



Head's Message

Theme for next week: Social Media

Dear Parents,

Welcome back and Happy New Year for 2020!

By the end of the month, the government should have managed our exit from the European Union and we should finally have an idea of where we stand. Our concerns over Brexit have now been replaced by concerns over the relationship between Iran and the USA. There is nothing much I can say about this, other than hoping that the situation does not escalate further. We also need to think about what is happening in Australia and spare a thought for friends and families who have been affected by the fires. Tragedies of this nature allow us to have some perspective when we consider issues in our own lives.

Staff INSET on Monday concentrated on teacher wellbeing. Teachers must take care of themselves to support the children in their care. Whenever we fly, we are warned that if the cabin becomes depressurized, the adults need to fit the mask over their mouth first in order to help the children and the more vulnerable around them. The same scenario can be applied in our everyday lives. If we are not ok as adults, we cannot take care of our children properly, so we do need to look after our own mental health for their sake.

During assembly on Tuesday, I spoke about how Eliud Kipchoge had set a new world record by running a marathon in less than 2 hours. The theme of the week is No Limits and this story enabled me to illustrate that with talent, a good team, hard work and good planning we can achieve most things. We need to believe, have confidence and recognise that if we fail, it is not the end of the world. We just need to adjust our goals or strategy slightly and try again.

In response to Kipchoge's record run, Chris Froome, four times Tour De France winner, said that he doesn't think of limits. "I believe that limits shouldn't be set in sport as I believe this would change the mentality for a lot of sportsmen and women, a lot of coaches and certainly the way people perceive sport."

Sir Ben Ainslie, greatest Olympic sailor and America's Cup winner adds, "To achieve your extraordinary requires grit, determination and an open mind. It is amazing what can be accomplished when you do not set limits."

It is in our nature as humans to push boundaries, continue to learn and develop and achieve more. It is also in our nature to worry and put limits on ourselves and others. Eliud Kipchoge hopes that his amazing achievement will inspire others. In his own words, "No human being should be limited in their thoughts in what he or she should be doing. Self-belief is crucial".

Enjoy the weekend.

Sincerely,

Leonard Blom

Social media is a dangerous place to seek affirmation, acceptance, identity and security.

Cornelius Lindsey



Pupils who attended Drawing Comics this week participated in the Manga Museum Challenge, turning artefacts from the British Museum into manga artworks! The results were wonderful!



Congratulations to Mabel in Year 8. She is now the Essex table tennis champion for both U13 and U15. Very well done! She will now go on to defend her National IAPS table tennis title. We wish her the very best of luck.



A new school activity started this week at St Aubyn's. Children in Middle and Senior Schools can now try their hand at fencing classes, put on by 'Little Musketeers', a school set up by Olympic fencer, James Beever.

The pupils thoroughly enjoyed their first lesson!



5MA enjoyed their gymnastics lesson this week; they are learning the correct technique for performing forward rolls.



This week, in their computing lessons, 5SY have been learning to code using Kodu so that they can create their own world and game.



Year 3 are exploring story settings and have been discussing the atmosphere and characters within a scene. They have used a colour thesaurus vocabulary grid along with looking at alternative verbs which will help to support them when developing their sentence structure.



We are delighted to welcome to St Aubyn's, Dr Jennifer Brand, our new Musical Director. In their music lesson on Thursday, 1RK were singing a song called Cherry Pie. Through this they were practising feeling, responding to,

and playing the pulse of a piece of music and creating their own song lyrics. They were also demonstrating good team work, listening and turn-taking skills, and above all, having lots of fun!



Years 6 and 8 spent Tuesday afternoon running through scripts as rehearsals for their production of 'Footloose' got well underway.

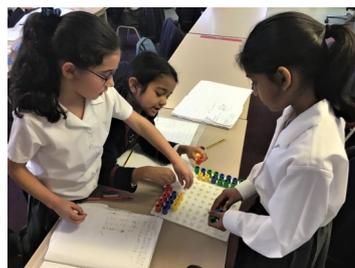


The 'Curiosity' after-school activity took place on Thursday afternoon. Starting at A and working their way weekly through the alphabet, children get the chance to create a 'curious' item. This week, they made and launched paper aeroplanes.



Year 6 have been working hard in maths this week preparing for their ongoing entrance exams. Good luck to them all!

Year 2 are learning how to find factor pairs with the use of pegs on boards in multiplication arrays. Through the use of 'concrete' resources, certain mathematical concepts become less abstract as the children are able to make sense of what is happening!



In science this week, Year 7

have been dissecting hearts. They were able to identify the chambers of the heart and the main blood vessels.

