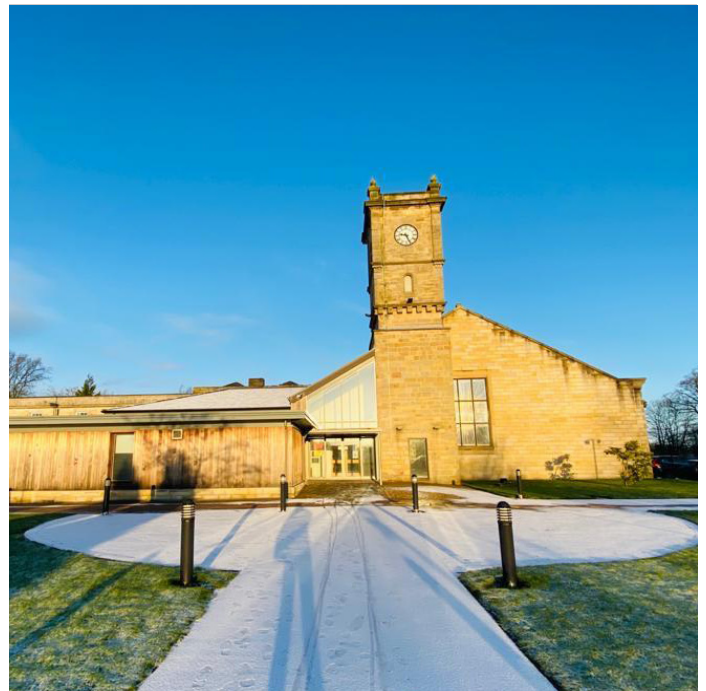


INTOUCH

ST. AIDAN'S CHURCH OF ENGLAND HIGH SCHOOL

NO.4 - FEBRUARY 2021



Welcome to our 4th edition of InTouch, with lots more good news stories to brighten our days. The cold and snowy weather brought with it some beautiful scenes, fun sculptures (see later) and a few challenges too.

In this edition you'll find information about looking after ourselves during lockdown, the meaning of 20+C+M+B+21, updates on some of our former students, art and science activities in the snow and our race to Lindisfarne!

Wishing you a healthy and peaceful run up to the half-term break.

Wellbeing



As we continue to persevere with home learning, we know that looking after our overall Wellbeing is essential for students, families and staff.

We've heard some great ideas in form time and assemblies and want to keep sharing resources, ideas and support across the whole school. To make this easier to access we are adding a Wellbeing Team to all students' Teams accounts.

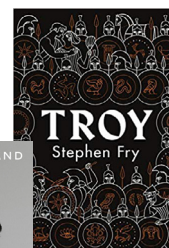
This will be a place to view resources and information about physical health, mental health and overall wellbeing as well as whole school notices.

To get individual support students should also stay connected to their Form group sessions in main school and keep in contact with Senior Tutors in the Sixth Form. This is a challenging time for us all on so many levels and we want to stay connected and supported as a community.

Recommended reads

Need a break? Why not take the time to pick up a book and escape. The following books have been recommended by our librarian, suitable from older to younger readers:

Fry, S: *Troy*
A retelling of the legend of Troy



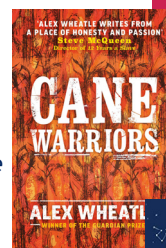
Obama, B: *A Promised Land*
Autobiography



Lawrence, P: *Eight Pieces of Silva*
A mystery set in London



Wheatle, A: *Cane Warriors*
Jamaica, 1790. Based on a true story



Welford, A: *The Kid Who Came From Space*
Humorous science fiction adventure



Epiphany blessing

As you enter Bede House, the Chapel Block or even the Main Entrance, you might notice a simple message written in chalk above or near to the doors. These aren't graffiti but part of an Epiphany tradition carried out all around the world in which prayers are said to bless a building (usually your home).

The message reads 20+C+M+B+21, the numbers representing this year and the letters having two meanings: the traditional names of the three kings, Caspar, Melchior and Balthazar (whose arrival is celebrated at Epiphany), and the Latin sentence "Christus Mansionem Benedictat" which means "May Christ bless this dwelling". The chalk usually remains on the doorway until the natural elements erode it away and is intended as a reminder of God's blessing upon you every time you enter or leave.

Careers update

Helping Year 11 with Post-16 Options

The Careers Department are now working with Year 11 students helping them with choosing and applying for Post 16 options, be that Sixth Form, college or apprenticeships.

