



Issue 62  
Weekly  
March 2021  
Week 1

# Ridgeway Academy

## Headteacher's Message

We look forward to the full return of all students on Wednesday 10 March. It has been lovely to see the students arriving by appointment for the first of their three lateral flow tests this week. We have had a small percentage of positive results, which shows the importance of asymptomatic testing for schools and families.

Here's a reminder of the testing programme, please ensure your son/daughter arrives on time in full school uniform wearing a face covering for their specified appointment:

### Mon 8th March

2nd LFD Test: Year Groups: 10, 11, 12, 13  
Remote learning

### Tues 9th March

2nd LFD Test: Year Groups: 8, 9, 10  
Remote learning

### Wed 10th March

All students return to on-site learning  
2nd LFD Test - Year Groups: 7, 8

The 3rd LFD test will then take place when the students are back on site.

Please take some time this weekend to go through the [Standards letter](#) and [presentation](#) with your son/daughter to support our reintegration process. Students will participate in an extended tutor session on Wednesday with their form tutor with a Headteacher's address.

Can I take this opportunity to remind you that the Government has made school attendance mandatory week commencing 8th March (with the caveat that students can attend after a negative Lateral Flow Test). We have staggered our start to facilitate testing with all students returning from 8:25am on Wednesday 10 March. In addition, all students will be wearing face coverings in lessons, when they undertake a lateral flow test and when they return to site. Students do not need to wear face coverings outdoors or during PE lessons. We will continue to operate hand sanitising stations at the school entrance gates and throughout the academy, including

classrooms. Where possible, please provide your child with a personal supply of sanitiser.

I would like to thank families for their support though this period of remote education. We are delighted to be returning to face to face interactions and teaching and look forward to welcoming students back to Ridgeway.

Mrs Sarah Mitcherson  
**Headteacher**

## Returning to School

### PE Kits

Pupils in Years 7-9 arrive to school in PE Kit on PE days. Pupils in Year 10-11 arrive in school uniform and change into PE Kit for lesson.

### Exercise Books

Can all pupils please remember to bring in their exercise books for relevant lessons as usual when they return to school on Wednesday 10th March.



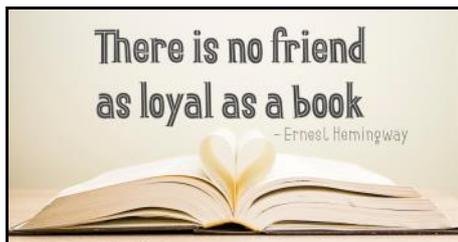
### School Uniform

Uniform: All children must be in full uniform from Wednesday 10th March onwards. Uniform checks will be conducted on the gate each morning and children arriving with incorrect uniform will be asked to return home to rectify the issue before re-joining the school community. This information has been shared with families in previous communications to ensure time for families to replace any items of uniform as required.

A full list of required uniform is available [here on the school web site](#).

Mrs S Mitcherson  
**Headteacher**

## Quote of the Week



**Ernest Miller Hemingway** was an American novelist, short-story writer, journalist, and sportsman. His economical and understated style—which he termed the iceberg theory—had a strong influence on 20th-century fiction, while his adventurous lifestyle and his public image brought him admiration from later generations.

## Fantastic Film Work

Our Year 12 Film Studies students have been composing photographs to show specific emotions and short stories this week, in preparation for their coursework task of storyboarding or making a short film. Their work was excellent - detailed, interesting and really carefully considered choices. It looks like the short film festival to celebrate their work next year will be amazing! Doorstep drops of goodies to several students who excelled themselves are on their way! Well done, Year 12.

Mrs D Spanyol  
KS5 Lead Teacher

## House Points

In the lead currently are **Lytton** with **17500 points**.

