

MOUNTAIN SUPPORT NEWSLETTER

Cycle 3 Week 6

Welcome

Welcome to our third Mountain Support Newsletter. It is Mental Health Awareness week and the theme is kindness, so we all need to be especially kind to ourselves and others. In this edition, Miss Jenkins shares a favourite recipe with our scholars and families! Thank you to all the feedback we've had about our newsletter—it is lovely to hear from you. Take care and stay safe.

Ms Tizard, Head of Mountain Support

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

Mountain Support
Department Sentence

In This Issue

- Appreciations from Team Maths
- Mental Health Awareness Week
- Miss Jenkins' healthy eating quiz
- Mini carrot cake recipe
- Tips for parents/carers

Have the rules changed?

Everyone must continue to stay alert to stop the spread of coronavirus (COVID-19). Keep up to date with government advice to keep ourselves and our families safe and healthy. <https://www.gov.uk/coronavirus> The academy website also has regular updates should you have any questions about school.



Updated guidance for England



Stay home whenever possible



Work from home if you can



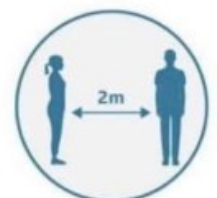
Avoid public transport if possible



Take unlimited exercise outside*



Enjoy parks and public spaces without exercising*



But always keep your distance in public

Appreciations

Shaona (Y9) has completed more work on Hegarty Maths than any other scholar in her year group. She is also in the top 10 for the whole school! - Mrs Hussain

Haseeb (Y10) has been working on SAM learning and is going above and beyond every day by completing lots of tasks to help improve his maths skills. - Miss Naylor

I would like to appreciate Hina (Y7) for showing a growth mindset with her Hegarty Maths everyday, always trying her best to complete the work, well done Hina. - Miss Naylor

Well done to Ouzairre (Y8) for working hard on Hegarty Maths—Mr Sulaymana



Thank you Mr Ashcroft for supporting Year 11 scholars with their career plans —Mountain Support Team



Mental Health
Foundation

MENTAL HEALTH AWARENESS WEEK

18-24 MAY

2020

Mental Health Awareness Week

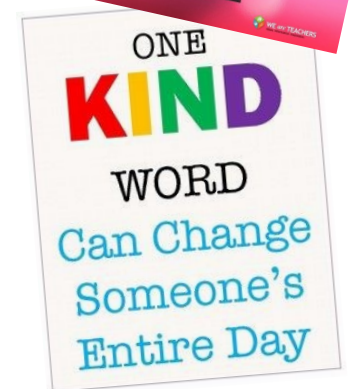
Hosted by the Mental Health Foundation, Mental Health Awareness Week will take place from Monday 18 to Sunday 24 May 2020. **The theme for 2020 is 'kindness'.**

Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all.

Mental Health Awareness Week has been run by the Mental Health Foundation since 2001. <https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness>

Get involved with random acts of kindness

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Arrange to have a cup of tea and virtual catch up with someone you know
- Help with a household chore at home
- Arrange to watch a film at the same time as a friend and video call
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Contact someone you haven't seen in a while and arrange a phone catch up
- Spend time playing with your pet
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- Donate to a charity
- Lend your ear – call a colleague and ask how they're finding the change in routine
- Give praise to your colleague for something they've done well
- Arrange to have a video lunch with a colleague
- Send an inspirational story of kindness people around the world are doing for others to someone you know
- Donate to foodbanks
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.
- Offer support to vulnerable neighbours
- Offer to send someone a takeaway or a meal





Kindness during the coronavirus outbreak

Arrange a cup of tea and virtual catch up with someone you know




Kindness during the coronavirus outbreak

Arrange to watch a film at the same time as a friend and video call

Kindness during the coronavirus outbreak

Send someone you know a picture of a cute animal




Kindness during the coronavirus outbreak

Send a motivational text to a friend who is struggling




Kindness during the coronavirus outbreak

Reach out to call a friend, family member or neighbour who is experiencing loneliness or isolation





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**

Healthy eating

Dear Scholars, hello from Miss Jenkins. It my pleasure to be a part of this fantastic newsletter from our Mountain Support team. To start with a few words of wisdom I stumbled upon that are really interesting...Stir the pancake mix, measure one cup of water, roll out the dough...all of these cooking tasks help you to develop necessary academic, cognitive and motor skills. I bet that you didn't even know that each time you help to prepare a meal, you are also preparing yourself for success in school and in life. Cooking with your family offers a wide variety of opportunities to learn and grow!

- Improves reading skills.
- Introduces different scientific concepts.
- Increases focus and attention.
- Teaches life skills
- Builds confidence and relationships.



With all these fantastic skills to be developed there are masses of delicious recipes to make together in the kitchen! One of the Dixons McMillan Scholars' favourite recipes from my lessons is Mini Carrot Cakes, which I have added for you to have a go at. Enjoy, they are delicious!!! As well as a little healthy eating quiz and wordsearch. Take care, stay safe and remember to email me your cooking and baking at kjenkins@dixonsma.com so I can show them off on Twitter.

Healthy Eating Quiz! How healthy are you?

