

PASTORAL BULLETIN: INFORMATION FOR FAMILIES



Message from the principal

As we draw to the end of the second week of school closures I just wanted to say how wonderful it has been to see all of the ERA values of Excellence, Resilience and Aspiration coming in the work you have been doing at home. Well done everyone and what an inspiration you are! We are celebrating all our ERA heroes this week.

Talking about heroes I wanted to take this opportunity to thank all critical workers who are working so so hard to ensure that lives are being saved. Great to see that Montsaye Academy was able to make a small contribution to the essential personal protective equipment that is needed by our NHS workers. Mrs Sutcliffe raided our Science stores and we delivered, over 200 glasses, 60 goggles and one full protective mask to Kettering General Hospital this week.

In our continued endeavour to support the NHS workers we are declaring Friday 3rd of April, 'Dress for the NHS day' so let's all get behind this fantastic initiative- send in your uniform pictures to the era heroes email.



Montsaye Academy is supporting its community by taking part in BBC Radio Northampton's 'Making a Difference Project' in which we are encouraging all of you to write a letter to some of the older generation who are currently feeling very isolated and alone. Montsaye Academy has currently adopted three sheltered housing developments and we know how much difference a letter from you can make to our community.

As we end our term and move into the Easter holiday, I would like to take this opportunity to thank all the staff at Montsaye for their hard work and dedication throughout this term and to wish you all, your families and loved ones a peaceful break. Take care of yourselves and continue to stay home, protect the NHS and save lives.

Mrs Gabbi

We want to hear from ERA heroes!

We have been thrilled with all the nominations of ERA heroes you have been sending in. We are so proud of our students and it's great to see their work. We want to send the biggest shout out to all the key workers in our community (as well as their families) who are working so hard to keep us safe. Look out for our ERA hero posts on Facebook and Twitter! Send any news ERA heroes for this week to eraheroes@montsaye.northants.sch.uk stating you are happy to for us to share your work or photos.



<https://www.facebook.com/montsaye/>



<https://twitter.com/montsaye>

Main contacts

General enquiries

admin@montsaye.northants.sch.uk

Or call 01536 418844 Messages are picked up daily.

ERA heroes

eraheroes@montsaye.northants.sch.uk

Progress leaders

7: cpetchey@montsaye.northants.sch.uk

8: jcooper@montsaye.northants.sch.uk

9: fmalins@montsaye.northants.sch.uk

10: hpickering@montsaye.northants.sch.uk

11: jroberts@montsaye.northants.sch.uk

Sixth form: kjones@montsaye.northants.sch.uk

Pastoral mentors

lcoulson@montsaye.northants.sch.uk

llong@montsaye.northants.sch.uk

awmorgan@montsaye.northants.sch.uk

spatrick@montsaye.northants.sch.uk

SEND

senco@montsaye.northants.sch.uk

All other staff

Initial + surname + @montsaye.northants.sch.uk

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

jberridge@montsaye.northants.sch.uk

My situation	Who to contact
I am struggling with my home learning	Use all the resources available/suggested, ask a friend or parent/carer. If you're still stuck, email your class teacher . Include the head of department as well in case your teacher is not available.
I can't log on to the home learning	Email your Progress leader You can also leave a message by phoning the school 01536 418844
I can't access work electronically	If you have no computer access or perhaps unreliable wifi, you may need paper copies. If so, email our admin team at admin@montsaye.northants.sch.uk . Include your Progress leader too.
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 ERA heroes . This could be school work or a new skill / community work. In your email please indicate that you are happy for the work to be shared with the school community on our ERA heroes newsletter and / or social media.
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 even if you aren't in school. They can also point you in the right direction for support, or advice.

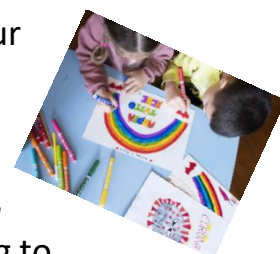


It is more important than ever that we reach out to those in our community who need the most support. Yet how can we overcome this challenge when we all need to practice social distancing? BBC local radio have found one way to support the vulnerable and elderly residents who are feeling isolated, including many in our local area.

The local council would love isolated residents to receive letters. BBC Radio Northampton is coordinating the project, liaising with the sheltered homes and the schools, but they need young people to volunteer to write the letters.

Martin Borley from BBC Northampton has been in touch with Mrs Gabbi to ask if our students can help *Make a Difference* and we just know that you'll be up for the challenge!

