



## **Carre's in Lockdown – a celebration of what we did to pass the time (after school work)**

### **Foreword by Mr Law, Headteacher**

I hope that you and your families are all well and are looking forward to the easing of lockdown. For some there is the anticipation of a return to school for some time over the next few weeks, but for the majority of our students it remains 'business as usual' in the new normality in which we are currently living, which means remote learning, independent work and, hopefully, some time to learn new things and develop as people. As this newsletter shows, many students have taken the opportunity in this unusual period of time in their young lives to do different things and it offers an alternative perspective about home education. As with life in school, education goes on all the time and it is not just the learning in lessons that teaches us things, the opportunities outside that do; and sometimes, more so. I hope you enjoy looking through the newsletter and it might inspire your son/daughter to think of how they could make use of their spare time. Looking through this collection of pictures and stories I was reminded of a TV programme from my youth and it seems pertinent now "Why don't you...?"

#### **Inside this issue:**

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KS1 Cricket took place back in February at Nocton M.A.C. Leisure Centre. The event was supported by Lincolnshire Cricket. We had a total of 132 children attend the event and participate in a carousel of engaging activities that worked on the fundamentals of cricket and applying them into activities. To end the session the children were encouraged in to signing up to All-Stars Cricket which is hopefully beginning again this summer. We hope to see the transition from our event to the programmes.

Mr Alex Smith  
Active School Co-ordinator



Then things changed for everyone ..... Below are pictures and accounts of some of the projects that our students and staff have been involved in during lockdown.

# Food Technology

Aaron from 7L - making pasta. Looks good Aaron!



Zak from 7W made these rolls using a Paul Hollywood recipe - hope there were no soggy bottoms!



Freddie from 7W made apple muffins - two are missing from the picture - eaten very quickly after being baked!



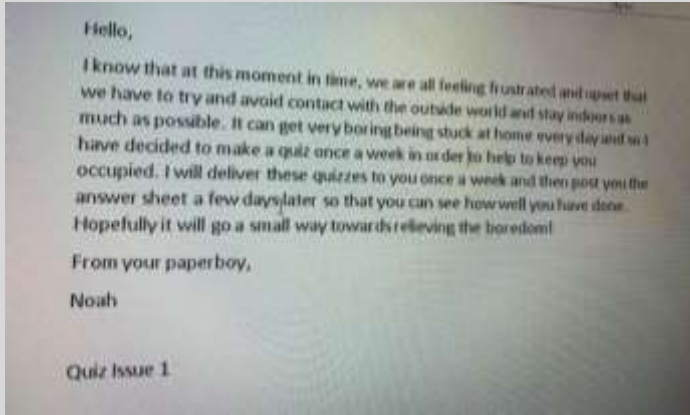
Delicious looking pizzas from Dex in 7W

# Technology and Art



# Physical Education, Technology and the Community Spirit – Noah Year 8

Noah is continuing to complete his paper round (ensuring he adheres to strict social distancing rules at all times) 7 days a week during lockdown, providing an important service to the vulnerable people of Sleaford. He came up with the idea of doing a weekly quiz for the people he delivers newspapers to, many of whom are elderly and are self-isolating. The idea was all his own and he has been delivering quiz



questions once a week followed by the answers a few day later. We are very proud of him for this.

Noah is a keen cyclist and has been using the app RGT (Road Grand Tours) with his turbo trainer to cycle most days. He has a passion for hill/mountain cycling and has managed to virtually climb several well-known mountain passes including the 1,440m Passo dello Stelvio in the Italian Alps.



Finally, Noah has been using his paper round money to build his own model airport in the garage of our house. He is creating a fictitious airport on the outskirts of Seattle, USA and is accurately stocking it with 1:400 scale models of aircraft that would fly in and out of such an airport. His attention to detail and knowledge of the aircraft that fly in that region is impressive!

Fabulous Noah - your parents and everyone at school are very proud of you!

# Food Technology and Art



Edward - 7B

Part of my son's at home Art work, was to look at a piece of art called "The Wave", and to try to create his own rendition. He is particularly proud, as are we of the attached pictures.

