

Dear Students (and their parents/carers),

### **Praise Bulletin**

I hope that this bulletin finds you and your families safe and well. We are all in a really challenging situation at the moment, but your efforts and resilience with your online work is making us so proud of you. You've had to adapt really quickly to this new way of learning, and your continued enthusiasm during your lessons is definitely bringing a smile to our faces. You'll see from the information in this bulletin that lots of your teachers have been really impressed by your efforts.

### **English**

**Ms Parnaby** would like to nominate the following fantastic learners from her classes:

Year 10 - **Evelyn, George, Arnav and Cassidy**

Year 11 - **Molly, Matthew, Matthew, Ellie, Kirsty, Genna, Jess, Tallulah, Alex, Chelsey and Chloe**

**Mrs Beatty** is really proud of the following students for their amazing contributions:

11c3 – **Will, Sam, Emily, James, Tom, Rezon, Niamh, Jodie, Emily, Zein and Renaé**

11a3 – **Oscar, Lucas, Dexter, Stephanie and Rabia**

### **Maths**

**Mrs Witchalls** is very impressed with how well **Paige** in Year 10 has answered questions and engaged with the online lessons.

**Mrs Hudson-Kirkham** says that all of **10Ma1** are engaging brilliantly with remote learning and completing plenty of work independently. If someone doesn't fully understand the topic, they stay online and keep trying until they do – this is a fantastic attitude to learning! **7aM1** are also working extremely well and readily explain their mathematical reasoning to the rest of the class. Finally, well done to **Georgia** in Year 11 who is really engaging and working hard.

Well done from **Miss Whitworth** to **Alex** in Year 11 who has tried really hard in his maths lessons and is even brave enough to unmute and give some answers when asked. Well done too to **Cassius, Maddison, Oscar and Rohan** in Year 8 who are always willing to engage during Teams lessons, answering questions as well as completing all their work on Dr Frost Maths.

**Mrs Jones** would like to say well done and thank you to the following students, who have completed all of their online learning tasks:

Year 8 – **Jacob, Ethan, Ruby, Matilda, Kai, Tilly, Ola, Saffia, Megan, Charlie, Ollie, Serina, Erin, Grace, Rutuja, Harry, Alizah, Katy and Sofia**

Year 9 – **Sam, Liam and Ronnie**

Year 10 - **Ewan, Ella, Gabriel, Dylan, Aidan and George**

Year 11 – **Genna, Jack, Tallulah, Ella, Stephanie and Jess**

Year 12 – **Josh, Mateusz, Dawud, Elva, David, Toby, Harry and Gemma**

Year 13 – **Youssef, Logan, Tom, Sian, Tom and Matt**

## **Science**

**Miss Broster** would like to nominate **Toby** in 10.4 and **Charlie** in 10.2 for excellent participation in Physics lessons, they're really happy to put forward their ideas in the chat and share their thought process with others.

**Miss Broster** would also like to nominate **Libbie** in 9.4 and **Matty** in 9.4 for engaging really well with tasks set in the science lessons and being happy to share their ideas.

Congratulations from **Mr Whitham** to the following students for being so involved with their online lessons this week: **Gabia** in Year 8, **Terri, Lucas and Lucy** in Year 11, **Sam** in Year 9, and **Shay and Cameron** in Year 10.

## **Modern Foreign Languages**

**Mrs Painter** would like to nominate lots of pupils for working so well in MFL:

8.2 – **Emily, Marhsall, Grace and Vedasai**

8.5 – **Eamon, Terry, Fatima and Jacob**

9aF1 – **Maisie, Isabel and Ali**

9cF2 – **Neo, Rebecca, Oliver, Amy and Emma**

9cF4 – **Heidi, Matty, Libbie and Arnas**

Year 10 – **Sydney, Oliver and Callum**

Year 11 – **Adam, Terri, Emelia and Rabia**

Year 13 – **Grace and Natalie**

## **Geography**

Well done to the following pupils in **Mrs Hardy's** classes who have engaged really well with the online learning and produced some great work.

