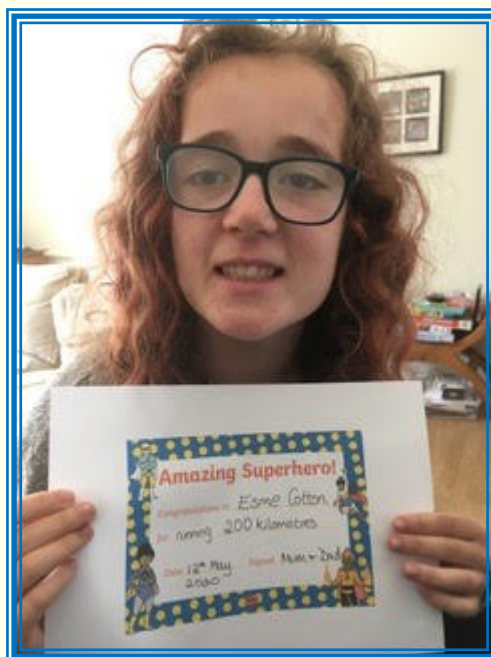


CLARE MOUNT SPECIALIST SPORTS COLLEGE

No. 147

Year 11



Keeping in Touch May 2020

WWW.CLAREMOUNTSSC.CO.UK



@ClareMountSSC

Dear Parents/Carers

I am so proud of all within our school community and their rise to the challenges of life in lockdown and adjusting to working from home. This newsletter, for your child's year group, is a celebration of all that children and staff have been up to.

I would like to re-iterate that the mental health and well-being of our pupils is of paramount importance and whilst we would ask parents and carers to encourage children to complete any work set, this should only be carried out if it does not cause distress at home.

Please keep in regular contact with your child's form teacher, who will answer any queries about your child's work or any concerns you may have. We also have a wealth of information, resources and links on our school website, so please take a look: www.claremountssc.co.uk/

In line with Government guidelines school has remained partially open for those children whose parents are working in vital roles on the front line and many members of our Teaching, TA, Office, Catering and Domestic staff have volunteered to come into school to support them, for which I am very grateful. It is still essential we continue to keep everybody safe and well and please be assured everybody will return to school only when it is safe to do so.

Over the May half term holiday next week members of staff who have been contacting you over the last few weeks, will be taking a well-earned break and will be back in touch with you on Monday 1st June 2020.

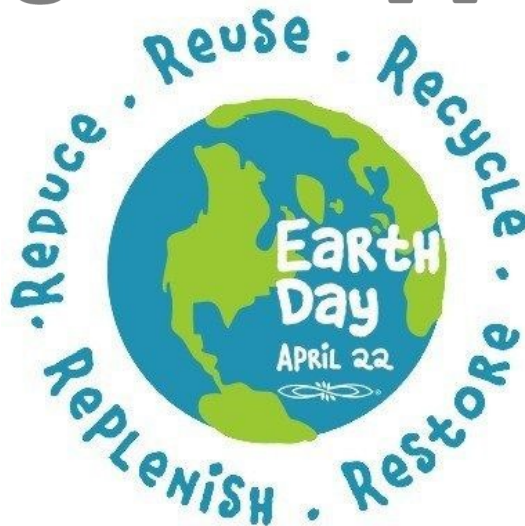
I would like to wish you and your families a safe and healthy half term and hope with all my heart that we can welcome everyone back to school as soon as it is safe to do so.

Kim Webster
Headteacher, May 2020

A message from Head of Year 11, Mrs Neill:

Year 11 have been keeping themselves busy during this difficult time. I've been really impressed with the new skills the students have picked up; we have lots of budding gardeners and chefs! I must give a special mention to Esme who has raised a fantastic amount of money for a charity which is close to her heart by running an amazing 200km! A massive well done from all of us in Y11!

Thank you for helping us support...



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

A message from Head Boy, Reeve:

Hi everyone,



its Reeve here, hope I find everyone well and safe. Just another little update as I want each and everyone of you to know that you're doing exceptional at this strange time. If you are struggling that is fine as lots of other people are age are in this time too. If you are feeling like this the best thing to do is talk to someone. Things will get better. I have seen all your hard work that has been put on the school website and social media. I love to look through it to see what you have all been up to and that in itself helps all off us to be strong as we are all in this together. I hope you all continue with your hard work.

Reeve

A message from Head Girl, Abigail

How are you all doing in the Lockdown? I wanted to encourage all of you to keep strong, healthy, fit and happy.

I really recommend you all do a Joe Wickes fitness class every day. I know this is a hard time but stay positive, stay home, stay safe and save lives.

Go out for an hour walk every day. Keep active.

