



### Supporting the NHS

'Doing our bit' to support key workers and the NHS during the coronavirus pandemic.

### Home Learning Round-up

Take a look at some of the fantastic home learning projects and work within schools taking place across the Trust.

### 150th Anniversary Celebrations

Christ Church Upper Armley CE Primary School celebrate their 150th anniversary.

# ABBEY NEWSLETTER

In partnership to  
Educate, Nurture  
& Empower.



# GOING THE EXTRA MILE TO SERVE

Welcome to the summer edition of our Abbey Multi Academy Trust e-newsletter.

We are issuing this newsletter at the start of a new term but one that is very different to any other we have experienced before. As such, our newsletter has been compiled to recognise the way in which our school communities have responded to new ways of working. We have also included advice and guidance on wellbeing and online safety which we hope you will find useful.

We are so proud to be CEOs of a trust where staff in our schools have ‘gone the extra mile’ to serve their communities and provide a safe and welcoming environment for vulnerable children and the children of critical workers. Staff teams have stayed connected and worked together in difficult circumstances to also provide support for children currently not in school. This has included: delivering food parcels; checking in with families; developing home learning packs and resources for distance learning; answering emails and phone enquiries and appreciating the learning activities completed by children.

We would also like to express our gratitude and thanks to the parents of the children in our school communities during this school closure period. It has been great to see and hear about some of the creative ways that families are keeping busy. Schools will continue to use their own websites, social

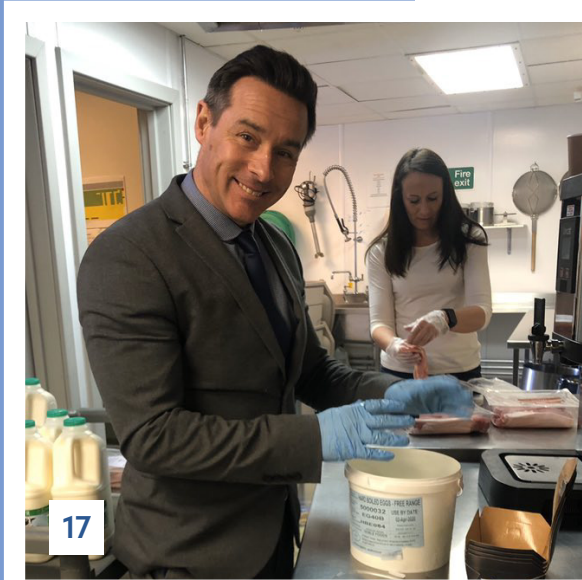
media accounts and internal communication systems to post home learning suggestions and activity ideas for children during this time.

While we are still acclimatising to a different way of working we are undoubtedly ‘*working in partnership to educate, nurture and empower*’.

Our sincere thanks to everyone for their resilience, positivity and determined efforts. We hope that you and your families continue to be safe and well at home. We remain committed to providing you with as much useful information and advice as possible while our schools are closed.



**Helen Pratten and Catherine Garrett**  
Co-CEOs



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# HOME LEARNING ROUND-UP

Take a look at some of the fantastic home learning projects and work within schools taking place across the Trust.

**Abbey Multi Academy Trust**  
@AbbeyMulti

Thank you for your support and understanding during these unprecedented times. You have adapted so well to home learning and we appreciate that many of you are also juggling work and childcare.

03 Apr 2020

**Lightcliffe Academy**  
@lightcliffeacad

Jacob is our Year 9 Student of the Week for last week. He's not only keeping up with all his school work but is also helping around the house, as you can see in the photo - painting the walls in the garden!

20 Apr 2020

**Holy Trinity CE Primary School, Rothwell**  
@ht\_rothwell

We would like to share some of the children's amazing home learning with you.

26 Mar 2020

**Manston St James CE Primary Academy**  
@msjprimary

We love the response we've had to yesterday's video! Here's an image of the full message, with all the contributions from staff.

28 Apr 2020

**St Chad's CE Primary School**  
@stchadscofe

Some children in Year 2 have been enjoying researching topics of interest to them including different marine animals, continents and even designing hotels! I would love to try out the hotel! Well done.