Anderson	Hawking	Lytton	Mandela
			
12517	15610	17500	15081
Elizabeth Garrett Anderson was an English physician and suffragist. She was the first woman to qualify as a doctor in Britain and was the founder of the country's first hospital for women.	Stephen Hawking was the noted physicist who contributed deeply to our understanding of the physical world and space, and worked despite suffering from Motor Neurone Disease.	Constance Lytton was the suffragette, writer and speaker who campaigned for prison reform and women's rights under an alias to avoid special treatment due to her family connections.	Nelson Mandela was the first black president of South Africa, who after being imprisoned for thirty years, was freed and led a multi-ethnic government to bring an end to apartheid.

## Half Termly Theme - Respect

Respect, also called esteem, is a positive feeling or action shown towards someone or something considered important, or held in high esteem or regard. It conveys a sense of admiration for good or valuable qualities.



## Duke of Edinburgh Training

**25th March 2021**

**3:15pm to 4:15pm**

Year 10 and 11 Navigation Session, on the school site.

**6:00pm to 6:30pm**

Year 10 and 11 Expedition Information Evening for parents. Google Meet.

Mr R Sutton  
Duke of Edinburgh Coordinator



# HERTS MUSIC SERVICE

**Registration now open for lessons from September!**



**Flexible, convenient, secure and safe** - however you want to learn.

Our **blended learning** offer combines online and face-to-face lessons to suit you.

We teach a comprehensive range of **instruments and singing at all levels.**

HMS is here to support all of our young musicians. **Financial help** is available to cover up to 100% of fees.

**What else is on offer?**

Join **enriching, fun sessions** at our network of Music Centres across the County. Groups and lessons run throughout the week where you can make new friends and enjoy making music together.

We also host **SEND activities** and Music Therapy.

As your child progresses we also offer activities covering all genres such as **choirs, bands, orchestras and Songwriter.**



[www.hertsmusicservice.org.uk/registeronline](http://www.hertsmusicservice.org.uk/registeronline)

Hertfordshire

## Library News

Please check out the Library Accessit page on 4th March for more details of World Book Day events.

### World Book Day Competition!

#### Make a Potato Book Character

Dress a potato to represent a book character. It can be a fictional character or from an information book. Just remember to include the details of the book character and the name of the book. You can use paint to dress your potato, but you could also use fabric or whatever is handy at home to make a costume typical of your book character. Make some props or create a setting for your character if you wish.



Take a photo of your creation, then using your school email address send the photo to [library@ridgeway.herts.sch.uk](mailto:library@ridgeway.herts.sch.uk) Photos will be uploaded to the Library Instagram account so please make sure you have permission from your parent/carer. See the Library Accessit page for an example. The competition is open to all students and staff. House Points will be awarded to all students who enter, and there will be prizes for the best entries, including a special staff prize. Closing date for the competition is Friday 12th March so Get Creative!

Mrs D Lawrence  
Librarian



## School Vacancies

The school is currently recruiting for the following roles:

### Newly Qualified Teacher History

Closing date: 9.00am Monday 8th March 2021  
Interview date: Tuesday 16th March 2021  
Start date: 28th June 2021

For further information, please visit our website:  
<https://ridgeway.herts.sch.uk/vacancies/>

Mrs H Smith  
PA to Headteacher

## Ridgeway Academy on Social Media

You can follow Ridgeway Academy on Social Media to get all the latest news, photos and information about the school!



@Ridgeway\_AC  
@RASportsCentre  
@RwaHouse  
@RidgewayLeaders  
@RidgewayMaths  
@LibraryRidgeway  
@RidgewayEng  
@RWAGeography  
@RidgewayPEDept



@RidgewayPEDept  
@RidgewayPerformingArts  
@RidgewayTechnologyDept  
@RASportsCentre  
@RidgewayArtDept



[www.facebook.com/RidgewayPEDept](http://www.facebook.com/RidgewayPEDept)  
[www.facebook.com/RASportsCentre](http://www.facebook.com/RASportsCentre)

## Local Walking and Cycling

### Have your say on proposed walking and cycling improvements in Welwyn Garden City and Digswell.

The County Council is keen to seek your views on a number of proposed walking and cycling improvement schemes across Hertfordshire, including schemes in your local area. The proposals locally are:

- **Digswell Park Road** between **Bessemer Road** and **Hertford Road** – retention and improvement of existing facilities for those that walk and cycle
- **Hunters Bridge (Bridge Road)** retention and improvement of existing on road facilities for those that cycle

Find out more about these and other proposals across the county, and have your say at:

<https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/have-your-say-on-walking-and-cycling-initiatives-jan-21>

Your feedback will be vital in helping to shape how the schemes are progressed, ahead of public consultation later in the year for the prioritised projects.

