

# ST MICHAEL'S CHURCH OF ENGLAND HIGH SCHOOL NEWSLETTER

Date: 10 February 2021  
Issue: 012

## SPRING 1 NEWSLETTER

Dear Parent/Carer,

As we approach the end of our first half term in 2021, our school community has, once again, proven to be resilient and exceptional. We have safely welcomed approximately 130 eligible children into school every day. Teachers have demonstrated ingenuity and dedication - producing live lessons to ensure that students are able to continue with their curricula. Support staff have diligently telephoned every family of our children at home to celebrate engagement and check on their wellbeing. Students have worked exceptionally well at school and at home in these challenging circumstances and parents have been wonderfully supportive, despite being under huge pressure themselves.

We have experienced grief: our hearts go out to everyone in our community who has lost a loved one. Hopefully though, there is cause for celebration: that a successful vaccination programme will enable our school to welcome back all of our children very soon. We are all excited at this prospect and eagerly await the Government's announcement on 22<sup>nd</sup> February. In the meantime, thank you for your unwavering support; for your uplifting, positive comments and for your on-going optimism.

With kindest regards,



Mrs J Gray  
Headteacher

## OUR SCHOOL PRAYER

What does the  
*Lord* ask of you?

To act justly, to love mercy  
and to walk humbly with your  
God.

Micah 6vs.8

### Upcoming News & Events:

Thurs 11 <sup>th</sup> February	Students break up for half-term
Friday 12 <sup>th</sup> February	Staff Training Day
Monday 22 <sup>nd</sup> February	Students return to school
Thursday 25 <sup>th</sup> March	Year 11 Parents' Evening
Wednesday 31 <sup>st</sup> March	Students break up for Easter
Thursday 1 <sup>st</sup> April	Staff Training Day



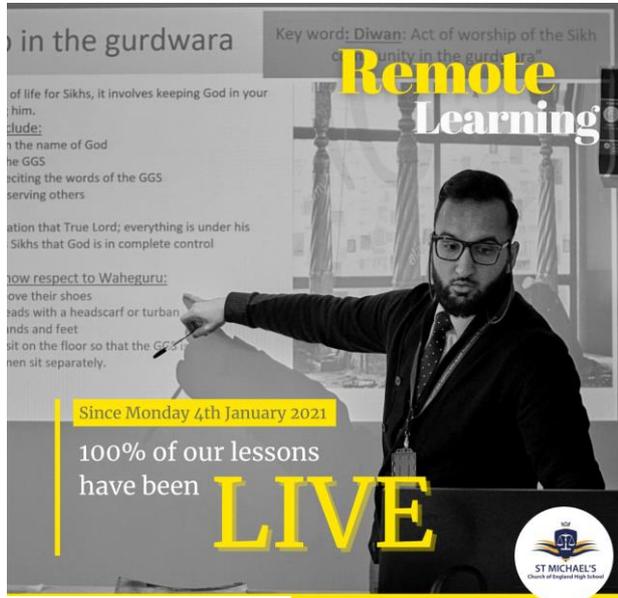
Headteacher: Mrs J Gray, MSc, NPQH

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Telephone: 0121 561 6881 • Fax: 0121 561 6882 • Email: [contact.staff@st-michaels.sandwell.sch.uk](mailto:contact.staff@st-michaels.sandwell.sch.uk)

MERCY • INTEGRITY • CARE AND COMPASSION • HUMILITY • ACHIEVEMENT • EQUALITY • LEADERSHIP • SERVICE

## REMOTE LEARNING

Staff at St Michael's are justifiably proud of the amount of work that has been done to transform remote learning since the first lockdown last year. We are confident, from the many positive comments received from both students and parents, that the interactive, live lessons are providing the best possible alternative to being in the classroom.



in the gurdwara

Key word: Diwan: Act of worship of the Sikh community in the gurdwara

**Remote Learning**

of life for Sikhs, it involves keeping God in your mind.

clude:

the name of God

the GGS

reciting the words of the GGS

erving others

ation that True Lord; everything is under his

Sikhs that God is in complete control

ow respect to Waheguru:

ove their shoes

eads with a headscarf or turban

inds and feet

sit on the floor so that the GGS

en sit separately.