27 Apr 2020

**Manston St James CE Primary Academy**

A message from Manston St James...

Watch it on YouTube

17 Apr 2020

**Abbey Multi Academy Trust**  
@AbbeyMulti

If you are taking a short walk, remember to practice social distancing! The guidelines are once a day with one member of your household, keeping 2m apart and avoiding groups.

03 Apr 2020

**Bishop Young CE Academy**  
@bishopyoungce

It is our pleasure Jake!

**Jake** @Jake88402810

I would like to say a massive thank you to all teaching staff at @bishopyoungce everyone is working tirelessly to ensure that everyone is safe and well and getting everything they need to succeed, I'd like to give my thanks to the maths dep, the zoom lessons are extremely helpful!

05 Apr 2020

**Lightcliffe CE Primary School**  
@lightcliffece

Here at Lightcliffe, we continue to care for the children of Key Workers who need our help. Every day, the children in school draw around their hands, colour them in and cut them out. We then add them to our 'High 5' window display to say thank you.

03 Apr 2020

**Abbey Grange CE Academy**  
@abgacademy

Miss Hall used the long weekend to do some baking, making some Easter Egg Rocky Road. She also used her daily exercise to take a bike ride to a local farm. Has your daily exercise allowed you to take in any sights?

14 Apr 2020

**Christ Church Upper Armley CE Primary School**  
@ccuaceprimary

Good morning and welcome to a new week of learning from home. We hope you enjoy your learning which is all ready for you in your year group home-learning folder. We love Year 4 Daniel's art work

27 Apr 2020

**Abbey Grange CE Academy**

Virtual Spring Concert 2020

Watch it on YouTube

17 Apr 2020

 <p><b>TALK ABOUT HOW YOU FEEL</b></p>	 <p><b>ASK FOR HELP</b></p>	 <p><b>KEEP ACTIVE</b></p>	 <p><b>SET YOURSELF GOALS EACH DAY</b></p>	 <p><b>WORK TOWARDS COMPLETING A TASK</b></p>	 <p><b>MAKE LEARNING A FUN ACTIVITY</b></p>
 <p><b>TAKE A BREAK</b></p>	 <p><b>KEEP IN TOUCH WITH FRIENDS</b></p>	 <p><b>EAT WELL</b></p>	 <p><b>HAVE TIME AWAY FROM LEARNING</b></p>	 <p><b>REWARD YOURSELF</b></p>	 <p><b>BELIEVE IN YOURSELF</b></p>

# LOOKING AFTER OUR STUDENTS' WELLBEING

In challenging circumstances, we need to remember to take a step back and focus on our health, wellness and mindset.

Throughout Abbey MAT, the wellbeing of our students is of the highest priority at all times. In each of our schools, we create a culture and ethos where promoting positive wellbeing, supporting mental health and developing resilience are key parts of school life.

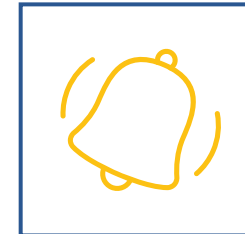
Working alongside our fantastic teachers, we have outstanding Pastoral Support Staff, Learning Mentors, Thrive Practitioners, Mental Health First Aiders, Designated Safeguarding Leads, Inclusion Leads and many more, all of whom work tirelessly to nurture pupils and help them overcome barriers to learning. This support is invaluable and we know it is greatly appreciated by many pupils and parents.

We are also aware that the current COVID-19 outbreak and subsequent government measures will be having an impact on the wellbeing of lots of our students and families. Each of our schools are continuing to offer as much support as they possibly can – whether by making direct contact with families to talk over the phone, sharing links to wellbeing activities, or signposting to advice and guidance, we are keen to help in whatever way we can.





# LOOKING AFTER YOURSELF - ADVICE FOR STAFF



## TAKING BREAKS IS IMPORTANT

It can be difficult to remember to take some time for yourself during the day. Use your calendar to get regular reminders to have a break. Block time on your calendar to step out into the garden for some fresh air – or just time to step away from your workspace.



