# **Carre's Grammar School**

# NEWSLETTER



March 2021 www.carres.uk

**Useful Dates:** 

Wednesday 31 March End of Term 4

Monday 19 April
Start of Term 5

Inside this issue:

Page 2: Student Interview

Page 4: Internet Safety

Day

Page 10: Lockdown

**Projects** 

Page 19: Couch 2 Tokyo

and Carre's Outreach

Page 21: Careers and Apprenticeships

# Foreword by Mr Law, Headteacher

It has been great to see everyone return to school after the latest lockdown and feel a real buzz about the school once again. Students have quickly got into the lessons and the learning and back into the routines that they had before Christmas to help maintain a safe site. They have coped well with wearing masks and please be assured that we shall continue to monitor this and review in line with the Government's timeframe. We have, of course, come back to mass testing for the students and thank you for supporting us in giving consent for this, which is really good to help us try to not return to the situation before Christmas when students seemed to be constantly in and out of school. Towards the end of next week we shall be distributing home lateral flow tests for all students, and it remains optional as to whether your son/daughter uses these.

We have noticed that some students have outgrown some of their uniform, including shoes, and whilst we accept that shops are not currently open and, therefore, new shoes cannot be purchased so a small number of students are in black trainers, after the Easter break we would appreciate it if all students were in their full school uniform, including shoes.

The lockdown was undoubtedly a difficult time for us all, but I'm proud of the resilience and tenacity that all the staff and students showed over this period and some of the work produced was outstanding. Included in this newsletter is a selection of some of the things that students have been up to, so please have a look at what they have done.







Lateral Flow Testing Centre set up in Northgate Sports Hall

# Interview with Adam Taylor of Jump Elite

# by Joseph Harrison - Year 9











# When did you first start to ride?

I started riding ponies at a riding school, where I would go for lessons once a week. At this point, I was age 6. At the age of 12, my parents got me my first loan pony who helped my riding progress further.

# What advice would you give to other young riders looking to follow in your footsteps?

I think work experience is key. It is always important to ask questions as that is an exceptionally good way of learning and getting to pick up any tips or advice.

# Do you have any role models?

I did my work experience with Andrew Saywell, an international show jumper who I watched and learned from. To this day, he is still my role model.

# You have been involved in Global tours, including the Sunshine Tour in Spain, do you prefer competing abroad or at home?

Although tiring, the sunshine tour was the best show that I have ever competed at. The venue had over 2,000 horses competing there, and there are 13 arenas. It took our team around 3 days to arrive in Spain. Alongside this, I often compete with my horses in the UK. I recommend Wales and West Showground, Hickstead and Western Lawns.

## What do you specifically look for when buying horses?

When looking for a good horse, I look for a straight moving, well put together horse with a good temperament. I also look for horses which have a big, scopey jump. Height wise, I look for horses from around 16hh to 17hh, however I have recently had a 13.2hh pony on my yard for sales. I also go to the Irish sales to look at 3-year-old horses to bring on. Two of my current horses, 'Enzo' and 'Fergal' were bought from the Irish sales. The two geldings stood out to me after looking at over 200 horses. 'Enzo' was unbroken when I bought him and has since competed in some serious show jumping events, including 4-year-old grand prix classe

# Do you have a favourite horse past or present?

My favourite horse is Alan, a liver chestnut gelding, who's previous owner sent to me on sales livery. I knew this horse was going to be something special, so I bought him myself. Alan is currently being trained as my top show jumper and I am hoping that he makes his way to grand prix level. I love that Alan has character and is not the easiest, this makes him special.

# How many hours on average do you spend in the saddle a week?

I ride every day, anywhere from 2 hours to 6 hours, purely depending on how many there are to exercise.

# Apart from training at home in the arena, what other rider fitness activities do you engage in?

Before COVID-19, I went to the gym once every week. I also keep fit when teaching other riders (this includes moving poles and wings, etc...)

# What is the highest puissance wall you have jumped?

The highest puissance wall I have jumped was 1m 95cm (195cm) on my previous jumping mare, Banca, who has now been sold unseen to a lady in China. I bought Banca as a 3-year-old and trained her up myself.

# How would you describe working in the equine industry compared to a Monday - Friday 9-5pm job?

Working in the equine industry is like having a 24/7 job; you never know what could happen next. Despite this, I think that it is rewarding and is nice to be able to do a hobby as a living.

# What is your favourite sport next to equestrianism?

Other than horses, I sometimes watch tennis and athletics on the television.