Great picture - well done Edward.

Daniel from 7W - Here are pictures of some cooking I have been doing. I have been making my own butter chicken curry and a chicken pasta bake - this should have been made whilst I was at school but because of the pasta shortage we could not do it. These are very delicious, the curry is my favourite, I just need to make some naan bread now!



Edward from 7C has been very busy baking - fabulous selection Edward.

Che in 7L has been busying himself with lots of cookery whilst in lockdown. He is very passionate about vegetarian cookery, and has made some family meals including a full meat and dairy free full English and some wonderful cakes. He has improved his recipe following skills and also his independence in the kitchen.

These dishes all look very tasty - well done Che.



Tom from 9W, along with his siblings, were tasked with planning and cooking one meal each week during lockdown...

Tom made Mary Berry's tortilla bake... a bit like lasagne but with wraps instead of pasta sheets. Here are photos of him preparing and the finished product...

Looks delicious - great job Tom.



## VE Day Celebrations



A fantastic VE Day tea for Jack in 7B and his family

# Food Technology



Fantastic pizza and flapjack made by Haydn in 7L

Reilly from 7L said 'this is what I have been making - a massive chocolate chip cookie and it tasted really good!'



Arvis from 7L making pancakes - did you flip them Arvis?



Fantastic chapatis and curry by Daniel from 7L



# Physical Activity and Art

Jasper from 7C has taken part in a couple of virtual duathlon events for Lincoln Tri. Each event was a 2km run, 7km bike then a 1km run with competitors from triathlon clubs across the county.



Well done Jasper - you have been keeping very active.



Connor from 8C keeping up with his cricketing skills. Did you hit a six?



Tie dye t-shirts made by Freddie from 7L and his family - great designs Freddie.



Arvis from 7L also created the *Great Wave* on his tablet using Ibis paint

# Technology

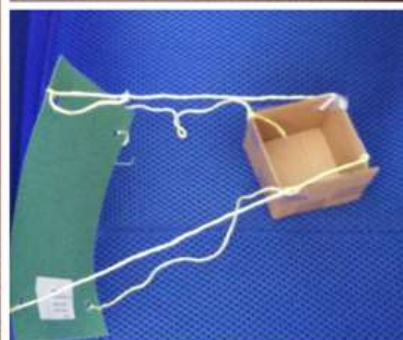
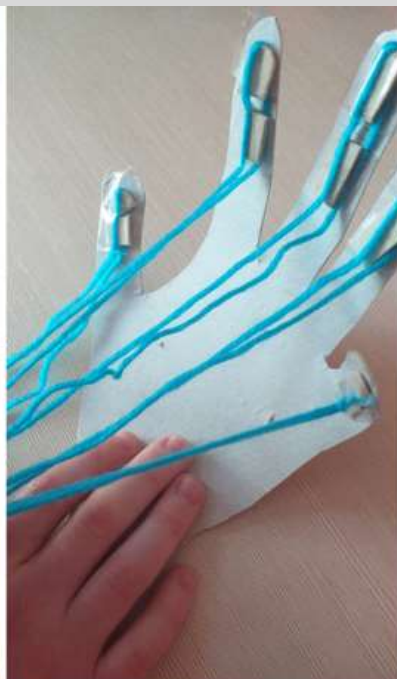
Tom in 9L has been learning to carve a spoon.



Fantastic Tom - well done.

# Engineering Challenges

Fantastic William (7L) - great projects.



# Technology



This is a folding/portable guitar stand I have made for my acoustic and electric guitars made out of oak. I designed it on fusion 360, cut out the pieces on my Dad's CNC machine and then hand finished and oiled it.

Zak from 9L - very impressive Zak



What a 'beautiful' bug hotel made by Freddie from 7L.

# Animal Welfare



Since lockdown we have incubated some eggs which gave us the chance to learn how to check if they were fertilised. We had to candle them to see if they were growing and we then got to watch them hatch. I'm now looking after them under a heat lamp until they are old enough to live outside with my other chickens. We now have 13 baby chicks and they are very cute.



