

# AIXEMINTRA

*Axe Valley Academy Newsletter*



*In this issue..*

**AMAZING ART**

**4**

**CREATIVE COOKING**

**11**

**ANXIETY ADVICE**

**13**

## WELCOME TO ISSUE 3

### Headteacher's Message

I cannot quite believe that I am writing to you as the half term draws to a close. I want to firstly thank our incredible parents for the work that they have been doing relentlessly at home with their children to support their continuation of the curriculum and of course to the students who are showing such resilience at this challenging time. Please don't underestimate how much we value the support of our parents and the work of our students. I also want to thank the wonderful AVA staff body for their dedication to remote learning and supporting our community.

CONTINUED P. 2



## Headteacher's Message

We continue to listen to feedback and resolve to offer the best remote learning package that we possibly can. Although we don't exactly know what the future holds for a full return to school, we do know that school is closed for half term fully. We urge our wonderful families and staff to take this time to relax and recharge their batteries and enjoy as much peaceful time as they are able. We also know that Mr Johnson and other Government ministers previously said the 'roadmap' will be published on February 22nd after Mr Johnson has told MPs that the government hopes to start reopening English schools on March 8, depending on factors including the rate of vaccination amongst priority groups. As always we will keep you fully updated as soon as we have more information.

So please do sit and enjoy this edition of Aixeminstra with a cup of something warm and a slice of something delicious. We cannot wait to see everyone back in school as soon as it is safe to do so. Please do have a restful half term.

Laura Jenkins.

## FAREWELL TO DR PARKES

We have a very special member of staff leaving us this week. We would all like to wish Dr Vincent Parkes a fond farewell as he heads off to Wales to embark on his retirement.

Vincent has been with us since 2003 and we will miss all that he has brought to not only the Science department but also the wider community through his dedication to Science, Duke of Edinburgh and much, much more. Dr Parkes has always been such an innovator and students and staff alike will miss his creativity, inventions and explosions!

We wanted to share with everyone across the community just how missed he will be and I know you will join us in wishing him a happy retirement.



## WELCOME TO MS MARCHANT

We're delighted to welcome our new maths teacher Ms Marchant to AVA. Ms Marchant joined us at the beginning of February and has already introduced herself to her classes (remotely!) and begun her teaching. She has returned to the area after a time working in the North East of the country. She has a wealth of experience ranging from primary to F.E. education and is a fantastic addition to a strong maths team. If she is now teaching your child and you have any questions, don't hesitate to contact her at [lmarchant@axevalley.devon.sch.uk](mailto:lmarchant@axevalley.devon.sch.uk)

Ms Marchant also has many hidden talents that she says she excels at to varying degrees - she is a whizz at chess, a master at embroidery and needlework and a beginner at golf!



# GEOGRAPHY - SHACKLETON'S VOYAGE

Year 7 show Endurance during lockdown..

My students have been finding about Ernest Shackleton and his famous voyage to Antarctica on Endurance. The project ended with them being tasked to complete some display work and I have been receiving some wonderful work that has been so good that I felt it was worth sharing with our wider school community.

“ ..amazing models and homemade maps..

Theo Gregory's amazing home movie showed a timeline of events and a model of Endurance with Theo providing the narrative to the story. Molly Stone and Caitlin Clarke created amazing models of Endurance and many students sent in homemade maps of the voyage, most notably from Archie Garth and Jasmine Bargery. There were also some excellent posters. Esme Coulson's was fantastic. Millie Wilson and Sofia Flint created a series of flash cards describing some of the crew members.

Many thanks to all those students that have contributed to producing some brilliant work and also to the parents that have supported them with their learning.

Mr Horn.