Still keep in contact with friends and family. Go out for a picnic or go for a walk with family member.

I miss you all. I am really proud as you all keep going. From your Head Girl, Abigail.

**Who has missed
Zumba???**



Mrs Poynton



Miss Willis



ZUMBA

Instagram LIVE
WEDNESDAY 10 AM
FRIDAY 1.30 PM



@PE_ClareSSC



27th APRIL-1ST May

Physical Me

**1,2,3,4,5km
Challenge**

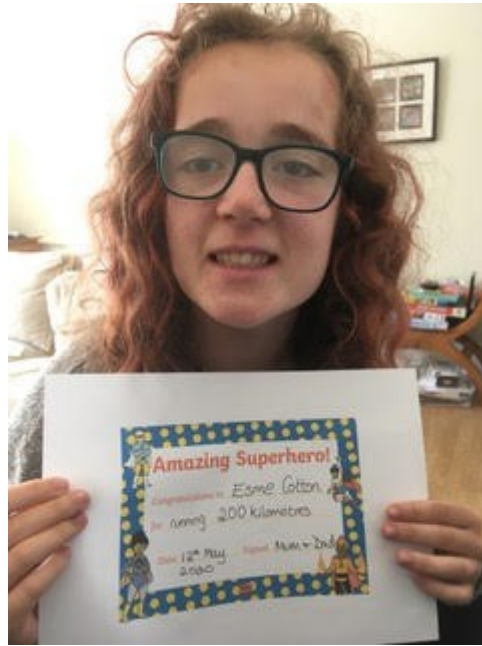


**Run, Walk, Cycle
Log It - Send It
Nominate 5**

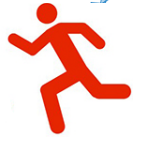
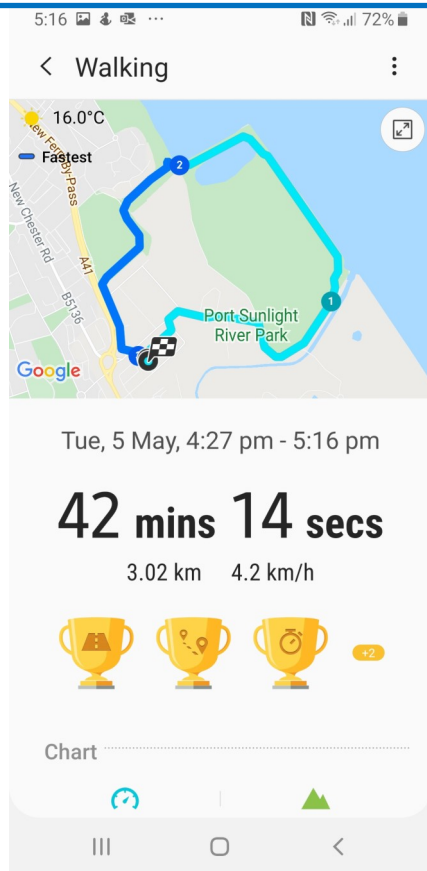
Physical Me

**Mrs Grayson
Nominates**





Congratulations to Esme on reaching a fantastic 200km milestone, raising funds for a charity close to her heart.



VE 75

75TH ANNIVERSARY
8TH MAY 2020

Clare Mount







WITH MANY THANKS TO MISS SMITH FOR
THE FANTASTIC DRAWING ABOVE



UNICEF UK

Rights Respecting School



Going for Silver!

Our last assembly in school before lockdown was presented by our Rights Respecting Schools Ambassador Group. As you know, we have been awarded the Bronze Award by UNICEF and Clare Mount is working towards the Silver Award. Unfortunately, the assessment booked for 30th April had to be postponed.

The Rights Respecting School Ambassadors' role is to help the school achieve the Silver Award. These are some of the things we learned from them that day:

A Rights-Respecting school is a community where children's rights are learned, taught, practised, respected, protected and promoted.

A rights-respecting school not only teaches about children's rights but also models rights and respect in ALL its relationships:

- Between pupils,
- Between adults, as well as
- Between adults and pupils.

