



The weekly newsletter of **Arena Academy**

Welcome

Friday May 15th 2020

Dear Parent/Carer,

I hope that you all continue to keep safe and well. The challenging times continue, and as yet we do not have a definite time for schools to re-open. Hopefully from June 1st we will be able to welcome back our Year 10 pupils and we are currently making arrangements to ensure that the site is as safe as possible. It is a very unsettling time for us all but be rest assured that we are doing everything we can to make sure we are ready to receive these pupils. Further details will be given to you once confirmation has been received as to when school will re-commence.

In the meantime, please encourage your child to continue with the online lessons and completion of independent study work. School is still open only for vulnerable pupils and the children of key workers.

The purpose of these publications is to keep you informed so if there is any further information that you would like us to include, please forward your ideas using the email addresses below.

On a positive note, there is still much to celebrate, and this newsletter contains examples of this from celebrating VE day to how we as a community can support the homeless.

In the words of Vera Lynn, I hope that 'We'll meet again' very soon.

Mr Raj Mann - Headteacher

Year 11

To the parents and students of our class of 2020, keep your eyes peeled for the first edition of our **Year 11 E-Newsletter** which will be emailed to you next week. This will keep you updated on some key events and brilliant opportunities to support your Post 16 Journey.

You are very much in our thoughts at this time and we are working hard to support you as you take your next steps.

Mr Taylor

News

Last Friday's VE-Day celebrations were a sobering reminder of the hardships that many people around the world faced many years ago, and yet they gave us hope that better times are never too far away. Many of our staff and our students did not let the day pass without marking it in their own individual ways, and whilst the planned street parties were unable to go ahead, it is heartening to see this historic event still has the power to unite people from all backgrounds and ages to remember those who paid the ultimate sacrifice. Below is a small selection of just of the work done by staff & students of Arena.



Homeless Charities

Homeless charities are asking for help and support in these times to support people who are in need of help.

Ms Chance has links to one of these charities; **Helping the Homeless in Birmingham #HHIB**. If you would like to help please see the list below of items they are asking for. Any items you would like to donate can be dropped to the school reception and we will arrange for them to be delivered:

Bottles of water, Pants (new), Socks (new), Toothpaste, Toothbrush, Deodorant, Sanitary products, Wipes, Hairbrush
Clothes: t-shirts, bottoms

Thanks in advance from all at Arena for any help you can provide during these times.

Parent & Student Feedback

Following on from our survey of year 9 & 10 parents and students, a survey was sent out to years 7 & 8 on Monday of this week.

Many thanks to all who have already responded to that. It is through your feedback that we are able to improve the quality of the teaching provision through these difficult times.

If you have not had the opportunity to complete that survey, we'd be grateful if you can take the time to do that.

CORE Extra Success!

Many congratulations to Judyta in year 7 on winning a 'Tuesday Talents' - part of the CORE Extra programme - for designing and creating this amazing dress entirely from old newspapers!

An outstanding creation and achievement.

Well done Judyta!

Go to <http://arena-birmingham.academy/core-extra-curricular/> to join in the fun.



The concept of being Apart but Together applies to all areas of our own lives as we continue to navigate our way through this unprecedented time. Young Minds: <https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/> have laid out some clear ways in which we can all do this and importantly for our young people, how they can too. These comments are from blogs on the Young Minds website explaining how technology can be used to bring us closer together.

Video calls

Though this is a pretty obvious one, for older family members who may struggle to understand technology, this is a good way for them to be able to communicate - especially elderly relatives who may be isolated alone. It enables you to talk face-to-face which can feel more natural. Don't forget: your loved ones probably want to see your faces as well!

- Honor, 18

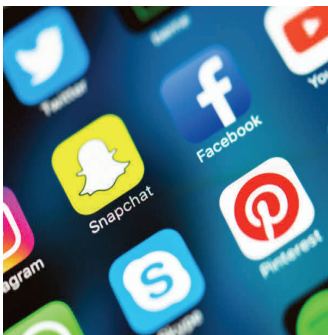


Doing activities together online

I've started doing a weekly quiz with my friends over [Zoom](#) – this helps to boost my mood, keep me distracted and stay connected. It's just an hour a week but it is something to look forward to in such difficult times.

There are so many other creative ways you can use video-calls. For example, how about watching Netflix with someone - not together in person but together by screen? I have done this a few times now and it works really well. Or how about a virtual dinner date? All you need is one of these platforms to make a live call. You then simply cook together via video, following the same steps, and you can enjoy your meal with someone!

- Rebecca, 20



Social Media

This one is entirely up to you. I enjoy talking to my friends over social media as it offers easy communication that you can reply to in your own time. Even when I don't feel like talking, I know I might have a message waiting to be opened when I feel ready. However, other people may find social media overwhelming. If you feel you need to, take a break.

- Honor 18

Apart But Together

YOUNGMINDS

It doesn't have to be all long conversations!

Send a little message to your friend, family member, neighbour...Whoever you wish! A little message, just a "Keep safe," or a "Hello, hope you are well," really does go a long way. Celebrating happy occasions such as birthdays is important...This is a time when families/friends all unite and celebrate. Do not let the virus be a barrier!

If you want time to yourself, that's fine too.