Our bunny also had 4 baby bunnies 2 weeks ago which I like looking after.

Thomas from 7C

What a super article Thomas, thank you.

## Thursday 21 May 2020

Children's author and illustrator Rob Biddulph hosted the largest ever online art lesson at [artworldrecord.com](http://artworldrecord.com). Students were invited to be ready with pencil and paper and to draw with Rob for 30 minutes. Here are some of the drawings emailed to Ms Angus and Mrs Sharples.



Zak 7W



Seb 7B



William 7L

# Our staff have been busy too .....



Mr and Mrs Wilson

When we haven't been working, I have been making the most of the chance to read lots (I've read 16 books so far) and Mr Wilson has been gardening. We have also done Joe Wicks every morning and my daughters have been teaching me how to do rainbow kicks. We have also been for lots of bike rides and done lots of baking to make sure we have enough energy to do all the exercise!



Mr Scholefield



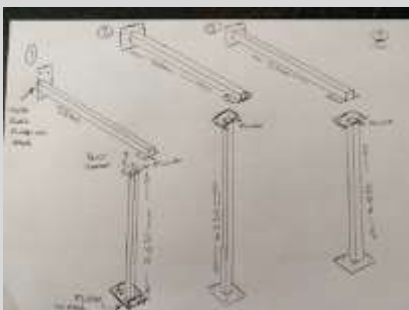
Cleared the squirrels' nest and re-roofed the garage



Learnt how to be a hairdresser



Made pizzas



Built a carport



Homemade sticky toffee pudding



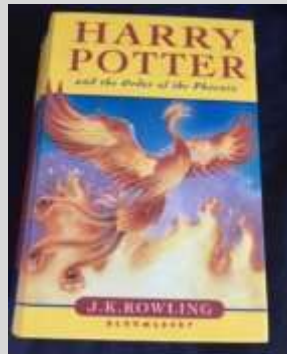
Gave myself a 70 mile bike ride challenge...out to Brant brought on from Heckington up to Lincoln down to Tattershall and home... 71 miles in total.

## Mr Wilkinson

In an attempt to keep some routine and help my health and well-being, I decided to do a 'run every day in lockdown'. I started on 20 March and I am currently on day 73. I am now over 320 miles in total (equivalent to Durham and back via Barnard Castle!) I have been on the road every morning before 7:30am to make sure I am at my desk by 9am ready to balance the demands of school work, home schooling and fence painting.

I do between 3 and 8 miles each day. I also entered the SGA PE challenge for the fastest 5k and 10k times in lockdown. My fastest for 5k so far is 23:11 (this was a killer) and my fastest for 10k so far is 46:13. Unfortunately many of their staff are much younger and much quicker than I am!

