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## THOUGHT FOR THE WEEK - BOOKS IN A TIME OF CRISIS

MR C C MULLER, HEAD



us to see how issues can play out. We have a front seat into the lives of others.

There is a widespread view that our pain and worries are private and they belong to an inner, inaccessible world of our own. There is also a view that reading in times of stress and difficulty can do little to reduce the very real sense of anxiety that we all feel. Our worries are locked within us; they are something that no-one else can know or share. We can feel isolated emotionally from the world. Perhaps that sense of isolation is exacerbated through physical isolation - a condition which we are all now experiencing.

At challenging and stressful times, books and reading perform a unique service, in that they flesh and tease out the concepts, principles and outlines of human stories - they enable

So what role can reading play here and now, in our lives and at times of stress, worry and crisis? Reading can often be assumed to have little direct connection to our actual, everyday world. Yes the words on the page are well chosen, and sometimes they are thoughtful, but can they connect with or really express the current feeling of pain and distress?

I think that the truth is rather different. Reading provides us all with an exclusive pool of shared experience, shared human feeling, and shared emotions within the body and mind. Reading not only provokes feelings within us, it exposes and understands those feelings.

When we read the world jumps out at us, and we know that we are not alone. Sometimes it is genuinely fantastic, at other times it delves into the ordinary and mundane. However our experience, reading transports and nourishes us.

In the darkness, reading is light; it is enjoyment and it is vital. Reading enlarges our horizon and stretches our vision. It gives us wisdom as well as knowledge. It develops our understanding. It makes us human and secures our connections with each other.

Please be safe and well and take the opportunity to read.

*"May I have a goodly supply of books and food to last the year; nor may I waver to and fro with the hopes of each uncertain hour."*

*Horace*

Epistles: 1.18.109-10



# RINGING THE CHANGES

A DAY WE'LL NEVER FORGET



In the run-up to Friday 20 March, the SWPS Leadership Team was preparing for inevitable news of school closure. However, as with all unwelcome news, it landed with a thud.

Briefing assemblies were rolled out to ensure that everyone was equipped to deal with sudden and all-encompassing change, from working alongside friends to an indefinite period of enforced separation with remote learning from home.

Emotions across the school were running high, but for Year 11 and Senior 6th students the feelings ran much deeper - goodbyes for some looked like goodbye forever - and with uncertainty around public examinations, it was truly a rollercoaster of a day.

In true SWPS style the mood lifted on departure as Year 11 took to singing Queen songs in unison at full-volume, while doing a conga from the Dining Room throughout the entire school. With my permission our wonderful girls signed shirts and enjoyed their day - a rite of passage I would never have denied them - they did St Trinian's meets SWPS in style!

How sad that they and our fantastic Senior 6th have had to forego so many special moments on their approach to the end of the Summer Term - last day in school, study leave, the exam season whirlwind, Year 11 celebrations, 6th Form induction days and finally the Senior 6th Ball.

My heart goes out to them all. Sometimes life doesn't seem fair. March 2020 has proved to be one of the most unforgiving periods of my 34 year teaching career. Who will ever forget it? But as I said to several groups of students, just imagine the tale they will have to tell their grandchildren, about the untold events and changing times they have witnessed - and been part of. Let's hope, when this is done, that this next generation truly rings the changes.

I sit here in a quiet, empty school, with just the memories of daily life filling the corridors. One thing however remains sure, the good days will be back and I personally will plan the biggest celebration of modern times for our community - watch this space! My warmest wishes to you all and may you and your families be blessed with good health throughout this challenging time.

Thank you all for the wonderful emails and warm wishes you have sent. Do keep in touch via our twitter and facebook accounts to let us know how you are doing. I'm already getting fantastic feedback about our students, and how they are continuing to approach their studies with an excellent attitude. I look forward to seeing their smiling faces soon.

MRS HUSSELBURY  
SENIOR DEPUTY HEAD

## MEET OUR NEW HEAD GIRL



Sophie Hawken has been appointed our new head girl, along with her new team Immy Elliot, Mythili

Chawan and Cicely Tam. The Team are committed to SWPS and understand their responsibility in providing a bridge between staff and students as well as being public faces of the school.

Sophie impressed the interviewers with her sensible approach to handling conflict, and had some strong ideas about making the Sixth Form more accessible to the rest of the school - at a time when community is so important her ideas stood out.

We bid a sincere thank you and farewell to our outgoing Head Girl Mariella Trickett and her team; they have been resourceful, reliable, supportive and creative - we wish them every success.



*"Can I please pass on my thanks for the very full curriculum that is continuing to be delivered... It's been an amazing effort"*

*Parent Comment*



@SWPSOFFICIAL

# NEWS AND MORE

STORIES FROM SCHOOL AND HOME

## DIGITAL SWPS

The big focus of our Digital Strategy over the last 12 months has been to up-skill staff ready to incorporate digital learning into the classroom.

The current situation meant that this decision was taken out of our hands, but our planning has been incredibly useful, preparing many of our staff for the challenging road ahead.

When school closures became apparent we ran extra sessions for staff and students to ensure they were prepared for this new remote learning environment, and we are now reaping the benefits in the successful delivery of lessons!

