

# CLARE MOUNT SPECIALIST SPORTS COLLEGE

No. 148



## Year 7 Keeping in Touch July 2020



[WWW.CLAREMOUNTSSC.CO.UK](http://WWW.CLAREMOUNTSSC.CO.UK)



YouTube



@ClareMountSSC



@ClareMountSSC

Photo on front cover: Wirral Globe

Dear Parents/Carers

Wow, what a half term this has been! Once again I am overwhelmed by how well our pupils and staff have adjusted to the changes in our school and home lives. As our school has opened up to an increased number of children, we have had to adapt new practices and put further safety measures in place to protect our whole school community and comply with Government requirements; this has not been without its challenges, but I can only thank and congratulate everyone for remaining stoic and cheerful throughout.

We have had some great themed weeks this half term, which began with the launch of 'Travel to Tokyo', followed by a fun Eco week. Refugee week was recognised as part of our 'School of Sanctuary' commitment and National School Sports Week included Olympic Day on 23rd June, reminding us of our aspiration for our children to be "Role models & catalysts for change". During Numeracy Week, we saw some exciting 'Taskmaster challenges' and finally we have had some great Virtual Sports Days.

We have had much to celebrate, despite the challenging times, and each year group newsletter demonstrates this. In addition, we congratulate Ms Webster on the birth of baby Ella Rose, who was born 29th June, weighing a healthy 7lb 11oz. Both Mum and 'Lockdown baby' are doing well.

As this term draws to a close on Friday 17th July, most members of staff will be taking a well-earned break. Some have volunteered to run our summer school and those Year 6 pupils, who will be joining us next academic year, and many of our current Year 7 and 8 can look forward to a fantastic week of fun.

Sadly, this term we say goodbye to Maths Teacher, Mrs Hewitt who moves on to exciting opportunities within the world of British Sign Language and thank her for sharing her sign language skills with us. We also say thank you and goodbye to Mr Garvey, Science Technician, who goes on to a well earned retirement and to Mr Scott who we thank for his commitment and enthusiasm.

Finally, I would like to wish you and your families a safe and healthy summer break. School opens again to pupils in Years 7 & 8 on Wednesday 2nd September 2020 and to all year groups on Thursday 3rd September, when we hope to welcome everyone back. In the meantime please stay informed by checking our school website for any updates: [www.claremountssc.co.uk/](http://www.claremountssc.co.uk/)

Kim Webster, Headteacher

July 2020

A message from the Head of Year:

In such unprecedented times this has been possibly the strangest summer term for our whole school community but especially our group of amazing Year 7 children. Although the pupils only completed six months in school of their first year at Clare Mount, they have remained very much a part of the whole school population. Through daily emails and weekly phone calls, Year 7 form tutors have maintained contact with pupils and their families to support them through the past five months. The Year 7 children have shown positive attitudes and remarkable resilience throughout. Many have contributed to our whole school 'Travel to Tokyo' - with Year 7 coming second in the year group challenge! Only Year 9 were ahead of us with their combined efforts. A fantastic achievement! They have joined in live online PE sessions and got involved with the different daily tasks set by school.

This half term has seen Eco-week, Numeracy week, Refugee week, National School Sports week and virtual sports day. Whether it has been a physical challenge, a maths, art or science challenge, so many of our students have been keen to join in.

I am so proud of the fact that although we have had to keep our physical distance from each other, the Year 7 team have maintained a sense of community and belonging with a group of pupils newest to our school.

Well done on all your fabulous achievements this half term and throughout the school year as a Year 7 member of our school. Along with this, a huge thank you to the parents who have offered fantastic support.

Have a restful summer break.

Mrs Croucher



## 'Travel to Tokyo' Challenge

You will no doubt be aware that this year was scheduled to be an Olympic and Paralympic year, with the main event taking place in Tokyo, Japan. The event has always had great significance for Clare Mount and we have adopted, as our own, the motto of the 2012 Paralympic Games in London; 'Role Models and Catalysts for Change.'

Although the games have been postponed by 12 months, over the course of this half term pupils and staff were invited to help us 'travel to Tokyo' virtually, by walking, jogging, running, cycling, skipping, joining a Zumba session, or doing whatever activity they liked to cover the marathon distance of 42.2 km in 7 weeks (01/06/20 to 17/07/20). This worked out at just over 6km (3.75 miles) per week. If we could get everyone to do this, collectively we should have been able to travel from Clare Mount to Tokyo - a distance of **9453 km!**

Updates were added to the school website regularly and prizes will be awarded shortly for best individual, best form and best year group; just to add a bit of fun competition, but



the most important thing has been that everyone got involved and had fun being active!

