



Theme for next week : Air Pollution

### Head's Message

Dear Parents,

I am sure that you all enjoyed the bank holiday weekend and the additional time you spent with your family.

For many of us, the past 14 months have been difficult and unnerving. Many of us were not prepared for the situation we found ourselves in, particularly the loss of direct contact with family and friends. Some people have been more impacted than others, and their personalities may have changed because of the constraints placed upon their life. When it comes to life and death situations, individuals react very differently. Some people were willing to tough out a problem and endeavour to live their lives as normally as possible, without interfering with others. At the same time, they were sensible, following the guidance set out in the best possible way. Others were terrified and more aggressive in their reaction to the crisis. They may have reprimanded others in shops, workplace, streets etc., if they believed people were not following the guidance correctly. I am sure they were protecting themselves, their family and the NHS.

As we now ease out of the crisis and life returns to a more normal footing, I hope that we are able to become more relaxed and at ease with each other. The ongoing adjustments we have had to make to our lives because of the virus have been exhausting and confusing. However, we do adapt quickly and in no time at all, I am sure that we will start complaining about those small, inconsequential things that bothered us before the pandemic began. We would do well to remember how we were affected and how we craved to be normal again. Now that we are more relaxed, we should not let ourselves fall into our old habits of moaning or stressing about trivial matters. We have all learnt that politics, religion, culture, creed and everything else we hold onto so dearly really doesn't matter once a virus takes hold of the world. For some, faith did get them through this crisis and that is a positive thing. We need to be less serious and should treat each other with care. We should appreciate all we have and remember how quickly those simple things we take for granted were taken away from us. We have all been impacted both physically and emotionally and we should learn from this lesson and try not to go back to our old ways.

It reminds me of the story of a man called James Shone. His story is one of the most uplifting I've ever heard. In 2012, James had just been appointed to his first Headship. His life seemed set-fair until he attended a medical, as part of the recruitment process. This medical revealed a life-threatening condition and his world was turned upside down. With four young children, he lost his job, his house and his sight. However, he did not lose his way. He describes 2012 as the beginning of a new chapter in his life, and he uses the acronym UFO (up, forward, out) to explain how he got through this challenging time. He talks about looking upward and how his faith helped him, of looking forward, with a sense of hope; and of looking outward at how he could help others. As he puts it, he could have chosen to look downward, backward and inward and recognises that this would have made him a 'dangerously, bleak individual'. The choice is always ours: in James's words, no matter how tough things are, we can either give up or we can get up.

Let us learn from his example. Let us look forward and, more importantly, look up. If I balance a stick on my palm and look up at the stick, the chances are it stays upright. If I do the opposite and look down, it falls. Look up and you might not fall in life.

Have a good weekend; I hope the weather improves, but hey, does it really matter? I am still going to look up!

Sincerely,

Leonard Blom





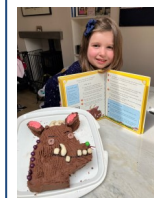
Thank you to all of you who took part in The St Aubyn's Big Pedal. We were delighted to see so many of you walking, scooting or cycling on your way to school. We encourage as many of you as possible to keep up the good work. Why not keep these methods of transport as part of your normal journey to school? Remember, every car off the road reduces traffic and pollution in our local area.



Year 6 have enjoyed being back in the lab. Whilst learning about the circulatory system they had the opportunity to dissect hearts.



Year 3 are studying light, reflections and shadows this term and, this week, they made mirror mazes using empty shoe boxes. They used mirrors to change the direction of a light beam and tested their mirror mazes in our classroom darkroom.



Rose in 1RK enjoyed her recent library book, The Gruffalo Cookbook, and made her very own Gruffalo cake. She followed the recipe very well and the end result looks pretty impressive!



This week, Years 7 and 8 took full advantage of the indoor cricket nets in a lesson to improve their batting.



On, Thursday, Year 6 took part in our Model United Nations (MUN) Day. They discussed and debated the draft resolution, proposed amendments, argued over contributions from their GDP and then took a final vote. China were unwilling to agree the resolution and, as a unanimous vote is required for a resolution to pass, the resolution was dismissed.



The children in Year 1 have started learning about plants. They all enjoyed planting a sunflower seed and are very excited to see them begin to grow!



Year 8 are studying 'A Midsummer Night's Dream'. To help consolidate their understanding of the characters, they enjoyed a 'speed-dating' session. During this, they had to recall the characters' background, interests, likes and dislikes.



This week, 5MA were using maps to locate well-known landmarks (such as Whipps Cross and Hurst House) and finding out about their historical significance.

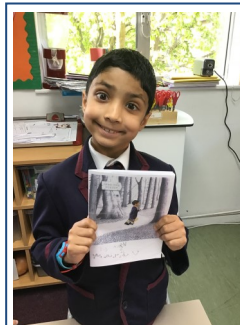


Year 4 have been busy learning all about polygons. In their maths lesson, they were challenged to create different ones using their folding and cutting skills. They then went onto describe the properties of each polygon.



Many congratulations to these pupils who received a Headmaster's Commendation this week.

Braving the windy conditions on Tuesday, Years 4, 7 and 8 worked hard to develop their cricket and athletic skills.



Year 2 have been writing their own books based on a story by the author Anthony Browne. The children themselves feature as the main character in the story. They were delighted to see their pictures in the books!