The opportunity for you to have your say is open until **16 March 2021**. For alternative formats please email [ATFConsultaion@hertfordshire.gov.uk](mailto:ATFConsultaion@hertfordshire.gov.uk) or telephone 0300 123 4047.

## Sports Centre Update

### Community Usage

We are very pleased to be opening our facilities for community usage with a phased return as per the government road map:

- 29<sup>th</sup> March Outdoor Sport for Children and Adults
- 12<sup>th</sup> April All Children's activities
- 17<sup>th</sup> May Organised Indoor Adult Sport
- 21<sup>th</sup> June Larger events and no legal limits

### Saracens Mavericks

As you will have seen on the TV, professional sports are exempt from current restrictions as they are able to keep their players safe in 'bio-secure' bubbles.

We are absolutely delighted that we will be hosting the Saracens Mavericks Netball team throughout March to help with their preparation for Super League matches which are shown on Sky Sports.



We will have some pictures to follow in the next edition of Ridgeway News, so keep an eye out!

Ross Goodship  
**Sports Centre Manager**

Tel: 01707 351 352

Email: [Ross.Goodship@ridgeway.herts.sch.uk](mailto:Ross.Goodship@ridgeway.herts.sch.uk)



@RASportsCentre



@rasportscentre



@RASportsCentre

## Drama News

### Musical Theatre Masterclass

We are inviting students from ALL year groups to apply for a place. We have Nicky Swift, from Mamma Mia the Musical and Les Miserables and many other West-End musicals booked to deliver a Musical Theatre masterclass. Students will learn to perform songs from Les Miserables and Mamma Mia over the course of four-hour sessions. Sessions are Wednesdays 3.15-4.15pm, 3rd, 10th, 17th and 24th March. [Complete the google form here to apply.](#)

To watch an interview with Nicky visit:

<https://www.actorhub.co.uk/1528/musical-theatre-actor-interviews-nicky-swift>

**FREE Musical Theatre Masterclass!**  
With West-End Performer **Nicky Swift**  
Full course: 4 sessions 3.15 - 4.15pm  
Wednesdays 3rd, 10th, 17th and 24th March  
RIDGEWAY ACADEMY PERFORMING ARTS  
@ridgewayperformingarts

**Musical Theatre Masterclass!**  
ALL YEARS welcome but there will be LIMITED places.  
See Miss Standage for more details.  
Apply for your place by completing this Google Form: [CLICK HERE](#)

Miss S Standage  
**Subject Leader for Drama and Dance**

## ONLINE PARENT & GUARDIAN AWARENESS SESSIONS



**GAVIN MCKENNA**  
YOUTH VIOLENCE, GANGS & COUNTYLINES 4pm

**JESSICA WHITTAKER**  
MENTAL HEALTH & SUPPORT FOR YOUNG PEOPLE 5pm

**MARILYN HAWES**  
ONLINE SAFETY & GROOMING 6pm



THURSDAY 11 MARCH

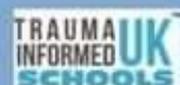


# Recognising and Responding to Anxiety

As the return to school approaches, the prospect of being around others may be daunting after the experience of lockdown. Some, whether adult, teenager or child, may have spent extended periods shielding, isolating from their friends and family. Even those viewing the return with anticipation and excitement may also suffer with underlying fears about safety. Anxiety is not always easy to spot and can be masked by other emotions and behaviours and we may not recognise the fears that sit beneath. Some common things to look out for.....



