



The weekly newsletter of
Arena Academy

Welcome

Friday June 12th 2020

Welcome parents and carers to this week's newsletter.

This week has seen us welcome back in to school many of our year 10 students for one-to-one interviews with a members of staff, and it has been an absolute delight to see these members of our school family in good spirits and raring to return to school.

It has been particularly inspiring and humbling to hear how much impact our online teaching provision has had on students during this most difficult of times. All staff at Arena have been working tirelessly to ensure that your children's education has been able to continue as much as is possible, so to hear such positive feedback from so many students has been extremely rewarding for us as staff.

It has also been wonderful to see so many parents attend these interviews and we hope that seeing how we are implementing social distancing in school has put your minds at rest as we do all we can to make the school as safe as we possibly can.

If there are any questions you still may have about the return to school for year 10, please email enquiries@arena-birmingham.academy There is also a government FAQ page that you can access here... <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

These interviews will be continuing in to next week and we are opening our doors to year 10 in strictly controlled conditions from the 22nd June at 10am. If you have not yet responded to the invite for an interview please do so as soon as possible. If you have responded and have an interview time agreed please ensure you arrive on time as we cannot have people waiting for a teacher to become available. Likewise, if you now cannot attend, please let us know.

Regarding our remaining year groups, our teaching provision has now extended to 'live' teaching for the vast majority of lessons and we hope you children are engaged and enjoying their learning. We hope that this is also enabling your children to follow a more school-like routine each day.

As always, thanks to each and every one of you as parents and carers for all your support and good wishes throughout this lockdown, and please be rest assured that we will do all we can to provide a quality CORE education for your children whatever the circumstances that we find ourselves in. Stay safe and well.

All at Arena Academy.

www..arena-birmingham.academy

News

The Year 11 Head and Deputy Head Students are putting together a 'Virtual Year Book' to be released on Friday 19th June 2020 at 7pm. This would have been the night of the Year 11 Prom and our Head and Deputy Head students wanted to ensure that although we are all unable to be together in the same room, we can celebrate and remember the journey that we have all been on as members of Arena Academy staff and student body. The 'Virtual Year Book' aims to provide happy memories for you to enjoy with your family in the comfort of your own home. For this to be a success, we require your help in sending photos, messages and quotes to Miss Johnson, Faith, Sach, Shonte or Reuben as soon as possible as the release date is fast approaching. Look out for emails to your student account so that you keep updated on the plan.



This certificate confirms that
Arena Academy
has achieved the
Teach Well School Gold Award
for taking care of the physical and mental
wellbeing of staff during the Corona Virus outbreak



S Waters
Director: Teach Well Alliance



4th June, 2020

Whilst we don't do what we do for awards, it is always humbling when our school is recognised for something we consider to be so important. It was an honour to be nominated for the Teach Well Award from the Teach Well Alliance, but to be given a Gold Award for 'Taking care of the physical and mental wellbeing of staff during the Corona Virus outbreak' is truly humbling, and testament to the work of our Wellbeing team of Ms Chance and Ms Sinclair, led by Ms Kilroy.


Ms Kilroy's team have the wellbeing of all members of the Arena family at heart, staff and students alike, and I know that I speak for all students, parents and staff when I say congratulations on this award, and of course, thank you.



@core_arena_academy



@COREArenaAcad



The image shows an Instagram post for 'COREconnects'. At the top, there are four colored circles with the letters C, O, R, E. Below them is the word 'CONNECTS'. A pink banner says 'EVERY WEEKDAY MORNING AT 9:00AM'. Below that, it says 'FITNESS WITH MR ROGERS LIVE ON INSTAGRAM'. There is an Instagram handle '@COREconnects' and two hashtags: '#COREconnects' and '#COREextra'. At the bottom, it says 'DELIVERING A CORE EDUCATION'. On the right side of the post is a photo of a man in a white t-shirt, Mr Rogers, standing in a garden.

Tune in every weekday morning at 9.00am for Fitness with Mr Rogers. This is broadcast live on Instagram @COREconnects Get active each day!

Arena Fit!

During lockdown it is easy for us all to become inactive. Don't worry, Arena has you covered! Arena Fit is a Teams page for students AND staff where they can upload what they have been doing to keep physically and mentally fit, and is hosted by Mr Griggs, Ms Joyce and Mr Taylor.

Mr Grigg said 'Arena Fit will be used as a platform to promote physical, social and mental health through encouraging all to be active, stay connected and compete in healthy competition'.

'Arena Fit will feature a range of different challenges that both staff and students can complete, along with the choice of engaging in healthy competition against one another. All members of the group can set their own challenges and upload these to the page to allow both peers and staff to perform them, challenging both yourself and others to ensure you become a better more healthy version of yourself'.