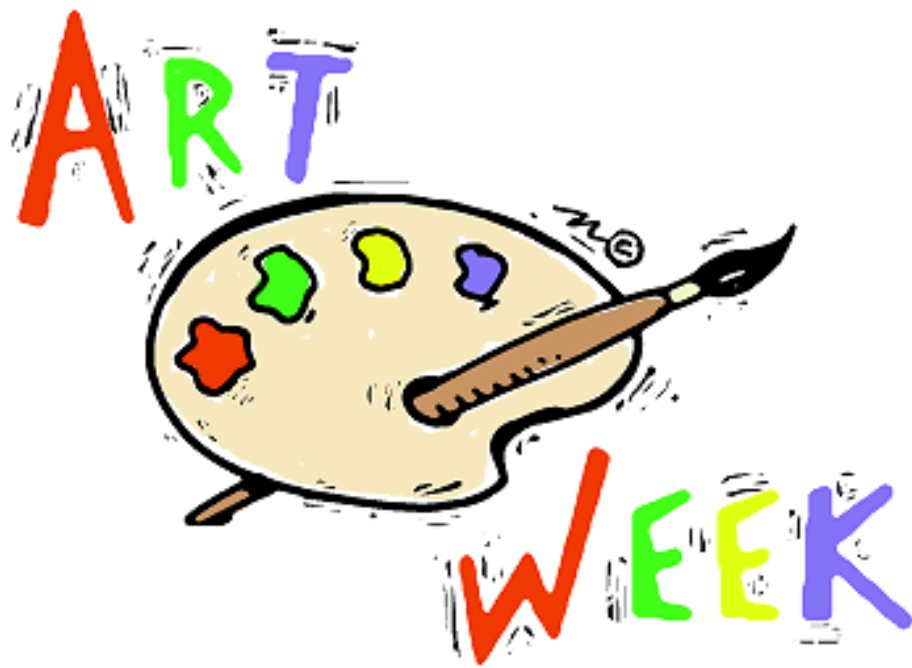


All children up to 18 years of age are '**Rights Holders**'. That means we must be empowered – that means to be given the power - to ask that our rights are met and make sure the all the adults who take care of us, promote and protect our rights.

ALL the adults who take care of us – in school: all the teachers, TAs, support staff, office staff, dinner staff, the Board of Governors, the cleaners, as well as the caretaker, and in the community: our parents, carers, families, the government, doctors, police, etc. - are '**Duty Bearers**' – that means they have a responsibility, which is legally binding, to respect, protect and fulfil



11th - 15th May



Lockdown Gallery...

Keep sending in your ART WORK for our lockdown gallery and the chance to have your work exhibited via the school website!

Keeping busy...



Keeping busy...



Live Well Week 18th - 22nd May 2020

Mental Health Awareness Week

The 7 Day KINDNESS Challenge!	Monday	Tuesday	Wednesday
	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need
Thursday	Friday	Saturday	Sunday
Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!

Health Week Cooking Challenge

1. Choose 5 ingredients from the shopping list (You can top up with store cupboard basics such as flour, oil, milk etc)
2. Use school recipes on a webpage, a cook book or the Supercook App to help you decide what to make.
3. Does your dish balance on the Eatwell guide?

You could download the Supercook App

Is your dish a healthy eating option?

READY STEADY COOK

Fork secure
Safe Knife Skills
Bridge hold
Claw hold
Grating

Present your dish
Take a picture
Send it to your form tutor
Will your dish be better than theirs?

FOOD PARCELS

Since late March a number of our families have been receiving food support thanks to Mr. Scott and his association with The Heswall Round Table charitable organisation. Over the course of the last few weeks, Clare Mount staff, via a Just-Giving page set up by Mrs Badzire, have raised over £900 in order to extend this support to more than 40 of our families; and we are hoping that this number will increase.

This has been a fantastic effort by a remarkable team of people. Thank you, on behalf of our entire community, to everyone who has contributed.



Just a few of the food parcels be prepared for delivery!



SENSORY EQUIPMENT



Some families of students from Clare Mount Specialist Sports College have received a welcome boost, in a period of uncertainty, thanks to the innovation, compassion and generosity of the school staff and some amazing partner organisations.

Thanks to a funding bid, written by Mr. White, the Morgan Foundation awarded the school over £1800 to purchase sensory activity equipment to be used at home. Many of our students take part in sensory circuits when in school. These activities help to set children up for a school day and reach the level of alertness and/or calmness needed to concentrate. It is hoped that by providing some of this equipment to our students it will help with their home learning while the 'lock-down' continues.

Coronavirus (COVID-19):

support for parents and carers to keep children safe online



GOV.UK

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

These resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

Thinkuknow (www.thinkuknow.co.uk/) by National Crime Agency -CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online

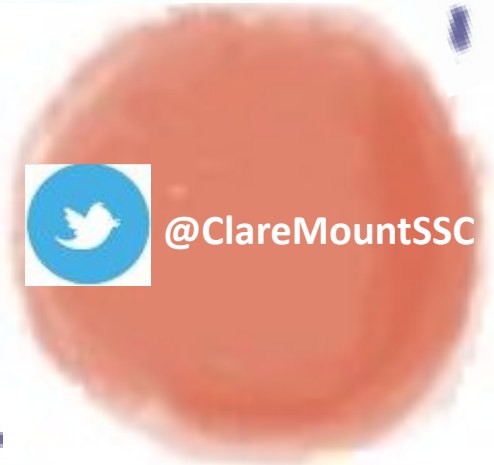
Childnet (www.childnet.com/) has developed guidance for parents and carers to begin a conversation about online safety, as well as guidance on keeping under-fives safe online

