



ROOKS HEATH LIFE

Newsletter of Rooks Heath school

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Rooks Heath is Levelling Up.

BY MRS M. MANDERSON

Spring is finally here. Our students returned and we enjoyed welcoming them back. Our remote learning and live lessons served our students well in delivering our curriculum all the way. We made the impossible possible by creating a LFD testing centre and managed the entire process successfully. Not without sacrificing our 6th Form study room however. Much is being done now to support all our students over the next few months to 'level up'. Why 'level up'? you may ask? We believe that due to the success of online learning, not every child needs to 'catch-up' as they did not lose the opportunity to learn. At worst, students need consolidation to remember the knowledge shared. At best, our students will simply want to 'level up' to where they know they can be. We know this is best done in class in front of teachers. We chose this term, to make it more positive and also because many of the students understand it. To many, it means making improvements, getting to the next level, rising to the challenges as they do with their digital games. We also managed to inject some fun into our new ways of working and studying with our week of Comic Relief activities. As you can see, our staff had no mercy leaving Emily and Shane in 3rd and 4th place. I hope you also enjoyed the fun available to watch on our platforms.

Please try to enjoy a lovely Easter break. Stay safe, stay healthy.

Remember, education is not just about the book and the pen, use the natural environment as well to enjoy some fun educational experiences together.

Rooks Heath Virtual Choir

BY MS A. SLATER

The Music department is thrilled to share with you our virtual choir performance of the song 'Man in the Mirror'. The talented students involved in this project worked independently throughout the Autumn term to learn and rehearse their parts at home, with no rehearsals or preparation in school. The students were able to record in their year group bubbles in just one session in the final weeks of term.



It is such a credit to the resilience and perseverance of our students that we were able to produce a performance item this term, working within the many restrictions placed upon the performing arts due to COVID in order to keep our students safe. A massive thank you to Mr. Pitchforth who spent copious hours recording the students in the last weeks of term and editing together the final video.

Please [click here to view the performance](#). We hope that you enjoy it!

Student Creativity

BY MS A. BORILL

It has been quite an accomplishment for the AS and A-Level students to have produced exciting practical work during lockdown. A big thank you and well done for the tremendous hard work students put in and the quality of work produced. It has been exciting, creative and delightful to see how their work has flourished and developed during lockdown. They have been excellent in communicating the materials and resources needed. It is not always easy to produce practical work at home and at times can be challenging, but with perseverance they have shown commitment and endurance. Here are some images of their work!



Staff Runners Raise Funds for Cancer Research

BY MS R. GARRETT



A small team of staff runners from Rooks Heath completed 56 miles of running in February to raise funds for Cancer Research UK -that's 2 miles each per day! Personally, I like to jog a little, around 2-3 times a week; nothing too strenuous or too far. It's been great for positive mental health during the lockdown months. Sitting at a computer all day from dawn till dusk is not healthy either mentally or physically so my solution was running, usually as fast as I can away from my laptop once work was completed!

In January, I got the awful news that friend who had formally been in remission from Cancer had been told her Cancer is terminal. Just 1 year left. It's the news nobody wants to hear and I felt both heartbroken for her and angry that this is just so unfair. The 'Run 56 Miles in February for Cancer Research UK' appeared on social media and I signed up. At this point, I actually did the maths, how far I normally run and the difference to 56 miles... it's about 30 more miles than I would normally do in a month. Oh no, what have I done! All the self-doubt came flooding in: you can't run that far; you'll injure yourself; everyone will laugh; no one will donate. I mentioned the challenge tentatively to a few colleagues and instead of telling me how ridiculous it was, they decided to join me.



Mrs Hyde, Mrs Adams, Mrs Logan, Mr Macaulay and Ms Soti all joined me with this challenge. I can tell you, a challenge is better with friends. Personal bests, half marathons, snow, mud, dog bites, fancy dress and just getting out the door and getting those miles done -it's all been a challenge but a brilliant experience too. We know too many people affected by this awful disease and seen the bravery from those going through the most difficult and painful treatments but the fight still goes on. The work done by Cancer Research UK has saved many lives already and will go on to save many more.

Thank you, thank you, thank you to the staff, friends and family who have donated. To date we have raised £755!



Food Parcel Deliveries

BY MRS S. SUBRA

In 2019-20, a record high of nearly two million people in the UK used a food bank, according to the Trussell Trust. The number of families struggling to afford food is likely higher, as some people report the stigma and shame around poverty being enough to stop them seeking help to eat.



Unfortunately, this situation has also affected our Rooks Heath students. The number of children on the Free School Meal register at our school has risen sharply in the past year. However, our Rooks Heath Family showed its true values and community spirit by making our Food Support Programme for the February Half Term a huge success.

We managed to arrange a whopping 300+ parcels. Local foodbanks such as SLMCC-NIDA Foodbank and supermarkets such as Aldi, Asda and Lidl have been extremely generous. Staff, friends and families were also very giving, bringing smiles on the faces of the many families who received their food parcels graciously.

Mr Barton and his amazing team of trainee social workers have had a good response from all those visited and provided with a parcel. Many staff members volunteered to help with the deliveries as well. Without help from all these people, this initiative would not have been as successful.