Within Arena Fit there will be a range of fitness initiatives such as running and cycling clubs, fitness clubs, Strength clubs, Form and year group challenges, Staff vs Students and more that will be shared through various different forms of media.

If you're interested in being a healthier, fitter version of yourself or are just interested in being the fastest or strongest individual within school and having fun in the process, join the club!!!

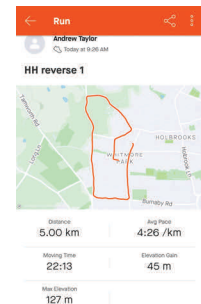
A challenge I have set myself is to walk at least 10,000 steps a day - I have bought a smart watch but your phone can also track it!! it's amazing how little steps/inactive you are when just sat doing work! GET UP AND GET OUT! - Ms Fenton

Join Arena Fit on Teams today.

Follow this link <https://tinyurl.com/y7q76w5d>

Or email your PE teacher for access.

This is my regular morning run to shake the cobwebs away. I've started doing interval training on the treadmill which I'm enjoying more than going for a longer distance run, great way to get a sweat on! - Mr Taylor



Leaders of Tomorrow



The inaugural meeting of the CORE Education Trust leadership programme 'Leaders of Tomorrow' took place this week. Every Thursday 20 students - 5 from Arena - meet an inspirational leader from a different field. These leaders will all have one thing in common: they will have succeeded as leaders despite the odds being stacked against them - they may have faced barriers because of their social class, their gender, their sexuality or their race. They all 'beat the odds'.



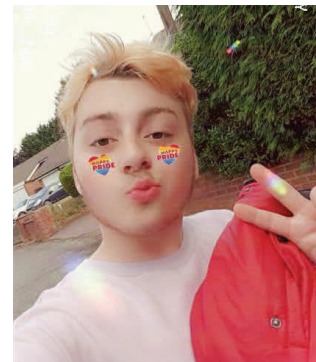
CORE Education Trust @COREeduc... · 12h
Hugely inspiring for #CORELeadersofTomorrow students to meet @COREeducate Chair Ammo Talwar MBE CEO @punchrecords today. Wise words about #BlackLivesMatter "If we're going to solve complex societal issues we mustn't move away from them, we should get closer to them" #CORErespect



This week the students met CEO of CORE Adrian Packer CBE and CORE Chair Ammo Talwar MBE. Mr Talwar, commenting on the Black Lives Matter movement told the students that 'If we're going to solve complex societal issues we mustn't move away from them, we should get closer to them.'

Rather than listen to us explain how this first meeting went, we'll leave it to Regan Banks in 9ARA...

"The Leaders of Tomorrow meeting was so purely inspirational and brilliant. It felt so good to be apart of such a like-minded, powerful group. There were so many strong individuals in there who were speaking with such power that it was inspiring. We spoke heavily of the current BLM movement and how we should challenge our curriculum to be more representative of black people and other people of colour. It felt empowering to be shown that we are seen and heard. It was amazing to be there to be amplifying the voices of those who are being ignored or not heard. I cannot wait for the next meeting and get to know these truly inspirational people even more."



You can follow the Leaders of Tomorrow programme on Twitter each Thursday at @COREeducate and using the hashtag #CORELeaders of Tomorrow



Supporting Our Community

During these difficult times it is hard to know where to turn for help, advice or just somebody that will listen.

The following two pages contains contacts for services that the welfare team at Arena Academy recommends.



Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com

Kooth.com

Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit kooth.com where young people can register and others can find out more about the service.



Kooth is a service available to all children and families and reaches out to anyone who needs support especially through this time.

Please read the information and visit the website for more information.

Bereavement support services during COVID-19

Call: 0121 687 8010

Opening times:

Mon, Wed, Fri: 9.00am - 5.00pm

Tues, Thurs: 9.00am - 8.00pm

Sat & Sun: 12.00pm - 5.00pm (From 1st June)





Other places you can seek support:


0800 1111


<https://youngminds.org.uk/>


www.forwardthinkingbirmingham.org.uk


HOPELINEUK
0800 068 41 41
<https://papyrus-uk.org/>


<https://www.ceop.police.uk/safety-centre/>

Your Student Welfare Team want to offer you a different way to contact them.

You can now email the team:

Mrs Chance Mrs Sinclair Mrs Kilroy

Your email will only go to the staff in this team.

The emails are checked between 9.00am and 3.30pm every weekday in term time.

A member of the team will reply and talk to you about what happens next.

student.welfare@arena-birmingham.academy

www.arena-birmingham.academy

Supporting Our Community

Educational psychologist telephone helpline for parents and carers

Do you as a parent or carer at home with your children during the school shut down, feel that you need someone to talk to about how you can cope with this challenging time for families?