Since Monday 4th January 2021

100% of our lessons have been **LIVE**




**Remote Learning**

During the week commencing 4th January 2021 our students engaged in **1,110,548** minutes of online learning



### Remote Learning



"The virtual learning environment is brilliant and works really well to ensure students have structure to their day."

Year 7 parent



### Remote Learning



"Thank you for being amazing and wonderful. We are so impressed with the school and commend you for all you are doing."

Year 8 parent



### Remote Learning



"I am really impressed with the quality of online lessons. I appreciate how much work has gone into setting this up."

Year 9 parent



### Remote Learning



"I feel more connected with my education as well as friendships."

Year 10 student



### Remote Learning



"The interactivity of live lessons is really engaging"

Year 11 student



## TOP REMOTE LEARNERS

Weekly nominations for Top Remote Learners are not just solely based on academic successes but also on the effort that students are putting into their lessons during remote learning; this could be participating in the chat regularly, helping other students, or providing explanations and answers. All nominees, as well as the selected top remote learners, are rewarded house points and top remote learners receive a congratulatory post-card.





## TOP REMOTE LEARNERS

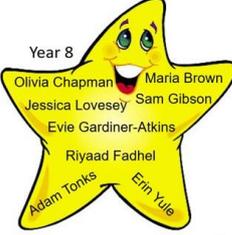
MOTIVATION • INITIATIVE • COURAGE AND COMPASSION • HONESTY • ACHIEVEMENT • ENTHUSIASM • LEADERSHIP • SERVICE

Year 7	Year 8	Year 9	Year 10	Year 11
Lexie-Mae Hemming Jacob Lezzi Trae Gareebine Luis Billingham Charlie Scrivens Matthew Comery	Jacob Greaves Sadie Rose Biddle Lauren Milsom Lucy Jones Chloe Yates Miyah Hatton Jessica Shepherd	Annabelle Calvert Tarnvir Singh Abigail Caffrey Thomas Browne Ronni-Leigh Sherwood Greisi Peca Kaitlyn Roche Jaiden Freeth Amandeep Bangar Alex Allan Riley Johnson Harrison Williams-Hermon Devesh Mehmi Sky Timmins Mikaela Cooper	Shannon Dean Charlie Fellows Amelia-Jayne Sandall Jacob Cole Lewis Smith-Coles Ashton Owen Michael Garcha Ben Parker Charlie Veal Taylor Sabin-Tyler Archie Taylor Samuel Nimo	Scarlett Permberton Jake Kendall Joshua Rhoden Maleeah Ahmed Jake Kendall

(Week 1 Top Remote Learners)

## MFL NEWS

### Language stars!

<p><b>Year 7</b></p>  <p>Kayden Bull    Jaidon Bassi Ben Wiggin    Lily Marlow Savannah Cresswell Manpreet Singh Hadia Jahangir</p>	<p><b>Year 8</b></p>  <p>Olivia Chapman    Maria Brown Jessica Lovesey    Sam Gibson Evie Gardiner-Atkins Riyaad Fadhel Adam Tonks    Erin Yule</p>	<p><b>Year 9</b></p>  <p>James Wright    Reece Rudge Kaitlyn Roche    Joseph White Edward McGee Riley Johnson Alex Allen    Lily Bennet</p>
<p><b>Year 10</b></p>  <p>Hollie Browne    Lucy King Kiki Paul Bartosz Mironiuk</p>	<p><b>Year 11</b></p>  <p>Ellie Vernum    Jake Palmer Aleksandra Zalewska Phoebe Lane</p>	



© Sarah Andersen



This beautiful poem was written by Abigail Caffrey in Year 9.

