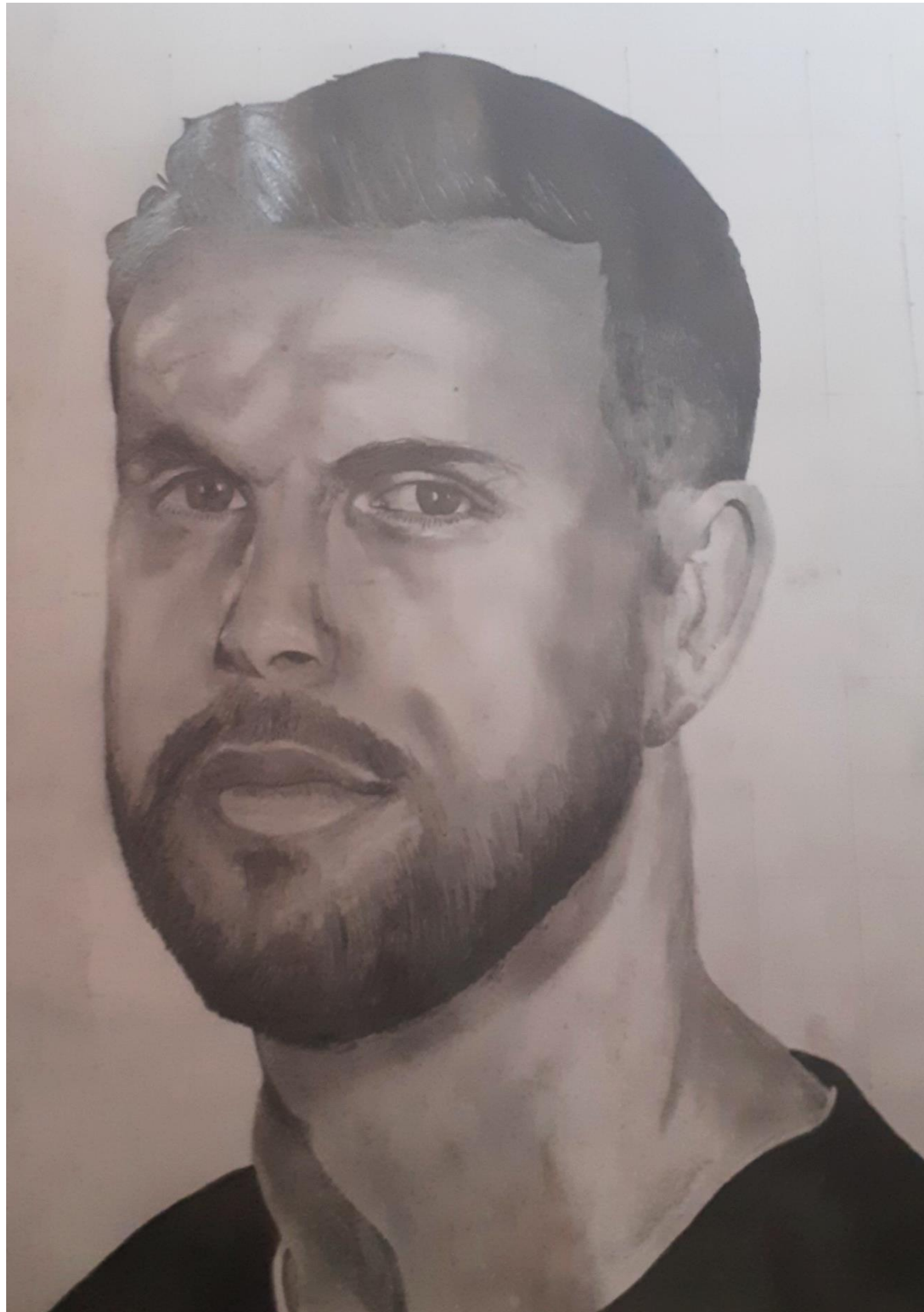
- Go to registration every day.
- Attend all your lessons every day.
- Stay safe.
- Be kind to yourself.

