



Spring 2021

# NEWSLETTER

## TWO RIVERS High School

### CALM BRAIN



One of the most **effective** things that we have purchased as a **school** this year has been an app called **CalmBrain**. Staff report that it is brilliant for helping them to **reduce** tension, calm frayed tempers, increase concentration, turn **students** onto work and provide a brain break between activities. We use it in the **classroom** with the whole class, small groups or individuals to get them into the right **mindset** to start work. When you log on, there are a range of short videos that take you through a **series** of physical exercises to music – some strenuous, some not, most can be done **sitting** as well as standing – there are different ones to **energise** or **calm**. We were absolutely delighted this week when we heard from the creator, **Dr Sarah Taylor**, that you can all have **free access** to it enabling you to use it at home. I really do recommend it. All you need to do is contact:

[calmbrainsupport@calmbrainapproach.com](mailto:calmbrainsupport@calmbrainapproach.com), providing the following information:

Parent first and last name. **NOTE:** we do not need the name of the child.  
Parent's email address.  
The name of the school their child attends.

We would **strongly** encourage you to watch the short videos at [www.calmbrainapproach.com](http://www.calmbrainapproach.com) to help you understand what **CalmBrain** is

**your school lottery**

**BUY A LOTTERY TICKET & SUPPORT YOUR SCHOOL**

New Year, New Resolution - Buy a lottery ticket to support our school!

- Cash Prizes to be WON every week!
- Match all 6 numbers & WIN £25,000!
- Tickets cost £1 each, per week & 40% of ticket sales goes to our school.
- Draws are every Saturday at 8pm & results posted online.
- Joining is easy, just visit our web page to support us now.

To start supporting, visit:  
[www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk)

Search for:  
**Two Rivers**

Supporters must be 16 years of age or older. Sign up before the 16<sup>th</sup> February 2021  
\*Terms and Conditions apply - see website

## Welcome to our latest Two Rivers High School.....Newsletter!

January return to school was not as we had expected before Christmas but thank you all for taking on this new challenge that COVID has brought us. Safety and limiting the spread of COVID has been most important and I thank everyone who is working so hard at home to keep your child safe. Staff have and are continuing to provide excellent online lessons, remote education, work packs and phone support. Please do remember to keep in touch with your form tutors and ask if you require more support.

Keep safe and well. Miss Brindley

[www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)



## Nature and the environment



**MENTAL HEALTH AWARENESS WEEK**  
**10-16 MAY 2021**

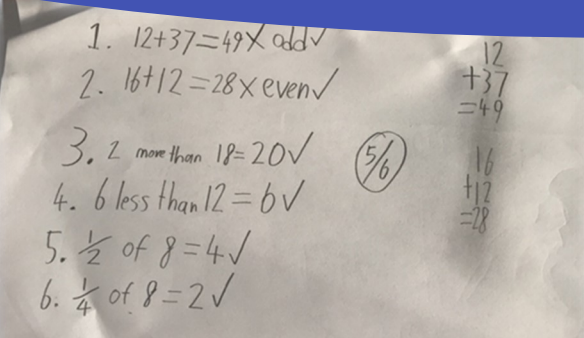
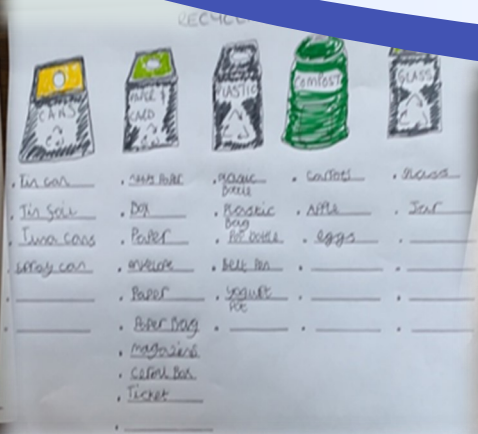
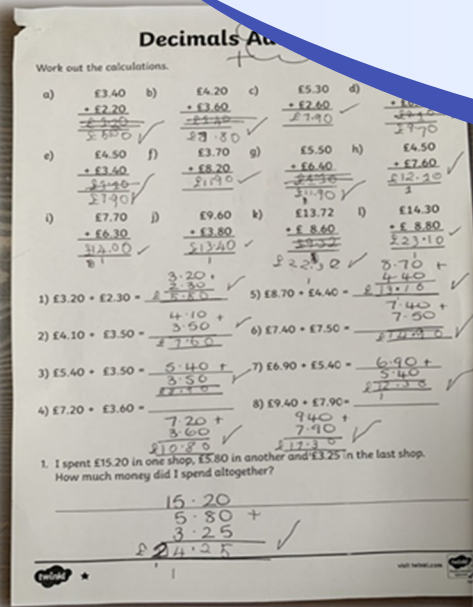
### Upcoming Events