## Mrs Feneley

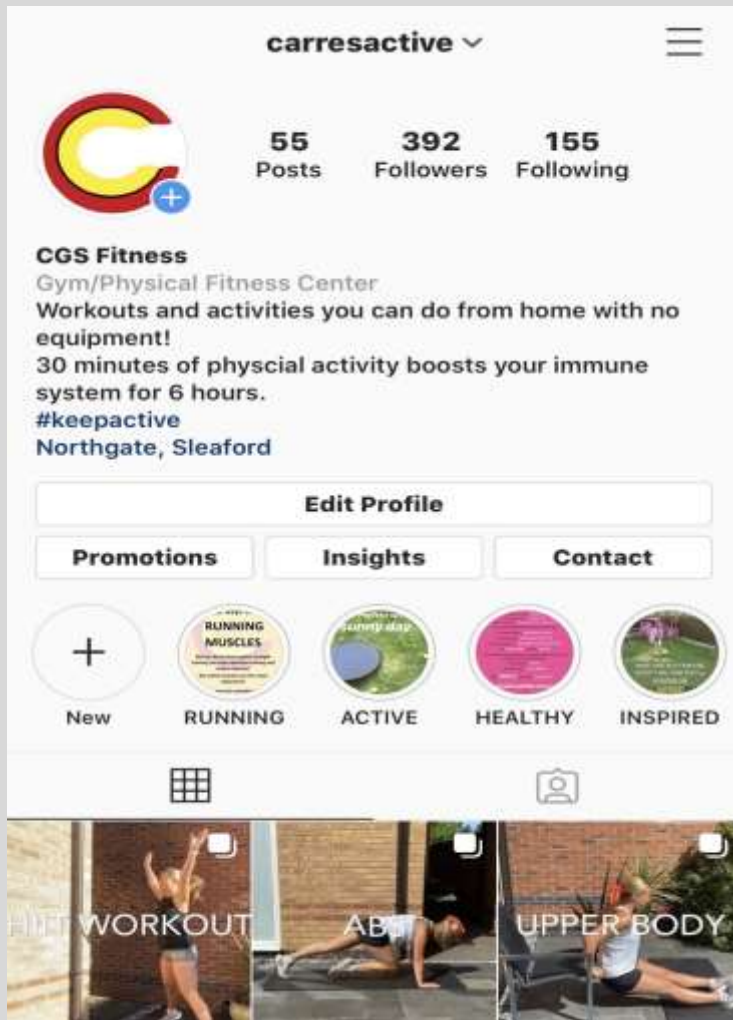


Vegetables and flowers growing in my garden. Reading.



Smallpeice Trust Engineering Challenges and Zumba and fitness classes via Zoom and Facebook.

# Carre's Active



The Fitness Facility has been keeping up with members through social media to try and keep them updated with what is going on and support them to stay active and healthy at home.

Carresactive Instagram has grown into a bank of workout, tips, tricks and motivation to help keep everyone moving through these challenging times.

We have also expanded the use of the 'My Wellness' App to give members a way to track their activity and access new workouts every day at every level. This platform has been great to keep up with our members and 'prescribe' them workouts personally to them to do at home! All students also have access to this App.

As part of my role, I manage the Wildcats group of girls' footballers based at Carre's. Instagram has enabled me to do live sessions for them and post different things for them to learn. This has been so important to keep them interested in the sport and maybe inspire others to

learn a new skill while they have the time!

'INSPIRED, ACTIVE, HEALTHY' is something that we have promoted and lived by across the Community Sport team, even through these challenging times. So, thank you to everyone that has been on and supported, taken part and shared the active in isolation journey with us!

My personal lock down fitness achievement is that I can now do 16 full press ups from being able to do none before March. Small daily improvements are the key to long term success!

Stef Ellis, Fitness Suite Manager



# FULL BODY HIIT



## Personal Home Workouts Timetable

...n't go to your classes, but your classes can still come  
...ivation and determination up by setting the time an  
...ur diary, put it on the wall and make it your duty to  
...Why not try it for a week?

# IT'S A SLOW PROCESS, BUT QUITTING WON'T SPEED IT UP.

*Motivelly Glam*

# COMPOUND WORKOUT 24 MINUTES!

# FULL BODY INDOOR WORKOUT 18 MINUTES!

### INDOM WORKOUT

Every  
Minute  
On the  
Minute

Watch the 05:00:00 - 05:00:01 01:00:00 as fast as you  
can, repeat for end of the minute. Start the next  
minute on the minute.

#### CARD ROUTE

- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog
- 1 Minute - 100m Jog



**TRICEPS**

- 1. Tricep dips X20
- 2. Tricep dips X20
- 3. Tricep dips X20
- 4. Tricep dips X20
- 5. Tricep dips X20
- 6. Tricep dips X20
- 7. Tricep dips X20
- 8. Tricep dips X20
- 9. Tricep dips X20
- 10. Tricep dips X20
- 11. Tricep dips X20
- 12. Tricep dips X20
- 13. Tricep dips X20
- 14. Tricep dips X20
- 15. Tricep dips X20
- 16. Tricep dips X20
- 17. Tricep dips X20
- 18. Tricep dips X20
- 19. Tricep dips X20
- 20. Tricep dips X20