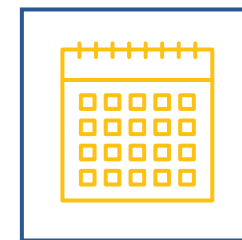
## SET BOUNDARIES

It can be a challenge to switch 'off' from work when you don't leave the office – or switch 'on' your workday when you don't leave the house. Try to stick to your usual working hours as much as you can.



## KEEP AN EYE ON YOURSELF AND OTHERS

It's important to check in with yourself and be mindful of how you are feeling. Anxiety, loneliness and other feelings are perfectly normal. Be sure to check in on others within your department or school community.



## BE CLEAR ABOUT WHEN YOU ARE AVAILABLE

When you take breaks, have some lunch and the hours that you work may change from day-to-day while working from home. Regularly set expectations with your department (and those you live with) around your availability during the day.

# MAINTAINING A HEALTHY AND ACTIVE LIFESTYLE

It's important to stay as healthy as you can whilst at home during the present lockdown. Having a healthy body and mind can help you to work harder, concentrate effectively and feel more positive. There are various ways that you can remain both physically and mentally healthy - here are a few top tips:

## CONSISTENCY

A great way to start your day by releasing large amounts of serotonin (the feel-good hormone) is to join the nation and participate in Joe Wicks' daily PE sessions. Every Monday to Friday morning at 9am, Joe Wicks runs a #PEwithJoe session for half an hour via YouTube. These are also available afterwards on his YouTube channel for students who would prefer to do this later in the day.

The Body Coach

## YOGA (EMOTIONAL HEALTH)

Yoga is an alternative activity that is not only beneficial for your physical health, but your emotional (mental) health as well. Yoga is easy to set up as it can be done in almost any room in the home. All you need is a TV, smartphone, tablet or laptop and access to YouTube. Below is a link for a variety of yoga sessions for beginners. This can also be done individually or with family members. Participating in yoga with others will also help boost your social wellbeing.

Yoga for Beginners

## CHALLENGE

If you do decide to participate in more long-distance activities, a good way to boost your fitness levels is to record how far you travelled. This can be done by remembering signs such as mile markers, certain landmarks, memorable locations, or even tracking via smartphones/watches.

Data tracking from smartphones/watches, such as the one below, will help you identify how far you travelled and how long the journey took. Your goal is to challenge yourself and improve on your time/distance the next time you attempt the same activity.

## VARIETY

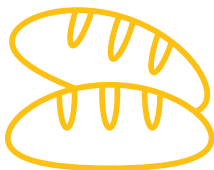
Vary what you do. Continuing to do the same activities on a daily basis, or even twice a day, can sometimes start to become a little boring. Once you complete your morning Joe Wicks session, try a variety of physical activities later in the day.

Road/canal running, cycling, walking are all excellent ways you and your family can participate in maintaining a healthy, active lifestyle outside your home. Best of all... it's free!

## MAINTAIN A HEALTHY DIET



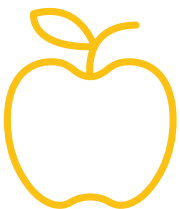
Eat a variety of foods



Eat foods rich in carbohydrates to ensure you have energy to exercise



Replace saturated with unsaturated fat



Enjoy plenty of fruits



Reduce salt and sugar intake



Control the portion size



Drink plenty of fluids - at least two litres of water per day!



Eat a variety of different vegetables





*If we love each other, God's love has reached its goal. It is made perfect in us ... God is love. Whoever lives in love lives in God, and God lives in them .... Where God's love is, there is no fear, because God's perfect love takes away fear.*

# A REFLECTION

As I sit down to write this from my 'home office', it is easy to reflect on the unprecedented nature of the times we live in. Everything is different and yet, strangely, life goes on; we still eat and drink, rest and exercise (in a permitted way of course), we can still speak to loved ones on the phone as we have always done – only now we feel keenly the fact that we cannot plan that visit to relatives or friends. We know our neighbours better than we ever have and those of us fortunate enough to have gardens have spent the time working in them we always meant to.

