

MOUNTAIN SUPPORT NEWSLETTER

Cycle 3 Week 13

Welcome

Welcome to the last edition of the Mountain Support Newsletter of this academic year. We break with our house style mid-way through to showcase a burst of creativity from the DT Department, featuring a goodbye message from Mr Uddin, the winners of the DT lockdown Design Challenge and a link to some virtual museum tours. All our previous newsletters are here: <https://www.dixonsma.com/news-events/news/dma-family-engagement>
Take care and be safe.

Ms Tizard, Head of Mountain Support

“Empowering and supporting scholars to climb their individual mountains.”

Mountain Support
Department Sentence

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- Class of 2027: read what current scholars have to say
- Thinking positively
- Online safety tips for parents & carers
- Try a recipe!
- DMA DT Department

Staying safe this summer

There have been some significant changes to the way businesses are operating and to who we are allowed to see. But the government are encouraging us to stay alert and to help control the virus. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance from people not in your household (2 metres apart where possible)
- wash your hands regularly
- Do not leave home if you or anyone in your household has symptoms.

Keep up to date with government advice to keep ourselves and our families safe and healthy. <https://www.gov.uk/coronavirus>

Appreciations

I'd like to appreciate Mrs Smith for working with the Mountain Support team during this time, and wish her the best of luck in her new school! We'll miss you! *The Mountain Support Team*

I'd like to appreciate the Mountain Support team for working so hard during this difficult time, supporting scholars and each other, and building positive relationships. I am really looking forward to seeing everyone together again soon! *Ms Tizard*

We'd like to appreciate all the scholars who entered the DT lockdown Design Challenge. Well done to the winners who were chosen for their creativity, problem solving and 100% effort. *The DT Department*



Class of 2027

We are looking forward to you joining us very soon! Please read comments from some current DMA scholars about their feelings and experiences linked to transition.

Why I like Dixons McMillan Academy...

I like DMA because of the different subjects and the food! (Y11 scholar)

I like PE because I love football! (Y10 scholar)

They are organised and ensure each scholar has a good future. (Y10 scholar)

The staff always have fun lessons planned! (Y8 scholar)

What I was worried about before I started ...

I was worried about not having friends and getting picked on. (Y8 scholar)

Not making friends, getting corrections, the timings (Y11 scholar)

I was worried about the silent corridors because I love talking! (Y10 scholar)

I felt scared about going to a new place that felt different. (Y10 scholar)

First day / first memories of DMA ...

I remember seeing Mountain Support and feeling better after that. (Y11 scholar)

The Leeds University trip – we had fun and made jokes together! (Y10 scholar)

Favourite lesson and staff...

I love DT and computing – Mr Uddin is the best! (Y11 scholar)

My favourite teachers are Miss King, Mr Handley, Mrs Senior and Miss Naylor. (Y11 scholar)

My favourite member of staff is Mr Mahmood because supports me. (Y10 scholar)

I like maths because of the fun problems to solve! (Y10 scholar)

I love art because I am good at drawing! (Y8 scholar)

Mr Conlon is a good teacher and funny! (Y10 scholar)

I like all of my teachers! (Y8 scholar)

Best thing I have done at DMA...

Ullswater residential – friendly staff and exciting activities. (Y11 scholar)

Getting my appreciation at Ullswater! (Y8 scholar)

Climbing up a mountain – I was first! (Y10 scholar)

Any advice for new year 7s?

Ask for help if you get upset or confused. (Y8 scholar)

Listen carefully and follow the rules! (Y10 scholar)

You can trust your head of year to look after you. (Y10 scholar)

Ask teachers for help if you need it. (Y10 scholar)

Stay alert and track the speaker! (Y10 scholar)

Read our webpage for transition:

<https://www.dixonsma.com/admissions/primary-to-secondary-transition>

Does your child have SEND? Look at our Mountain Support page for extra information: <https://www.dixonsma.com/admissions/support-for-scholars-with-additional-needs>

Think Positive

Think about all the things that make you feel happy. We are all different, so we'll all have different ideas about what happiness means to us. Create a list poem using the lines below. You can then add illustrations around your poem.

Happiness is...

Happiness is...

Happiness is

Doing something that has meaning

Spending time with friends and family

Talking with people

Being able to dance

By Y10 scholar

Happiness is

Happiness is having a voice so I can speak up

Happiness is also spending time with people I love

Happiness is being able to give my opinion to people

Happiness is having a joke with people

Happiness is discovering things I like to do

Happiness is having a friend I can make a dance with

By Shaona



Artwork By Rehaan

Believe in yourself

It's common to suffer from low self-esteem at some point in your life, but you can do things to make it better. Help boost your wellbeing by trying these seven steps. <https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>

Are your children being safe online?