### What item could not you do without?

An item I could not do without is my phone. I use my phone for various reasons, from making videos to taking enquiries about horses I have for sale. Some customers call me at around 23:00 about horses!

Joseph spent a week doing work experience at an elite show jumping stables. Great interview Joseph looks like you enjoyed your time at the stables.



# Year 9 - Internet Safety Day

# **Key Points:**

Don't post silly things just for a like.

If you are under 16: Set your account to PRIVATE.

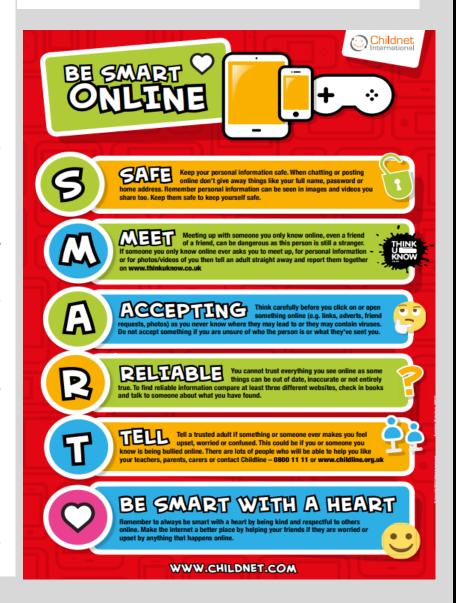
Don't be lured in by strangers. Check their accounts for a suspicious bio or number of followers.

If an app or profile requires you to be over a certain age, then that restriction has been set for a REASON.

Strangers aren't always who they say they are.

If something is making you unhappy online, come off and find something else to do, instead of it dragging you down 40% of 12 - 26-year-olds felt bad if nobody liked their post / selfie and 35% said that their confidence was linked to the number of followers they had.

You don't need to photoshop yourself or add a filter to look good, it removes your identity to being someone you're not.



By William Lees



We should use
the internet for all
the positive
things. However,
there can be
some negatives if
you are not
careful. When you
are online you
should respect
others whether
that is not posting
hurtful comments
or being toxic



The internet is meant to be used for good things. Be kind online and if you are no longer enjoying your time online take a break. Walk your dog or help cook a meal and reset your attitude online. Don't take your frustration out on others through toxic comments. If others do it to you tell them to have a break or report them.

By Harry Dickens



By Jack Harris

# Poster on internet safety

There are a lot things that you can do to stay safe on the internet but there are five main things that you can follow that can help you to have a good experience of the internet. These five steps are often known as the digital five a day with them being:

- Be mindful
- Connect
- Give to others
- Be active
- Get creative

All these things can help you to have a better experience online. One way of being able to use the internet in a good way is by staying connected with your friends and family and the internet allows you to stay in contact with these people even if you are unable to see them and when you are connected to the internet and playing games it should be fun and if it is not fun then you should take some time away from it and go and do something else while you give yourself a break. Another way to stay healthy when using the internet is by being active and taking breaks away from the screen and getting up and going outside even if that is only for a few minutes it helps you to calm down and to relax to enjoy the internet more. Be creative as this allows you to enjoy the internet more and helps you to express to other people about the things that you enjoy and love to do. You could do this by posting a video of a game you play or showing others about the games you enjoy. One thing that is very important to keeping the internet a nice place is by being nice to others and if you do see something that is inappropriate then report it or if someone is not behaving correctly report it and reporting is always anonymous so they will never know it is you and by doing this you are making the internet a safer and nicer place for everyone. The last thing to help you and others have a good experience online is by being mindful of what you do and your actions. If you are becoming tired from a game or not enjoying just take a few minutes away from the screen to give yourself some time to calm down so that you can go back on later and enjoy it more and be mindful of what you say to others just because it is on the internet doesn't mean it won't hurt someone feelings.

By Cayden Leader

# Safer Internet Day 2021 - 9 February



We often talk about our 5 a day, eat some fruit! We rarely come across a 5 a day in other settings: such as safer internet use. You have all seen it; Safer Internet Day ... could be boring. Now, Safer Internet is not just about attention, it is about you retaining this vital information, and this could be through a fun way: here, we have used the commonly known 5 a day.

**Connect –** stay in contact with friends and family online! Get in contact and connect with these people, safely online, and offline.

**Be Active -** get outside, get active! This will help you mentally, and physically!

**Get Creative –** get creative with the digital resources available to you! Learn new skills, discover new hobbies that suit **YOU**!