Each day our students engage with new tools and learning platforms and continue their relationships with each other and our staff. We are keeping an eye on things, exploring how we can enhance your child's digital learning experience, and we can now say that this has been a hugely successful week.

A quick reminder that students should log into Teams to register, and tasks will be set on Firefly (this is now back up to speed). Keep an eye on our posts, we will include hints and tips on digital learning.

MRS TIMPSON  
HEAD OF COMPUTER SCIENCE  
& DIGITAL STRATEGY

## THE RIGHT POSTURE FOR REMOTE LEARNING

With lots of families now working from home together we are aware that work spaces are likely to be shared; however If you are using a lap-top or device at home here are some useful hints and tips to help you stay in good shape while you are studying:

A comfortable work station set-up promotes the following:

- Neutral posture - neck should be aligned with the spine, not bent or thrust forwards;
- Back relaxed but supported
- Shoulders relaxed, not hunched or rounded;
- Elbows close to the body and bent at an angle between 90 and 120 degrees;
- Wrists and hands straight, not bent or turned.

When setting up your laptop or device, do the following:

- Place the top of the screen at eye-level.
- Use a laptop stand or place your device on a stable surface so that the screen height can be adjusted.
- Attach a regular size external keyboard and pointing device and place them on a desk or adjustable keyboard tray. Position at, or slightly below elbow height.
- Use a foot stand if necessary.
- Stretch every 30-45 minutes.



"...thank you for all the effort that is clearly going on behind the scenes in delivering remote learning for the girls... it has appeared to be a relatively seamless transition."

Parent Comment



## GOOD MORNING 6TH FORM

Mrs Synge's morning messages to our Sixth Formers are a great way to get the day started.

Check out [Firefly](#), for inspirational messages, tips, information and uplifting music. Get your day off to a flying start.



## PAINTING WORKSHOP

An experimental painting workshop held on Saturday 14 March was a great success. Lizzie our Artist in Residence introduced experimental techniques to an enthusiastic group of students from Years 7-9.

The morning focussed on painting with ink, using abstract brushstrokes and experimental techniques in preparation for their final artwork. After lunch each student created a final artwork on canvas in oil paint and mixed media. The students enjoyed the freedom of working from their imaginations.



EXPERIMENTAL ART - LIZZIE



## STORIES FROM SCHOOL AND HOME

During the current circumstances, music can play an important role in maintaining our wellbeing and mental health.

Often listening to some music can make a difference to someone's day and mood; so we would like you to have access to the wonderful music and uplifting performances of our very own students: [click here to listen](#).

- listen to a short piece when you would normally walk to lessons;
- play a piece while making a drink, during break-times and lunchtime;
- play an upbeat recording to start your day, or a calming piece as you finish.

We hope you enjoy our SWPS music either individually or as a way to bring your household together.

Head for the Linguascope website and download the new free app 'Labo Grammaire' to practise your French vocabulary.



Check out our [new Drama Firefly page](#) to watch free live theatre online. You can also try these sites for live productions and video links.



Year 7 students were challenged to take a photograph from the natural world, that a theist might claim as evidence of design by a higher power. This lovely image is by Charlotte, 7Q.

The creative world is using this time in isolation to get inspired to be as creative as possible using only the tools they have to hand! If you fancy a challenge - here it is:

Create your own stop motion film around one minute in length using objects in your own house as the subject/s; [click here for an example](#).

- You can film this on your smartphone using the free app 'Animate it Lite'.
- Add music using the free app 'add music to video'.

Send completed videos to [cconquest@swps.org.uk](mailto:cconquest@swps.org.uk); using OneDrive if the file size is too big.



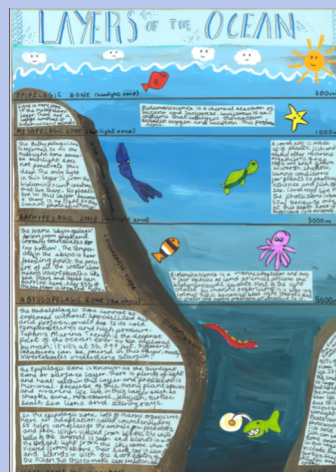
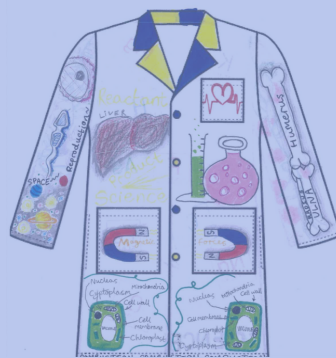
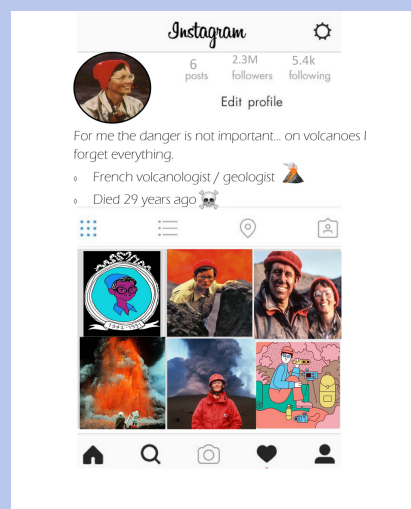
Pit your wits against our maths puzzle of the week! Entries by next Friday, [click here for this weeks](#) brain teaser!



