



# The Academy of St Nicholas Virtual Newsletter

## The Respect Edition



Welcome to the respect edition, the third of our weekly newsletters. Our virtual newsletter intends to share the amazing work of all our staff and students during these unprecedented times. This newsletter will provide regular updates from your teachers and staff, who are eager to share the amazing work you are completing at home, as well as providing you with important and factual notifications from the government. We understand how important it is to keep you up to date with the latest developments regarding your school life. We aim to bring our community closer together through this newsletter and celebrate the hard work and perseverance of our students, inspiring “excellence for all.”



1. Respect



2. Ambition



“Inspiring Excellence”



3. Resilience



4. Compassion

## Respect

A feeling of deep admiration for someone or something caused by their abilities, qualities, or achievements. Another of our core values, respect is embedded in everything we do at St Nicholas. This edition shares the deep-rooted respect shared by the St Nicholas community.

**"My dear brothers and sister, as believers in our glorious Lord Jesus Christ, never think some people are more important than others." James 2:1**

When we think about 'respected' members of society, we think of powerful or famous or 'important' people that others look up to or that demand respect because of their job title. But the Bible says something different about who we should respect. It says that in God's eyes, the richest, most powerful person and the poorest, most desperate person are worth the same - they should both be equally respected as they are both God's children.

### In This Issue:

- Ask the Teachers Part 2
- ASN Art Challenge
- Students of the Week
- ASN Food – Part 2 and Recipe of the Week
- Health and Wellbeing
- ASN's Respectful Students
- All Saints Sixth Form
- ASN Cares



Together we Aspire, Believe and Achieve guided by Christian Values





## Ask the Teachers

Last week, we asked a selection of staff across the Academy the same three questions. Here is part 2:

1. What film has taught you the most?
2. What is your favourite childhood film?
3. What music would you suggest to get through lockdown?

### Miss Bainbridge:

1. A film that made me think is the life of David Gayle, Kevin Spacey stars in this thought provoking film about the death penalty and it has an amazing plot twist!

2. As a child I loved *Bedknobs and Broomsticks*. I loved the fact that animals could talk and it was the first time I had watched cartoons mixed with life characters on the screen together for the first time!



3. An album to get you through would be Madonna Immaculate Collection – dance through lockdown!

### Miss Bell

1. Diving Bell and the Butterfly
2. The Goonies
3. Finding album choices is hard as there are so many to choose from! Queen Greatest Hits or Amy Winehouse Back to Black and Queen Greatest Hits

### Mr Sibbald

1. Pursuit of Happiness – Anything is possible if you really want it
2. Rocky IV – Training montage is epic
3. Foo Fighters - echoes silence patience & grace. Perfect album to train to or play loud in the car.



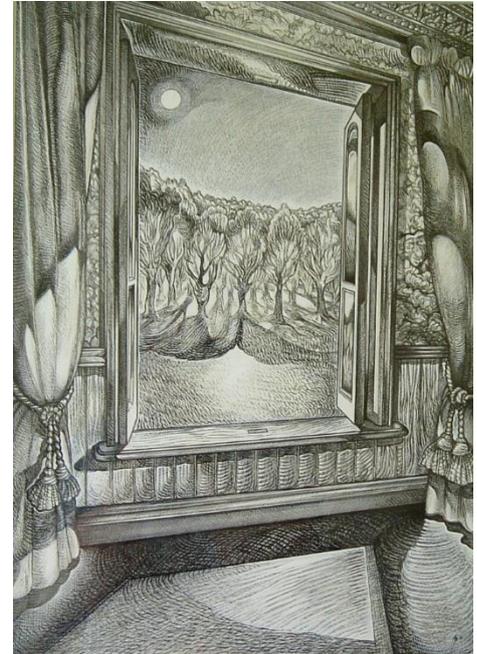


## ASN Art Challenge

### Open to Students and Staff

*Challenge: the view from your window.*

This is something we all have in common, in the lockdown looking out of our windows watching the world go by. We would like all the school to either send a photograph/ drawing/ digital art/ painting/ textiles/ collage of your view from the window. We can display all our different views that we have had in the last seven weeks on Twitter and have an exhibition in the school for when we do return.



