



St. Edward's C. of E. Academy

Newsletter

Spring 2022



WORLD BOOK DAY 2022

Staff and students dressed up as their favourite book characters to celebrate reading.

Leek Lunges for the County Championships!

On 12th February, 2022, Leek Swimming Club took part in the Staffordshire County Swimming Championships in Stafford. There were multiple races that took place: front crawl, butterfly, backstroke, breaststroke and the individual medley (one length of each stroke); however, not just anyone could compete - a specific time was required to qualify (known as a county time). There were also different distances: 50m, 100m, 200m and 400m - and for some strokes, races even as far as 800m and 1500m.

Eight swimmers - who are from Leek Swimming Club - qualified to compete in a total of 53 races as the swimmers all had at least one county time. Three of the swimmers are current students at St. Edward's Church of England Academy and one swimmer is an ex St. Edward's pupil: Amelie, Ollie, Sam and Ewan.



The swimmers were subject to a rigorous training regime in preparation for this important event for the small club. When interviewed, before the event, head coach (Simon Yates) said,

"I'm hoping that we can achieve some medals and gain a few more regional times for our fabulous swimmers and our club. They have all worked really hard."

In order to win a medal, the swimmers needed to be first, second or third fastest in their age category for their race. Swimmer, Sam, mentioned that all of the swimmers were nervous for the big event. Would they claim the gold? For Leek Swimming Club the answer was yes! In fact, one of their swimmers, Ollie, managed to win as many as 4 gold medals!

An important balance of diet and exercise will create an epic swimmer. Most swimmers train (in the pool) for ten hours a week completing sets for each stroke on AT pace (which is their personal best time plus seven seconds) to prepare for competitions. The training sets are split into five stages: warm up, prep set, main set 1, main set 2, and cool down.

In addition to this exercise, meals play an important part of the swimmers' healthy diet in preparation for their races. They also require countless amounts of energy and protein in order to accomplish good times and maybe even a trophy. Unfortunately, some swimmers have missed training sessions recently due to Covid-19 but hopefully they will be fit for the championships...

As the training regime continues, more swimmers are coming out of isolation and are returning to their rigorous routines. For further information go to Staffs ASA and remember anyone can be a good swimmer with effort, determination and commitment.

Boxing Bizarre

Callum, a year six student at St. Edward's Church of England Academy, is a junior boxer at Keatsey's Boxing Academy in Leek. On Monday, 10th January, he was moved to the highest rank in the boxing gym. The head coach, Andy Keates, had



chosen to move him up as he was boxing at a higher level than everyone else in the age 8 - 11 and 12 - 17 classes.

Callum started boxing on 17th June 2021 in the 8 - 11 class

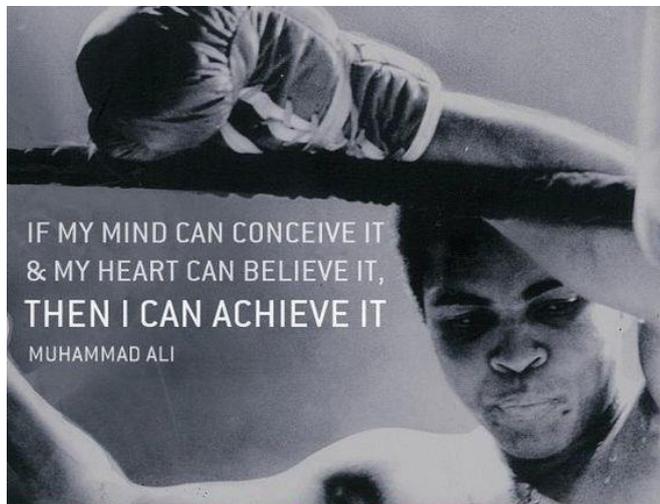
and has had to work hard to progress in the sport so quickly. After only a few weeks, Callum had proven himself to be one of, if not the, best in his class - improving rapidly on a vast amount of boxing subjects: the jab, cross, hook, head movement and footwork.