If you want to help, you will need to write a cheerful and chatty letter and email it to us at Montsaye Academy on eraheroes@montsaye.northants.sch.uk We will then send it to BBC Northampton to be sent onwards. You may even get a reply if you include your name as we can coordinate the transfer of letters (first name and age only please – no other contact information for safeguarding reasons).



What to write about: You could share what you've been up to. What changes have occurred since social isolating and lock down began? What are you doing to pass the time? How is the internet helping you to stay connected? What have you missed the most and what's the first thing you'll do when you are allowed to? Have you learned anything during the last couple of weeks?

Also, ask questions: how do they feel? What or who do they miss? What's their favourite TV show? Are they doing any other activity to pass the time?



Try to keep it upbeat: remember the aim of this letter is to make them feel connected and overall to feel better. Perhaps share a joke or a funny story. You could draw them a picture or share a photo of your pet, a drawing such as a rainbow on your window (no photos of you, please).

Top tips: Age UK have told us that letters need to be in large type (16 minimum), in a dark colour on a light background; pictures would also be appreciated. For safety reasons, only first names and ages should be given. Email to the school and we will send them on! 😊



We need you!!

We need to climb the TTRS table!

The most up to date results from Times Tables Rockstars are in and we are currently mid table... As the only secondary school in the Pathfinder trust, we could and should be doing better! It's up to you! Logging on and

playing for just 10 minutes a day will not only improve our ranking, but will help your overall Maths ability. This approach not only improves recall speed of pupils, but also boosts their confidence and reduces anxiety around Maths. There is no pressure or expectations, they just see it as a game, improving their speed and accuracy while having fun.

To log in to TTRS follow this link:

<https://play.ttrockstars.com>

If you have never logged on before: you need to find the school by either typing 'Monsaye' or by putting the post code NN14 and selecting montsaye from the list.

Info	Class Enrollment	School Results	Class Results	Pupil Results
School average / user		School score		
1	Wilbarston CE Primary School	1,031		
2	Loatlands Primary School	536		
3	Hawthorn Community Primary School, Kettering	510		
4	Montsaye Academy	462		
5	Rothwell Junior School, Rothwell	338		
6	Havelock Junior School	318		
7	Rushton Primary School, Kettering	139		

Username = first four letters of your first name, followed by the first four letters of your second name. **Password** = your date of birth like this DD/MM/YYYY

Eg: Mickey Mouse born 13th August 2005 is *Username: MickMous Password: 13/08/2005*

Go on! Give it a go!!

Donation to hospitals

We are proud to have been able to support the ongoing work of the NHS this week. We have donated hundreds of goggles and



other protective equipment from the Montsaye Science department.

In this way, we can help to keep doctors and nurses safe at this time.



Safety & wellbeing



What parents need to know about Houseparty



LIVE

WHAT IS HOUSEPARTY?

Houseparty is a live streaming app described as a face-to-face social network where people 'drop in' on each other to video chat, leave messages and hang out in groups. In the UK alone, there is an estimated 1.5 million people using the app, more than half of which are under the age of 24. Houseparty is available for iOS, Android and macOS, and it's important to note that children under the age of 13 must have a parent's permission to access the services, however, no proof of age required to create an account.

AGE RESTRICTION

13+

HOW DO YOUNG PEOPLE USE IT?

Each time the app is opened, your child will be instantly connected to other users who are also on the app. Users can create group conversations of up to eight people at one time. Each time a person joins, the screen splits to show everyone who is part of the conversation. Your child can add contacts via phone numbers, search for their usernames, and share a link to their profile. They can have as many rooms as they want and move from chat to chat by swiping across the screen. Along with this functionality comes a few associated risks to be aware of...

LIVE

"STRANGER DANGER"

Friends of friends can join conversations on the platform without the need to be connected or known to all the other users in the chat. Houseparty calls this feature 'Stranger Danger'. While it does alert users when individuals they may not know enter their chat room, it also suggests strangers might be a reason for 'party time'. There's also the danger of people attempting to deliberately mislead others by using false names or usernames.

SEXUALISED MESSAGES

People may use live streaming apps such as Houseparty to engage in inappropriate or illegal activities. There have been concerning reports directly linked to Houseparty, including one incident where two Manchester children aged 11 and 12 were reportedly targeted by men exposing themselves back in 2017. Outside of their close friendship group, it's also important to note that friends of friends can also connect with your child via the app, which may include people with this intention.