**ABS**

- 1. Toe touches X20
- 2. Plank leg lifts X20
- 3. Crunches X20
- 4. Crunches X20
- 5. Crunches X20
- 6. Crunches X20
- 7. Crunches X20
- 8. Crunches X20
- 9. Crunches X20
- 10. Crunches X20
- 11. Crunches X20
- 12. Crunches X20
- 13. Crunches X20
- 14. Crunches X20
- 15. Crunches X20
- 16. Crunches X20
- 17. Crunches X20
- 18. Crunches X20
- 19. Crunches X20
- 20. Crunches X20

**SHOULDER**

- 1. Backwards lunge X20
- 2. Power jacks X20
- 3. Burpee extension X20
- 4. Burpee extension X20
- 5. Burpee extension X20
- 6. Burpee extension X20
- 7. Burpee extension X20
- 8. Burpee extension X20
- 9. Burpee extension X20
- 10. Burpee extension X20
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- 12. Burpee extension X20
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- 14. Burpee extension X20
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- 16. Burpee extension X20
- 17. Burpee extension X20
- 18. Burpee extension X20
- 19. Burpee extension X20
- 20. Burpee extension X20

**WELL DONE, you have completed your workout!**





## Supporting children in achieving their 60 active minutes per day

The Outreach team have each been dedicated to supporting children in the local community to achieve their 60 active minutes.

Each Active School Coordinator has been committed to one day each to provide daily challenges in relation to a certain theme.

Day	Click on the icon to view an example activity for each day	How many minutes active?	How do you feel after?
Manic Monday	[Icons]		
Tumble Tuesday	[Icons]		
Workout Wednesday	[Icons]		
Thoughtful Thursday	[Icons]		
Family Friday	[Icons]		
Sporting Saturday	[Icons]		
Slow-down Sunday	[Icons]		

Further ideas on how to keep active can be found through following the School Sport Partnerships of Lincolnshire on the following Twitter feeds.

School Games Organiser	Partnership Area	Social Media Contact
Rose Woodham	The Wolds	@WoldsGP
Arny Egan	City of Lincoln	@fordstark_500
Alan Egan	Embsay & Thoresby	@EAGanman
Neil Hudson	East & South	@hudsonn
Willy Mudge	South & South Lincolnshire	@humbrook101
Robert Dixon	Lincolnshire SE	@HighSports
Sarah Joyce Smith	Lincolnshire Coastal	@EggsSmith
Terri Wain	SE Lincolnshire	@wain_terri
Alan Smith	SE Lincolnshire	@AlanSmith



### Manic Mondays

Jack began each week with a Manic Monday challenge, offering our community of children crazy challenges to help blow off some steam, including running up and down stairs and speed bouncing challenges!

### Tumble Tuesdays

Tumble Tuesday challenges from Lucy have given children an insight in to some basic gymnastics skills that they can try at home. These have ranged from frog balances to measuring the perimeter of your garden in cartwheels!



### Workout Wednesdays



As our Fitness Profiling Lead, Emma has been creating workouts and fitness challenges to give children ideas for their 60 active minutes! She has also provided activities such as the sugar challenge to get children thinking about the sugar content in their food and drinks.



### Thoughtful Thursdays

Matthew has been challenging our community of children both physically and mentally. The children have had to think about the methods to the madness before jumping straight in. Activities include balance buckaroo and plank Jenga.

### Family Fridays

Family Fridays activities have been led by Alex, who has created activities that can be done at home, to spend some quality time with family members. Activities include tidying the bedroom and blindfolded obstacle courses.



### Sporting Saturdays

Mattie has been delivering content across a wide variety of sports, including swimming, cycling, football, and rugby. All of which have been to support and develop the children's sporting techniques.

### Slow Down Sundays

Shannon ends the week with some relaxing activities to help the children reset, ready for a new week. These have included orienteering walks, scavenger hunts and dance tutorials.



