

Clare Mount Specialist Sports College

Newsletter



March 2021

No. 152



WWW.CLAREMOUNTSSC.CO.UK



YouTube



@ClareMountSSC



@ClareMountSSC

Front cover: Visitors to our pond.

Dear Parents/Carers,

This may seem to have been a short term, but it has certainly been packed with activity, the most important of which is that we were finally able to come together as a whole school on March 8th, for the first time since Christmas. Following a week off timetable, when we ensured the mental health and well-being of our children, everyone has settled back into learning and school life.

The children who had consent have been tested 3 times since the full opening of school and I would like to thank the team of staff volunteers who completed all 284 pupil tests. Fortunately, there were no positive results. Parents and carers are now taking responsibility for testing pupils twice weekly and recording their results. So far, all have been negative, which is fantastic and a great reflection on how our stringent Covid-19 procedures are working in school. We are still mindful, however, that the virus has not gone away and remain as vigilant as ever.

This half term we have piloted a very successful virtual Parents/ Carers' Evening which allowed us to share pupil progress information with Year 11 parents. Having received very positive feedback, we hope to roll this out for future such events. We have also celebrated British Science Week and World Waste week, this year's theme being food waste and how this can be prevented. The English Department organised Literacy week across the curriculum and children and members of staff at home and in school dressed up for World Book Day. Our 6th Form have completed a Business Studies Project as part of their Preparation for Adulthood work and pupils across the school have been able to take part in activities with our Forest School programme.

Our Celebration Assemblies on the last day of term have again provided us with the opportunity to celebrate the successes of so many of our students and in particular our 'Lockdown Stars'. I know so many of our parents/ carers are very proud of the progress of our children have made, not only educationally, but through their increased resilience and awareness of the impact of the pandemic on others.

This leads me to the announcement that Clare Mount has been awarded Gold for our outstanding mental health and wellbeing provision. We are the first Wirral school to be awarded the prestigious 'Mental Health in Schools Award' at gold level and my thanks go to Mr Byrne for driving this forward and helping us all put the mental health of our children so high on the agenda. You can read more on this later in this edition.

Finally, I wish you and your family a relaxing and healthy Easter break and look forward to the summer term commencing on Monday 12th April.

Kim Webster
Head Teacher
March 2021



EMPATHY WEEK 2021

February 22nd to 26th 2021, Clare Mount supported 'Empathy Week,' which encourages young people to turn empathy into action. Form Teachers shared resources looking at this year's theme of Resilience and Diversity, providing our children with an insight into the lives of other students across the world from different backgrounds of religion, race and culture.

Mr Byrne



7E were incredibly happy to return to school following our home learning! We are incredibly proud of the resilience and positivity that all of our pupils have shown. We have enjoyed reading more of The Twit's in English, exploring practical division in maths and developing our creativity and social skills in Life Skills lessons. Our Easter sock bunnies are sitting proudly in the classroom!

Miss Earp



8G



8G have shown fantastic resilience and empathy this term. The class have coped well during the Lockdown period and have persevered well with their online Google Classroom lessons. Since returning to school, the class engaged with a series of well-being activities from crafts, mindfulness, career planning, reading and social games. Miss Grindrod is particularly proud that 8G have demonstrated a mature attitude and understanding to the changes in school.

Well Done!

Miss Grindrod

9H



Pupils in Year 9H have been doing some gardening: growing and germinating seeds; planting; and potting flowers. They have been making pinwheels to place in the pots.

The group has also been designing and building 'Jam Jar Men' and completing Easter cards.



Miss Holmes

9WA

9WA have been using the first full week back at school to get creative in their wellbeing time! Everyone has been making planters using recyclable materials including milk cartons and discarded wooden objects! They've been developing fantastic and valuable skills such as sanding and gluing wood, painting and decorating and ultimately they've filled their planters with tulips and lavender! A real team effort with some great results!

