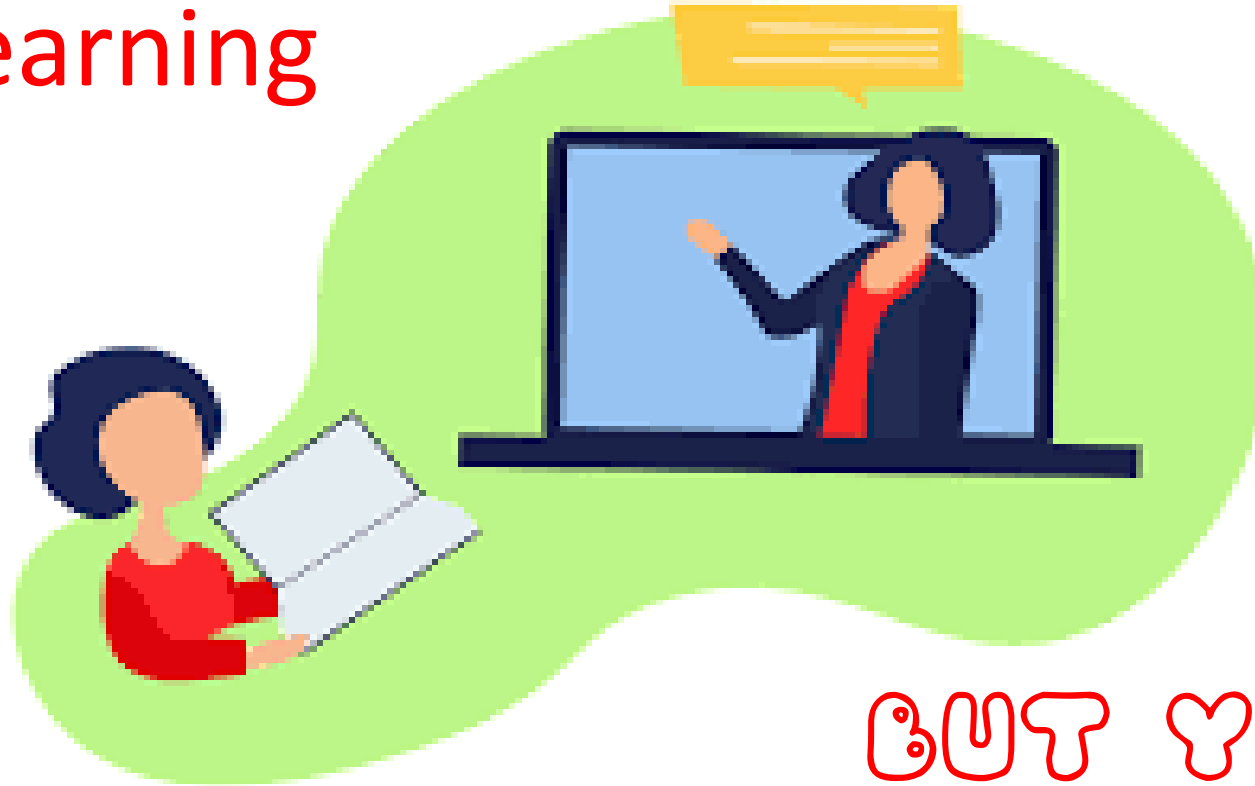


It may be called  
'Remote' Learning



BUT YOU ARE  
NOT ALONE!

# Happy January



## ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

Happier · Kinder · Together



# Arrangements for week 2

- The school continues to be **open for vulnerable children** and those of **critical (key) workers**.
- **All years 7 through to 13 will resume online learning** via Microsoft Teams at home until further notice.
- Keep checking your school emails for further details and information over the forthcoming weeks.



# Accessing Teams through your Xbox or Playstation

: once on the browser  
go to

<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/log-in>

## Xbox

1. Plug a keyboard into the Xbox USB slot.
2. Go to my games and apps.
3. Find and select Microsoft Edge.
4. Navigate to your online learning platform.

## PlayStation

1. Identify the PlayStation internet browser icon (WWW with dots around it).
2. Press the PlayStation logo on the controller.
3. Go to the library and find options for games and applications.
4. Go to applications and you will find the internet browser.
5. Navigate to your online learning platform and log in as usual.





# How can I make the most of home learning?

**Organise** Tidy your work space. Get all your equipment ready early – even the night before

**Focus** Turn off notifications from social media etc. Think about each LC.

**Be resilient** You may find you ping out of a lesson without warning and need to get back in more than once! Be patient and keep trying.

