



AVANTI FIELDS
SCHOOL

Avanti Fields Newsletter

October 2020

A message from Ms Taplin

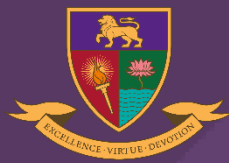
As we come to the end of a most unusual first half term, keeping everyone safe, both physically and emotionally, has been a huge part of our focus at Avanti Fields. It is only six weeks since we welcomed back all students after such a long time away and yet it is heartening to feel a clear sense of “normality” about school again and it is clear that our plans, preparations and recovery curriculum have helped all students feel safe and confident to resume their studies.

Year 7 have settled incredibly well and we have had such lovely comments from them on how positive they are about the school, how safe they feel and how much they are enjoying their learning. We have asked a couple of them to describe what it means to become part of Avanti Fields as well as hear from our Year 9 “Friendly faces” student leaders who have played a key part in ensuring Year 7 feel welcomed.

It is fair to say that we have really missed the extra and super-curricular opportunities we normally offer. We are hoping to reintroduce more after-school sessions and are exploring how we can do that safely and within bubbles.

Despite this, we have worked hard to inspire, stretch and challenge students in lessons and enthuse them with the excitement of mastering new skills and experiences. I love watching students compete with each other in Miss Kansara’s fitness classes; whether it be who can hold the plank the longest or score the highest in the exhausting bleep test, students have really pushed themselves to be the best they can be.





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These fitness challenges are an important way to build stamina and strength in young people, creating a level of fitness not just for now, but for life. Health and well being is a core part of our curriculum and in this newsletter you will be able to read an introduction from Arpita Jain, a nutritionist who will be working with the school in the coming terms



In Art, staff have been voting for their favourite and most successful portraits in the Black History Month exhibition which shows a fabulous array of impressions and interpretations of inspiring leaders that the students admire and respect for their strength, courage, resilience and integrity.



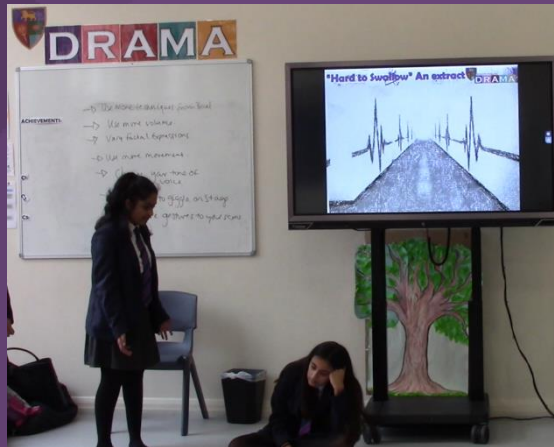


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I am also lucky my office is next to where Miss Morgan teaches drama. I have listened and watched as all classes devise and explore their ideas over the last couple of weeks and been impressed in how well they have developed their skills of expression and presentation, creating engaging, amusing and effective pieces.



Finally, despite all the challenges we all have had to face during this crisis, we have also seen great progress in our new school and we can really begin to see the potential the building has for us and the bright future we can all look forward to.

Have a restful and safe Half Term break, and I look forward to welcoming the students back on Monday 2nd November

Emma Taplin

Student voice – Year 7 Transition into Avanti Fields School Life

My name is Niyam Patel. I joined Avanti Fields Secondary School in September. What can I say? I was excited but nervous I was leaving the KAPS family and I was not sure what secondary life would be like. My first thoughts about beginning secondary were overloaded with homework, being around people older than me and strict teachers. The night before I did not sleep a wink, all the thoughts running through my head regarding what the new setting would bring. As soon as I arrived at school, my anxiety immediately disappeared as I felt the warm and welcoming atmosphere of teachers and students around the school. The teachers are extremely helpful and kind. I felt part of the Avanti family and I feel really settled and safe at school. Each subject is a thrill and I feel all of the teachers have time and patience for each student.