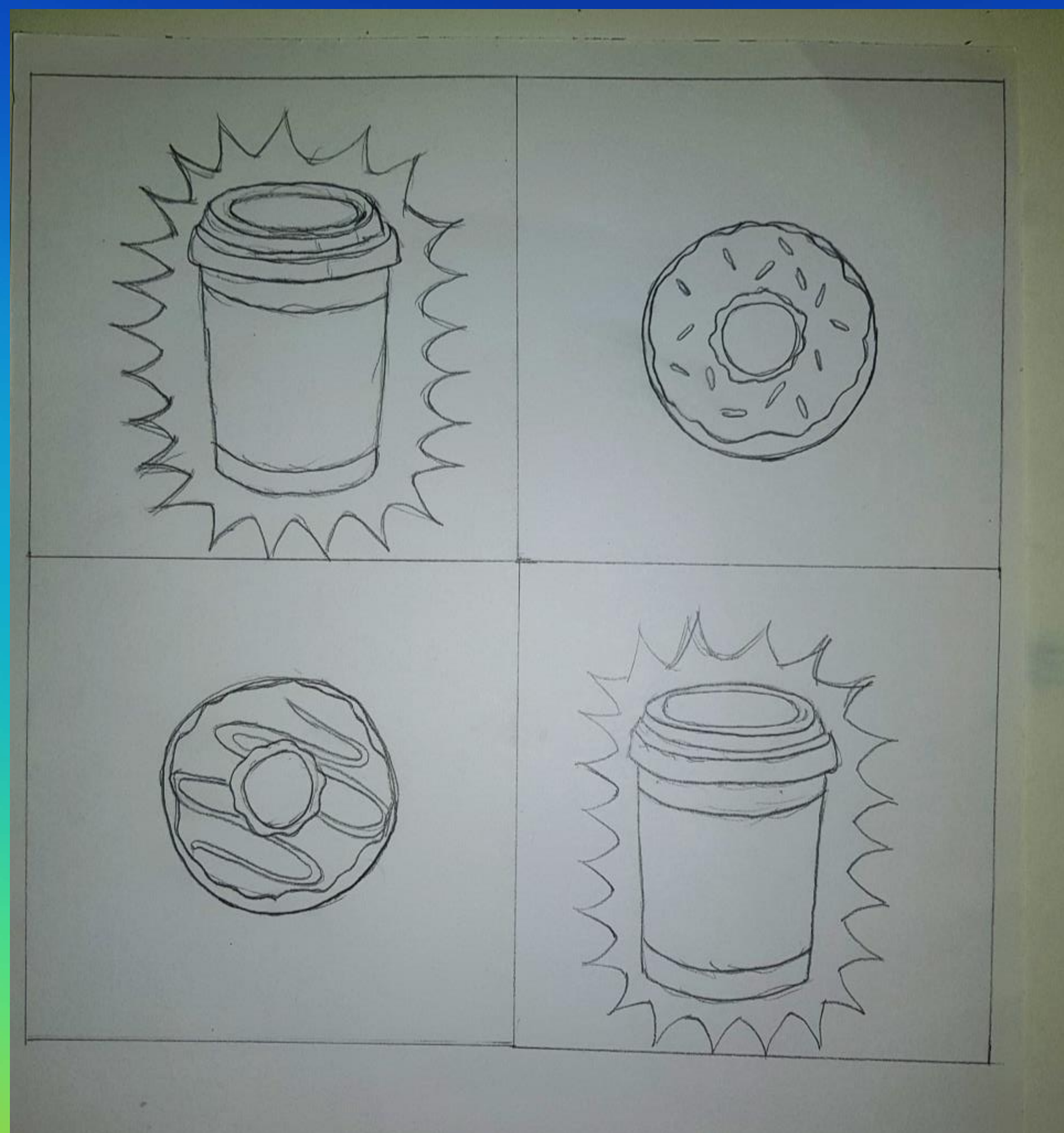
Mrs Vacy-Ash, Head of Progress – Year 9



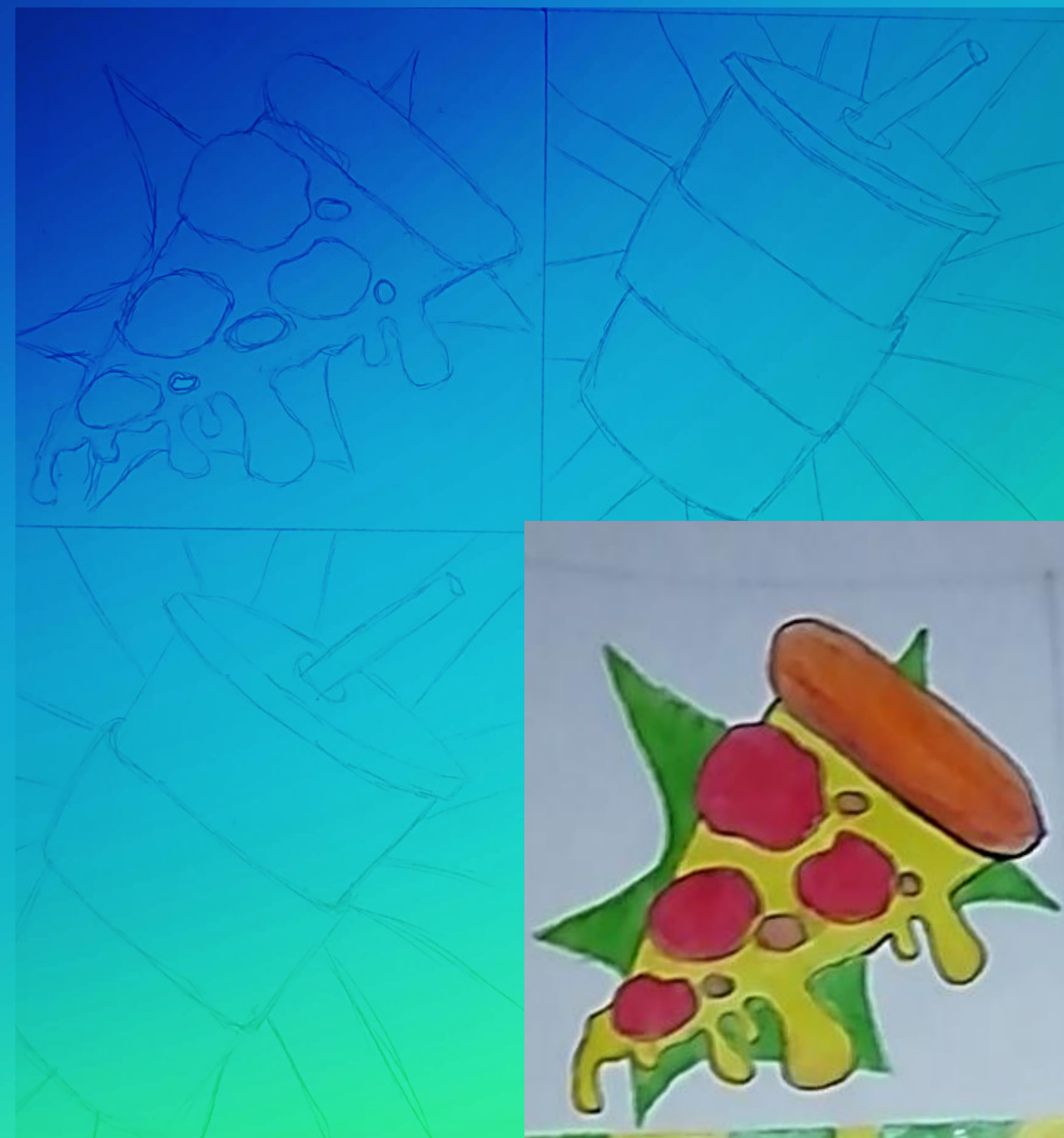
AMAZING ART

Rocky Papura Year 12

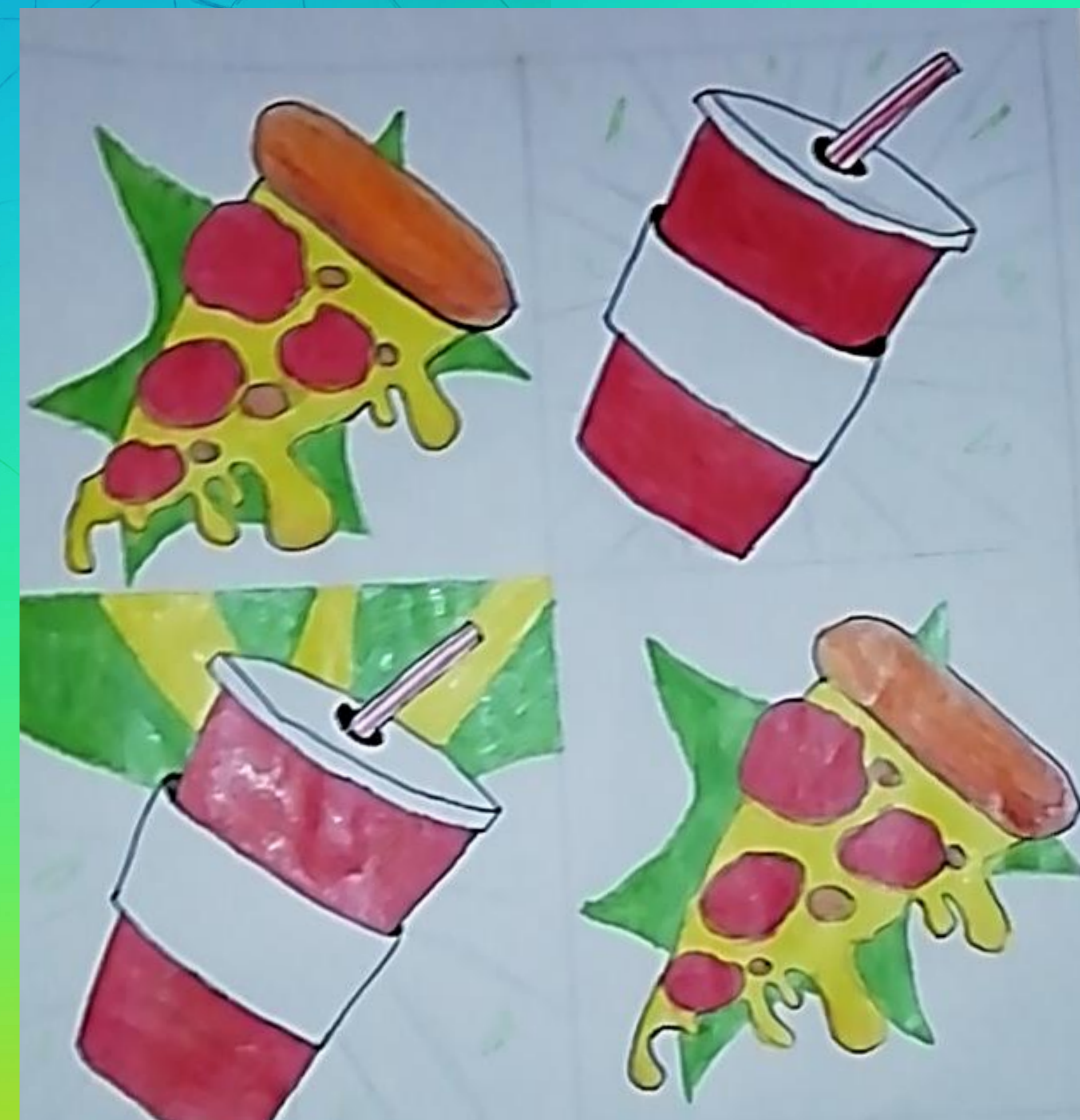


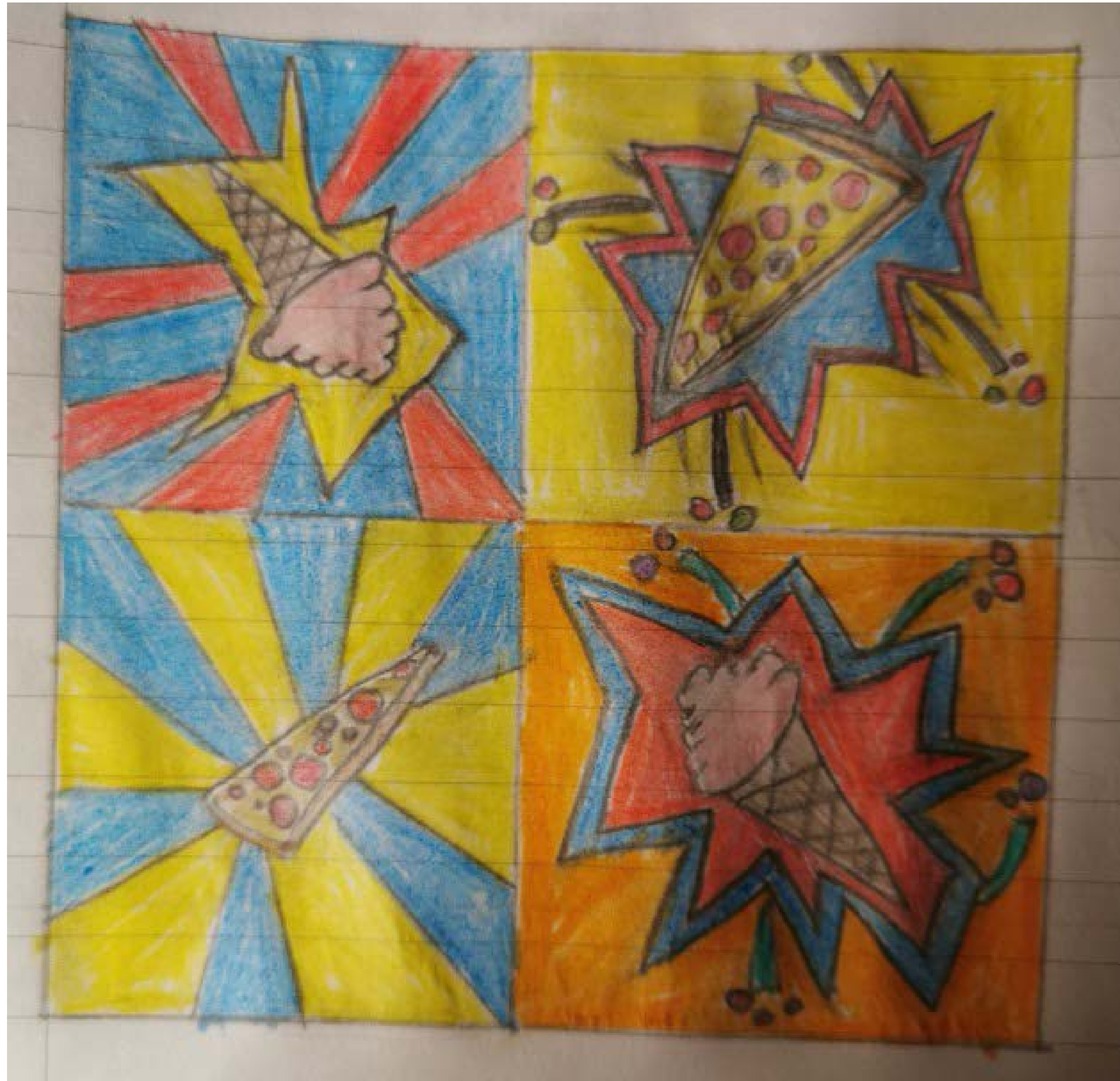


Estera Zych Year 8



Jasmin Robinson
Year 8





Liam Peck Year 8



Nicola Nadworna-Jada Year 8



Shout out

Well done to Ellie
B, Year 10, for this
fantastic piece of prose.

Miss Clay-Smith



A Bad Day

One bad day is manageable, but what would you do if that same bad day kept repeating? I'll answer that for you...

I woke up with a painful headache, it felt like I had been sleeping for days but I knew it was only about two hours maximum.

