



AVANTI FIELDS
SCHOOL

Avanti Fields Newsletter

December 2020

A message from Ms Taplin

This has certainly been the most challenging of terms for everyone in the school community. Looking back to last March, when the impact of the pandemic first hit schools, with the urgency of school closure, I am sure none of us truly expected to get to December and still be dealing with such change and uncertainty.

These have been the most turbulent and challenging times that I am sure any of us have experienced and certainly for our young people.

Despite that, the Avanti Fields community has thrived, grown and learned. Our students have demonstrated such resilience and optimism, grasping every opportunity to learn and grow. In this newsletter we look back over their achievements; our students have challenged themselves, had fun and as a school have supported others. This is something to be justly proud of.

We often talk of the importance of consistency and continuity for young people and yet have found ourselves forced to respond to ever changing circumstances and government guidelines in the last month. Our recent challenges are now mirrored in the schools across the country and even today new information comes from the DFES about Spring term opening dates.

The latest guidance is that schools for the first week of term students in Years 7, 8 and 9 will learn remotely. The school term will start on the 5th January 2021. Most students will work remotely but the building will be open for those receiving the pupil premium and for the children of key workers. Buses will run as normal.

I wish you all a peaceful and safe Christmas, and hope you find time to recuperate, relax and celebrate in safety. Wishing health and happiness for all our family and friends for the coming Year .



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Celebrations and festivities



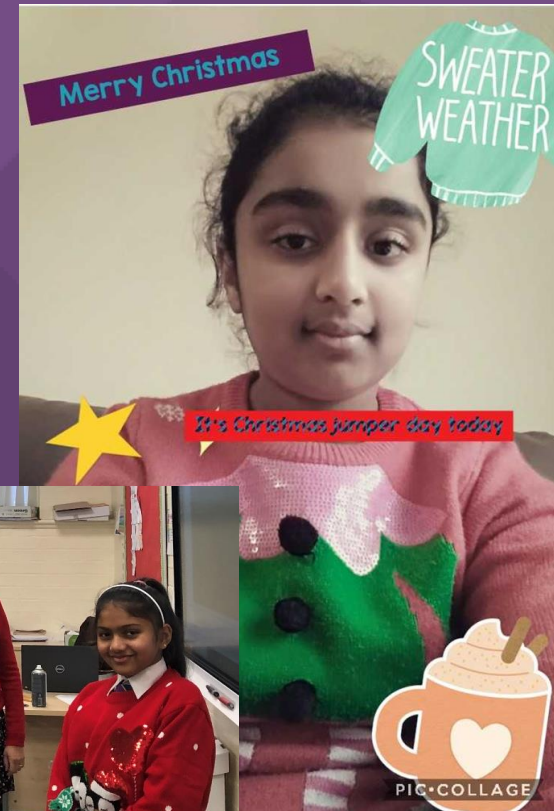
We have had great fun celebrating this term.

Some students even had the amazing opportunity to pose question to Sir Keir Starmer - hear his Diwali message in the Avanti Life newsletter and our website.



Sir Keir Starmer engages in a Q&A with Avanti Students!

Leader of the Labour Party, Sir Keir Starmer, addressed a wide range of questions - from vegetarianism and mediation to why British Hindus should vote for him - in a rare question and answer (Q&A) session for 'iGlobal' DiwaliFest 2020 with students from Avanti Fields in Leicester!



Merry Christmas

SWEATER WEATHER

It's Christmas jumper day today





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Community Support

Our successful grant application to the Asda Foundation (£980) has allowed us to provide learning materials for students to use at home when learning remotely.

Asda have also generously donated provisions that we have used to support families in these difficult times.

Project Mk, a new partner, donated 20 fantastic Christmas hampers that have been shared across families.

The avanti Fields PTFA have also started a new fundraising venture- Amazon smile. Where any purchase on amazon can go towards a funding of the school . More details can be found in the PTFA newsletter.

Click on – <https://smile.amazon.co.uk/ch/1183148-0>

We thank the Asda Foundation, Project Mk and the Avanti Fields PTFA for their generous support and look forward to our continued partnership in the future.



Free Online Safety App



On the National Online Safety app you'll find:

- Hundreds of online safety guides on the topics you need to know about – from screen addiction, fake news and trolling to hacking, social media influencers and sexting;
- An online safety training course for parents – developed by our experts and delivered by online safety ambassador Myleene Klass;
- A user-friendly interface with increased functionality – find exactly what you need, when you need it;
- The option to get notifications to your phone as soon as new content becomes available – so you can stay up-to-date with the latest online crazes (and risks);
- An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- The facility to personalise your content by favouriting key resources



New site updates

Our fantastic new site is really taking shape – by Christmas the building will be water tight and the access road that will lead to the school is now being created from Colin Grundy Way.

Our new address, Furrow Way, really captures the pastoral setting (a big change from our current site) and we are all looking forward to having trees and grass around us !