**Half Term** - 15th - 19th  
February 2021

**Terms Ends** - 31st March  
2021

**Staff Training** - 1st April  
2021

# Lower School



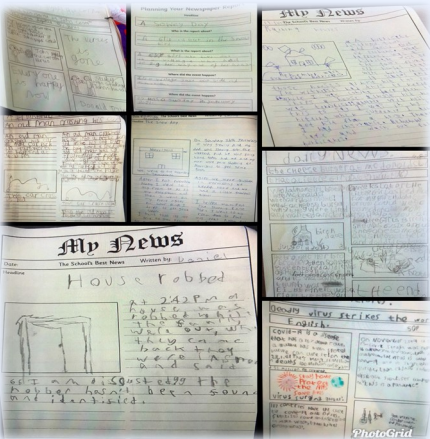
## Here is some of the amazing learning from Lower B

**Lower B** have been working really hard during lockdown.

They have shown great **maturity** whilst being at home. They have been **working** to the best of their ability with their **home learning**.

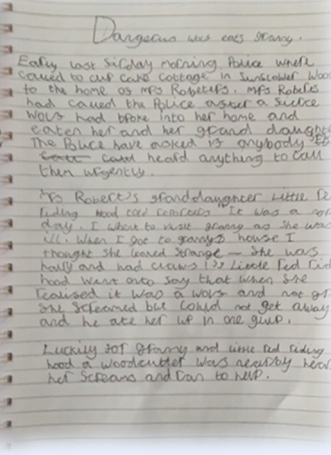
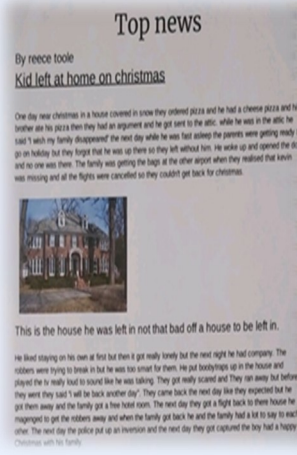
Our pupils who are in school have **adapted** well to their situation and are pushing themselves to **succeed**.

The class have also been participating in **teams' meetings**, which has allowed us to interact all together. It has been **lovely** to see all of their smiling faces.



## Lower S

Well, we certainly have some budding Newspaper Reporters in **Lower S**, this term we have been **looking** at how to plan and write a **newspaper report** - we've had everything from '**John Cena fighting the Corona Virus**' to an '**Old Man Crashing his Car**'.....look out Daily Mail, **Lower S** are coming!



## Belated Christmas News...

Last year, students from all years took part in the **Mayor's** Christmas card competition. The theme was a 'Christmas scene in Tamworth'. **Ruby Oberg's** artwork was chosen as runner up from all the schools in Staffordshire. She created her **Tamworth Castle** design independently. Well done Ruby!



**Lower L** enjoyed the snowy conditions a few weeks ago and **many** built a snowman!

Here's Wiktor and Ruby B with theirs!



# Middle School



## January Remote Learners of the Week

Well done to **everyone** embracing the **remote learning** during this lockdown. It has been **great** to see so many of you **online**.

