



The Westgate School

Summer Term 1 2021 Issue 5

Newsletter

Good Luck Leavers

Wow – can you believe it is time to say goodbye to our **EXCEPTIONAL** year 11 and 13 students already? They have certainly been real **INFLUENCERS** in my opinion – showing us all that, despite a year like no other, being **DILIGENT** and **RESILIENT** makes all the difference. We cannot be prouder of them and their individual and collective contributions to TeamWestgate. I hear words such as **KIND**, **FUNNY** and **MISCHIEVOUS** when staff share some of their stories over the years. Possibly a few other words at times where patience has maybe been tested! However, above all **RESOURCEFUL** and **ADAPTABLE** are words that have characterised their ability to navigate these uncharted territories. Year 11 and 13 you have without a doubt been **COURAGEOUS** in the face of uncertainty.

We hope you continue to be **SMART** in what you do and how you go about things so that others see your **'LIKEABLE'** and **'DELIGHTFUL'** personal qualities. We are sure the future is bright for you all as you start the next chapter in your journey. Continue to take pride in all you do and be **ADVENTUROUS** in grabbing opportunities open to you. Be prepared to step outside your comfort zone because you are the **LEADERS** of tomorrow. We are proud of you all and know that you are equipped for the future and the challenges that come your way. Always remember: a smile, kind words and the ability to reflect will ensure you stand out in a crowd. Stay safe and keep in touch with us.

Mrs Cooper

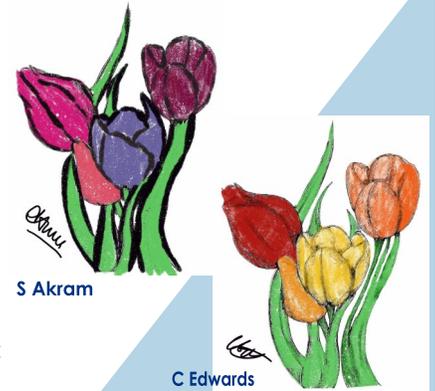


5 Ways to Wellbeing

Mental Health UK have teamed up with award-winning artist **Paul Cummins MBE** on a campaign to spring into action! The tulip has a colourful past. Having withstood a virus, it flourished brightly against all odds and flowers each spring. Quite simply, the tulip is a timely emblem of hope and rebirth through adversity.

We want you to act by starting a dialogue about the '5 Ways to Wellbeing'. Whether that's with family, friends, a neighbour or a colleague – each conversation counts.

Colour your own like us! See the last page of newsletter for a blank copy. Share yours at community@westgate.slough.sch.uk



One last swim?

Open water, even on the hottest days can be freezing.

Cold water shock lead to:

- Increased heart rate and blood pressure
- Uncontrolled gasping, swallowing water
- Limited movement and coordination
- Panic
- Sinking



Other dangers of open water like Jubilee River are: hidden objects, fast flowing water, diarrhoea from bacteria and getting stuck in the weir.

Stay out of the water. Do not cross the weir.

Scooter Safety

Slough Borough Council is currently completing a trial on E-scooters and the school is aware that some of our students have been renting scooters underaged. To ensure the health and safety of the school community, can we remind parents of the council's criteria on the use of E- scooters.

<https://www.slough.gov.uk/parking-roads-travel/e-scooter-trial/4>



Active Bodies

It is important to ensure our minds and bodies are always active. An active body will keep your physical fitness at its best, whilst also helping with other areas such as sleep and focus.

Physical Activity

Physical activity is simply moving your body.

Exercise is physical activity that is specifically to improve or maintain physical fitness.