As this newsletter goes to print we have almost reached our target. To be continued....!

Mrs Grayson



**Who has enjoyed...?**



**Mrs Poynton**



**Miss Willis**



**ZUMBA**

**Instagram LIVE**

**summer term 2020**

**Wednesdays 10am &**

**FRIDAYS 1:30pm**



**@PE\_ClareSSC**

# CAREERS

Clare Mount Specialist Sports College, is delighted to announce our school is now an official member of the Careers Hub within Liverpool City Region!

Liverpool is classed as a leader in the careers education field and this will mean our school has really fantastic links to the LCR network and access to events run by the LCR and the Careers Hub for our students.

Mrs Cooper-Shone



## FREE SCHOOL MEALS

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

Please note Free School Meal vouchers end on Friday 28th August 2020 and vouchers can be downloaded from 31st July.

Mrs Egan



In celebration of World Environment Day on Friday 5<sup>th</sup> June, Clare Mount held its own Eco week, 8<sup>th</sup> to 12<sup>th</sup> June, to encourage students and staff to focus their attention on the environment and how they can take action on issues threatening our planet.

This year's theme has been Biodiversity (the variety of life forms on Earth), which is declining in every region of the world, significantly reducing nature's capacity to contribute to people's well-being. Organisers of World Environment Day believe that each one of us has a role to play in ending biodiversity loss and preserving nature for human wellbeing.

To do this we must:

- Learn** about what we can do
- Share** that knowledge with family and friends
- Act** on the things we need to change



### What did Eco week look like?

Each day we set an eco-activity to do at home. We asked pupils, their families and members of staff to think about the challenge of global warming and environmental issues, as well as thinking about positive ways to respond, by taking part in the stained glass window project from The Liverpool World Centre, either using a template, or by designing their



own stain glass window that reflected their feelings about global warming and the environment.

Mrs Nokes



Eco pledge:

To finish the week pupils and staff were asked to take action and make a pledge to do something to help our environment. Here are some examples:

- ◇ To recycle old clothes by giving them to charity
- ◇ To never drop litter again!
- ◇ To stop using single use plastic
- ◇ Switch off lights when you leave a room
- ◇ To cut down on streaming! (did you know that internet usage produces an incredible amount of CO<sub>2</sub>?)





# Grow on



Growing tomatoes, rocket, radish and beetroot...

# Eco Week activities



## Clare Mount Plastic Bottle Challenge



**Task** – Create something amazing by reusing a plastic bottle

### Why should we reuse plastic bottles?

A third of all plastic litter found in the sea is made up of plastic bottles

Each year in the UK around 13 billion plastic bottles are used and only 7.5 billion are recycled.

Plastic bottles require up to 700 years to dissolve.

Between 5 and 13 million tonnes of plastic leaks into the world's oceans each year to be ingested by sea birds, fish and other organisms

### Examples





For Refugee Week 2020 (15th—21st June) we were invited to do one or more of eight Simple Acts that could be done at home, inspired by the theme 'Imagine'.

Simple Acts are everyday actions we can all do to stand with refugees and make new connections in our communities. During Refugee week pupils were asked to:

- ◆ Imagine — Share your vision for the future
- ◆ Watch a film— Tell a friend, write a review or share on social media using the hashtag #WatchaFilm #SimpleActs.
- ◆ Read a book about Exile
- ◆ Tell a joke — to discover new things about our world and ourselves.
- ◆ Share a song—A song that has crossed borders or a song in another language; a song about home, displacement, or imagining the future.
- ◆ Join the movement—Refugees and asylum seekers need our support and solidarity all year round.

The hope is you'll carry the spirit and energy of Refugee Week with you, and continue to take a stand and welcome refugees.

