



Welcome from the Head

Welcome to Term 3's newsletter. In these very challenging times our warm wishes go to all our students and their families.

Congratulations to students in all year groups for their fantastic engagement in remote learning. Despite lockdown, we can assure you they are flourishing. I have managed to find a few opportunities to drop into their lessons and experience first-hand the incredible work students are doing, the discussions they are having in breakout rooms and their responses to staff questioning.

We do appreciate how difficult it is working remotely from home, it requires courage from students, parents, carers and staff alike, but the hard work, perseverance and effort will pay off and make the transition back to school all the smoother.

The learning that is taking place is due to the team of teaching and support staff working tirelessly to make it happen. Teachers are being creative and innovative in the changes they have made to their teaching methods, continuously learning and adapting to a way of teaching that was pretty much alien less than 12 months ago.

Many of our support staff have needed to change their roles to make this all happen, so a big thank you to them as they support the children in school, track and follow up attendance in lessons and call home to support students' well-being and learning.

The numerous messages of thanks and support we are receiving from our community are greatly appreciated and serve to give us all a lift, sometimes when we most need it.

We are really missing all of our students and look forward to having them back in school. The business, purpose and sound of a school full of students is a special thing and not something that technology will ever be able to truly replicate.

I will communicate with you as soon as we have any details regarding a return but, in the meantime, we hope for the safety and wellbeing of our whole community.

Mrs D Elliott
Headteacher



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Wessex
Learning Trust
We Learn Together!

A Word from the Wessex Learning Trust

It is my great pleasure to welcome everyone within the Nailsea School family to the Wessex Learning Trust! Our partnership has been a long time in the making, but we are now incredibly proud that you have joined



Team Wessex; something I believe will enable us both to continue to offer an exceptional, 21st Century education to every child within our care.

Nailsea is a wonderful school, and on my numerous visits to you during this process I have always been struck by the incredible care and dedication shown by every member of staff, as well as the talents and determination of your students. These are values which we hold dear to our hearts in the Trust, and attributes which I look forward to seeing continue as we move forward in this partnership.

Naturally things are not easy right now and we are all having to adapt to a new and alien way of working, however as a Trust we continue to offer all the support we can to our schools so as they can continue their incredible work – even if it is from home. We have for instance been aided by the donation of over one-hundred laptops from the Department for Education which have made a huge difference to so many families who do not ordinarily have regular access to technology. We will of course continue to help all those within our care, and I for one am incredibly proud of all the amazing work that's been going on from home so far. Keep up it up, and continue to strive for the best ...even in adversity.

Although obviously every one of us wants to see children back in the classroom soon we must continue to do our bit to stay safe and stem the spread of Coronavirus so that return can come sooner and safer. We haven't been able to have quite the celebration we might have hoped for to mark our new partnership, but nevertheless I very much look forward to seeing the wonderful places it will take us in the future.

Stay safe, and thank you for everything you've contributed to the Trust so far!

Gavin Ball

Chief Executive

A Message from the Governors

The Governors are very proud of the commitment of the staff, students and families working together at the start of this very unusual term to continue our students' learning. It is so important that all students continue to access their learning like they would in school, this is particularly true of those in exam years. We are still unsure how grades will be decided but it is likely that work done now will count towards final results. If anyone is facing barriers to learning such as lack of equipment, they should contact the school for support.

We are thankful for the resilience of our leadership team and all the staff who are continuing to rise to the challenge of teaching remotely and supporting those students for whom school remains open.

We have been holding our Governor meetings online and have been remotely continuing our governor work including governor visits to ensure we are achieving our objectives of school improvement. Our training programme has been ongoing to improve the skills and knowledge in our governance team.

Thank you to all the students and families who are continuing to support our school including supportive comments on social media. Particular thanks to those who have donated to our Go Fund Me campaign for laptops to support our students, and to the PTA who have managed to keep raising funds through their different activities, including the up-and-coming virtual balloon race.



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Valentine's Day Virtual Balloon Race

Covid-19 has stopped us running our usual fundraising events but this term we have a new one to try – a virtual balloon race!

Balloons cost £3 and can be customised to your own design – choose your shape, colour, pattern and, for the scientists among you, helium content and rubber thickness!

The race launches at noon on February 14th and last 7 days - you can *track the real time progress of your balloon* as it travels through the skies and keep your fingers crossed yours will beat the elements and emerge the victor!

Why not have an intra family competition? Maybe share the link to colleagues and hold your own works competition online? Or perhaps gift a balloon to your valentine?

Buy or gift your balloon now at www.ecoracing.co/user/page/1295



Autumn Term Fundraising Success

We have some fantastic news to report on our recent fundraising, despite the current situation and not being able to run our normal events we have still managed to raise a whopping **£2945** broken down as follows:

2020 Rotary Walk - £425

Christmas Cards - £250

Christmas Trees - £670

Winter Fun Prize Draw – £1600

Huge thanks to everyone who supported these events – you have allowed us to continue to support the school.

Second-hand Uniform

We have a supply of second-hand PE Kit and jumpers that can be purchased for very reasonable prices with funds going to the PTA.

Please email nailseapta@nailseaschool.com for more details.

