



THE CORBET SCHOOL

INSPIRE • ACHIEVE • SUCCEED

THE CORBET NEWS



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DECEMBER 2020



DR J TINKER HEADTEACHER



Well we've almost made it and I am exceptionally proud of all that we have achieved this term, just getting to the end of it has been a miracle in itself. I am delighted with the pupils and the way that they have got on with things and accommodated to the new normal, I wish I could be as flexible and adaptable as they are. They have coped well with our new procedures and worked with us in their lessons which have been different this term. I do keep having to remind them about Hands/Face/Space but they are trying their best! As a community, we have also reached out to others donating 81 shoeboxes to the Shoebox Appeal and wearing our poppies with pride in November. November also saw us raising money for Movember and it is pleasing I am sure for the staff who invested time in growing their mos that they have now been able to get rid of them raising a fantastic £2603 and moving a distance of 1917km for men's health, please see the photo in the newsletter. We've also just sent off a van full of food bank donations to the Shrewsbury Foodbank and thank you all for your contributions to this.

Please do read the newsletter and watch our talent show, on Wednesday evening you will be able to watch this through our Facebook page. You will find in the newsletter our fantastic Christmas card designs all incorporating our logo in an innovative way and an update on the STEM challenge 'A home for nature'. I would also like to wish Edward the very best of luck with his donation to the Little Princess Trust and hope that our upcycled Christmas cards made their way successfully to College Les Villanelles in France. I would like to thank all of our ambassadors for the work that they do in school. Year 7 have been raising money for charity as part of the giving strand of our wellbeing work; 7R making some beautiful Christmas cards to deliver locally and 7O have organised a guess the teacher competition and guess the number of sweets in the jar. I can tell you that Mrs Stokes won two jars of the sweets! A huge thank you to all of the pupils and their fundraising efforts this term.

Please read through the Wellbeing section and we have pledged to commit to achieve the School Mental Health Award, if any parents are interested in getting involved please do contact Mrs Frank.

If you could keep encouraging your children to bring plenty of warm clothes if it is cold we'd appreciate that as we do have to keep the windows open for ventilation.

After 8 years at The Corbet School, Dr Drever leaves us at the end of term to pursue her career in outdoor learning and European projects, I know that we all wish her the very best of luck with this. Miss Jones joins us after Christmas in the English Department.

Finally, may I wish you all a happy and peaceful Christmas and hope that as we move into 2021 things change for the better.

Jane Tinker



HELEN SCARISBRICK

CHAIR OF GOVERNORS



The Governors were pleased to see the school open again last September and should like to welcome all those new to The Corbet. This includes two new members of the governing body. Andrew Leeson joins us as a new community governor and James Wilson is our new staff governor

Governors did not underestimate the challenge of keeping the school open whilst meeting all government guidelines, but here we are at the end of a successful term. This is due to the sheer hard work and commitment of all staff. The well being of all members of the Corbet community has been the top priority. Maintaining a safe learning environment whilst adapting to very different circumstances, including planning and delivering virtual lessons at the drop of a hat, has required dedication and versatility. The high standards which we have come to expect at The Corbet are being maintained during this crisis.

The Governing Body sends a sincere thank you to Dr. Tinker and her team. We wish all staff pupils and families a Merry Christmas and above all a healthy New Year.

Helen Scarisbrick
Chair of Governors



If you would like to contact the Chair of Governors, Mrs Helen Scarisbrick please email the Clerk to the Governors,

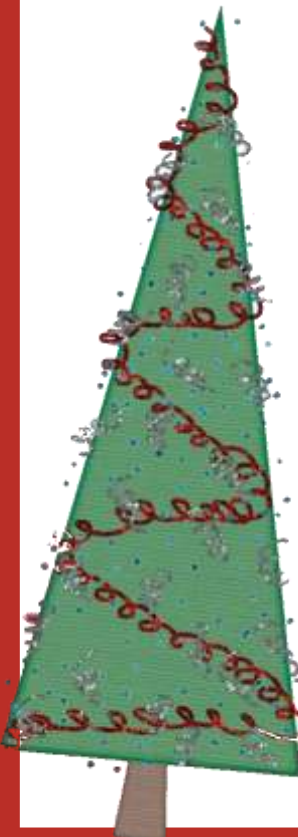
Mrs Jane Davies - jane.davies@corbetschool.net

Shoebox Appeal

Thank you to everyone who supported this year's shoebox appeal. We managed to provide 81 shoeboxes to the teams4u charity, 73 physical boxes completed and 8 boxes paid for which is a fantastic achievement. Each shoebox will be given to a vulnerable child, or family, through schools, nurseries, hospitals and orphanages in Eastern Europe. Further information can be found at <https://teams4u.com/shoebox-appeal/>.



Poppy Appeal



— POPPY APPEAL —

Thank you very much for helping with our Appeal.

£ 139.45

was collected by you.

Without your help, we would be unable to continue our vital welfare and benevolent work.

Yours sincerely *[Signature]*

Local Honorary Organiser

District Total (if available) £

Registered Charity No. 219279



100 Great Black Britons

www.100greatblackbritons.co.uk

It is with great pleasure we send your school a copy of 100 Great Black Britons and associated poster to celebrate the contributions of Black Britons.



This has been possible thanks to a national GoFundMe campaign to have a copy of the book in every secondary school in the UK.

The book is a tool to inform and to educate all pupils and adults through the life stories of our forefathers and contemporary figures. I believe this will inspire all children to achieve and to be resilient, persevere and determined when faced with challenges.

It is hoped the historical journey will open conversations about equality and achievement.