When you start, lots of decisions are going to be made. Which window has a good view? Where are you going to sit? Are you going to draw any of the inside, or just the window frame and outside? First look at these inspiring examples.

For further inspiration, search: <https://www.youtube.com/watch?v=VwkvQBG2f5U>

Upload your responses to our Academy Twitter: @ACADEMYSTNICKS





## Growth Mindset Students of the Week: Hegarty Heroes



*Total amount of questions answered since ASN closed:* 45651

*Total number of hours completed in past week:*  
**122**

*Total number of hours since closing:* **1126**

### Top Students:

Year 7: **Joshua Lane** (320 questions)

Year 8: **Zac Mohamed** (78 questions)

Year 9: **Chloe Whittaker** (157 questions)

Year 10: **Paul Lundstrum** (85 questions)

Year 11: **Lillie Barnes** (529 questions)

Sixth Form: **Zainab Khalid** (120 questions)





## Food Technology @ ASN



***The best recipes, exclusive interviews and fun activities from the culinary world.***

Last week, newsletter Editor Freddie Griffiths interviewed the Head Chef of Wreckfish Bistro! Rated one of the best restaurants in the UK, they really are a great 'catch'! Here is part two.

### **Did you go to University/College?**

*I went to catering college in Stockport, Manchester which is where I'm from. I did level NVQ 1 & 2 in hospitality and catering and level 3 in professional cookery.*

### **What is the most challenging part of your job?**

*When I was younger, I felt I missed out by working weekends when mates were going out. With running kitchens, it's challenging to keep patient at times. There is a lot of pressure being in charge of a bistro like Wreckfish and all the staff. I'm there to ensure it is profitable and make great food, but Tim is also there for the chefs to lead them, to teach them and be on their side.*





# The Academy of St Nicholas Virtual Newsletter

## The Respect Edition



### **What are your hours like?**

*The kitchen is ran by chefs who work a 4-day week, I don't want anyone working more than 48 hours a week. In saying that I work a 9.30am-11.30pm most shifts. There is also an hour commute each side of that too as I live in Stockport. As the head chef it's my prerogative to be the first in, last out and lead from the front, it's just how I am, but it doesn't mean working so many hours is right thing to do in reality.*

### **Do you miss your job, now you're off for lockdown?**

*So much. I miss cooking, (I can cook at home but it's an expensive hobby to have!) I miss the teams and social aspect of it. I don't like to sit still so at the moment I'm volunteering at a local kitchen sending out 1500 meals and donations to people in need and at our sister bistro in Didsbury where we are doing something similar on a smaller scale. Of course, everyone keeps their distance and wears personal protection and everything is constantly being sanitized.*

### **Do any of your family have similar jobs or are their jobs completely different?**

*A lot of my family have been in this industry, from cafes to owning an ice cream company, but it's just myself now. Parents own a small company which has been hit with closure, it's hit them rather hard but the governments doing a good job with what they offer to help people out in this time.*

Next Week!

Exclusive Interview with Elizabeth Harris- Cake baker and decorator!

**With Thanks to Ryan Howarth (Head Chef at Wreckfish Bistro)**





## Homemade Honeycomb



### Ingredients:

4 tablespoons of golden syrup

200g of caster sugar

3 teaspoons of bicarbonate of soda

200g milk chocolate (optional)

### Method:

First grease a 20cm square cake tin or slice tray. Then in a large saucepan heat the sugar and syrup together, bring it to the boil and then simmer on a low heat for 5-10 minutes. Cooking time may vary but to test if it is ready get a small drop of the liquid and drop into water, it will be brittle when ready. Finally remove from the heat and add the bicarbonate of soda. Quickly mix it and then pour into the cake tin.

Top Tip! Why not coat your honeycomb in melted chocolate to create your very own Crunchie! Don't forget to share your creations on the Academy Twitter!



