

# Weekly Bulletin for Families

## Message from the Head of School

Well, what a term we have had, it will certainly go down in history.....

Our Saxmundham Team have really pulled together; students, family, staff and the community, and by the end of Wednesday we will all be ready for a rest, so that we are ready for Trinity Term and all that that term has in store. I would like to say a big thank you to you all for working with us, sharing when things didn't go to plan so we could make changes, and especially for supporting your children in accessing online learning.

It is important that you continue to test using the Lateral Flow Test (LFT) equipment we have sent you over the holiday and that you continue to report them. We will be sending home more LFT boxes this week so that you can continue the testing. It is so important that this happens ensuring that the students are ready to start the Trinity Term in a safe way, Saxmundham staff will also be testing through the holiday too.

We will continue to stay in our year group bubbles until the end of the Trinity Term this is to ensure that we keep your children as safe as possible.

As we go into the Trinity Term will be changing the length of break to 20 minutes we are also removing the end of the day Form Tutor time. Your children will leave their last lesson to either catch a bus home or walk home. This will increase the learning and teaching time for our school community.

I wish you all a happy holiday and I look forward to seeing the students back on Tuesday 20th April.

**Mrs L Girling,  
Head of School**



Mrs L Girling  
Head of School

## School Uniform – Ready Respectful Safe

With the Easter holiday coming up, now is an opportune time to ensure your child's pencil cases are fully stocked. We continuously make the analogy of our time in school being like climbing a mountain and how one needs the right equipment to get to the top successfully. Can I ask that you support your child in their climb by prioritising and organising them with all the necessary equipment ready for their new term?

We have also noticed that many of our students have been busy growing during the last few months which has meant that a small number of them appear to have outgrown their uniform. As such we would like to take the opportunity to remind you that SET Saxmundham School uniform regulation states that skirts should be: 'KNEE LENGTH'. Coes, is taking orders via their website and is operating via a postal delivery service.

To ensure our uniform and presentation standards remain high, please make sure your child has the correct SET Saxmundham School PE kit. Further details can be found on our website. These items are available (as with all of our PE kit and uniform) from Coes.

From the start of the Trinity Term, students will **no longer be permitted to wear their school hoodie in school/in lessons** under their blazer. The only exception is for PE lessons. Students can of course bring a suitable waterproof coat to school which should, please, be plain black or navy.

We appreciate that some families will be purchasing new shoes over the Easter break and we have included below the items that are not permissible in school.

Please check the SET Saxmundham School uniform expectations. I ask that you work with us making sure your child comes to school ready to learn so that Staff can focus on teaching your children.

Not school uniform	School uniform expectation
White socks	Black socks
Girls with rolled over skirts – too short	Knee length skirts
No tie	Saxmundham tie
Non-school hoodies / tops	Saxmundham Hoodie for PE only
Jewellery – bracelets, rings, piercings, earrings	A watch and one pair of studs
Nail varnish / acrylic nails	Own nails
False eyelashes	Not allowed
Trainers e.g. black Nike air max	Black school shoes

## PE Expectations

We agreed that when students have PE in the morning they could come to school in their PE kit on the condition that they changed after. Please ensure your child is prepared to do this as we might have to ask you to bring school uniform for them to school so they can get changed.

# Uniform Guide

A white shirt or blouse with either short or long sleeves (not  $\frac{3}{4}$  length)

Clip-on school tie (blouses must therefore have a top button to allow a tie to be worn at all times)

Charcoal grey / black trousers (non-flared, non-clingy and non-cropped)

Charcoal grey pleated skirt with burgundy overcheck

Coats should be plain black or navy (no denim, leather or sportswear)

Black blazer with the School's logo on the breast pocket

Black socks (please note knee-high socks are not part of our uniform). Students may wear 70 or 80 denier plain black tights. No other style, colour or thicknesses of tights are acceptable.

Shoes should be flat and black leather.



High heels, boots, sandals, canvas style plimsolls and trainers, including black trainers, are not permitted.

## Learning @SET Saxmundham

All students at SET Saxmundham engaged in a PSHE session – ‘Respectful Behaviours’.

There were many sensible and empathetic responses to this session and there were also some responses that showed they were uncomfortable. SET Saxmundham take these topics very seriously and we will with your help challenge these disrespectful behaviours and support them in understanding what respectful behaviours look like. All students received a card that identified where they could seek support from apart from you of course. Just to remind you our staff are of course available during term time for students to receive our support.