Yvonne Davies

Headteacher and FDET (Fellow of Chartered College of Teaching)

Ps. We would be grateful if you could share receipt of the book on your social media, tagging:

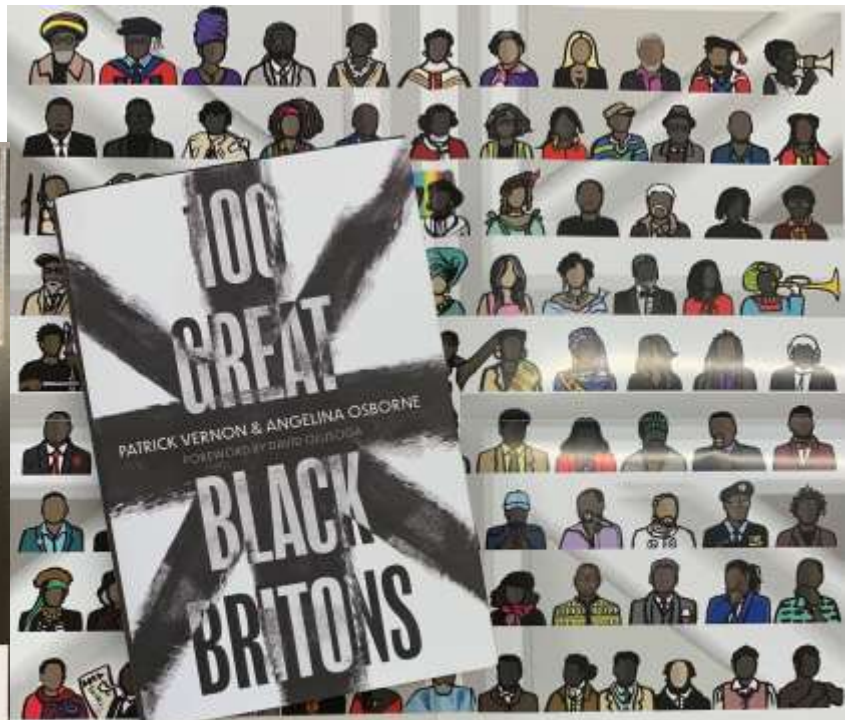


#100GreatBlackBritons



#100GreatBlackBritons

GoFundMe:



100 Great Black Britons, September 2020. From book by Dr Patrick Vernon OBE and Dr Angelina Osbourne. Graphic © www.pennendence.com. With thanks to all the phenomenal photographers whose work is referenced here.



www.100GreatBlackBritons.co.uk

100 GREAT BLACK BRITONS

Need to talk?



Suffered a bereavement?

NEED TO TALK?
0345 678 9028

www.Shropshire.gov.uk



**FREE
COUNSELLING**

Help is just a phone call away

If you live in Shropshire and you're struggling with the loss of a friend or loved one, give us a call.