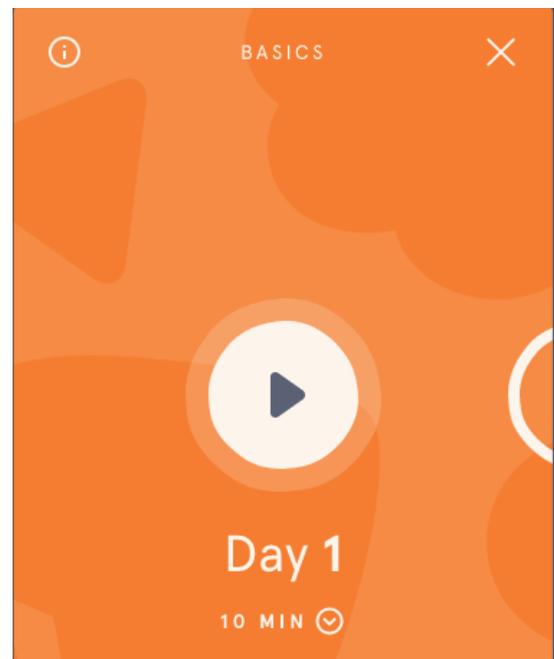


## Health and Wellbeing App of the Week: Headspace

Headspace is an app that teaches you how to meditate. Meditation has been shown to help people stress less, focus more and sleep better. Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day.

It's helpful to become familiar with the meaning of mindfulness, as well as how it relates to meditation.

Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them. We train in this moment-to-moment awareness through meditation, allowing us to build the skill of mindfulness so that we can then apply it to everyday life. In teaching the mind to be present, we are teaching ourselves to be live more mindfully — in the present, taking a breath, not beholden to reactive thoughts and feelings — which is particularly helpful when faced with challenging circumstances or difficult situations.





## Struggling with Sleep? Headspace's Dr Jason Ong has some advice

People are often surprised when I tell them this, but if you want to sleep well on a regular basis, the single most important thing you can do is to have a consistent wake-up time. This is because your circadian rhythm, also known as your body clock, is guided by your wake-up time rather than your bedtime.

The circadian rhythm doesn't respond instantly, it adjusts gradually over several days, and this adjustment is exactly what's happening when we experience jet lag. We find we're tired at awkward times, and we can't sleep when we get into bed. Our circadian rhythm is still on the schedule of our old time zone, so it's lagging behind by something like an hour or more a day.

An irregular wake-up time, whether that's on the weekend, or after a bad night's sleep, confuses your biological clock in just the same way — in fact, sleep doctors sometimes call this “social jet lag.”

Obviously then, the best way to ensure that you're sleepy at the same time each day is to wake up and get out of bed at the same time every day, even on the weekends. This is actually the opposite of what most people assume is the best thing for their sleep. They go to bed at the same time each day and vary the wake-up time based on how they slept during the night. Unfortunately, this works against the way the body regulates sleep, and that can lead to frustration when you get into bed.

So ideally, try to maintain a wake-up time within a consistent 15-minute window every day. Even if you've slept badly. And even if you've been out the night before. And before you know it, you'll have your body clock working like, well, clockwork again.





## Good News Story: ASN's Respectful Students

The Academy of St Nicholas and All Saints Sixth Form College is taking part in a pioneering project as part of the 'United For All Ages' in 2020 agenda aimed at bringing communities together and sharing their experiences across the generations.

Back in February Year 7 students invited some of our more mature and experienced members of our community into school to share skills and stories. At the first Intergenerational Café our very special visitors worked with our Year 7 students teaching basic sewing skills and sharing their life stories.



Our volunteers from All Saints Sixth Form College helped to organise the event and the talented Year 12 hospitality team literally put the icing on the cake by making some amazing cakes, pastries and scones and serving refreshments with a smile.

We hope to relaunch the monthly event in the future once schools are back to normal, but in the meantime send our kindest regards to our lovely volunteers from the community who made the event an extra special day.