Key contacts if you need to **reach out** at SET Saxmundham School:  
**Safeguarding Lead is Mrs S Power**

 **07739752391**

 [spower@seckfordeducation.org.uk](mailto:spower@seckfordeducation.org.uk)



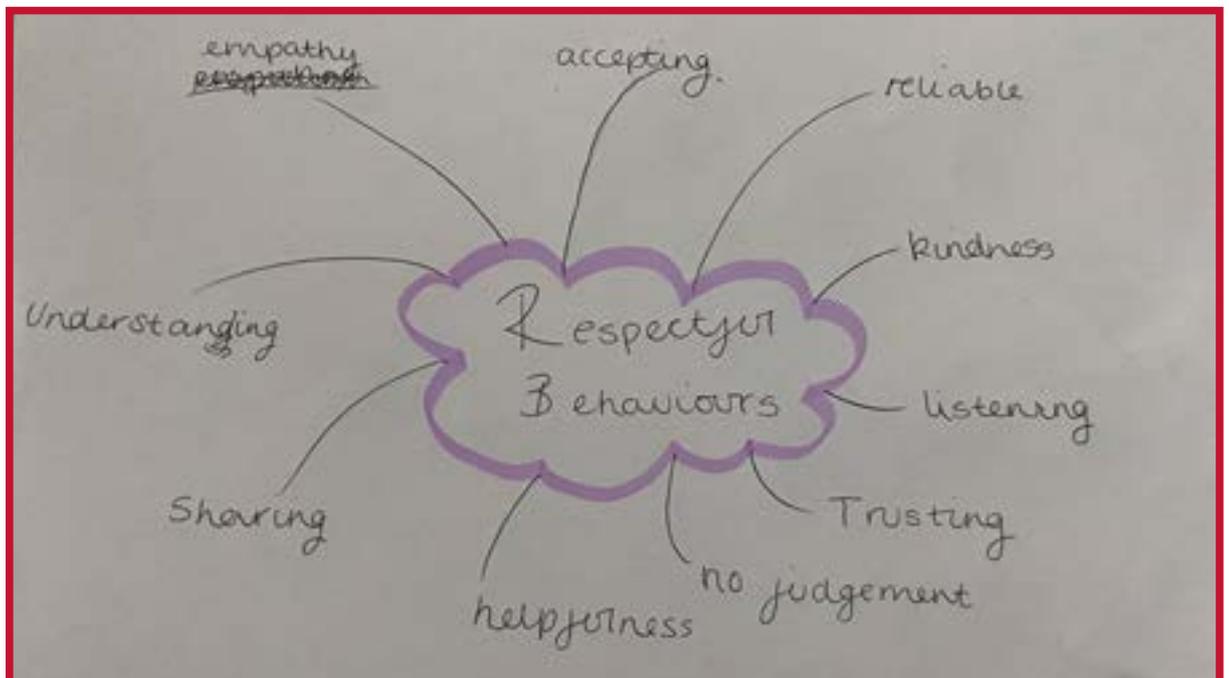
 **My trusted person is** .....@seckfordeducation.org.uk

**Please scan this QR code to contact CHILDLINE**





*Inspiring, enabling and celebrating each and every young person's personal best.*



**Enrichment:**

**Drama:**



# Science lesson - waves

Tuesday 23<sup>rd</sup> March 2021

### Longitudinal waves

The wave travels away from the source. The direction of the wave is parallel to the movement of the source.

In a longitudinal wave, the coils do not travel horizontally - they just vibrate up & down.

### Describing waves

1. One travels horizontally and one travels from left to right.

Water waves are an example of transverse waves.

Peak Crest a 2 height B wave length ✓

Crest ✓ 5. oscillation ✓ Transverse waves ✓

### Case 2

### Describing waves

Higher the amplitude of a wave, the more energy it carries.