7.3 - **Evie, Leah, Khali and Jamie.**

Year 9 - **Heidi, Libbie, Grace, Jess, Arnas and Maryam**

Year 10 - **Oli, Sophie and Abdullah**

Year 11 - **Abi, Oscar and Lucas**

Year 12 - **Alex**

## History

Well done from **Mr Guy** to **7.2, 8.1, 8.4, 8.6 and 9c1** for their excellent engagement with the online lessons.

**Mr Guy** would also like to praise the following individual pupils:

**7.2 – Laila, Lewis, Hallam, Jasper, Victoria, Vivianne, Callum, Rosie, Harry, Ka, Robert and Chloe**

**8.1 - Sama, William, Gabia, Maddison, Freddie, Leo, Cassius, Dana, Oliver, Vishva, Chloe and Thomas**

**8.4 - Blake, Layla, Grace, Georgia, Helena, Maddison, Elle, Leo, Ellie, James, Harry, Ke Xin**

**9C1 – Alfie, Emma, Ben, Anaum, Isabella, Faith, Ben, Gabriella, Diana, Kaveena, Lena, Sienna, Daryna, Angel, Irisha, Bella and Mateusz**

**9a2 – Erin-Beau, Kemi, Freddie, Diya and Grace**

**9a1 - Isabel, Lily, Ted, Ali, Finn, Annabel, Adam, Ria, Nic, Cleo and Mushahid**

## ICT

**Mr Carroll** would like to say well done to the following pupils for their hard work this week:

**7a/IT – Aiden, Alexa, Archie, Brandon, Amie, Emilie, Emma, Ioan, Jake, Joshua, Kai, Lola, Lola, Phoebe, Ted and Zach**

**7bc/IT1 – Kayden, Evie-Louise, Jamie, Charlotte, Daniel, Jack, Khali-George, Lauren, Lyndan, Darcy, Xenon, Max, Phoebe, Raion, Tabitha and Xenia**

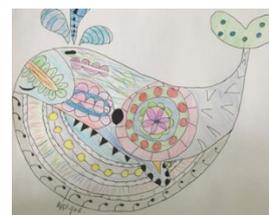
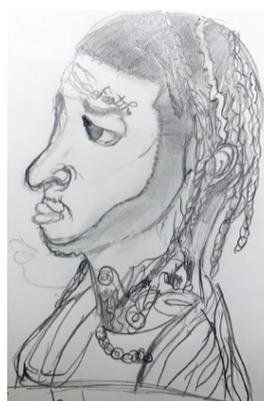
**7d/IT – Aania, Abi, Billy, Callum, Carys, Connor, Harry, Liam, Natalia, Riley, Zoe and Will**

**8cd/It1 – Katy, Oliver, Charlie, Ruby, Ethan and Rutuja**

## Art

**Mrs Curran** would like to praise **Brandon** in 7.5 for showing the class his fantastic work on texture and **Nathan** in 8.5 for his work on analysing artists. In year 10, **Noah, Nisha and Ying Ying** have all been working really hard.

**Cassius, Caitlin, Ying Ying and Katrina** have all produced some lovely work that **Mrs Curran** would like to share:



## Textiles

**Mrs Woods** would like to praise **Rylie** in 7.1 for his amazing work and effort.



## Food

**Megan** in 8cd/HK1 has produced a fantastic worksheet on wheat for **Mrs Danczak**.

## Creative Media

**Mrs Brennan** would like to congratulate the following pupils for their positive attitude to learning:

Year 10 – **Ben, Olivia, Theo, Sienna, Cassidy, Sophie, Madeline and Andy**

Year 11 – **Jake, Jodie, Harry, Robert, Lillie, Charlie, Lucy, Maisie, Briony, Talia, Rabia, Luke, Emika and Cailin**

And **Mr Carroll** would like to say well done to **Michael** in Year 10 for his work this week.

## Child Development

**Isabel** in 113/Cd1 has worked incredibly hard this last week and shown a great deal of self-motivation and initiative following the announcement of the cancellation of the Child Development exam.