CONTENT BEING SHARED

The 'facemail' feature lets users share moments from their Houseparty conversations by recording and sharing 15-second snippets of chats. They also have the option to save these moments to their gallery. For privacy purposes, every member of the group will see a notification if another member is recording - this could be a concern if your child shares something in the live chat they may later regret. Once recorded, they lose control over the video and how it is used.

CYBERBULLYING

Cyberbullying is when people use technology to harass, threaten, embarrass, or target another person. Group chats can be used by bullies to make negative or hurtful comments which may cause offence or be harmful to others in the group. Exclusion from friendship groups within the platform may make your child feel sad and left out socially excluded.

OVERSHARING PERSONAL INFORMATION

Children often don't understand the risks involved in giving out too much personal information in a live stream or within their profile. They may also be less protective of personal details during online conversations. One example of this within a live chat could be their background revealing information about where they live or go to school without realising.

IN-APP PURCHASES

By tapping on the dice icon your child can play a game called 'Roulette Up' where one person gives clues to describe someone or something and the other players guess. Three cards are included for free but additional decks cost real money. There's the potential for your child to get carried away playing the game while working up a small fortune.

Top Tips for Parents

SAFER CONVERSATIONS

With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively. Have regular and honest conversations with your child about what apps they are using and how they are using them. It may be a good idea to have your child show you how they use Houseparty and how to navigate through the platform so you are aware of how it works.

CHECK COMMUNICATIONS

Also, it's important to be aware of who is on their friends list and who they are communicating with. Remind your child to not communicate with people they do not know and trust. If they experience something on the app that makes them feel uncomfortable then they should tell a trusted adult immediately. Remind your child that if they get an invite to join a Houseparty room from someone they don't recognise, then they should ignore the request.

'LOCK' ROOMS

In regards to communicating with users on the platform, we advise that your child uses the 'lock' feature to make their conversations private. This means that other users, especially strangers, can't join their conversations.

PROTECT THEIR PRIVACY

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information. Check your child's privacy settings thoroughly. You have the option to opt out of certain uses and disclosures of personal information, such as turning off the app's location sharing option.

PROTECTING YOUR CHILD'S DIGITAL FOOTPRINT

As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. All content shared on the app can be recorded or screenshots and shared to a wider community. It is important that your child knows that what they do now may affect their future opportunities. In addition to this, the video chats can't be reviewed later which means unless a parent or carer is sitting nearby during a call, they won't know what has been said. It's worth bearing in mind that parents can see when their child has last communicated with someone and how long for under the 'We Time' feature.

REMOVE LINKS TO OTHER APPS

Users can link their account to both Facebook and Snapchat, or can simply share a link to their profile. We advise that you remove these links and remind your child not to publicly share access to their online profiles as there is the potential for strangers to get hold of your child's information or communicate with them.

BE PRESENT

A study conducted by the Internet Watch Foundation (IWF) found that 66% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater understanding of what your child is doing during their live streams and who they are streaming to.

REPORTING AND BLOCKING

If your child faces a problem while using the app they can report direct to the platform by shaking their phone. A prompt will pop up allowing you to report issues immediately by clicking on the 'Report now' button. They also have the option to report and block users directly on the user's profile.

Houseparty @houseparty · 15h

Replying to @nationalonsafety

Thanks for such a thorough write up! Trust & safety is SO important to us. One additional tip is to use the app settings to turn on 'Private Mode' which automatically locks the room, instead of doing it manually. Parents with questions can always email us at hello@houseparty.com

SOURCES: <https://www.bbc.com/news/technology-51444444>
<https://www.bbc.com/news/technology-51444444>

A whole school community approach to online safety
www.nationalonsafety.com

Email us at hello@nationalonsafety.com or call us on 0800 368 8061

SEE ALSO: LIVE STREAMING GUIDE FOR PARENTS

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

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.

CRISIS CAFÉS

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

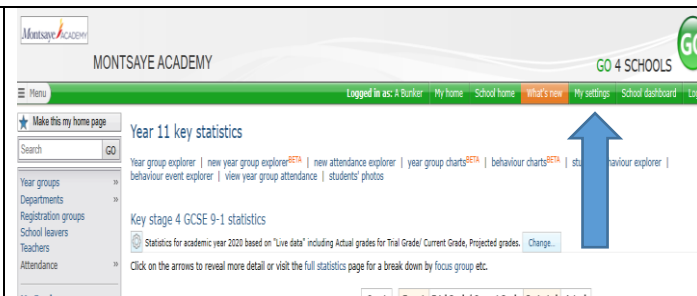
There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery.