THE CORBET CHRISTMAS CARD WINNER 2020 - DYLAN DAVIES 90



2ND

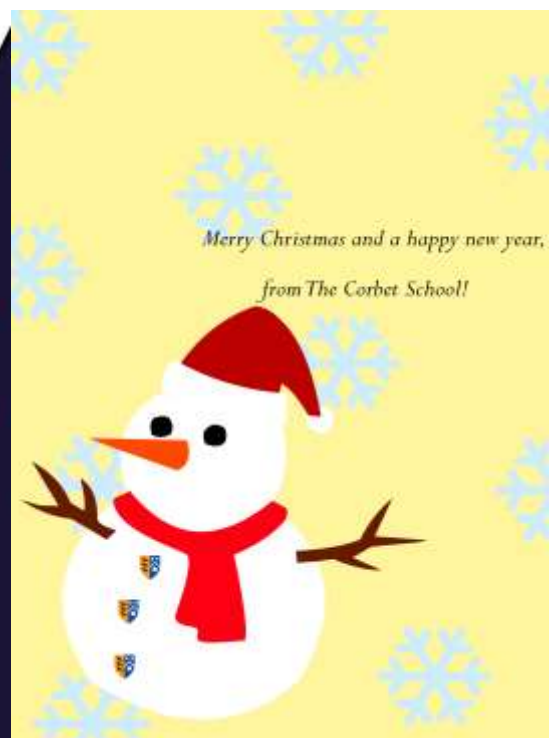


AMY BROUGH 90

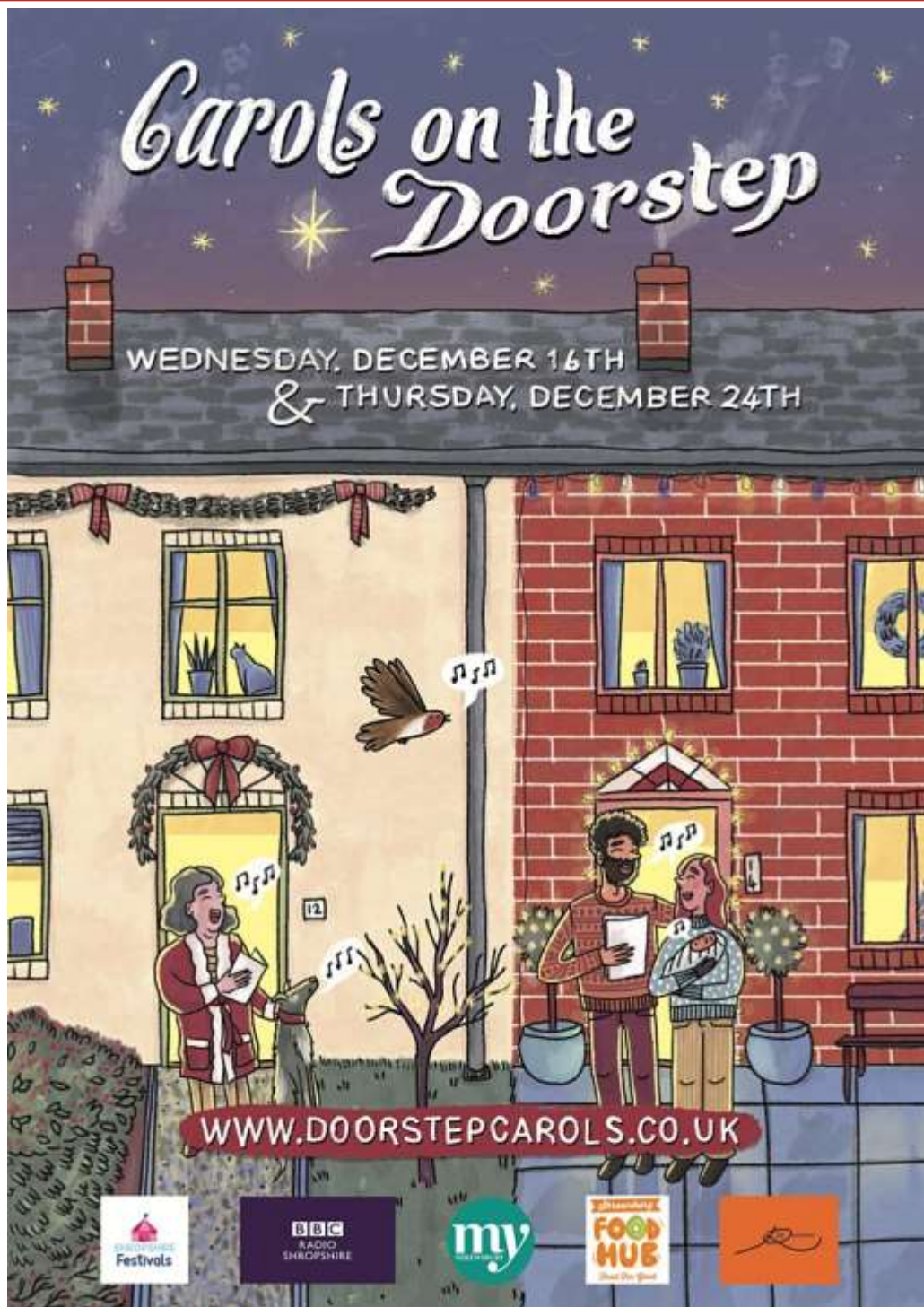
JOINT 3RD



SEB TUDOR 9C



JOSIE LAWSON 9E



BBC RADIO SHROPSHIRE

We are so pleased you're joining us in singing together on the evening of the 16th December - how amazing would it be to have the whole country singing together? Tell all of your friends and make sure you share the Facebook event on social media so we can get as many people as possible involved.

Tune In to frequency: RDS: BBC Shrp, 96 MHz, 90 MHz, 95 MHz, 104.1 MHz,
DAB

SOMETHING'S NOT RIGHT

The Home Office has created a new campaign, 'Something's Not Right', to help secondary children in England who suffered a range of harms, such as sexual and physical abuse, during lockdown.

With schools re-opened and safeguarding channels restored, the campaign aims to build awareness of the support services available to victims and encourage disclosure of abuse to a trusted adult.

'Something's Not Right' has been developed in close collaboration with the NSPCC, Barnardo's, The Children's Society, Internet Watch Foundation and the Marie Collins Foundation.

YOUR SUPPORT

We would appreciate your support in amplifying this campaign, so that collectively, we can reach as many children and young people as possible.

Please share this pack with your networks.

Downloadable materials

The following campaign assets are accessible via our online Brandworkz portal. We would appreciate your support in sharing these through your channels and with your networks, particularly those who are linked to frontline children's services.

- Social media assets and suggested copy to use on your external channels
- PSHE Association accredited lesson plans and resources for Key Stages 3, 4 and 5, and accompanying teacher guidance
- Case study videos
- A4 posters aimed at children - for display in schools, youth group centres etc.
- Banners to display on your email signature and website
- A copy of our press release

CAMPAIGN OVERVIEW

The campaign has been created by the Home Office in response to evidence that suggests young people faced a greater risk of sexual abuse, criminal exploitation and domestic abuse due to the impact of coronavirus.

Something's Not Right is targeted at 13 - 18 year olds in England who have become victim to these harms.

The campaign aims to increase their:

- Confidence in identifying the indications of abuse including sexual, physical, relationship and criminal exploitation; and
- Awareness and understanding of how to respond to instances of abuse and exploitation (the reporting channels and support service channels both for themselves and their friends)

Children will be served adverts on social media platforms, including Snapchat, Instagram and Facebook. These will direct them through to our campaign web page: www.childline.org.uk/somethings-not-right

RESEARCH AND CAMPAIGN DEVELOPMENT

As part of the campaign's development, research was commissioned to understand the awareness, knowledge and perceptions of potential abuse and exploitation amongst the target audience. We also tested four creative routes and a variety of messaging to identify the most effective method of communicating with children on these topics. In-depth interviews were undertaken with children in the target age bracket, with sampling including a mix of ethnicities and children with disabilities.

We also shared prospective creative routes with stakeholders including NSPCC, Barnardo's and the Children's Society and used their front-line expertise and experience to inform our campaign.

Based on the testing results and feedback from stakeholders, we chose to develop a route that centres on the idea of 'Something's Not Right'. The route highlights the feeling that children can experience when something is wrong but they may lack the ability or awareness to understand it fully and describe it to someone else. By tapping into the emotions children can feel when experiencing a range of harms, and providing answers to their questions and concerns, we hope our campaign will direct children to the information and support available to talk about their experiences and the confidence to seek support.