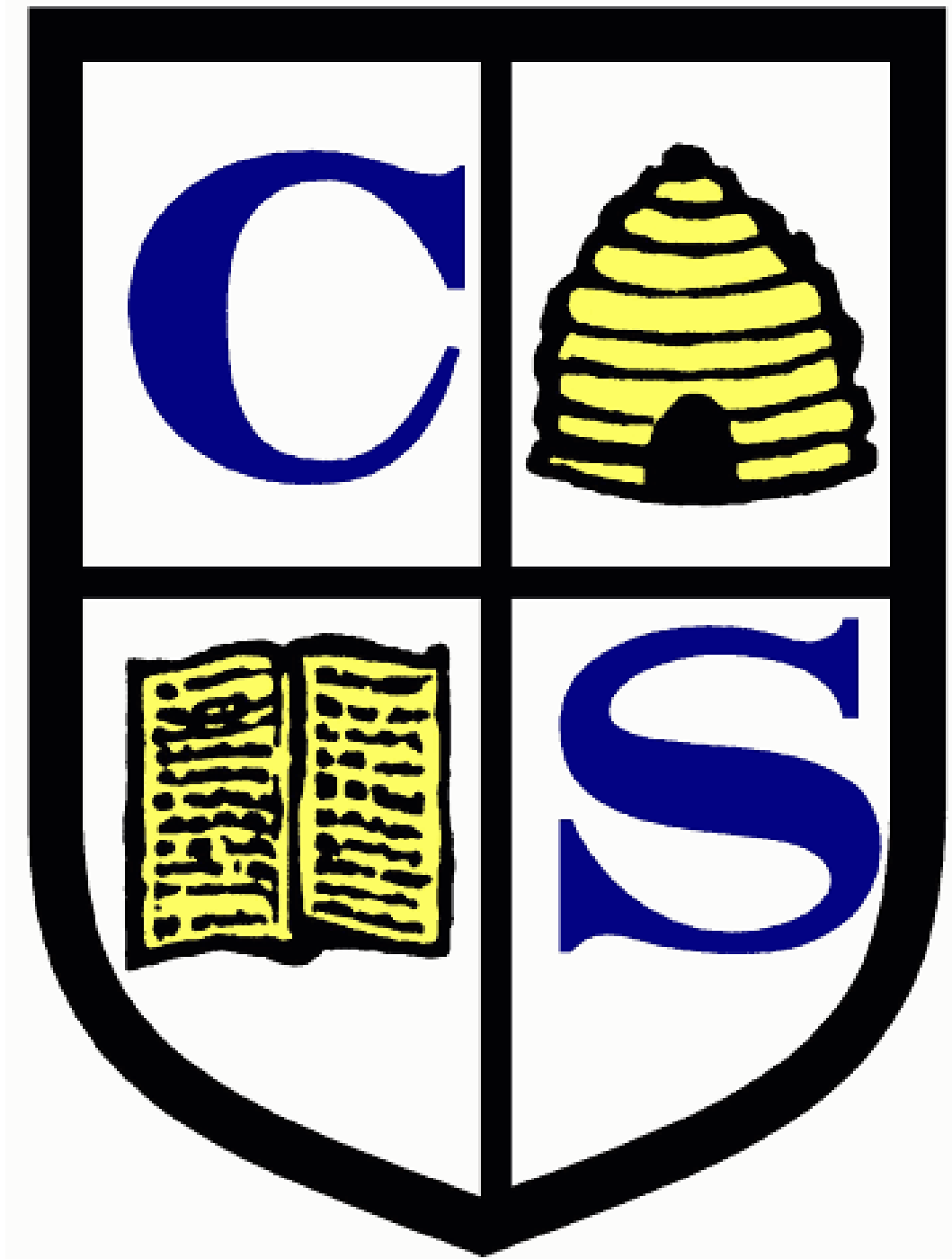
Parent Info (www.parentinfo.org/) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations

NSPCC has guidance for parents and carers to help keep children safe online (www.nspcc.org.uk/keeping-children-safe/online-safety)

UK Safer Internet Centre (www.saferinternet.org.uk/advice-centre/parents-and-carers) provides tips and advice for parents and carers to keep children safe online - you can also report any harmful content found online through the UK Safer Internet Centre.

schooloffice@claremount.wirral.sch.uk





THANK YOU