Frequency = the number of waves that pass in a second (measured in Hertz)

period,  $T = 1 / \text{frequency } f$

a) 1 hertz ✓ b) 2 hertz ✓ c) 0.5 hertz ✓

	number of waves	time (s)	frequency (Hz)
A	2	1	2
B	10	5	2
C	1	2	0.5
D	6	2	3

Tuesday 23<sup>rd</sup> March 2021

### Describing waves

High frequency and high amplitude: - high pitch and loud

High frequency and low amplitude: - high pitch and quiet

Low frequency and high amplitude: - low pitch and loud

Low frequency and low amplitude: - low pitch and quiet

Frequency = the number of waves that pass in seconds (measured in Hertz / Hz)

period,  $T = 1 / \text{frequency } f$

a) = 1 hertz  
b) = 2 hertz  
c) = 0.5 hertz

	number of waves	time (s)	frequency (Hz)
A	2	①	2
B	⑩	5	2
C	1	2	①.5
D	6	②	3

Tuesday 23<sup>rd</sup> March 2021

### Longitudinal waves

The wave travels away from the source. The direction of the wave is parallel to the movement of the source.

In a longitudinal wave, the coils do not travel horizontally, each coil just vibrates up & down.

Water waves are an example of transverse waves.

Wavelength:  $\lambda$

Amplitude:  $A$

direction of energy travel

direction of medium oscillation

- The height of a transverse wave is called amplitude.
- On a transverse wave the trough represents the rest point.
- The wave cycle is the wave length.
- Another word for peak of the wave is crest.
- Another word for vibration is oscillation.
- Transverse waves are the ripples on the water surface.

Mr Connell-Smith leading an assembly for Year 11. He shared the science behind the vaccines.



### Cooking enrichment



## Ocean Science - practical session



## LBGT Workshop:



**Join Rock Paper Scissors for a free online creative workshop celebrating Suffolk Archives  
"Pride in Suffolk's Past" exhibition.**

These will be exciting small group online workshops exploring what it means to be an ally, what makes us all different, and how we identify the things which make us special individuals.

We will also celebrate people from the LGBTQ community who have made Suffolk so great throughout history and in the present.

These workshops will be interactive and there will be lots of chances to talk through your ideas, but this is entirely optional, and you can type in the chat box if you would rather.

We have free art materials for families who need them - please let us know when you book and we can pop one in the post for you!

EASTER HOLIDAYS 2021		
<b>Tuesday 30th March</b> 10.30-11.30am *Ages 8-11	<b>Wednesday 31st March</b> 10.30-11.30am *Ages 8-11	<b>Thursday 1st April</b> 10.30-11.30am *Ages 8-11T
<b>Tuesday 6th April</b> 10.30-11.30am *Ages 12+	<b>Wednesday 7th April</b> 10.30-11.30am *Ages 12+	<b>Thursday 8th April</b> 10.30-11.30am *Ages 12+
MAY HALF TERM 2021		
<b>Tuesday 1st June</b> 10.30-11.30am *Ages 8-11	<b>Wednesday 2nd June</b> 10.30-11.30am *Ages 12+	<b>Thursday 3rd June</b> 10.30-11.30am *Ages 12+

## BOOK YOUR FREE PLACE HERE

[WWW.ROCKPAPERSCISSORS.ORG.UK/SHOP](http://WWW.ROCKPAPERSCISSORS.ORG.UK/SHOP)

**Bring all of your colourful art materials to get creative!**

Please get in touch if you would like a free art kit to use for the workshop and keep  
[team@rockpapersciissors.org.uk](mailto:team@rockpapersciissors.org.uk)

### **Safeguarding support whilst school is closed:**

As we approach our Easter break from school, we wish to share with you useful contact numbers for students and their families during a period of school closure should you need any additional support or information:

Crisis - 0337261800

Child Line – 0800 1111

Child Line – [www.childline.org.uk](http://www.childline.org.uk)

Children' Society - [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

Customer First - 0808 800 4005

Food Bank - [www.trusselltrust.org](http://www.trusselltrust.org)

Kooth - [www.kooth.com](http://www.kooth.com)

Mind - [www.mind.org.uk](http://www.mind.org.uk)

Samaritans – 116 123

NHS website - [www.england.nhs.uk](http://www.england.nhs.uk)

NSPCC website - [www.nspcc.org.uk](http://www.nspcc.org.uk)

Place 2be website - [www.place2be.org.uk](http://www.place2be.org.uk)

Young Minds website - [www.youngminds.org.uk](http://www.youngminds.org.uk)

## **COVID-19 over Easter Break:**

***We need to remain vigilant and students and families must continue to play an important role in keeping the whole school community safe.***

### **Home testing:**

It is important that students continue testing twice a week, at home, throughout the Easter school holidays. Please also ensure a test is undertaken on Monday evening (19th April) or Tuesday morning (20th April) before students come back to school.