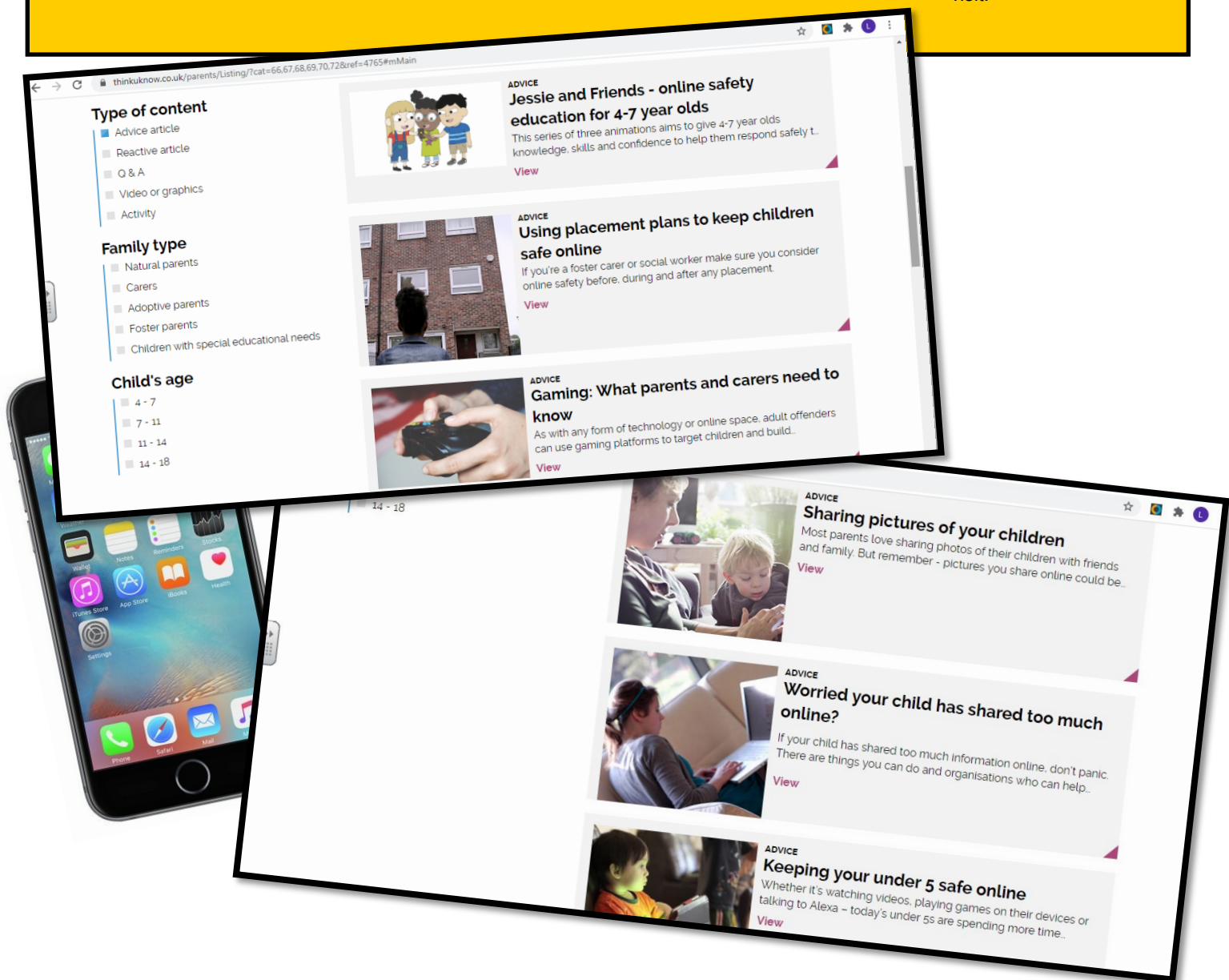
CEOP'S On Line Safety at Home

Activity 1: Mind map - School's out... What could this mean for young people's lives online?

Get a blank sheet of paper and a pen. You can do this with your child or without. Write the question "School's out... What could this mean for young people's lives online?" in the middle. Make a mind map based on the question. Think about how the current school closures could affect young people's lives online, and write down as many ideas as you can think of. Try to come up with both positive and negative possible impacts. Think of any questions this makes you want to get answers to, and write these on the paper too. Keep this sheet as paper as we will come back to it!