Inspired by Amanda Gorman's performance at the inauguration of President Biden, Abi created the piece in ten minutes as part of a form-time activity.



# THE BRIGHTER SIDE

To every page is a chapter,  
To every book lies a collection,  
The millions of choices we get to make,  
To choose our own direction.

Yet still we spend so long in sadness,  
Silence, weeping and no interaction.  
To the happy side, we seem to ignore,  
Another handle to a once partially locked door,  
I mean, yes, there may be things in the way  
To shorten and doubt such a joy filled day.

But why, after all these times?  
They say when life gives you lemons,  
Well, why don't we try limes?  
Because to every shadow, there must be a light,  
A light to shine on a very cold night,  
So before this all goes to waste  
Let's ignore the world's such bitter taste  
And start looking at Jekyll not Hyde,  
Open our eyes  
To the much brighter side.

Written by  
Abigail Caffrey



## A REMINDER FROM THE LIBRARY...



### Free Access to eBooks with SORA!

Although the School Library is closed, we are still doing our best to enable students to access good quality books and resources.

Reading for pleasure is an essential part of keeping your mind well and improving your wellbeing. It allows your brain to rest and recover from the stresses of daily life. Now more than ever, it is important that we take the time to pick up a book once a day and give our minds a break.

St Michael's has subscribed to the online reading platform SORA. This is a fantastic resource for students and teachers as it enables access to thousands of good quality fiction and non-fiction books, as well as Audiobooks; it also tracks what students are reading, sets their reading goals and tracks their achievements to encourage them to keep reading.

SORA is an app, which is linked to our Library Management system (Reading Cloud) so students just need their library barcode and the password below to sign in:

**Username: 15989-XXXX\***

**Password: reading**

(XXXX is your 4 digit library barcode)

**Download the SORA app today via the Play store or the App store, and get reading!**



If preferred, students can also access the range of eBooks by visiting the school website - log into your online library account (Reading Cloud) which can be found on the student page next to the email sign in.

Contact the library team on [library@st-michaels.sandwell.sch.uk](mailto:library@st-michaels.sandwell.sch.uk) if you need assistance or any further information. You can also request a Library barcode – just include your name and form.

## HAPPY READING!



## POCKETS OF Positivity

"I am so proud to be your Headteacher. This situation is so difficult for you and your parents/carers. Yet you remain positive and have demonstrated inspirational resilience. Thank you for being truly exceptional."



MRS GRAY

## POCKETS OF Positivity

"I am so proud of every student who has participated in the fitness PE lesson with us! You are all fantastic. They are hard work!!! You are all winners, when you try your best!"



MRS FAULKNER

## POCKETS OF Positivity

"You have taken this new way of learning in your stride and adapted so quickly. I can only commend you for showing great character. Well done St Michael's"



MR LAKIN

## POCKETS OF Positivity

"Being in touch with pupils in live lessons helps me to get through lockdown. It is uplifting when you thank us for the lesson and appreciate what we do"



MS MITCHELL-BARNES

## POCKETS OF Positivity

"Well done everyone for all your hard work and effort, you are absolute superstars. It is so nice to see students of all different academic abilities all trying their best and achieving so much. It's ok to feel sad at times, but just remember to tell yourself, you are amazing!"



MRS GRAHAM

## POCKETS OF Positivity

"On the days where you feel down or simply overwhelmed, please remember, YOU ARE NOT ALONE! We are on this journey together!

We are so incredibly proud of all you continue to achieve, despite the challenging circumstances. Keep shining bright like the stars that you are! We miss you terribly"



MRS WHITEHOUSE

## POCKETS OF Positivity

"Life is ten percent what happens to you and ninety percent how you respond to it. Life isn't perfect for any of us at the moment, but it won't be this way forever. Take a breath, clear your mind and be grateful for the people and possessions you have in your life"



MR TURNER

## POCKETS OF Positivity

"I just want you all to know how amazing you all are. The resilience you are all showing is fantastic, and although you may not feel that you are doing well trust me, you truly are. You are braver than you believe, stronger than you seem, smarter than you think and loved more than you know"



MISS FELLOWS

## POCKETS OF Positivity

"Character is built during hard times, so in these difficult situations take the time to note just how strong you are! Keep going, You're doing Amazing!"



