



A message from your Achievement Director:

May 2020

Dearest Year 9,

Firstly, thank you for your endeavours so far with engaging in online and other forms of home learning. We, at ORA, understand the difficulties you face and we are proud to call you our students. You have shown yourselves to be understanding, caring and dedicated.

Thank you to the parents, carers and extended community for being patient and helping us as educators to aid you through this surreal time. Their work now in supporting us, means when we do return, students will be in a great position and not hindered academically or developmentally.

Having seen the work students are submitting to the online classroom and some photos I have received via email, I know many of the students are progressing well. I hope you had no issue in accessing the most recent reports made available on the SIMS parent app. It made me proud to see the green boxes covering most reports and the improvements others have made whether it be by bringing the grades up or by changing your attitudes from Red to Amber or Amber to Green. These small steps are what will allow you to succeed once back in school on the road to attaining great GCSE's and progressing towards your next life steps. The work you do now and your positive focus, will allow you access to whatever route you wish.

I urge you to ponder over the current time and ask yourself, how will this impact you in the long term? Has it changed the way in which society must view their social integration and collective conscience? How will this impact on a chosen career? Does it change the function of job roles that had previously been performed? I also urge you to look at your skills, is there something which society has not previously needed, but now you see a niche in the market?

I also know that many families have entered unprecedented times and thank you for the great support which you have shown the school in recent weeks. I ask that our students understand the pressures that your parents and carers are under, in particular, financially. I ask that you try to alleviate the pressure by doing some work around the house, mind your siblings from time to time and most of all, when your parents ask you to do your school work, just do it. I'm hoping and praying that 'normal life' resumes soon, so that we can get back to school and see each other again (OMG, Mr Kirby has an emotional side). Time will tell when this will be and what it will look like. I urge you to keep following government guidelines and to follow the rules that you have been so good at following all along. This is what will keep us all safe and allow a sense of normality to resume sooner, rather than later.

In the meantime, take care of yourselves and your families and we will talk again soon. If you need me for any reason, do not hesitate to email me at jkirby@ormistonriversacademy.co.uk or contact the school main reception and ask for a message to be sent to me. I'll endeavour to aid you in any way I can.

Kindest Regards,

Mr J Kirby



9MCL

Hello Everyone,

I hope you're all keeping safe and active.

To give you an honest update on my time over the past few weeks, I've been repeating similar routines of exercise, school work and looking after my kids, especially when my wife is working from home. It's still pretty busy and the days are flying by. I'm very lucky where I live that we have lots of space and many public footpaths that go along the River Crouch and through many different fields and bridleways. There are also a number of nature reserves so luckily we haven't run out of places to walk, which keeps it interesting.

As I mentioned exercise has been a massive part of our routine as a family. Other than the walks, we've been on family bike rides and I've completed a couple myself although I have the slowest mountain bike going! I've had a slight injury which has prevented me from running for a couple of weeks but that's recently healed up and it's been great to start pushing myself again. Lastly, we've completed Joe Wicks every day as a family other than the Easter holidays. It's a great way to start the day and gives everyone something to aim for.

I really hope you've all found a routine that's working for you and have been completing your work on Google Classrooms or paper copies from front reception. Don't forget you or your parents can email me or Mr Kirby if you are stuck with work. If it's subject specific you can ask your class teacher.

I hope you all enjoyed VE day? As I live on a village green we all had a party from each of our front gardens with music and food. We made an epic Victoria sponge, which was delicious. We also had homemade bunting and flags and it was all topped off nicely with a BBQ. A great day overall.

Take care, hope to see you all one day soon,.

Mr Clay



9CHY

Hello everyone!

I Hope you are all well and keeping safe. I am really missing all of you and it seems surreal that I've not seen you all for nearly 2 months now!

Much like many of your teachers, I think I have also been repeating a fairly similar kind of routine; working at home myself and helping my children do their school work and nursery activities (I have to plan lots to keep them engaged or they wander off and cause havoc!) along with getting out and about for some exercise and fresh air. It is certainly a challenge but also strangely enjoyable and quite surreal teaching Key Stage 1 (my eldest son is Year 1) as well as my students from Y7-13 at school. I think you are all doing really well with the online learning and have been amazed at the work I am getting back from all my students!