Save the Date

The 10th Annual Nailsea Charity Walks and Runs event takes place on Sunday 13th June - or any time until July 31st. The event is organised by Nailsea and Backwell Rotary. People can participate by themselves or with family and friends in aid of a cause close to their hearts (Nailsea PTA is a registered cause). More details in next terms newsletter.

Easyfundraising – fundraise when you shop online

We've registered Nailsea School Parent Teacher Association with easyfundraising, which means over 4,000 shops and sites will now donate to us for FREE every time you use easyfundraising to shop with them. These donations will help SO MUCH, so please sign up to support us – it's completely FREE and doesn't take long. It's also possible to register for multiple causes. [Click here for more info.](#)

Would you like to find out more about the PTA?

Joining the PTA is a great way to support the school and feel a little more involved in your child's education. We welcome volunteers at all levels whether it's being part of the committee or helping with events. Our next meeting will be held on Wed 3rd March at 7.30pm via Zoom – please email nailseapta@nailseaschool.com to request the Zoom login details.

Social Media – keep up to date with latest news

Please follow us on Twitter or Facebook to keep up to date with our latest events and ideas.

Click the icons to find us on social media.



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New Year, New Start, New Partnership

Nailsea School has entered the New Year with a new exciting partnership, after joining the Wessex Learning Trust. The school has been in discussion with the Multi Academy Trust (MAT) for several years, to review the expectations of the venture, and due diligence and make a measured decision. Nailsea School has over 1000 students on roll and employs over 140 staff members who have been TUPE'd across to the new organisation.

Nailsea School is the 14th school to join the Wessex Learning Trust, and the 2nd secondary school to be added to its portfolio. The benefit of joining a MAT means that teaching and learning expertise can be shared across sites and that financially the school will benefit from economies of scale. A number of collaborations have already begun with teachers sharing best practice across departments including in Science and English.

Jo Hopkinson, Chair of the Governors, Nailsea School said:-

"After three years of discussion and interviews with a number of trusts, we feel very positive about the Wessex Learning Trust and strongly believe that this is the trust most aligned to the ethos of Nailsea School. Partnerships are already being made between governors, senior staff and middle leaders and we are confident that this is a very positive move for the whole of the Nailsea School community."



Gavin Ball, Chief Executive of the Wessex Learning Trust said:-

"We welcome Nailsea School to our Multi Academy Trust family, we encourage our schools to be at the centre of their community and raise aspirations and achievement. Nailsea School's ethos of 'Aspire Believe Succeed' and its focus on the wellbeing and happiness of each child, sits brilliantly well with our own values."

Dionne Elliott, Head of Nailsea School said:-

"It is an exciting time for Nailsea School, it is a partnership that will allow us to enjoy our own identity, whilst being a part of a bigger organisation. The Wessex Learning Trust will bring lots of advantages to the school, with staff benefitting from professional development opportunities, sharing positive experiences and joining in new initiatives. We are looking forward to working with our new colleagues in what will be an interesting year."

Nailsea School looked at a number of MATs before deciding on the Cheddar based organisation as being the right fit for the school. The partnership came into fruition on the 1st January 2021, after several months of working alongside the Multi Academy Trust.

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Finding Inspiration in Testing Times!

By Mrs Corkerton

Right now, it's easy to feel a sense of isolation. The library at school is closed and it's hard looking at the rows of empty books when normally they'd be travelling out and creating joy. For many of us, this period of confinement is alleviated by the different ways we can talk to each other, but nothing can replace the thing we tend to take granted: the immediacy of physical contact with people around us.

However, there is one thing that is worth a second look: some of our most famous cultural figures also faced challenges of self-isolation. They struggled with change, the 'new normal' but somehow – and this is the amazing bit – produced famous works of art during their 'lockdown'.

When the bubonic plague rolled unchecked across Europe it led to the closure of theatres – back then the dominant cultural form. This was bad news for William Shakespeare who was unable to see his work performed; 'large gatherings' were a no-no. He left the city but took advantage of the time to work on some of his greatest plays, including Macbeth and King Lear. Similarly, Thomas Nashe, another famous Elizabethan playwright, left London during the plague and wrote a play on his experiences of living through a pandemic.

Scroll forward a few decades later and it was Isaac Newton's turn. A recurrence of the plague put the kibosh on his university studies at Cambridge, so he went home to his family to self-isolate and in the absence of tik-tok opted to develop his

theories on calculus and optics. It was here that he questioned why an apple falls and in answering the question, realised that gravity ties the universe together.

Edvard Munch – an artist famed for his paint "The Scream" – had Spanish flu in 1919, the most recent 'global' pandemic. He reflected on his illness and created the aptly-titled 'Self-Portrait with Spanish Flu', a lyrical depiction of the painter looking a bit under the weather. It's seen as a key document of the time.



Self-Portrait with Spanish Flu by E Munch.

At the library here, we're very much taking the 'every cloud' approach; it is a tough time but there are positives to be drawn. As a starting point, we have put together a list of web links aimed at creating inspiration and excitement. Want to read? Want to write? Want to find inspiration? Check out the carefully curated list below. You might not find the secret to the universe, but you may find personal happiness, a new passion and a source for optimism.