**Connect** Your friends can help you if you don't understand or to let the teacher know you're in the lobby! It helps so much to feel you can reach out for help.

You can also contact your tutor, teachers or Pastoral mentor if you need help

**Aspire!** Finished quickly? Google a case study, search up a key word or find and read a newspaper article. Keep busy, curious and alert. Reach higher!



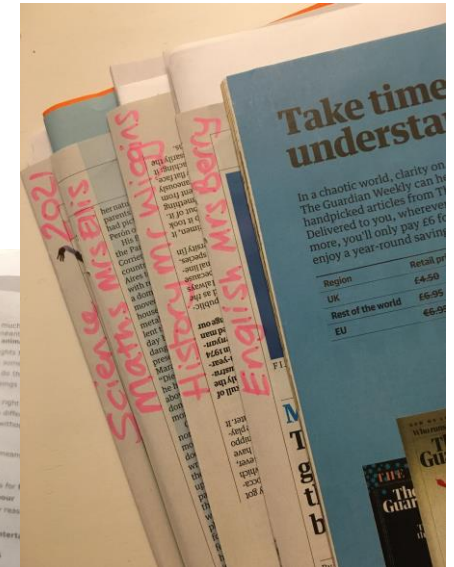
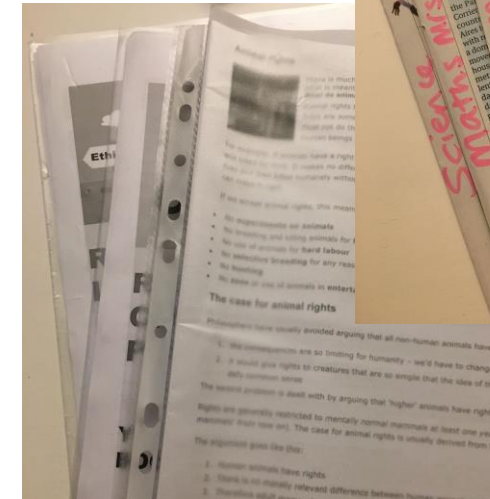
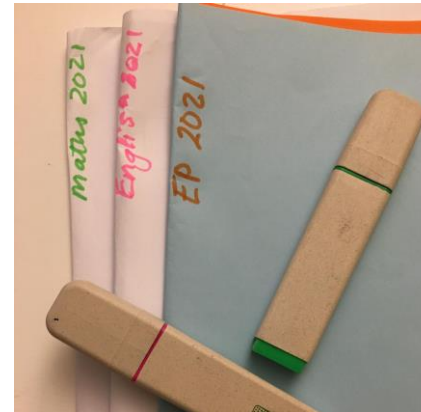
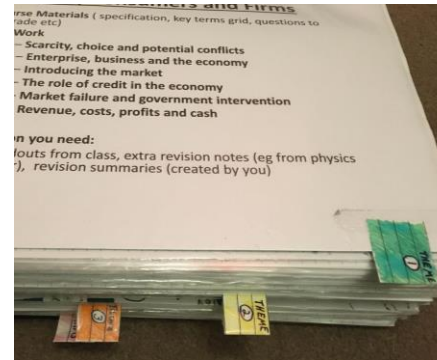


# I need to organise my work

## 1. You're working on paper

*That's fine. You can still organise all the work in files or folders.*

*If you don't have plastic wallets or any folders, paper or even newspaper/magazines will do the job. As long as you label it and know where to find it later – that's the main thing!*





# I need to organise my work

## 2. You're working on computer

*You should have saved your work last week in one of two ways:*

- in folders on your computer*
- or in teams in your folder for that lesson.*

*Go to files>student work>(your name) and then there is an upload button.*

Ishan's work				
	Name	Date modified	Type	Size
★	English	08/01/2021 17:25	File folder	
★	History	08/01/2021 17:25	File folder	
★	Maths	08/01/2021 17:25	File folder	
	Geography	08/01/2021 17:25	File folder	
	French	08/01/2021 17:26	File folder	

