

MOUNTAIN SUPPORT NEWSLETTER

Cycle 3 Week 4

Welcome

Welcome to the second Mountain Support Newsletter! This edition has a real focus on mental and physical wellbeing as we find ourselves in our second month at home. In this edition we have a few wellbeing challenges for you to take up, plus a collection of useful resources, websites and links. Well done to all scholars for staying positive at home and keeping in touch with us!

Ms Tizard, Head of Mountain Support

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

Mountain Support
Department Sentence

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- Staying safe online
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Why are we still at home?

Everyone must continue to stay at home and away from other people to stop the spread of coronavirus (COVID-19). You should only leave your home for very limited purposes like one form of exercise per day and shopping for necessities. We must remember that life will not always be like this. For now we have to follow government advice to keep ourselves and our families safe and healthy. <https://www.gov.uk/coronavirus>



Now, more than ever

For simple steps to look after your mental wellbeing
search **Every Mind Matters**

STAY HOME | PROTECT THE NHS | SAVE LIVES



Appreciations

Excellent effort from Hanin (Y10) and superb creativity from Huzair (Y11)! *Mrs Law*

Well done Nafeesa (Y7) for attempting every task and demonstrating grit every day! *Mrs ElSharif*

Isaac (Y7) has produced some great work and Hina's (Y7) cat animation made me smile! *Mrs Kitson*

English superstars this week: Harry (Y8), Nusaybah (Y8) and Teyan (Y10) - well done! *Miss Jones*

Thank you for always demonstrating excellent note-taking skills, Saleena (Y8) - well done! *Miss Gayle*

Well done Hasan (Y8) for demonstrating positivity and completing work every day! *Ms Tizard*

Laaibah, well done for showing determination and grit this week with your studies—and uncooperative laptop! *Miss Barlow*



Staying Safe Online

It is important to have regular conversations about staying safe online and to encourage your children to speak to you if they come across something worrying online.

These resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- [Thinkuknow](#) by National Crime Agency-CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#)
- [Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- NSPCC has [guidance for parents and carers](#) to help keep children safe online
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)



Respect

One of DMA's values is respect.

1. Think of something you have done today which demonstrates respect to yourself.
2. Plan to do something today which shows respect to someone else.
3. How many other words can you make out of the word 'respect'?
4. Make an acrostic poem out of the word RESPECT.

MAYBE THIS DAY IS NOT
ONE OF YOUR FAVORITES, BUT
NEVER FORGET THAT EVERY
DAY YOU WAKE UP IS AN
AMAZING GIFT AND ITS UP TO
YOU TO MAKE IT COUNT

**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

Ringling for a friendly chat

Delivering a food parcel to eligible people

Access to information or other services

www.bradford.gov.uk/coronavirus

Stay at Home

Save Lives

Protect the NHS

People Can make a difference

Mrs King's Quiz: Staying Safe Online

1. How old do you have to be to use these sites and games?

- a. Facebook.....
- b. Instagram.....
- c. Snapchat.....
- d. Roblox.....
- E. WhatsApp.....



2. What should someone do if they're being bullied online? (Circle all the correct answers).

- a. There's nothing they can do, they will just need to put up with it
- b. Post mean things about the person bullying them so they know how it feels
- c. Report or block the person bullying them
- d. Threaten the person bullying them
- e. Talk to an adult they trust
- f. Keep a record of the bullying so they can show an adult they trust

3. To keep safe online, what information should you not post online? (Circle all the correct answers).

- a. Your full name
- b. What you've had for dinner
- c. Where you live
- d. Which school you go to
- E. Passwords
- F. A cartoon image as a profile picture instead of a photo

4. What should you think about before posting something online?

- a. Is everyone else in the photo or post happy for it to be on the internet?
- b. Does the post have any personal information that I don't want everyone knowing
- c. Would I be happy for this to be on the front page of a newspaper?
- d. Does it break any of the rules of the site that I'm posting on?
- E. Could it upset or offend someone who sees it?
- F. All of the above

Read through the statements below and decide if they're true or false. Circle the answer you choose.

5. A friend meets someone online who tells them they are the same age. So it is safe to share personal information.

True

False

6. A friend is being bullied on a game, but there is nothing they can do. It is just something they have to put up with.

True

False

7. A friend wants to talk to Childline about something that's upset them. He has read online that it's confidential.

True

False

8. Describe three things your friends could do to stay safe when they're using the internet.

Go to page 10 to check your answers!

Wellbeing Challenge

It is so important to look after your **mental health** as well as your physical health, and there are lots of things we can do every day to help stay **positive**. Some activities will work better for you than others. Use your **growth mindset** to try new ways of thinking. See how many you can tick off from Mrs King's wellbeing calendar below before our third newsletter in Week 6!

*"NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED."*

-AESOP-



*Promise me you'll always remember:
You're braver than you believe,
and stronger than you seem,
and smarter than you think.*



Keep a daily routine – mealtimes, learning and bedtime

Connect with multiple friends by using ZOOM (video calling).