Inspiring, Creative and Engaging Weblinks below...

The Book of Hopes - Click here for free with stories, poems and art from more than 100 children's writers and illustrators.

Goodreads - Click here for this useful readers website. It goes from strength to strength with books, quizzes, interactive content, the lot.

Book Trust Book Finder does what it says on the tin; click here to find a brilliant resources.

Want to Write? - Try these story ideas; one for every day of the year.

Want to know how to write? Click here to try these masterclasses.

World Book Day Audiobooks - Click here for more info.

Word of Mouth – Click here for BBC podcasts about language, hosted by Michael Rosen.

Harry Potter and the History of Magic—Click here to jump to the next level with this British Library exhibition.

This Isadora Moon Guide is a super way of getting going with pen and paper—click here for more info.

Author Websites - Don't forget, there are some fantastic author websites out there click on the authors below:

Free Audio Books - Don't know your muggles from your quidditch? Brush up on the world of the boy wizard with free audio books...Click here for Harry Potter and the Philosopher's Stone.

- Cressida Cowell
- Mark Haddon
- Robin Stevens

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Laptop Lending Library—Fundraiser

In response to the third lockdown, we launched a 'Go Fund Me' charitable campaign to help with our IT provision in the form of a 'Laptop Lending Library'. Whilst many families are managing, often the home learning is challenging, with students working from phones, tablets, or struggling with IT that works intermittently. We are regularly hearing of issues with siblings or parents sharing the same device and having to adopt irregular working patterns (working throughout the day and late into the evening) to get the work done. This is having a direct affect on students ability to learn.

The school received 50 laptops from the government, had a further 13 donated by our PTA, and received Covid19 funding for a further 10. Most of these 73 laptops have been loaned to families struggling to work online, with only a few left in school on reserve.

When the appeal was launched we were receiving an average of 3 requests a day for students to borrow laptops, which is why we launched a fundraising campaign to increase the number of laptops we had available for loan. We are aiming to purchase a further 10 laptops (either new or reconditioned) to extend the capacity of our Laptop Lending Library and work towards an online education that includes all of our learners. We have exceeded our target of £3,000 and were blown away by the incredible generosity of our community it was amazing—THANK YOU!

The appeal is still open as any further donations that we receive will be invested in additional IT equipment to benefit our learners for example more laptops, webcams, dongle Wi-Fi access. If you are able to donate any amount it could really help someone's digital learning experience and make a big difference to their future. [Click here for further information.](#)

The Nailsea Community Trust

The Nailsea Community Trust, a local charity (900031) has the aim of improving life opportunities for local residents. The Trust has a fund which residents of Nailsea and the surrounding parishes can apply to for grants, for the purposes of need, personal development, education, or benefit to the community.



The Directors of the Trust know that many families are struggling to cope, particularly during lockdown, and we wanted to remind parents that the Trust may be able to provide funds to ease difficulties. For further information please visit the Nailsea Community Trust website - www.nailseacommunitytrust.org.uk

60@Sixty

Our anniversary fundraising plans were cut short by the huge upheaval that was Covid-19. That said the school community including the PTA raised £11,542.13 a fantastic sum of money, thanks to all of those that donated and took part by organising fundraising events.



Some of the donations were spent on upgrading the IT within the school to Windows10, upgrading servers to speed up access and investing in more Wi-Fi points around the school to improve IT as was requested by students in Student Council.

Part of the scheme saw the development of our student-led Anniversary Orchard which is doing well and we look forward to seeing those pollinating trees blossom soon.

The remaining funds have been set aside, for consideration when usual school resumes. Other items on the student council wish-list included an outdoor seating area and shelter. The school is currently trying to bid for funding for an outdoor classroom which would partner with the students' aspirations and help the remaining budget go further.

Thanks to everyone who supported the 60@Sixty fundraiser.

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Sixth Form Update

Mr J Reddiford

Many of our Year 13 students made applications prior to the extended UCAS deadline of January 29th 2021. Lots have already received offers, so we're hoping that everyone who has applied will get several offers so that they are in a position to choose their favourite course when the results are published.

It is very important that our students keep working hard, as although it is yet unknown how results will be decided, it is likely that we as a Sixth Form will still have to provide a body of evidence to the exam boards to justify your final grades. Please continue with your learning and raising your game in a final push for your results this summer.

If anyone is in need of further support of advice, please feel free to contact a member of the Nailsea 6th Form Team.



Mr Reddiford - Head of Sixth Form

E: JReddiford@nailseaschool.com

Mrs Jones - Deputy Head of Sixth Form

E: GJones@nailseaschool.com

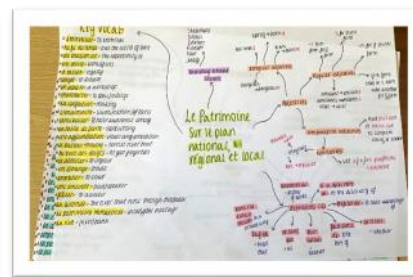
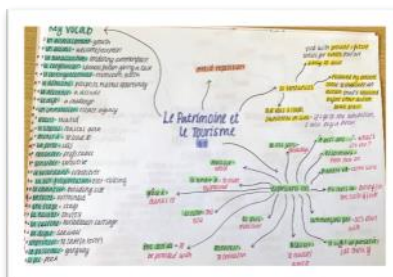


MFL Year 12 Revision Preparation

This work is by year 12 French/Spanish linguist Megan F. Year 12s have been learning how to bring together all key elements of the unit taught on Patrimony/Heritage in a user-friendly form.