"Well that's what happens when you stay up all night rushing last minute assignments," I said to myself as I tried to wipe sleep from my eyes. I felt like death. Then I looked at the time, I was going to be late. I quickly threw some clothes on and ran out the front door, clutching the car keys in one hand. I jumped in my car, started it and sped away.

"I forgot to lock the front door!" I realised but it was too late to turn back, I would get fired if I didn't show up on time. I sped up so I could make it. Sirens wailed behind me. I tried to pull over but I couldn't stop, it felt as though something else was controlling the car. I was going too fast and another car was coming up in front of me. I couldn't do anything else but shut my eyes, grit my teeth and clench the wheel.

I was on a bed, being wheeled into another room. The lights were so bright they burned my eyes.

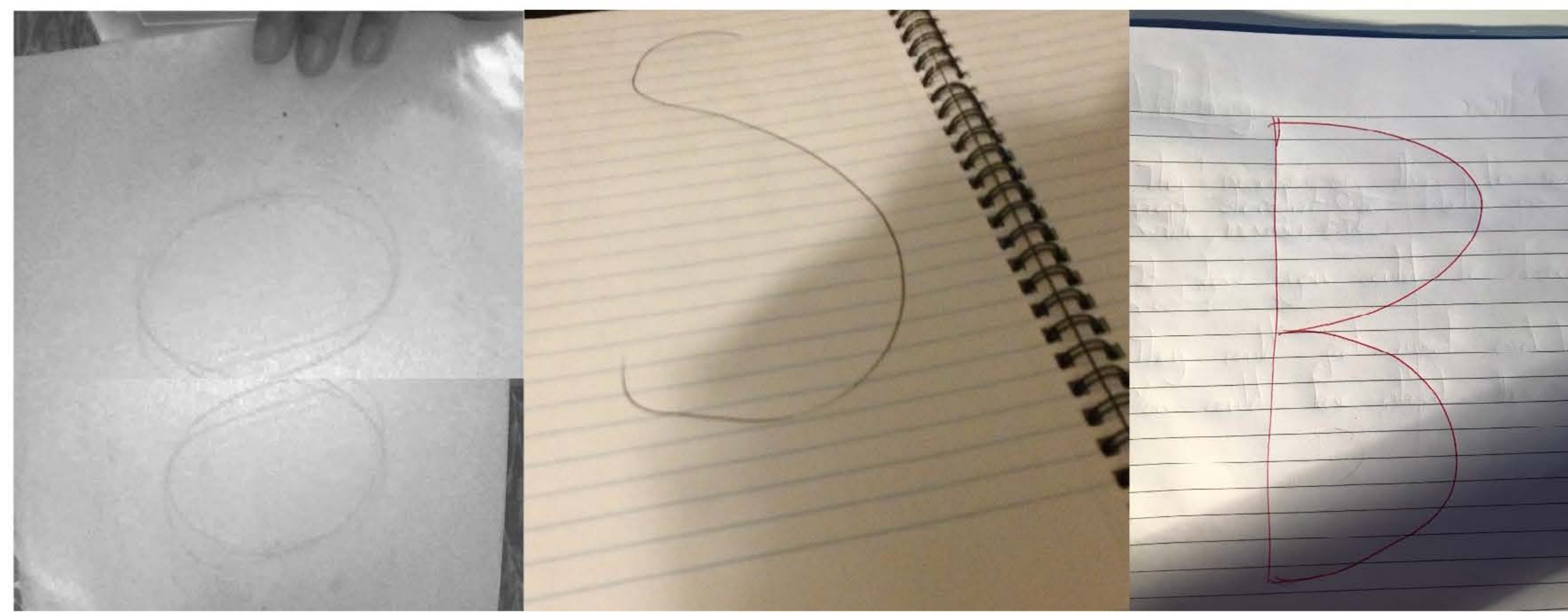
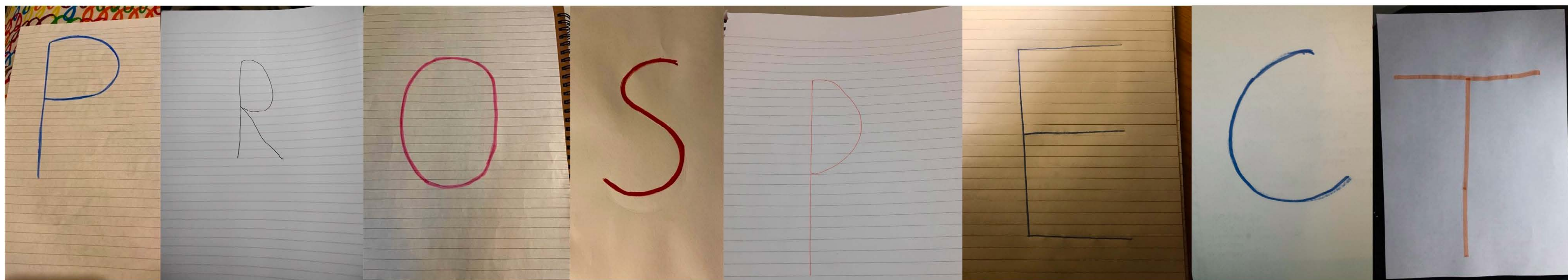
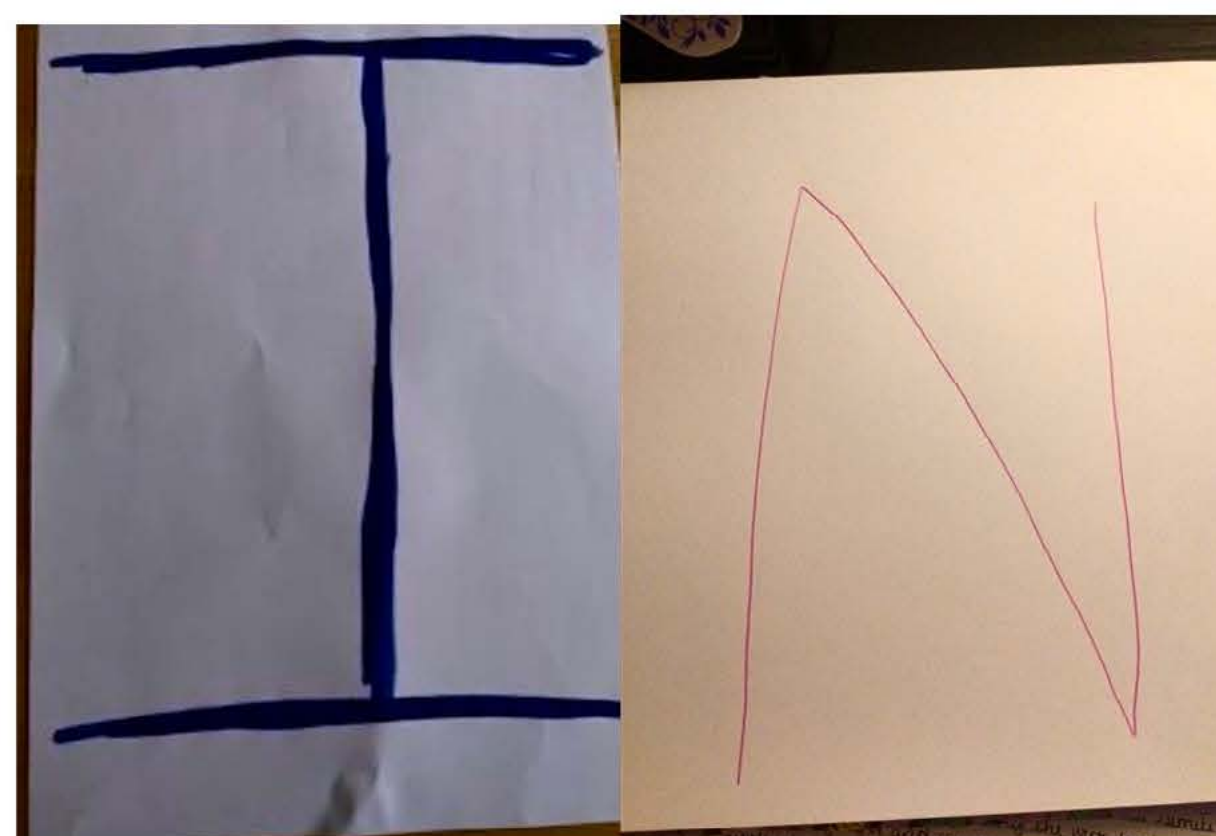
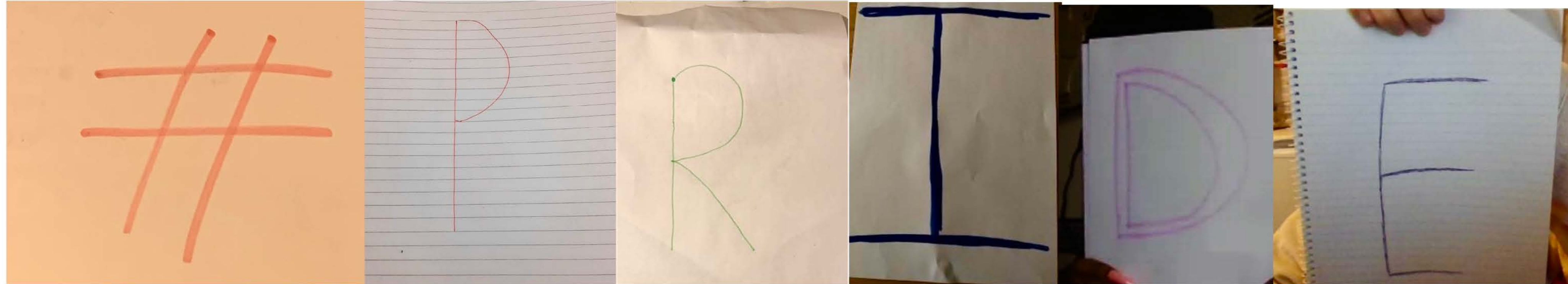
"Hurry! She's losing a lot of blood!" The first doctor exclaimed as he stood over me as I wondered what he was talking about. Surely he couldn't have been talking about me, I didn't feel a thing.