1. Which one of the following after-school snacks is healthy?
 - a. A bag of salt and vinegar crisps
 - b. A packet of sweets
 - c. An apple cut into slices
 - d. A chocolate bar
2. Protein is found in meat and we need it for healthy muscles. Which of these foods contains the most protein?
 - a. Breakfast Cereal
 - b. A chicken sandwich
 - c. Chips
 - d. Lettuce and tomato
3. Flavoured drinks are filled with sugar which is bad for our teeth. Which drink should you choose to have instead?
 - a. A glass of water
 - b. A can of cola
 - c. A bottle of lemonade
 - d. A glass of fresh orange juice
4. What is the minimum number of portions of fruit and vegetables you should try to eat each day?
 - a. 1
 - b. 2
 - c. 4
 - d. 5
5. Which of these foods contains the most vitamins and is good for your health?
 - a. A slice of cake
 - b. A fruit salad
 - c. A cheese and tomato pizza
 - d. A cheeseburger
6. How many portions of fish should you eat per week?
 - a. 1
 - b. 2
 - c. 4
 - d. 8

Try a recipe! Mini Carrot Cakes

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.

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)

Ingredients

50g butter / soft baking spread
 250g carrots
 200g sugar
 200g flour
 2 x 5ml cinnamon
 2 x 5ml baking powder
 2 large eggs
 125g sultanas
 50g nuts (optional)

Equipment

- Chopping board,
- Knife
- Vegetable peeler
- Grater
- Measuring spoons
- Weighing scales
- Small bowl
- Mixing bowl
- Wooden spoon
- Sieve
- Muffin tray
- 12 muffin cases
- 2 large spoons
- Fork.

Healthy Eating

B	F	R	U	I	T	E	R	E	T	A	W	U	B
C	I	S	N	T	E	R	N	I	L	E	A	N	I
A	E	T	E	E	F	T	T	M	R	S	I	G	A
R	A	D	G	L	A	T	Y	L	T	A	I	F	A
B	I	L	V	L	B	T	E	H	S	I	V	M	F
O	H	R	I	M	G	A	A	T	T	E	I	T	R
H	A	U	T	I	N	B	T	R	E	L	F	A	T
Y	A	N	A	N	I	N	M	E	N	R	A	V	S
D	E	H	M	E	T	I	N	R	G	H	A	E	W
R	H	E	I	R	A	E	H	E	D	E	E	Y	H
A	R	T	N	A	E	T	L	Y	A	A	V	I	T
T	A	F	S	L	I	O	A	W	E	M	U	I	T
E	I	E	H	S	T	R	E	R	I	A	S	Y	B
E	Y	B	E	I	E	P	H	U	L	V	Y	N	N

EATING
 MINERALS
 WATER
 FAT
 VITAMINS
 VEGETABLES
 CARBOHYDRATE
 HEALTHY
 FRUIT
 PROTEIN



Advice for Parents / Carers

‘Helping my child believe in themselves’



1. Tell your children you love them everyday.
2. Pay your children compliments. Not many people do this but it is important. Notice their efforts and compliment them.
3. Remind your children that you are always there for them.
4. Make sure the language you use around your children (and everyone if you can) is framed in a positive way. You need to role model positivity so your children are encouraged to be positive too.
5. Confidence is learned – so role model confidence and be solution focused (see the possibilities rather than the limitations.)
6. Be excited about learning as an adult too. Get involved, show excitement.
7. Encourage curiosity! Ask your children questions, encourage them to ask questions – and find the answer out if you do not know it.
8. Resilience – parents play a big part in building the resilience of their child. Being resilient is the ability to learn from your mistakes, laugh at some of your mistakes, reflect on them and respond. If you do this in normal everyday life then your child will learn to do this too. Also encourage them to practice and realise that things don't always go right the first time.
9. Join in their play – let them lead but get involved. Let them figure stuff out and make mistakes but offer support.
10. Don't tell them – ask them! ... Don't do it for them – show them how to do it!
11. Switch off! Screens, work... whatever it is. Switch off and spend some time with your children – have fun. Creating special 1:1 time with each child is good too. During this time ask the child what they would like to do and what they find fun.
12. Make household activities/jobs fun. E.g. competitions, play music.
13. Do not compare a child to their sibling's or anybody else!
14. Remember children are led by their feelings. There is always feelings behind the behaviour so focus on the feelings not the behaviour.
15. Ask children for their opinion and ask them for advice.
16. Set goals for days/weeks ahead. This gives them the ability to be excited by possibilities. This can also be encouraging/motivating as they work towards these goals.

These are times we have never been through before so give yourselves a pat on the back for doing a great job in a difficult situation.

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/>

DMA Supporting Home Learning Newsletter

<https://www.dixonsma.com/uploads/files/Cycles/DMA-Supporting-home-learning-booklet-2020.pdf>



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

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Mrs Sanderson
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Inclusion Manager



Miss Bell
Prevention Fellow



Mrs King
Prevention Fellow



Ms Tizard
Head of Mountain Support
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Mrs Smith
Pastoral Manager



Miss Barlow
Prevention Fellow

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