Megan has created a series of mind maps for future revision. She will use these to revise this component of work in Year 13.

Miss Cahill was really impressed with the amount of care/time that went into this homework, Megan's use of colour to also highlight key points. These clearly presented revision sheets will be a really helpful resource next year.



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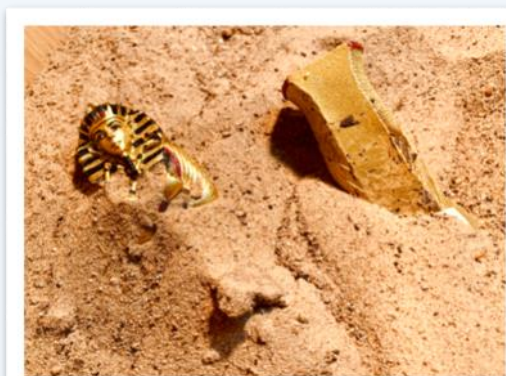


'Ozymandias'

Miss Creswick's Year 10 Class completed a well-being task based on the poem 'Ozymandias' by Percy Bysshe Shelley which they had been studying in class.

Their well being task involved them getting away from the computer, and in some cases out into nature, to produce a visual representation of the poem.

There was a wide range of creative submissions, focusing on the transience of power, the sublime and nature's power over Man. Some of the best examples can be seen here.



Ozymandias

By P B Shelley

I met a traveller from an antique land,
Who said—"Two vast and trunkless legs of stone
Stand in the desert. . . . Near them, on the sand,
Half sunk a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless
things,
The hand that mocked them, and the heart that
fed;
And on the pedestal, these words appear:
My name is Ozymandias, King of Kings;
Look on my Works, ye Mighty, and despair!
Nothing beside remains. Round the decay
Of that colossal Wreck, boundless and bare
The lone and level sands stretch far away.

CAREERS

Mrs Britton is Nailsea School's Independent Careers Advisor, she works two and a half days a week and is available to talk through any decisions and help you with your future plans. She can be contacted by email DBritton@nailseaschool.com

Throughout the third lockdown Mrs Britton has fed a range of opportunities, including Virtual Open days, Virtual Work Experience Opportunities and Apprenticeships available through the Nailsea School social media channels on Facebook and Twitter. These have been shared on Wednesdays with the hashtag #WorkLifeWednesdays and #NailseaAspires. Mrs Britton also publishes a Careers Bulletin which is available on our website. [Click here for details.](#)



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History

Year 9 student, Seth B undertook research into this WWI Family History. Mrs Dowland was impressed by the incredible research both into his Great-great grandfather's role and the historical context.

My WW1 Family History by Seth B

James Hutchinson (9 July 1895 – 22 January 1972) was my Great-Great Granddad and a soldier during WW1. He was a recipient of the Victoria Cross, the highest and most prestigious award for gallantry in the face of the enemy that can be awarded to British and Commonwealth forces, of which only 1538 have been awarded.

Before enlisting in the army, he was a teacher and was born in Greater Manchester. On the 28th September 1914, he was enlisted in the army as a Private at the age of 20, and trained until 3rd of May 1915, when he officially joined the British Army.

Deployment

Hutchinson was a private in the 2/5th battalion Lancashire Fusiliers, which was an infantry of foot-soldiers and was a regiment of soldiers from the county. With in that, he was a member and fought with the (55th (West Lancashire) Division), who were known for extensive combat during WW1. Originally, they were dispersed around England to defend vulnerable areas for attack, such as railway lines, bridges, and tunnels, with the men mainly going to Canterbury and Oxfordshire. The men were also used as reinforcements on the western Front.

Ficheux

In November 1915, the whole regiment were demanded to reform, and were shipped to Northern France to fight on the western front. Their job this time was to carry out trench raids, making small-scale night-time raids on enemies, in this case German Soldiers. They fought in Pas De Calais and held a sector of the front line from February 1916 to July.

A large raid on the 28th of June, earned him the Victoria Cross. During the day in the commune of Ficheux, he crossed 'No Mans Land' and came under heavy German Fire. He was the leading man and entered the trench, shot two sentries, and cleared two of the traverses. After they captured the trench, he removed the dying soldiers to safety. In this raid he lost his brother, and his other 2 were killed later in the war. The regiment lost 1100 soldiers in Pas De Calais.

Guillemont

The division then moved south to participate in the Battle of the Somme. Their objective this time, was to capture the village of Guillemont, and nearby German trenches. Before this, they came under attack twice by German soldiers, which saw his brother Arthur get killed. The 3 attacks on the village were all unsuccessful and saw 4.126 casualties from the division. This was the prelude- start and trigger- to the Battle of Guillemont, a smaller battle that happened during the Somme.