To assist with this, we have produced a [factsheet](#) that outlines all the key Post 16 options, virtual information events and details on how students can apply for these options. We are offering individual career guidance appointments via Teams and Year 11 students and parents/carers can book an appointment with a Careers Adviser by emailing us at careersstaff@staidans.co.uk

Virtual Work Experience

There are some amazing virtual work experience opportunities available to students in Year 11 and the Sixth Form and any student who wants to sign up for these can contact Mrs Farrar our Work Experience Coordinator to discuss further at m.farrar@staidans.co.uk. Details of virtual placements can be found [here](#).



Alumni in the media

Former St Aidan's student Callum Bruce (far left), now a second year student of Musical Theatre at Trinity Laban Conservatoire in London, was interviewed live on 'Front Row' on Radio 4 last month, having previously appeared on the show back in October. To listen to his most recent interview, [click here](#). Callum's section begins around 21 minutes in.

Some of you may remember our former Head Girl, Maisie Adam (centre left), who is now a successful stand-up comedian, writer and actress. In the last month she has appeared on the BBC's 'Would I Lie to You?', Channel 4's 'The Last Leg' and provided the voiceover for ITV2's 'The Cabins'. She is currently also recording 'Mock the Week'. Maisie has previously been a panelist on 'QI' and 'Have I Got News For You' among other accolades, having first appeared on our screens in 2018 on ITV's 'The Stand-up Sketch Show'.

Another former St Aidan's student is also carving out a successful TV career. Verity Hardcastle (centre right) is currently one of the judges on Pooch Perfect on BBC1 on Thursday evenings hosted by Sheridan Smith. Verity is a multi-award winning dog groomer and has won top awards across the UK and America. She continues to operate her business 'Verity Hardcastle Grooming and Training' in Harrogate and also competes at shows with her three miniature poodles Lily, Olive and Alice.

Lastly but by no means least, Greg Beardsell (far right), professional choral conductor gave a mention to St. Aidan's on his BBC Radio 3 show, also later tweeting to his 10.7k followers "Glad to do a little shout out on @BBCRadio3 to my old school there @StAidansCEHS @StAidansMusic @StAidans_Alumni. The music department, led by Cathy Roberts, really was the making of me. Thank you". You can listen to his show and his kind mention [here](#). (1:25:00)



Sixth Form Information Evening

On the 21st January we were delighted to welcome prospective students to our virtual information evening.

All of our 40 plus subjects were covered with individual videos detailing what the courses entail and why they are great to study at the Associated Sixth Form. Please follow the welcome link below to the web pages where these can be viewed.

Race to Lindisfarne!

In the last two weeks before half term we are holding a school competition to see which year groups and students can walk/run/cycle the furthest!

We would like to see how many times each year group can make it to Lindisfarne, the home of St. Aidan, and back. Lindisfarne is 150 miles away from school! There will be prizes for the winning year group and also the top 5 students in each year who travel the furthest.

Students can log their miles by joining their year group club on Strava or by sending the distance they have done with a photo of them doing it to their PE class TEAMS channel. We will keep you all updated with the daily leaderboard. Staff will also be taking part so lets see if the students can beat them as well. [CLICK HERE](#) for instructions on how to set up Strava and record your miles.

If you have any photos of students completing the challenge, we would love to feature them in our next edition of INTOUCH! Please email any photos to c.harrison@staidans.co.uk



Year 7 science in the snow

7W have shown fantastic resilience and adaptability in their science learning as we have moved from school learning to home learning and back again several times this year.

On Friday 8th January they were due to be learning about calculating pressure. Snowshoes are a great example of how changing the area we are standing on changes the pressure we exert.

Dr Holt was planning to teach this lesson from school. Since it snowed and we all had to be at home, the students swapped their usual worksheet for going outside and making improvised snowshoes with cardboard!

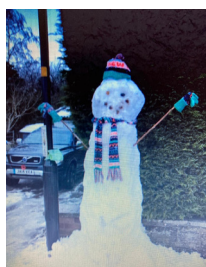
They found cardboard wasn't really strong enough but still helped them sink less deeply into the snow.

Well done for all your fantastic pictures and calculations to go with them 7W and especially Ava who had to get home from her keyworker bubble in school. She still joined in the live lesson from home and was first to get her photos sent in!



Snow art

We are super impressed by some of the snow pets, sculptures and photos we've been sent by our students. Here is a selection for you to enjoy.



Upcoming dates for your diary

5 Feb: Year 7 Progress Review to parents

13-21 Feb: HALF TERM

11 Feb: Associated Governors' Meeting

24 Feb: Year 9 Virtual Options Evening

12 Feb: Year 13 Reports issued to parents

4 Mar: Year 9 Virtual Parents' Evening



'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'
- Philippians 4:6-7

We hope you have enjoyed this edition of **INTOUCH**. Thank you for your feedback so far; please do send any further comments or suggestions to Cath Harrison c.harrison@staidans.co.uk