BAM have worked tirelessly to keep to schedule, despite all the challenges of working through the Covid crisis and will continue to work hard to get our new building ready for next academic year .

Take a walk up Thurmaston Lane to see how well things are progressing.





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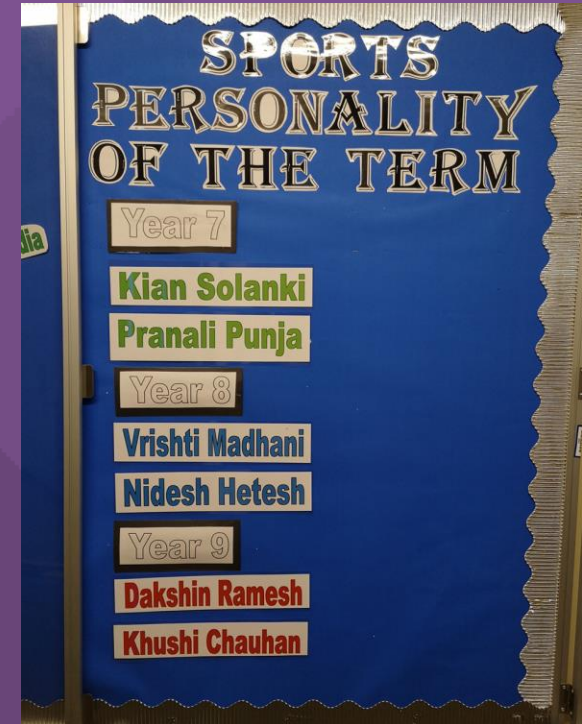
Well done to everyone who won the most PE points this term and received a medal for PE. All points go back to zero to start again after xmas so let's see who our next winners will be next half term.!

And...Well done to the year 7 boys and girls who took part in the virtual athletics challenge...we came 2nd! Amazing effort from all involved!!

SPORTS NEWS



A few more additions made to the high flyers in sport display board. Let Mrs Kansara know if you play for a club so she can get your name on the board too. #avantisportsstars



Congratulations to the following students for making it onto the Sports Personality of the term display board. Well done to them this half term for amazing effort and contribution in PE, keep up the good work.

Kian Solanki
Pranali Punja
Nidesh Hetesh
Vrishti Madhani
Khushi Chauhan
Dakshin Ramesh



Festive Wellbeing Newsletter

Well done to all of our students for adapting and engaging so well with Google Classrooms and Google Meets remotely this term.

When you have some spare time this holiday aim to revisit this terms' learning by visiting each subjects specific online platform. These include: Doodle, MathsWatch, Quizlet BBC Bitesize and Oak National Academy.

REMOTE ONLINE
LEARNING





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Meaningful Mondays

To compliment Collective Worship this term, Mr Gajjar has created and published weekly Meaningful Monday videos. The intention of the sessions are to provide students with insights on values with stories, verses, and prayers. This is to add more focus on the school values and encourage a closer relationship with the Avanti Fields Wheel.

Meaningful Monday are short videos 3-4mins and it is something that follow the Collective Worship prayers.

These sessions provide students with meaningful reflection opportunities during form time.



Let's keep safe online

Online safety tips for parents of 11-13 Year Olds

Checklist

Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices, including your child's mobile phone. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](https://www.google.co.uk/safetycentre).

Agree boundaries

Have a family agreement about where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.

Have a conversation

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

62% of 11 year-olds
and 69% of 12 year
olds have a Facebook
profile despite the
minimum age of 13

13

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Get them clued up about social networking

Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online.

With the increased time we are all spending working and studying on line at the moment, we wanted to share ways to keep you and your family safe.

For more information and advice on online safety, click on the link below.