With everything that is currently happening, it feels that there is a higher demand to constantly talk to your friends and family, which can become exhausting. Communicate in your own time as poor communication is likely to cause more stress. Facing more than one challenge at a time can be overwhelming, so take a deep breath and do things on your terms if you need to. Above all, let's be there for each other. Remember to look out for your friends who might be finding this time difficult and do your best to make sure they're safe. We must try to lift each other up at the moment to ensure that we all get through this together - which we will.

Further help and advice can be found using these links:

<https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/>

<https://www.kooth.com/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

And don't forget for any other advice and services linked to wellbeing please visit the Core Connects Webpage linked to Arena Academy and click on the Student Welfare Page, or use this link <http://arena-birmingham.academy/student-welfare/>

CORE Extra

'CORE Extra' are additional extra-curricular events designed to challenge and inspire all of our students outside of online lesson time, with a new focus each day. Monday has masterclasses for year 10, and the rest of the week has sessions for ALL year groups. These include Tuesday Talents, Wednesday Wisdom, Thursday Thoughts and Friday Fun. Go to <http://arena-birmingham.academy/core-extra-curricular/> for all the details.



Mental Health Awareness Week 18th-24th May

May 18th to the 24th is Mental Health Awareness Week. This would ordinarily be an important date on the calendar at Arena Academy, with assemblies and workshops taking place. Under the current circumstances, this week takes on an added significance.

The website <https://www.mentalhealth.org.uk/> contains pages of useful information if you are concerned about your mental health or that of someone you know.

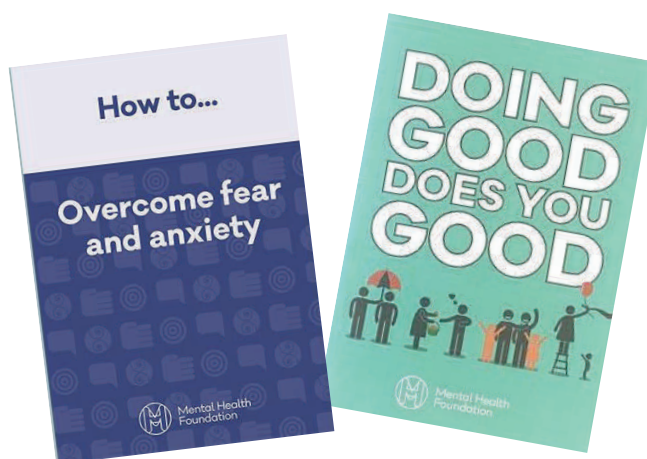


Whilst many of the events that were planned to take place are simply not possible during this time, there is still help available. There are also many articles on their website such as how the COVID-19 pandemic and subsequent financial strains that it may bring can affect mental health.

<https://www.mentalhealth.org.uk/our-work/research/coronavirus-mental-health-pandemic/covid-19-inequality-briefing>

The theme for this year's Mental Health Awareness Week is 'Kindness'. Their website states; 'We have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.'

Mental health and wellbeing are always at the forefront of our thoughts and actions at Arena Academy. We wish you and yours the best of mental health during these difficult times.



More about these publications can be found here <https://www.mentalhealth.org.uk/publications>

This 'Wellbeing Bingo' has some very simple ideas for how you can improve your day and your mental health.

Current online learning topics

	Year 7	Year 8	Year 9	Year 10
English	Fantasy, Greek Mythology	Fantasy, Victorian Literature, Oliver Twist	Blood Brothers	An Inspector Calls
Maths	Mean, Mode, Median & Range, Sequences, Expressions	Adding, subtracting, multiplying & Dividing Fractions	Number - Fractions, Decimals, Percentages.	Algebra, Simplifying Expressions, Expanding brackets etc
Science	Ecology and Forces	Earth Structures and Rocks	Physics - Energy Chemistry - Bonding Biology - Infection & Response	Biology - Homeostasis, Inheritance, variation & evolution Chemistry - Energy & Chemical changes
Triple Science			Chemical Changes	Ecology
History	Anarchy	The Enlightenment, Colonies	Health and the People	Norman England/ Nazi Germany
Geography	Tourism, Maps	Tourism, The Earth	India	Resource Management, Urban Issues
RE	Creation, Christianity, Exploring beliefs	Incarnation, Judaism, Exploring beliefs	Alternative Religions	N/A
French	Conversations, Hobbies, Media	Conversations, Hobbies, Media	Hobbies, Home & Local Area	KS4 Grammar, Identity & Culture
Art	Creative Photography/Art Challenges	Creative Photography/Art Challenges	Inside Out themed journal	Personal theme - observations from primary sources
Photography			Key concepts - Image taking & critical investigation	Portraiture - Self portraiture
Drama	Stimulus - Drama theory	Stimulus - Interpreting drama	Script work - Blood Brothers	Script work - Blood Brothers
Business	Marketing	Dragons' Den project	Leadership, business organisation and employment	Making marketing decisions theme 2
Computing	Coding, flowcharts	Virtual reality/worlds	Networks	Functions and characters of CPU
iMedia			Theory digital graphics and 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.	Baking, Basic Skills in Textiles	Baking, Sustainability	Food Commodities & Sustainability	Dietary Needs Properties of Materials (Engineering)
Music	Music Tech 101	Film Music & Theory	Song Writing	Song Writing

Don't forget CORE Extra for Extra-Curricular Projects

www.arena-birmingham.academy enquiry@arena-birmingham.academy