For more information about the campaign, please email the campaign team on somethingsnotright@homeoffice.gov.uk





Careers and Work Experience Information

Virtual Presentations & Workshops: Year 11 pupils have received several virtual presentations this term from various post 16 providers, these have included, local colleges, training providers and The Royal Navy. Hopefully, these presentations have helped pupils with their decision-making process. Pupils also received a CV/ Personal statement workshop to help with college applications, information given to pupils in this lesson can be found on the careers section of the school website <https://corbetschool.net/corbet-association/post-16-transition/>

College Applications: We encourage pupils to apply to their chosen college/s over the Christmas Break and prior to pupils starting their mock exams. Before starting the application process, pupils should have a copy of their latest target grades and have prepared a short personal statement. Applications can be made online, however if this is not possible please let Mrs Smith know (nicola.smith4@corbetschool.net) College Interviews will be scheduled for February, the format of how these will take place will be confirmed in the new year. If pupils have any queries regarding the college application process, please ask them to contact Mrs Smith on Satchel.

Apprenticeships. Some pupils have expressed an interest in apprenticeships after leaving school. We will be holding apprenticeship workshops during February to help pupils with this process.



Work Experience. We have received a really positive response since launching work experience in September. Well done to those who have already secured placements, even in the current climate we find ourselves in! We encourage pupils to actively look for placements over the Christmas period. All work experience information can be found under the Careers Section of the school website. If pupils have any queries or need any support with placements, please ask them to contact Mrs Smith on Satchel.



Useful Links:

Shrewsbury Colleges Group

<https://www.scg.ac.uk/events> - catch up on virtual events

Thomas Adams Sixth Form

<https://thomasadams.net/sixth-form-virtual-visit/>) – a look at subjects on offer and tour of the Sixth Form.

<https://thomasadams.net/sixth-form/sixth-form-online-application/> - online application

Marches Sixth Form

<https://marchesschool.co.uk/sixth-form/about/> - link to information regarding the Sixth Form and online application form

North Shropshire College

<https://www.nsc.ac.uk/> - information regarding the college and subjects on offer

Reaseheath College

<https://www.reaseheath.ac.uk/further-education/experience/> - calendar of virtual events

Free Resource:

Resources

Success at School

From university and apprenticeships to work experience, Success at School's careers guide for parents is packed full of advice to help you steer your child through the confusing world of careers choices.

https://mc.successatschool.org/parents-ebook?goal=0_65c6d67e71-9e6d43e5b4-211959589&mc_cid=9e6d43e5b4&mc_eid=6aad6afc9e



**Get your FREE careers guide for
parents and carers**



Ultimate STEM Challenge A home for nature



Students in year 7 and 8 have been designing a HOME FOR NATURE as part of the national BP Ultimate STEM Challenge. The challenge is open to 9-14 year olds across the UK and as part of the project students are encouraged to talk to their family and friends about biodiversity in our community.

Pupils are tasked with designing a home for nature that will improve biodiversity in an area of their choice. They have looked at zones within our school grounds including the wild garden and pond area adjacent to the science block and have identified species that currently live there and been thinking about how it could be maintained and improved with natural and technological solutions.

Some excellent designs have already been submitted showing great communication of their unique ideas and much evidence of background research! We are looking forward to announcing in-school winners in the next newsletter and will then be sending designs off to BP for the national competition. Year 9 will also be participating in this project in the spring term.

Mrs Selman



The Corbet School Does



Over the month of November, staff and pupils at school have been supporting the Movember charity by trying to move as many Kilometres as possible, grow wild and wonderful moustaches, or both.

The Movember charity raises awareness of prostate cancer, testicular cancer, and men's mental health and suicide prevention. They raise much needed funds to support over 1250 men's health projects around the world in an attempt to save the lives of all the dads, brothers, sons and mates.

At the time of writing this article, The Corbet School Movember team have moved an amazing **1917km** and raised a jaw dropping **£2603**.

Pictured are just some of the staff who got involved in Movember. All members of the community who contributed towards the totals are:

Edward Spencer	£255	61km
Emily Cartwright	£230	145km
Tommy Orrell	£225	78km
Mrs Gascoine	£210	61km
Max Eddon	£190	24km
Mr Hartshorn	£170	65km
Mr Ashton	£170	
Mr Simmonds	£150	93km
Katie McGovern-Roe	£135	75km
Barney Parry	£135	61km
Mr Simms	£100	100km
Charlotte Evans	£100	
Lily Trow	£60	16km
Poppy Darlow	£40	43km
Reuben Darlow	£40	56km
Mr Lewis	£40	
Mrs Mountford	£35	65km

Ms Hall	£35	161km
Evie Hayes	£20	5km
Mrs Jones	£20	64km
Mrs Simms	£20	231km
Mrs Ketteringham	£20	23km
Mrs Frank	£20	60km
Miss Williams	£10	101km
Myles Hodgson	£3	
Ansel Chaloner-Hughes	£3	7km
Anna Fairley		155km
Nathan Kirby		51km
Demin Rutherford-Myers		38km
Jack Creed		31km
Carlito Puente		20km
Morgan Richards		16km
Mrs Johnson		12km

Thank you to everyone who got involved or sponsored the members of the team



Edward has been growing his hair for nearly two years in order to support a charity known as Little Princess Trust. This trust makes real hair wigs for children who are going through treatment for cancer and as a result lose their own hair.



<https://www.littleprincesses.org.uk/>

Thank you so much to everyone involved in organising the donations to Shrewsbury Food Bank this morning. To say they were pleased at the food bank would be an understatement!

Thank you again and Merry Christmas!

Miss Williams and Miss Green



NOTICE TO PARENTS/CARERS SCHOOL ADMISSION ARRANGEMENTS 2022/23

Shropshire Council, as admission authority for community and controlled schools in Shropshire, is conducting a consultation exercise on School Admission Arrangements for 2022/23. The Council is simultaneously co-ordinating a consultation exercise for own admission authority schools, such as academies, whose governing bodies are responsible for setting their admission arrangements and who wish to make changes to those arrangements. We wish to notify all parents/carers that the consultation will begin on **11 December 2020** and continue for more than 6 weeks until **25 January 2021**.