Niyam Patel 7VKA



Hello to you all,

My name is Diya and I am here to share with you my view of Avanti School so far. I am in Year 7 and Miss Morgan is my form tutor. I can recall my first day as being quite an anxious one as the large size of the school, with so many students, was not something I was used to. These feelings soon passed by very quickly when I saw familiar faces and new ones I could talk to and laugh with. My new teachers have been quite good at helping me to settle in with a calm and confident manner, which has assured me. About two months later, I can speak phrases in Spanish, appreciate Sanskrit, laugh in Drama, stretch myself in Yoga, learn different Sciences, and enjoy Geography. In addition, in doing so, I am achieving my very best; I have lovely friends and wonderful and supportive teachers who bring out the best in me. The school, whatever its size, now feels comfortable with a real community feel. In addition, I would not swap this school for any other.

Diya Popat 7RMO

Student voice – Year 7 Transition into Avanti Fields School Life

I have settled into Avanti Fields in a different way than I first thought.

For everyone going to secondary school the first week or two it is always nerve wracking but as soon you have made a friend or two it is a very different place

On my first day, I thought that I was going to be lonely without any friend's .A week passed than another .Now I have been at the school for almost a month now In addition, I have plenty of friends and I am not worried anymore.

Pranay Gadher 7VKA



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The first few days were scary, so many new people. Every day, a new teacher meaning a new subject. Very different to primary school, but I settled in eventually and made many friends and knew many teachers. Secondary school has been tough but extremely enjoyable and fun. I am learning so many new things from phrases and words in Spanish to things that happened in 1066 in England from History. I am truly having a great time.

Riyan Patel 7RMO



Friendly Faces Ambassadors

Dear Friends,

Hello, my name is Tanisha Patel, throughout this half term, my fellow friendly face ambassadors and I have been working extremely hard to ensure an easy transition for students from Year 6 to Year 7. We began achieving this goal by advertising to recruit new members. We had great interest and this resulted in a passionate, enthusiastic and tremendously hard-working team. From this step, we worked together to design and create our very own logo and badge to not only represent us but guarantee Year 7s knew who we were if they required any assistance or support. We then came together over many zoom meetings and lunchtimes to discuss and share our ideas and thoughts moving forward. In time for next half term, we hope to share a tips and tricks video with our Year 7s as well as hand out a booklet full of plenty of advice and helpful pointers covering all sorts of topics like how to revise, what to do if you miss a lesson and ways to stay organised and on top of homework. We look forward to working more with the Year 7s and assisting to their needs as well as putting in place new ideas and concepts.

Thanks Tanisha

Hi, I am Priya Sukhadia and I am a friendly faces ambassador. We friendly faces ambassadors make sure that the year 7 who have just recently joined feel welcomed and happy. As we have just started the Friendly Faces program, we have been looking for recruitments for Year 8 and Year 9. We have hung a few on the walls of the school; if you want to take part please see Tanisha Patel or myself. Our ongoing project is based on top tips for year 7, and it is going great. Have a look at our badge. We worked as a team to make this badge; every single Friendly Faces Ambassador had got involved to make this amazing badge. We have a few other projects in mind such as; a worries box where students can write down their worries and we will and try to help them. We also have an idea of making a friendship corner for the New Year 7's where students go there if they are lonely and interact with other students. We friendly faces ambassadors are also going to do an online assembly and send this video to all Year 7 tutors. Thanks, Priya

Hi my name is Prachi, and I would like to talk about all the fun thing The Friendly Faces Ambassadors Team have done to try and help the new year 7's. We have done numerus amount of things such as: Talking about how they can be the very best in all of their subjects, Talking about the online apps the teachers have set for us to improve, Talking about how they can get more achievement point and etc. Being an ambassador for The Friendly Faces group has made me happy because I know I am helping people and changing them in a better way, and I cannot wait for what is coming up next. We have also made a new badge, we hope you like it. Thank you Prachi





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Positive Attendance

Positive Attendance

We would like to say thank you to all our families for working in partnership with the school to promote excellent attendance to school.

Our current attendance figures are strong and places us above national averages. We have a strong proportion of our cohort who are currently at 100% attendance which is brilliant.

Positive attendance is incredibly important, as I know we all appreciate. Making the most of learning time with subject specialists and experienced support staff is essential as we help students to bridge any gaps in their learning and build their confidence, post school closure. We know the importance of the social side of school life too and are pleased at the way our learners integrate safely and support one another.