Battle of the Somme

The Battle of the Somme began on the 1st July 1916 and ended on the 18th of November. It was fought between the British and French army's, against the German empire. The aim was for the Alliance to push Germany out of France. Initially, they used a technique called 'Bombardment' which consisted of a week of firing shells. However, the Germans hid in underground bunkers while this happened. Then when the Allies were crossing no mans land, they would sneak out and fire machine guns at them, with no where to hide. All together 1,000,000 soldiers from all the armies died. Whilst it failed, it drained the German army by killing lots of their soldiers and using their equipment.

James only fought at the Somme for 3 weeks as he lost the sight in his right eye to a shell splinter. He returned to England to receive treatment and was awarded his Victoria Cross by King George V at Buckingham Palace on 2nd December 1916. He then became a Bombing Instructor to new soldiers, and worked in the Labour Corps. Finally, he was discharged from the British Army, as a Corporal on the 17th December 1918. He was known as Jim Smiler, for also being happy and positive on the battlefield.



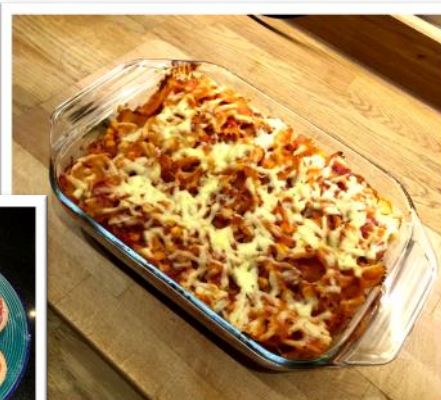
No. 2579 Pte. James Hutchinson, Lan. Fus.
For most conspicuous bravery. During an attack on the enemy's position this soldier was the leading man, and, entering their trench, shot two sentries and cleared two of the traverses.
After our object had been gained and retirement ordered, Private Hutchinson, on his own initiative, undertook the dangerous task of covering the retirement, and he did this with such gallantry and determination that the wounded were removed into safety. During all this time this gallant soldier was exposed to fierce fire from machine-guns and rifles at close quarters.



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Food Technology

With the Food Tech classroom at school getting little use this year, the team decided students could make use of their kitchens at home and impress their family with a range of healthy, nutritious meals (and baked treats too of course!).

Miss Hurst and Mrs Goodwin set up cooking demonstration videos, whilst Mrs Hounsell braved a live cook-along! Students across year groups have been sending in photographs of their cooking. A popular 'home-cookery' group has been set up for yr9 students with a video posted once a week showing step-by-step instructions for a main meal dish. The recipe includes optional variations to adapt the recipe for numbers of people they are serving, vegetarian diet, or to suite their taste by swapping ingredients with alternatives. The aim to promote independence in the kitchen, and to inspire an enjoyment in a crucial life skill (also, a welcome break for hard-working parents and carers to have their dinner prepared).

GCSE groups have been honing their skills with advanced recipes including blind baking pastry and making butter using double cream to use within their recipe. This practical work links with the food science theory they are learning as part of the course, and what better way to learn by 'doing' rather than a PowerPoint. As Heston Blumenthal would say a creation of 'multi-sensory molecular gastronomy', or as we know it 'cooking'.

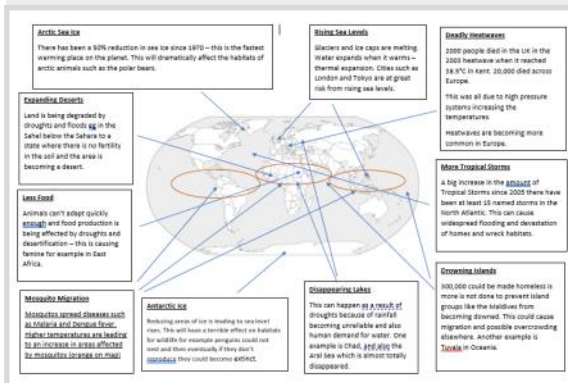
The team have been blown away by the response to home-cooking. Students are not only following recipes provided, but independently sourcing and baking their own choice of food such as jam tarts, pasties and baked Alaska.

Although we love seeing the visual evidence, we hope those that are eating the outcomes are equally impressed!

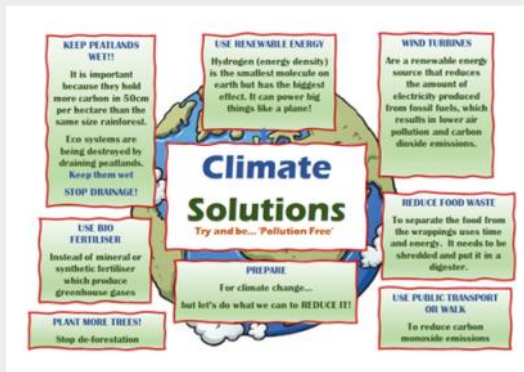


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Bertie E. Year 7



Sienna B Year 7



Hannah O. Year 10

Geography Round Up

The Geography team has been really impressed with the quality of work, focus and resilience our students have shown this term.

Year 7 have been studying climate change and some classes have begun their new topic on Kenya, with a starting focus on how we perceive the continent of Africa.

