

THE HAMBLE SCHOOL

NEWSLETTER – ISSUE 6: 17TH MARCH 2021

It was good to see students back in classrooms, focused on their learning last week.

We hope you find the information in the newsletter useful and don't forget you can continue to share 'good news' either via tutors/Heads of Year or homelearning@thehambleschool.co.uk

APPRENTICESHIP OPPORTUNITY

An apprenticeship opportunity is currently available at RYA HQ in Hamble. They are recruiting for an 'Equality, Diversity and Inclusion Apprentice'. If you are in Year 11 and are interested in this, please visit: www.rya.org.uk/about-us/job-vacancies/Pages/job-opportunities.aspx to find out more.

YEAR 8 PREFERENCES

A reminder that the Preferences Webpage is now live and is a brilliant tool to support Year 8 with their choices for Year 9 and beyond.

www.thehambleschool.co.uk/preferences-2021

WORLD BOOK DAY

4 MARCH 2021

World Book Day was a huge success and a big 'thank you' to Mrs Kirby for all her hard work to ensure that everyone could take part at home. The Masked Reader was very popular and if you haven't seen the reveal video, please do take a look here:

www.thehambleschool.co.uk/world-book-day-2021

YEAR 11 COLLEGE TRANSITION

If you are planning to go to college in September and specially looking at Barton Peveril, some of our former students have produced a very interesting video, which we believe will help you with the transition to college.

Take a look here:

www.youtube.com/watch?v=z-bP3gq_MkE



JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 15

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

APPLICATIONS CLOSE
SUNDAY 28TH MARCH 2021

Enquiries:

applyforjuniorbakeoff@loveproductions.co.uk



Do you love baking? Applications are now open for Junior Bake Off. Let us know if you apply!

Visit: <https://junior.take-part.co.uk>

~ YEAR 7-11 ~

BREAK & LUNCH MENU

AVAILABLE EVERYDAY

Baguettes	£1.50
Fruit Pots	85p
Piece of Fruit	40p
Muffins	55p
Biscuits	45p
Drinks	from 55p

MONDAY

BREAK & LUNCH

Sausage Roll	£1.00
Pizzini	£1.55

LUNCH

Mac & Cheese

Served with peas or sweetcorn
£1.95

TUESDAY

BREAK & LUNCH

Chicken Burger	£1.45
Bagel Cheese	£1.50

LUNCH

Chicken Curry & Rice.....**£1.95**

Vegetable Curry & Rice.....**£1.95**

(Naan bread not available on Tuesday)

WEDNESDAY

BREAK & LUNCH

Hot Dog	£1.50
Pizzini	£1.55

LUNCH

Sausage & Mash

Served with veg and gravy**£1.95**

Vegetarian Sausage & Mash

Served with veg and gravy**£1.95**

THURSDAY

BREAK & LUNCH

Bacon Roll	£1.05
Sausage Roll (v)	£1.00

LUNCH

Chicken Curry & Rice

Served with naan bread**£2.50**

Vegetable Curry & Rice

Served with naan bread**£2.50**

FRIDAY

BREAK & LUNCH

Pizza Pepperoni	£1.50
Pizza Margarita.....	£1.25

LUNCH

Fish & Chips

Served with peas or beans.....**£2.50**

Vegetable Goujons & Chips

Served with peas or beans.....**£1.95**

40 WAYS TO LOOK AFTER YOUR MENTAL HEALTH EVERY DAY



@BELIEVEPHQ

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- CHALLENGE UNHELPFUL THOUGHTS
 - PUT THINGS INTO PERSPECTIVE
 - DO SOMETHING WITH FRIENDS
 - MAKE TIME FOR YOURSELF
 - LEARN A NEW SKILL
 - TAKE A BATH
 - BE MINDFUL
 - BE ACTIVE
 - MEDITATE
 - SMILE
 - YOGA
 - EXERCISE
 - BREATHE
 - COLOUR
 - DRINK SENSIBLY
 - ASK FOR HELP
 - EAT A WELL BALANCED DIET
 - GET A GOOD NIGHTS SLEEP
 - LEARN HOW TO PROBLEM SOLVE
 - TELL PEOPLE HOW YOU FEEL
 - INVEST TIME IN YOUR CONFIDENCE
 - CHALLENGE UNHELPFUL SELF TALK
 - ENGAGE IN A THOUGHT DIARY
 - STAY IN THE MOMENT
 - PRACTICE IMAGERY
 - TALK TO FAMILY
 - SET GOALS
 - WALK
 - RELAX
 - TALK
 - BE KIND
 - SOCIALISE
 - READ
 - REFOCUS
 - TRY A NEW HOBBY
 - START A TO DO LIST
 - WRITE DOWN YOUR WORRIES
 - ENGAGE IN SOME WORRY TIME
 - DISCONNECT FROM TECHNOLOGY
 - ENGAGE IN AN ACTIVITY DIARY

GOOD NEWS! COUCH TO 5K

Congratulations to Stephanie D in Year 8 who has completed the Couch to 5K over lockdown.