[www.refugeeweek.org.uk/simple-acts/join-the-movement/](http://www.refugeeweek.org.uk/simple-acts/join-the-movement/)

## **Clare Mount is a School of Sanctuary**

***A School of Sanctuary is a welcoming school for everyone. It recognises the different needs and experiences of all families and seeks to celebrate this diversity.***

***School of Sanctuary is a part of the charity-based organisation City of Sanctuary which aims to raise awareness of those who are seeking sanctuary and holds the vision that our nations will be welcoming places of safety for all and proud to offer sanctuary to people fleeing violence and persecution.***





20th - 26th June



# National School Sports Week (at home)

Our partners, the Youth Sport Trust have been helping families to stay active with their daily #StayHomeStayActive activities since March and challenged school communities to go one step further by taking part in the first ever National School Sport Week at Home, from 20th to 26th June. The week gave families, communities, schools and sports clubs the opportunity to take part in a series of virtual sporting challenges which help young people capture the enjoyment, competition and camaraderie they may have been missing out on whilst at home. We asked pupils to:

| CHOOSE  | CHALLENGE  | CAPTURE   |
|--|---|---|
| Choose an activity card and watch Clare Mount staff video linking to that activity.        | Can you challenge yourself? Have a go!  | Get someone to take a picture or a video of you completing the challenge! Upload or send to form tutor! |

Our school timetable of activities is on the next page.






Everything the pupils did counted towards our Travel to Tokyo project too!



Every minute of activity equated to 100m. The more challenges and LIVE classes they took part in, the more





|                  | <u>10am- 10.45</u>  | <u>11-12pm</u>   | <u>1.30pm</u>   |
|------------------|---|--|---|
| <u>Monday</u>    | Zumba LIVE with Miss Willis @clare_mount_pe<br>                    | Home Activity with Mr White<br>   | Challenge- Watch the staff member's videos and have a go at the challenge cards!<br><b>Mr Stanley's Plank</b><br><b>Mr White's Keepy Ups</b>          |
| <u>Tuesday</u>   | Yoga LIVE with Mrs Poynton @clare_mount_pe<br>                     | Challenge- Watch the staff member's videos and have a go at the challenge cards!<br><b>Mrs Cocoran's Speed Bounce</b><br><b>Mis Willis' Star Jumps</b>                             | Circuits LIVE Mrs Corcoran<br>                                     |
| <u>Wednesday</u> | Zumba LIVE with Mrs Poynton/Corcoran @clare_mount_pe<br>         | <u>Home Activity</u><br>Draw an 'Animal Athlete'<br>Draw an animal playing sport and explain why that animal would be good at that sport. For example a Cheetah doing 100m sprint. | Challenge- Watch the staff member's videos and have a go at the challenge cards!<br><b>Mr. Atkins Bottle Flip</b><br><b>Mr. Byrnes Scavenger Hunt</b> |
| <u>Thursday</u>  | Stretches /mindfulness LIVE with Mrs Poynton @clare_mount_pe<br> | Send pictures and videos of yourself completing challenges   | <u>Home Activity</u><br>Can you think of time when you have shown honesty and integrity during lockdown?  |
| <u>Friday</u>    | LIVE activity with Mr White @clare_mount_pe<br>                  | Your choice of activity.   | Zumba LIVE with Miss Willis @clare_mount_pe<br>                  |

All LIVE classes were accessed through the PE Instagram page @clare\_mount\_pe



23rd June 2020



# OLYMPIC DAY



**GET  
SET**





# Numeracy Week

Well what a fantastic effort all our pupils made in numeracy week this year! The maths department were really impressed with all the pictures of work and activities that we received. Pupils were focusing on CHOOSE → CHALLENGE → CAPTURE and you certainly did all three! There were plenty of activities to choose from including Taskmaster videos, logic puzzles, and other numeracy activities ranging in difficulty. There were different themes for different days with a focus on life skills learning. Each day we had a new:



As well as lots of puzzles and fun activities!

Mrs Hewitt

# 6th - 10th July Virtual Sports Day

**SCHOOL GAMES**

Virtual Merseyside School Games 2020  
**Movement Monday**

You can do as many challenges as you like

**Daily Challenge**  
How many of the physical bingo challenges can you complete?

Send your attempts to your local SGO & MSP via #MerseysideSG

**Full House**  
Can you work your way through all the activities on the physical bingo challenge card?  
You can adapt the challenges and take a break whenever you like.

**Half a house**  
Can you work your way through any two lines of activities on the physical bingo challenge card?  
You can adapt the challenges and take a break whenever you like.

**One line**  
Can you work your way through one line of activities on the physical challenge card? (Up, down or diagonal)  
You can adapt the challenges and take a break whenever you like.