The only proposed amendments to Shropshire Council's admission arrangements are:

- **Stiperstones CE Primary School**, located in Norbury, is proposing a reduction to the Published Admission Number from 8 to 7.
- Changes are proposed to the **primary catchment areas in west Shrewsbury** to take account of the new school at Bowbrook and to align boundaries to the by-pass.

Proposed changes to Shropshire's admission authority school arrangements are shown below.

These schools are proposing the addition of 'children of staff' criterion to their policy:

Coleham Primary School,	The Wilfred Owen School
Holy Trinity Academy, Oswestry	Belvidere School
Mereside Academy,	Meole Brace School
Norbury Primary School and Nursery	Mary Webb School & Science College

- **Marches Academy Trust** is proposing changes to align the policy of the school that has recently joined the Trust, namely **Oakmeadow CE Primary**.
- **Whitchurch CE Infant and Junior schools** are proposing the addition of siblings at their linked infant/junior schools to their criteria.
- **Thomas Adams School** are proposing an alteration to their Boarding House policy to enable them to continue to offer 5 boarding places after National Offer Day.
- Arrangements are proposed for the **new primary school at Bowbrook, Shrewsbury**.
- **Bishop Hooper CE Primary School** are proposing to remove faith criteria from their policy.

The following admission authorities are not proposing changes, but they are consulting on their admission arrangements to comply with the 7-yearly requirement of the Admissions Code:

Corvedale CE Primary,	Weston Lullingfields CE Primary,
Our Lady & St Oswald's Catholic Primary,	Whittington CE Primary

The consultation documents and further information can be found on the Shropshire Council website www.shropshire.gov.uk in the link to Consultation on Admission Arrangements 2022.

To make comments on any of the proposed changes by **Monday 25 January 2021** e-mail school-admissions@shropshire.gov.uk, or contact the school directly, or write to:

School Admissions, Shropshire Council, Shirehall, Abbey Foregate, SHREWSBURY SY2 6ND

Year 9 French classes with Miss Williams have been working on an exciting e-twinning project with Collège Les Villanelles in Rougemont, France.

As part of the project students have explored the topic of Christmas in France and drawn comparisons between French and British Christmas traditions.

Students have created a card as an upcycle/DiY project and included a description of themselves and their family traditions in French.

The cards will be sent to Collège Les Villanelles and distributed to the community in Rougement, in particular to the vulnerable, people living alone, people in care homes or in hospital.

As part of the e-twinning initiative, The Corbet School will receive cards in English from the partner school which they will then distribute into the community in Baschurch and surrounding areas. The students have worked very hard on this project and should be very proud of their efforts.



Form Ambassador's 2020-2021

	7	7	8	8	9	9	10	10
C	Reuben Darlow	Phoebe Quinn	Bethany Westwood	Reece Timms	Amelia Brien	Charlie Elson	Megan Dolben	Henry Wallace
O	Oscar Moore	Izzy Cartwright	Charlie Jacobs	Issabelle Chew	Sebastian Van Onselen	Becca Deakin	Emily Cartwright	Bethany Meddins
R	Ellie-Mae Parker	Henry Kovach	Rosie Smith	Dougie Hughes-Williams	Matthew Drew	Elisabeth Bevan	Toby Humphreys	Francesca Davidson
B	Martin Vitkovsky	Lola Hardie	Hettie Reynolds	Ethan Vaughan	Frankie Hunn	Ben Williams	Katie McGovern-Roe	Joe Williams
E	Callen Anderson	Edward Spencer	Harry McKay	Merci Hassan	Corwin Goodall	Josie Lawson	Oliver Parkinson	Katherine Oldham
T	C	Imogen Ward						
	O	Henry Burns						
	R	Honor Parrott						
	B	Anastasia Serdyuk						
	E	Francesca Widdon						

Ambassador's 2020-2021

Allen, Evie	11E	Physical Education
Armstrong, Mia	11O	History
Bartlett, Emma	11C	House
Bates, Harvey	11B	Physics
Baynham, Sean	11E	Computer Science
Board, Rosie	11E	School
Capener, Joseph	11C	Biology
Chesters, Joe	11B	Engineering
Clarke, Dean	11B	House
Cragg, Amy	11C	Music
Deacon, Jack	11R	Chemistry
Dooley, Bella	11E	Music
Drew, Oliver	11C	Religious Studies
Gant, Harvey	11O	House
Harding, William	11C	History
Harte, Liam	11C	House
Hayward, Neve	11C	Food
Holt, Megan	11R	House
Hughes-Williams, Euan	11B	Drama
Inns, Lydia	11C	Maths
Jones, Lucy	11E	English
Jones, Roxanne	11O	House

Ladenegan, Alex	11E	Physical Education
Marmaras, Erin	11O	Religious Studies
McKay, George	11R	Spanish
O'Hagan, Ceri	11E	Duke of Edinburgh's Award
Palmer, Annabelle	11R	Geography
Philpin, William	11O	Engineering
Price, Megan	11O	Physics
Ridgway-Jones, Seth	11R	Food
Roberts, Sian	11B	Computer Science
Rowlands, Sam	11R	House
Smith, Macie	11E	Wellbeing
Staniforth, Charlotte	11R	Art
Tench, Charlotte	11O	Biology
Thomas, Alys	11C	Drama
Thomas, Keeley	11B	Chemistry
Tirebuck, Adam	11O	English
Welch, Lauren	11R	French
Wenlock, Jasmine	11B	Wellbeing
Wharton, Bethany	11B	House
Wright, Flo	11E	House
Youens, Taylor	11O	Maths





Merry Christmas!