By the middle of September, Callum had moved up to the 12 - 17 class but was still the best - even there! However, Callum remains humble and knows that there is a still room for improvement - sparring with the coaches at the gym on a number of occasions is helping him to progress further still. Unfortunately, only a few months later, the gym closed for the Christmas holidays halting Callum's accelerated progress.

Luckily, the gym re-opened on 4th January 2022, and just short of a week later, Callum was promoted again to a class where he now does higher intensity bag work, circuit training and sparring. Since then, he has continued to improve and has zero doubt in his boxing ability.

Currently, Callum hopes to continue to improve and recently stated,

"I WILL compete in the 2028 Olympics and I hope to win the gold medal."



If he succeeds, then his next goal will be to win a world title! Callum said that only if he accomplishes this will he be satisfied with himself - he's certainly setting the bar high!

Steps for Support

Throughout 2022, a family from Leek are attempting a virtual walking challenge - a total of... 874 miles! They are counting their steps on a variety of local walks: Tittesworth Reservoir, Rudyard Lake and many more; however, they are not completing this physically exhausting challenge for money for themselves - the family are taking this on for the Douglas Macmillan Hospice charity, who entirely rely on public donations as they receive no funding from the government.

Since the challenge started, they have been tracking their miles using an app named Strava. The family, who were inspired by Mrs Salmon, are attempting this in memory of Matthew, husband to Vicky and father to St. Edward's students, Isla

and Noah, so that other people in the same situation receive the correct treatment. In trying this, they are having an abundance of fun (and the family's mental and physical state will improve too).

Vicky, mother to Isla and Noah, stated:

"We benefited greatly from the support of the Douglas Macmillan Hospice, especially from the equipment - including a recliner chair - which the charity lent us from Matthew's palliative care nurse, Davina. It baffles me how the Dougie Mac is funded solely by donations and in Matthew's memory, we want to raise some money so that other families in similar situations are about to benefit."

Isla informed us that she is enjoying the walks with her friends whilst helping to raise money for charity.

The family – who are putting their legs to the test – have created a JustGiving page and they have already raised over £1,000 and the family are incredibly grateful for everyone's donations so far!

As of now, the challenge is proving to be tough but great fun. If this continues, the family may attempt this challenge again in the future. The question is: will they complete it?

If you would like to support Team B in their mission to support Douglas Macmillan, you can find their JustGiving page at:

www.justgiving.com/fundraising/vicky-bagshaw

The Worst Valentine's Gift

This term we have seen yet another Valentine's Day come and go. In February, some of our Year 6 students – Catherine, Natalie, Ava and Katie-Rose – interviewed a number of teachers at St. Edward's, asking them, 'What is the worst Valentine's gift you have ever received?'

After many responses, we found that the most commonly unappreciated gift amongst our staff was 'nothing'; however, although we were quite astonished that so many of our teachers hadn't received any gift for Valentine's, the response that really sparked our interest was Miss Harrop's reply of, ***"A second-hand gift that was meant for somebody else."*** We had to find out more!

Miss. Harrop expressed her dissatisfaction with receiving a handbag one Valentine's Day that belonged to a boyfriend's parent. She said this was slightly strange and confusing. It doesn't sound like the most romantic gesture!

Many people have heard of the art of re-gifting but how would you feel to have received a gift that was second-hand as well as bought for somebody other than you?

Regift responsibly!



How Eco-Friendly Are You?

Two of our Year 5 students, Emily and Beth, have been investigating ways in which we can be eco-friendlier at St. Edward's...

1. Lunchtime: it's not just what's inside your sandwich that matters!

People using lunchboxes usually use a lot of things that go in the bin: tin foil, plastic bags and cling film. Many of these are not recycled and end up in landfill or the ocean; however, did you know that you can now buy foil that is made out of wax? This means you can wash it, re-use it and save the planet all at the same time!



2. Travelling to school: could you be greener?

Did you know that fumes from car exhaust pipes create air pollution, which can cause eye irritation, respiratory disease, fatigue and headaches?

Want to be a part of the solution, rather than the pollution? Here are three easy ways you can help:

Scoot, Cycle or Walk: Don't use your car to get everywhere; use your bike, scooter or any other pollution-free mode of transport to travel to and from school.