We also know that navigating the season's usual sniffles can feel a little concerning in light of the Covid-19 pandemic but we would urge you to continue to work with the school positively.

Tests for Covid-19 should only be sought if your child become symptomatic with a high temperature, a new continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) and a loss or change to your sense of smell or taste –you cannot smell or taste anything, or things smell or taste different to normal.

Please be vigilant with Covid symptoms and keep the school informed if your child has had a test and the outcome. We continue to put your child's education at the forefront of our work and please do not hesitate to contact us if you have an issue or a concern regarding your child's attendance to school. We are happy to work in partnership with you.



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Additional Funding available for families

What is the pupil premium?

The pupil premium is extra funding the government gives to schools to raise the achievement of disadvantaged pupils. The amount a school receives depends on the number of pupils eligible for free school meals.

Parents are encouraged to register their children, even if:

- they do not want to eat school meals
- they already receive universal infant free school meals.

This is in order to raise extra money for the school, which can be used towards extra tuition, learning assistants or after school clubs.

• [CLICK HERE TO APPLY FOR PUPIL PREMIUM FUNDING ONLINE](#)



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Additional Funding available for families

If you meet the qualifying criteria listed below, completing an application could help your children's school get valuable extra funding through the pupil premium.

Who is eligible for free school meals?

- Income support
- Income-based jobseeker's allowance
- Income-related employment and support allowance
- National asylum seeker support
- Child tax credit (provided you're not also entitled to working tax credit and have an annual gross income of no more than £16,190)
- The guaranteed element of state pension credit
- Working tax credit run-on - paid for four weeks after you stop qualifying for working tax credit.
- Universal credit with annual net earned income of less than £7,400

How to apply for free school meals

You should only apply for free school meals if you receive one of the benefits listed above. For universal infant free school meals, speak to your child's school.

- [CLICK HERE TO APPLY FOR EXTRA FUNDING](#)

Nutrition is my Wellbeing

by Arpita Jain
Nutritionist & Trainer, Govinda's

GOVINDA'S
Vegetarian School Meals



Arpita Jain, M.A., M.Sc, is a Nutritionist and Trainer at Govinda's, Avanti Schools Trust. Arpita studied Food Science & Nutrition Management from the prestigious college, J. D. Birla Institute affiliated to Jadavpur University, Kolkata, India. She is a Gold Medalist and has won awards for "Best Presentations".

She is a member of Institute of Food Science & Technology & currently pursuing double masters in Food Business Management at the University of West London, UK where she is the recipient of International Student Ambassador Scholarship.



Tip 1: Cook and eat in a good mood

Govinda's catering follows the principle that healthy food brings a healthy mind and body. They provide pure fresh, nutritious vegetarian meals in schools that includes essential nutrients required by the children. It's catering is all about precise, beautifully designed and nourishing menus that delivers delicious meals full of goodness combating nutritional deficiencies.



Tip 2:
Drink more water



Tip 3: Exercise regularly

She firmly believes in the ethos set by Govinda's & aims to educate the students regarding the importance of Food & Nutrition in wellbeing and promoting healthy eating habits and also looks at the nutritional composition of meals.

She believes that proper nutrition plays a crucial part in children's growth & development; they learn better and are often more productive. It is essential to consume a variety of foods which contain nutrients such as carbohydrates, proteins, healthy fats, fibre, vitamins & minerals required for physical health & wellbeing.

She would conduct presentation and demonstrations for the students of specific year groups at Avanti Fields School after the term break & looking forward to it. Yay!

Tip 4: Remember Health is wealth



Tip 5:

Nutritious foods help keep our mind and body healthier & longer



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Supporting wellbeing and Mental Health



Better care together

Leicester, Leicestershire & Rutland health and social care

Future in Mind

Emotional, Mental Health and Wellbeing Services for Children and Young People



Find out what is available in
Leicester, Leicestershire and Rutland

Our shared vision in Leicester, Leicestershire and Rutland is that children and young people will have access to the **right help** at the **right time**—through all stages of their emotional and mental health development.