I expect many of you celebrated the 75th anniversary of VE Day on Friday. My family and I had a little bake off and we made loads of scones! Consequently, had far too much food that day but we did enjoy it! We sat on our driveway in the afternoon for a couple of hours and were able to have a little chat with some of our neighbours from a safe distance, and as the weather was good it was really lovely. We are definitely all missing the human interaction here and video calls just aren't quite the same, are they?

We also did loads of messy craft last week including making musical instruments from cardboard, bottle tops etc for my son's weekly Beaver Scouts challenge!

Last week I also made a mint aero cheesecake which was amazing so I will share the recipe with you all <https://www.janespatisserie.com/2016/06/23/no-bake-mint-aero-cheesecake/> not exactly the healthiest recipe but definitely ok in small quantities as a treat!



I hope you are all managing to keep up ok with your school work routines and are using the support channels available to you if you need - whether that be your subject teacher, myself, Mr Kirby or the Wellbeing team. We are all here to help you and you just have to ask.

Don't forget you can email me chyde@ormistonriversacademy.co.uk or ask on our mentor classroom which I have set up (and I have invited you all to I hope!)

Take care,

Mrs Hyde

9CTH

Dear Year 9,

I hope you are all doing well. What week of lock down are we in now?! All the days seem to be merging into one at this point. It's been lovely to have beautiful weather at a time like this – I am currently sitting out in the garden whilst writing this, with Doug the Pug of course.



I've finally moved into my new house and I'm now on the 'cleanup' mission, trying to get rid of all the builder's dust! I'm also volunteering at my local community shop, trying to do my bit in this difficult time. It's so nice to be able to chat with the people in my local village and getting to know names of the faces I've seen about for years! I've also been lucky enough to ride a lovely horse called Maggie!



I can't deny it, I've had a few PJ days now. I think there is such a push for us to all be busy, baking cakes and whatever else – but at this point, I think down days are acceptable and more importantly, needed! Why not have a bit of a pamper with a face mask, snacks and your favourite TV show? That being said, make sure you keep up to date with your google classroom assignments. I wish you all the very best and I look forward to seeing you all soon!

Miss Thurtle.

9ROS

Hi All,

I hope you are all keeping well and staying safe!

I found lockdown quite hard to settle into at first as I am sure many of you did too!

Exercise plays a big part in my daily routine, I start the day with a long walk or maybe even jog if I am feeling up to it which sets me up for the day. We have also discovered a new walking route which runs along the canal, it is a lovely route I must say! After my daily walk I then complete my work from home which is keeping me busy, I have also been into work a few times. Having a routine is really helping with my daily tasks, I hope you have settled into a routine that is working for you. Although, I must admit I have PJ day every so often, and as rightly said by Miss Thurtle these days are acceptable and needed!



We have recently rescued a 4-year-old greyhound who has settled in nicely and is great company for our other 11 year old dog. Every weekend my friends and I have a quiz via Zoom, this is great fun. Remember it is important to stay connected to friends and family during these strange times. I also look forward to watching Britain's Got Talent on a Saturday night. I have started baking once a week too which is rather enjoyable (especially when I get to eat the cakes).



Miss Osborn.

I hope you are finding Google Classroom useful and keeping up with the work set. Please feel free to email myself or Mr Kirby if you are struggling we are all here to help you. - rosborn@ormistonriversacademy.co.uk

Stay safe and continue keeping up the good work, I hope to see you all soon!

9SST

Hello all of year 9,

I hope you and your family are keeping well and safe? It is crazy to think that I haven't seen you for nearly 8 weeks!! Where has the time gone??

Like many of us, I decided to use this time at home to get fit. Each morning, I start the day with one of Joe Wicks' famous "7 days of sweat" challenges and boy is it a challenge!! Whilst it is tough, it really gives me the energy and motivation to tackle the day ahead. I have also tried taking up a bit of running in the afternoons. The goal is to be able to run 5km without breaking a sweat. Based on the red face that I end up with.....it hasn't happened yet.