A reminder that home testing is only suitable for individuals without symptoms and home tests kits must never be used to determine if an individual with symptoms has COVID-19. Instead you must book a PCR test, you can book a test by visiting <https://www.gov.uk/get-coronavirus-test>.

### **Reporting your test result:**

A reminder that once you have completed the test and received a result you must report the result (negative, positive or void) via the NHS Test & Trace digital platform and to the school.

1) To report your result via the NHS Test & Trace digital platform please visit [www.gov.uk/report-covid19-result](http://www.gov.uk/report-covid19-result) or by calling 119 (free from mobiles and landlines). Lines are open every day, 7am to 11pm.

2) In addition, all positive results should be reported to the school immediately via <https://app.smartsheet.com/b/form/f3cbf08219cb4385ac5ac44fbfd066e1> We will then be in touch to provide further guidance and to undertake a process of contact tracing.

### **Reporting COVID cases over Easter**

- In order to support NHS track and trace it is important that you continue to report any cases to school up to and including Friday 2nd April. This is because Wednesday 31st March would be within the 48hr infectious period that occurs prior to the onset of symptoms (or a positive test result).
- Therefore, if you or your child displays any symptoms of coronavirus on either 1st or 2nd April, please can you immediately organise a test via a testing centre and then report the result to <https://app.smartsheet.com/b/form/f3cbf08219cb4385ac5ac44fbfd066e1>.

### **Testing for parents, households and bubbles twice a week**

The test kits supplied by school should only be used by students. However, regular rapid testing is now also available for parents, their households and support or childcare bubbles. The government is encouraging all families to participate in twice weekly testing to help stop the spread of COVID-19.

Parents and other adults in the household can access tests by:

- Ordering tests online [www.gov.uk/order-school-household-tests](http://www.gov.uk/order-school-household-tests);
- Attending a test site to get tested (where you will be able to see how to take the test); or pick up tests to do at home.

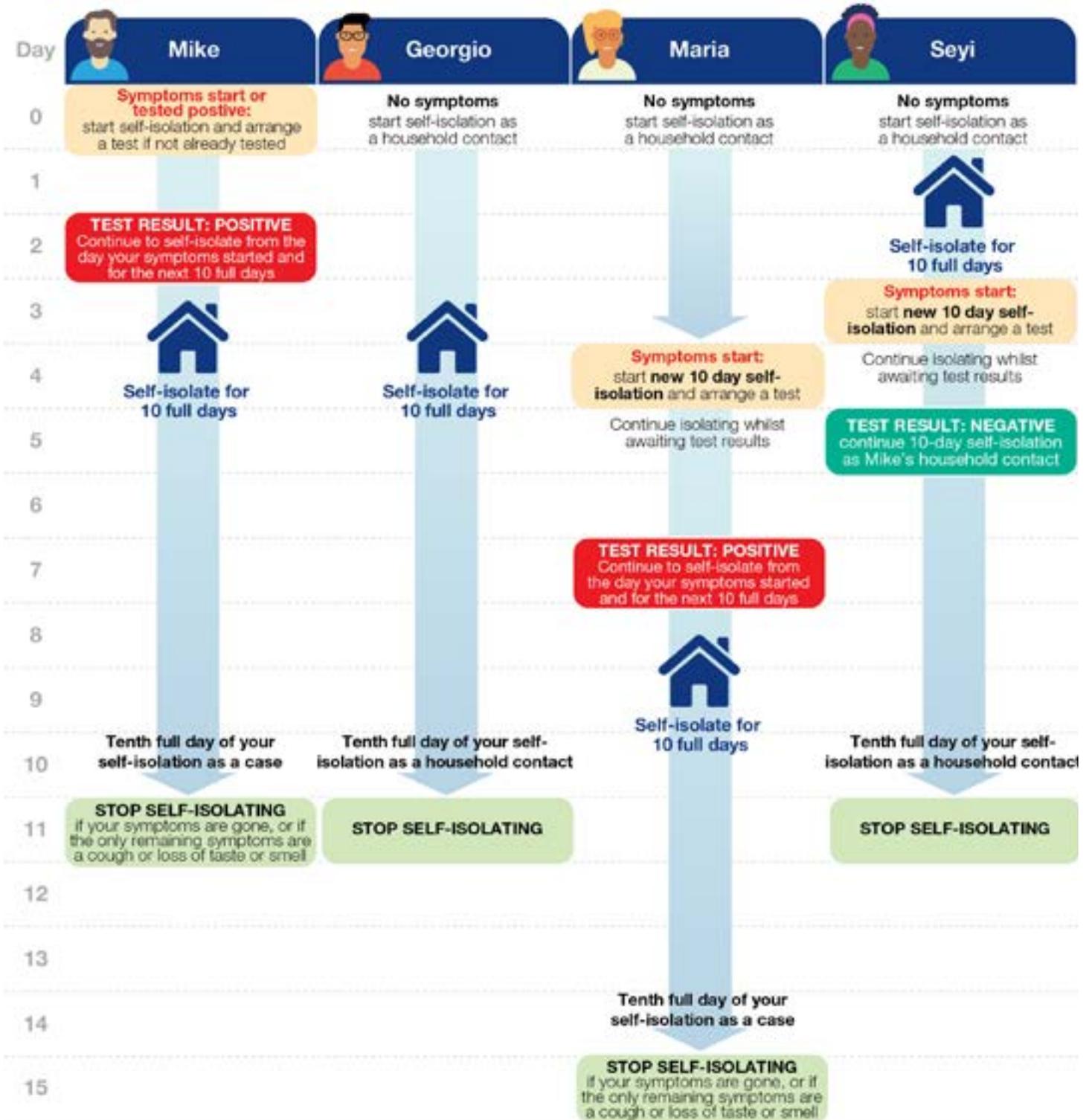
To find out more on school household testing visit: <https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff>.



