



## Spring Newsletter

**A message from our Headteacher, Ms. Anderson**

Dear Parents and Carers,

Firstly I would like to wish you all a Happy New Year!

We have had a fantastic start to the New Year here at FreshSteps.

I am delighted to inform you that FreshSteps are a part of Rudolph Walker's (*Patrick of Eastenders'* fame) '**CROP**—Cultivate with Rudy's Organic Project - a Programme that engages and develops young people through gardening. CROP will facilitate the development of young people's responsibility, confidence, teamwork and accomplishment. The project also teaches pupils technical skills and life skills, all through gardening.

FreshSteps is also opening a fantastic Sixth Form this year which will include many courses such as; Food Technology, Hair-dressing, Beauty, Performing Arts, Textiles and many more.

As we now have the new variant Omicron, I will need to keep abreast of any changes for school guidance and will keep you updated. Stay safe and well. I hope you all have a well rested Half term!



Our School Police Officer  
PC King

### TERM DATES

#### **Half-Term**

14th—18th February  
2022

#### **Easter Break**

1st—19th April 2022

Inset Day - 19th April  
2022



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### Ironman Class (Ms Nadine)

The class did a variety of activities on Safer Internet Day and Children's Mental Health Week. The pupils have explored ways to keep safe online and discussed what information should and should not be shared online. The pupils were fully engaged in the discussions and spoke about how they will share the information with other family members to ensure that everyone is safe online. Pupils also examined how they can maintain a positive mental health and engaged in activities that support positive mental health. Pupils created their own fruit salads and participated in games and quiz.

### Hulk Class (Ms Janice)

The new term and calendar year has been quite eventful so far. Though we have been impacted by covid there has still been noticeable achievements to be celebrated.

Pupils were happy to share how they enjoyed their Christmas holidays and spoke appreciatively about all the fun things they did and got. Everyone said they had a memorable holiday and was excited to set themselves short term and long term goals.

Following this, pupils quickly settled back into the routine of school life, ready for lessons both in the classroom and off site. Enrichment and therapeutic activities such as horse riding and boxing continues to be thoroughly enjoyed by everyone who participates and the benefits to pupils' well-being has been evidently significant. Equally, frequent park outings have been a welcomed opportunity for pupils to develop their gross motor skills, build relationship and socialise with peers in a fun, meaningful way.

So far, literacy and numeracy lessons in Hulk class are focused on story writing and recognising connection between repeated addition and multiplication. We've had fun roleplaying zoo incident where adults and pupil alike were involved. Pupils employed

learned Drama skills to make the roleplay interesting as well as demonstrating effective use of props.

They were very good at following a story line and including all part of a story in the planning and execution of the roleplay. This has helped to make their writing more interesting and realistic. As such it wasn't too much of a challenge to follow a story flow chart for writing activities.

With the developing understanding of the relationship between repeated addition and multiplication, through equal grouping of object, Hulk class pupils are more equipped for calculating totals and finding the answers for different times table more efficiently.

In other areas, pupils have been learning about their mental well-being, celebrating other cultures, the skeleton and how it supports and protects the body and movements as well as the purpose and importance of instructions in getting a task completed.

#### Group 4 (Mr. Johnson)

We have had a fantastic start to the term. The pupils have been taking part in lots of exciting and meaningful learning activities that they have enjoyed immensely. They have completed impressive projects about the Rainforest, and we are also planning exciting educational trip which will bring out the explorer in them.

#### English (Ms Farah)

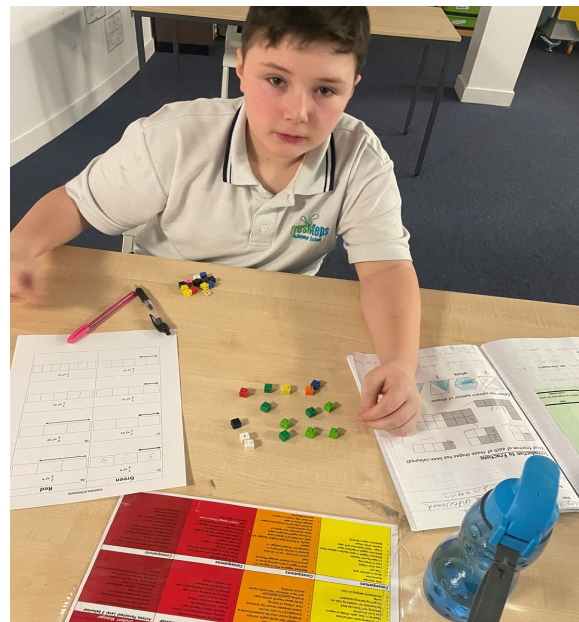
We are back from the Christmas Holidays and on the brink of breaking up for half term again. English lessons have focused on revamping literacy skills and more focus has been laid on the spiritual, moral, social, and cultural aspects of stories.

Currently we are studying War Horse by Michael Morpurgo which historically is a story from the point of view of the horse WW1, and Oliver Twist by Charles Dickens, England in the Victorian Era. An important question is *'Have we changed and what are we doing to end Poverty in the world today?'*

These writers' lives have relatable life stories which are inspiring our students to obtain a glimpse of the world from the past and to think about the difficulties they themselves face. Students in tutor time are surrounded with general knowledge and current affairs. A fun experience of celebrating festivities from around the world especially Chinese New Year with a Chopstick Challenge in class. Our top priority for the term is to become responsible learners!

### Mathematics Department (Mr. Murray)

A year eight pupil demonstrates fractions using the counters. You can use counters for different activities involving fractions. Also, it is hands-on activity that is flexible to do adding fractions or equivalent Fractions.



### Science Department (Mr. Murray)

Without friction, a bicycle cannot work. This is because there would be no grip on the road surface or pedals and no way to stop the wheels from going around. Ice-skating also demonstrates friction, with the edge of the blades as the center of gravity. Air resistance or drag acts against gravity on falling objects and this is how parachutes work. A year 10 pupil demonstrate air resistance. He made the parachute with a carrier bag



## PE (Mr. Talbot)

PE at FreshSteps this term has been a success with our first ever football team getting up and running! The boys had their first match against The City Academy, Hackney with the score ending 4-2 to the opponents.

Despite the result, the students showed fantastic teamwork, cooperation, determination, and perseverance to try their best in their first match.

The students made themselves proud as well as the school.

We will be looking forward to arranging many more fixtures for the students to represent again in such a great manner. Primary, Year 7 and 8's have continued their weekly horse-riding sessions, and the Year 9, 10 and 11's have been



Can we please ensure students are staying physically active during their half term break. Exercise is great for physical and mental health and can be done with parents/guardians. Below is a YouTube page that has videos that consist of fitness workouts that can be carried out with others at home. YouTube - The Body Coach TV

## LITTLE REMINDERS

**Pupils return to school on the 21st of February at 9am!**

**School will continue to close for pupils at 2.30pm Wednesday's only.**

### **Covid-19**

Please ensure a Covid-19 test is completed before coming into school this must be done twice a week (Monday & Thursday). If we do not receive these tests before your child comes into school, we will have to send your child home.

Thank you for your co-operation.