7R have been looking at the word 'GIVING' as part of our Wellbeing Wednesday work. We thought about how the pandemic has affected families, and particularly the more vulnerable members of our community over the recent months.

We also thought about how the isolated people have felt, especially the elderly and wanted to do something to brighten up their day. So, we have been busy writing and designing Christmas cards to be delivered to the Old Vicarage, and Millington Close in Baschurch. These two local services include adults with additional needs between the ages of 20-70, and the elderly who are sometimes living on their own. We hope it brings a smile to their day.

Wishing you a peaceful Christmas,
7R, Mrs S Roberts and Mrs K Goodridge.



ALL CLASSROOM WINDOWS WILL BE OPEN WHERE POSSIBLE. IT IS REALLY IMPORTANT THAT PUPILS DRESS APPROPRIATELY TO STAY WARM BY WEARING ANYTHING.

SOME EXAMPLES ARE BELOW.



Wellbeing articles

Imagine if I told you last year that there would be a global pandemic that would cause hundreds of problems for people around the world. You would think I was completely insane, wouldn't you? It doesn't seem so crazy now, does it? Even though Corona has caused many problems, it has some good points we must bear in mind as well. For example, air pollution has decreased due to a reduction of planes, ships, factories and a vast reduction of vehicles on the roads and motorways. COVID has brought us closer to our friends as we realize just how important they are to us (I personally wrote letters to my friend to keep in touch).

I think my favorite wellbeing activity this year had to be the tutor zoom meetings we had. I don't know if it was actually a well-being, but it was such a relief seeing all my friends again. Being stuck in the house for months on end seemed to drive me insane.

What was your favorite well-being activity?

Charlotte Stafford 90

A Wellbeing Walk

One way to boost your wellbeing is to get out and about with your dog (if you have one). This activity provides you with exercise and fresh air which is scientifically proven to lift your mood and release stress. Also, it is a chance to see people around you without breaking the COVID-19 rules even if it's just to say hello. I like to walk my dog by the river in Montford Bridge where we can watch the canoes and see the local wildlife such as red kites, buzzards and the rabbits. In the summer while walking my dog I spotted a huge pike which the fishermen were desperately trying to catch. A walk in the evening can help you sleep and at this time of year it is a good way to check out everyone's Christmas lights because it gets dark early on. If you want to go a bit further than home, some good places to walk are Nesscliffe Hill, the old Hill Fort at Oswestry or Bury Ditches near Bishops Castle.



By George Hopwood 9C



Hi. I am one of the yr7 wellbeing champions. Most of us Wellbeing ambassadors wear our green badges. That is how you can tell it is us (most of the time). We have meetings to help Mrs Frank out with the wellbeing. Last meeting, we put in feedback on what we think about the wellbeing activities and we put in some ideas of what we could do for future activities.

If you are not sure on where to go with problems about anything then talk to your tutor's wellbeing ambassadors and we will point you in the direction of places in and outside of school; online.

During tutor time we have been doing things such as: Mindful colouring and we once did a Individuali-tree. On our first week we got handed a little booklet. Inside was a wellbeing wordsearch and a page that was titled: How many positives can you think of? On the front was some colouring and on the back was a little section on hopes and dreams.

If you have any ideas we could do for future activities, then pass them to your tutors/ one of the wellbeing ambassadors. Also, maybe feedback what you think of the previous activities.

Thank you for reading,

Bethan Williams

Teak Wellbeing Champions



Wellbeing Update

Wellbeing has never been in the news as often as it is now. It seems everyone is talking about wellbeing and mental health. Well at the Corbet we were talking about Mental health and wellbeing before the pandemic and we will continue talking about it after the pandemic is over. Mrs Roberts introduced Wellbeing Wednesday two years ago and it is now embedded in the Corbet week.

Through tutor time activities and the life skills program pupils learn how important it is to look after their own wellbeing and to be able to ask for help if they need it. Many of the activities pupils previously enjoyed have been put on hold by the restrictions so new ones have been introduced. The wellbeing Wednesday activities have included: dealing with worries, your support squad, drawing their house trees and sharing their favourite book or film with the rest of the tutor. We have also introduced going for a walk, although this does have to be on a year group rota.

Each form has appointed wellbeing champions and we meet with them every half term to hear their thoughts and ideas. It was so refreshing how the Champions were able to talk confidently about issues surrounding mental health and wellbeing. Some of our champions have written articles for the newsletter.

We are delighted to share with you that we have chosen to work towards being accredited with the Carnegie Centre of Excellence for Mental Health in Schools Award. Carnegie School of Education based at Leeds Beckett University and Minds Ahead CIC have developed the School Mental Health Award to give schools and academies a framework for whole school mental health development. By embracing the ideals of the award, we are demonstrating a deep commitment to working towards excellent practice as we place the mental health and wellbeing of our pupils and staff at the core of our school alongside our commitment to having a rich whole school culture where all members of our school community can thrive.

We would welcome expressions of interest from parents/carers who would like and are able to work with us more closely through a parent/carer group which will focus on the competencies of the award. If you would like further information about joining the group, please contact laura.frank@corbetschool.net Mental Health lead by email.

We look forward to sharing how we, as a community, are further developing our practices in relation to mental health and wellbeing over the coming months. Further information about the award can be found on the Leeds Beckett University website; <http://www.leedsbeckett.ac.uk/schoolmh>

Laura Frank
Mental Health Lead.

Welcome to a new feature, a very brief A to Z of Mental health and Wellbeing.

A is for Anxiety



When we experience anxiety, our bodies are often producing higher levels of hormones like adrenaline and cortisol. These are chemicals in our body which are normally released to help us react quickly to something or get away from something dangerous – for our ancestors this might have been a wild animal, a bear perhaps, but in the school environment this is more likely to be a lesson or a social situation they are worried about. When something causes us to feel anxious these chemicals build up in our body, but don't necessarily get used up (because there aren't many bears in school). This build-up of chemicals can result in unpleasant feelings of anxiety.