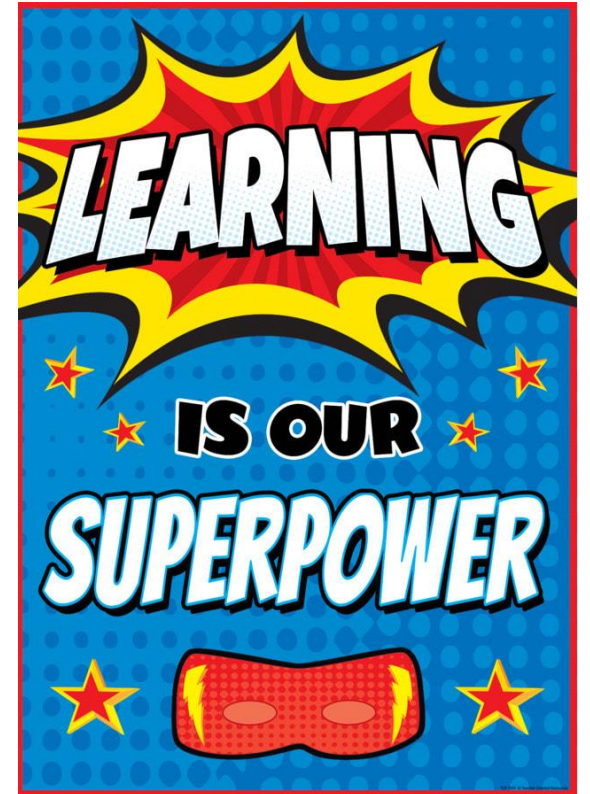
***By the end of Monday you should aim to make sure that all work from week 1 is organised.***



# ERA heroes

*There is so much to be proud of at Montsaye*

- **Over 90 %** of students managed to log on to lessons - WOW!
- - **Hundreds of** ERA points were earned by students over the 4 days **#Aspiration**
- Students demonstrated **resilience** by endeavouring to get into lessons even when internet connections were weak and they pinged out of lessons – they always came back in! Students found creative ways to access work, with and without technology 😊
- Students showed the **excellent** team spirit we have come to expect by supporting each other with learning, technical issues and with emotional support.







# ERA points

Even from home we can see how incredible you are. Keep getting those

**ERA** points this year 😊 and see what you can achieve!!

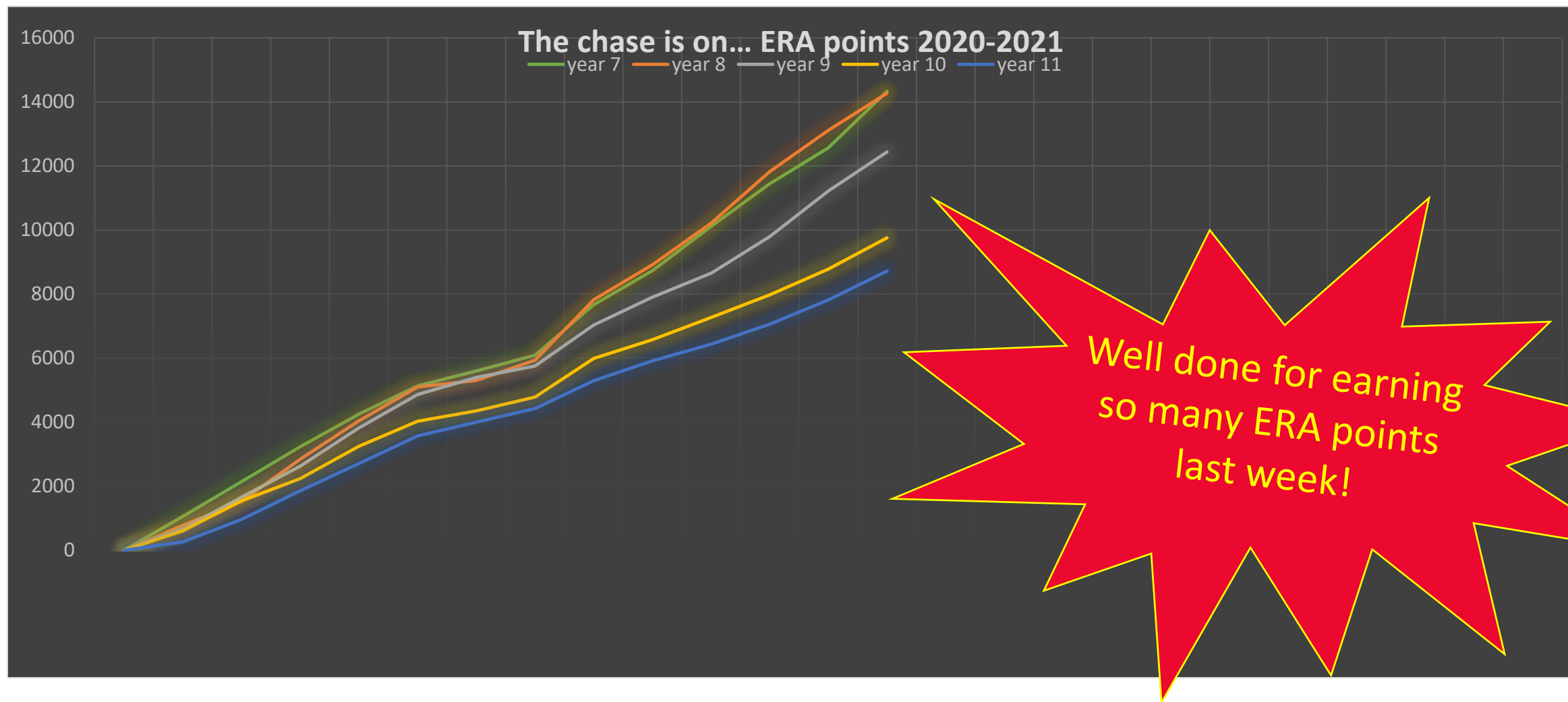
Special congratulations to the high scorers in each year group last week:

**7: Aiden B 8: King T**

**9: Macxara T 10: Lilly-Maye F 11: Jessie M**



# ERA points





# What about breaks and lunches?

We will continue with the timings as seen below. This means that all years and staff have the same breaks and lunch. We hope that helps in homes with more than one Montsaye student/teacher.

- 8:40am Assembly/Form time
- 9:00am Period 1
- 10:00am Period 2
- **11:00am Break**
- 11:20am Period 3
- **12:20pm Lunch**
- 12:50pm Period 4
- 13:50pm Period 5

For those students in school,  
you will use the restaurant  
for break and lunch



# I haven't got a printer at home. Is that a problem?

*That's fine. You don't need a printer.*

*Make sure you save each piece of work/notes from your lesson with a clear document name. This should include your name (in case you need to email it to your teacher) the subject name and any other key info such as the date.*

*For example:*

*ELopes English lesson notes – 5<sup>th</sup> Jan2021*

*Elopes Maths homework 5/1/21*

*Elopes History research slave trade 6/1/21*

*More info on uploading work to an assignment on teams here:*

<https://support.microsoft.com/en-us/office/view-and-navigate-your-assignments-student-a206bde9-8bb3-4e38-a745-0f9a6f9eb6ce?redirectSourcePath=%252fen-us%252foffice%252f8b2a9b57-8c82-4c95-8f85-6fad2a57fccd&ui=en-US&rs=en-US&ad=US>





# How do I log on?

## How to log on

**SAM  
learning**

[www.samlearning.com](http://www.samlearning.com) Our school centre ID: NN1MC

**Username** = date of birth followed by initials, in the format DDMMYYII

**Password:** if you haven't yet logged in, this is the same as your username.

**Maths  
watch**


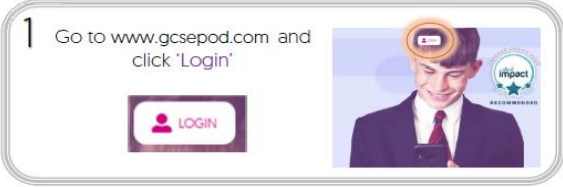
<https://vle.mathswatch.co.uk/vle/> If Boris Johnson was born on 19th June 1964 and attended Montsaye academy, then the mathswatch login details would be: **Logon:** BoriJohn@montsaye **Password:** 19/06/1964

**Times  
Tables Rock  
Stars**

<https://ttrockstars.com/home> Select Montsaye by typing NN146BB Your TTRS login details would be:  
**Logon:** BoriJohn **Password:** 19/06/1964

**GCSE Pod**

Activating your GCSEPod account (First time log in)

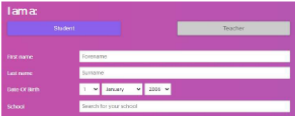


1 Go to [www.gcsepod.com](http://www.gcsepod.com) and click 'Login'

2 Click on 'New to GCSEPod? Get Started'


podup  
Implement, Inspire, Impact

3 Select 'Student' and enter your full name, date of birth and the name of your school.



Your school name will appear underneath for you to click on

4 Set a username and password for your account.



You'll then be logged in for the first time!  
Next time just go straight to the login page and enter the username and password you created.