Take 5 minutes to sit and breathe. Try meditation, it can relieve anxiety. Headspace App

Find positive stories in the news and share with others.

Learn new life skills like baking and gardening to keep busy.

Plan your days. Write down how you want to spend your day so you are in control

Immerse yourself in a new DEAR book

Get active. Even if your stuck indoors move and stretch.

Write 10 things you are grateful for in life and why.

Learn something new or do something creative

Look for the good in others and notice their strengths.

Make time for self-care. Do something kind for yourself.

Respond positively to everyone you interact with

Share how you are feeling and be willing to ask for help

Stay hydrated, eat healthy food to boost your immune system.

Rediscover your favourite music that really lifts your spirits.

Have a tech free day. Stop scrolling and turn off the news.

Volunteer to help others where possible in your community

Connect with nature on your daily walk

Get a good night sleep and no devices before bedtime.

Play family games on your consoles to learn new skills. For e.g. (Knowledge is power)

Practice your handwriting by keeping a diary

Note 5 things that are beautiful in the world around you.

Tidying your living space can make you feel calmer and more positive

Unfollow social media accounts that make you feel anxious, upset or angry

Diffuse difficult situations at home by walking away until everyone feels calm

Do an act of kindness to help others like making a grown up a drink

Make a plan to meet up with others later in the year.

Government advice for parents and carers on how to support your child's mental wellbeing

The government have produced a lot of guidance to help you support your children at home. Here are a selection of some great resources, some tried and tested by Ms Tizard!

Struggling with behaviour at home and need some tips? Look at Mind-ed for interactive resources and easy-to-read guides. <https://mindedforfamilies.org.uk/young-people>

Are routines slipping? Do you need to keep the kids busy and have more structure? Mencap have some absolutely superb resources. <https://www.mencap.org.uk/advice-and-support/health/information-about-coronavirus/coronavirus-ways-keep-busy> and so does the Education Endowment Fund <https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-to-share-with-parents/>

No time to read and feeling stressed yourself? Listen to Mental Wellbeing Audio Guides from the NHS website/ <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Do your children understand COVID-19? Read an informative picture book, 'My Hero is you', with them about it. <https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

Feel tired and need some general tips? Look at a range of ideas and resources on Every Mind Matters website. <https://www.nhs.uk/oneyou/every-mind-matters/>



Bradford Council: Online Parenting Courses

- Freedom: This can be done online for £12. <http://www.freedomprogramme.co.uk/online.php>
- Family Link: Nurturing programme can be done free of charge online: <https://www.netmums.com/support/netmums-parenting-course>
- Family Links Resources:

<https://familylinks.org.uk/parents#free-downloads-for-parents>

<https://www.handinhandparenting.org/free-downloads/>

<https://www.thepark.org.uk/relationship-support-parents-families/free-parenting-resources/>

- PACE: information for parents whose children are at risk of sexual exploitation. <https://paceuk.info/for-parents/>

Healthy eating

The government's Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week. The NHS has some great recipe ideas and an interactive guide to eating well. <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

DID YOU KNOW...
Bananas are a fantastic ingredient in children's cooking, as they are a healthy way of sweetening any recipe without adding refined sugar. Mashed banana can also be used in place of butter or oil to keep cakes and muffins moist.



New to English

Websites:

- <https://www.britishcouncil.org/>
- <https://www.bbc.co.uk/learningenglish/>

Phone apps:

- Teach Monster
- DuLingo
- Timmy's starting to read



Try a recipe!



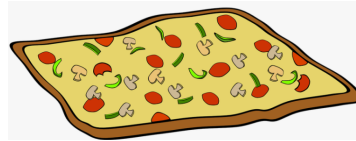
Pizza della Nonna

Here is a really quick and straightforward recipe from Ms Tizard's Italian mother! At DMA one of our key drivers is relationships: build those relationships at home by cooking together as a family!

Method

For the dough:

1. Mix the ingredients, adding the water last.
2. Knead for 10 mins.
3. Let it rise for 30 mins and prepare the sauce, toppings and trays whilst you wait.
4. Put foil on your pizza trays and oil them generously with olive oil.



For the sauce:

5. Put the onion and a splash of olive oil in a pan and cook slowly until soft.
6. Add the rest of the sauce ingredients and cook for 20 minutes.
7. Return to the dough and split this into three.
8. Put some flour out on your worktop (make sure it is clean first!) and gently and slowly flatten out one third of your dough into a shape to match your tray. The thinner the dough the better.
9. Repeat this for the rest of your dough.