Park and Stride: If you live quite far away from school you could use your car to get some of the way, park some distance away from the school and walk the rest of the way. It might not deplete all of the pollution but it helps stop congestion and heavy pollution near to our school.

Don't Idle: When you have your car running while you are parked, it is called idling. Idling is one of the main causes of air pollution. So, even if it's cold and the heat from the engine is warm, don't idle because it hurts the planet and anyone nearby breathing in the air.



3. Don't Waste Paper!

The rainforest is a key factor in our survival, producing oxygen for us and homes for countless animals and plants. The damage caused to it has to stop! Help save the trees by following our top tips:

- If you make a mistake, use a rubber or put a neat line through it – don't discard the entire piece of paper just because of one small error!
- Use every page in your exercise book to its fullest – rule off after each lesson and start underneath next lesson.
- Use both sides of a piece of paper.
- Only print something if you need to: could you send your homework to your teacher through Teams? Could you have a document electronically rather than in physical copy?

Don't Fall Victim to SATS Stress!

In May, our Year 6 students will sit their SATS (Standard Assessment Tests) in Maths and English. We know that some of our students have started to feel anxious and stressed about these tests and so we took to the corridors of St. Edward's to speak to the lovely teachers who gave their advice on how to feel well-prepared, confident and calm in the face of the SATS!

Miss Aggett

"Don't forget that you can get any of the questions read to you so you don't have to worry about English in Maths."

Mr Tunstall

"Eat plenty of fish because it is good for you and your brain. Go in with confidence. Even though the SATS are important, remember they don't determine who you are: you are not defined by a number of a piece of paper!"

Miss Newport

"Just do your best and make sure you have a big breakfast – your brain will need the energy!"

Mr Massey

"Try not to worry about the SATS. If you worry, you will still have to do them - just listen to your teachers, complete all of your work and there will be nothing to worry about."

Mr Jones

"The only thing we can ever ask from you is for you to do your best."

Mrs Dickinson

"Keep perspective. Reach for the moon and you should at least grab a few stars on your way."

Mr Burrows

"Fresh air and a lot of exercise. Long, deep breaths in on 4 and out on 8. Good food and good sleep. Small revision – don't overload your brain."

Miss Towers

"Always make time to do what you enjoy – that's really important. Work hard at school, but work hard on enjoying your time away from school too! Don't forget to believe in yourself; you have already got the skills you need to be successful – you just have to use them!"



How Have Our Year 5 Students Settled into Life at St. Edward's?

Now that we are well into the Spring term, we thought it would be great to see how the Year 5 students have settled into their new school lives here at St. Edward's Church of England Academy.

Jake, Bethany, Eden and Phoebe took to the Year 5 yard to ask some of the students about their learning at St. Edward's so far and this is what they found...

We started with Catlin, who is in 5 Newton; we asked her what her favourite subject was and why: **"Maths because my teacher makes learning fun and makes sure that we all understand what we need to do."** Following that we asked her, what have you found challenging since you've joined St. Edward's? Caitlin explained that, **In science, the work is challenging but my teacher is helping me to feel more confident."**

Next, we asked Ida from 5 Florence if she felt like any member of staff had gone above and beyond to help her settle in? She responded with: **"Miss Broadhurst definitely because she always makes me feel good about myself."** Finally, we asked her what she had found challenging since she joined the school. Ida replied, **"Timetables are hard for me but I have been enjoying practising them using TT Rockstars!"**



We finished our interviews with Layla, also from 5 Florence. To start the interview, we asked who is your favourite teacher and why? She said, **"Miss Newport, my maths teacher, because she is really kind and I enjoy her lessons."**

FANTASTIC FUNDRAISERS

Four of our Year 5 pupils raised a fantastic amount of money for 2 very worthy causes.

The pupils raised the money by holding a sweet and cake sale on the year 5 yard. The pupils baked the cakes themselves. They were amazing.

Nicole and Sam raised **£47.50** for the Ukraine Humanitarian Appeal

Olivia and Livvie raised **£89.60** for the Luosko GSD Rescue

Well done to all of you!