# How do I contact staff?

My situation	Who to contact
I am struggling with my homework or home learning	Use all the resources available/suggested, ask a friend or parent/carer. If you're still stuck, <b>email your class teacher</b> . Include the <b>head of department</b> as well in case your teacher is not available.
I can't log on to some online learning	Email your <b>Class teacher</b>
I can't access work electronically	If you have no computer access at home or perhaps unreliable wifi, you may need paper copies. If so, email our admin team at <a href="mailto:admin@montsaye.northants.sch.uk">admin@montsaye.northants.sch.uk</a> . Include your <b>Progress leader</b> too. If you have no way of emailing, you can call on 01536 418844
I have done some work or an activity I am proud of and I'd like to share it	If you have done some work or an activity you are proud of, and you would like to share it, send a photo to <b>your progress leader</b> . This could be school work or a new skill / community work.
I am worried about my safety or that of someone else.	If you have a concern about yourself or another student, you can email any of the pastoral mentors. They are still around to help you both in school and if you are at home. They can also point you in the right direction for support, or advice.

## General admin enquiries:

[admin@montsaye.northants.sch.uk](mailto:admin@montsaye.northants.sch.uk)

## Progress Leaders:

7 [cpetchey@montsaye.northants.sch.uk](mailto:cpetchey@montsaye.northants.sch.uk)

8 [jdroberts@montsaye.northants.sch.uk](mailto:jdroberts@montsaye.northants.sch.uk)

9 [jcooper@montsaye.Northants.sch.uk](mailto:jcooper@montsaye.Northants.sch.uk)

10 [fmalins@montsaye.northants.sch.uk](mailto:fmalins@montsaye.northants.sch.uk)

11 [hpickering@montsaye.northants.sch.uk](mailto:hpickering@montsaye.northants.sch.uk)

12/13 [kjones@montsaye.Northants.sch.uk](mailto:kjones@montsaye.Northants.sch.uk)

## Student Welfare Officers:

Year 7 Mrs Howell

[ghowell@montsaye.northants.sch.uk](mailto:ghowell@montsaye.northants.sch.uk)

Year 8 Mrs Patrick

[spatrick@montsaye.northants.sch.uk](mailto:spatrick@montsaye.northants.sch.uk)

Year 9 Mrs Long

[llong@montsaye.northants.sch.uk](mailto:llong@montsaye.northants.sch.uk)

Year 10 Mrs Walters Morgan

[awmorgan@montsaye.northants.sch.uk](mailto:awmorgan@montsaye.northants.sch.uk)

Year 11 – Mrs King

[sking@montsaye.northants.sch.uk](mailto:sking@montsaye.northants.sch.uk)

## How to contact any member of staff

Initial + surname +

@montsaye.northants.sch.uk

E.G if you want to email Mr Berridge it is

[jberridge@montsaye.northants.sch.uk](mailto:jberridge@montsaye.northants.sch.uk)

# Me or someone I know is feeling really down. What should I do?

The first part of finding a solution is recognising there's a problem, so well done for recognising where help is needed.

On the next few slides are some strategies you/your friend can try. These are all shown to improve mood and help reduce anxiety and stress. You can't 'think' yourself happy. However you can take actions which you know will improve how you feel.







# Tips for a winter lockdown

We know it can feel tough, so here are a few things you could do to help make the time pass. And if you are feeling a little down, it should help improve your mood. There are more ideas on the slides which follow, too.

If you'd like to speak to someone the Student Welfare officers (PMs) are available, as well as several online services, listed on the slides that follow.

## A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



### LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



### STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



### HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



### LIMIT NEWS

Limit the amount of time you spend on social media and checking news



### COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



### CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



### TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



### PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



### STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



### POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



### ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help







# Nature Hacks for improved mood

If you ever feel blue, stop what  
you're doing for a **moment** and **allow**  
some form of nature to **help** you.  
Maybe you'll **watch** a tree blowing  
in the wind, or start **Smiling** at a  
bird hopping about on the street. Just a  
little moment like this where you're just  
'being' can really **refresh** the soul...

@maythethoughtsbewithyou



Hoppity hop!

# The power of music



Music can be a brilliant strategy to improve wellbeing.

Try some of these ideas:

- Listen to a favourite album with the lights out and just focus on listening
- Create a playlist (on your own or with friends/family)
- Pick an album and listen to every track, don't just skip to the ones you always think of as your favourites
- Ask friends for recommendations of new music or all agreeing to listen to something you've heard of but never heard and set up a remote music group like a book group to discuss and share thoughts on music.