Caitlin Clarke



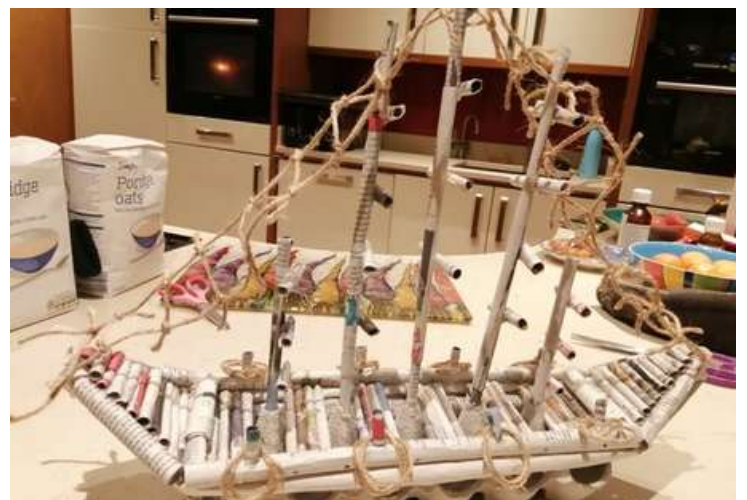
Molly Stone



Caitlin Clarke



Esme Coulson



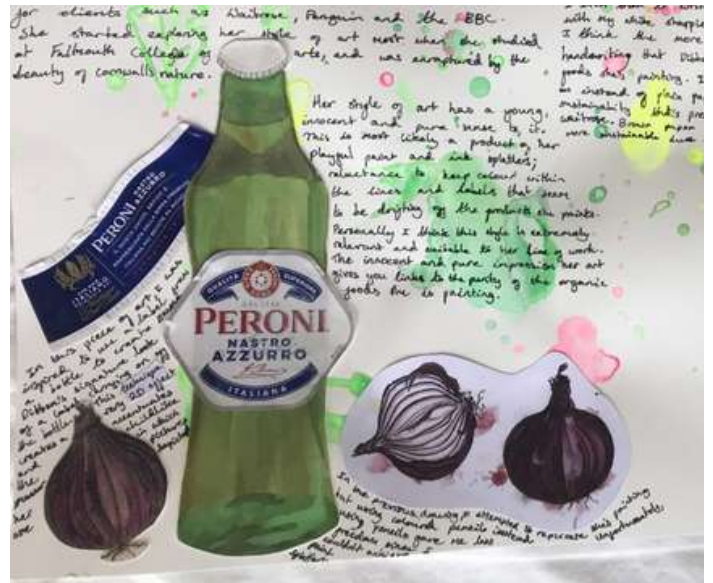
Archie Garth

# THE ART OF THE MATTER

Some of Mrs Barker's favourites from this half-term



Ronni Harries (Year 9)



Zahra Evans (Year 9)



Antonia Barrand (Year 9)



Aaron Meeds (Year 7)



Catherine Heron (Year 10)

# FANTASTIC FRENCH!

Mrs Flynn shares her many highlights from the half-term

I have been so happy with all my students work this half-term. Many of our pupils have excelled themselves in French in each year group - too many to mention - and there will be plenty of awards handed out in the next celebration assembly!

Years 7 & 8

I have been so impressed to see all of your work and have especially enjoyed rewarding it. You have engaged in this home-schooling so well and I am really proud of you all. I want to say a massive thank you to all my students as well as to parents who took the time to draw out the worksheets I sent to ensure you do your work successfully.

Years 9, 10 & 11

You have worked so well, so thank you to all of you who sent me work to mark and reward. I could not be prouder of you all. Your work and dedication are admirable and you should be as proud of yourselves as I am.



“ You have worked so well... I am so proud of you all!

## READING COMPETITION WINNER!



Last term as part of our ongoing reading drive across the school, we had a reading competition assembly where students had to identify book titles and authors from read extracts. Our competition assembly went down a storm and we were overwhelmed with entries.

The winner was our wonderful student Jasmine who was so proud to get her book token delivered. We are proud to recommend our wonderful local bookshop - Archway Bookshop - who supported this competition.

Well done Jasmine!

# ILLUSTRATION AND ART BY GEMMA CLEAL

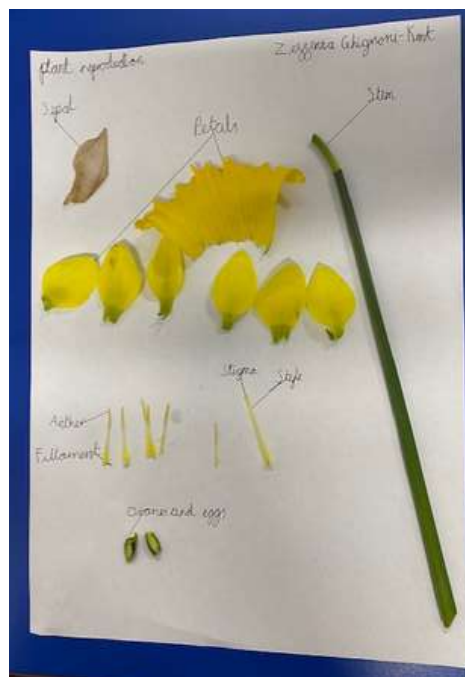


## FROM DISSECTED FLOWERS TO ENTIRE ECOSYSTEMS...

The work completed by AVA students in science has been truly inspiring.

