

THE CLEEVE PARK CALLER



Year
11



This week's challenge is to go for a 20 minute run or walk 5 days a week!

I have also set myself this challenge so I would like to see the distances you're completing in this time frame!

There are plenty of free apps that can be downloaded such as: Nike Running Club, Strava and I know Apple and Fitbit have their own apps.

These apps can tell you your time and distance, I would like you to screenshot your runs and email me: mackenziet@cleevepark-tkat.org

My best average pace so far has been 6 minutes 6 seconds over 3km. CAN YOU BEAT IT?



Issue 2

May 7th 2020

HOY Welcome– Mr Mackenzie



I trust you are all keeping well and safe. During this edition of the fortnightly newsletter, I would like to remind you that I am working on delivering a year book and hoodie for your child to take away as a souvenir of their time at Cleeve Park School.

I have a large number of students that have registered their interest but have not made payment for both. If you would like to purchase the year book, this can be completed on your WisePay account.

With reference to the 'Leavers' Hoodie, this can be purchased from the link below and using the login details: <https://www.schoolleaverscompany.co.uk/leavers-hoodies-login>

Your login details are as follows:

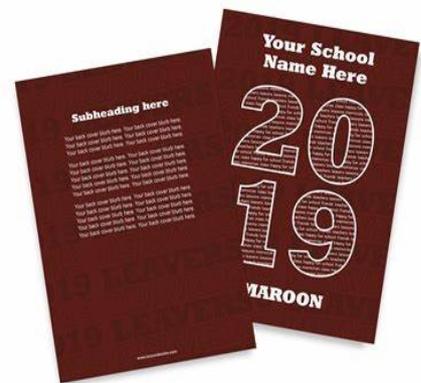
USERNAME: SL49143

PASSWORD: 49143cleeve

I would like to also inform you that I have uploaded 'transition packs' onto your child's Ruler account. The resources are for students to be getting focused on their next steps in education. I have created a Help Guide document, and have listed which order the tasks should be completed in.

Students should really start to look towards their futures and the routes they need to take to achieve their dreams and luckily, in this issue, Mrs. Unger is on hand to help

Stay safe, Mr. Mackenzie



BEHIND THE HEADLINES

SCHOOL CLOSURES

Foreign Secretary Dominic Raab has confirmed that schools will not reopen all at once, as this would lead to a "very real risk" of a second rise in coronavirus infections. Paul Whiteman, general secretary of the National Association of Head Teachers, has said: "There will be huge practical difficulties to solve (for schools re-opening), for example the much-reduced workforce available due to illness and shielding, and the difficulty of achieving social distancing in schools, especially amongst the very young and on the school gate".

Some schools are considering class sizes as staff prepare to mark out two-metre lines in classrooms to keep students apart. Classes will need to be split, using multiple rooms instead of one so the maximum capacity will be half a school. Other schools are looking at staggered start and end times. It may also be necessary to plan to have split days where year groups arrive in the morning and the other half will come in the afternoon.

As soon as we have more information about the re-opening of schools, parents will be notified of our plans. Please be reassured that the safety of students and staff are always our priority.



REMEMBER: All your teachers are available to support and help you with your work– Useful school email addresses:

Ms Keeler:

keelerc@clevepark-tkat.org

(Head of English)

Mrs Awofeso:

awofeso@clevepark-tkat.org

Mr Singh:

Head of Science

singhl@clevepark-tkat.org

General enquiries:

enquiries@clevepark-tkat.org



School is open every day of the week. If **YOU** have any worries or you are concerned about a friend, **PLEASE EMAIL: tellit@clevepark-**

Your Safeguarding Team are in School Every day:

- Monday - Mrs Harmer
- Tuesday - Mrs Lawrence
- Wednesday - Mr Moloney
- Thursday - Mrs Rodgers
- Friday - Mrs Mayzes

Wellbeing

Now, more than ever, we need to make sure we are using our daily exercise time to go for a walk, run or cycle ride. Even a 10 minute stroll can really help. Don't forget though, you must still practice social distancing! If getting out of the house is tricky, then why not put on some music and dance around your bedroom, join an online class or do some stretching while you are watching TV? Exercise makes you feel good so it is important to think of ways you can still do it. For more ideas about staying active while staying safe check out the link below: <https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/>



Physical contact and expressing feelings of love and affection can lower stress levels. Giving yourself a **hug** sends a message to the brain that **'we are safe'** and **'we will be fine'**. By closing your eyes while giving yourself a hug and telling yourself **'it's going to be ok,'** can enable you to feel better and enhance your calm and wellbeing. <https://wellbeinginfo.org/self-help/health/relaxation>

NEVER ALONE

- NSPCC: 0808 800 5000 (24hrs)
- National Domestic Abuse Helpline: 0808 2000 247 (24hrs free)
- Mind: 0300 123 3393 (Mon-Fri 9-6)
- Victim Support: 0808 168 9111 (24hrs)
- Cruse Bereavement: 0800 808 1677 (Mon-Fri 9-5)
- ChildLine: 0800 1111 (24hrs)
- Action on Elder Abuse: 0808 808 8141 (Mon-Fri 9-5)
- Respect - Men's Advice Line: 0808 801 0327 (Mon-Fri 9-5 or 8pm)
- Samaritans: 116 123 (24hrs free)
- National Centre for Domestic Violence: 0207 186 8270



This term we say 'Good Luck and Goodbye' to the following staff:

- Ms Walker (English)
- Ms Milbank (Technology)

We are sure you'll join us in wishing them every success for the future

Please also join me in giving a warm welcome to the following staff who join us at Cleeve Park School this term:

- Ms Delia– Savage (Science Technician)
- Ms Flashman (SEN)
- Mr Amechi (SEN)
- Mr Mayell (Photography)
- Mr Smith (Site)



Over the last few weeks, Mr Southby has been keeping busy and working alongside a team of teachers and support staff from both Cleeve Park and Cleeve Meadow School to produce some PPE (scrubs) for our local NHS frontline workers.

