

SEVA
SCHOOL

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EVA NEWSLETTER

VAHEGURU JI KA KHALSA VAHEGURU JI KI FATEH

Dear Seva Family,

I write this on World Mental Health Day, when Seva are supporting charity Young Minds by paying £2 to come to school dressed in YELLOW (#HelloYellow). Recent times have been challenging for us all, but especially so for children and young adults and this newsletter is packed with advice for Seva students when they feel they need a little more support than usual.



Update on the 12-15 year old Covid Vaccinations on

site: a new link has been shared with us for Seva parents to book a Covid Vaccination and we have sent this out by text—it would appear some parents / carers were having issues with the first link the Vaccination Team shared (although it has worked for some?!). Please try this to give consent: <https://cvsc.covwarkpt.nhs.uk/form?identifier=e334fefa-8df7-4449-9c27-05f6e0436b5d&oidentifier=0b5ef474-1110-40b9-959b-8e8d03a45860> -just a reminder that the portal will close on 14th October at 12 noon.

We are delighted that so many students have signed up for our newly introduced tabla and harmonium clubs. We are now running harmonium enrichment Mondays, Wednesdays and Fridays as so many wanted to participate. Wonderful.

I am excited to announce that Seva is once again part of Coventry East School Sport Partnership! This means that students will be competing against other schools in a wide variety of sports competitions (primary and secondary). Miss Morris (PE teacher) has already started a year 10 and 11 basketball club after school on Fridays to ensure we secure success!

I wish you all a happy and healthy week ahead.

Kind regards,

Jo Donnellan



CHILDLINE 0800 1111

Fed up?

LONELY LONELY LONELY LONELY

depressed

Lonely

Stressed?

hurt

WORRIED UPSET

ChildLine

0800 1111

sad sad sad

confused?

unsure?

SCARED?

ANGRY ANGRY ANGRY

however you feel, ChildLine is here for you.

Call free, day or night on 0800 1111. Or if you're deaf, hard of hearing or speech impaired, textphone 0800 400 222. ChildLine is a service provided by the NSPCC.

Photography by Lary Shep, posed by models. Registered charity numbers 264601 and 2245917. ©2009 NSPCC

KEY DATES

DATE	EVENT
Week beginning 18/10/21	Year 11 assessment week— PAPERS 1 ONLY
Monday 18th October	Year 7 parent/carer VIRTUAL catch up with Tutors after school (4-6pm)
Thursday 21st October	Primary Open Evening (5-7pm) new parents including Reception
25/10/21—05/11/21	2-week half term
Monday 8th November	Year 11 Parent / Teacher VIRTUAL consultations (4-7pm)
Week beginning 08/11/21	Year 9 & 10 assessment week
Week beginning 15/11/21	Year 7 & 8 assessment week
22/11/21	Teacher Training Day

DON'T FORGET



ESSENTIAL REMINDERS

School is a chewing gum free zone

No mobile phones should be out / on in the school playground / walkway

All secondary students should be wearing MASKS in corridors—too many are not bringing a mask to school



SEVA STANDARDS: WEEKLY STARS

Service



Ms Donnellan nominates Harveer for being vigilant in ensuring our environment is clean, safe and fit for purpose. Thanks Harveer.

Excellence



Mrs O'Dea nominates Pravan T as he is always trying his best and finding new ways he can improve his work.

Virtues



Mrs Bains nominates Savannah J, Ishpal S and Nuurdip S for Virtues. They have shown great kindness and friendship in supporting a friend.

Aspiration



Mrs Ndongala nominates Kheera H for producing excellent pieces of work and always completing her class and homework and keeping her book neat and presentable. Keep it up!

STUDENT MENTAL HEALTH

Life as a student can be challenging and we all struggle to cope sometimes. School work and home life can be difficult at times and it might not feel like it, but things can get better. We all have mental health, just like we all have physical health. It's about how we think, feel and act. Sometimes we feel well, and sometimes we don't. When our mental health is good, we feel motivated and able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.