# Stay at home and self-isolate.

Please see [detailed guidance online](#).

**Mike's household:** In this example, Mike lives with Georgio, Maria and Seyi. Mike is the first case of COVID-19 in this household. He and everyone in the household begin self-isolating from the day Mike's symptoms start (or if he had no symptoms, from the date of his positive test).



## Self-isolate for 10 full days.

You need to self-isolate from the day the first person in your household started symptoms and for the next 10 full days. If they did not have symptoms, self-isolate from the day of their test and for the next 10 full days.

## To self-isolate means:

Do not go to work, school, or public areas and do not use public transport or taxis. Only leave your home to get to your test if you need to, observe strict social distancing advice and return immediately afterwards.



# Dates For Your Diary

## Year 7

**Monday 10 - Friday 14 May:** KS3 examinations

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Year 8

**Thursday 29 April:** Progress Evening

**Monday 10 - Friday 14 May:** KS3 examinations

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Year 9

**Monday 10 - Friday 14 May:** KS3 examinations

**Monday 21 June:** Year 9/10 "Is University for You?" Evening

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Year 10

**Thursday 22 April:** Progress Evening

**Tuesday 4 May - Friday 14 May:** Mock Examinations

**Monday 21 June:** Year 9/10 "Is University for You?" Evening

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Parents' and Carers' Open Forum

**Tuesday 4 May:** 9.30 – 10.30am

**Friday 25 June:** 9.30 – 10.30am

## Year 6 Into 7 Transition

**Wednesday 16 June:** Transition Evening/ Meet the Tutor (5.00 - 7.00pm)

**Tuesday 29 - Wednesday 30 June:** Transition Days

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## Virtual Routes into STEM – for students in Years 9-10

**Virtual Routes into STEM** is a course provided by the Engineering Development Trust (EDT) and is an exciting opportunity for students to explore the various routes they can take towards their STEM career. It is designed to give them an insight into pathways following GCSEs including study routes via College and University and direct Apprenticeship routes through industry. The course gives a fantastic insight into what life is like in a variety of different STEM settings and gives students the ability to virtually tour multiple colleges, universities and employers.



The course is open to all students in Years 9 & 10 and is suitable for all academic abilities. All that is required is a genuine interest in STEM subjects and inquisitiveness about what the future can hold. The course is held online and runs from 21st May to 6th June. It includes a diverse range of live interactive sessions that will be held over the half term week.

For more information please contact Mr Budden, Lead Practitioner for Science, at [tbudden@seckfordeducation.org.uk](mailto:tbudden@seckfordeducation.org.uk)