As you can see, there is a lot of design work that goes in to making a set of scrubs. You have to start by printing the pattern, cutting out and then stitching it all together. It takes a lot of time and different making stages.

Since writing this for the newsletter, the team have created 15 pairs of scrubs (and are still going!)

Ms Hill has also made 25 visors that are all ready to go to the Bexley District Nurse Team.

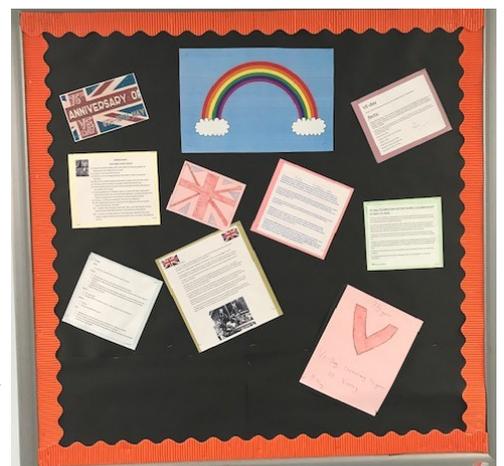


VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8 - 10 MAY 2020

VE Day - or 'Victory in Europe Day' - marks the day towards the end of World War Two (WW2) when fighting against Nazi Germany in Europe came to an end on 8 May 1945, Prime Minister Winston Churchill made an announcement on the radio at 3pm that the war in Europe had come to an end, following Germany's surrender the day before.

As this year will be the 75th anniversary, the decision was made to have a bank holiday specially to honour the 75th anniversary of VE Day.

Last week, the some of our students whose parents are key-workers, researched VE Day and created a display from their work.





Hello to you all,

I hope you are all well and safe?

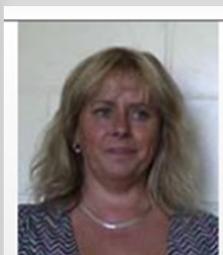
Over the Summer you may be thinking about trying to seek employment and earn some extra money and experience with a part-time job, please read the article on this page to help you with writing a CV.

I have also been uploading a range of different career resources to Ruler. Please take a look at them as there are webinars that you may find both interesting and informative, regarding helping you with your next steps.

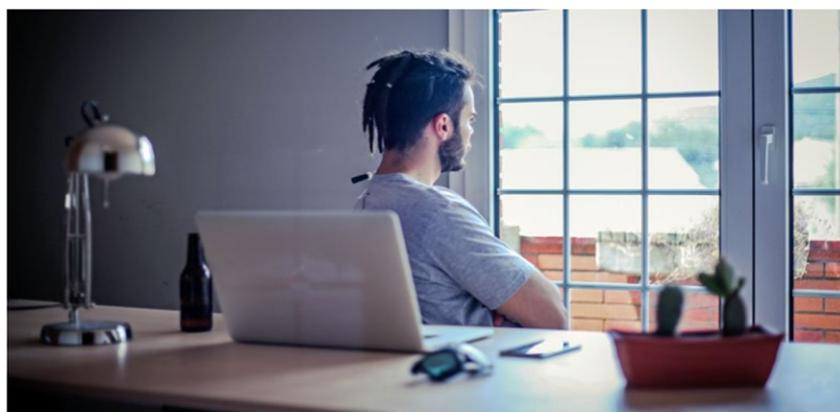
If you would like some advice on your options for September (college or sixth form) please email me on unge-ra@clevepark-tkat.org

Regards, Mrs A Unger

Careers Adviser/KS5
Pastoral Lead



How to: Write a CV



Writing a CV can be a stressful task, especially if you're starting from scratch...And although there's no one-size-fits-all solution for the perfect CV, it should always be clearly formatted and short enough for a recruiter to scan quickly – and most importantly – tailored to the role you're applying for. Not sure where to start? Here are some basic rules on how to write a CV:

CVs should never be completely formulaic, but there are a few things they should always contain:

- 1. Personal details:** It may sound obvious, but you'd be surprised how many people forget to include their name, email, contact phone number and address. To avoid any awkward moments, make sure these are clearly presented at the top of your CV.
- 2. Personal statement:** As it's the first thing that's shown on your CV, a personal statement is an essential part of standing out from the crowd. It explains who you are, what you're offering, and what you're looking for. Aim to prove why you're suitable in one short and succinct paragraph.
- 3. Work experience:** This section should include all of your relevant work experience, listed with the most recent first. Include your job title, the name of the organisation, time in post, and your key responsibilities.
- 4. Achievements:** This is your chance to show how your previous experience has given you the skills needed to make you a suitable candidate. List all of your relevant skills and achievements (backing them up with examples), and make it clear how you would apply these to the new role.
- 5. Education:** Your educational experience and achievements should be listed here, along with dates, the type of qualification and/or the grade you achieved – although the specific parts of education that you include in your CV will depend on your individual situation. For example, if you have more educational achievements than work experience, placing an emphasis on this section is a good idea.
- 6. Hobbies and interests:** You don't always need to include hobbies and interests in your CV, but mentioning relevant ones could back up your skills and help you to stand out from the crowd – not to mention give you something to talk about at an interview. Just don't say you enjoy socialising with friends just for the sake of including something. If it's not going to add value, leave it out.

Final thoughts -Once you've put together your CV – don't assume it's finished. Edit it in line with the job description whenever you make an application, and you'll be able to ensure it matches the specifications every time.