We all have good days and bad days, but when negative thoughts and feelings start to affect your daily life and stop you doing the things you enjoy, or your ability to feel ok, this means you probably need some support with your mental health. For example, nearly everyone gets anxious before an exam, a job interview or a first date. But if we feel anxious all the time, constantly worrying that the worst could happen, and this stops us sleeping well or meeting up with friends, we might benefit from some help. Find out more about mental health.

Where to get help?

School

Speak to your teachers! There is support available for you in School to help with mental health and wellbeing.

Young minds

You can visit Young minds <https://www.youngminds.org.uk/>

Help for Young people

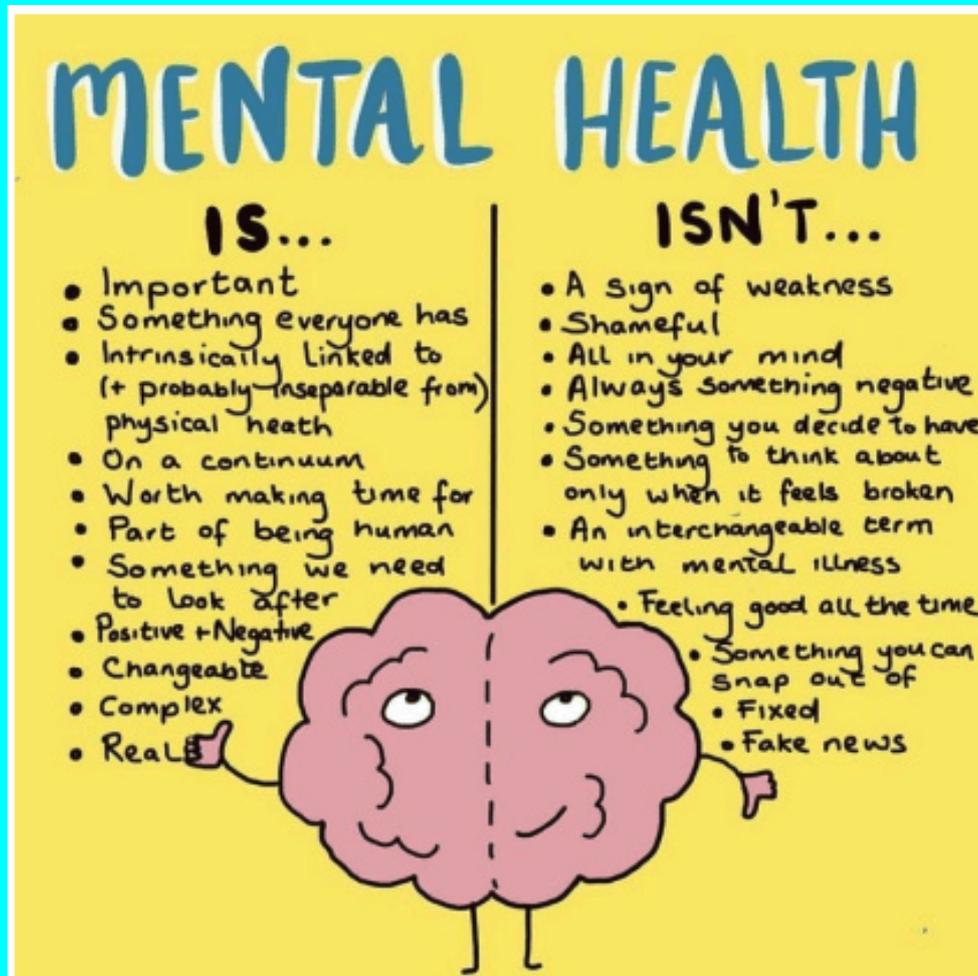
Young minds provide young people with tools to look after their mental health. They give young people the space and confidence to get their voices heard and change the world we live in.

Help for parents

Young minds help parents and carers who are worried about their child's mental health with tips, information and advice online.

“Together, we can create a world where no young person feels alone with their mental health.”