Examples:

- Walking
- Vacuuming
- Laundry
- Doing the washing up
- Washing the car

Examples:

- Jogging or running
- Sit-ups
- Push-ups
- Bike riding
- Sports
- Aerobics
- Swimming

Quick and easy changes you can make to have a more active body:

Walk or cycle to school



When you hang out with friends, plan a physical activity like football or a bike ride



Take the stairs instead of the lift



Active Slough Outdoor Offline Programme

Participants are required to sign-up in advance and commit to attending all five weeks of sessions when they register. We ask that participants consider this carefully and be mindful of others when they do sign-up.
Participants can sign up to a maximum of one Active Slough programme class, we can only work with limited class sizes and need to ensure as many individuals from across the borough benefit from the sessions. As per government and public health guidance, social distancing will be in place for all sessions. Individual classes will be limited to five people per coach/instructor.
The exception being Arbour Park football sessions, where three coaches will be in place and 15 class spaces available, as the large pitch enables social distancing and bubble rules to be implemented and adhered to. This programme will accompany our free online timetable, which includes two daily 30 minute classes, all led by local instructors and broadcast live on our Facebook page: www.facebook.com/activeslough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Inclusive Football 11am-12noon Arbour Park, Stoke Road, SL2 5AY 18+	Classic Aerobics 9.45-10.30am Maplin Park, Market Road, SL3 8XY 18+	Walking Football 11am-12noon Arbour Park, Stoke Road, SL2 5AY £3.50 18+	Pilates with Rosa 11am-12noon Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW 18+	Pilates 10-11am Britwell Parish Hall, Long Furlong Drive, SL2 2PH 18+	Saturday Morning Yoga with Luisa 10.45-11.45am Langley Memorial, Langley Road, SL3 8BS 18+	Pranayamas Yoga 2-3pm Mercian Rec, Mercian Way, SL1 5ND 18+
Junior Football 5-6pm Arbour Park, Stoke Road, SL2 5AY Ages 5-11	Britwell Sweets 11am-12noon Britwell Parish Hall, Long Furlong Drive, SL2 2PH 18+	Pranayamas Yoga 10.30-11.30am Wexham Tennis Courts, Norway Drive, SL3 5QP 18+	Junior Futsal 5.30-6.30pm Ditton Park Academy, Kings Reach, SL3 7UX £3.50	Teen Football at Arbour Park 4.30-6pm Ages 13-16	Westfield Sports Club 3-4pm Westfield Community Centre, SL3 BUR Ages 5-11	Boxercise with Aleks 4-7pm Pippins Park, Raymond Close, SL3 0PP 18+
Female Fighting Fit 6-7pm Singh Sabha Sports Centre, Stoke Road, SL1 3LW 18+	Teen Disability Football 4.30-5.30pm Arbour Park, Stoke Road, SL2 5AY Ages 13-16	Kids Multi-Sports and Adults Bootcamp 7-8pm Pippins Park, Raymond Close, SL3 0PP 5-11 for multi sports and 18+ Bootcamp	<p>Programme starts: 26/4/21 Programme ends: 20/6/21 All sessions free unless otherwise highlighted</p>			
Adult Boxercise with Kay 4-7pm Langley Grammar School Reddington Drive, SL3 7QS 18+	<p>www.slough.gov.uk/activeslough @activeslough</p>					



Complete a registration form to reserve your spot

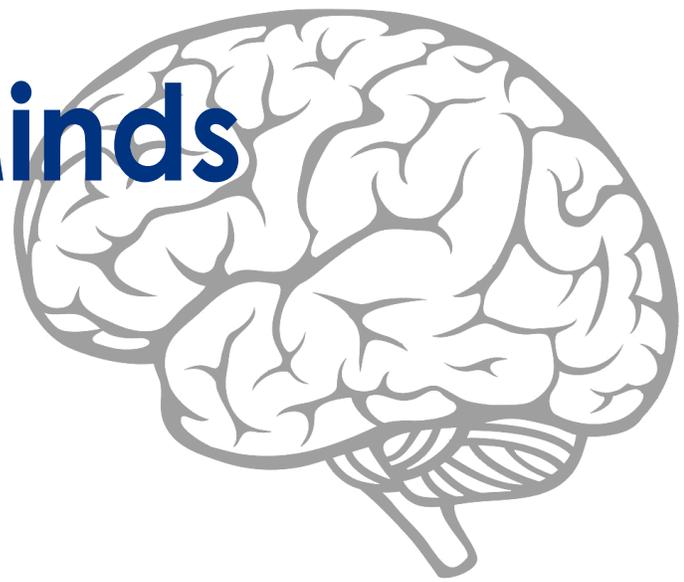


An up to date timetable can be found via this link:

[Click here](#)

These programmes are updated every 8 weeks.