Mr Waters



Waste Week 2021

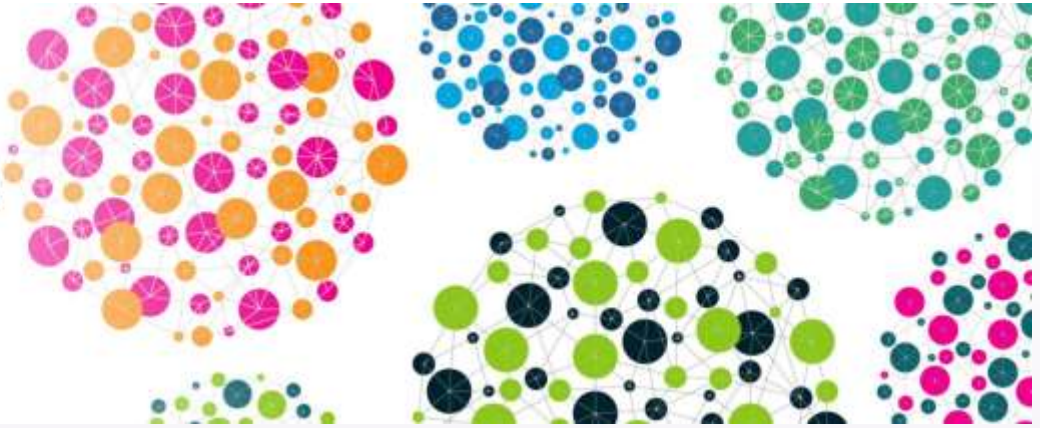
Waste week during lockdown gave lots of opportunities for our students to talk about waste and its impact on the environment with their families. One particular aspect of waste looked at this year was waste food. Alex in Year 10 looked in the fridge and cupboards for food that was about to go out of date or that was past its best so would usually be thrown away and managed to make spaghetti Bolognese, apple crumble, cheese and ham toasties and tiffin. Check out the Eco notice board to see some of the fantastic posters produced during the week.

Mrs Nokes



If fruit is bruised you might think it just needs throwing away, this is not the case, as Alex proved with his apple crumble.

British Science Week 2021



This year British Science week coincided with our first week back in school after lockdown, so many forms completed a variety of Science activities away from the Science Labs. Here are just a few of the things that forms completed:

9B found out how to make an egg bounce by immersing it in vinegar.

7P had a fantastic time creating boomerangs and looking at how they fly, special mention needs to go to Alfred who was able to successfully get his to return.



10N looked at the aerodynamics of aeroplanes by making paper planes and investigating the effect of adding extra weight to the wings, tail or nose. They became quite expert at flying them and managed to land them in so very strange places. We're not sure if it was luck or skill!



British Science Week 2021



8Ga made fantastic animal flip books which resulted in some interesting hybrid animals. Is a cat crossed with a monkey and a duck a catmonduck or a ducmonat?



Some Year 10 forms discussed nuclear energy and watched the documentary by Ben Fogle who spent a week living inside the Chernobyl exclusion zone, 35 years after the world's worst nuclear accident.



Many classes had a go at the Science week quiz set by Mrs Fogarty and found out all sorts of facts that they didn't previously know.

So, although it wasn't our usual Science Week we were still able to have fun and learn about Science in a slightly different way.

Well done to everyone who took part!

Mrs Nokes

Clare Mount Literacy Week 2021

Literacy Week was a bit different this year but we still found lots of ways to celebrate our love of reading...

At Home ...



We talked about our favourite books on Google Meet...

...and we dressed up...



...and did book quizzes on Google Classroom.



The winners will be announced after Easter!

Clare Mount Literacy Week 2021

In School...

...and we made toilet roll characters...



We also dressed up...



...and we had a go at the quizzes.



More to come...

After Easter, Clare Mount will again give everybody the chance to take home a free book.



Rights Respecting Schools Award News



Did you know that Monday 8th March was International Women's Day, which has been celebrated for over 100 years, and that this month is International Women's History Month? Well, at Clare Mount our students have been learning about the importance of this celebration of women in Life Skills and PSHE lessons. Women of the world want and deserve an equal future free from stigma, stereotypes and violence; a future that's sustainable, peaceful, with equal rights and opportunities for all. This is linked to Article 2 of the Convention on the Rights of the Child: The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

International Women's Day and International Women's History Month is about celebrating the achievements of women across the world, recognising the challenging journey women have taken throughout history to gain equality, as well as understanding we still have a lot of work to do to ensure equality for all.