# Wellbeing – Pick and mix



- 1 **Mindful colouring** 20 mins + [link to background music](#) click for [examples](#)
- 2 **How to be calm under pressure** 5.05 mins [TED talk](#)
- 3 **A Japanese technique** 3.00 mins [video](#)
- 4 **Yoga** 6.23 mins [practice at your desk](#)
- 5 **Laughter** [choose a funny video to watch](#)
- 6 **Northamptonshire nurses video** 44 mins [strategies and skills](#)
- 7 **Praise it forward** positive postcards [link](#)
- 8 **Mind & hand exercises** 10.00 mins [strengthen your mind](#) you may need to skip activity no4 as you need walnuts (!?)
- 9 **Calm down quick** 2 mins [ALifeLessAnxious](#) 2 mins [Hand massage](#)
- 10 **Anger management** 4 mins [how to control it in 5 steps-ABCDE](#)
- 11 **Nature** [Attenborough Top 5](#), [Sloth](#), [Flirting birds](#), [snow monkeys](#), [more snow monkeys](#), [pandas](#),

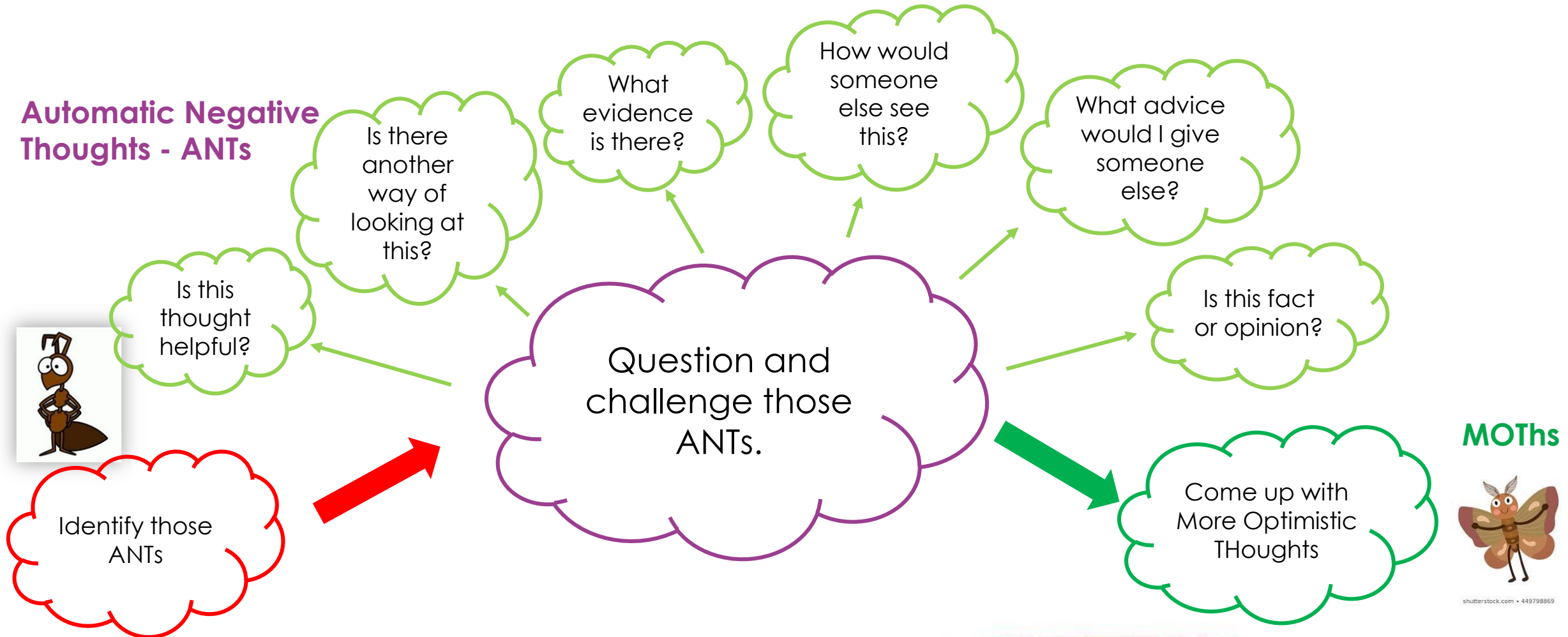




# Coping with anxiety-strategies



## Automatic Negative Thoughts - ANTs



MOThs



shutterstock.com • 449798869





Watch this video which reiterates ways you can help yourself feel better when anxious or stressed.

- <https://www.youtube.com/watch?v=bsc2QkCC3uI>



If you are still feeling low, here are a few slides which show you where to find more support





Check out  
these drop-  
ins in Corby  
and Kettering  
or book an  
appointment  
😊

# A NEW MENTAL HEALTH SERVICE FOR 11-18 YEAR OLDS

If you find yourself needing support we're  
here to listen and help in your time of need.

Book an appointment by calling the  
numbers below or drop in during opening  
times.

