

Note on Road Safety

Please can parents and carers be mindful when using their vehicles on Grasmere Road and surrounding streets. This area often becomes congested and creates dangers to students and local residents.

Thank you for your cooperation.

– Mr Green, School Business Manager

Word of the Week

Distribute - To give something out

Can you use the word of the week in a sentence?

– Mr Sandhu, Teacher of English

Attendance

The highest attending registration groups for each year group this week were:

7JLE, 8CB, 9IS, 10KH, 11JP

The highest attending registration group for the week ending **Friday 31 January 2020** was: **8CB** with a weekly attendance of **98.21%**. This is great, well done! A reward breakfast was enjoyed by the students on **Friday 7 February**.

– Mrs Moreton, Attendance Officer & Ms Gallagher, Administration Assistant

Year 11 MFL Information Evening

The Year 11 MFL Parents' Information Evening is on **Wednesday 26 February 2020**. This evening will show parents/ carers how to help their child revise for the GCSE French and Spanish speaking exams which will take place during the week commencing **Monday 20 April 2020**. No previous knowledge of the language is needed! If you did not receive a copy of the letter, please contact any of the MFL teachers.

– Mrs Kitching, Teacher of MFL

SEND Coffee Morning

Save the date! The next SEND Coffee Morning will take place on **Thursday 5 March 2020**. It is always a pleasure to meet and get to know parents/ carers at these informal events. These meetings strengthen our relationships with you and your families and help us to continue our support of your children at Woodbrook Vale.

– Miss Woodcock, Lead LSA

WBV Support the Australian Bush Fire Disaster



Students from 8SB have been studying the causes and effects of the Australian Wildfires in their Geography class. The group has created a set of posters to raise awareness and promote support for the victims and wildlife.

Thank you to all friends, family and members of the local community who donated to the Australian Wild Fire Disaster Cause in the school's collection during last week's Annie performances. Donations totalled to £315! This money will go directly to aid the animals and communities that are now rebuilding their lives after the tragedy.

– Mr Thornton, Head of Year 10 & Miss Benfield, School Admin & Marketing Officer

#Vision2020 Prize from Local Business



Well done to Alfie Lennon (11ID) who won this week's #Vision2020 draw. Local independent cafe Bom Bom Patisserie donated 20 mini cookies as a prize to reward hard work and outstanding attitude towards their GCSE revision. A huge thank you to the team for baking up these sweet treats to keep our Year 11s going.

Keep up the good work Year 11, who knows what prizes are yet to come!

– Miss Benfield, School Admin & Marketing Officer

Year 9 Growth Mindset Award



Following the Woodbrook Vale's introduction to the Growth Mind Set at the beginning of this year, Head of Year 9, Miss Limbachia has developed a new initiative to encourage students to adopt a growth mind set towards their schoolwork – the Growth Mind Set Award. Teachers will nominate Year 9 students who have shown a 'growth mindset attitude' based on the following categories: determination to see setbacks as opportunities, reflection on attitude to work, seeking new challenges, the belief that their intelligence and attitude can be developed. Each week, a name will be drawn out of a hat and will be awarded with a certificate.

This week's Growth Mind Set award goes to Kai Jordan (9DM) for consistently working hard on his homework at the HUB.

– Miss Limbachia, Head of Year 9

SEND Review

Woodbrook Vale would like to take part in a two-year research project funded by The Education Endowment Foundation (EEF) to undertake a review of our Special Educational Needs and Disability (SEND) provision and produce an action plan. The review will cover:

- Outcomes for students with SEND
- Leadership of SEND
- The quality of SEND teaching and learning
- Working with parents/carers of students with SEND
- Assessment and identification
- Monitoring, tracking and evaluation
- The efficient use of resources
- The quality of SEND provision

Students will be asked to fill out a Strengths and Difficulties questionnaire to measure any impact on student well-being. This review is an important process for Woodbrook Vale to ensure that the support we provide our SEND students is the best it can be. Students are not obliged to take part in the review, but their input would be incredibly valuable. If you would like to withdraw your child from the review, please email office@wbvs.co.uk by **Friday 14 February 2020**.

– Mrs Moors, Assistant Head Teacher

Boost Your Wellbeing at Home

Here at Woodbrook Vale we take student mental health and wellbeing seriously. It is important that we uphold a high level of support for our students if/when it is needed.

We encourage students to take ownership of their own wellbeing by empowering them with the tools to overcome challenges with confidence and maturity. Our pastoral team provides support and offers advice on questions about life inside and outside of school.