Active Minds



It is important to ensure our minds and bodies are always active. An active mind is key for keeping us alert and happy in our everyday lives.

Mind Plan

1

Relax your muscles and mind

Sometimes we can be so tense that we do not even remember what being relaxed feels like. This exercise teaches you to recognise when you are starting to get tense and how to relax.

2

Move more every day

Being active reduces stress, increases energy levels, and can make us more alert and help us sleep better. Find ways to add a bit of physical activity into your day. An easy way to start is with our follow-along home-workout videos.

3

Make time to chat

Chat with a friend each week, even if it's over the phone or video chat. Staying in contact with family and friends helps combat loneliness and can have a positive effect on your mental health.

4

Reframe unhelpful thoughts

Check out our short video to get some practical tips on how to challenge unhelpful thoughts and help improve your mood.

5

Take time to reflect

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small.

6

Be prepared, feel calm

If you have a busy day or week coming up, spend a little time planning before you go to bed. Think about what you can organise or pack the night before, and plan some short breaks in each day.

[Take the quiz to get your Mind Plan!](#)

What's a Mind Plan for?

Now, at a time when you are busy supporting yourselves and your families through this challenging period, it's important that you look after your own wellbeing.

Public Health England's mental health campaign Every Mind Matters offers a free online action plan, approved by the NHS, that offers simple steps we can all take to care for our mental health. The tool can help to deal with stress and anxiety, boost mood, improve sleep quality and take control of our wellbeing.

Art Corner

Around school

Year 7– Colour Wheel
 Year 8– Perspective
 Year 9– Sea Life & Comic
 Year 10– Environment



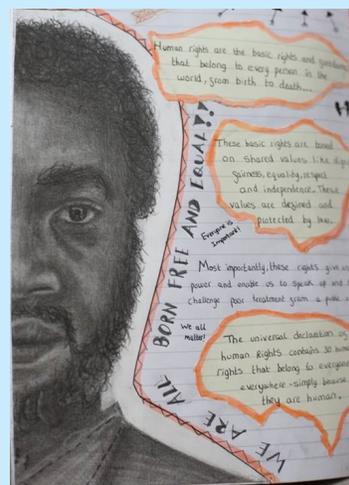
Drama We have loved catching up with students about the outside of school drama clubs they have been attending since they have re-opened. Thank you, Ellen L (year8), for sharing with us your experience with meeting your inspiration Danny Dyer and attending 'Mellor Performing Arts School' and congratulations to Daisy H (year 7) for landing herself a role in High School Musical at her local drama club. Drop by the drama studio if you have any theatrical news of your own, we love to hear what you have been up to! Watch this space for what the drama department have coming up!

Miss Annesley

R.M.S.

Isabella J (year 8) created a captivating poster on the importance of Human Rights.

Mr Hussain



UKMT

Congratulations to our winners of the Intermediate Mathematical Challenge!

Grey Kangaroo:

- Zenab H– 25
- Afrin R– 56
- Mohez T– 80

Pink Kangaroo:

- Darren H– 64



Mrs Green

P.E.



Casey C (year 8) has been putting her coaching qualification to good use and worked as an assistant coach delivering a Soft Archery session to an Inclusive SEN Group with a range of disabilities.

Mr Elvery

Careers

It has been a pleasure to support our transition students in Years 11 and 13 with their Careers planning and research. I look forward to staying connected with them as Alumni students and to invite them back into school to help the younger years as they plan their futures! Stay in touch at klg@westgate.slough.sch.uk

What's coming up

First Aid for Adults

15/06/21 10:30am-1:30pm

C3746784



Introduction to Supporting Adults with Autism

07/06/21-12/07/21 Mon 9:30am-11:00am

C3746721

Introduction to Autism

14/06/21-19/07/21 Mon 11:30am-1:-00pm

C3746723

Inclusive Books for Teens

16/06/21 9:30am– 11:30am

C3746866



To enrol call:
0300 303 3464
 or [click here](#).



Nature Photo Competition

Open to staff and students! Entries must be emailed to community@westgate.slough.sch.uk by Friday 9th July 2021



Final Farewell

Year 11



Year 13