Students at Clare Mount have been learning about Gender Stereotyping, The Gender Pay Gap, as well as the work of the Suffragettes, especially Emmeline Pankhurst and Emily Davison, which helped bring the vote to women in the UK. They have also been learning about Malala Yousafzai, , after whom one of our classrooms is named, a Pakistani activist for female education and the youngest Nobel Prize laureate, who works hard to promote education for all, and especially for girls, and which over 62 million across the world are denied.

Over the page are some examples of the work students produced to show what they have learned.

Mrs Boyle

Rights Respecting Schools Award News

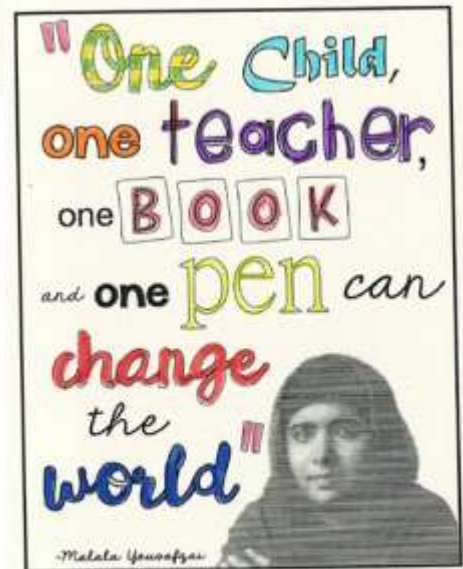


Hear Our Message!

Design a protest banner that the Suffragettes could have used during one of their demonstrations.



Close the Gender Pay Gap!



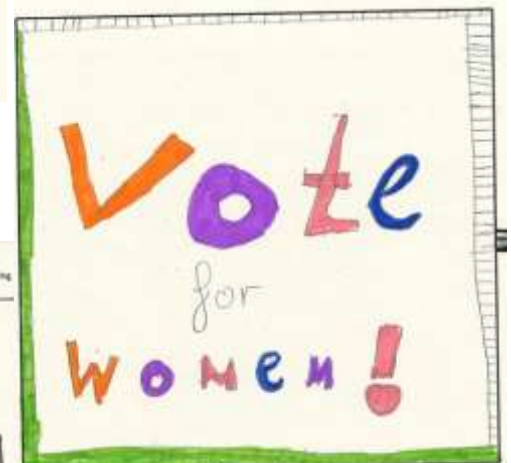
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Wildlife visits Clare Mount whilst we were away!



Whilst some of our Year 11 students were clearing the wildlife area to allow new spring growth, a clutch of 9 duck eggs were found!

Research has shown that the female duck will lay a few at a time and keep coming back until she feels that she has laid enough – only then will she sit on them to brood them.

So although the eggs are cold at the moment, she may come back over the Spring break.

Even if these eggs do not hatch successfully this year, it shows that if you leave an area to go wild with a pile of branches, then wildlife may come to your garden.

“If you build it, they will come!”

Ms Evans





Mr Jones, Mrs Badzire, Miss Willis and Mr Holsgrove laid on a brilliant day for some of our Year 8 students recently, as they learnt how to start fires using flint and steel and toasted their own marshmallows.

Working in the outdoors has so many benefits, here are just a couple:

- Confidence: children have the freedom, time and space to learn and demonstrate independence.
- Social skills: children gain increased awareness of the consequences of their actions on peers through team activities such as sharing tools and participating in play.

Mr Jones, Mr Rain and Mrs Glover have been working hard behind the scenes preparing our school site for more Forest School fun in the future; we hope to have these activities embedded in our curriculum come September 2021.

Year 8 definitely gave it the thumbs-up!












Mr Jones



Humanities Subject Stars



The following students have been selected by the Humanities Department for excelling in their subject area this term.