Activity 2: The Thinkuknow 14+ website

Visit <https://www.thinkuknow.co.uk/> Explore the website. There is lots of advice and guidance for managing online safety for all ages. Thinkuknow is the online safety education programme from the National Crime Agency. You'll find lots of support and advice for teens at www.thinkuknow.co.uk. Parents and carers: Once a fortnight, on Tuesdays, we will produce an activity sheet to help you support your child while schools are partially closed. For more advice on keeping your child safe online visit:



Try a recipe!

Chocolate Brownies from Mr Reed, Catering Manager

Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Melt the fat in the microwave or in a small saucepan.
4. Top and tail, and then peel and grate the carrots.
5. Combine the carrots, sugar and melted fat in the mixing bowl.
6. Sift in the flour, cinnamon and baking powder.
7. Beat the eggs in a small bowl, and then add to the mixture.
8. Mix in the sultanas and nuts.
9. Mix all the ingredients together to form a smooth batter.
10. Divide the mixture equally between the muffin cases using 2 spoons.
11. Bake for 20 minutes, until golden.
12. Allow to cool on a cooling rack.



This is the last week of term and we feel like you deserve a treat after working so hard in Cycle 3! Here is a not-so-healthy recipe as your reward. Please see our other editions for healthier options!

Top tips

When the mini-carrot cakes are cool, you may wish to make a cream cheese topping. Combine 50g reduced fat cream cheese and 25g icing sugar together.

This recipe is from the original Licence to Cook programme and is provided under the Open Government Licence. (www.foodafactoflife.org.uk)

There are also some great recipes to try on [youtube.com/user/JamieOliver](https://www.youtube.com/user/JamieOliver) and [instagram.com/theocooks](https://www.instagram.com/theocooks)




Need Help? If you need help or have a particular need please call and talk to one of our friendly team who will make sure you get the right support:
Call 01274 431000

We can help by:

- Picking up shopping
- Delivering a food parcel to eligible people
- Ringing for a friendly chat
- Access to information or other services

www.bradford.gov.uk/coronavirus

Stay at Home Save Lives Protect the NHS People Can make a difference



Hello from the
DT Department!



Goodbye to Mr Uddin

Mr Uddin will be leaving us at the end of term to join Carlton Bolling College. Mr Uddin has been teaching at DMA since 2015 and has been an asset to the DT department for his passion for the subject and his excellent teaching.

Good luck in your new school Mr Uddin, we will miss you!

A message from Mr Uddin

Hello Dixons McMillan Academy,

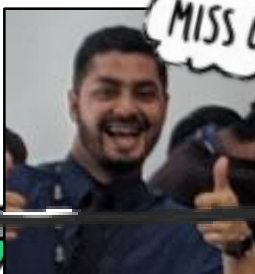
I have been immensely privileged to have spent the last five years at a school that I adore. To see young people come through the doors of DMA and become fantastic young people has been just amazing to see. I have learnt so much and definitely developed myself as a teacher each day and I will always cherish each and every moment.

It is with sadness that I say goodbye to Dixons McMillan Academy at the end of this year. I have made fond memories here that will stay with me throughout my teaching career. Thanks so much to all the staff and students that have made Dixons McMillan Academy a fantastic place to spend each day. Good luck to the future and hopefully it's just a goodbye for now.

A special thanks to my advisory (10Y) for being just an amazing bunch of young people. I will truly miss each and every one of you. Good luck with applying to Sixth Forms and Colleges next year!

All the best,

Mr Uddin



To: DMA

Text Message
4 Apr 2014, 17:03

Hello DMA

My name is Mrs Jordon and I am excited to introduce myself as the newest member of the DT department.

A little bit about me - I studied Art & Design at degree level as well as a Design & Technology PGCE. My passion for teaching has led me to complete my Masters in Education at Dixons City Academy. I am passionate about Design Technology as I believe design can play an exciting role in providing a rewarding experience that inspires, stimulates, challenges and entertains.

I am excited to meet you all in September.

See you all soon!

Sent from my iPhone

HELLO!

Mrs Jordon





Plastic Bottle Challenge

An estimated 13 billion plastic bottles are disposed of each year, and more than **1 million seabirds** and **100,000 marine animals die** from plastic pollution every year.