By the time February Half Term commenced, we offered a parcel to all our free school meal students, all 281 of them! The vast majority welcomed the gesture. With your support and encouragement, we hope we can do this again for the Easter break.

It has been an absolute pleasure working on this worthwhile initiative – you have definitely shown that you **Strive To Be Your Best** in all aspects!



Music Mark School

We have received a certificate in recognition of our commitment to providing high quality music education for our students. Congratulations to Miss Slater and all the music team who work so hard, even more so around the challenges presented by social distancing, to sustain high quality delivery.



Mindfulness

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment –to your own thoughts and feelings, and to the world around you –can improve your mental well-being. Some people call this awareness “mindfulness”. Mindfulness can help us enjoy life more and understand ourselves better.

[10 ways to define mindfulness](#)
[What is mindfulness?](#)

There are many free apps that can be downloaded to help with mindfulness.



Financial Support if You or Your Child are Required to Self Isolate

If you are on a low income and will lose earnings because you have to take time off work to care for your child who is self-isolating due to having come into contact with someone who tested positive with Covid-19, you may be entitled to a £500 payment.

Test and Trace Support Payments are available to people who meet the following criteria:

- You are a parent, carer or guardian of a child who lives in your household and has been notified that they are required to self-isolate, either
- because they have been in close contact with someone who has tested positive with Covid-19, or
- they tested positive using a lateral flow test and are self-isolating while they wait for the results from a PCR test
- The child or young person must be age 15 or under, or age 16-25 with an Education, Health and Care Plan
- Awards are limited to one per household for each period of self-isolation
- You must be employed or self-employed, need to take time off work to care for the child or young person, and will lose earnings because you are unable to work from home. There must be no one else in the household who is not in work who could care for your child
- You must also be;
- in receipt of, or live with a partner who is in receipt of, a means tested benefit (Universal Credit, Job Seekers Allowance (Income Based), Income Support, Employment Support (Income Related), Working Tax Credit or Housing Benefit), or
- on a low income and will face financial hardship due to the loss of income

You may also be entitled to a payment if you have been asked to self-isolate and meet the above income criteria. For example, if your child tests positive for Covid-19 and you and your partner must self-isolate, you could both receive a £500 payment if you meet the criteria. To apply for a payment, you must apply within 42 days of the first day of self-isolation. More information on Test and Trace Support Payments including how to apply is available online www.gov.uk/test-and-trace-support-payment

Lateral Flow Testing

A huge thank you to all staff that volunteered to give their time to help with our lateral flow testing effort. Thanks to your help and hard work, we were successfully able to test all year groups upon their initial return to school, as well as regularly test staff and students once everyone returned in full.

If you would like to order lateral flow test kits to be sent to your home, please visit this [website](#). Lateral flow home test kits are available for anybody who works in a primary school, nursery, secondary school, sixth form or college or comes into regular contact with someone who attends a primary school, nursery, secondary school, sixth form or college. You can also [click here](#) to find a local site to get tested at, or [click here](#) to find a local site where you can collect test kits.



DATES

&

DEADLINES

EXAMS & ASSESSMENTS

- 10/05/21-28/05/21—Year 11 Summer Assessment Season
- 07/06/21-11/06/21—Year 7 8 and 9 end of Year Assessment week
- 05/07/21-09/07/21—Year 12 End of Year Assessments

MOCK EXAMS

- 21/06/21-30/06/21—Year 10 Mocks

DATES & DEADLINES

- 23/04/21—Year 11 School Photo
- 27/04/21—Year 10 Parents evening
- 06/07/21—New Year 12 Evening
- 16/07/21—UCAS references due

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COMIC RELIEF

BY MR S. SHARP

Rooks Heath School has been raising money for Comic Relief in a socially distanced way this year. We have created our own version of the TV show 'Taskmaster'. Thanks to generous donations from staff and parents we have raised **£149** for comic relief!

To access the different tasks that the team tackled, please click on the individual links below:

[Introductions](#) – Meet the 4 Taskmaster contestants

[Task 1](#) – Try and get a ball in the hoop using no hands

[Task 2](#) – Try to draw

[Task 3](#) – Try to pick up bean bags without their feet touching the ground

[Task 4](#) – Try to create a sandwich wearing boxing gloves



LEARNING SUPPORT NEWSLETTER

At Rooks Heath School, we feel it is important to work collaboratively with parents. The Learning Support Department have been producing termly issues of the Learning Support Newsletter. These can be found through the links below and on the Rooks Heath website. For all queries related to SEND and support with your child's learning, please contact learningsupport@rooksheath.harrow.sch.uk to reach one of the team.

[Learning Support Newsletter #12](#)

[Learning Support Newsletter #13](#)

Mr C Ring
Assistant Headteacher
SENCo



CALLING ALL PARENTS

Please consider being a member of our PTFA 'Parents, Friends and Teachers Association'. Let your voice be heard and come and hear first hand about school life.

Please put the following dates into your diaries and calendars. All meetings run from 6pm – 7pm and are currently being held by Microsoft teams. Please contact Ms Grover if you would like to participate.

11/05/21, 29/06/21

Parent Surgery is here! —Thursdays 4pm—5:30pm

Would you like to discuss something with the headteacher? Please make an appointment with Ms R Soti. Dates available are: 29th April, 13th May, 10th June and 24th June.