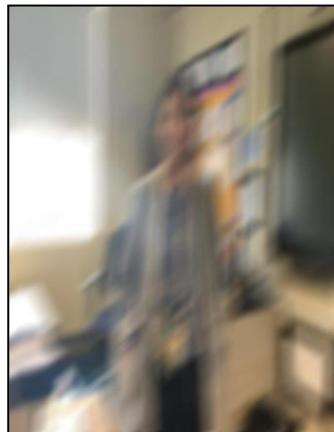


Guess Who?

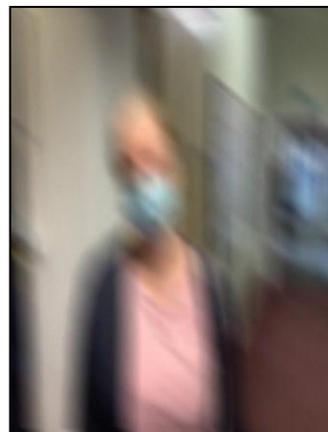
How well do you know your teachers at St. Edward's? Can you identify them even when they have been pixelated? Some of our Year 8 students, Dylan, Harvey, Charlie and Fin, spoke to some of our teachers to find out more about them to give you a clue as to who may be in front of the camera lens...



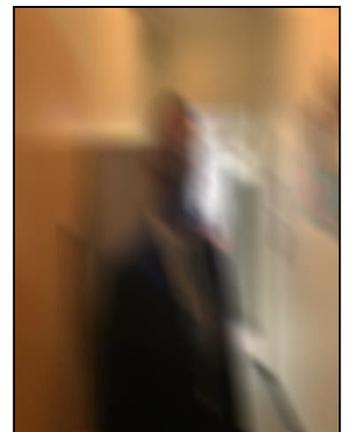
Jumped out of an aeroplane



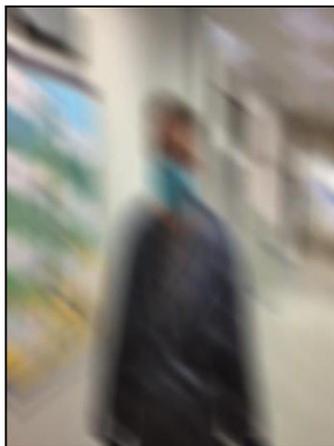
Drank champagne with the Prince of Luxembourg



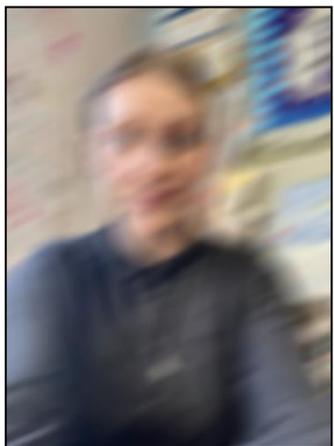
Met Gary Barlow



Starred in a Hollywood movie



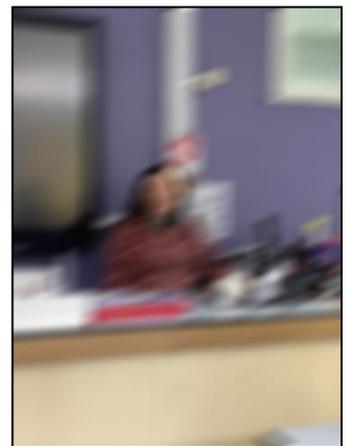
Used to be an undertaker



Cycled from Leeds to Paris in 6 days



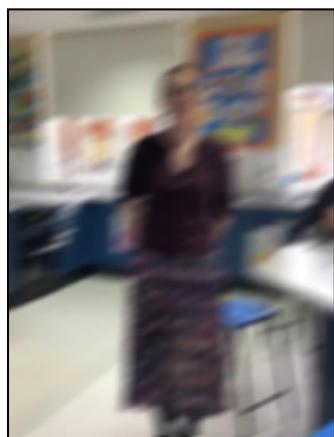
Has been zorbing



Been on an archaeological excavation in Pompeii



Been in a hot air balloon



Swam with great white sharks



Can run a 7-minute mile



Been on a survival expedition in Sweden