STUDENT MENTAL HEALTH



**Mrs Shah is the school's Well-Being Coach and any student can book an appointment with her; she meets students every day during tutor time and Tuesday / Thursday after school enrichment (room F7)
Email: s.shah@seva.coventry.sch.uk**



Year 1 TOY STORY!

Year 1 enjoyed participating in a Victorian Toy Workshop with Lady Lisa from the Toy Specialist this week. They explored indoor and outdoor Victorian toys; take a look at the great learning and fun that was had!





YEAR 2 POETRY

The Poetry Bus Competition

This week in Year 2, we have been completing a unit of work related to Poems, we have been investigating features of 'Riddles'. As part of this, we have decided to enter the Year 2 children's final piece of work for that unit into a Poetry competition called 'The Poetry Bus'. You can find further details here:

<https://www.youngwriters.co.uk/competitions/KS1/poetrybus>

There are some amazing prizes on offer:

1st Prize

The Young Writers' Award of Excellence and a selection of books.

2 x Runners-Up

Each wins a framed certificate and a selection of books

PLUS

Every participating school receives a free copy of the book their student(s) feature in!

We will send off their work, this week and will keep you posted with what the competition organisers decide.



The closing date for competition entries is:

Friday 22nd October 2021



YEAR 2 MEET FRANKIE!

Year 2 had a great time meeting guide dog Frankie and her owners on Friday. We learned what a guide dog does and how they help people with sight loss. We learned that you should never touch any dog without asking the owner and that we shouldn't disturb guide dogs when they are working.





SPONSOR A GUIDE DOG

Anybody can sponsor a guide dog. It takes years for a dog to be trained to be able to support a human who needs help. Having a guide dog transforms the life of those with disabilities. What a FABULOUS gift for a loved one! Miss Donnellan has sponsored Bailey for 2 years

[A photo of Bailey as a young pup.]



Guide
Dogs

Sponsor
a Puppy

Bailey

YOUTUBE.COM

Bailey Pupdate 5 Video



<https://www.guidedogs.org.uk/sponsor-a-puppy-today/>



YEAR 3 ORIGAMI



The children loved making their origami fish this week in enrichment.



YEAR 5 SUPER REASONING SKILLS

Year 5 have been learning all about addition and subtraction this week including rounding to estimate. They have worked really hard to solve some reasoning problems to extend their amazing knowledge.

$$\begin{array}{r} 49999 \\ - 19999 \\ \hline 30000 \end{array}$$

$$\begin{array}{r} 50000 \\ - 20000 \\ \hline 30000 \end{array}$$

Now can you solve this reasoning problem?

Rosie completes this subtraction incorrectly.

$$\begin{array}{r} 28701 \\ - 7621 \\ \hline 21180 \end{array}$$

Explain the mistake to Rosie and correct it for her.

The mistake was that you have to exchange as you can't do $0-2$ it is negative 8.

$$\begin{array}{r} 28\overset{10}{0}1 \\ - 7621 \\ \hline 21080 \end{array}$$


NIS challenge

6 Mr Hall has written these subtractions on the board.

45,541 – 25,865 68,945 – 34,758

Rosie's workings

$$\begin{array}{r} 25865 \\ - 45541 \\ \hline 20324 \end{array}$$

Whitney's workings

$$\begin{array}{r} 68945 \\ - 34758 \\ \hline 34213 \end{array}$$

Explain the mistakes that Rosie and Whitney have made.

Rosie's mistake is that you can't do $2-4=2$ but you can do $4-2=2$.

Whitney's mistake is that you cannot do $4-5=1$ but you can do $5-4=1$.

REASONING

Reasoning is when we investigate and explain why something is correct.

It also involves testing and proving your reasons.