MISS TREASURE

## POCKETS OF Positivity

"I believe in keeping a positive outlook on life when times feel difficult or challenging. I use the mantra 'Life can be tough, but I am going to show life, just how tough I can be' Don't give up and remember, storms don't last forever"



MISS PRESTON

## POCKETS OF Positivity

"To all you lovely humans, please do not forget how amazing you are and how far you have come. You are truly inspirational"



MISS THOMPSON

## COMMUNITY NEWS



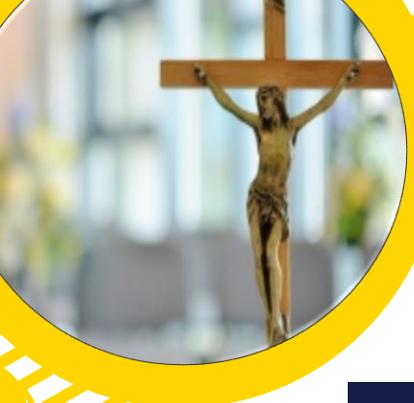
The Safe Space is a scheme operated by many pharmacies across England and Wales, both big brands such as Boots and Superdrug as well as some small independent companies. Participants in the scheme will display a Safe Space poster, like the one below:



If you approach a member of staff at any of these locations and ask to use the Safe Space, they will provide you with support and information.

The school is involved in Operation Encompass, which directly connects the police with schools to secure better outcomes for children who are subject or witness to police-attended incidents of domestic abuse.





# COVID FAMILY SUPPORT

## COVID FAMILY SUPPORT

### FINANCIAL SUPPORT



#### COVID WINTER GRANT

##### SANDWELL COUNCIL

A new government initiative, paid through the council, specifically to support households suffering financial hardship as a direct result of the impact of Covid-19.

<https://www.sandwell.gov.uk/wintergrant>

#### FINANCIAL ADVICE & HELP

##### SANDWELL COUNCIL

If you are worried about debt to Sandwell Council, please call 0121 569 5333 Council Tax Reduction, Discretionary Housing Payment, Welfare Rights, Self-isolation payments, Money Advice amongst

others [https://www.sandwell.gov.uk/info/200354/coronavirus\\_advice/4460/get\\_financial\\_help](https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help)

#### RESILIENT RESIDENTS

##### SANDWELL COUNCIL

Lots of Advice and contacts for a whole range of needs (Benefits Checker, debt advice, budgeting and money management, employment advice and support, well-being, food, help in an emergency) [https://www.sandwell.gov.uk/info/200347/resilient\\_residents](https://www.sandwell.gov.uk/info/200347/resilient_residents)

#### LEAP: THE ENERGY AND MONEY SAVING SERVICE

##### SANDWELL COUNCIL

[www.applyforleap.org.uk/](http://www.applyforleap.org.uk/).

LEAP is a free service that is helping people keep warm and reduce their energy bills without costing them any money. LEAP can also get FREE white goods and cookers for qualifying families.

Call (FREE) 0800 060 7567 8:45am – 7.00pm Monday to Friday and 9.00am – 12.00pm Saturdays



**ST MICHAEL'S**  
Church of England High School



# COVID FAMILY SUPPORT

## FOOD SUPPORT



### FOODBANKS

#### BLACK COUNTRY FOOD BANK

[www.blackcountryfoodbank.org.uk/](http://www.blackcountryfoodbank.org.uk/)

Telephone: 01384 671250

Email: [admin@blackcountryfoodbank.org.uk](mailto:admin@blackcountryfoodbank.org.uk)

If you don't have access to a voucher please call the above number.