This week we are looking at how we can reduce our plastic waste so, Miss Laws has found some fun ways to recycle your bottles at home.

For inspiration and instructions visit the DMA Textiles Pinterest page for lots of interesting ideas.

You will also find lots of creative activities from cup weaving and potato printing to origami and making bat bookmarks.

Don't forget to send photos of your work to Miss Laws at:

nlaws@dixonsma.com

Just for fun!



Click on image for link to DMA Textiles



thecraftaholicwitch.com



Competition Winners!

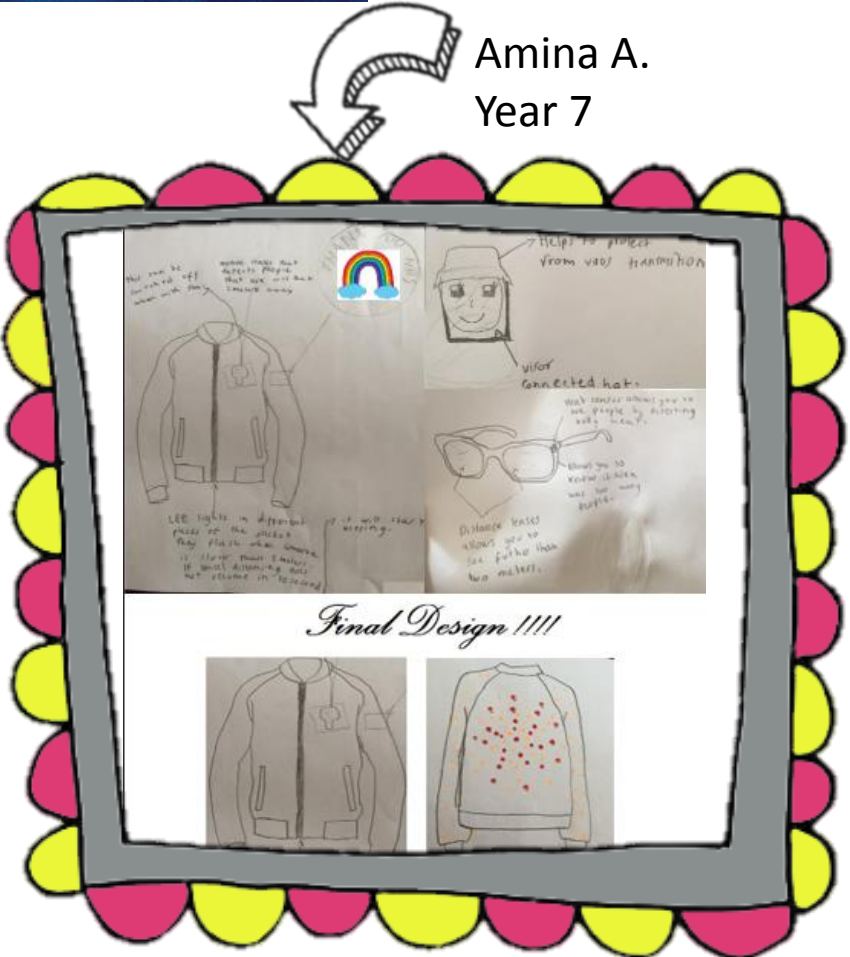
Congratulations to the winners of the DT lockdown Design Challenge. The scholars' designs were chosen for their creativity, problem solving and 100% effort.

The winners are:
1st place- Amina A. – for her wearable protection designs.

Runners up-
Thabit A. – for his game design to keep the family entertained during lockdown.
Fiza B. – for her phone app designed to support the public in keeping safe.

WELL DONE!