### MAY-hem Challenge

The MAY-hem challenge is an activity log that children can use to track the number of minutes per day that they are active. Each day there is a challenge for them to try with progressions which they can complete each week. For example, for Monday's skipping challenge they complete one type of skip in the first week, and try a different one the week after. There are also additional activities that are taken from our YouTube channel, that they can also try each day to boost their active minutes.





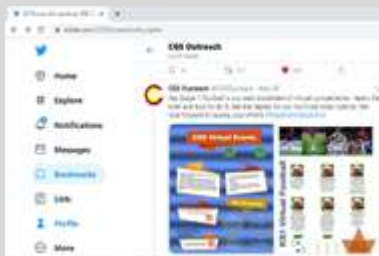
### No Equipment, No problem

Collaborating with SGO's from all over the county the Outreach Team has been involved with a variety of School Games Competitions and CGS Virtual Events to provide children with activities to #stayhomestayactive.

Lockdown has provided us with some great opportunities to engage children in competitions and events in totally new ways. We have bowled over bins, thrown copious amounts of socks, jumped up walls and even created our own choreographic masterpieces at home.



We have launched all events and challenges through our Twitter, Facebook and YouTube accounts and continue to do so. Trying to engage with as many people as possible. Matt Evans has even made 2 appearances on BBC Radio Lincolnshire to launch Dance and Tennis competitions. All of which has resulted in hundreds of entries being sent in from primary and secondary schools alike.





## Virtual Outreach

In addition to supporting the 41 local schools, the Outreach team have been supporting the development of virtual activities across the whole of Lincolnshire and Matt Evans has been working as a Development Coach to help people in similar jobs across Derbyshire and Norfolk. All of the meetings have been happening on Zoom and Microsoft Teams which has had many challenges and many benefits too. We are delighted that the Carre's brand has reached and influenced so many people; over 100,000 in Term 5 alone!



Our support for our member schools has continued. 48% have retained their Active School Coordinator within their Key Worker programmes. This has seen our team delivering physical activities to some of the most vulnerable children locally.

Many of our Active School Coordinators have been working remotely with their partner schools to develop new curriculums. This has included the development of new "PE Knowledge Organisers". We



are now in the process of developing video guides so that primary school teachers can quickly and easily access PE/Sport technical information without having to wade through emails and textbooks. The new organisers support children's' physical development from Reception class through to Year 6.

Another key challenge for the team has been to promote the Government's "60-a-day" message. We are trying to encourage everyone to get an average of 60 active minutes per day, across the week, as a minimum. This is in order to combat physical and mental ill-health as it is proven to boost our immune systems and increase our brain power. To do this, the team created a virtual assembly that has been sent out by teachers to home-schooled children. Several key worker groups have also watched it in school. Want to know more? [Click Here](#).



During the school holidays, the Community Sport Team have been delivering the key worker programme for the secondary schools in Sleaford. Working together with KSHS and St George's was great fun and gave us an opportunity to see some of the young people that we used to work with when they were at primary school. We hope to see them again when we restart our Leadership and Key Stage 3 / 4 programme in September.

Absolutely fantastic achievements by Matt Evans PE and Sport Advisor/School Games Organiser and his superb team Stef, Mattie, Matthew, Alex, Lucy, Emma, Jack, Shannon and Megan

## Alumni

### Life after Carre's...Christian Mutti (2008 – 2015)

I started at Carre's in September 2008, in form 7B tutored by Ms Hobbs. I find it very hard to believe that was nearly 12 years ago. Following GCSEs, I continued into Sixth Form (headed by Mrs Hickmore) where I completed A levels in Biology, Chemistry and Maths, and AS levels in Physics and Art. In Year 13 I was elected Deputy Head Boy, where I was responsible for many duties, including the school's first ever Yearbook.



Following my departure from Carre's, I spent four years studying Biochemistry at the University of York, where I graduated with a First-Class Honours degree in 2019. I thoroughly enjoyed my time at York; the city, people and University made these years totally unforgettable. The degree was very intensive in terms of contact hours, with my time split between lectures, tutorials and labs. Whilst it was very hard work, I was surrounded by some great friends and a caring department that made it feel like a community. In this sense, it didn't feel too dissimilar to my time at Carre's.

