



The Westgate School

Newsletter

Spring Term 2021 Issue #3

Hope, Humanity & Volunteering



The past year has been difficult for everyone no matter what the individual personal circumstances are. There have been points where everybody, including myself, has felt like there is no light at the end of the tunnel. During these times it is difficult to make sure that we continue to push to have a positive mindset. With a positive mindset it will not make this time go any quicker but it will make things a little easier. During both lockdowns I have found what has supported my mental health is by following the example of the Duke of Edinburgh (DofE) award.

The DofE is broken down into various sections, but the three main ones are physical, skill and volunteering. The Westgate School now has over well 100 students doing the DofE across four different year groups. It has been fantastic to see that even during our second lockdown students are striving to complete the DofE. Not only because I know doing the different sections help with positive mindset, but also because of the support our students are offering the local community by doing volunteer work. Students have been involved in writing supportive letters to care home patients as well as, with their family, making food deliveries to houses for some of the most vulnerable and key workers in our community.



If you want to continue building a strong mental health during lock down, or just want to continue supporting and bringing our community together, have a look at the link below for ideas.

<https://www.dofe.org/dofewithadifference/activities>

Mr Barber

An interview with your **Head Boy & Head Girl**

1. How are you both doing?

AC: My current situation is unorthodox however I am taking part in the remote learning meaning I am still able to learn my subjects and develop exam practice, which brings me some calm every day.

LC: I am sure that most of you would agree that it has been difficult to adapt as it is not easy working from home, just be sure to remind yourself of the famous saying "If you put your mind to it, you can accomplish anything". I know what you may be thinking, that this is easier said

than done, I myself have been struggling with finding the motivation to get out of bed and sit within the same four walls for 5 hours a day too!



2. What's been a highlight of your half term?

AC: The highlight of my term was the core practical I carried out in chemistry and biology, it allowed me to visualise the theory work I have been studying for so long and allows me to gain further understanding of those subjects.

3. What message do you have to your student body?

LC: I would like to finish with my favourite quote:

"When it rains look for rainbows, when it's dark look for stars."

- Oscar Wilde

Do you have a Passion for Poetry?

Lockdown Laughter OR Lockdown Loneliness

It's not a crime if it doesn't rhyme.

Write it as a sonnet, no need to get a bee in your bonnet.

If you're seasoned or a beginner, it could still be a winner.

It could be solemn or have wit, just don't forget to submit!

Open to staff and students.

Entries to be submitted to
community@westgate.slough.sch.uk
will be announced in the next newsletter.



Help & Advice

<https://outlook.office365.com/owa/calendar/>

[SloughBoroughCouncil1@slough.gov.uk/bookings](mailto:cil1@slough.gov.uk)

<https://www.publichealthslough.co.uk/campaigns/one-slough/>

<https://www.mentalhealth.org.uk/get-involved/wellbeing-week/download-pack>



<https://www.internetmatters.org/>

Year 9 GCSE Options

Mr Paxman, Director of Learning of Year 9, could not be prouder of the Year 9s, they have embraced the start of the Year 9 Options process, engaging with virtual assemblies asking important questions to help them on the start of an exciting journey. The Year 9s have undertaken Careers and Options activities, have been using Unifrog while being supported by our tutors, teachers and Careers Lead, Mrs K Green. Students and parents have had the chance to experience virtual taster sessions and this process will be enhanced by our first virtual options evening where pupils will get a chance to explore the GCSE subjects that they are interested in, in greater depth and be able to engage with Curriculum Leaders and subject teachers about the options that they are considering.



Important Dates:

Virtual Options Evening: Thursday 25th February 2021

Year 9 Parents Evening: Thursday 18th March 2021

Year 9 Options Choices Open: Monday 22nd March 2021

Year 9 Options Choices Deadline: Monday 22nd April 2021

Dates are correct at time of printing, please check school website for regular updates.



Mindful Moments

From the 18th to 23rd January, students were challenged to complete daily mindfulness activities, outside of the curriculum, for their mental health and well-being. The aim of mindfulness is to calm the body and mind completely and therefore reduce stress and anxiety. These activities included movement, meditation, music, drawing and gratitude.



Students engaged really well with these and will hopefully continue to use these techniques to support their mental health during home-learning.