**SCHOOL GAMES**

Virtual Merseyside School Games 2020  
**Walking Wednesday**

You can do as many challenges as you like

**Daily Challenge**  
How many different items can you spot whilst on a walk?

Send your attempts to your local SGO & MSP via #MerseysideSG

- Can you walk around your house and see how many items you can collect from inside your house?
- What different directions can you walk whilst collecting these items?
- How many items were you able to tick off?
- Can you go for a walk outside and how many of the items you can spot whilst on your walk?
- What different directions can you walk whilst collecting these items?
- How many items were you able to spot?
- If you are at school can you look around your classroom and see how many of the items you can spot?
- If you are unable to walk around the classroom can you create a route on a piece of paper of how you would have got to those items?
- How many items were you able to spot?

**SCHOOL GAMES**

Virtual Merseyside School Games 2020  
**Target Tuesday**

You can do as many challenges as you like

**Daily Challenge**  
Can you demonstrate ways of hitting a target?

Send your attempts to your local SGO & MSP via #MerseysideSG

- Create 3 targets place them near, middle and far
- Points: Near = 5, Middle = 10 & Far = 15 points
- 3 things to throw such as socks or balls
- You have 30 seconds to throw at the targets, collect, run back to the start and throw again
- How many points will you get?
- Create 3 targets place them near, middle and far
- How many times can you hit a target without missing any?
- Once you have raised the game is over, can you try again and see if you can beat your first score?
- Create a number of targets
- Different distance and sizes
- Be creative, and see what different ways can you hit the targets?
- Have as many goes as you like

**SCHOOL GAMES**

Virtual Merseyside School Games 2020  
**Fun Friday**

You can do as many challenges as you like

**Daily Challenge**  
Can you balance equipment such as toilet roll on your head?

Send your attempts to your local SGO & MSP via #MerseysideSG

- 5m distance
- Balance something such as toilet roll on your head
- Every time you get to the end of the 5m add another toilet roll
- How many toilet rolls can you balance before they fall off your head?
- 5m distance
- Balance something such as toilet roll on your head
- How many times can you go back and forth without the toilet roll falling off your head?
- Once it has fallen the game ends. Can you try again and beat your score?
- 5m distance
- Balance something such as a toilet roll on your head
- If it falls off, just put it back on your head.
- Can you complete a task e.g. Alphabet, times table or sing a song?

# Virtual Sports Day



9TH JULY 2020



## Programme of Events

8am Launch of Virtual Sports Day  
Check School website and Socials for challenges

9.30am Wake and Shake with Miss Willis  
LIVE on PE Instagram

10.30am HiiT with Mr Stanley  
LIVE on PE Instagram

11.30-1.00pm Keep an eye on the Socials for  
staff and pupils completing their challenges.

1.30pm Zumba with Miss Willis

5pm Deadline to submit results and videos



**Clare Mount is proud to have  
received certification in  
recognition of its virtual activities  
over the summer term!**

# Virtual Sports Day

Thursday 9th July saw our very first Virtual Sports Day and what a fantastic day it was!! We set six challenges for staff and pupils focusing on our My Personal Best characteristics. The challenges tested your self-discipline, resourcefulness, self-belief, concentration, and resilience

It was great to see everyone having a go and submitting their results for their year teams.

Each pupil and staff member were awarded points for completing the challenges and bonus points were awarded for highest score, and submitting videos or photographs.

The results are in!!!

Individual Challenge Winners:

Challenge 1 - The Plank - Brandon Y10

Challenge 2 - Treasure Hunt - Jordan 6th Form

Challenge 3 - Keepy Up - Claudia Y8

Challenge 4 - Star Jumps - Amelia 6th Form

Challenge 5 - Bottle Flips - Joe Y10

Challenge 6 - Speed Bounce - Brandon Y10

Overall Year Group Winners:

Gold Medal 2650 pts Year 10

Silver Medal 2400 pts Year 8

Bronze Medal 2050 pts 6th Form

Runners Up

Year 9

Year 7

Year 11

Well Done to all Pupils and Staff that participated - prizes and certificates will be celebrated in September.

Keep Active over the Summer

Mrs Grayson and The PE Team

# Clare Mount Support Team



Visits have taken place each Friday by the CMST and Mr Atkins. We have enjoyed visiting some of our students and it's been great catching up with them and hearing all about their news.