"We are going to have to operate, she doesn't have much chance of making it unless we act now!" The other doctor in the room shouted to the rest of them. And then all I saw was blackness

I didn't wake up in a hospital bed, I woke up in my own bed, feeling like death again. Then I looked at the time and I realised I was going to be late...

After three days I still didn't understand, was my life just a stupid rut and all of these similarities were just coincidences? Or was I really stuck in the same day, reliving the same trauma?

8SB



HIGH-QUALITY CONSTRUCTION

All below are just working so hard and I have had some really high quality work:

Zara Al-Bushi

Kaya Thompson

Amarnez Lewis

Lewis Hiscock

Bailey Roydon

Stevenya James

Theo Absolum

Mahdi R

Ryan O

Bryan M

Tommy Rampton

Holly Waterfield

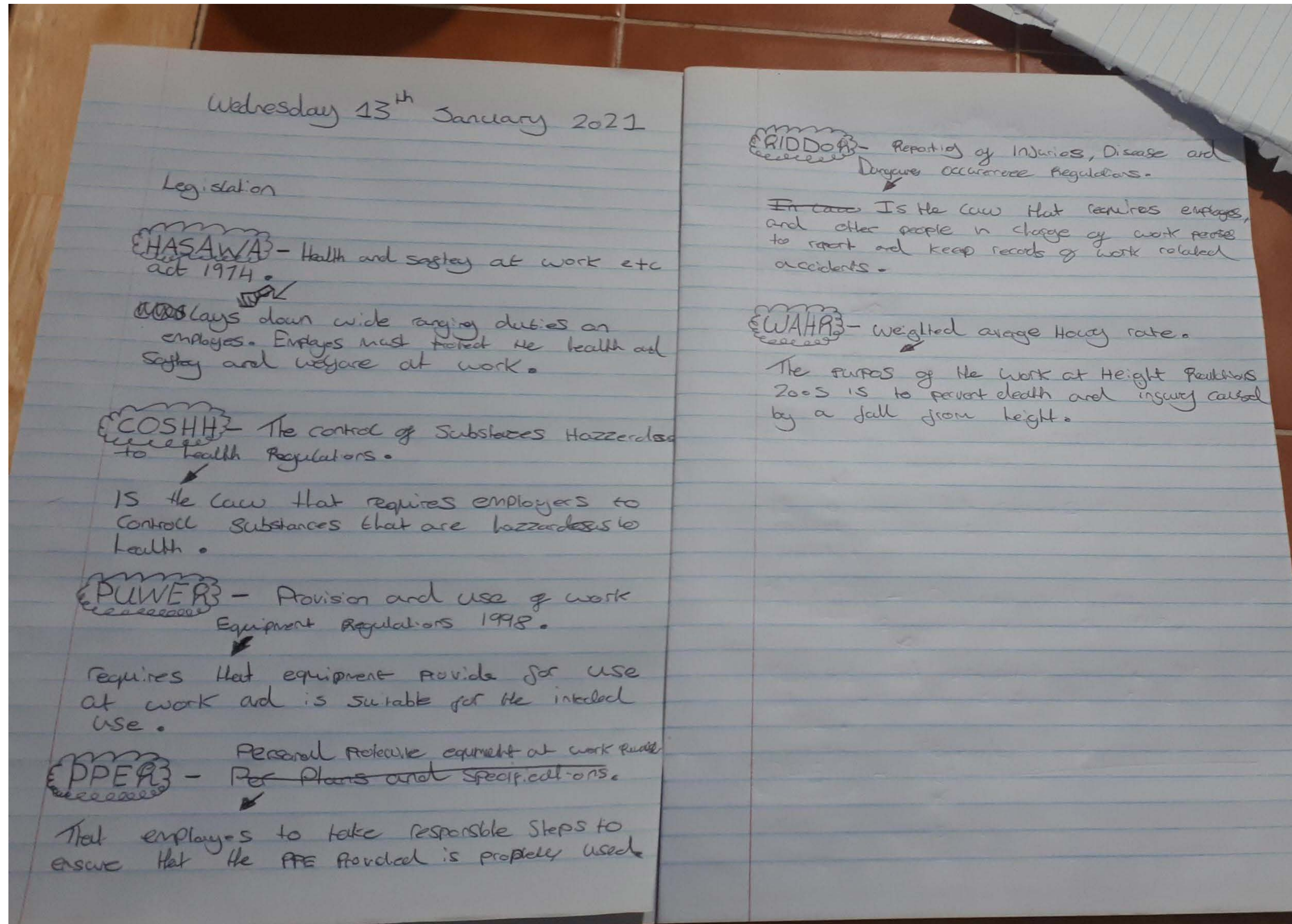
Miss Ridgus

Mahdi R Year 10

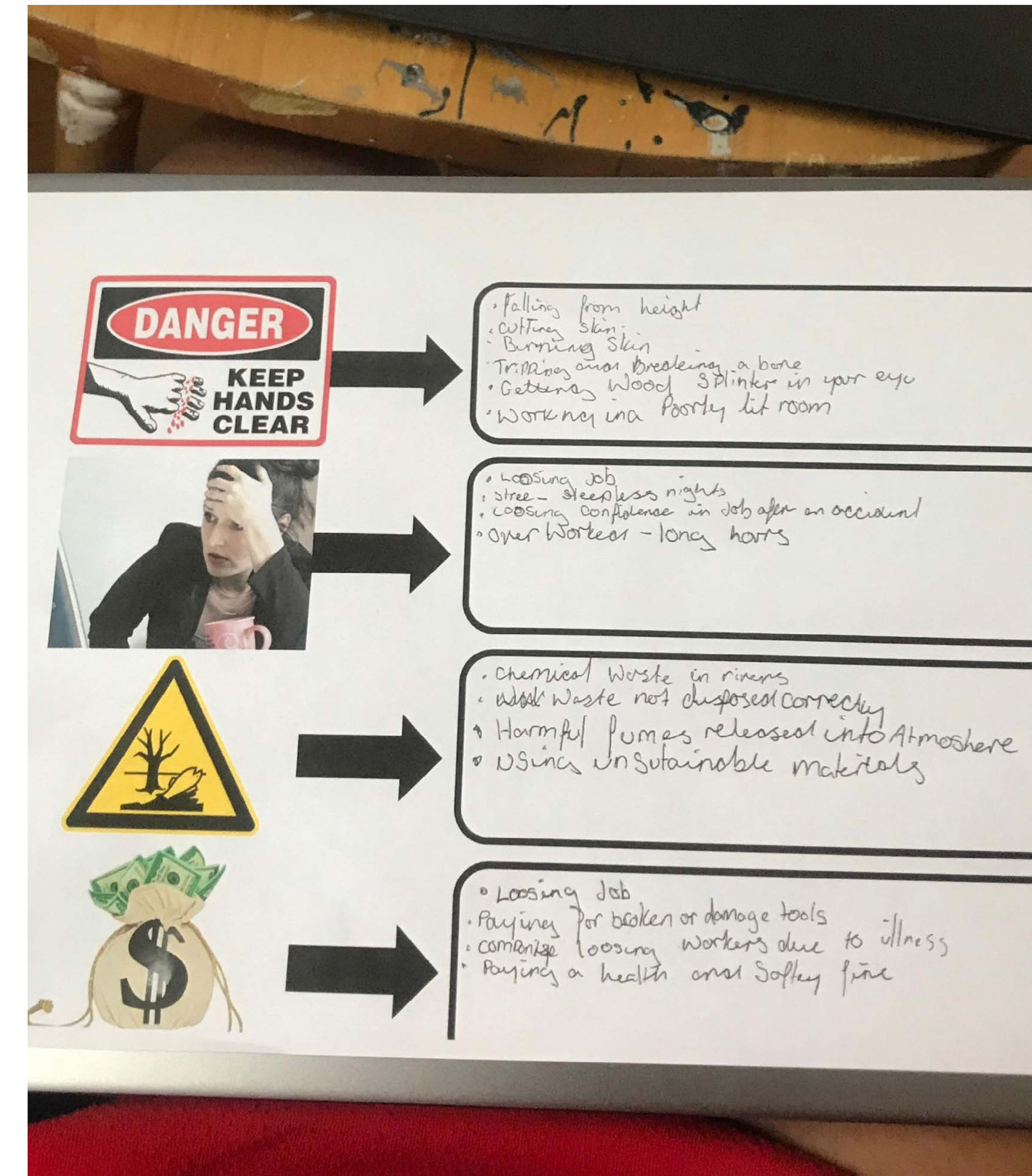
Health and safety regulation	Responsibility? Employer/employee
Displaying clearly warning signs where needed.	• Employer.
Ensuring workspaces are kept clear.	• Employee.
That correct PPE is worn on site.	• Employee
provide a safe working environment are without health risks	• Employer
Ensure training has been provided for machinery and tools.	• Employer
use, store and maintain tools and equipment correctly.	• Employee
Work safely, using safe work methods.	• Employee
Conduct risk assessments of the workplace and tasks.	• Employer
provide good light, heat, ventilation, first aid facilities.	• Employer

1. The employer must provide Information.
2. provide a method for dealing with dangerous substances.
3. provide others about ^{safety} rules.
4. provide a safe place to work.
5. provide a ~~safe~~ safe atmosphere that has good lighting, air and temperature.
6. provide a safety representative that is in policy.
7. Meet and talk to the charge union safety committee.
8. Form a safety method if requested to with two or more safety representatives.
9. the employer cannot charge the employee money for any safety measures.

HIGH-QUALITY CONSTRUCTION



Lewis Hiscock Year 9



Stevenya James Year 9



Shout outs

Shout outs to:

Arpon B in year 9 for attempting some really challenging maths

Katie L in year 9 for resilience and determination

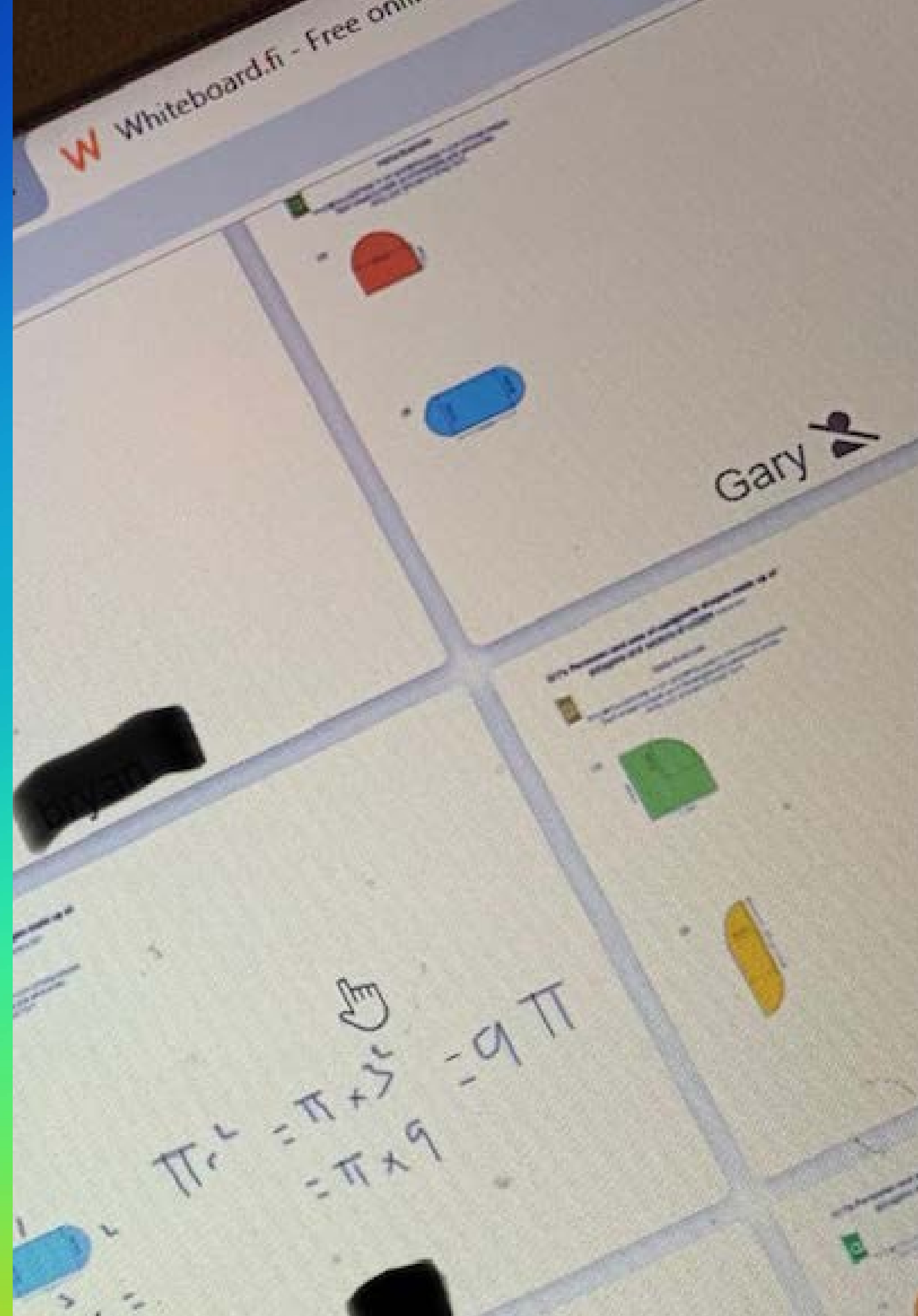
Dan A in Year 8 for great contribution to lessons

Kayleigh M in Year 10 for helping other students who ask questions in chat

Ryan O in year 10 for a great assignment.