YEAR 11 ART



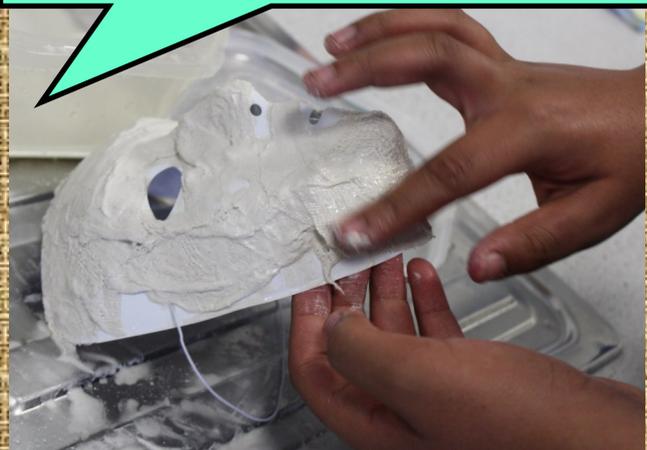
Terry C started some fabulous sculpture work in his Art GCSE lessons this week.

He is creating a series of Japanese masks.

Terry is extremely into Manga style art, so is now looking into Japanese ancient art to see where Manga art was derived from!

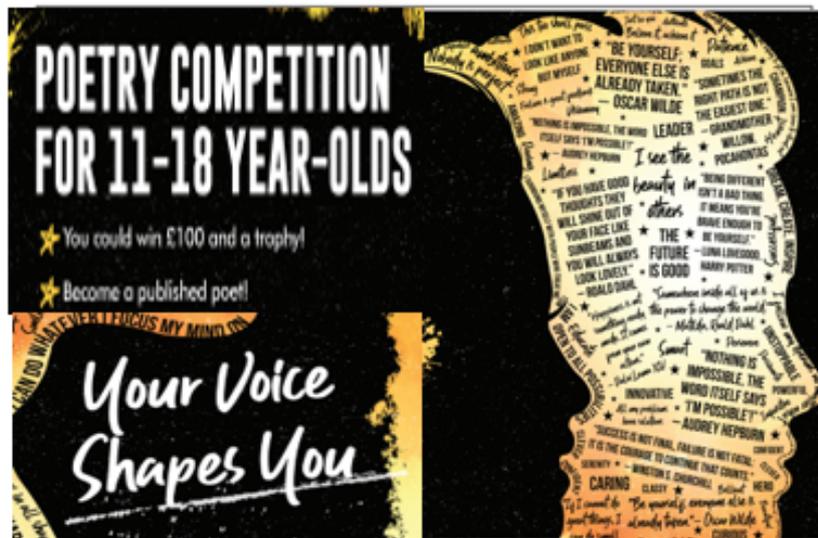
He used a different art material that he has never used before.

Terry used Mod roc! Mod roc is a type of plaster that is attached to a very long bandage (They use something similar in hospitals to create casts!)





SECONDARY POETRY COMPETITION



Students in Secondary will be encouraged to participate in a Young Writers' competition this term.

Become empowered by using your voice to write a poem about a topic, idea or belief that concerns you.

Deadline for entries will be 22nd October.



EMPOWERED

YOUNG WRITERS' POETRY COMPETITION

HERE ARE SOME IDEAS TO INSPIRE YOU...

- ★ **Current affairs** – what's going on in the world that makes you happy, or angry? What should people know about?
- ★ **The environment** – does climate change worry you? What about endangered species facing extinction? Are you environmentally-friendly? Can you persuade others to be with your words?
- ★ **Identity** – what's it like to be you? What makes you feel empowered, strong and confident?
- ★ **Education** – love it or hate it... how does education empower you?
- ★ **Image** – love the skin you're in!
- ★ **Equal rights** – give a voice to those who don't have one.
- ★ **Idols, hopes, dreams and ambitions** – who inspires you? What do you aspire to be or do?

SECONDARY MATHS



Seva school are delighted to announce that we will continue to use a maths revision website called MathsWatch to support your child's knowledge and understanding of key maths skills.