**RESTORE, Transformation Church, 1 Station Road, Rowley Regis West Midlands B65 0LI**

Opening Hours: Wednesday 11:30 - 13:00

**HOLY TRINITY CHURCH – OLD HILL, Halesowen Road, Cradley Heath B64 6JA**

Opening Hours: Monday 10:00 - 12:00

**COMMUNITY LINK, 72 High Street, Cradley Heath, B64 5HA**

Opening Hours: Thursday 13:00 - 15:00

Other locations <https://www.blackcountryfoodbank.org.uk/locations/>

### EMERGENCY FOOD PARCEL

#### Midland Langar Seva Society

Midland Langar Seva Society 24hr Emergency Parcel Delivery: 07903 400179

COVID FAMILY SUPPORT



**ST MICHAEL'S**  
Church of England High School



# COVID FAMILY SUPPORT

## COVID FAMILY SUPPORT

EMOTIONAL / WELLBEING SUPPORT



### RETHINK EMOTIONAL SUPPORT

Rethink Emotional Support Helpline is a freephone service for those who are in need of support, reassurance and understanding. The service can be contacted on 0808 802 2208 at the following times: Monday- Friday 6.00pm – 3.00am, Saturday- Sunday 2.00pm – 3.00am. We are now offering Text/webchat support during our opening hours: Text 07860 065 168. Webchat [www.rethink.org/blackcountryhelpline](http://www.rethink.org/blackcountryhelpline). [www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/](http://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/)

### KALEIDOSCOPE PLUS GROUP

The Kaleidoscope Plus Group works to promote and support positive health and wellbeing. [www.kaleidoscopeplus.org.uk/self-help-tool.php](http://www.kaleidoscopeplus.org.uk/self-help-tool.php). Chat to us via telephone, online through our website or directly through Facebook and a member of our team will be with you as soon as possible to talk. Call 0800 059 0123 Monday-Sunday between 5pm & 9pm. Messenger: Monday-Friday: 9am-8pm & Saturday-Sunday: 5pm-8pm

### CHILDREN'S EMOTIONAL HEALTH & MENTAL HEALTH SUPPORT

Sandwell CAMHS is a specialist mental health service who support young people aged between 5-18 years of age with a GP registered in the Sandwell area.

We offer a specialist CIHTT service 8am – 8pm 7 days a week, 365 days a year.

The team can be accessed via the CAMHS Single Point of Access on 0121 612 6620 9am – 5pm Monday to Friday or via the team mobile on 07816075218 5pm – 8pm and at weekends. At times we will all be with clients and therefore you will be asked to leave a message. Please ensure you leave the correct telephone contact when leaving a message.

### CHILDLINE

When you call us on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. You can speak to a counsellor by calling 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day.

### HOPELINE

Hopeline is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide. If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141. Text: 07860039967. Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included)

### CRUSE BEREAVEMENT CARE

Cruse Bereavement Care has online resources to support you and your family during this distressing time. This includes how this pandemic may affect bereavement and grief. They offer a free helpline: 0808 808 1677

### BLACK COUNTRY NHS MENTAL HEALTH SUPPORT 24/7

Our new mental health support phone line is operating 24 hours a day, seven days a week and is available to Black Country residents of all ages. Call 0800 008 6516 and speak to one of our specialist mental health professionals who will be able to support you.

We also continue to provide support through our Healthy Minds / Improving Access to Psychological Therapies (IAPT) services. You can also access free online CBT via our SilverCloud platform. [www.blackcountryhealthcare.nhs.uk/contact-us/help-crisis](http://www.blackcountryhealthcare.nhs.uk/contact-us/help-crisis)

### BLACK COUNTRY WOMEN'S AID

00121 552 6448 (24/7 Helpline)

07384 466181 (Text or WhatsApp 9am – 9pm)