In the last newsletter I spoke about learning to play the banjo. Like anything, it requires lots of practice, but slowly I am starting to get the hang of it. I have a strict teacher who is making sure I practice every day for at least 20 minutes (he has even set an alarm as a gentle reminder!!). It has been really nice to use this time to learn a new skill. Something which I would highly recommend. In between my daily exercise and banjo practice, I knuckle down and complete my school work. Using this time to assign and feedback on the work which you have submitted, creating maths booklets to help support you with your studies at home, helping prepare year 11 students with their transition from GCSE to A Level maths and designing the maths curriculum to help support you on your return to school.

To finish off, I would just like to say how proud I am of you all. The work you have been submitting to your teachers both on google classroom and on hegarty maths has been amazing. You have all risen to the challenges which you have faced over the last 2 months. Please make sure you keep this up into the coming weeks. Make sure you have a healthy work/life balance and enjoy this time with your family. Also make sure you keep in regular contact with your friends and have fun. Please keep me posted with what you have been up to.

Missing you all but hopefully I will see you soon.

Stay safe :)

Miss Steiger

9RBA

Miss Ball - 9RBA,

Hi everyone! I hope you are all well and staying safe. I cannot believe that in less than 40 school days you will be considered year 10! Crazy how quick time has flown by.

I have been really impressed with the work submitted in the classroom and I hope you are all managing to complete it on time. It is all very surreal at the moment but just think how good you



will all be at the weekly news quizzes when we return (assuming you are all watching or reading the news...). I am currently writing this from IT04 as I have been in school for the past few days which is giving me a sense of normality!

I have enjoyed creating all my meals from scratch while trying- or rather attempting- new recipes. As the weather improves, my vegetable patches have bloomed! I have recently planted over 100 flowers along with starting a large walled vegetable garden. Needless to say this has taken some time but hopefully worth it. You name it, I am more than likely growing it! I have also planted

a collection of fruit trees; apple, cherry and pear. The greenhouse needed an expansion so my partner and I built a tool shed for me to store my gardening tools in. I plan to build our dining room table during May half-term. Maybe I am getting slightly carried away with this DIY lark!

In other news, my dog celebrated his first birthday in isolation (baked him pupcakes in the photo). He actually spent the morning of his birthday at the vets and is now walking into every wall and door while wearing the 'cone of shame'. Never a dull moment for me! I have also submitted the last essay of the year for my MA course at university where I have also been having online lectures similar to your lessons- so I can certainly understand some of your frustrations when it comes to online learning. Whilst creating lessons every day, I have enjoyed marking all the work and seeing the great progress being made - please make sure you respond to all your feedback as this will continue to help you improve ready to excel in year 10!

I am sure some of you cannot wait to be reunited with your friends and resume a normal way of life, however, it is important that we prioritise the safety of you and others. Please keep me updated with anything you're doing- both work and otherwise! Don't forget to contact me if you have any questions: rball@ormistonriversacademy.co.uk

Miss Ball

9ARU

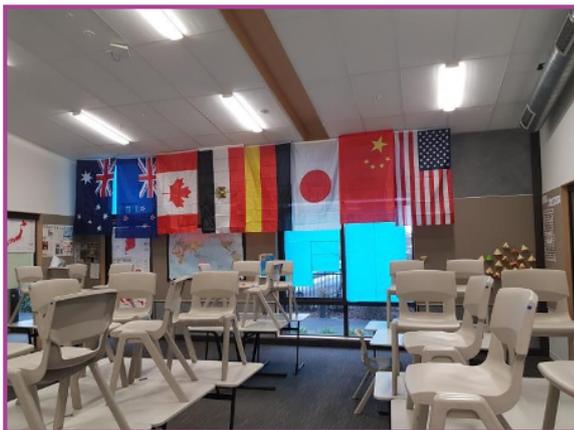
Hi 9ARU!

Missing you all a ton! Hope the apocalypse isn't treating you too badly!

I've been making the most of my government issued hour of exercise to see as much of Essex as 60 minutes can allow me! It's not much, but I did meet the chilliest pigeon in the world!

I have named him Douglas.

I have been asked to set a challenge for you, so, since I'm both a geography teacher and an international teacher from Australia, I challenge you to create a flag of the UK and another flag of your choosing to hang up in your house.



Ideally make it life sized and accurate in terms of colour and arrangement! I personally think flags make incredible decoration, here is what my classroom in Christchurch, New Zealand looked like (below).