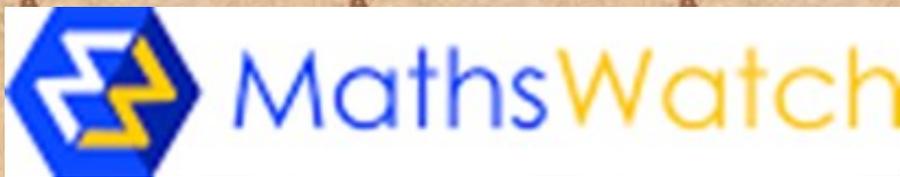
Mathswatch allows all students access to a revision guide for free. All students have been given their usernames and passwords by their class teachers. The website includes video clips explaining every topic at both Key Stage 3 and 4 with worked examples and practice questions. There are also interactive practice questions and worksheets for each topic.

All our maths teachers will be able to see what videos and questions the students have attempted and their results; this means the students can easily be supported. Much of the maths home learning may also be set using this website. We can supply printed versions if students do not have access to a computer but in this case, we would also recommend they use the computer room in school to watch the associated videos.

If you have any questions, please feel free to email the class teacher or myself: p.patria@seva.coventry.sch.uk.

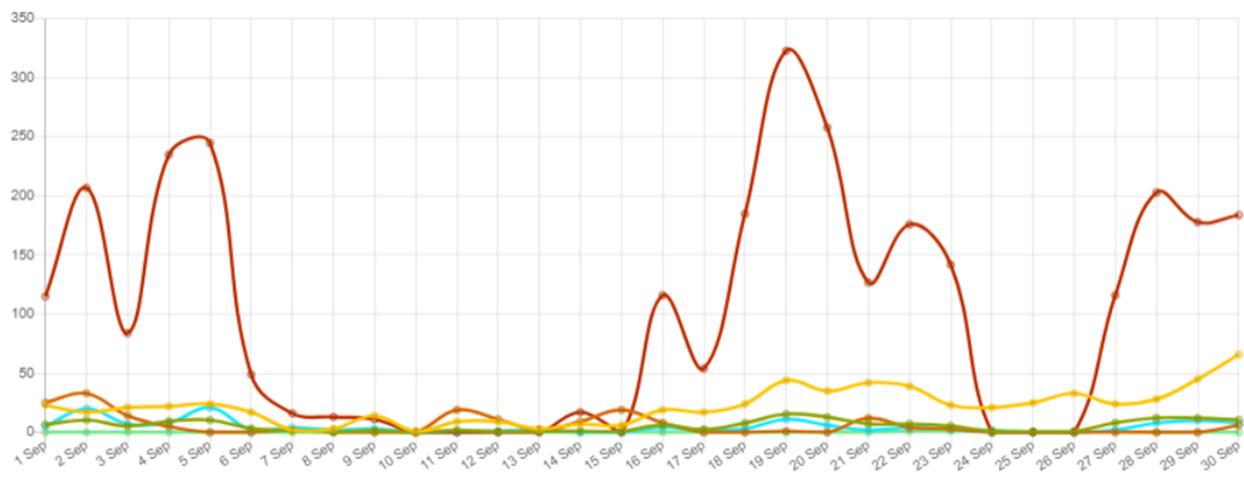
The maths team would also like to congratulate secondary pupils on using mathswatch during the latter part of September to support their in-school learning with independent study, the table below shows a high percentage of pupils logging into the website and accessing video's and homework tasks to fully support their learning in and out of the classroom.

SECONDARY MATHS



The maths team would also like to congratulate secondary pupils on using mathswatch during the latter part of September to support their in-school learning with independent study, the table below shows a high percentage of pupils logging into the website and accessing video's and homework tasks to fully support their learning in and out of the classroom.