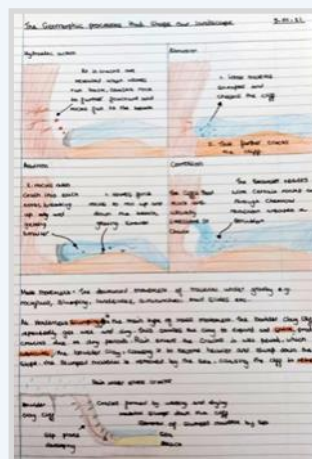
Year 8 have been working really hard on their rivers topic, and looking at the causes, consequences, and responses to flooding, which has been very topical this month with storm Christoph!

Year 9 have blown us away with their extended writing on the tropical rainforest and have started their new topic on globalisation.

Year 10 have worked diligently on distinctive landscapes studying the geomorphic process which shape coastal and river landscapes. They have produced some excellent work explaining how coastal and river landforms are created.

Year 11 are finishing of their topic on the UK in the 21st Century and are starting their new topic on resources, and the issues and solutions as to where we get our energy, food and water from.

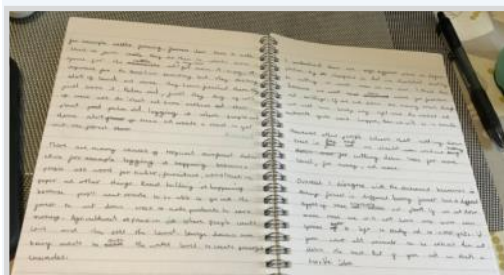
We have been hugely impressed with our year 12 and 13 classes. 100% attendance and the confidence to discuss key issues using teams. Year 12s are investigating globalisation and tectonics whilst our year 13s have started superpowers and health, human rights, and intervention.



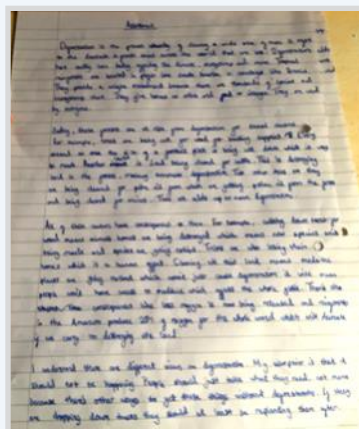
Cervys - Waterfall work



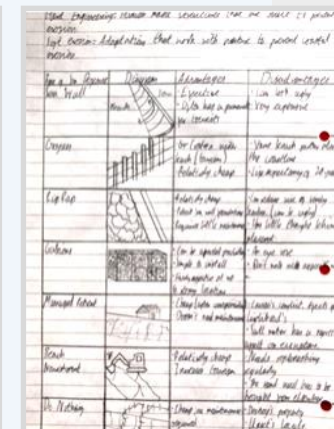
Harrison P. Year 8



Isabel B - Extended Writing



Cherry - Extended Writing



Adam H - Year 10



Dexter C



Emma T



Freya H



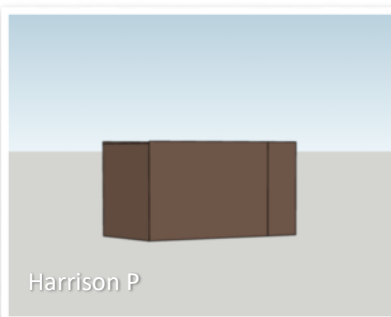
Ocean



Marley



Chloe E



Harrison P



Jack I



Edward R



Kelsie U



Mae S



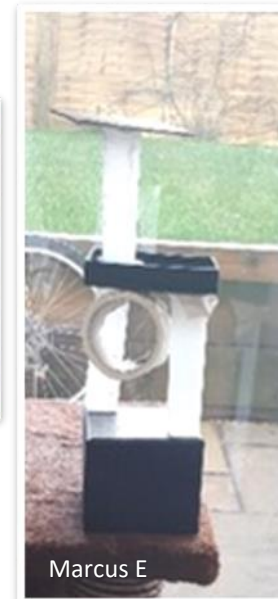
Nell M



William M



Joel R



Marcus E

Measuring and Modelling - Year 7 Technology

Miss Allright

Year 7 have been studying Engineering, the topics included materials and their properties, tools, equipment and joining methods. As an engineer, it's important to be able to accurately measure and scale up or down using ratios.

The challenge was set to make a scaled model of an item from the classroom, home or garden. Students improvised by using whatever tools, equipment and materials that were available to them. My class fully embraced the challenge, and I'm very proud to share their work. Fantastic!



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Welcome to Nailsea School's **Wellbeing Bulletin**

The aim of this bulletin is to share with you useful information, strategies and resources in order to support our students mental wellbeing.

THE IMPORTANCE OF ROUTINE

It is safe to say that the coronavirus has turned life as we know it upside down, and the introduction of a third lockdown to kick off the new year has left us all a bit deflated.

We have found ourselves making adjustments to our lives in order to continue to function as close to normal as possible. However, being on our second stint of home schooling many of you maybe asking well what is the point of following the school day, I'm at home why should I bother, I'd rather have a lie in.