Healthy Eating Websites

Henry: top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth

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

Rose Elliot: Vegetarian chef with a cheap, healthy and easy to follow recipes.
<https://www.roseelliot.com/>

Ingredients

Makes 3 pizzas

Equipment:

- Large plastic bowl for mixing the dough
- 3 x baking trays
- Tin foil or equivalent

For the dough:

- 450g strong bread flour
- 1 x sachet of yeast or 7g
- 2-4 tablespoons of olive oil
- 300-350ml warm water

For the sauce:

- 1 onion chopped, red is better
- 1 packet of passata
- 1 tin of chopped tomatoes
- 3 cloves of garlic
- 1 tablespoon of oregano
- 1 tablespoon of basil

For the toppings:

- Whatever you like!
- Mushroom
- Peppers
- Olives
- Cheese
- Anchovies

Making the pizza:

10. With a large spoon, spread some of your sauce over the bases, leaving a 2cm gap around the edge of your pizza.
11. Add your toppings. You can make this vegan if you don't use any cheese.
12. Add some extra herbs if you like.
13. Put in the oven at 200 degrees for around 20-30 minutes.
14. You will know it is cooked when the base is slightly crispy. For these pizzas you'll need a knife and fork!

Buon appetito!

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 updates. <https://www.dixonsma.com/>

Check Twitter

Please follow the links on our website to watch video messages from Mr Davies and your heads of year!

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: This is new! Email us if you do not understand how to use this site <https://www.thenational.academy>



Oak National Academy

Supporting every teacher to support every pupil

Online Classroom

Meet Our Teachers



Reading at home

Some great ideas from Vice Principal, Mrs Goodrum!

As you know, we currently cannot offer scholars a visit to the iBase to exchange their DEAR book, but this is a perfect time to explore the local resources and the literature that Bradford has to offer. Please follow the links below to access new DEAR materials while working from home.

Bradford libraries have the following resources available for you:

- [Bradford Libraries Online Stories & Rhymes](#) – weekly stories and rhymes from library staff are uploaded each Friday at 10am on this webpage. The videos are available permanently so are very easy to access. There are also links to story time videos made by authors especially for Bradford Libraries during the current situation eg. Steve Howson. A rhyme about rainbows has also been written and recorded to promote the great sharing of rainbow images in the district.
- [Bradford Libraries Online Rhyme Challenge](#) – this new online challenge for families sees children and parents learning five rhymes to receive a certificate.
- [20 things to do when you're NOT in a library before you are 5](#) – We launched the initiative “20 things to do at a library before you are 5” a couple of years ago and in response to the current situation we have moved the challenge online with lots of different ideas for families to try associated with book sharing and stories.
- [Bradford Libraries Reading & Learning Links For Children](#) – lots of reading and learning links for children often tied to the curriculum (but a bit more fun)
- [E-book/E-Audio service](#) – we have added lots more stock to our E-book and E-Audio service – children’s books available
- [New online book group](#) – join in the conversation about books

Studying at home

Scholar advice

- You have going to have to be incredibly self-disciplined and show absolute focus
- Your notes / revision material / 100% sheets are the starting point for you to keep your learning alive
- You must keep going back to what you have already learnt in each subject as your teachers would usually do in lessons
- Check academy emails regularly as teachers may email individual scholars with additional support / tasks
- If you have a concern about an individual subject, please email your class teacher in the first instance
- If you have any other concern, please email your Head of Year in the first instance

Family advice

- Keep scholars' day as close to normal as possible, do not let them get into the habit of staying in bed
- Ensure scholars are taking breaks
- Ensure scholars are doing a balance between online work and paper based work
- Quiz scholars about what they are doing
- Show an interest in their topics
- Ensure they are emailing their usual classroom teacher with any subject specific questions, we will aim for a 24-hour response at least
- Following NHS and government advice (which is constantly changing)



Contact Us

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Quiz Answers.

1. How old do you have to be to use these sites and games? (5 marks)

- a. Facebook 13
- b. Instagram 13
- c. Snapchat 13
- d. Roblox 8
- e. WhatsApp 13

2. What should someone do if they're being bullied online? (3 marks)

- c. Report or block the person bullying them
- e. Talk to an adult they trust
- f. Keep a record of the bullying so they can show an adult they trust

3. To keep safe online, what information should you **not** online? (4 marks)

- a. Your full name
- c. Where you live
- d. Which school you go to
- e. Passwords

4. What should you think about before posting something online? (1 mark)

- f. All of the above

True or false:

5. A friend meets someone online who tells them they are the same age. So it is safe to share personal information. (1 mark) FALSE: it's important to remember that people are not always who they say they are. Be careful not to share any personal information online.

6. A friend is being bullied on a game, but there is nothing they can do. It is just something they have to put up with. (1 mark) FALSE: if someone is experiencing bullying on a game, that's not OK and it's not their fault. There are things they can do, such as reporting or blocking the person bullying them, and speaking to an adult they trust.

7. A friend wants to talk to Childline about something that's upset them. He has read online that it's confidential. (1 mark) TRUE: if someone contacts Childline, whatever they say will be between them and Childline. They can feel safe knowing that no one else will find out. If Childline are really worried about someone's safety, they may need to speak to others to get them help.

8. Describe three things your friends could do to stay safe when they're using the internet. (Up to 6 marks available)

(Answers could include: not sharing personal information, such as their full name; not sharing their location; only using sites that are appropriate for their age; blocking/reporting people who send them inappropriate messages and asking their parents, carers or teachers for help; checking and updating their security settings; not accepting friend requests from people they don't know; only posting things that they would be happy for anyone to see).