Parents/ carers too can encourage choices at home that can make a positive impact. Here are some simple ways that young people can improve their mental health and wellbeing at home:

Reduce screen time

All smart phones now feature a screen time limit setting which is handy for cutting short those lost hours online. Setting down devices at least 1 hour before bed can help with sleep quality which has a direct impact on mood.

Get Active

There are a number of sports teams and clubs at WBV and cheap gym memberships are easy to come by. Getting outside and in touch with nature is also good for the soul. The Outwoods and Beacon Hill Country Park are close by for brisk afternoon walks.

Eating well

Eating well still means enjoying our food. Sometimes it looks like opting for water instead of sugary drinks or grabbing a banana instead of a chocolate bar. But it can also look like giving ourselves 'treats' as long as they are part of a well balanced diet.

Mindfulness

Free apps offering audio led meditation have become quite popular in recent years e.g. Headspace and Calm. Spending just 5 minutes per day focusing on ourselves with no distractions can help us to prepare for the day ahead or distress after a busy week.

– Mrs Rennocks, Behaviour & Intervention Coordinator

Next Week's Sports Fixtures

Wednesday 12 February

Year 8 Semi-Final County Cup Football vs. Thomas Estley Community College at WBV
14:30 kick off

Student Leaders Basketball Tournament

On **Thursday 6 February** Year 9 Sports Activity Leaders organised a Year 5/6 Basketball Tournament for 5 primary schools that are located around North Charnwood. The leaders took responsibility of the whole event which included refereeing the games, scheduling fixtures and showing great enthusiasm throughout the competition.

– Miss Briers, PE Technician



Cross Country

Well done to the Woodbrook Vale students who took part in the Secondary Schools Individual Cross Country Championship Race at Ratcliffe College on **Saturday 1 February**. Tremendous performances from Daniel Glover (7RA), Daniel van Aardt (9SS), Gemma Newport (11JP) and Rachael Newport (9IS)!

Congratulations to Rebecca van Aardt (8SB) Daniel van Aardt (9SS) and Gemma Newport (11JP) have been selected to the English Schools Cross Country Championships on **Saturday 14 March**.

– Mr Smith, Head of Faculty: PE & Music

A Gift from Rainbows Hospice



Thank you to Rainbows Hospice for gifting Woodbrook Vale staff this huge panettone cake... it took 100 staff 2 days to get through it! It was given in return for helping the hospice by lending sports equipment for an event. We very much enjoyed it!

– Miss Benfield, School Admin & Marketing Officer

English Revision

Teachers in the English faculty often hear, "How can I revise for English?" asked by students at GCSE level. Here are some handy tips!

- For Shakespeare, watch as many different film versions as possible. A good tip is to have the subtitles on as this makes it easier to understand.
 - Watching performances of the set plays helps too. There will be a theatre company performing Inspector Calls at school on **Wednesday 26 February** and an in house performances of extracts from Blood Brothers on **Friday 14 February** during lessons.
 - There are many versions of Christmas Carol but the Disney version is best (again, subtitles help!)
 - For poetry, cross reference themes and learn at least three quotes for each.
 - CPG Revision Guides are easily available.
 - Finally, attend an intervention! Any questions please feel free to contact me.
- Mrs Cellupica, Acting Head of Faculty: English & Drama

Year 11 Interventions



Monday 10 February

Physics: Waves (Triple) 3:00-4:00pm / Lab 2
English Language (3-4 border): Lunch time / Room 18
English Coursework: 3:00-3:30pm / ICT 2
French: Lunch time / Room 9

Tuesday 11 February

Chem: Using resources & equilibrium (Triple) 3:00-4:00pm / Lab 1
Chemistry: Chemical calculations (Triple) 3:00-4:00pm / Lab 2
English: Micro-session Writing Speed Lunch time / Room 18
English: Micro-session (Set 3) 3:00-3:20pm / Room 19
English: Writing Speed (3-4 border) 3:00-4:00pm / Room 18
English Lit: (3-4 border) 3:00-3:45pm / Room 20
English Coursework: 3:00-4:00pm / ICT1
History: 12:25-1:00pm Room 1
French: Lunch time / Room 9

Wednesday 12 February

Chemistry: Equilibrium (Combined) / Lab 2
English: Micro-session PP Lunch time / Room 19
English: Set 1 Catchup Lunch time / Room 22
French: Lunch time / Room 9

Thursday 13 February

Biology: Reproduction 3:00-4:00pm / Lab 3
Physics: Waves (Combined) / Lab 2
English: Micro-session (Set 3) Lunch time by booking / Room 19
English Literature: (3-4 border) 3:00-3:45 / Room 20