Mr Bennett wanted to share a wonderful illustration by Aaron Whatley (above) relating to Ecosystems. It made him smile and was all his own work!

Zefferina Ghignoni-Kent completed a stunning dissection of a flower, which really impressed her science teacher, Mrs Bishop.



The lockdown has afforded students the time to explore their own interests and develop their own style. Gemma has refined her very precise pen drawings into a mature style whilst pursuing the idea of Abstract Art; a result of her curricular studies.

Mr Petty

# LIMBERING UP IN LOCKDOWN

All the PE news from Mr Owen

We have seen some fabulous pictures of students and parents taking part in the various physical activity challenges being set on classcharts. We plan to create a collage for a noticeboard display when we all return, so it is never too late to contribute.

At present, it's important for all of us to exercise safely for at least 60 minutes per day if we can and from the feedback we are receiving most of you are.



Aerin



Garrett



Harry



Toby

*“ Years 7 & 8 achieved team GOLD*

A special mention must go to Lily Beckett Anning who is planning to walk 28 miles in February to raise money for Cancer Research.

I have recently received the results for the Devon Virtual Games cross-country competition held before Christmas. A fantastic 96% of Axe Valley Academy students participated in this competition. I have previously highlighted our key performers, but together our amazing students in Years 7 & 8 achieved team gold and in Year 9 & 10 a team silver - a superb achievement from everybody involved.

More special mentions must go to the following students:

Year 7 Emma Kerr - silver

Year 8 Holly Seward - bronze

Year 9 Abi Reed - silver

Year 10 Innes Fitzgerald - gold

Year 9 Harry McMahon - gold

Year 9 Jack Pulman - silver

Year 9 Kai Martin - bronze

You can see more events from the Devon Virtual Games website that both students and family members are invited to try. If interested please follow [this link](#).

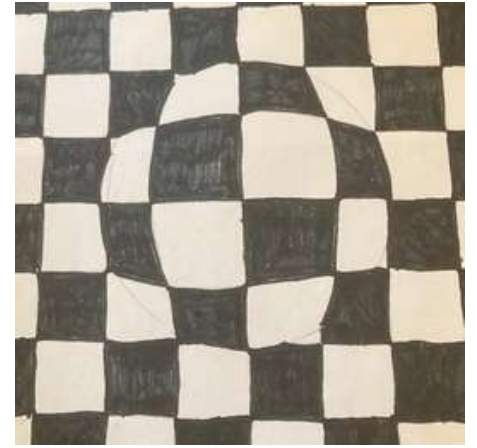
Keep active, stay safe and hopefully see all of you soon,

Mr Owen

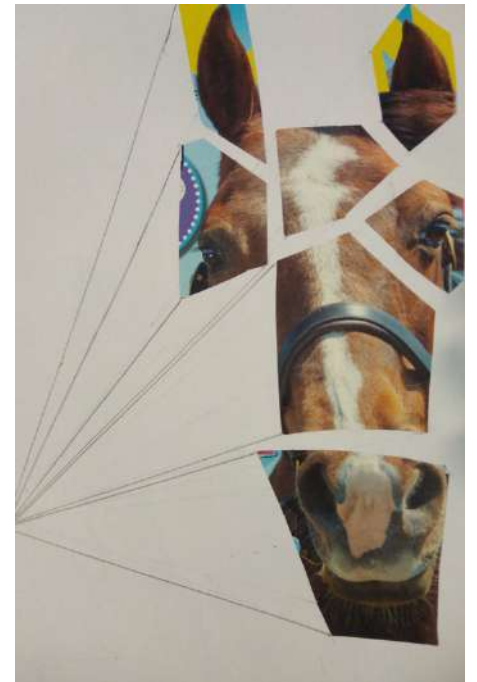
# MORE AMAZING ART

Some lockdown highlights from Mr Petty

Year 7 have been looking at 'Op Art', a movement that aims to illicit a physical response from viewers in the form of optical illusions. The forms created are made using flat tones and 2D shapes. The fine example (right) is by Ryan Tinkler.