CRISIS CAFÉS TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Sanctuary @ Corby Mind 18 Argyll St, Corby, NN17 1RU Tel : 01536 267280				5-10 PM	5-10 PM		2-8 PM
The Mixing Bowl @ Kettering Mind 49-51 Russell St, Kettering, NN16 0EN Tel : 01536 523216		5-11 PM	5-11 PM	5-11 PM			

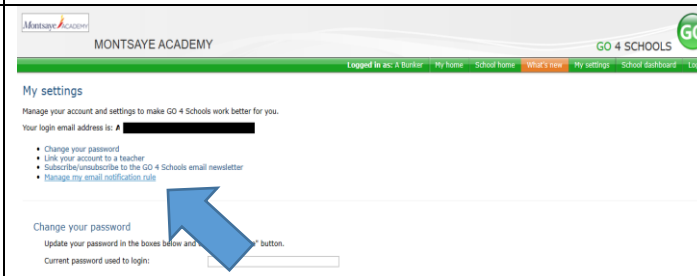
INFORMATION FOR PARENTS:

How can I manage the number of notifications I receive from Go4Schools?

1. Log in to your account on the Go4Schools website and click on 'My settings' in the top right on the task bar.



2. Click on 'Manage my email notification rule.'



3. Scroll down and then you can choose to unsubscribe to the Go 4 Schools newsletter. You can also choose to change your email settings.

Subscribe/unsubscribe to the Go 4 Schools email newsletter

The Go 4 Schools newsletter, which comes out every few weeks, helps you get the most out of Go 4 Schools. It contains information about new features, hints and tips and upcoming events etc.

☐ Please send me the Go 4 Schools newsletter

Manage my email notification rule

An email notification will be sent to your Go 4 Schools login email address when a behaviour event is raised containing the following students/events for each specified event type.

Note: The email notification will be sent by Go 4 Schools as soon as the event is recorded, but please note that email is not guaranteed to be delivered to you immediately.

Home learning



Useful apps and online platforms



Online study
with proven results.



RS Revision
GCSE and A Level Philosophy and Ethics



How to log on

**SAM
learning**

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 logon details would be:

Logon: BoriJohn@montsaye **Password**: 19/06/1964

**Times
Tables
Rock Stars**

<https://trockstars.com/home> Select Montsaye by typing NN146BB Your TTRS logon details would be:

Logon: BoriJohn **Password**: 19/06/1964

Effective home learning



Preparing yourself



- If possible, find a space that is tidy and organized.
- Sit at a table if you can



- If you have siblings or parents who working too, try sitting and working together.
- If you need quiet, sit in your room if you can.



- Plan your day. Make sure you know what you are doing when. Why not plan your day the night before?
- Write out a schedule (including breaks). See above for a suggested plan.

During your day



- Avoid distractions when you are working. Unless you need it for research, put your phone away for a while.



- Keep active! You are more likely to focus better on your work if you plan active breaks in between tasks

If you get stuck



- Ask a friend or family member – they might be able to help.



- Keep in touch using your school emails. We're still here to support you. If you don't get reply, it might be that they are poorly. Copy in another teacher too and we'll work together to help however we can.



- Click on any of the icons above to be taken to websites with lots of learning activities and support. Be Resilient! Keep trying 😊

Home learning after Easter

Key points for students

Please note: *you will not be expected to complete work over your Easter holidays. If any due dates are after the holidays, your teachers will have been expecting you to work either side, not over the two week break.*



After Easter, your teachers will be setting you weekly work to complete, via Go4Schools. It is really important that you keep checking this. Download the app if you can, it makes it much easier!



When you have completed work, you can upload it to your Microsoft Teams folder (accessed via the 'VLE' link on the school website) for some feedback. If you don't know how to do this, then you can access a guide to help you do this [here](#). Alternatively, email it to your teacher and they can upload it and send you back a link to your Teams folder.



Questions? Remember that your teachers are here to help. You can email them with any questions, or use the chat function on your Teams page (remember to @ their name). If you forget any logins, get in touch with your tutor who should be able to help out.



Extra websites: alongside your weekly work from your teachers, there are lots of websites that you can work on (such as SAM learning). Please do work through these at your own pace if you finish your weekly work from your teachers. There is no pressure for you to complete all of these activities, they are to help you develop/test your skills and work independently with more confidence. If the activities on one of these websites are part of your weekly work, your teachers will let you know which ones to complete. (see hyperlinks above).