**Give to others -** be a positive character online, influence others to be positive as well! Report harmful content and share this poster.

**Be Mindful -** watch and observe how you, yourself are feeling after playing or being online. Refer to this; When the Fun Stops, Stop.

Safer internet Day is about you, and how you react when online with other people. It needs to be taken into consideration that whatever you do online could be there forever. Wat you say and What you do directly impacts other people as well. THINK!! THINK!! Think when online! You never know who you could be talking to, or what they are doing. You are at risk online, and we need to realise these risks and how we can overcome them.







### Safer Internet Day 2021

How to stay safe and how to stay happy on the Internet by ARCHIE WARDELL

# **GOOD NEWS**

Social media can be used for many positive things, helping to find lost pets, finding true love. Socializing and having fun with friends and family. Seeing things that brighten your day up.

# PERSONAL POSTS

Posting pictures of yourself is just a normal thing to do, but you don't always get a good response. If nobody likes a post, then you could be left feeling down and upset; that is exactly how 40% of 12 – 26 year-olds said they would feel. Also, 35% said that their confidence was heavily linked to the number of followers they have.

# UNREALISTIC EXPECTATIONS

AS PEOPLE HAVE FOUND NEW USES FOR SOCIAL MEDIA, SUCH AS DATING APPS; THERE HAS BEEN AN INCREASING AMOUNT OF PEOPLE WHO USE FILTERS. ALTHOUGH IT CAN BE A GOOD LAUGH IN SOME SITUATIONS, PEOPLE ARE GENUINLY TRYING TO HIDE WHO THEY ARE AND WHAT THEY LOOK LIKE WITH FILTERS. EXPECTING SOMEONE SEE KNOW WHAT YOU LOOK LIKE, BUT WHEN YOU MEET THEM IN REAL LIFE, THEY LOOK ENTIRELY DIFFERENT.

### INFLUENCERS AND GAMERS

INSTAGRAM INFLUENCERS ARE BEING TOLD NOT TO USE MISLEADING FILTERS IN ADVERTISEMENT. THEY ARE TRYING TO GET MONEY AND THEY ARE MAKING YOU THINK THAT THESE PRODUCTS ARE BETTER THAN THEY MOST LIKELY ARE. IF A POST SAYS #AD AT THE BOTTOM, BE CAUTIOUS.

Gaming has become insanely popular, but as many know it can easily cause lots of anger. Ninja tweeted that it is ok to get angry at games, but many others disagreed. You don't need to get angry at a game if you lose, that ruins the whole point of games, having fun. Losing is a great way to LEARN BUT displaying anger because of it shows no benefit. You need to channel that energy into something constructive, not destructive.

Have a break and ask for help when you need it Message and have fun with friends and family Be positive online, report any bad content

Take some time off and get active - exercise

**Build new skills** and discover new passions

Be Mindful

Connect

**Give To Others Be Active Get Creative** 

# Lockdown Projects



Tom White 7C has used Mrs Tyson, Catering Manager's recipe for malt loaf recipe



William Owen 7B made an ice cream out of real snow!

He also added some sprinkles.

During his timetabled food tech classes, Luke has been cooking with his grandparents on Facetime. They have made ginger biscuits, flapjack and jam roly poly.

Luke Redhead 7B



James Myers 8L gained a Distinction in his online digital Grade 2 saxophone exam.

Well done James!

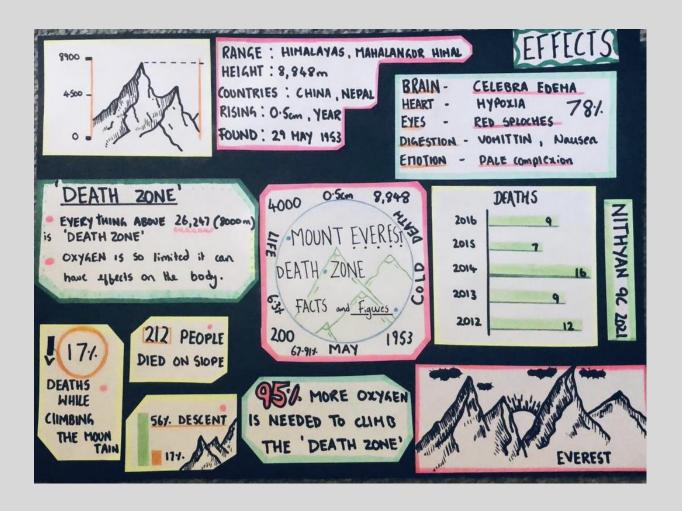


Liam has enjoyed drawing and has cooked a meal for his family as he should be doing food technology this term.