## Drama

**Mrs Mrozinski** would like to nominate the following Drama superstars:

Year 7 -**Tabitha 7.3 and Phoebe 7.1**

8.2 – **Marshall, Tanya, Grace and Thomas**

8.6 – **Charlie, Ethan, Kai, Serina and Sofia**

9a1 – **Ria and Ben**

9a3 – **Ronnie and Melisia**

9c1 – **Alfie and Lena**

9c3 – **Macey and Phoebe**

Year 10 – **Ben, Megan, Maisy, Oliver and Milly**

Year 11 – **Terri and Maddy**

## PE

**Miss Jenkinson** would like to congratulate **Isabel** in Year 11 (GCSE PE) on her outstanding work, online engagement and commitment to her subject.

**Mr Larkin** would like to say well done to **Cameron** in Year 10 as he is engaging so well with GCSE PE in his online lessons.

## Pastoral

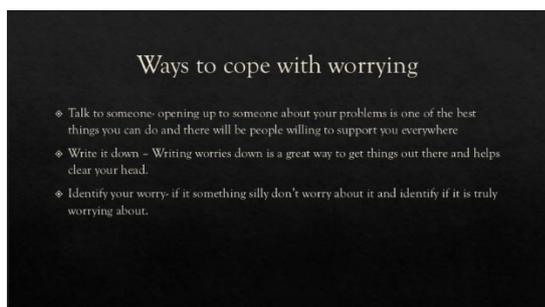
### Y7

**Mrs Wagstaff** and **Mrs Waring** would like to say a huge well done to the whole of Y7 who have begun their online learning journey extremely well! Things haven't been easy for any of us this past week; however, we have been blown away with your dedication and enthusiasm and we are so pleased at how well you are all engaging with your remote lessons. We are very proud of every single one of you, keep up the fantastic work!

### Y8

**Mrs Wagstaff** and **Mrs Scholes** would like to say huge congratulations to the whole of Y8 for how well they have managed themselves over the past week. This is your second spell of home learning; however, this is the first time you have had so many remote lessons and we are amazed at your commitment and dedication. It has been so nice to see so many of you logging on each morning and continuing to put ongoing effort into your work. Keep it up Year 8!

Finally, well done to **Erin** in 9.1 for the lovely work that she has shared with her form on how to deal with worry during lockdown.



Ways to cope with worrying

- ◆ Talk to someone- opening up to someone about your problems is one of the best things you can do and there will be people willing to support you everywhere
- ◆ Write it down - Writing worries down is a great way to get things out there and helps clear your head.
- ◆ Identify your worry- if it something silly don't worry about it and identify if it is truly worrying about.



What is worrying ?

- ◆ Worry refers to the thoughts, images, emotions, and actions of a negative nature in a repetitive, uncontrollable manner that results from a proactive cognitive risk analysis made to avoid or solve anticipated potential threats and their potential consequences.



Take up a new hobby

- ◆ One of the ways I coped with worrying in lockdown of my last year is I did watercolour painting and sold them to raise money for my local team. I ended up raising 65 pounds to give to them.
- ◆ Watercolour painting is calming and relaxing and takes your mind off things and is very therapeutic. so give it a go!

Please don't be disappointed if you didn't see your name in the praise bulletin this week. Carry on working hard and your teachers will nominate you. Also, if there are more than one of you in your class with the same name, and you're not sure if the teacher is referring to you, just send an email to ask.

Alongside your academic work, we'd really like to know what else you've been doing and how you're staying positive, so please stay in touch with your form tutors and teachers and send us an email to let us know how you're getting on. If any parents/carers would like to nominate their child/ward for the praise bulletin, please could you send an email to [ejs@altrinchamcollege.com](mailto:ejs@altrinchamcollege.com). Also, don't forget the photography competition Ms Earle is running for all of us! Details were in the last Headteacher Bulletin and are on the school website here: <https://www.altrinchamcollege.com/latestnews/headteachers-bulletin-friday-8-january-2021>.

I hope that you have a safe and happy week, and keep up the fantastic work!

Kind regards,

Mrs Jones