Daily Stats For Whole School - September 2021



663

Total Logins

163.6

Hours Spent

173

Practice Questions Attempted

3054

Assignment Questions Attempted

138

Videos Watched

5

Assignments Due



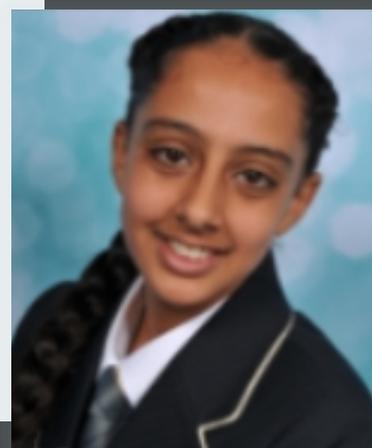
SECONDARY HOUSE POINTS

Year	Total House Points
7	1510
8	738
9	997
10	680
11	552

*Amazing
start Year
7 – wow!!*

FABULOUS

Name	Year	Total House Points
Sireena Birdi	7	27
Jeeya Sanghera	7	27
Ashmeet Kaur	8	28
Ekamjot Kaur	9	38
Gurnishan Kalirai	10	36
Amarpal Singh	11	25



Can anybody beat Ekamjot next week...OR will she remain top of the HOUSE POINT league?!

LEARNING TO LEARN: WEEK 1

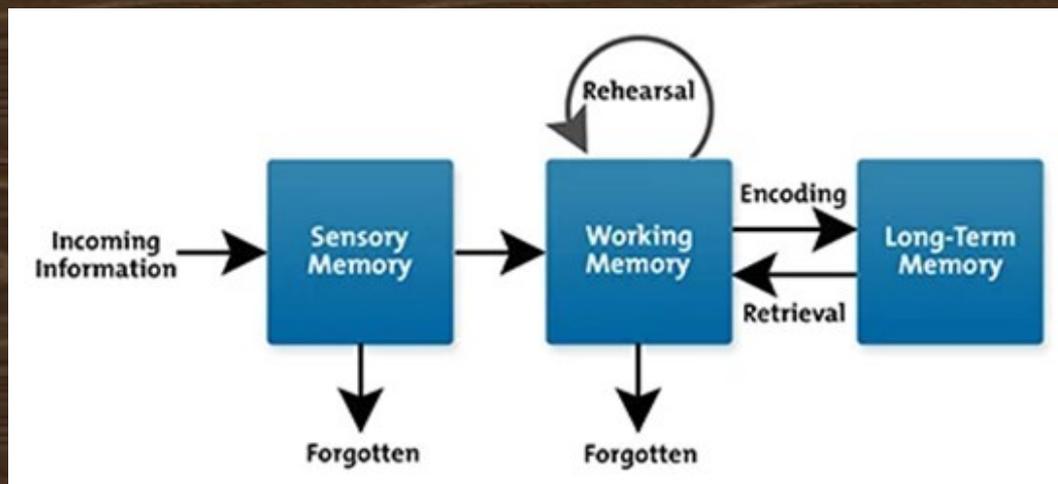
Each week, Assistant Headteacher Mr Singh will share some key tips on **learning how to learn**. These can be useful to pupils in all year groups and will hopefully get you thinking about the most effective ways to learn.

This week's focus is our memory.

What is memory? Dictionary definition:

The faculty by which the mind stores and remembers information

Below is a flowchart which outlines how our memory works:



Sensory memory: As we experience things via our senses they enter our sensory memory. We do not remember everything we experience. Think about your journey to school, you will see and hear lots of things but you will not remember all of them as you do not pay attention to them all.

LEARNING TO LEARN: WEEK 1

Working memory: when you pay attention to incoming information this enters your working memory. However we can very easily forget things that are in our working memory. Your working memory uses information from the past to help you solve new problems. You must rehearse the information to get it into your long term memory.

Long term memory: Once we repeatedly go over information it enters our long term memory which has unlimited capacity so it never gets full. The information stays there and can be remembered again.



Top tips to takeaway

Make sure you are actively paying attention in lessons

Make sure you are then putting 100% into the completion of tasks set to remember new information

At home revisit the information, create revision materials throughout the year

CAREERS

Careers Update

A reminder to all year 11 students—you should be checking your emails for careers updates and information regarding a range of opportunities to help you on your chosen pathway.



Parents / carers: please do look at the school website for links to resources to support your child. There are links and advice to help pupils across all the year groups consider their interests and potential careers pathways.

INTERESTED IN A CAREER IN LAW?