Surviving Lockdown



A guide for students and parents

- Understand what Lockdown means for you and your family
- Think about how you can pass the time
- Think about how to look after yourself and others

So what is Lockdown and why does it matter?

- Here is a news link to find out what the government announced on Monday 23 March:
<https://www.bbc.co.uk/newsround/52006856>
- Why is this so important? Have you seen the 'bucket of water' explanation? <https://youtu.be/nl6tTwxzCi8>
We are now at the stage where the water is about to overflow!

How you may be feeling....

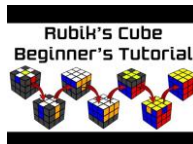
- Everyone will have different ways of coping and showing their feelings at this time – this is normal!
- You may feel calm at times and then anxious at other times
- So what can you do to help yourself and others? <https://www.bbc.co.uk/newsround/51896156>

So, what to do at home?

Keep a regular routine –

- Get up and complete your school work keeping to a normal timetable if possible
- Email teachers if you need help with your work – staff are still here to help
- Give yourself some breaks and treats
- Try and break up your screen time
- Exercise every day. Once outside the house maximum, but you can also do workouts online for free.

There are plenty of ideas online – choose things that you are interested in...



Keeping good relationships

At this time when families are together more than usual, some stress and arguments are natural. Remember these key messages if things get a bit difficult at home

- Listen to others – try and understand their point of view
 - Try and explain how you are feeling – try and stay calm
 - Take time out – go and listen to music, stand in the garden, give yourself space to calm down
 - Hug it out! Other people in your family will be feeling stressed too
-
- See also the Weekly pastoral bulletin where you can find a list of apps and some good website links for coping with stress, staying safe online, online learning and connecting with our school community during this time.

And finally....Keep in touch! If you have any worries during this time, contact a teacher by email or phone the Academy. Keep checking the Montsaye Academy website where there will be tasks for different year groups to help keep you healthy, safe and prepared for the future.

ERA Wellbeing: Keep occupied, be kind

Day 1 Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.	Day 2 Enter the Kindness Competition & submit by 13 th April – <i>see slide 2</i> https://www.ditchthelabel.org/choose-kindness-competition/	Day 3 Call a relative or friend who is far away and have a chat with them.	Day 4 Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.	Day 5 Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.	Day 6 Look at the resources and information available on the Young Minds website https://youngminds.org.uk/
Day 7 Visit a virtual museum! Go online and explore the collections. http://www.virtualmuseums.co.uk/museums/museumoflondon/	Day 8 Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.	Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.	Day 10 Create an information booklet about the importance of hand washing and hygiene.	Day 11 Make your own riddle and see if anyone can guess what it is.	Day 12 Do something helpful for a friend or family member today.
Day 13 Find out all of the Fundamental British Values and create an informative poster on one of them.	Day 14 Send a positive message to all of your friends.	Day 15 Listen to your favourite song and make up a dance routine or a backing track.	Day 16 Explore the Titanic as an online tour. http://titanicvr.io/	Day 17 Make a card for someone's birthday/celebration coming up.	Day 18 Play a game that you haven't played in a while with someone else in your house.
Day 19 Hoover the stairs or a room in your house.	Day 20 Learn how to cook a meal and eat together.	Day 21 Leave a thank you note for someone else to find in your house.	Day 22 Research and produce a mind map and fact file about all the places in the world you would like to go.	Day 23 Write and illustrate a comic book or story to uplift people's spirits.	Day 24 Go on an online tour -parks https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShwzh2oIMmaajlaVfBKS3CCODRtZgncNlowJSelbKO9pKc4
Day 25 Read a book and plan a theme park around the main places, themes and characters.	Day 26 Find out which animals are soon to be extinct and create an advert to save one.	Day 27 Watch a film with someone at home and make sure you turn your phone off.	Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.	Day 29 Draw a picture of what you see in your garden or out of your window.	Day 30 Write down 5 things you are thankful for in your life.

Montsaye ACADEMY
Excellence. Resilience. Aspiration.

Mind over matter.
My mind is the important thing.

And I realised then that that was the whole point. I was still alive and that was all that really mattered. No matter what shape my body was in I was still here, I was living, breathing and experiencing the miracle of life. There was no way that I'd battled through the grim hell of survival on that mountaintop to comedown and then be miserable. So I made up my mind ...to be happy

#Resilience #ERA

Jamie Andrew, amputee, mountaineer, inspiration.
Montsaye Academy, Year 11 ERA day 17th January 2020