Bonus points to those who can name all the flags!

I know this isn't how you imagined life in 2020, you miss being social and having fun, but this is a wonderful opportunity for you to rekindle your sense of wonder and become inquisitive in your

learning! You are everything you need to be right now, and bored may be a blessing in disguise! Use your time to build yourself up in such a way that only isolation can bring out! Start writing the next big British novel, learn a new language, discover a passion you didn't know you had, or bake a cake! In the unusual words of Shia Labeouf, "Just do it!"

>STAY ALERT<
>CONTROL THE VIRUS<
>SAVE LIVES<

Mr Rufaeel

9CGA

Hello to the wonderful year 9's!

I cannot believe we have been in lockdown for nearly 8 weeks! Where has the time gone? I hope you and your families are staying safe and well during this surreal time that we continue to find ourselves in. We all miss you in school and hope that sometime soon we can return to 'normality', but until then we are here to support you all.

Since the last newsletter I have managed to learn a new skill and I can say that I now have a distinction in 'Photography' – well in theory anyway. I am now looking for my next project, so I have enrolled on a creative writing course to hopefully write young children's books. Perhaps I can use some of the recent experience to add another dimension to my writing? I am not promising it is going to be a best-seller, but I believe this is the optimum time to take up a fresh challenge and embrace those ideas that we thought about prior to this life changing experience. Art and crafts are also a great way to let your creative side shine and I too am going to embrace this a little over the coming months.

What challenges or new experiences have you embraced during this time? Have you started to read more and escaped into a good book? I have a load of books that I never made time to read but this experience has taught me how important it is to find a balance and look after oneself. I am even trying to embrace daily exercise, so I start each day with Joe Wicks, go for family walks and spend time gardening as I am lucky to have this outdoor space. I am beginning to feel a little fitter, but I will not be running any marathons anytime soon!

I wonder how you all celebrated VE day? We had a family picnic in the front garden with other neighbours at a safe distance doing likewise with loud music playing. This was a time to reflect on the hardships that the veterans faced and celebrate a major achievement of one of these veterans who raised so much money for the NHS – NOW Colonel Tom Moore. The man is an absolute legend and an inspiration to everyone. My whole family are in complete awe of his achievements.

We are all so proud of you all and how you have engaged with your online learning. We would love to hear from you about anything you would like to share. Remember, you can contact me at any time if you have a question or you simply want to get in touch at cgasson@ormistonriversacademy.co.uk Above all, take care of yourself and your families while you continue to stay safe and well.

Best wishes,

Mrs Gasson

9APL

Hi guys!

I hope you are all well. I am missing seeing you.

Well apart from not knowing what day of the week it is some of the time, I have been keeping myself very busy, setting and checking your work and also doing "Miss Poll" school for my two girls. Although I must confess that they haven't always been so diligent as they look in the picture!



I have been trying to get some exercise in lockdown. My dogs feel like it's the reverse of lockdown as I have been taking them for a long walk every day for my daily quota of outside exercise, so here's a picture of my happy dog!

I have also been doing daily Zumba. When I was at school I subjected the students to it as well!



Like a lot of people, I have been doing some more reading and I also took my extra time at the weekend to get round to self publishing a legal sci-fi thriller fiction book that I wrote a few years ago, something that I never thought that I would do and it feels like quite an accomplishment. You guys should challenge yourself to do something to give yourself a sense of achievement in this strange situation and to take something positive out of it. :)

Please all take care and stay safe and happy and I look forward to seeing you all soon! :)



Miss Poll

Section 2: Challenges

Family Quiz Challenge (MCL)

To help pass the time why not organise a family quiz? Each person in your family can design 10 questions for the quiz and you can compete against one another. If there are not many people in the house you could do 15 questions each.

It's a simple and fun way to keep the family entertained for an evening.

Top tip - Try and get a prize thrown in like some sweets or chocolate for the winner. Good luck

Art Hub Cartoon challenge (CHY)

My children and I (mostly me!) have been really enjoying drawing together using Kids Art Hub on YouTube - it is really relaxing and I love the sense of achievement when my drawing looks like the video! I am really not naturally talented at drawing but I have always enjoyed Art - so my challenge to you is to have a go at drawing a cartoon from here. Even my 3 year old managed to draw an easter chick and a whale so any ability can do this!