Mrs Jewell

Special shoutout
to Mr Jewell who
has had to do
some maths while
Mrs Jewell
practises using
new technology!

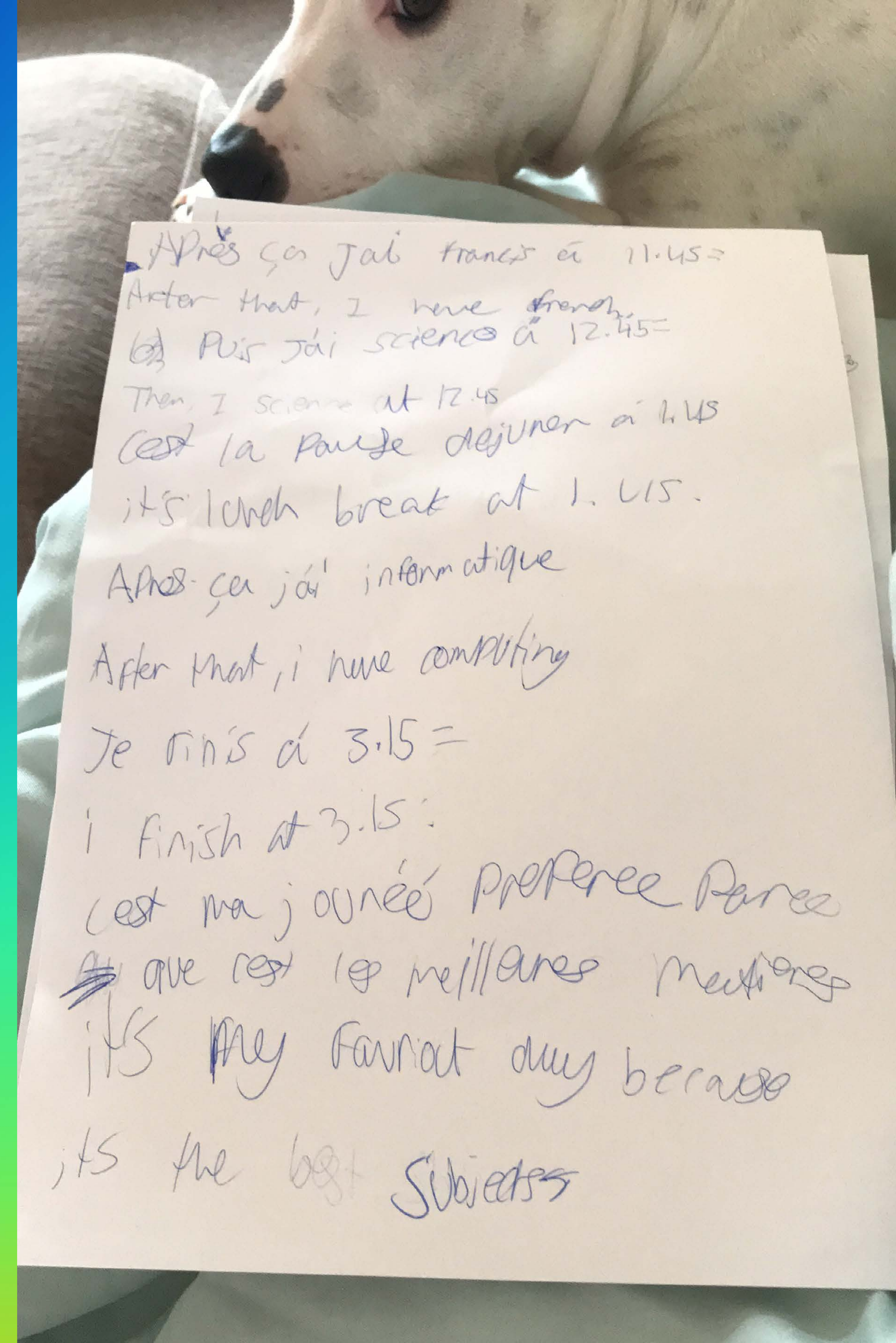
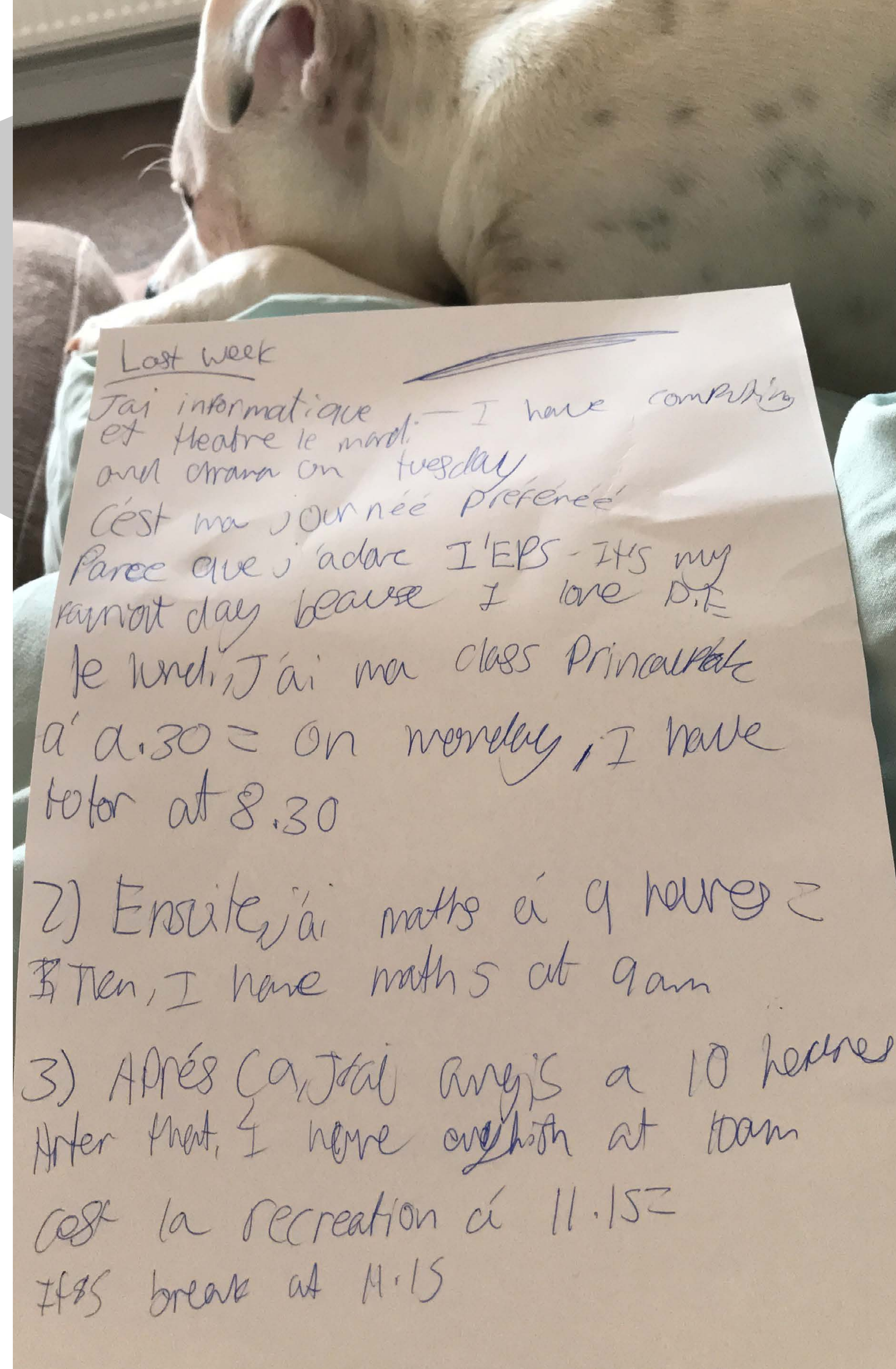




Shout out

Ellie West has sent her Y7 French work with her dog keeping an eye on things!