Birmingham Educational Psychology Service is providing a telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families.

Areas of concern you may wish to discuss could include:

- Anxiety around the current situation and its impact on your children and family.
- Supporting you to support your children's emotional needs.
- Concerns about family relationships.
- Concerns about friendships, learning, daily structure and activities.
- How to best look after yourself so you can support your children.

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow up session of another 30-minute consultation at a later date. These will be Monday-Friday, within standard working hours.

If you would like to access this service please email kate.smith@birmingham.gov.uk with the following information:

- Your name
- The telephone number you would like to be contacted on.
- The name of your child's school.
- Times and dates you are **not** available for a consultation.
- Whether an interpreter is required for you to access this service.

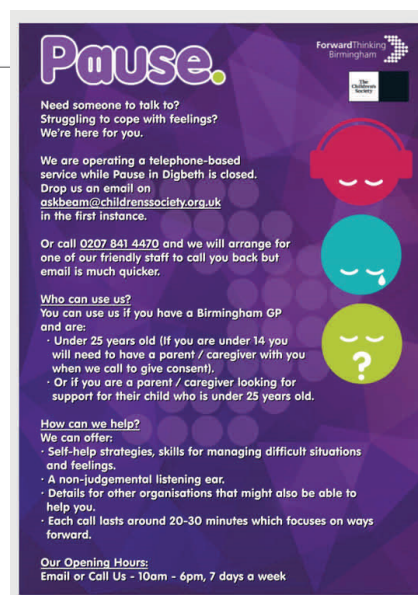
We will aim to get back to you within 2 working days to confirm a time and date for your consultation.

This service will, as far as possible, be confidential.

Bereavement support can also be accessed through the school student welfare Team:

Student.welfare@arena-birmingham.academy

Or



Pause. Forward Thinking Birmingham

Need someone to talk to?
Struggling to cope with feelings?
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on askbeam@childrengsociety.org.uk in the first instance.

Or call 0207 841 4470 and we will arrange for one of our friendly staff to call you back but email is much quicker.

Who can use us?
You can use us if you have a Birmingham GP and are:
- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?
We can offer:
- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:
Email or Call Us - 10am - 6pm, 7 days a week

Learning Topics week beginning Monday 8th June

	Year 7	Year 8	Year 9	Year 10
English	Fantasy	Fantasy	<i>Blood Brothers</i>	<i>Blood Brothers</i>
Maths	Sequences	Decimals	Fractions, Decimals, Percentages	Algebra
Science	Ecology and Forces	Earth Structures and Rocks	Physics - Energy Chemistry - Bonding Biology - Infection & Response	Biology - Variation & Evolution Chemistry - Energy & Chemical changes
Triple Science			Chemical Changes	Ecology
History	20th Century Britain	20th Century Britain	Health and the People	Norman England/ Nazi Germany
Geography	Tourism, Maps	Tourism, The Earth	India	Resource Management, Urban Issues
RE	Buddhism	Buddhism	Alternative Religions	
French	Hobbies	Free time and the media	Me, my family & friends	KS4 Grammar, Environment
Art	Creative Photography/Art Challenges	Creative Photography/Art Challenges	Inside Out themed journal	Recording observations from primary sources
Photography			Key concepts - Image taking & critical investigation	Portraiture - Self portraiture
Drama	Creative Writing	Creative Writing	<i>Blood Brothers</i> - Musical Theatre	<i>Blood Brothers</i> - Musical Theatre
Business	Marketing	Dragons' Den project	Management leadership & ethics	Theme 1 revision (SPA/NMY) Enterprise & marketing
Computing	Coding, flowcharts	Virtual reality/worlds	System security	Storage devices
iMedia			Exam practice: digital graphics & preproduction skills	Practical digital graphics and preproduction skills
PE	Exercise & Fitness Videos and challenges uploaded daily improving physical & mental health of students			
Health/Social C.			PIES development of individuals	Care values - overcoming obstacles to access services
Child Dev.			Children's development through play	Unit 3 - Early years' practice
GCSE PE			Analysis of individual performance	Chapter 6 - Health, fitness & wellbeing
BTEC Sport			Practical Performance	Practical performance (10A2) Applying principles of personal training (All other groups)
Dance			Dance Styles and practitioners	
D.T.	Basic Skills in Textiles	Sustainability	Hospitality & Catering: Sustainability in the food industry	Engineering: properties of materials
Food			Food tech: Nutritional deficiencies and food safety	Food tech: Dietary needs and sustainability
Music	World Music	World Music	Song Writing	Song Writing & Concerto through time