But keeping a daily routine can help us feel more in control of things and in a world where we currently have very little control over our lives taking control of our day-to-day routine can really aid our mental health. It can help us to cope with change, to form healthy habits and reduce our stress levels.

ROUTINE CAN ANCHOR US

Routine can be an anchor. No matter what's going on in our day, knowing that we will have an online check in at 8.30am or having our evening meal around 6 pm, can be a real comfort. The certainty of our routine can help us to manage the uncertainty that life can throw up. Coping with unpredictable periods of time can feel more doable when we have a little structure in place to look to.

REDUCE STRESS

Having a daily routine can help to reduce our stress levels. Trying to remember things can be really stressful and we can fill our brains up with everything on our 'to do' list; which can be incredibly overwhelming. When we have a routine, a lot of the things we do day-to-day slot in, and we don't have to think about them anymore. For example, we don't have to remember to clean our teeth, because we know from habit that teeth-cleaning comes after breakfast every day. Routine can take the guesswork and uncertainty out of bits of our day, which can allow us to feel more in control and less stressed.

POSITIVE HABITS

Having a routine can help us to create positive daily habits and to

prioritise self-care. Organising our time gives us the opportunity to build in blocks of time for things that are important to us. This can allow us to build in daily habits that help us with our mental health. It could include things like time to relax, or a regular bedtime. When they're part of our routine, it can make it easier to keep up with them because we have the time to do them and they become our 'new normal'.

IMPROVE SLEEP

One of the things that having a regular routine can really help with, is sleep. Sleep is really important for our mental health because going to bed and waking up at a similar time most days allows our body gets used to our sleep-wake cycle and sets our sleep-wake clock accordingly. This means that by having a regular sleep routine, especially if we build in some time to wind down before we go to bed each day, we should begin to find that we find it easier to get to sleep and sleep better once we are asleep.

BUILD IN ME TIME

Creating a routine allows us to build in time for the important things. This includes time to rest, relax, and have fun. It is not perfect – there are always going to be days when something overruns, a job takes three times as long as we expect it to take. But structuring our time to include some downtime increases the likelihood that we will manage to have that time most days. And will impact positively on our mental health in the long run.

Routine can be helpful when it comes to managing our mental health. The predictability of routine can offer some comfort in an otherwise unpredictable world. But we have to be a little bit careful not to get so stuck in our routines that they start to cause us stress or stop us from being able to do things that we want to do. As long as we're finding our routines helpful and not harmful and feel able to flex and change them as our life changes, they can be a great thing to build on and develop over time.

If you are struggling and feel that you need support you can contact the pastoral team on the email addresses below:

Safeguarding Team: Safeguardingteam@nailseaschool.com

Mr Mawford (Safeguarding Lead):
cmawford@nailseaschool.com

Miss Cadwallader (Deputy Safeguarding Lead):
lcadwallader@nailseaschool.com

Alternatively if you would prefer support outside of school please see the directory of services on the school website for outside agencies or contact your GP. If you worry that you cannot keep yourself safe, please call 999.

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NAILSEA SCHOOL STARS

Celebrating those that have aimed a little bit higher, believed in going the extra mile and succeeded in reaching their goals. If there's someone you think deserves "Nailsea School Stars" recognition, then please do drop us an email with details to fdavies@nailseaschool.com

- ★ Mrs Elliott is really impressed with #Team Nailsea for everyone's resilience and determination through soggy (and snowy!) January. Continue being brave - we've got this!
- ★ Mrs Haines is really impressed with all Keyworker and Hub students learning on site for being so brave and responsible when carrying out their COVID-19 tests You're shining bright #TeamNailsea!
- ★ Mrs Dowland is really impressed with Izzy M in year 7 for always going the extra mile with her work.
- ★ Mr Bedford is giving star-status to Lucy P in year 7 for an amazing paper drop investigation.
- ★ Miss Duckworth gives a big shout out to Marley G in year 7 for giving her best in her classes. Even when facing challenges she has been putting her best foot forward and giving tasks a go. Fab to see.
- ★ Mr Bedford is giving star-status to Samuel A in year 7 for an amazing write up of the paper drop investigation in Science.
- ★ Mrs Elliott is giving star-status to Billy G in year 8 for always being so punctual, polite and positive at the morning check in - it's great to hear from you.
- ★ Mrs Elliott awards star status to Finn G in year 8 for his noticeable focus on his work in the year 8 bubble - including a fantastic Lakers poster.
- ★ Mrs Elliott gives a big shout out to Matty M in year 8 for his never ending positivity and super outlook and for taking real responsibility for his own learning. Fab!
- ★ Mrs Elliott awards star status to Rhys M in year 8 for his really focused work in the school bubble. Time being used really wisely. Well done.
- ★ Mr Howard gives a big shout out to all his RE classes in year 9 for submitting brilliant essays on animal rights this term - well done!
- ★ Mrs Dowland gives a big shout out to Amy P in year 9 for consistently putting 100% into all of her work.
- ★ Ms Thompson gives a big shout out to Bethany D in year 9 for an excellent deforestation essay in Geography.
- ★ Ms Thompson awards star status to Brittany P in year 9 for an amazing essay on deforestation of the tropical rainforests.
- ★ Ms Thompson is giving star-status to Cherry B in year 9 for an excellent essay on causes and consequences of deforestation in the tropical rainforests.
- ★ Mr Howard is giving star-status to Eva L in year 9 for starting at Nailsea during a lockdown and already showing what she is capable of.
- ★ Ms Thompson commends Henry D in year 9 for super contributions to live lessons.
- ★ Mr Howard gives a big shout out to Henry D in year 9 for working hard from home and putting in maximum effort.
- ★ Ms Thompson is awarding Issy B in year 9 excellent work completed in lock down.
- ★ Ms Thompson gives a big shout out to Issy B-S in year 9 for an amazing essay on deforestation of the tropical rainforests.
- ★ Mrs Rutty is giving star-status to Isabel B in year 9 for showing an excellent attitude to learning in all of her remote English lessons.
- ★ Mrs Elliott commends Joe B in year 9 for excellent contributions and work submitted whilst in the school bubble. Great maturity shown.
- ★ Mr Howard commends Joseph B in year 9 for his really focused work in the school bubble. Time being used really wisely. Well done.
- ★ Mrs Elliott gives a big shout out to Katy B in year 9 for relentless focus and commitment to her studies when in the school bubble. A real example to younger students.
- ★ Ms Thompson gives a big shout out to Lucy M in year 9 for lovely work submitted in lockdown.
- ★ Ms Thompson is giving star-status to Maddy C in year 9 for excellent lockdown work.
- ★ Ms Thompson gives a big shout out to Martha R in year 9 for superb work being completed during lock down.