As we started Lent, we had no idea how that season of reflection would end, that we would have the time to pray and reflect in a way the busyness of life doesn't normally allow. As Ramadan starts, our Muslim friends and colleagues will have a similar experience, and just as Easter was unlike any festival we have ever celebrated, so they too will break the fast in new ways. These new ways have allowed us to connect with other worshipping communities, breaking down barriers and increasing understanding; one of the big positives of our new routines. At the youth worker's Zoom recently, we heard what is happening across Leeds to support children and young people, with great stories of support and encouragement. We also looked at 1 John 4, which speaks powerfully into our situation at the moment of God's love being stronger than any fear:

'If we love each other, God's love has reached its goal. It is made perfect in us ... God is love. Whoever lives in love lives in God, and God lives in them .... Where God's love is, there is no fear, because God's perfect love takes away fear.'

We do not pretend that the challenges of our present situation are not there, but we do know that love gives no room to fear, and we can hold on to that in times we feel anxious. The message of Easter tells us that love is stronger than death; we may be in a waiting time but as we come through this, may we find that resurrection power to build new communities, founded in that love that casts out fear, where we share that love with all we meet.

My thoughts and prayers are with you, your families and communities at this time.

Stay safe.

**Kay Brown**

Chaplain at Abbey Grange CE Academy



# JOINING THE NATIONAL EFFORT

Abbey Grange CE Academy, Bishop Young CE Academy and Lightcliffe Academy have definitely been 'doing their bit' to support key workers and the NHS during the coronavirus pandemic, and their efforts have been praised by those receiving the PPE equipment. Both Abbey Grange and Bishop Young have generously donated their own PPE equipment, including goggles, gloves and facemasks. Bishop Young CE Academy also provided Perspex to King James School in Knaresborough, which allowed them to create visors that were subsequently donated to Willow Bank Nursing Home in Seacroft.

Being able to contribute to the national effort in any way that they can has been the driving force behind Lightcliffe Academy's manufacturing project. In an effort to do all that they can, the school has worked tirelessly to provide protective visors to care homes and hospitals in the area. Over a few days, the Academy spent time creating visors in their technology department. By day two, a total of 90 visors had been made and by day four they had produced 180. They donated their manufactured PPE items to front-line key workers at a care home in Low Moor, Bradford, as well as providing 20 visors to Angel Care and 30 to the Virtual Ward at St Luke's Hospital.

A massive thank you to all of our schools who are working hard to support key workers and the NHS!

*Lightcliffe Academy spent time creating visors in their technology department, producing 180 after just four days of hard work!*



Photograph of the visors in action at a care home in Low Moor, Bradford and the Design and Technology staff at Lightcliffe Academy





# STAFF LEAVING

These unprecedented times have significantly altered our way of living and working. The Covid-19 lockdown has meant that we can't currently be with family, friends or work colleagues; however, we would like to take this opportunity to thank staff leavers across the Trust who left at the end of the spring term.

Thank you for your hard work and dedication.

**Abbey Grange CE Academy**  
James Holter

**Lightcliffe Academy**  
Nicola Stephens, Alison Fairhurst, Katie Tunnicliffe, Dawn Salter

**Lightcliffe CE Primary School**  
Charlie Woodbridge (Headteacher)

**Manston St James CE Primary Academy**  
Anna Bryden, Charlotte Pickles

**St Chad's CE Primary School**  
Louise Radcliffe



Staff at Bishop Young CE Academy prepare food parcels for delivery to help support students and their families



# GOING ABOVE AND BEYOND

In an effort to do all that they can, Bishop Young CE Academy have strived to provide support to their pupils, parents/carers and the local community. They have been able to offer support in a variety of ways and shown resilience during these unprecedented times.

The Academy has made over 2,000 phone calls home – an effort to keep in touch with pupils and their families and offer guidance where they can. Guidance that has included: advice around mental health and signposting to additional support services regarding job advice, benefits, FSM and food banks.

Their support has also involved delivering supplies to pupils and their households, such as food parcels, fresh food deliveries, supermarket vouchers, e-vouchers and welfare checks. Not only is the Academy keeping their pupils' homes well-stocked, but they have also kept pupils' brains nice and busy by sending over 50 work packs home. Fresh food donations from Greggs and McDonald's have also been well-received!

A massive well done and a heartfelt thank you to Bishop Young CE Academy and all of our academies for their hard work and the dedication shown to their pupils during this time.