**Thanks to the NHS**



**A thanks to our NHS from The Academy of St Nicholas!**





# All Saints Sixth Form College Virtual Newsletter

## The Respect Edition



### All Saints Sixth Form

Respect is an Academy value that we are all demonstrating at the moment. We are all very aware of how other people are feeling and this makes us consider carefully how we talk to people and how we support them. This can vary from day to day depending on how a person is feeling. It is all about being aware of the feelings of others and responding to them in the most appropriate way. I know that you will all be supporting those closest to you and this make us feel very proud of you. It is a real indication of your maturity in how you respond to and support others. I hope that you feel that as a staff we are treating you with respect by responding to your questions and queries sensitively and in a supportive manner. I know that staff are very impressed with your response to adapting to different ways of learning and communicating with people. In the future, this experience will make you a stronger and more adaptable young person who is empathetic and who has exceptional interpersonal skills. It is important that we all continue to work together, to support each other and to try to make this difficult situation something that we can reflect upon positively.



Please continue to submit your work on a weekly basis. Remember if you are struggling, please email your subject teacher. They are more than happy to support you. Keep checking your emails for information on online courses, webinars and virtual events happening at universities.

We will be sending out new learning packs after half-term and reviewing how we are supporting you. Please complete the questionnaire which is going to be emailed to you within the next few days.

### Year 11 students -Transition Work

Just a reminder for all of the Year 11 students who will be joining Year 12 in September, we now have a range of transition materials for you to work on in preparation for your sixth form studies. There are activities for every subject and contact details for staff should you have any questions about the course or the work set. Follow the link here to access the work.

<http://allsaintssixthformcollege.org.uk/transition>

Please complete the work for the three subjects you have chosen to study and bring it along with you when you enrol on August 20<sup>th</sup>. Good luck and if you have any questions, please contact me [lawsonj@astn.uk](mailto:lawsonj@astn.uk)

Continue to work hard, make time for relaxation, but most importantly, look after and support yourselves, your family and your friends and remember if you need anything, please just ask.

Mrs Lawson



Together we Aspire, Believe and Achieve guided by Christian Values





## This week's Twitter Posts

 **St Nicholas**  
@ACADEMYSTNICKS

Celebrating 75 years since VE Day and remembering all of those heroes who lost their lives to give us our freedom... We will never forget them. Happy VE Day to all of you!  
[#respect](#) [#compassion](#) [#celebrateathome](#)



  8 May 2020

 St Nicholas Retweeted

 **Chaplain SJ (St Nics)**  
@sj\_chaplain

In school doing work and making chocolate rice crispy cakes! Can we do this every day please?? 😊  
[@ACADEMYSTNICKS](#) [@AllSaintsColl](#) [#lockdown](#) [#cooking](#)



  7 May 2020





# The Academy of St Nicholas Virtual Newsletter

## The Respect Edition



8 May 2020

St Nicholas Retweeted

**St Nicholas CS/IT/Media**  
@StNicksCT

Students are currently using the code builder to spawn a lot of different animals... The challenges are inside the house for the students to attempt.



Position: 56, 84, 36  
Agent Pos: 70, 67, 22

8 May 2020

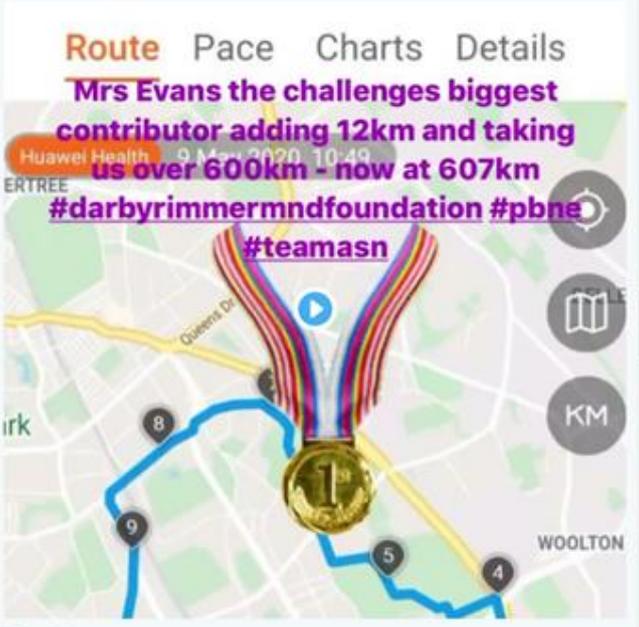
**St Nicholas**  
@ACADEMYSTNICKS

The Academy staff have taken on the #100kinMay challenge this week to support @DarbyRimmerMND & #attackMND. We went over the 100km mark at day 2 & the continued response has been phenomenal. Distance updates to come #PersonalBest#ambition #resilience