One way we teach pupils to cope is to breathe, the pupils will get a chance to practice Mindful breathing in tutor time. Breathing in slowly, then breathing out even slower can help pupils regain control. Clenching and unclenching fists can also help release tension.

All pupils will experience anxiety at some point. In many ways it can be positive as they are pushing themselves out of their comfort zone and seeking new challenges, for instance, applying for a form captain's role. It is only if your child's anxiety is interfering with day to day activities then they should seek further help. Student support services can provide information and advice for pupils.

Further information can be found:

<https://charliewaller.org/resources/supporting-a-child-with-anxiety>

<https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

Remember to look after yourself as well as supporting a child with anxiety can be hard for parents and carers.

Work Routes Programme

We provide public services that change people's lives for the better.

Work Routes has been commissioned by the Department of Work and Pensions and The Marches Local Enterprise Partnership. It is co-funded by the European Social Fund. The service supports unemployed people in Shropshire, Telford and Herefordshire. Enable is working with Reed in Partnership to provide the service.

Work Routes aims to help people to find sustainable employment. This is done through;

- Personalised one-to-one support
- Confidence and mindset courses
- Health and wellbeing support
- Work experience/trials/volunteering
- Self-employment IAG
- Money management workshops
- Referrals to specialist support provisions in the local area
- Interventions from work-focused training as needed.

Where can this support be accessed?

Enable deliver this service on behalf of Reed in Partnership in the following locations;

- Shrewsbury
- Market Drayton
- Ludlow
- Oswestry
- Whitchurch

(if you require support in Bridgnorth, Telford or Hereford, please contact Reed in Partnership).

Who is it for?

To be eligible for Work Routes, participants must be legally resident and have the right to take paid employment in the UK. Participants must be age 16 or over. There is no upper age limit for participants.

Participants must be either **unemployed or inactive** and must fall into one or more of the following categories:

- Long – term unemployed (26 weeks +) *Although we can support those who have lost work due to the pandemic who have been unemployed for less than 26 weeks*
- Basic Skills need (below Level 1)
- A barrier to work, such as
 - o Lone parent
 - o Worker aged 50 +



- o Ex-offender
- o Carer
- o Disability/health condition
- o Mental health needs
- o Learning disability
- o Substance misuse
- o Ethnic minority
- o Low/no qualifications
- o Language barrier (English not first language)



Key elements

The key elements of the programme include

- 1:1 caseworker support
- Tailored employability support
- Employer engagement
- Local integration for wrap-around support
- In-work support

Work focused training

We can also provide participants with skills and qualifications linked to the local labour market using the following tools

- Personalised one-to-one support
- Non-accredited training menu including employability courses and sector taster workshops
- Accredited training e.g. customer service, retail & hospitality
- Employer routeways linked to guaranteed interviews
- Referral to training provision in the local area
- Interventions from work-focussed support strand as needed

In- work support

In-work support is available to all members who start work during the programme. This includes:

- 26 weeks tailored in-work support
- Into work meeting
- Weekly contact for the first four weeks to overcome early issues
- 13 week in-work progression review
- Career support
- Employer support

If you, or anyone you know meet any of the criteria above and would like support with accessing employment, please contact Shelley at Enable on 07968 562970.



Looking after your mental health during lockdown

Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic

Looking after your mental health is important, and there are lots of local services available to support you and your loved ones:

www.togetherall.com - an online community for Shropshire residents who are stressed, anxious or low

Shropshire MIND - Call 01743 368647 or email: manager.shropshiremind@gmail.com

Samaritans - call 116 123 for a confidential safe place to talk about whatever is getting to you

Young Minds Parents Hotline - 0808 8025544 (9.30am - 4.00pm) free, confidential online support any adult worried about the mental health of a child or young person

Free bereavement counselling - 0345 678 9028

Kooth - free safe and anonymous online support for young people: www.kooth.com

Childline - call 0800 1111

For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire Council Helpline on 0345 678 9028



www.shropshire.gov.uk



Food provision during lockdown

Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic

Did you know there are lots of local groups and services available to help you access food parcels, secure delivery slots and other essentials:

Shropshire Larder - www.shropshirelarder.org.uk

Call Shropshire Council's COVID-19 Helpline for help to access food phone 03456 789 028

Mid-Counties Co-Op also offer delivery slots - call 0800 435 902 to book

For all other food and support needs visit - www.shropshire.gov.uk/coronavirus/ or call 03456 789 028

For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire Council Helpline on 0345 678 9028



www.shropshire.gov.uk



Financial support during lockdown

Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic

If you need financial support, help is available:

Test and Trace payments of £500 are available for people on low income who need to self-isolate

If you are of working age and receive council tax support, you have been awarded up to an additional £150 hardship payment on your council tax bill

If you have been financially affected by coronavirus, you may be eligible for grant funding

Call us on 0345 678 9078 to find out more

Visit www.shropshire.gov.uk/benefits for further information

For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire Council Helpline on 0345 678 9028



HANDS



FACE



SPACE



www.shropshire.gov.uk

Equipment list:

- | | |
|------------------|-------------------------|
| * Pen | * Compass |
| * Pencil | * Scientific calculator |
| * Rubber | * Colouring pencils |
| * 30cm ruler | * Red pen |
| * Glue | * Green pen |
| * Scissors | * Highlighter pen |
| * Sharpener | * Reading book |
| * Protractor | * Tissues |
| * Whiteboard Pen | * Face Mask |



There are also multiple hand washing/hand sanitising stations around school and transport operators will aim to provide hand sanitiser but if it is possible, please send pupils to school with their own hand sanitiser and tissues to follow the catch it, bin it, kill it guidance.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



Water Bottles

A polite reminder that all pupils need to bring a water bottle to school everyday.