<p><u>Leo W (10SP) - GCSE Geography</u></p> <p>Leo has done some excellent work on the water cycle this term. Well done Leo!</p> <p>Mr Jones </p>	<p><u>Nathan P (11BA) - GCSE Geography</u></p> <p>Nathan has been putting in 100% effort and working really hard in GCSE Geography—great effort!</p> <p>Mr Jones </p>	<p><u>Evan (9SF) - History</u></p> <p>Evan is very knowledgeable about History, and this shows in the work he has produced. Great Google Classroom engagement.</p> <p>Miss Grindrod </p>
<p><u>Luke T (11BA) - GCSE Geography</u></p> <p>Luke has produced some brilliant GCSE work this term. Great application and resilience. Well done!</p> <p>Mr Jones </p>	<p><u>Elijah (9Hu) - R.E</u></p> <p>Elijah has demonstrated brilliant engagement with remote learning. He has completed every task. Fantastic perseverance!</p> <p>Mrs Spracklen </p>	<p><u>Ben R (10K) - GCSE Geography</u></p> <p>Regardless of technology, Ben always finds a way to complete his work. He has shown good understanding this term and great attitude to learning.</p> <p>Miss Grindrod </p>
<p><u>Steven W (8WE) - R.E</u></p> <p>Produced an excellent piece of work explaining each of the five pillars of Islam.</p> <p>Mrs Spracklen </p>	<p><u>Sam V (11BI)- History</u></p> <p>Sam is a History superstar! He goes above and beyond to complete his work, which is always finished to an outstanding level.</p> <p>Miss Grindrod </p>	<p><u>Laura O (8G) - History</u></p> <p>for her engagement with online learning and her great work on the importance of the work on Henry VIII and the Reformation in History.</p> <p>Mrs Perry </p>

Tournoi de Foot

Inter-Form Football

Run by 10K throughout first 1 2 term

Begins 16th April 1pm with Year 7

10K are organising an Inter form football tournament in the 1st half of Summer Term to run alongside the themes of My Personal Best and we will begin with Year 7 on 16th April. Well done to Ruben, Freddie and Ben for organising.

Mr Kearney



Éire made these fantastic cakes for Mother's Day for her Nan and Mum. Pink for her Nan and chocolate cake for Mum!



The following is taken from an article written by Mr Jon White:

PE and sports: The power of PESSPA

In our school, Clare Mount Specialist Sports College, our culture is built around the idea that exercise is good for the brain and good for student attainment.

We are converted to the work of Dr John Ratey, who said: "Exercise is really for the brain, not the body. It affects mood, vitality, alertness and feelings of wellbeing."

As Public Health England has reported (PHE, 2014):

- Pupils with better health and wellbeing are likely to achieve better academically.
- Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement.
- The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn.
- A positive association exists between academic attainment and physical activity levels of pupils.

Most of our young people are students with autism. We see the role of PESSPA as an essential, high-quality intervention to support Education, Health and Care Plan (EHCP) outcomes, student emotional regulation, attainment, behaviour for learning, employability, and future transitions.

PESSPA stands for physical education, school sport and physical activity and includes PE lessons, school games events and competitions, sport leadership, extra-curricular clubs and enrichment.

Activities such as sensory circuits, cycling, cardio-drumming and scootering are used to help calm, alert or awake students (depending on their sensory feelings at the time) and to help them feel ready for the rest of their school day.

Our students are surveyed regularly about the PESSPA curriculum and their mental and physical health. They always report positively about the contribution PESSPA makes to their personal development, wellbeing and happiness.

Continued overleaf

PESSPA and the pandemic

Even during Covid, with all the pressures our staff, students and families are under, our remote learning is built around activities which allow our students to connect with others and themselves.

We had Zumba activities every day, Paradance and Panathlon fun events weekly and online sensory circuits. We also have partnerships in place with local organisations, including the Liverpool FC Foundation, to offer afternoon sessions.

We have used the power of physical activity to facilitate a positive mental and physical health recovery and to build resilience in the face of the pandemic. Furthermore, we have partnered with a non-profit organisation called Running Head First, to offer wellbeing support through a Telegram app to all our staff, students and families.

The full article, written by Mr White, can be found here:

www.sec-ed.co.uk

Declan helps the homeless!

Over the Christmas period, Declan noticed a regular homeless man sitting outside Tesco. Declan was upset to see the homeless man being moved on by the security guard. This inspired Declan to start a collection of tins, packets of food and toiletries to donate to the Ark project in Birkenhead. Declan managed to fill 4 boxes and they will be delivered over Easter. Thank you to everyone that donated something to the collection, and well done Declan!



Mr Gavin

Free School Meals

For any enquiries or concerns about free school meals please email fsmvouchers@claremount.wirral.sch.uk and we will endeavour to respond to you as soon as possible.

Mrs Egan



Clare Mount Specialist Sports College has become a referral agency for Wirral Foodbank, helping people in need in the local community.