During my third year, I undertook a one-year industrial placement at the pharmaceutical company GSK, based in Stevenage. I worked in Biopharmaceutical research, which involves discovering antibodies to treat diseases. As part of my project, I designed, developed and optimised a process to identify and generate these potential medicines. This process was implemented into the department and still being used. The industrial placement was a great way for me to explore the working environment and help decide where I wanted to guide my career. I would highly recommend this to anyone when choosing their degree course, it proves as invaluable real-life experience, but also highly advantageous in securing employment after you graduate.

Whilst on placement, I began thinking about my future career plans. The year had cemented my passion for working in medical research, although it had become increasingly aware to me that a career in biomedical research almost certainly requires a PhD. This had already appealed to me as I liked the idea of being responsible for completely new research.

The PhD application process was very competitive. After several PhD applications, I managed to secure a Medical Research Council funded 4-year PhD in Medical Science at the MRC Mitochondrial Biology Unit, University of Cambridge.

At Cambridge, I am a member of the Mitochondrial Genetics Group, and my project is based around mitochondrial ribosome assembly and defects in human disease. I am mostly based in a laboratory environment meaning the work is varied and intellectually stimulating. I have a supervisor that guides my research, but I am mostly able to decide my own working hours and how I design and execute my experiments. I find it a great mix of the independence of University but the consistent workload of a full-time job. Alongside my individual project work, I contributed to a collaboration and became a named author on a piece of published research based on a patient with a mitochondrial disease.

During the lockdown, I have been able to rekindle my passion for art. The Carre's Art Department were fundamental in nurturing my ability, enabling me to complete my AS level one year early. I remember spending many lunchtimes in the classrooms of Mrs Sharples and Miss Angus, getting work completed for my portfolios.

I would like to finish by acknowledging the Carre's community. Carre's is a fantastic learning environment, due to a brilliant team of staff and a caring ethos. In particular, I would like to thank the superb Science Department which ignited my passion for science and set me on this career path. I look back with very fond memories of the years I spent at Carre's.

(created on my ipad)



## **MEDICAL AND LEARNING SUPPORT ASSISTANT (MALE)**

**35 hours per week, term time only  
NJC 7-11 (£19,554 - £21,166) *pro rata***

**An opportunity to join a successful Student Support team that welcomes initiative and a proactive approach.**

**We are seeking to appoint a male support assistant to provide personal medical care and learning support for a male student joining Year 7 in September 2020. Because of the intimate medical needs of the student we are only inviting male applicants to apply.**

**The appointed person will also be expected to support other students with their learning and pastoral needs as directed by the SENCO. Whilst previous experience of providing personal care is desirable, the successful completion of specialised training will be a requirement of this post.**

Student Support at Carre's Grammar School has a well-earned reputation for personalised additional needs provision and excellent pastoral care. You will be joining a small but highly effective team comprising of the SENCO supported by 3 experienced support assistants.

- We have our own dedicated learning support suite and provide both learning and pastoral support for students with additional needs, as well as universal provision to the wider school community.
- We are a community that values the contributions from all staff members and colleagues enjoy high levels of autonomy in fulfilling their professional roles.
- We value a proactive and creative approach to support that always has the best interests of the student at its heart.
- We believe in second chances. Each year, for our students, is a fresh page for growth and development.
- We are committed to our students achieving their full potential and will go the extra mile, or two, to help them get there. If you share our vision of student support, you are warmly encouraged to apply.

Regrettably, it is not possible to offer visits to our school during the COVID19 pandemic but you are very welcome to have an informal chat to the SENCO about this role: 01529 402226 (Tuesdays and Thursdays only).

Full details of this post are available on the school's website at: [www.carres.uk](http://www.carres.uk).  
Completed applications are to be emailed to the Headteacher's PA at: [Julie.body@carres.uk](mailto:Julie.body@carres.uk) by the closing date of midday on Friday 5 June 2020.  
Interviews will be held week commencing Monday 15 June 2020.