Mrs Bosley





Shout out

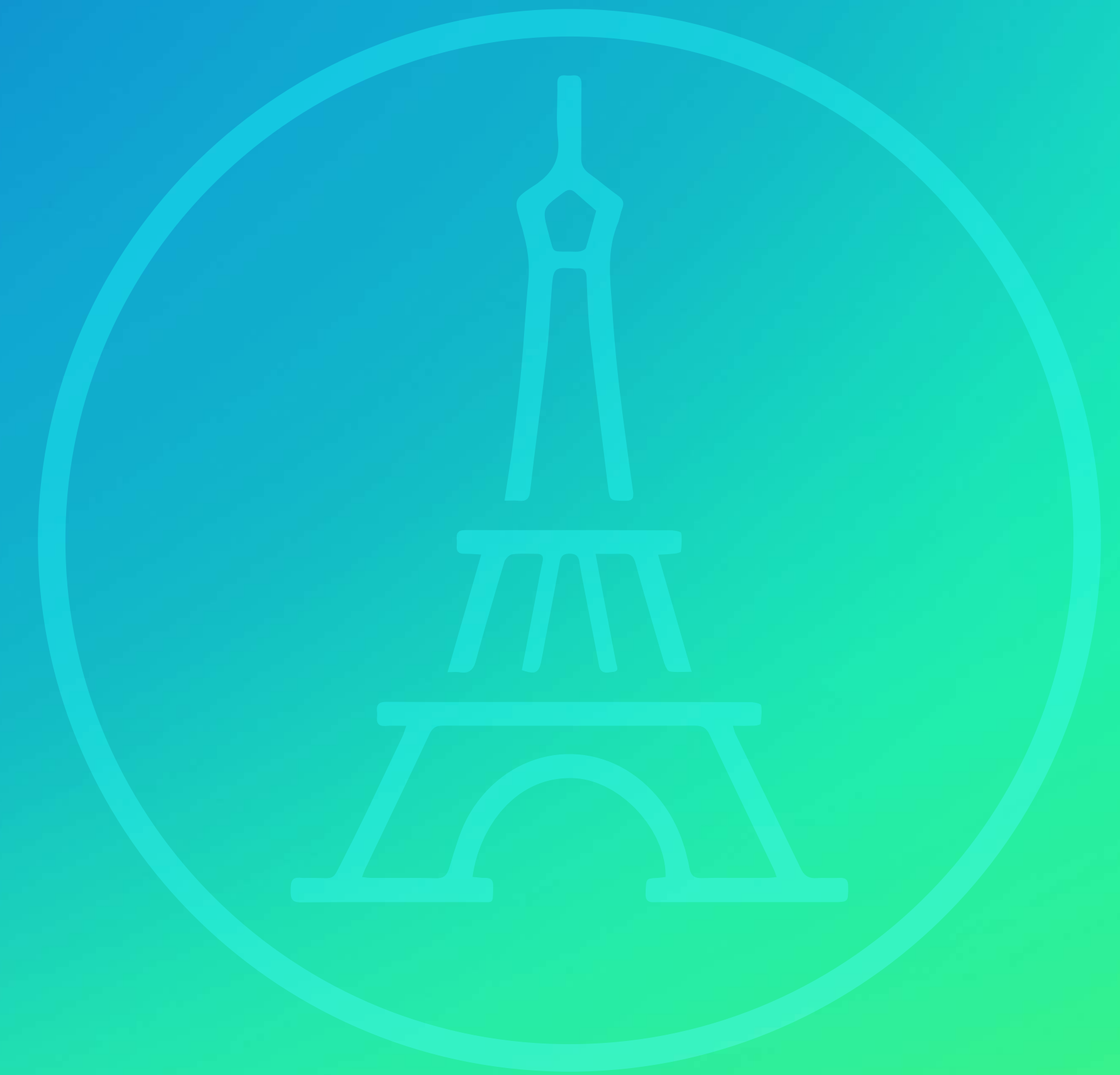
Lovely work from

Isabelle Taylor.

Well done.

Mrs Bosley

Drama
In Word doc, ~~MM~~
French
1) I have computing and drama on Tuesday.
2) Today's my favourite day because I love PE.
3) Je m'entends bien avec mon profs.
4) I live in Reading in England.
1) Le lundi, j'ai ma class principale à 8.30.
On Monday, I have tutor at 8.30.
2) Ensuite, j'ai maths à 9 heures.
Then, I have maths at 9am.
3) Après ça, j'ai anglais à 10 heures.
After that, I have English at 10am.
4) C'est la récréation à 11.15.
It's break at 11:15.
5) Après ça j'ai français à 11.45.
After that, I have French at 11:45.
6) Puis j'ai sciences à 12.45
Then, I have science at 12:45
7) C'est la pause déjeuner à 1.45.
I have It's lunch break at 1:45.
8) Après ça j'ai informatique.
After that I have computing



9) Je finis à 3.15.
I finish at 3:15.

0) C'est ma journée préférée parce que c'est les
meilleures matières.
It's my favourite day because it has the be
lessons.



Shout-outs

MODERN FOREIGN LANGUAGES

On behalf of the French and German department, I would like to say a huge 'bon travail' & 'gut gemacht' to all students studying French and German. There are a few students who deserve a special mention for their exceptional enthusiasm in lessons:

Year 7

Kieron Williams
Lucy Griffiths

Year 8

Haris Fazlic
Omer Kaymak
Mayank Keshil
Jade Thorner

Bravo!

Ms Mumford



Also Shout-outs to:

Dan Avdiu year 8 for committed effort and great work in German.

Isaac Gash year 8 for always being reliable, hard-working and positive in German.

Alisha Azeem year 8 for great work and a perfect attitude in German.

Zoe Allen year 8 for great work and perfect behaviour all the time!

Arissa Azeem year 9 for going over and above at all times. Great student!

Ms Green



shout-outs

MODERN FOREIGN LANGUAGES

Very well done to the following students for always sending me copies of their excellent work after each lesson: Seignfred Agyekum (Year 7), Andre Capel (Year 8), Phoebe Williams (Year 8), Tahlia Walford (Year 8), and Arissa Azeem (Year 9).



For their outstanding contribution to the chat in online lessons, well done to: Thomas Bramanis (Year 7), Ayshah Ahmed (Year 7), Krzysztof Kobylinski (Year 7), Bruna Aguiar (Year 7), Seth Anderson (Year 8), Sarah Little (Year 8), Liam Peck (Year 8), Ruby Barnard (Year 8), Donatella Yeboah (Year 8), Arpon Bhowmick (Year 9), Muhammad Kazimm (Year 9), Finlay Stratford (Year 9) and Katie Lannon (Year 9).

Miss Daborn

shout-outs



SCIENCE

8SB Miss Russell shout outs as working and adapting very well to online learning:

Dan Avdiu

Jamie Neale

Deanne Clarke

Year 10 Physics

A huge shoutout to Jake Campbell – he has been working incredibly in online lessons and putting in 110% all the time.

Miss Russell



9SB TUTOR SHOUT-OUTS

Members of 9SB have been doing great things in lockdown:

Jack has been very helpful to other pupils learning in school, and has also sent helpful information to several teachers.

Leo has been helping Mr Walkem with MS Teams training and has also made several helpful and observant comments to teachers.

Ezra has been amassing a huge number of house points in her classes, for things including reading her work out to others – a very brave thing to do.

Tiana has made several polite and caring comments on Teams meetings and is making a great effort with her work.

Amarnez is learning MS Teams fast, and he has been very proactive at asking for help. A great attitude.

There are several others doing great things. You know who you are. Your dedication will be rewarded.

Mr Walkem

shout-outs



GCSE ENGLISH



A shout-out to Students who passed their GCSE English exams:

Andre: Gabriela

Blunt: Bailey Daniel

Chandler: Paige Megan

Francis: Anthony Junior Adrian

Hussain: Hayyan-

Paterson: Elisha Marie

Shazad: Tawqir

Sherpa: Lakchhun

Somed: Mohammed

Watson: Zachary Michael William

Zere: Eglantina

Congratulations!

Ms Mahere

YEAR 13 BTEC SPORT

Good luck to the Year 12 and Year 13 BTEC Sport students who sat their Anatomy and Physiology exam last week.

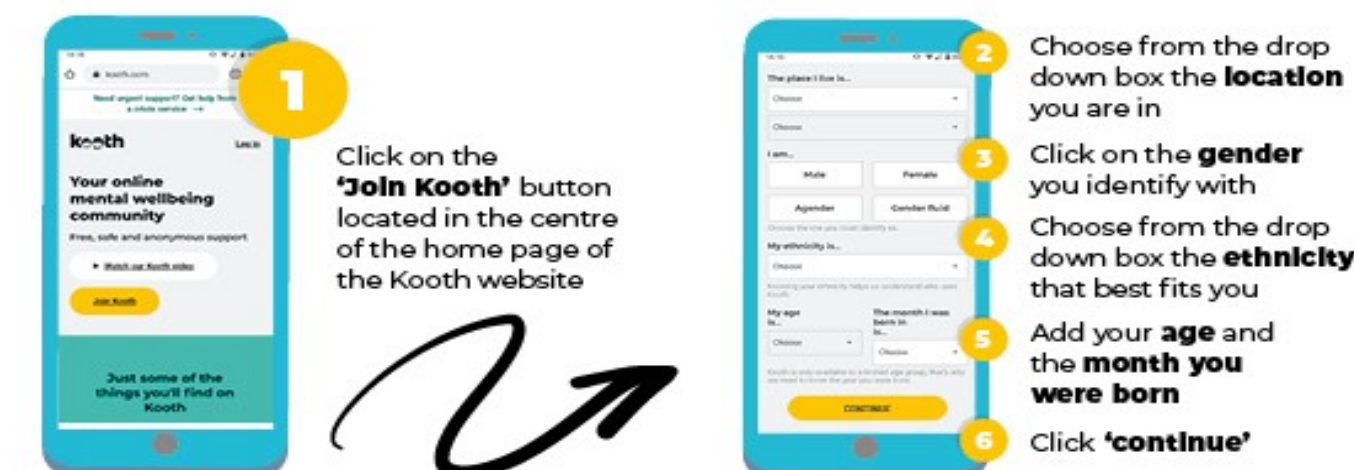
They've all worked extremely hard to prepare for this exam and have not let lockdowns, isolations or remote lessons hold them back in their preparation. I'm extremely proud of all of you and the positive attitudes you have shown to your studies.