**MONDAY AND FRIDAY 4PM - 8PM**  
the lowdown, 3 Kingswell Street, Northampton,  
NN1 1PP  
01604 634385

**TUESDAY 4PM - 8PM**  
Youth Works at Corby Mind, 18 Argyll St, Corby  
NN17 1RU  
01536 518339

**THURSDAY 4PM - 8PM**  
Youth Works, 97 Rockingham Rd, Kettering,  
NN16 9HX  
01536 518339





You can't block  
out feelings



If going online is making  
you feel down then talking  
to someone can help

# Keep in touch 😊



If you have a concern about yourself or another student, you can email any of the pastoral mentors. They are still around to help you even if you aren't in school. They can also point you in the right direction for support, or advice.

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Year 11 – Mrs King – [sking@montsaye.northants.sch.uk](mailto:sking@montsaye.northants.sch.uk)



# Try this mindful colouring activity

If you cannot print, please get in touch and we will send you some





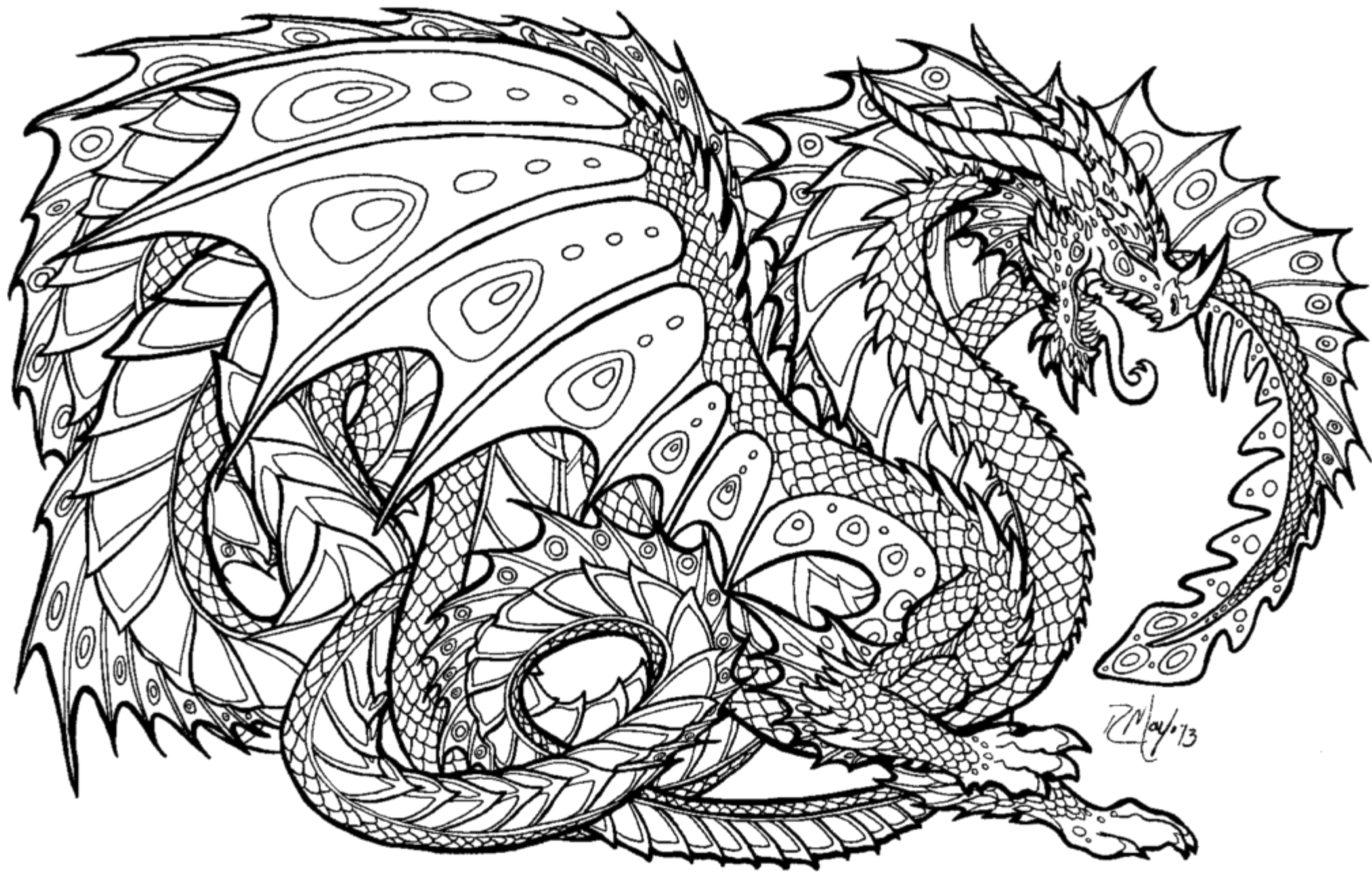
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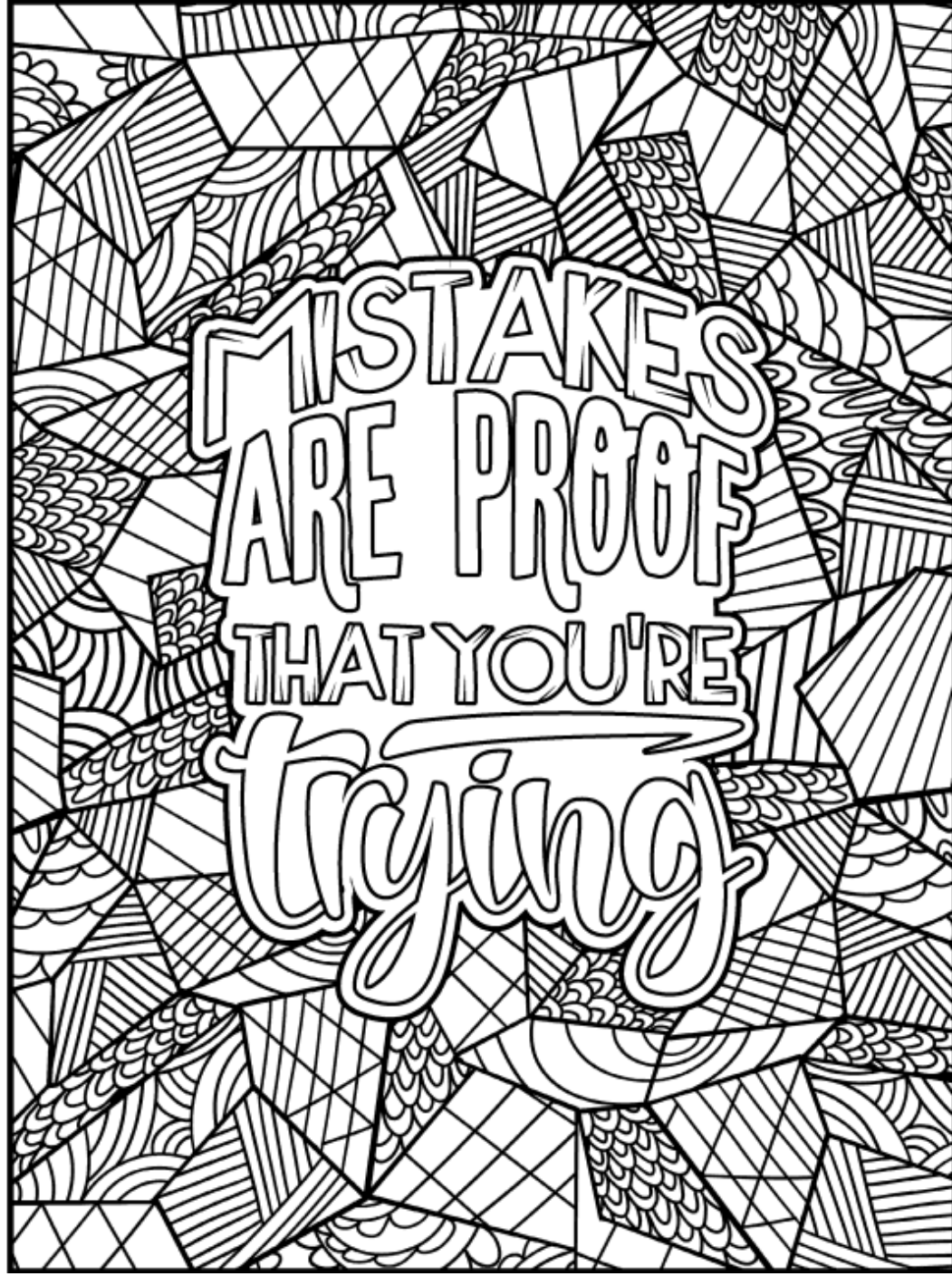
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If you cannot print, please get in touch and we will send you some





# Try this mindful colouring activity

If you cannot print, please get in touch and we will send you some

[Click to return to](#)

[FAQs](#)





# And to finish on a high note!



- <https://www.youtube.com/watch?v=ettrr6EGhUo>