Each week we are going to announce the '**Remote Learners of the Week**' (catchy title!). The winners for the last few weeks are entitled to a **famous** middle school prize when we **return** to school.

w/c 11<sup>th</sup> January: Kyle B / Alfie B / Grace L

w/c 18<sup>th</sup> January: Thomas H / Rhianna W

w/c 25<sup>th</sup> January: Holly R / Callum S

w/c 1<sup>st</sup> February: Daniel W / Brad H

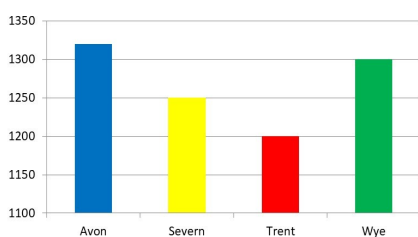
## Middle School English

**Well done** everyone in **Middle E** and **Middle S** for completing their speaking assessment on **Teams**.

I know it was a bit **surreal** but I thought you did a **fantastic job!** I had lots of great suggestions for **days out** in the local area. I was really impressed with your **spoken language** and brilliant use of opinions.



House points – This Term



The Vivo reward system remains as popular as ever with students earning points whilst learning on-line. Avon are only slightly in the lead with Wye nipping at their heels!!



## Middle School Science

Middle school **students** were tasked with creating **lava lamps** as part of their **science** work this week, the stand out project was **Chloe T** from Middle M.

Well done to all students.

## Times Tables Rock Stars

Some students have made **excellent** progress on TTRS since we **introduced** it last term.

The **three** top students who have completed more questions than anybody else in the school since we started are **Holly W, Daniel W** and **Olivia B** — congratulations to them and to everyone else who has worked so hard **practising** their times tables.

**Middle E** have won the Middle School competition this half term with an **impressive** 4 wins to **Middle S's** 1 win so far. Can **Middle S** close the gap next week in the **final** match of the series?

**Watch this space!**



# Upper School



Sixth Form students working at home or in school have been improving their **cooking** skills. So far we have made chicken pie, potato and leek soup and lasagne, **everyone** is enjoying making and eating their **meals**.



For **environmental** studies we have been helping the **birds**. We have made apple **birdfeeders** and recycled bottles and egg cartons to **make** feeders.



#STAFFSLOCKDOWN3PEAKS

## Virtual Three Peaks Challenge (In your local area)

### AIM

Can you take on the iconic three peaks challenge in your local area? You can challenge yourself to complete this individually or with members of your family who you live with. The aim of this challenge is to keep all family members as active as possible during lockdown. You can walk, jog or cycle (as long as these activities are allowed according to the most up to date Covid guidance).



### HOW DO I TAKE PART?

During your daily walks, log how far you travel around your local area (you can use an app, smart watch or Google Earth to measure distances covered), then take a screen shot of your app to show how far you have travelled on your walk. Repeat this until all 26 miles have been completed or the deadline has been reached. Once you have finished the challenge, take a photo of your record sheet and email it back to your teacher. They will then send you an 'I completed the Virtual Staffordshire Three Peaks Challenge' certificate. Even if you don't complete the whole challenge, please send your record sheet back to your teacher so they can see the effort you have put into attempting the challenge.



### HOW CAN MY FAMILY (WHO I LIVE WITH) GET INVOLVED?

You complete the challenge form as an individual but we would encourage other family members (who live with you) to walk with you and complete the challenge for themselves. Please feel free to print off a record sheet for all members of your family!



### HONESTY

This challenge relies on the honesty of those taking part. This is not a competition against other people, instead we want to see how many people can successfully complete the virtual Three Peaks challenge during lockdown! Can you be one of them?

### CERTIFICATES

Once you have completed your record sheet, make sure you return it to your school by Tuesday 23rd of February 2021. Once your school has received your completed record sheet they will award you with an 'I completed the Virtual Staffordshire Three Peaks Challenge certificate'!



ARE YOU READY TO TAKE ON THE CHALLENGE?



# TOGETHER ACTIVE

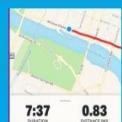
Staffordshire & Stoke-on-Trent

#STAFFSLOCKDOWN3PEAKS

## Virtual Three Peaks Challenge Record sheet

Name:  
Class/Form:  
Did any of your family members take part with you?  
If so how many?

**EVIDENCE EXAMPLE**



Take a screen shot of your app and add it to this sheet every time you walk, jog or cycle around your local area. When you have completed 26 miles or have reached the deadline of the 23rd February 2021, take a photo of this sheet and send it to your teacher to get your certificate. Cross off the miles along the bottom of the sheet to help you keep track.

**HAVE FUN AND GOOD LUCK!**