



Fundraising Heroes

Freddie and Thomas Howard (Year 9, along with Benjy (Year 11) and their dad, are absolute fundraising heroes, after completing a gruelling challenge to climb the height of the Three Peaks on their garden steps! That's the height of Scafell Pike, Snowdon and Ben Nevis together! The Howard's ran up their garden steps a whopping 568 times in 3 hours and 56 minutes, raising a fantastic £1,500 to go towards providing personal protective equipment for the NHS. The total amount raised on the challenge was over £11,000, which is enough money to produce 22,000 face masks for our frontline heroes. A huge Nidderdale well-done boys, we are so proud of you!

Headteacher's Introduction

Dear Parent / Carer

This week has seen the introduction of our new home learning timetables. It has been good to hear from those of you who have found this new structure helpful. Of course, we recognise that whatever we do cannot be a perfect solution for everyone and some families will need to work in a very different way. The timetable is a suggested guide, please do adapt it to suit the needs of your family. Early next week we will be sending out a guide to each subject's rationale for the work being set during school closure. We hope this will be helpful.

Clearly, there is nothing good about this period of school closure. However, one positive that has come out of us not being in the building together is that the work being shared with teachers can more easily be showcased across the whole school team. As a staff team we have loved seeing, through the KS3 Check In, our staff Teaching & Learning Bulletin and shared emails, the amazingly creative, imaginative and beautifully presented work that students are completing.

It comes as no surprise to me that instead of sending out the usual 12 Nidderdale STAR postcards this week, I am sending over 30 Nidderdale e-STAR emails.

Kath Jordan, Headteacher

A Rainbow of Rural Resilience

So far we have received some fantastic contributions for our Rainbow of Resilience and thanks to frontline workers. From beautiful flower rainbows to fantastic photography, trampolining exploits and hosepipe rainbows, Team Nidderdale is once again responding with enthusiasm and creativity.

Keep those ideas coming.

New mental health website for supporting children and young people

The Go-to is a portal for mental health support services offered by different agencies in the county. With lots of useful tips, information and signposting the site has specific 'young person', 'parent/carer' and 'professional' tabs for easy navigation.

<https://www.thegoto.org.uk/>

Art Projects

Miss Adams continues to be impressed with the range of ideas and items produced for this project.

See the pictures of Albie Salisbury's paper fruit and the clever dress made by Lucy Mawer Year 8.

Also pictured is the fabulous Easter Island head created by Dylan Wilkes, Eleanor de Souza's paper accessories, Helena McNeish's loo roll challenge characters from 'The Tinderbox' book and Monty Troup's thought-provoking 'Earth'.

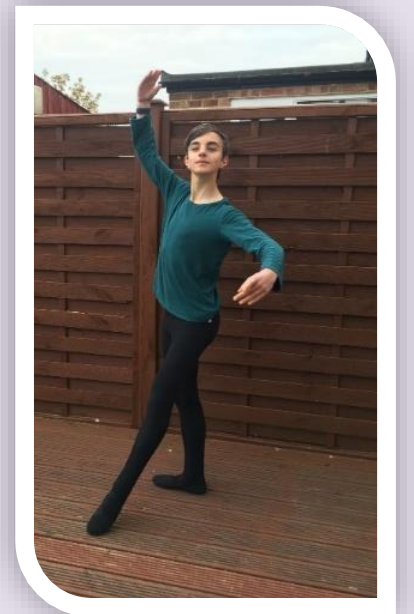


Dancing for the NHS

On Thursday, Ms Jordan and family raised an amazing £1965 for the NHS during a non-stop danceathon. They leapt into action and danced for 12 hours in a variety of styles! Inspired by the Howard family's fundraising efforts and Miss Adam's Rainbow of Resilience, they decided to do something positive with one of their favourite hobbies!

What a clever, fun way to raise funds and thank the NHS.

Mrs Robertson



 **STAY AT HOME**

PROTECT THE **NHS**

♥ save lives

 **STAY AT HOME**

PROTECT THE **NHS**

♥ save lives

 **STAY AT HOME**

PROTECT THE **NHS**

♥ save lives

 **STAY AT HOME**

PROTECT THE **NHS**

♥ save lives



Luna – Therapy Dog

Although Luna is missing visiting school and the outdoor days with her Nidd friends she has been busy helping the community by collecting food and prescriptions for her elderly neighbours. She's also been enjoying swimming in the river on her daily walk! Hopefully it won't be too long and until she can come back to school.

Mr Couldwell



Meaningful May Calendar - Action for Happiness

Daily life has been turned upside down and it's easy to feel lost. Although we can't control what's going on around us, we can choose to live purposefully. You can find simple ways to respond to this global crisis with a sense of purpose using the new Meaningful May Calendar. Watch out for further suggestions on @nidderdaleflourish on Instagram. Mrs Kay.

ACTION CALENDAR: MEANINGFUL MAY 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|--|--|--|
| "Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe | | | | 1 Take a minute to remember what really matters to you and why | 2 Do something meaningful for someone you really care about | 3 Reconnect with nature today, even if you're stuck indoors |
| 4 Focus on what you can do rather than what you can't do | 5 Send friends a photo of a time you all enjoyed together | 6 Take a step towards one of your life goals, however small | 7 Let someone you love know how much they mean to you | 8 Set yourself a kindness mission. Give your time to help others | 9 Look out for positive news and reasons to be cheerful today | 10 Tell someone about why your favourite music means a lot to you |
| 11 What are your most important values? Use them today | 12 Be grateful for the little things, even in difficult times | 13 Today do something to care for the natural world | 14 Show your gratitude to people who are helping to make things better | 15 Find out about the values and traditions of another culture | 16 Look around you and notice five things you find meaningful | 17 Take a positive action to help in your local community |
| 18 Hand-write a note to someone you love and send them a photo of it | 19 Find a way to craft what you are doing to give it more meaning | 20 Reflect on what makes you feel really valued and appreciated | 21 Share photos of 3 things you find meaningful or memorable | 22 Ask a loved one or colleague what matters most to them and why | 23 Share an inspiring quote with others to give them a boost | 24 Do something special today and revisit it in your memory tonight |
| 25 Give your time to help a project or charity you care about | 26 Recall three things you've done that you are really proud of | 27 Today link your decisions and choices to your purpose in life | 28 Tell someone about an event in your life that was really meaningful | 29 Think about how your actions make a difference for others | 30 Find three good reasons to be hopeful about the future | 31 Look up at the sky. Remember we are all part of something bigger |

ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Askham Bryan Virtual Open Event Week - Monday 11th May - Friday 15th May

Zoom links are set up and those interested **must book online** via <https://www.askham-bryan.ac.uk/whats-on/virtual-open-event-1>.

Students will be able to ask questions about courses and also transport, accommodation, learning support and applying to study with Askham Bryan. The event starts with an introduction to the college, followed by a series of Q and As and presentations on courses and support areas.