In the current situation my suggestion would be the "Health Hero" one which is here: <https://www.youtube.com/watch?v=xMXJtiaNTac> but you could choose something more suitable for your abilities if need be. I have done this one too so perhaps we can compare results! You'll need some felt tips or markers ideally but you can work with what you have! Good luck!

Lock Down Photo Album (CTH)

Something that I have been doing during lock down is taking photos daily of things I've been doing and the things happening around me (Daily walks, Doug the Pug, nature, food etc). I thought it would be a great idea to make a Lock Down photo album, so once this is all over, you can look back on this extraordinarily strange time in our lives. I also made a photo book and sent it to my Grandparents in Surrey, so they can keep up to date with their Grandchildren. They absolutely loved it! I downloaded an app called 'LALALAB' to do this, but there are so many different apps to use. I will list some below. Be creative and funny - Join up as a family and put in 5 photos each!

Free Prints
Truprints
Once Upon
Kodak Moments

Scrapbook (ROS)

Create a scrapbook, this could involve a variety of resources such as photos, screenshots, colouring or writing such as a diary entry, the more ideas the better! You can then look back and show loved ones once this is all over and be proud of how well you have all worked and continue to do so during these tough times. I am sure your teachers would also love to see these when we do go back to school.

Weekly/daily to do list (ROS)

I have been setting myself a weekly to do list, you could do this as a family and challenge yourself each week or day to complete one more task on your list!

Virtual Tours (JKI)

Take a virtual tour of museums and other family favourites like the British Museum, Edinburgh Castle and Stonehenge from the comfort of your own living room. A great activity for all to see. Guidance can be found in the link: <https://www.goodtoknow.co.uk/family/best-virtual-tours-forkids-536089>

Time Capsule (SST)

Find something or make something that will allow you to remember the time you have spent confined with your family over this time. Each family member should put something in. Make sure you use a waterproof container of some sort and seal it before it gets buried.

Make a flag (ARU)

VE day recently passed and it was beautiful seeing houses adorned with Union Jacks. As an international geography teacher from Australia, flags are especially appealing to me, so I am challenging families to make their own Union Jack and 1 other flag that can be hung up in your home.

Hold Still - A portrait of our nation in 2020 (CGA)

I am encouraging you and your families to join me in embracing this competition set up by the Duchess of Cambridge. I would love to see a copy of the photo you entered so we can compile a collection of all those wonderful lockdown moments. Let's show the nation how talented we all are and encourage your whole family to join in!

The competition is open now, and closes on 18th June 2020. You can find more information and submit your entry at <https://www.npg.org.uk/hold-still/>

Write Something (APL)

As I mentioned above, I have written and self published a book. You don't need to write a full novel, maybe a short story or a poem for others to read to amuse themselves in lockdown or a diary of what life in lockdown has been like and be like Anne Frank! I am sure that you will be telling stories of this to younger generations to come and you can use it as reference or give it to them to read. :)

Create something (RBA)

As a budding DIY enthusiast, I have recently taken some old scaffold boards, sanded down and waxed them and used them as shelving. Now it's your turn to see if you can transform any disused items into something useful!