Due to Covid-19 the water fountains are currently switched off and reception will only supply a cup of water for first aid/medical reasons.





All aspects of building work undertaken including extensions, new builds, bathrooms, wet rooms, aids and adaptations, renovations, kitchen fitting, plumbing, electrical work and groundwork

With over 25 years experience
call Phil Lansdale on 01939 220356 or 07863 180079
Haystacks, Meadowfield Court, High Street, Clive, Shrewsbury SY4 3JL
For a free No Obligation Quotation

Exam Invigilator—Summer 2021

Are you interested in becoming an Exam Invigilator for the Summer 2021 GCSE exams season ?

For further information and an application form please contact our Exams Officer :

sue.mapp@corbetschool.net







CORBET ALUMNI

STAYING CONNECTED WITH THE CORBET SCHOOL

CORBET SCHOOL WANTS TO KEEP IN TOUCH WITH STUDENTS AFTER THEY LEAVE SCHOOL

The Corbet School has been a big part of your life, but even once you have left, the school can still provide opportunities to learn new skills and maybe get the job you want. If you stay in touch perhaps you can coach one of the sports teams, help set up community events, hear about career opportunities or maybe help set up a school reunion.

Think about where you want to be in five years time and about the things you plan to do, would not it be great to come back and talk to Corbet students about all the amazing things you have achieved. It will help them see what's possible and how they can achieve it too.

So why not sign up to the Corbet's network today and we will keep you connected with the school after you leave. You will receive emails to keep you in the know.

Follow the Corbet Alumni Facebook Page.

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

Email

alumni@corbetschool.net

If you are still unsure and would like more information, please pop in to see Miss Kear (Office situated in the Maths block).

SHROPSHIRE FAMILY INFORMATION SERVICE

The Shropshire Family Information Service provides free information, advice and support on any aspect of family life to parents and carers of young people aged 0-19. This includes:

- Childcare
- Things to do and places to go
- Family Support
- Money Matters
- Behaviour
- Divorce and separation
- Housing
- Parenting
- Disabilities and special needs
- Domestic abuse.
- Healthy eating
- Staying safe

There are times in every parent's life when they feel they need some information or help to support them in their role as parents. Further information is available from: www.shropshirefamily.co.uk



*Providing information, advice & support
on all aspects of family life*





Wellbeing Support



During this time between secondary school and college, we still want to continue providing support for our young people. Below are a list of useful numbers and email addresses if you need someone to talk to about any concerns or worries.



www.kooth.com is a provider of online mental health services for children and young people. It is manned by a team of accredited counsellors, therapists and support workers.

Kooth is:

- Safe, confidential, anonymous
- Free
- Available through a smart phone, tablet or computer

The service is offered **Monday to Friday 12pm—10pm** and **Saturday and Sunday 6pm—10pm**.

Other Useful Contacts

Samaritans: call 116 123 or email
jo@samaritans.org

NSPCC/Childline: call 0800 1111 or
www.childline.org.uk

Live Spiffy website: <https://livespiffy.co.uk/>



The Calm app provides guided meditations and daily reminders.

Beam



Instagram

@shropshirebeam

This account does not accept DMs or comments



Twitter

@GemmaBeamTCS

Email



- ✓ Request support via our callback service
- ✓ Get information about what we offer

ASKBEAM@CHILDRENSOCIETY.ORG.UK

Please note:

- This email address is not monitored outside of 10am–6pm Mon–Fri
- In an emergency please contact 999.



Youtube provides lots of guided meditations and mindfulness videos, music for relaxation or concentration.



The term dates for 2021-2022 have gone to staff for consultation.
Please note that the PD days are subject to change.

Programme of Terms & Holidays 2021-2022

AUTUMN TERM 2021

Thursday 2nd September - Friday 17th December 2021

Half Term: Monday 25th October - Friday 29th October 2021

Christmas Holidays: Monday 20th December 2021 - Monday 3rd January 2022

*** Proposed Professional Development Days:**

Wednesday 1st September 2021

Friday 22nd October 2021

SPRING TERM 2022

Wednesday 5th January - Friday 8th April 2022

Half Term: Monday 21st February - Friday 25th February 2022

Easter Holiday: Monday 11th April - Friday 22nd April 2022

*** Proposed Professional Development Days:**

Tuesday 4th January 2022

SUMMER TERM 2022

Monday 25th April - Thursday 21st July 2022

May Day: Monday 2nd May 2022

Half Term: Monday 30th May - Friday 3rd June 2022

End of Term: Thursday 21st July 2022

ALL DATES INCLUSIVE

*** School closed for pupils**



Programme of Terms & Holidays 2020/2021

AUTUMN TERM 2020

Wednesday 2nd September - Friday 18th December 2020

Half Term: Monday 26th October - Friday 30th October 2020

Christmas Holidays: Monday 21st December 2020 - Friday 1st January 2021

* Professional Development Days:

Tuesday 1st September 2020

Monday 4th January 2021

SPRING TERM 2021

Tuesday 5th January - Thursday 1st April 2021

Half Term: Monday 15th February - Friday 19th February 2021

Easter Holiday: Friday 2nd April - Friday 16th April 2021

SUMMER TERM 2021

Monday 19th April - Friday 16th July 2021

May Day: Monday 3rd May 2021

Half Term: Monday 31st May - Friday 4th June 2021

End of Term: Friday 16th July 2021

ALL DATES INCLUSIVE

* School closed for pupils



The Corbet School
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Shropshire
SY4 2AX

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Web: www.corbetschool.net
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Twitter: www.twitter.co.uk/TheCorbet