# THANK YOU

On behalf of the Heswall Round Table I would like to thank yourself and the Clare Mount charity team for donating £500 towards the vulnerable family food parcel project.

This money will be used to help families from Clare Mount in this unprecedented time.

J. Scott

Twitter - @Heswallrt

Instagram - @Heswallrt

Website - [www.heswallroundtable.com](http://www.heswallroundtable.com)

# Getty Art Museum Challenge

Congratulations to all that contributed to our Getty Museum Art Challenge!!!

We were all so impressed with your artistic interpretations of famous art pieces. If you haven't seen it yet, please do have a look for the video on the Clare Mount Channel of You Tube. The winners are listed below and will receive their prize and certificates when we are all back together in September. Well Done All!!!!!!

- Most Atmospheric – Luke 6<sup>th</sup> Form
- Most Intense – Luke 6<sup>th</sup> Form
- Most Avant Garde – Jared 7C
- Most Inventive – Jordan 6<sup>th</sup> Form
- Best Composition – Laura 7Gr
- Most Authentic – Darrel 7Gr
- Most Contemplative – Luke 8Wa
- Most Mysterious – Joe 10Ba
- Most Creative – James 6<sup>th</sup> Form
- Most Playful – Carter 9Bo
- Most Dramatic – Lewis 8Wa
- Most Profound – Lucas 7O
- Most Enchanting – Luke 6<sup>th</sup> Form
- Most Radiant – Jack 7Gr
- Most Emotive – Sophie 9Bo
- Most Refined – Courtney 7Gr
- Most Expressive – Travis 6<sup>th</sup> Form
- Most Resourceful – Erin 7O
- Most Imaginative – Travis 6<sup>th</sup> Form
- Most Serene – Luke 6<sup>th</sup> Form
- Most Impassioned – Winston 7P
- Best Parent Contribution – Mrs Bryce



# Getty Art Museum Challenge



Most Avant Garde – Jared 7C

Best Composition – Laura 7Gr



Most Authentic – Darrel 7Gr

Most Radiant – Jack 7Gr



# Getty Art Museum Challenge



Most Impassioned – Winston 7P

Most Profound – Lucas 7O



Most Refined – Courtney 7Gr



Most Resourceful – Erin 7O



# Term Dates 2020-2021

|  |   |
|--|---|
| <b>Autumn Term 2020</b>                            |   |
| <b>Open to staff only</b>                          | Tuesday 1 <sup>st</sup> September   |
| <b>Open to Yrs 7 &amp; 8 pupils and staff only</b> | Wednesday 2 <sup>nd</sup> September   |
| <b>Open to all pupils and staff</b>                | Thursday 3 <sup>rd</sup> September to Friday 23 <sup>rd</sup> October             |
| <b>Half-term</b>                                   | Monday 26 <sup>th</sup> October to 30 <sup>th</sup> October                       |
| <b>Open</b>  | Monday 2 <sup>nd</sup> November to Friday 18 <sup>th</sup> December               |
| <b>School closed to pupils</b>                     | Friday 27 <sup>th</sup> November 2020   |
| <b>Christmas Holiday</b>                           | Monday 21 <sup>st</sup> December to Friday 1 <sup>st</sup> January                |
|  |   |
| <b>Spring Term 2021</b>                            |   |
| <b>Open to staff only</b>                          | Monday 4 <sup>th</sup> January  |
| <b>Open to pupils and staff</b>                    | Tuesday 5 <sup>th</sup> January to Friday 12 <sup>th</sup> February               |
| <b>Half-term</b>                                   | Monday 15 <sup>th</sup> February to Friday 19 <sup>th</sup> February              |
| <b>Open to staff only</b>                          | Monday 22 <sup>nd</sup> February  |
| <b>Open to pupils and staff</b>                    | Tuesday 23 <sup>rd</sup> February to Friday 26 <sup>th</sup> March                |
| <b>Spring Break</b>                                | Monday 29 <sup>th</sup> March to Friday 9 <sup>th</sup> April                     |
|  |   |
| <b>Summer Term 2021</b>                            |   |
| <b>Open</b>  | Monday 12 <sup>th</sup> April to Friday 28 <sup>th</sup> May                      |
| <b>May Bank Holiday</b>                            | Monday 3 <sup>rd</sup> May  |
| <b>Half Term</b>                                   | Monday 31 <sup>st</sup> May to Friday 4 <sup>th</sup> June                        |
| <b>Open</b>  | Monday 7 <sup>th</sup> June to Tuesday 20 <sup>th</sup> July                      |
| <b>School possibly closed to pupils*</b>           | Friday 18 <sup>th</sup> June 2021<br>*There may be a GCSE examination on this day |