Section 3: Playlist

<p>MCL</p> <p>The Bucket - Kings of Leon</p> <p>Dakota - Stereophonics</p> <p>Naive - The Kooks</p> <p>Little <u>By</u> Little - Oasis</p> <p><u>Tattoo'd Lady</u> - Rory Gallagher</p>	<p>CTH</p> <p>I will Survive – Gloria Gaynor</p> <p>If You're Too Shy - 1975</p> <p>Wake Me Up When September Ends – Green Day</p> <p>NASA – Ariana Grande</p> <p>All About You – McFly</p> <p>Everything I Wanted - Billie <u>Ellish</u></p>
<p>JKI</p> <p>Rain Please Go Away - Alison Krauss & Union Station</p> <p>Landslide - Fleetwood Mac</p> <p>Drive By - Train</p> <p>Streets of London (feat. The Crisis Choir and guest vocalist Annie Lennox) - Ralph <u>McTell</u>, Annie Lennox</p> <p>Cam a' lochaigh (The Curve of The Lake) - Gerry O'Connor</p>	<p>SST</p> <p>Travelling Soldier - Dixie Chicks</p> <p>Quicksand - Hermitage Green</p> <p>Firestone - <u>Kygo</u></p> <p>Dancing in the moonlight - <u>Toploader</u></p> <p>It's time - Imagine Dragons</p> <p>On top of the world - Imagine Dragons</p> <p>I will wait - Mumford & Sons</p> <p>The A Team - Ed Sheeran</p>
<p>ARU</p> <p>Deathbeds - Bring me the Horizon</p> <p>Sicko Mode - Drake and Travis Scott</p> <p>The Less I know the Better - Tame Impala</p> <p>The Key - Sami Yusuf</p> <p>Soaked - Bene</p>	<p>CGA</p> <p>I want to break free - Queen</p> <p>Heroes - David Bowie</p> <p>This is me - <u>Keala Settle</u></p> <p>Into the unknown - <u>Indina Menzel</u>, Aurora</p> <p>Patience - Take That</p>
<p>CHY</p> <p>Undercover Martyn - Two Door Cinema Club</p> <p>Mr Brightside - The Killers</p> <p>Can't stop - Red Hot Chili Peppers</p> <p>Stand by Me- <u>Oasis</u></p> <p>Blinding Lights - The <u>Weeknd</u></p>	<p>APL</p> <p>Reach - S Club 7</p> <p>Happy - Pharrell Williams</p> <p>Stayin' Alive - Bee Gees</p> <p>Bohemian Rhapsody - Queen</p> <p>Wake Waka (This Time <u>For</u> Africa) - Shakira</p>
<p>RBA</p> <p>Mahalia - all three of her 'isolation tapes'</p> <p>Drake & Giveon- Chicago Freestyle</p> <p>Joel Corry- Lonely</p> <p>Saint JHN- Roses</p> <p><u>Jorga Smith</u>- any of her songs!</p>	<p>Students: Add your own songs to a playlist and share it with your mentor and AD.</p> <p>We'd love to create a Year 9 ORA Playlist!</p>

Section 4: Quiz

General Knowledge	Teacher Facts
1.What is the tallest waterfall in the world?	1.How many chicken nuggets has Mr Kirby eaten in one sitting?
2. What are the five colours of the Olympic rings?	2.What's Mr Clay's record for how many bites to eat a McDonalds double cheeseburger?
3.Doolin Cave (close to Mr Kirby's home) is home to the largest free-hanging stalactite in which hemisphere?	3.What nationality is Miss Osborn a quarter of?
4. What sauce is traditionally served in a prawn cocktail?	4.Mrs Hyde's only pet is a very fussy cat called <u>Bella</u> but she is secretly a "dog person" and has had 4 pet dogs at once before! True or False?
5.What is an Egg Plant called in the UK?	5.Miss <u>Thurtle</u> has competed nationally in what sport?
6.How old is Donald Trump?	6.What instrument did Miss <u>Steiger</u> learn to play as a child?
7.How many countries are there in the world?	7.What is Mr <u>Rufaeel's</u> favourite pastime?
8. What is the deepest ocean in the world?	8.What age did Mrs <u>Gasson</u> learn to swim?
9. A man is four times as old as his son. 10 years later the man will be three times as old as his son. What is the man's current age?	9. What solo singer has Miss Poll previously performed a tribute to?
10. What is the only mammal in the world that cannot jump?	10. Miss Ball's first degree was a BA in which two subjects? (hint, she loves reading AND writing...)

Answers: DO NOT CHEAT!!!
Answer 1 - Angel Falls, Answer 2 - Blue,yellow,black,green and red, Answer 3 - Northern, Answer 4 - Marie Rose, Answer 5 - Aubergine, Answer 6 - 73, Answer 7 - 195, Answer 8 - The Pacific, Answer 9 - 80, Answer 10 - Elephant.
Answer 1 - 46, Answer 2 - One, Answer 3 - Italian, Answer 4 - True, Answer 5 - Equestrian/Eventing, Answer 6 - Piano, Answer 7 - Carpentry, Answer 8 - Eleven, Answer 9 - Pink, Answer 10 - English literature and History.