NAILSEA SCHOOL STARS - CONTINUED

Celebrating those that have aimed a little bit higher, believed in going the extra mile and succeeded in reaching their goals. If there's someone you think deserves "Nailsea School Stars" recognition, then please do drop us an email with details to fdavies@nailseaschool.com

- ★ Mr Howard commends Max D in year 9 for working hard during lockdown and also working on his fitness in the absence of clubs.
- ★ Ms Thompson gives a big shout out to Ollie W in year 9 for an excellent deforestation essay in Geography.
- ★ Ms Thompson gives a big shout out to Poppy R in year 9 for super work being completed in lock down for Geography.
- ★ Ms Thompson gives a big shout out to Scarlett L in year 9 for an amazing essay on deforestation of the tropical rainforests.
- ★ Mrs Dowland is giving star-status to Seth B in year 9 for always putting maximum effort into his work.
- ★ Ms Thompson commends Sophie B in year 9 superb work completed in lockdown.
- ★ Mr Graff is awarding Charlie H in year 10 for consistently smashing GCSEpod scores for GCSE PE assignments.
- ★ Miss Cahill is really impressed with Izzy D in year 10 for embracing remote learning and shining this past term.
- ★ Miss Cahill is giving star-status to Lily H in year 10 for literally shining during Term 3 with her contributions in French.
- ★ Mr Graff is giving star-status to Molly P in year 10 for your spokesperson talent to let me know the technology is working during LIVE GCSE PE lessons.
- ★ Mrs Ruttly gives a big shout out to Molly W in year 10 for her brilliant contributions in live English lessons this term.
- ★ Mrs Elliott commends Phoebe L in year 10 for making the right choices whilst in the school bubble and getting down to her studies this week.
- ★ Ms Thompson awards star status to Geography class 10 B for being so brilliant in live lessons and submitting such amazing work
- ★ Ms Thompson gives a big shout out to Geography class 10 D for being fantastic during your live lessons and submitting such superb work.
- ★ Mrs Ruttly gives a big shout out to Brooke M in year 11 for continuing to focus and participate in her English lessons.
- ★ Miss Cahill awards star status to Chloe S in year 11 for being a super star in live lessons and always giving 110%
- ★ Mrs Dowland gives a big shout out to Connie B in year 11 for producing really high quality work since we've been in lockdown.
- ★ Mrs Ruttly is giving star-status to Hermione H in year 11 for her brilliant attitude to learning in English. Well done!
- ★ Mrs Dowland commends Lauren P in year 11 for her consistent hard work.
- ★ Mr Bedford commends Molly L in year 11 for excellent work and participation in lessons during lockdown.
- ★ Mrs Dowland is really impressed with Rebecca B in year 11 for always putting her best into all of her work.
- ★ Mrs Britton gives a big shout out to Amy H in year 12 for signing up for Burges Salmon insight to law day.
- ★ Mr Reddiford stars are his A Level Politics group in year 12 who are engaging so well with online learning and happy to have full discussions on Teams, just like if we were in class.
- ★ Mrs Britton gives a big shout out to Sara M in year 12 for being accepted on Speakers 4 Schools virtual work experience with RAF and Trent Water.
- ★ Ms Thompson commends Geography class 12 E for contributing so well in live lessons.
- ★ Mrs Britton gives a big shout out to Amelia B in year 13 for being accepted on Speakers 4 Schools virtual work experience with RAF.
- ★ Mrs Britton gives a big shout out to Michaela A in year 13 for being accepted on Speakers 4 Schools virtual work experience with RAF.
- ★ Ms Thompson is giving star-status to Geography class 13 B for excellent lock down work and being so brilliant in live lessons.

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