

# Montsaye ERA Heroes

*Stay Home, Stay Safe, Stay Connected*



## PPE Generosity

Throughout the lockdown, **Jean**, mum of Summer and Jordan, has worked non stop supplying the NHS with face masks, head bands, mask extenders and more recently full sets of scrubs. These have gone to various hospitals, care homes and doctors' surgeries all over England. We agree, Jean is a true hero!

## Helping out at Home

**Rosie and Charlotte's** efforts at home have not gone unnoticed and we would like to recognise their resilience over the last few weeks. They have been supporting with younger siblings, assisting with cooking and housework as well as keeping up to date with their school work as their mum recovers from a (non-COVID!) infection. They epitomise our ERA values, of excellence, resilience and aspiration. Well done, both of you! Very best wishes for a speedy recovery to Rosie and Charlotte's mum.



## Learning something new in Lockdown

Mrs Coulson tells us that **Ella V** is learning sign language. She hopes this will help her alongside her child development work as she would like to do something working with children in the future. What an excellent way to spend her spare time. Brilliant!

## Staff Heroes!

**Mrs Lopes** has received a nomination as an ERA Hero! She is always looking out for everyone's wellbeing (including her colleagues') and has organised numerous staff quizzes to help staff keep in touch and supporting each other in addition to all the student support she provides!



But she's not the only one. From the leaders having to make new and difficult decisions every day, the class teachers ensuring that learning and guiding continues remotely, to the support staff in the background, helping to keeping things running, we have lots of staff heroes to celebrate!



# VE day celebrations



Thanks to the following students for sending in their photos: Jessica C, Charlotte B, Harvey S, Alex O, Ruby M, Sophie and Mr Wiggins.  
 \*Special note from the Editor to Alex O for additionally sharing his recipe – thanks Alex!\*



# To Run is Fun!

**Alfie S** in year 7, writes: *Running is the best thing you can do; it can be a good inspiration for a lot of people because it keeps you healthy and feeling good for the day. I started running this lockdown as part of my exercise for the day, it allows me to do something for me and it makes me feel free. Running to me feels like I was born to do it! I really like running because you can just be yourself and I feel happy. If you have days where you do not feel yourself, then go for a run, its free! Just go from your house, choose a route and do it! Enjoy it! If you take to it as much as I have, then there are running clubs that you can join when we are all able to, which will also give you opportunities to meet new people and make friends. Give it a go....to run is fun!*



## Well done message from Mrs Pelican:

Staff commendation from Mrs Pelican to following students for having submitted work that is both entertaining and well presented. They have been resilient, creating, re-drafting and polishing their written pieces so that they are the best they can be. Keep up the excellent work everybody!

### Year 7

**Joseph D, Hannah B, Mia F, Alfie S, Bradley T, Jakub C, Robert B, Kelsey H and Lorena C.**



### Year 8

**Maddison C, Luke J, Josh C, Daniel C, William M, Harvey K, Ovidiu T, Giacomo H, Benjamin O, Emily M, Thomas C, Mason C, Roxy A and Felix C.**



## Excelling at School Work

**Emma W** has impressed staff with her mastery of a range of skills in her school work she has submitted. Her work shows how she is becoming a wonderful writer, crafting consciously and producing excellent work throughout.

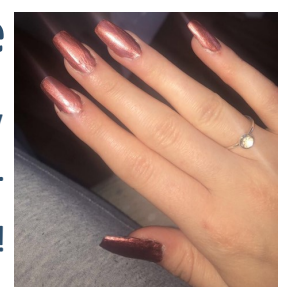
**Benjamin S** has demonstrated consistent quality work for home learning, showing resilience and real care and skill in all his work. Well done, keep it up!



## Magnificent Manicure

**Ebony L** has been practicing new skills during lockdown, learning how to do acrylic nails as she wants to go into hair and beauty after school.

Looking good!



# STAYING FIT AND ACTIVE

**Giacomo H** has written this informative piece of work that we can all learn from about looking after ourselves and our loved ones.

*To stay fit and active it is necessary to eat and drink well. This could be done in lots of different ways:*

*You could start by eating a variety of different foods, including fruits and vegetables. We know kids don't like these in general, so find at least a couple that your child will eat. Don't give up on the others though, try to introduce them into their diet at least once a week so that they keep trying them.*

*Replace saturated fats with unsaturated fats, for example try to cut out high fat dairy products, use semi-skimmed milk instead of full fat, or you could even try almond milk. Try to use low fat margarine instead of butter, olive oil instead of vegetable oil and instead of letting your child reach for a packet of crisps, give them some nuts instead, which are a great source of good fats, protein and fibre.*

*Don't let your children have too many fizzy drinks, try and limit these to special occasion. Persuade them to drink water if they're thirsty, there are a lot of 'flavourings' that you can get now to enhance the taste without adding sugar and bad things.*