The foodbank has been established to provide short term, emergency food to individuals and families in crisis. These parcels include cereal, milk, fruit juice, soup, pasta, meat, fish, vegetables and pudding. Clients are consulted on their basic dietary requirements e.g. vegetarian, gluten free, baby food etc. and food parcels provide balanced and nutritional meals for a minimum of three days. The quantity of food given is dependent upon the number of adults and children in the family. There is no charge for the food, but it is given on the understanding that it is not resold.

If you feel your family needs emergency food, please contact us to discuss how we can help. Please be assured, all information you provide is held in the strictest of confidence and that you **won't be alone in your need for assistance in these** unprecedented times.

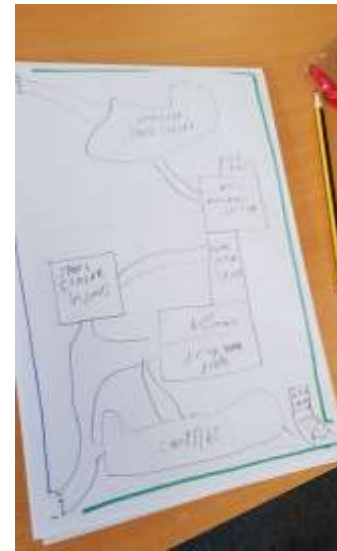
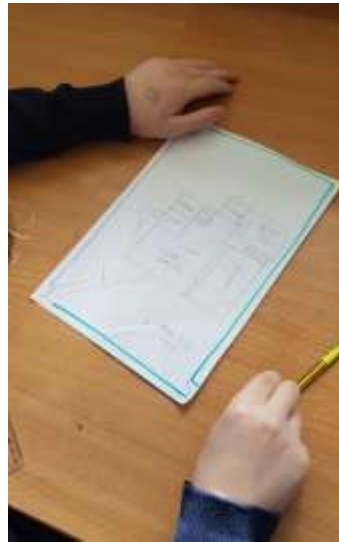
To discuss this further, please contact Mrs McCannon or Mrs Stephenson on 0151 606 9440 or via schooloffice@claremount.wirral.sch.uk

Preparation for
Adulthood
And Life



Getting stuck into work back at school and making the most of the sun, Sixth Form students are getting ready for sowing the seeds for future growth, learning life skills, preparation for life and employability skills, all in one!

Mrs Cooper-Shone



The students in Sixth Form have undertaken a Business Studies project to develop the field next to the Sixth Form Centre. They have designed different resorts for a variety of markets and have presented their proposals to their peers.

Mrs Cooper-Shone

FORM

Sixth Form students spent part of their well-being week making clay pots with Mrs Cooper-Shone:



And getting physical:



FORM

When asked to name one positive thing about lockdown, 6th Form responses were:

Michael D - Helping out building furniture with my Dad, it's been great to spend time together. I have also enjoyed jogging and it

Josh - reading my books and writing them too.

Zak - helping his mum with the cooking and walking the dogs.

George - reading loads it's a great form of escapism.

Georgia - making a crystal/diamond art work of a unicorn that

Alex - spending time with his family.

Stephen - helped Mum a bit.

Troy - It's been so nice to meet everyone in these daily chats. Since his Grandad died earlier this year Troy has visited his Nan every weekend and says it's been a privilege.

Harry G - I've loved these chats. Going on my bike lots.

Liam - eating

Rebecca - learning how to do the ICT and meet with people on google and email college.

Annie - walking each day to improve fitness.

Luke - walking the dog to New Brighton by myself.

Update on Chester



Unfortunately, despite lots of hard work, Chester didn't quite meet the criteria to continue in the Guide Dog training programme.

He has been withdrawn and is being rehomed as a family pet for a very lucky family.

Mrs Nokes

Exciting News

Over the Easter break Mrs Nokes will be restarting her role as a Guide Dog puppy raiser when she gets another guide dog puppy. This puppy will become our second Clare Mount dog. Mrs Nokes is looking forward to introducing him to everyone at school soon.

Mrs Nokes



Carnegie School Mental Health Award



Clare Mount has become the first Wirral school to be awarded the prestigious Mental Health in Schools Award at gold level. The award acknowledges Clare Mount's whole-school approach to mental health and the school has been judged as 'excelling' in the areas of leadership and management; structure, organisation and support for staff and students, parent / carer engagement, work with external agencies and professional development and learning.