Mr Dorliac

FREE ONLINE COUNSELLING

Sign up free at [kooth.com](https://www.kooth.com)

Kooth provides free, safe and anonymous support online to support young people with their mental wellbeing.



How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

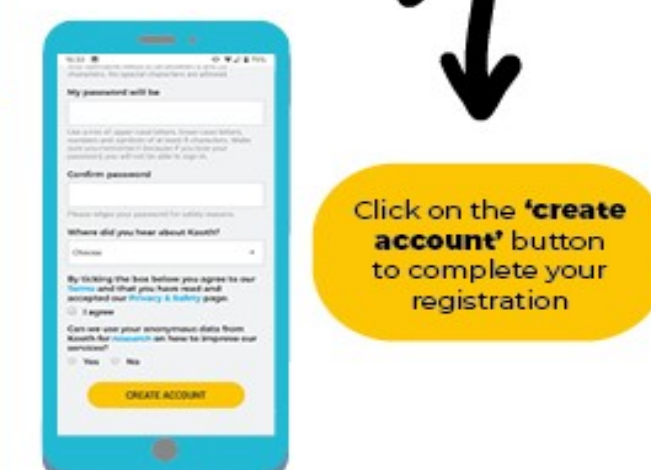
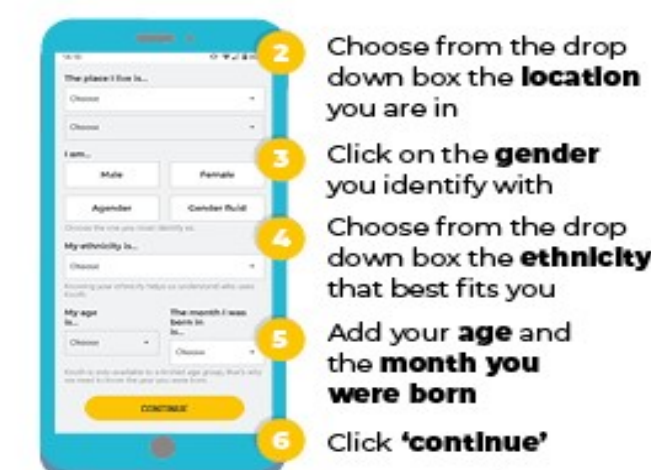
Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**



Look after your wellbeing

Sign up to Kooth so you can -

- Read the articles
- Contribute to forums
- Read tips from other young people
- Add your tips for other young people
- Chat to trained counsellors

Watch this clip for more info
<https://vimeo.com/318713056/3b5ea08a52>



Activities

Make your own coping box

Useful for managing emotions An activity that encourages you to create a collection of items that may help to distract or soothe difficult emotions.

kooth.com/activities/make-your-own-coping-box

Share advice with others

Useful for confidence building/connecting with others/ being part of Kooth community An activity around sharing experiences with others to build confidence and make yourself and others feel good too.

kooth.com/activities/Share-advice-with-others

Write a letter to your future self

Useful for self expression/confidence building A creative and personal activity to inspire yourself and make yourself laugh now and in the future too.

kooth.com/activities/write-a-letter-to-your-future-self



Create a 'good mood' playlist

Useful for self expression/managing emotions/just for fun An activity that uses music to boost your mood.

kooth.com/activities/create-a-good-mood-playlist

Improve your bedtime routine

Useful for relaxation/good sleep hygiene/helpful habits An activity that promotes healthier bedtime habits for a good night's sleep.

kooth.com/activities/improve-your-bedtime-routine

Create your own superhero

Useful for self expression/just for fun A fun and creative activity that helps to distract and pass the time.

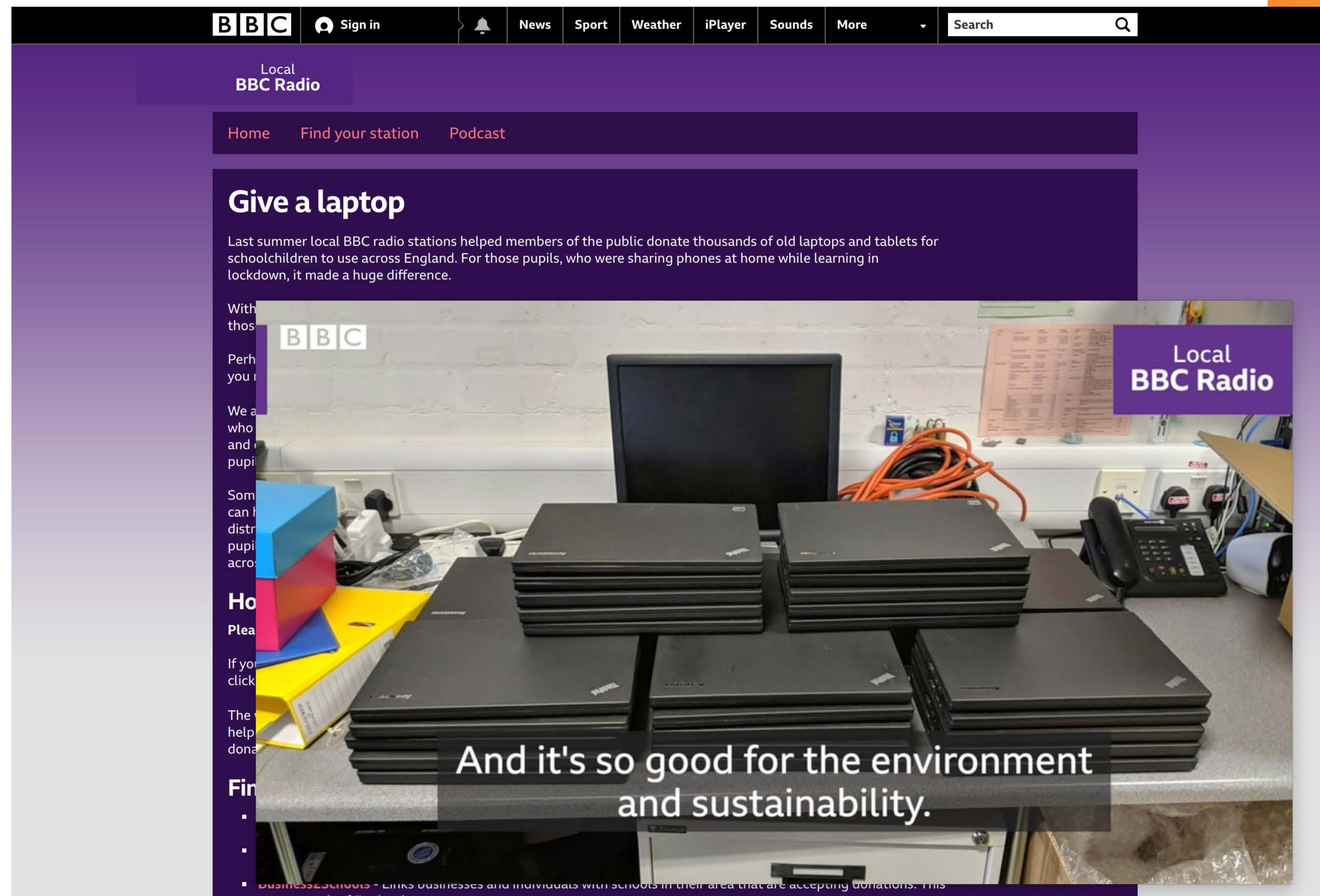
kooth.com/activities/create-your-own-superhero

Sign up free at kooth.com

GIVE A LAPTOP

Take a look at this great initiative.

Click [here](#)



Last summer local BBC radio stations helped members of the public donate thousands of old laptops and tablets for schoolchildren to use across England. For those pupils, who were sharing phones at home while learning in lockdown, it made a huge difference.

Find out more [here](#)

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WHAT YOU'VE BEEN UP TO

Tag us into your social media posts and
use the hashtag #prideinprospect

We'll add your content over the next
few weeks.

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