<https://www.internetmatters.org/schools-esafety/secondary/>



Spread some joy with our festive fun jokes



1. What athlete is warmest in winter? A long jumper!

2. What is the best Christmas present in the world? A broken drum, you just can't beat it!



3. Why are Christmas trees so bad at sewing? They always drop their needles!



4. What do snowmen eat for lunch? Icebergers!



5. What do you get if you cross Santa with a detective? Santa Clues!

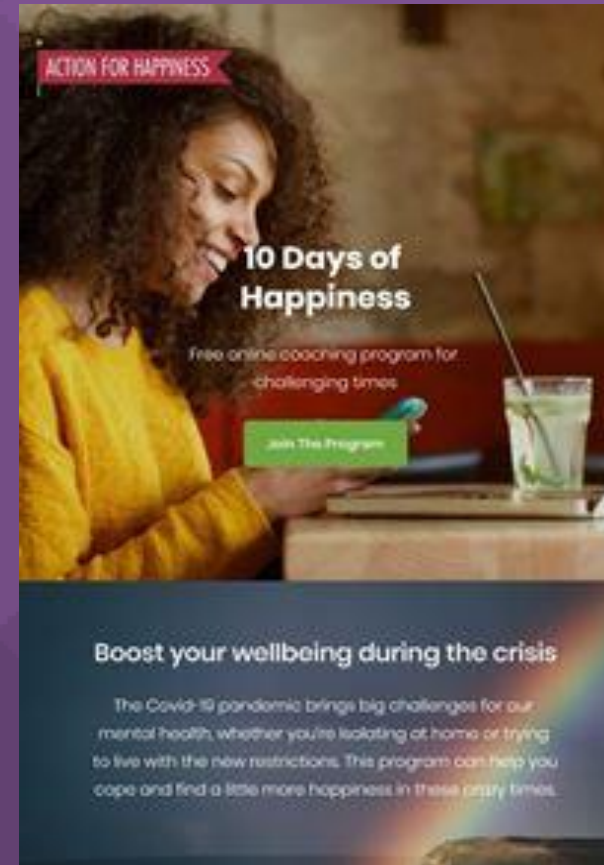


"Who is Santa's favourite singer? Elf-is Presley!"

The Avanti Fitness Advent Calendar



	Exercise	
18 th December	18 alternate front kicks (on each leg)	
19 th December	Complete a Joe Wicks workout	
20 th December	20 minutes of cardio of your choice (walk, run, workout)	
21 st December	21 mountain climbers	
22 nd December	22 minutes of Yoga	
23 rd December	23 crunches	
24 th December	24 lunges (alternate leg)	
25 th December	Eat and drink all the calories you burnt off completing your Advent calendar!	
Happy Christmas!		



Healthy
mind, body
and soul



Charity organisation **Action for Happiness** have launched a free ten day programme to boost happiness and wellbeing at this time.

For more information click on the link below.

10daysofhappiness.org



KINDNESS CALENDAR: DECEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Share the Kindness Calendar with others and spread kindness

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Give kind comments to as many people as possible today

5 Make a gift for someone who is homeless or feeling lonely

6 Support a charity, cause or campaign you really care about

7 Leave a positive message for someone else to find

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Be generous. Feed someone with food, love or kindness today

12 Buy an extra item and donate it to a local food bank

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Practice gratitude. List the kind things others have done for you

18 Give away something that you have been holding on to

19 Buy locally and support independent shops near you

20 Contact someone who may be alone or feeling isolated

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2021

Let's look beyond our differences and help each other. Every act of kindness matters



ACTION FOR HAPPINESS

#DoGoodDecember

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind

Wellbeing advice

Please see page two of the document , on how to support your child's wellbeing , written in many different languages.

There is also plenty of general advice which you may find useful at this time.

CLICK
HERE

10 Tips for supporting your child's wellbeing (in different languages)

Some tips for mental wellbeing of families with children at this time, in some of our languages most commonly used in Harrow:

[Arabic](#) كيف تساعد الاطفال لتجاوز الازمة بنجاح

[English](#) 10 Wellbeing tips for families

[Farsi](#) ده نکته برای خانواده ها :

[Gujarati](#) પરિવારમાં કુશળતા જાળવવા માટેનાં ૧૦ સૂચનો

[Pashtu](#) د کورنیزو د هوساینی لسگونۍ نکۍ

[Polish](#) 10 wskazówek dotyczących dobrego samopoczucia dla rodzin .

[Romanian](#) 10 sfaturi pentru buna dispozitie a familiei .

[Somali](#) 10 tabaha wanaagsanaan ee qoysaska

[Tamil](#) குடும்பங்களுக்கான 10 நல்வாழ்வு குறிப்புகள்

[Urdu](#) دس اہم نفا ط فیملیز کی خیریت کیلیے



Please visit the Avanti Fields website for more useful information and notices to support you and your family during school closure
<https://avanti.org.uk/avantifields/coronavirus-updates/>

Support and guidance

Advice and Support

Follow the links for ways to support your child at home, at this time:

C19support@leicester.gov.uk

<https://epicleics.com/epic/home-learning>

<https://epicleics.com/epic/documents/COVID19/Anxiety/Destress%20Apps.pdf>

For practical support and help at this time:
<https://www.trusselltrust.org/get-help/find-a-foodbank/leicestersouth/>

Psychology Service: Supporting Children and Young People's Emotional Wellbeing (no login required)

The Psychology Service have produced advice and guidance for for parents/carers and education staff to help them support children and young people's emotional wellbeing and resilience during the coronavirus (COVID-19) pandemic. Teacher and parents/carers are also able to book 30 minute telephone consultations if needed for support. The guidance can be viewed at <https://schools.leicester.gov.uk/>

NHS Mental Health Support
(Thank you Mr M Patel)
<https://www.england.nhs.uk/2020/10/nhs-encourages-children-and-young-people-to-seek-help-as-new-data-shows-rise-in-mental-health-problems/>

Alternative Activities

Click on the links for a complete package of activities / new skills to develop and enjoy at home with your family

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

https://www.scouts.org.uk/the-great-indoors?utm_source=twitter&utm_medium=traffic&utm_campaign=staticcopy3



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Stay Safe, Be Well



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TRUST



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