Liam Robinson 7B.







Nithyan Kiran - 9C - Geography Project



A cup of hot chocolate by James Barwick 7L

Adrian from 9C - On the left is a photo of him running, while on the right is a photo of him riding a bike, which he does 3 times a week. The caption shows how he does this for 3 things at once, that being his Duke of Edinburgh's award, his PE lessons and the recent Couch 2 Tokyo Challenge.



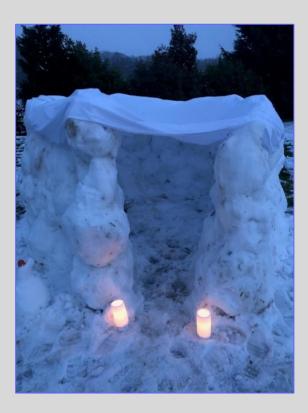
DofE, PE, Couch 2 Tokyo



Ted Whitworth - 9B - Art mini task

Henry from 7C and his sister have been igloo building and baking 'Among Us' biscuits.







After finishing his schoolwork, Nathan 8W, has been helping with the housework – well done!

# Reuben Baskerville 9W - Igloo Project



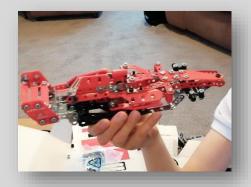






Joseph 7B, who has been out running lots. These are from a frosty 14km trail run he did with his Dad.





In his PE lessons, Danny in 7L undertakes archery and bike riding. He was intending to join the Archery Club in Sleaford this year that is run near the school on Monday evenings.

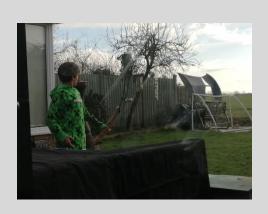
His bike riding efforts have seen him cover close to 11 miles in one biking session.

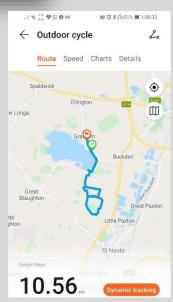
He also has been constructing a Meccano F1 Ferrari. Building on those skills has led him to take on bigger projects such as the MG interior repairs.











# Lego digital design axolotls by Ethan Hyde 7L





Che Cock's snake laying eggs - live events from his online Music lesson!

# Over half term 7W had a baking challenge and we thought you might like to see some of the results. Well done to everyone who took part!







Mrs Wilson 7W



In an attempt to keep active in lockdown, students and staff took part in the Carre's Couch to Tokyo challenge to see if they could cover the 5,855 miles to Tokyo by:

Running, walking, cycling or scooting the miles during PE lessons or outside of school hours

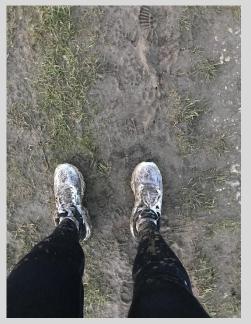
Using the link/QR code to log the distance completed

Tracked progress - Year groups, forms also competed against one another!

Mr Newell Teacher of PE





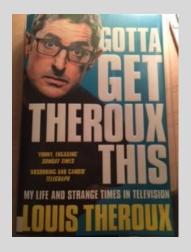


Mrs Green from the Technology Department decided to go for a run - she said 'I thought I would attempt a couple of miles but as I was running, felt ok so kept on going.

Decided I needed to head for home after a couple of miles, (which was across fields as the crow flies) but after all the recent snow and rain.....it wasn't one of my better ideas! Ended up wading through a huge puddle, ankle deep at times, with the landowner keeping an eye on me to make sure I didn't deviate from the path! Just short of 4 miles added to the Couch to Tokyo event from this run'.

Well done Mrs Green

Mrs Feneley - on the very muddy Culverthorpe Stepping Out Walk and catching up on some reading.









## Parents' and Carers' Pack

Apprenticeship Information

Edition 22: February 2021



# Understanding an apprenticeship in the Care sector

A career supporting the vulnerable amongst us





An Adult Care Worker provides care and assistance to adults who require additional support to maintain a healthy and safe life and promote a positive outlook.