Parents might enjoy them too! A special well done to Caden C in year 9 who produced a beautiful picture with paint. Students, please share any mindful moments that have been successful for you - I would love to see them. Miss Root

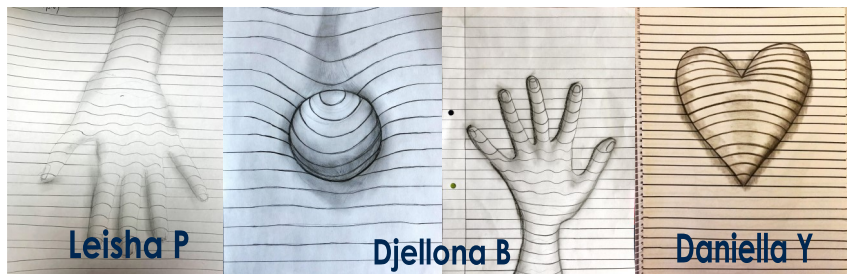


nro@westgate.slough.sch.uk

Art Corner

Year 8

are currently working on op art (optical illusions) and looking at the artist Bridget Riley. For this task they have been using their hand and household objects to create their own optical illusion.



Leisha P

Djellona B

Daniella Y

Year 10

are currently working on an environment project making sketches of tin cans and bottles using one colour or pencil.



Alisha C

Sarah T

Regvinder K

Cody K

Thank you to all our art teachers!
Watch this space for art competitions coming soon...

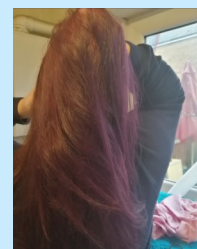
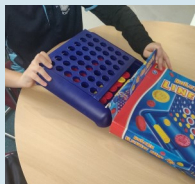
Bright Spots

Screen-free Day

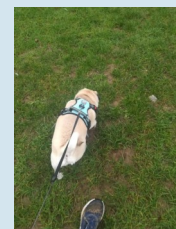
Wednesday 3rd February

On Wednesday 3rd February staff and students engaged in a 'Screen Free' day. On this day staff and students had the opportunity to focus on their well-being, self-care and have time away from their devices. Students had a range of challenges they could try including upcycling, baking and nail polish marbling.

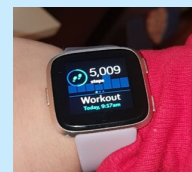
Here are some pictures of the amazing work done 'Screen free' both at home and at school with our keyworker students:



Extracted DNA from a strawberry



Learning to solve Rubik cube



Fantastic Fundraising

Year 8 students at The Westgate School have decided to support Cancer Research UK for their Westgate 6 Charity Project this half term. Through their compassion and care during these challenging times, year 8 students are creatively fundraising by collaboratively remote working to raise money for a cause that has touched so many of their families, Cancer Research UK.



<https://www.justgiving.com/fundraising/westgate6>

Virtual Postcards

This half term, The Westgate School launched our new virtual postcards to recognise the students going above and beyond in their online learning.



Keep an eye out to see if one is coming your way!

The Science department alone have sent out 108 virtual postcards to students/parents (nearly 10% of the total students) who have embraced home learning.

Fitness Challenge

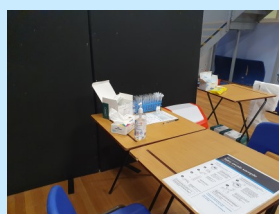
Use your full name— that's the challenge!



A 50 JUMPING JACKS	H 20 SQUAT JUMPS	Q 25 LEG RAISES
B 20 CRUNCHES	I 30 JUMPING JACKS	R 1 MIN PLANK
C 30 SQUATS	J 15 REVERSE CRUNCHES	S 50 MOUNTAIN CLIMBERS
D 15 PUSHUPS	K 10 PUSHUPS	T 10 TUCK JUMPS
E 1 MIN WALL SIT	L 20 SKATER LUNGES	U 30 PULSING SQUATS
F 20 SEC ARM CIRCLES	M 20 BURPEES	V 20 PUSHUPS
G 10 BURPEES	N 25 BURPEES	W 15 SKATER LUNGES
H 20 SQUAT JUMPS	O 40 HIGH KNEES	X 20 BENCH STEP UPS
	P 20 RUSSIAN TWISTS	Y 25 REVERSE LUNGES
	Z 30 TRICEP DIPS	

Mass Covid-19 Testing comes to The Westgate School

Mr Newport, our site manager said "I would like to say how well the Mass testing is going for the Key Worker students and staff. We have had good feed back from Staff and the students have been onboard with this from the start and have been excellent through this."



"I felt very safe going into school when on the rota as all staff and students were getting tested and the set up for this was great." Miss Yates

Produced by Mrs S Akram & Miss C Edwards