Amina A. Year 7

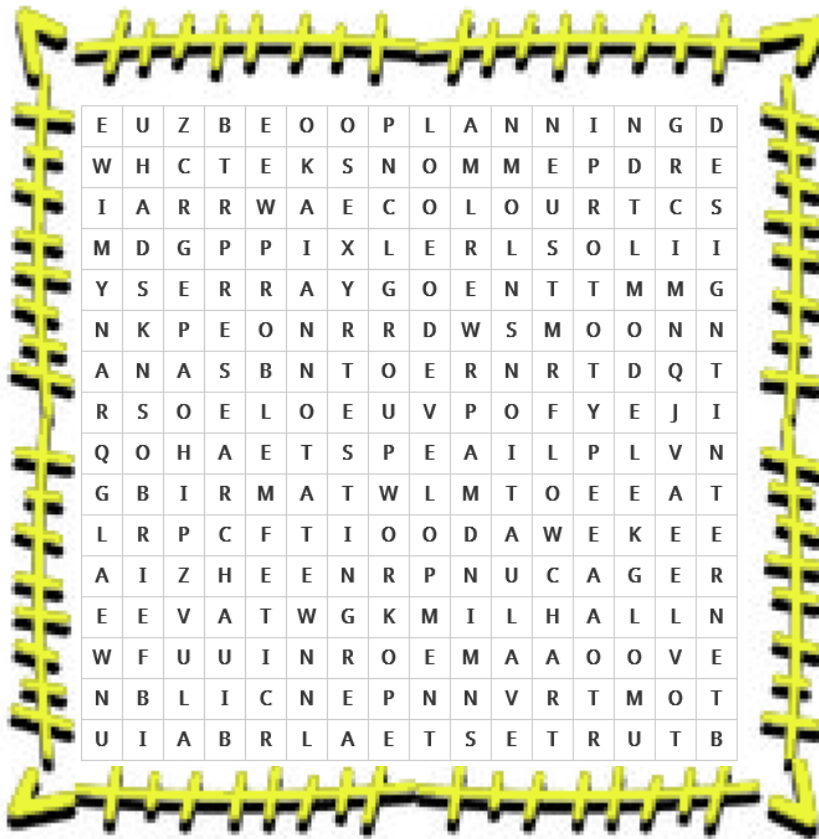


Help to protect from virus transmission
visor connected hat:
that would allow you to see people by allowing you to see them.
What you to know when you see further than two meters.
LEE lights in different parts of the jacket that glow when they are lit. This is to help you see when it is dark and you are wearing it.

Final Design!!!!

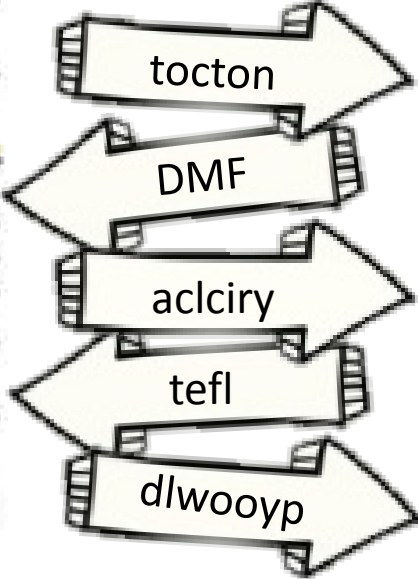


- Annotate
- Brief
- Colour
- Design
- Development
- Evaluation
- Flowchart
- Groupwork
- Internet
- Mindmap
- Model
- Pencil
- Planning
- Problem
- Prototype
- Research
- Sketch
- Testing



Just for fun!

Materials
Word Jumble



21 Awesome Virtual Museum Tours Around the World

Entertainment is somewhat limited in our homes. Travel may not be an option right now but if you interested to experience new cultures then why not indulge in a round-the-world trip from the comfort of your own sofa? You can now take virtual museum tours free of charge. You can spend a day indoors perusing some of the top exhibitions and art galleries in the world. Just some of these incredible museums include the Uffizi Museum in Florence, the Louvre in Paris and the Rijksmuseum in Amsterdam.



We may not be able to physically travel right now but with a little bit of improvisation, we can still learn about history, art, science and culture. So grab a cuppa, get comfortable and prepare to take a tour around the world, albeit virtually. Click the link which will take you to all the information you need to get started. Have fun!



<https://littlelosttravel.com/21-virtual-museum-tours/>

Studying at home

Daily emails to scholars

As you already know, all scholars receive a daily email from a member of the senior leadership team containing their timetable of learning for the day.

DMA website

Please check our website for information and Twitter updates. <https://www.dixonsma.com/>

Letters

Please find information regarding the return to school here <https://www.dixonsma.com/news-events/recent-letters>



Learning Online

SAM Learning: <https://www.samlearning.com/>

Lexia: www.lexiapowerup.com

Seneca Learning: <https://www.senecalearning.com/>

Hegarty maths:
www.hegartymaths.com

Oak Academy: <https://www.thenational.academy>

Contact Us

Mountain Support: DMA_MS@dixonsma.com



Mrs Sanderson
Vice Principal



Mrs Power
Inclusion Manager



Miss Bell
Prevention Fellow



Mrs King
Prevention Fellow



Ms Tizard
Head of Mountain Support
& SENCo



Mrs Smith
Pastoral Manager



Miss Barlow
Prevention Fellow