The apprenticeship will focus on learning how to:

Support social activities

Monitor health

- Assisting with eating
   Assisting with personal care
   Assisting with mobility
   Understand the importance of a care plan and how to

Typical Duration 12-18 months

- Progression routes

  Lead Adult Care Worker
  Level 3

  Lead Practitioner in Adult
- Care Level 4
   Leader in Adult care Level 5



A Youth Support worker works with young people, mainly aged between 11-19, sometimes up to the age of 25. They can be responsible for local and national projects to support young people. The key elements are to provide opportunities for young people to create a positive future.

The apprentice could work with other professionals, including: social workers, teachers, police officers, youth offending officers, local government officials and health professionals.

The role could be based in:

- Youth clubs/centres
   Schools
   Hospitals
- Typical Duration 18 months

- Progression routes
  Team Leader or Manager
  Social Woker (Integrated



The apprenticeship involves young people and supporting them in creating a positive, safe and healthy environment. There will be a need to work with other professionals, to promote other professionals, to promote the most effective support for long term outcomes. The core standards programme is followed by a specialist option that must be chosen.

Option 1: Practitioner in Children's Residential Care Option 2: Children, Young People and Families practitioner within the community.

Typical Duration 24 months

- Progression routes

  Children's Residential
  Care Manager
  Family Support Leader
  Early Years Teacher

Supported by National Apprenticeship Service





Supported by National Apprenticeship Service

To find an apprenticeship visit GOV.UK and search for apprenticeships

Page 10

At **the University of Sheffield**, throughout the months of March to April there are a number of (completely free) opportunities for Y12 pupils within your schools to join us for our online subject specific <u>Taster sessions</u>. All of the activities are completely free of charge and will provide pupils with a good insight into their chosen subject or area of interest at university.

Please can I ask you to share this invite with any pupils who you feel might be interested or benefit from any of the opportunities listed below. Please ensure that interested pupils fill out the booking forms individually using the links below.

Taster Sessions - Engineering				
Time	Subject			
4:00pm - 6:00pm	Computer Science			
3:45pm - 5:30pm	Electronic and Electrical Engineering			
	Time 4:00pm - 6:00pm			

Taster Sessions - Science and Engineering				
Date	Time	Subject		
Wednesday 10 Mai	rch 4:45pm - 6:00pm	What can I do with A-Level Maths?		

Taster Sessions - Arts and Humanities				
Date	Time	Subject		
Monday 15 March	3:55pm - 5:00pm	<u>Music</u>		
Tuesday 16 March	3:45 - 5:15pm	<u>Spanish</u>		
Wednesday 17 March	3:45pm - 5:30pm	East Asian Studies		
Thursday 18 March	3:45pm - 5:15pm	<u>French</u>		
Tuesday 23 March	3:45pm - 5:15pm	<u>German</u>		
Wednesday 24 March	3:45pm - 5:15pm	<u>Philosophy</u>		
Thursday 25 March	3:55pm - 5:15pm	<u>History</u>		
Friday 26 March	3:45pm - 5:15pm	<u>Russian</u>		
Tuesday 30 March	3:45pm - 5:00pm	English Language		
Wednesday 31 March	3:55pm - 5:15pm	English Literature		

Taster Sessions - Social Sciences				
Date	Time	Subject		
Wednesday 31 March	3:45pm - 5:30pm	<b>Economics</b>		
Wednesday 21 April	4:25pm-5:45pm	<b>Education</b>		

Taster Sessions - Medicine, Dentistry & Health				
Date	Time	Subject		
Tuesday 16 March	4:15pm – 6:00pm	Human Communication Sciences		
Wednesday 24 March	3:45pm – 5:00pm	Opththalmology and Orthoptics		
Monday 29 March	3:45pm - 5:00pm	Adult Nursing		

Should you have any questions about any of the activities please feel free to contact the team at <a href="mailto:team-attesterdays@sheffield.ac.uk">tasterdays@sheffield.ac.uk</a>

# SECOND DATE ADDED DUE TO POPULAR DEMAND SHOULD I BECOME A DOCTOR?

# AN HONEST INSIGHT INTO THE MEDICINE UNIVERSITY COURSE FOR YEAR 9-12 VIA ZOOM JOIN EARLY TO AVOID DISAPPOINTMENT

Wednesday 17 March 2021 7:00pm - 8:30 pm

## GAIN AN INSIGHT INTO LIFE AS A DOCTOR

After the first presentation filled up quickly, we are holding a second date for our new presentation. It will be held by medical students as part of the Future Doctor brand and is designed to help Year 9 - 12 students decide whether medicine is for them.