*Bishop Young CE Academy have been making over 2,000 phone calls home and delivering various different supplies to help support their students.*



# STAYING SAFE ONLINE: ADVICE FOR STUDENTS

## TOP TIPS

- Always think before you post – don't share anything that you wouldn't want your parents, carers or teachers to see.
- Never share personal details, like your address, phone number and full name – always check your privacy settings.
- Think about who you're talking to – they might not be who they say they are!

## THINGS YOU SHOULD NEVER POST ONLINE:

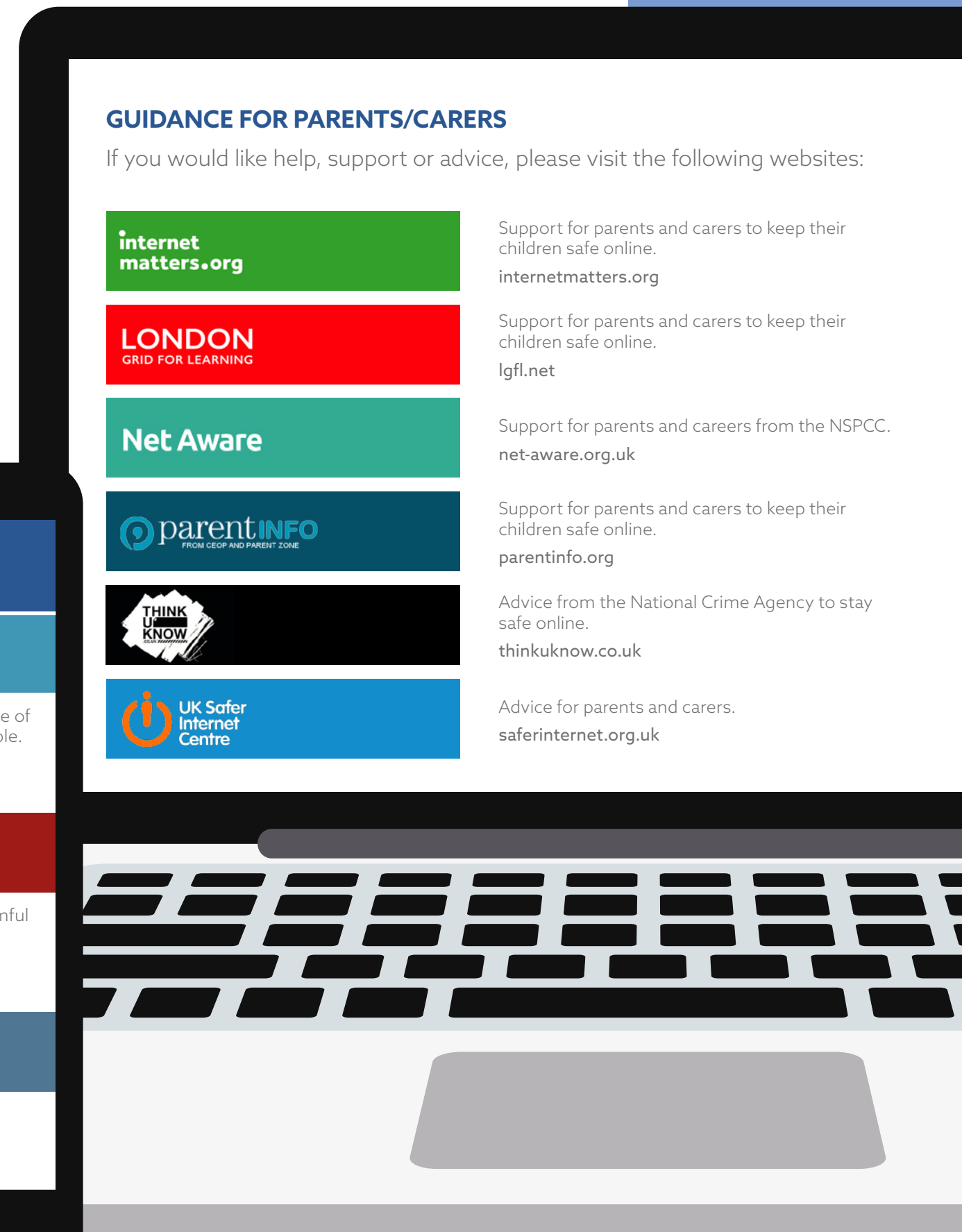
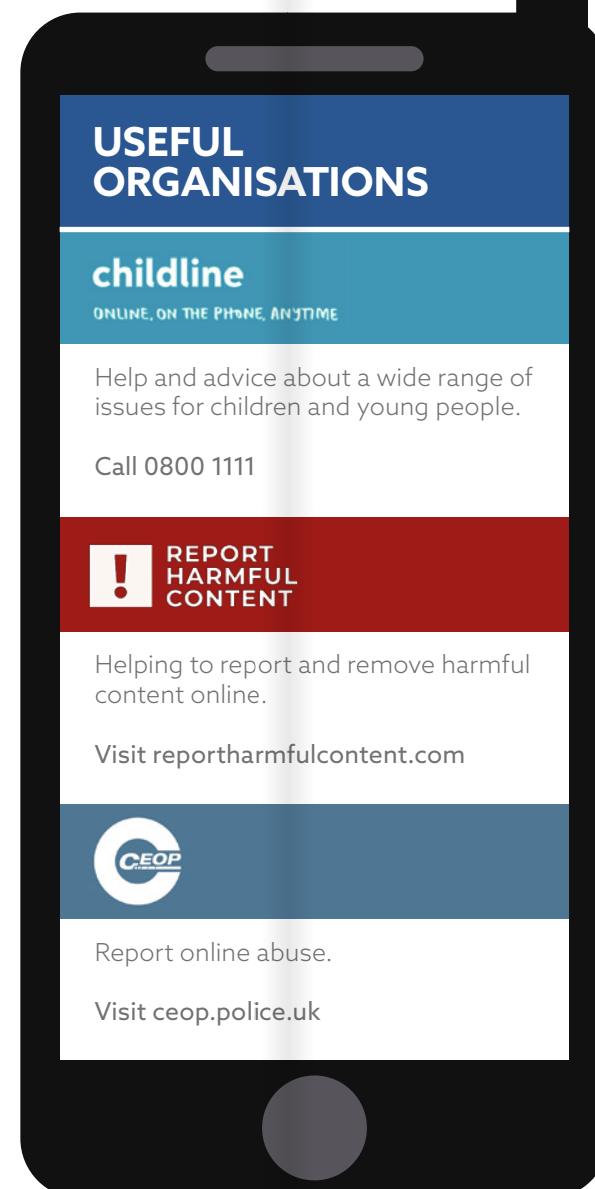
- your address
- your mobile number
- personal information
- personal information about your family/friends
- passwords.