CAREERS

EXCITING opportunity with Clifford Chance

If you're thinking of Law as a possible career there is a really great opportunity to share with you.

On Tuesday October 26th from 9pm - 4pm we will be hosting a Virtual Law Work Experience with Clifford Chance. Clifford Chance is one of the world's biggest law firms and we've teamed up with them to give students nationwide the chance to get an insight into the legal industry within a magic circle firm.

Hear from some of the most experienced lawyers and solicitors as they take us through workshops specifically designed for this event, as well as having the chance to ask your questions to the very best!

If you'd like to attend this rare opportunity make sure to apply quickly to ensure your spot is secured using the link below.

Law Virtual Work Experience:

Tuesday 26th October, 9am - 4pm (Half term)

Partner welcome talk

An insight to law, their different departments and areas of work (including non law routes)

Breakout rooms with solicitors in talking about different areas of law

Workshops & interactive sessions

Open to all Y11 students

FREE opportunity but limited spaces

Application Link:

<https://www.surveymonkey.com/r/Clifford-Chance>



Thursday 18 November

3:30-8:00pm

Saturday 20 November

9:30am-12:30pm

OPEN EVENTS 2021



**VISIT OUR WEBSITE AND
REGISTER FOR THE EVENT NOW**

www.ke6n.ac.uk

Nuneaton

Better Futures
Local Enterprise Zone



King Edward VI School Nuneaton Warwickshire CV11 4BB



MORETON MORRELL
COLLEGE

part of WCG



FOOTBALL ACADEMY

STUDY // TRAIN // PLAY

The Leamington FC Academic and Sporting Excellence Programme, at Moreton Morrell College, could be just for you!

Open to learners aged 16-18, the successful applicants will study for a Level 3 Extended Diploma in Sport, allowing for sports enthusiasts to pursue a career in the sports industry or higher education.



Football trials on
Monday 25th October 2021,
10.00am - 12.00pm

APPLY NOW

Apply for the course online at wcg.ac.uk - search for 'Leamington Football Academy'.

Once we have received your application, our Admissions Team will be in touch with details of upcoming dates for trials at Moreton Morrell College.

GET IN TOUCH

For further information please contact Admissions on 0300 456 0049 or info@wcg.ac.uk, or visit the website at wcg.ac.uk/leamingtonfc



MORETON MORRELL
COLLEGE

part of WCG



LEAMINGTON FC ACADEMIC AND SPORTING EXCELLENCE PROGRAMME WITH MORETON MORRELL COLLEGE

Moreton Morrell College, in association with Leamington FC is delighted to offer its men's football academy of sporting excellence (ASE), where students will be coached by UEFA and FA qualified club coaches, who are also current 1st team players.

The course is over **5 days a week** where players benefit from **up to 10 hours of additional football a week** and **play their fixtures in the AoC college league or the Academy league**, depending on their ability. Students will also benefit from **free match tickets to all Leamington FC fixtures**. Students will have the opportunity to **support the club in a variety of roles** on matchdays, such as acting as matchday stewards, as well as benefiting from work experience opportunities that will develop essential employability skills.

- › Twice-yearly appraisals with each player
- › Strength and conditioning programme
- › Free access to physiotherapy and rehab from the club
- › Nutritional advice and plans

Chosen players on a weekly basis will be rewarded by **training with Leamington FC 1st team**, who currently play only two divisions outside the football league. Outstanding players will be given the opportunity to trial at professional clubs.

Academically, students will also study a **2 year Level 3 Extended Diploma in Sport**. This qualification is equivalent to three A Levels and prepares students to go on to higher education or into the workplace.

COURSE CONTENT

For the BTEC Level 3 Extended Diploma in Sport students must study 14 units including:

- › Anatomy and Physiology
- › Professional Development in the Sports Industry
- › Sports Leadership
- › Sports Psychology
- › Research Methods in Sport
- › Sports Event Organisation
- › Sports Injury Management
- › Skill Acquisition in Sport

MoretonMorrellCollege @MoretonColWCG @mmcollegewcg