Last week we celebrated Science Week 2020 with rockets, burps and sea monkeys!

The best posters are shown below, well done Eden Sung 7L for a wonderful lab coat creation.

Year 8 Physicists created a social media profile for a famous female scientist past or present - the winner was Laura Horgan, 8Z, with an Instagram profile for late volcanologist Katia Krafft.



**National  
Theatre**

**WHAT'S ON STAGE**



# EDUCATIONAL RESOURCES

## EDUCATIONAL SITES SITES TO INSPIRE

While you're at home there are thousands of websites available for you to turn to for background reading, tutorials videos and inspiration. You'll never be stuck for information, but you might find it hard to know where to begin; so we've compiled some of the best resources available for you to get started.

Whatever else is out there, don't forget that our own SWPS Library is also full of resources, most of which you can access via Firefly or Infiniti.

In coming weeks we will continue to add new links for different subject areas, as well as some really fun stuff to inspire you when you need a break. Remember to spend a good amount of your free time away from your screen - get your daily exercise, and if boredom sets in a good book can transport you somewhere else in an instant.



### BBC BITESIZE

Choose from a vast set of resources. Designed for all ages. Created by teachers and educational experts.



### BBC TEACH

Home to thousands of curriculum mapped videos. Arranged by age-group and subject.



### KHAN ACADEMY

Practice exercises, instructional videos, and personalized learning dashboards to empower learners.



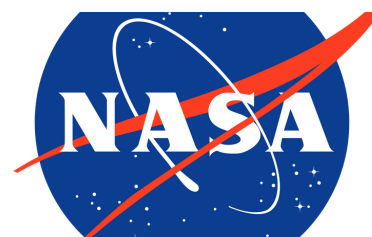
### TED-ED@HOME

Expert educators and TED speakers create and share daily high-quality, interactive, video-based lessons.



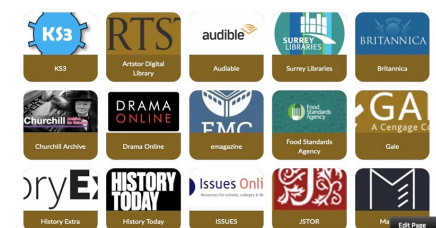
### CRASHCOURSE YOUTUBE

Head over to YouTube for hundreds of inspiring videos for every interest and subject!



### NASA STEM @ HOME

A huge wealth of STEM resources for students of all ages, with a very special NASA twist.



### SWPS LIBRARY

Access our very own library on Firefly as a useful starting point for thousands of resources for reading and research.



### SWPS INFINITI

If you experience any problems with loading Firefly head to Infiniti to access library resources.



### PATHWAY2SUCCESS

Games to improve executive functioning skills - enabling task completion, improving organisation.



@SWPSLIBRARY

# PHYSICAL ACTIVITY RESOURCES

PHYSICAL, SOCIAL AND MENTAL HEALTH SITES TO MOTIVATE AND UNWIND



At a time of such uncertainty, it is so important that we all look after our physical, social and mental health. All students can access activities through their Firefly accounts. Guidelines recommend 30 minutes of physical activity every day, and we aim to provide resources to assist students in this.

Content for Years 7-9 is divided into three areas and will change weekly, please encourage students to track what they are doing. They can of course complete their own activities such as a game of garden badminton or a cycle; we also have specific netball and hockey pages; there are lots of sport specific ideas for those missing training.

Years 10-13 have been provided with resources which match the more recreational nature of their PE curriculum. Students can select the area they wish to work on, for example a dance workout for cardiovascular endurance or mindfulness for relaxation. There are family activities and personal challenges to engage in too.

Finally we have heard from students how much they are enjoying Joe Wicks workouts. They are available on YouTube and can be accessed all day; further recommendations are listed below.



## THE BODY COACH

The Body Coach TV posts weekly HIIT workouts to help get fitter, stronger, and healthier. No gym required.



## YOGA WITH ADRIENE

Connecting people of all levels through high-quality yoga. Find a practice to suit your mood.



## THE MINDFUL MOVEMENT

Tap into your inner calm, develop a positive mindset. Guided meditation, visualisations and yoga



## POP SUGAR FITNESS

Pop Sugar Fitness offers fresh fitness tutorials, work outs and exercises to help you on the road to wellbeing.



## SOLO SESSIONS

Inspiring creative thinking around netball training for those who want to up their game!



## ADIDAS WOMEN

Linking women around the world in guided workshops, adventures, mindset and nutrition tips.



## JUST DANCE 2020

The ultimate home dance party. Choose your favourite song and dance along - get everyone involved.



## FITNESS BLENDER

So much time, so many workouts! Full length work out videos designed by personal trainers.



## MIND

For concerns about Coronavirus and general wellbeing, mindful help and advice.



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