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### SOMATISATION

- Expression of anxiety as physical symptoms in the body
  - Headache
  - Nausea
  - Stomach ache
  - Sickness or diarrhoea



### OVER COMPLIANCE

- Agrees without thought
- Robotically good to avoid detection
- Discounts own needs to see to others
- Overly helpful

### WITHDRAWN

- Distant, aloof, hard to reach
- Avoids interaction with others
- Stays on the outside of groups
- Low energy
- Disengaged, non-participative



## Inward Mobilisation/Immobilisation Dissociative/Freeze/Flight Responses



### INEFFECTIVE SELF-REGULATION

- Self harm
- Substance misuse
- Over exercising/activity
- Difficulty in acknowledging the need for or accepting help



### DISRUPTED EATING

- Loss of appetite
- Controlling eating
- Eating for comfort
- Obsession or aversion to particular foods
- Picky eating



### DISRUPTED SLEEP

- Waking early
- Night terrors and nightmares
- Difficulty falling asleep
- Bedwetting

## Ways of Responding

- **Notice, describe and wonder aloud** - 'It seems like it's really important for you to feel like you're in control of things right now, I'm wondering why that might be?'
- **Offer supportive care** 'what could I do that would be helpful right now?' 'Would it be helpful if I....!'
- **Accept and validate the perspective of the individual, even if this is different from your understanding of events** 'so you are letting me know just how awful you are feeling about this, I can understand why you would feel that way'
- **Avoid distracting, minimising or problem solving for the individual**
- **Show genuine interest** - 'can you help me understand how this is for you?'
- **Be conscious of your own breathing and body language** - make it audible and slow it down, stay steady and regulated
- **Teach the neuroscience of how the body and brain responds to fear** - this helps to normalise and remove any shame
- **Be warm, empathic and non-judgemental**
- **Hold limits and boundaries whilst maintaining connection** - gentle on the individual firm on behaviour and expectation



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## Spring Term 2021

Mon 8 <sup>th</sup> Mar	Year 10 Reports home
Wed 10 <sup>th</sup> Mar	Full Return to School for On-Site Learning
Thurs 18 <sup>th</sup> Mar	Year 12 Parents Evening 4-7pm
Thurs 25 <sup>th</sup> Mar	Year 10 Parents Consultation Evening Year 10 & 11 DofE Navigation Session on the school site. 3.15pm-4.15pm Year 10 & 11 DofE Expedition Information Evening for parents. Google Meet 6pm-6.30pm.
Fri 26 <sup>th</sup> Mar	End of Term

## Summer Term 2021

Mon 12 <sup>th</sup> April	Start of Term
Mon 3 <sup>rd</sup> May	Bank Holiday
Sat 29 <sup>th</sup> May	Year 10 DofE Training Day. On school site and surrounding area. 10am-4pm.
Sun 30 <sup>th</sup> May	Year 11 DofE Training Day. On school site and surrounding area. 10am-4pm.
Mon 31 <sup>st</sup> May - Fri 4 <sup>th</sup> June	Half Term
Mon 28 <sup>th</sup> June	Year 7 induction evening
Sat 3 <sup>rd</sup> and Sun 4 <sup>th</sup> July	Year 10 and 11 DofE Qualifying Expedition
Wed 7 <sup>th</sup> Jul	Extended Learning Day
Thurs 8 <sup>th</sup> Jul	Secondary Transfer Taster Day
Wed 21 <sup>st</sup> July	End of Term

## Autumn Term 2021

Wed 1 <sup>st</sup> Sep	Start of Term Extended Learning Day
Thurs 16 <sup>th</sup> Sep	Open Evening
Mon 25 <sup>th</sup> - Fri 29 <sup>th</sup> Oct	Half Term
Thurs 25 <sup>th</sup> Nov	Academic Review Day
Fri 26 <sup>th</sup> Nov	Occasional Day
Tue 21 <sup>st</sup> Dec	End of Term