She has been jogging every other day to stay fit and healthy. Stephanie plans to continue this programme and take part in the 'Race for Life' later on in the year to raise money for Cancer Research. **Well done, Stephanie.**

If you would like to follow in Stephanie's footsteps check out the following websites:

Couch to 5K

www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/

Apps: Apple – <https://apps.apple.com/gb/app/one-you-couch-to-5k/id1082307672>

Android – <https://play.google.com/store/apps/details?id=com.phe.couchto5K>

Race for Life

<https://raceforlife.cancerresearchuk.org/>

COMMUNITY COVID TESTING

As you are aware, all students have had the option to take part in Lateral Flow COVID Testing through school. If you as parents/ carers (or other members of the household) are not able to take part in asymptomatic testing in your workplace, you are entitled to collect home kits from community sites or order them online. Testing is free and can be completed every 3-4 days.

Guidance can be found here:

www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff

How to obtain testing kits:

www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Remember this service is only for those not showing symptoms. If you develop symptoms, please get tested as soon as possible:

www.gov.uk/get-coronavirus-test

TOP REWARD POINTS

Congratulations to the following students who have achieved the most reward points this week:

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Charlie M (7-1)	Jessica B (8-4)	Mitchell P (9-2)	Katie P (10-4)	Tom L (11-1)
Aurelia O (7-5)	Magdalena W (8-8)	David M (9-4)	Emily C (10-6)	Toby B (11-4)
Becky J (7-8)	Thomas J (8-1)	Jamie S (9-3)	Mateusz S (10-2)	Holly M (11-1)
Evie L (7-5)	Natasha O (8-4)	Isabella D (9-2)	Oscar G (10-7)	Reuben W (11-4)
George M (7-5)	Maisie A (8-2)	Tilly Gouch (9-4)	Leo G (10-4)	Tilly F (11-5)

EXAMPLES OF GOOD WORK

Blood Brothers revolves around twin boys {Mickey and Edward} who are separated at birth and are brought up in completely different environments in the city of Liverpool. The play is set in the 1960's. The storey is a contemporary nature versus nurture plot revolving around twins. At its heart, Blood Brothers is a play about the dangers of inequality and injustice.

If I was performing the role of Mrs Lyons I would want the audience to feel intimidated by me. I would show this in the line "Oh no, you're not. Edward is my son. Mine " by using vocal skills such as raising my voice and speaking clearly on the word "Mine" to get the idea of him being my child in her head. I would also use physical such as pointing to myself and looking down on her {Mrs Johnstone} to show dominance. I would also have a determined look on my face as I am a part of the upper class, and I have never had someone tell me that I can't have something. It would be important for the audience to understand that I am stubborn and will not change my mind.

If I were performing the role of Mrs Lyons I would want the audience to understand that she is lonely, heartless and does not care about other people. She likes to think that she can manipulate people and she is better than everyone. The way I would perform the line, "It's your work, your work has deteriorated." I would use vocal skills, I would do this by talking slowly and calmly as if i were talking to a child. I would also use physical skills by not looking at her and have a straight posture and try to be taller than her, so it would be her looking up at me. I would show no respect for her as I wouldnt look at her, my arms would also be crossed and this would show that Mrs Lyons is trying to stay in control. It would also be important for the audience to know once I have got what I want I can be a different person.

If I were to perform the role of Mrs Johnstone I would want the audience to react with sympathy and see how lonely she and how unhappy she is. Mrs Johnstone is struggling as she tries to support her children. The way I would perform the line "What will I do? How are we going to live without my job?" I would want my physical skill to show me walking around the stage backwards and forwards trying to figure out what it is that I need to do. My hands will be running through my hair trying to calm my nerves. I would make it look like my hands were sweating and change the position of them putting them together and then apart again and move them in a circular motion. I will also use vocal skill like stuttering and long pause to show my fear of the future and confusion on why she has done this.

In this show the audience could be tricked into thinking how nice Mrs Lyons is thinking that she is doing a nice thoughtful gesture, when in real life its all for her self gain steamrolling over everything and everyone to get what she wants.

'Why...why is a job so important?' Due to Edward's privileged background, he is unable to understand the difficulties that Mickey has been unemployed. Mickey has nothing to fall back on and Edward will never be in that position because of the support he gets from his family. This demonstrates the lack of understanding the higher classes can have of the desperation of unemployment for the working class. If I were to be acting in this scene it would be set in a friendly nature noone is trying to outdo anyone, there is no confrontation between the 2 characters. The physical skill would be calm, the character would be standing up and standing over his brother with a touch of superiority as he has never experienced any hardship in his life. The voice skill would be spoken in a normal pitch as this quote isn't spoken without any malicious intent and as far as he is concerned he is asking a normal question. Edward continues to say in this quote, 'If I couldn't get a job I'd just say sod it and draw the dole, live like a bohemian , tilt my hat to the world and say 'screw you'. So you're not working. Why is it so important?' This further explains that Edward has no idea what it is like to have a family rely on you, to have mouths to feed, everything gets handed to him on a plate. Physical skill would be quite plain and simple as this scene shows what type of upbringing Edward has had and how much influence his family has had at helping him in his life. Edward could also say this quote in a smug manor especially by saying he would live like a bohemian.