In Leicester, Leicestershire and Rutland there are a range of services that support children and young people.

This leaflet explains what they are and how your child can access them.



NHS Ask your GP

If you are worried about your child's behaviour, emotional wellbeing or mental health, we have a range of services that can offer advice, support and help with **Early Intervention**:

- low mood
- behaviour problems
- emotional support
- self-harm
- anxiety
- academic stress and school transitions
- family relationships
- bereavement or loss
- bullying (including social media)
- loneliness

Your GP can tell you more about which service will best to meet your child's needs



Children and Adolescent Mental Health Services (CAMHS)

CAMHS helps children and young people who need specialist mental health support.

The team is made up of doctors, nurses and therapists who specialise in child mental health. Your child's needs will be assessed and their care might include a one off appointment or a more detailed care plan which will last until they feel better, able to cope or if it is felt to be safe.

You can be referred to CAMHS by any Healthcare Professional

Crisis Resolution and Home Treatment

The crisis resolution and home treatment team can provide rapid assessment and treatment for a child or young person when they are:

- at immediate and significant risk of self-harm or suicide
- experiencing acute psychological or emotional distress which is having such a significant impact on their wellbeing or that their schooling is being affected
- being considered for an admission to a mental health inpatient unit
- posing an immediate or significant risk to others due to their

If your child is safe but is experiencing a crisis you can attend your GP or call NHS 111

In an Emergency Call 999

Early Help

In addition to Health services, each Local Authority has an Early Help Service which can provide information and support with:

- Whole family support (including support in schools)
- Pre-birth support and early years development
- Specialist children centre teachers
- Parent and community development
- Inclusion Services
- Careers information, advice and guidance service
- Youth Offending Service
- Targeted Youth Support

Referrals can be made by anyone



In Leicester City

<https://www.leicester.gov.uk/earlyhelp>



In Leicestershire

<https://leicestershirecc-self.achieveservice.com/service/Request-for-services-children-and-families>



In Rutland

<https://www.rutland.gov.uk/my-services/health-and-family/early-help/>

Special Educational Needs or Disabilities (SEND)

If you think your child has special educational needs or a disability, talk to your child's early years or education setting. They will discuss any concerns you have, tell you what they think and explain to you what will happen next.

Each Local Authority offers a range of services to help children and young people with special educational needs or disabilities as well as their families and carers.

To find out more about local SEND services near you visit



Leicester
City Council

In Leicester City

<https://families.leicester.gov.uk/send-local-offer/about-send/>



In Leicestershire

<https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/>



Rutland
County Council

In Rutland

http://ris.rutland.gov.uk/kb5/rutland/directory/advice_page?id=ic1N8E-BpaM



www.kooth.com

Kooth provides online mental health services for children and young people. This can be through a mobile phone, tablet or computer. You can access free, safe and anonymous online support through our online counselling service, including:

- Chat in real time to friendly online counsellors
- Read articles written by young people
- Get support from the Kooth community

Anyone can access this service for free online

YOUNGMINDS

Parents Helpline Call 0808 802 5544

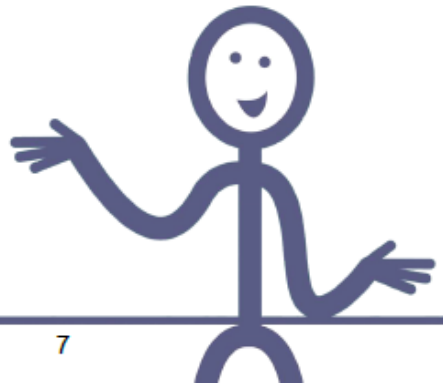
If you are worried
about a child or young person under 25 call
parents helpline for advice

www.youngminds.org.uk

If your child's condition changes or if you need more support while your child is waiting to be seen by a service—please contact your GP practice for advice and support in the first instance.

If your child is safe but is experiencing a crisis you can attend your GP or call NHS 111

In an Emergency Call 999



Better Care Together is the partnership of local health and social care organisations who are working together to arrange care for patients in Leicester, Leicestershire and Rutland.

Find out more here www.bettercareleicester.nhs.uk

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Stay Safe, Be Well



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TRUST



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