*Control their portion size when eating, you can even buy plates that tell you what portions of each food source you should have. Reduce their sugar and salt intake by looking for alternative products that are low in sodium or maybe use an alternative sweetener.*

*Food is not the only thing to think about though, to keep your child healthy and fit exercise should also be a regular activity. Even if you can't go out at the minute you can still exercise at home. There are lots of exercise videos on YouTube, pick one that you all like and do it as a family. It's a lot more fun when you all join in! You could have competitions to see who can do the most push-ups or squats, even who can catch a ball the most times after throwing it in the air! You can do this on your own too. If you don't own any weights, use cans of food and lift these. Any exercise is better than none! Walk around the room, go up and downstairs five times in a row several times a day, you don't have to go out to get fit!*

*Another thing to consider is screen time, I'm not saying that playing games on a console or PC is bad, but there needs to be a limit per day of just how much time we spend on these. I think a good basis is three hours a day but I'm sure my Mum wouldn't think the same! Talk to your parents/guardians and come to an agreement, don't argue, maybe do some work about the house to earn more privileges, you could incorporate this into your exercises, for example, washing windows or kitchen units or sweeping the floor.*

*We need to take note of our mental health too, reading books is a good way of doing this, not just the manga books that I like but also maybe books on subjects that you enjoy, such as football. You could read the biography of your favourite player or about your favourite team? Try puzzles, Sudoku is a good one, or maybe crosswords if you are better with words*

*Finally, GET A GOOD NIGHT'S SLEEP!!!!*

## New way of learning? No problem!

The Year 10 EP Class has adapted brilliantly to remote learning, engaging well with work set so far and 20 members of the class getting involved in a 'live lesson' on Teams where students continued to have good ethical discussions with each other, on this new platform (**Evie A, Toby A, Molly A, Sian A, William C, Samantha D, Yordie D, Archie H, Memphis H, Ollie H, Amelia L, Jessica M, Luca M, Connor P, Megan P, Francesco P, Ruby P, Lydia R, Amber S, Safia S, Joley S, Demi-Ella S, Lottie S, Dan T and Kiera V**).



## Working hard, learning well, keeping in touch!



**Ben O** has been an ERA Hero for completing some super EP work re-creating parables as well as keeping in touch with his grandma by sharing what he has been learning with her. We know how important it is for our own and others' well being to maintain links to people we are not currently able to meet. This is a great way to combine good mental health and remote learning!

## Excellent Ex-Student!

One of our former students, **William**, is currently working with a registered charity trying to raise funds to make face masks for two hospitals in Atakpame, Togo. The University of Lomé are going to make them and also distribute face masks to the homeless street children of Lomé. Will feels that he owes his life to the care and treatment he received at this hospital, after falling seriously ill with malaria and gastroenteritis on a trip there in 2017 and he wants to do something to help them in their current situation. If you would like to donate to help him to raise the £750 needed, please follow the link below: [Help raise £750 to help fund PPE for Hospital staff and street children in the Atakpamé and Lomé regions.](#)



## Baking is science!

**Violet L** has baked this loaf for science. It looks fantastic. I'm sure the whole household will be keen for her to maintain her commitment to home learning, especially science!

## Corey's a Cracker!

Corey H's admirable behaviour during lockdown undoubtedly earns him a place here amongst our ERA Heroes. He decided that he wanted to self-isolate with his grandparents to make sure that they were OK and he could help them out. He has been helping his grandparents out with the gardening and in return they have been helping him out with his school work, so he is currently only getting to see his mum at the end of the garden path!



## A Web-Designer in the making

For computing, Oliver L has submitted to Mr Fernandes his webpage which includes lists and these pictures:



## Yes please, I'll have 3!

**Oliver L** sent a piece of persuasive writing to Mrs Bateman and she was so impressed, we had to share it here. It is probably worth reading in conjunction with Giacomo's work on page 4.

*Have you ever experienced the sensation of eating the best chocolate bar in the world, never mind the universe? The Twirl has a minimum of 25% cocoa solids making it satisfyingly luxurious. Described by its maker as, "Two fingers of indulgent chocolatey swirls, wrapped in smooth Cadbury milk chocolate that melt in your mouth as the twirling ribbons unfold!" When you eat the 21.5g finger you will experience simple chocolate perfection. Once you start you won't be able to stop – we each consume on average 11kg of chocolate per year.*

*The two fingers are presented in an enticing wrapper of complementary colours. With rich purple hinting at the smooth chocolate inside and eye-catching yellow implying that your day will be brightened as a result of eating it. Awakening your senses, it is no wonder that Twirl is one of the best-selling chocolate bars that Cadbury owns.*

*My life is so much more fulfilled since I discovered the majestic Twirl. Go out and buy it today, you won't regret sharing your life with it!*