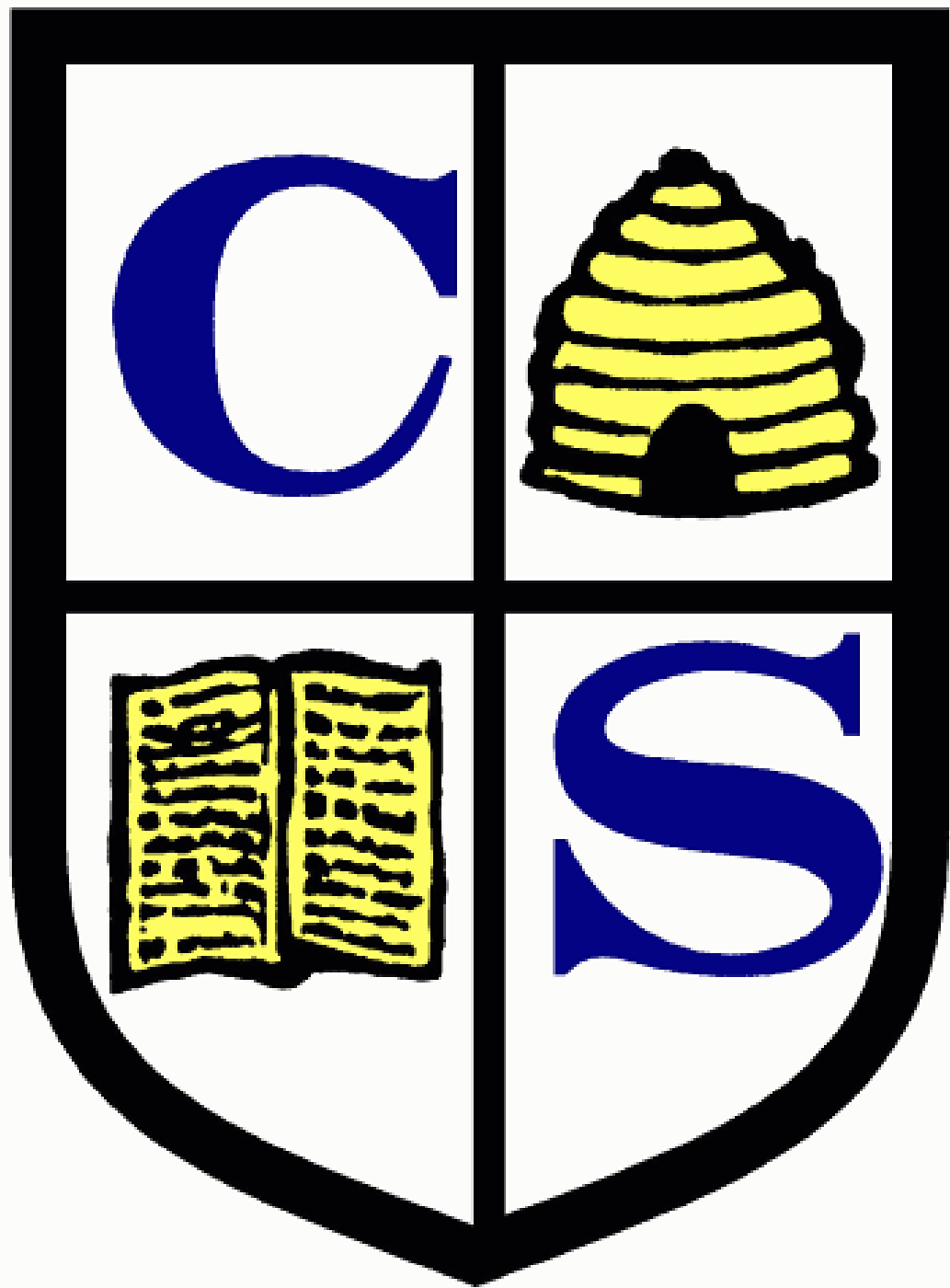
[schooloffice@claremount.wirral.sch.uk](mailto:schooloffice@claremount.wirral.sch.uk)



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THANK YOU