The evening will include explanations of the application process, the course and the 'medic lifestyle' on zoom.

MEETING ID: 807 419 5808 PASSWORD: DOCTOR123

Website: https://www.lincolnshiretraininghub.com Twitter/Facebook: Lincolnshire Training Hub

### How to Build Your Career Portfolio

### Why?

A careers portfolio is really useful when you are starting out in your pathway to your future career or first jobs and it can provide you with evidence of your suitability for a job, apprenticeship or college/university place. Start one now, and keep it updated as you progress. Employers can see a lot about your potential through the kind of information you put into your portfolio.

### How?

You could create a folder with print outs of anything relevant, or you could create a digital version on your computer.

### What to include:

- An updatable list of your employability skills and how you can demonstrate them
- Certificates & Awards. Not just GCSE and A Level but course attendance certificates, first aid, music etc
- Youth work records/certificates. These all go to show dedication and willingness to learn
- Reports or feedback on work you have helped with or things you have been involved with
- Records of employment or voluntary work
- Work Experience reports and or diary
- Any letters of recommendation (politely ask for a letter of recommendation after each job or work experience)
- Any practical examples of your skills/talents (e.g. art portfolio, projects worked on etc)
- Examples of things that you have done that you are proud of
- Any references you may have
- Notes of any meetings with a career's adviser or career leader
- List of all the career related things you have attended or taken part in at school or college



# Free School Meals

Lincolnshire County Council has a new process to apply for Free School Meals which went 'live' for parents to use on Tuesday 4 September via the following parent portal link:

https://lcc.cloud.servelec-synergy.com/parentportal.

LCC will process eligibility checks for Free School Meals.

# Is my child eligible?

Your child may be eligible if you are in receipt of one or more of the following qualifying benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of state Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more £16,190)
- Working Tax Credit run-on paid for four weeks after you stop qualifying for Working Tax Credit

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

## How to apply

Parents, guardians and carers can apply for free school meals online: https://lcc.cloud.servelec-synergy.com/parentportal. For more information, please call the Lincolnshire County Council Customer Service Centre on 01522 782030 or email - Free School Meals@lincolnshire.gov.uk

# SJB Uniforms

Although SJB Uniforms in Sleaford is classed as non-essential retail and cannot allow customer access into the shop, the website is fully operational and they are still able to offer 'home delivery' or 'click and collect' where goods can be collected at the shop door.

## www.sjb-uniforms.co.uk

All lines of communication are monitored daily so if parents need any items of uniform, please get in touch with them.

Simon Biggin Manager, SJB Unforms 2 Market Place, Sleaford 01529 400429

# IF YOU NEED SUPPORT TO APPLY TO THE EU SETTLEMENT SCHEME

HELP IS AVAILABLE IN YOUR LOCAL AREA

I am currently working for Citizens Advice in Lincolnshire as a Support Worker for the EU Settlement Scheme. Part of this work includes advertising the scheme in the local area to ensure that EU, EEA, and Swiss nationals and their families are aware of the scheme and that they need to apply for it.

If you need support and advice regarding an application to the EU Settlement Scheme, please contact:

# Marcus O'Callaghan EU Settlement Scheme Support Worker Citizens Advice South Lincolnshire

The deadline for the scheme is the 30 June 2021 but it is worth applying as soon as possible.

Contact Citizens Advice South Lincolnshire by email or phone: Email: eussreferral@citizensadvicesouthlincs.org.uk Freephone: 0800 448 0734

Or check out the website: <a href="www.citizensadvicesouthlincs.org.uk">www.citizensadvicesouthlincs.org.uk</a>
click the Advice, Projects and Services tab and then select European Union Settlement Scheme

CASL can provide free support and advice for your application to the EU

Settlement Scheme



My name is Charis and I'm a Casting Researcher at Love Productions; the company behind The Great British Bake Off, The Great British Sewing Bee and The Great Pottery Throw Down.

We are delighted to say that we have recently opened applications for the 7<sup>th</sup> series of **Junior Bake Off**; a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain.

We are looking for young budding bakers between 9-15 years old.

Filming would take place from July 2021, but our **applications close on Sunday 28 March 2021**.

Interested bakers can apply online at <u>WWW.APPLYFORJUNIORBAKEOFF.CO.UK.</u>

Please do feel free to contact us on **0207 067 4833**, should you have any questions regarding the above.

Best wishes The Junior Bake Off Team

enquiries: applyforjuniorbakeoff@loveproductions.co.uk