## WHAT SHOULD I DO IF I'M BEING BULLIED ONLINE?

- Tell someone. A friend or an adult that you trust.
- Block people who send you nasty or inappropriate messages.
- Do not reply to any bullying messages.
- Report any online bullying or abuse to [ceop.police.uk](https://ceop.police.uk)

## WHAT SHOULD I LOOK OUT FOR?

- If someone says they will give you something that seems too good to be true.
- When someone offers you something but wants you to do something first.
- When someone says something bad will happen to you if you don't do as they say.







# 150<sup>TH</sup> ANNIVERSARY CELEBRATIONS

This year marks Christ Church Upper Armley CE Primary School's 150th anniversary. Due to the current unprecedented circumstances, some of the school's celebrations have been placed on hold – including a garden party to commemorate the event. However, the school were overwhelmed and honoured to receive a personal letter from one of their former pupils, Alan Bennett.

Joining the school in 1939, Bennett's letter detailed his memories of Christ Church Upper Armley CE Primary School– his friends, teachers and favourite memories. A notable part of the letter came at the end, when he thanked the school for giving him the ideals he lives his life around:

*"So, my time at what is now Christ Church laid the foundations of a belief that I've never lost, namely that education whatever one's*

*background should be free, and all classes of society should share in free education."*

Christ Church Upper Armley CE Primary School plan to add this letter to their already present collection of archived class registers and school photographs from the last 150 years. The letter even received interest from the Yorkshire Post, who published a detailed article, and BBC Radio 4 who included a heart-warming reading of the letter by one of the school's pupils. They all hope to be able to celebrate this anniversary together by the end of the year.