506140217344/photo/1

**StNicksPE**  
@StNicksPE

Mrs Evans , the challenges biggest contributor adding 12km and taking us over 600km - now at 607km  
#darbyrimmermndfoundation #pbne #teamasn  
@ACADEMYSTNICKS @DarbyRimmerMND



Route Pace Charts Details

**Mrs Evans the challenges biggest contributor adding 12km and taking us over 600km - now at 607km**  
**#darbyrimmermndfoundation #pbne #teamasn**

Huawei Health 9 May 2020 10:49

Woolton

9 May 2020





## Employability Matters

**Do you know that there is a career out there which will allow you to?**

- Have a job that you enjoy.
- Earn money to live well.
- Create new and exciting opportunities in your life.

**Planning for the future is about taking control of your life and making the decision that you want to be successful and take the steps toward that dream career. But what if you don't know what that is? Well NOW is the time to start researching your options.**

### Researching Careers

What jobs and career areas interest you? And how much do you really know about the massive variety of careers out there? There are some brilliant resources you can use to help you research your possibilities and find out about jobs and YOUR future!

**Barclays Life Skills** has been designed to help young people like you get ahead in the world of work. As well as tools for researching careers, there are also lots of resources you can use to help you learn about employability skills and how you can develop these, get tips on how to prepare for interviews, manage your finances and much more

Try starting with the **Lifeskills Wheel of Strength**. This is an interactive tool which can help you think about how things you enjoy and are good at can help you find careers which suit your interests and needs.

<https://barclayslifeskills.com/young-people/>

Our partners at **Shaping Futures** have also developed a fantastic online careers programme to help you with everything from wellbeing, study skills and careers. Google Shaping Futures Liverpool or find the links under Year10 on the student portal.

Remember when researching careers

- Think about what skills, qualifications and experience are needed and what you can do to get them?
- Is it a growth area? Are there jobs available? What can you do in the next 1 year, 2 years, 3 years to build your profile and give you the edge?
- Always have a backup plan!





### **Developing Employability Skills.**

Employability skills are those things that employer's rate as the most important when looking to hire new candidates. When asked about the most important qualities employers look for during interview. The ones that always rate the highest are:

- A positive attitude
- Communication skills and team work
- Commitment and focus
- Problem solving and Creativity

What extra things can you do this summer to build your experience around your studies? Are you involved in any voluntary work, groups or extra a curricular activity which you can use to demonstrate some of those Key Employability Skills?

### **For more information visit:**

<https://barclayslifeskills.com/young-people/>  
<https://shaping-futures.org.uk/8-week-programme/learners/>

### **ASN Cares**

The pastoral team have again gone above and beyond in their commitment to our families in the Academy community. Deliveries of food to our students at their homes have been conducted, providing much needed support where it is required at this time.

### **The Academy has distributed:**

180 Magic breakfast meals

160 Milk tokens

9 Fresh meat and vegetables packages (108 meals)

9 Large Hampers to feed a family including fresh vegetables and meat

8 batches of food vouchers

As a staff body we are here to serve our community and support those people we work with. Well done to all the people that gave their time and went out into the community this week.





## Next week is national Mental Health Awareness week and the theme this year is kindness

Please take a minute to check out the below web site for more information.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/why-kindness-theme>

### Our Online Services

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from: 12 noon-10pm Monday-Friday, and 6pm-10pm Saturday and Sunday Log on through mobile, laptop and tablet.

**kooth**  
**Free. Safe. Anonymous.**  
Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice   Live Chat   Live Forums

<https://kooth.com> go!

Kooth offers advice on the go. We're by your side when you need us most.

available in your area

For more information, visit Kooth

## Personal Best, No Excuses