Clare Mount provides a wide range of activities to boost the wellbeing of pupils and staff, including an annual wellbeing week, termly wellbeing days, full-time staff dedicated to supporting young people experiencing poor mental health and a range of activities to support the wellbeing of staff.

The award was established in 2017 by the Carnegie Centre of Excellence for Mental Health in Schools – part of Leeds Beckett University – and social enterprise Minds Ahead.

Professor Damien Page, Dean of Leeds Beckett's Carnegie School of Education, said: "Achieving this award is not just recognition of a whole-school approach to mental health, it's a recognition of the school's commitment to improving the life chances of children."

"We're truly proud to have worked with Clare Mount in this vital work and look forward to further collaboration." Dean Johnstone, founder and CEO of Minds Ahead said: "This award shines a light on the excellent work schools are doing to promote mental health for their community of children and adults."

"It is thrilling and humbling to learn about Clare Mount and the many other schools engaged in the quality award process. I'd like to offer my congratulations on this deserved recognition."

Article taken from Wirral Globe and written by Mr Byrne, Director of Personal Development & Wellbeing

Free Dyslexia Training by Nessy

To celebrate International DYS Aware week, Nessy is offering free dyslexia training from the 15th of March to the 15th of April.

Find the voucher code below to get the 'Understanding Dyslexia' course for FREE. Parents are welcome to take part, as well as Teachers and Teaching Assistants!

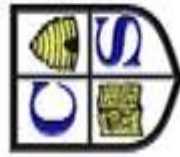
Modules

- Dyslexia Basics
- Phonological and Phonemic Awareness
- Working Memory
- Executive Function and RAN
- Auditory Processing
- Teaching Children with Dyslexia

The Understanding Dyslexia course offers 6 . Important training videos are 2-3 minutes long. The course takes about 2 hours to finish and can be done in sections. A certificate is awarded on completion.

Use code TEACHUD at checkout for 100% off!

<https://www.nessy.com/uk/product/understanding-dyslexia/>



Clare Mount Specialist Sports College – Virtual After School Clubs!



Please use the link below, or the ID and Password to access all classes on Zoom-

[It is the same as all previous virtual classes](#)

<https://zoom.us/j/95928174204?pwd=azZhbVFWFR5VS9UZXZJcmhDNzZQZz09>

Meeting ID: 959 2817 4204 Passcode: 8T8ZUz

Activity		4pm- 4.40pm	
'Team-up Tuesday'	Fitness and stretching with Miss Willis.		
'Wellness Wednesday'	Chris Redmond- Personal trainer from Running Head First.		
'Thoughtful Thursday'	Zumba with Miss Lear.		
	JOIN IN KEEP IN TOUCH HAVE FUN STAY HAPPY KEEP FIT CHALLENGE YOURSELF		

You can also join the Youth Sport trust after school clubs by using the link below -

<https://www.youtube.com/channel/UCJcrWssleAsbd1kY79oRm7g>

Term Dates 2020-2021

Autumn Term 2020	
Open to staff only	Tuesday 1 st September
Open to Yrs 7 & 8 pupils and staff only	Wednesday 2 nd September
Open to all pupils and staff	Thursday 3 rd September to Friday 23 rd October
Half-term	Monday 26 th October to 30 th October
Open	Monday 2 nd November to Friday 18 th December
School closed to pupils	Friday 27 th November 2020
Christmas Holiday	Monday 21 st December to Friday 1 st January
Spring Term 2021	
Open to staff only	Monday 4 th January
Open to pupils and staff	Tuesday 5 th January to Friday 12 th February
Half-term	Monday 15 th February to Friday 19 th February
Open to staff only	Monday 22 nd February
Open to pupils and staff	Tuesday 23 rd February to Friday 26 th March
Spring Break	Monday 29 th March to Friday 9 th April
Summer Term 2021	
Open	Monday 12 th April to Friday 28 th May
May Bank Holiday	Monday 3 rd May
Open to staff only	Tuesday 4 th May
Half Term	Monday 31 st May to Friday 4 th June
Open	Monday 7 th June to Tuesday 20 th July
School closed to pupils	Friday 18 th June
School closes for summer break	Tuesday 20 th July