[Read the full article](#)

I was five in 1939 and should have started at Upper Armley National School (now Christ Church) on Monday September 4th. However war had been declared the day before, Sunday September 3rd so in anticipation of immediate bombing all schools were closed and many children evacuated. My parents couldn't face this and so had taken my brother and me out into the country for what they told us was a picnic (something we'd never been on).

There was chaos at Vicar Lane Bus Station with huge queues but we eventually managed to get on a bus to Harrogate where we queued again for a bus to Pateley Bridge. En route and seemingly at random we got off at a tiny village, Wilsill and Dad knocked at the door of Byrill Farm and asked if they would take in Mam, my brother and me. Their name was Weatherhead and they were a lovely couple with whom we stayed for a month or two. My first school therefore was not Christ Church but the one in Wilsill where both teachers, a man and a woman were quite fierce and the cane much in evidence. My <sup>brother</sup> ~~father~~ caught it but I managed to avoid it.

When it became plain that Leeds wasn't going to be bombed we came back home and my brother and I duly went to Upper Armley National School down Theaker Lane. The head teacher of the primary school was Miss Hook who was formidable but kindly and the other teachers I remember Miss Timpson, Miss Legarde and Mrs Glenn. The male teachers were Mr. Dixon and the headmaster, Mr. Spencer who was far from kindly and from whom I did get the <sup>cane</sup> ~~can~~ for 'being late into lines' I was quite clever and didn't find schoolwork hard as I could read already through looking over my ~~brother's~~ <sup>brother's</sup> shoulder when he read his comics.

What I've always remembered, though is the boy with whom I shared a desk, my friend Albert Benson who came immediately after me in the register. Albert was cleverer than I was and more modest.. I was a real show-off...

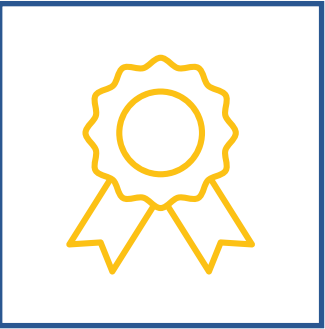
but when it came time for us to go in for secondary school.. West Leeds High School as it was then.. Albert didn't go in for the exam as he wasn't going to be able to stay on at school. I knew then that this was unfair. Of course it ~~is~~ <sup>was</sup> free for both of us (as all education should be) But he was going to have to go out to work. My parents had ~~both~~ <sup>both</sup> had to leave school at 12 or 13 so they were determined that my brother and me should have a secondary education so my time at what is now Christ Church laid the foundations of a belief that I've never lost, namely that education whatever one's background should be free and all classes of society should share in free education.

*Good luck! Alan Bennett.*  
Alan Bennett



# SUMMER 2020: EXAMINATION GRADES

## HOW WILL MY EXAM GRADES BE AWARDED THIS SUMMER?



Your teachers will give the examination board a centre assessed grade that will remain private. This will be based on a number of aspects, including; homework, classwork and coursework and will be the grade that it is believed you would have achieved in the summer. You will not be asked to complete any more assessments or coursework to help with this.



Your teachers will rank students to work out who is most likely to achieve a particular grade. This information will remain private.



The final grade will be decided by the examination board. They will use the information provided by your teachers, how well the school performed over the last couple of years and how you did in your last exams (SATs or GCSEs) to award you a grade.

## WHAT HAPPENS THEN?



Your results will be released in the summer (we are unsure about the exact date at the moment but it should be by the August results date).



The results will be used and treated in the exact same way as if you had sat the examinations. You will use them to progress onto sixth form, college or university.



If you are not happy with your results, you may have two options:

- Appeal
- Sit exams for real in the autumn

*Confirmation of these options will be released later.*



# A BIG THANK YOU

To our students, you are all awesome. Keep up the good work!

To our parents/carers, thank you for your support and dedication. We couldn't do this without you.

To our staff, we know that our students and parents appreciate all that you are doing. Thank you for making a difference.

It really is a team effort.  
Thank you to all.