Year 8 have finished looking at 'day of the dead' and are now embarking on a project about perspective and creating depth in their pictures. Holly Seward demonstrates perspective beautifully with her image (right).



Year 9 are working on an ongoing project about food in Art. This beautiful painting (left) by Emma Dibben is based on the illustrator Emma Dibben's work.

“ ..look at their world with a more critical eye..”



In photography, they are currently completing a series of observational tasks designed to challenge them to look at their world with a more critical eye. Ronni Harries presents this perfectly in her photograph (right).



Year 11 are continuing to complete their coursework in response to the starting point 'Abstract Nature'. I wonder if anyone can tell what Jasmine Macaulay's picture (left) is?



# EXCELLENT ENGLISH EXAMPLES

Mr Sanghera and Mrs Brown choose their topic top picks

Year 9 students have been working very hard studying Shakespeare's 'Macbeth'. Some of the analysis of the text has been absolutely incredible, showing real maturity and skill.

Here is an excellent piece of work, from Antonia Barrand (right), which Mr Sanghera thought deserved a special mention.

Year 9 students have been writing short stories this term. Mrs Brown has been really impressed with the work her students have completed and felt that the following story should be read by everyone!

'Heatwave' by Owen Clifton

The shallow waves lapped tentatively at my feet as the sun beat down from above. I patrolled the rockpools like the Queen's Guards; forever vigilant over my domain. I glanced inquisitively at my Gramps to see if he had found anything. The returning shake of his head told me he was having as much luck as me.

I picked up my bucket, with the solitary crab inside, and entertained myself by teasing it with my finger seeing whether it would pinch me. To my dismay, it did. As I squinted across the desert of rock and water in front of me, a flash of red caught my eye in a far rockpool. After shouting my discovery to Gramps, I swiftly tiptoed over. The salty sea air enveloped my heaving lungs as I breathed deeply. I hunted desperately for the burgundy object which had so captivated me. Then, I saw it in the rockpool near me.

My feet, sore and aching from the rubbing of sandal and sea water, made the tortuous journey to the rockpool. When I reached the bizarre creature, I realised it had snaking tentacles, like that of a human finger, fluently dancing with the changing current. As Gramps neared me, I gently reached for the strange creature; its oily scarlet tentacles getting ever closer to my outstretched hands. "Stop, Theo! Don't touch that!" Gramps' voice echoed.

I rapidly pulled my hands away from the mesmerising creature. "Why not?" I asked innocently. "Its poisonous Theo. We can't touch that" he said sternly. "Come on, let's get some ice cream."

Now knowing the true danger of this beautiful beast, we set off towards the main beach. As we savoured our ice creams, and stared into the receding sunset, the huge waves munched hungrily at the sand of the shore.

## TASK 4 – 5-10 minutes: Reflect

- Explain how Macbeth suddenly seems more dangerous than his wife.
- You **MUST** use a quotation from Act 3 Scene 1 to support what you say.
- He is starting to inhabit Lady M's characteristics, he no longer feels the guilt and empathy for Duncan's death that he did before, he has had a taste of power and now wants more! "Such bloody distance that every minute of his being thrusts against my near'st of life" is showing the hatred and pure jealousy Macbeth is feeling against Banquo, the worry of him taking what Macbeth has 'rightfully' earned makes him tense, he needs to kill Banquo in order to get what he wants. 'Bloody' shows the extent of rage Macbeth is feeling, the blood no longer symbolises his guilt for killing Duncan, it now is a symbol of his fury and hunger for power and greatness. He is able to put an act on for the people and manipulate others in just the way lady M did to him.

# PERFORMING ARTS AT HOME

Mr Selby explains...



Emily

I have been very impressed by how well Year 9 Performing Arts students have embraced independent work at home and by the quality of work they are producing.

I have seen some very thoughtful and mature exploration of texts and the approach taken will stand them in good stead as we continue through the course upon our return.

Special mention should go to Emily and Willow who are producing work of very high quality.

Mr Selby



Willow

# LETTER WRITING COMPETITION

There's still time to enter!

The school library is running a writing competition for all students: 'Write a Letter of Thanks, Hope or Love'. The deadline is the 22nd February and prizes will be announced after half-term. Click [here](#) for more details.

## Write a letter of thanks, hope or love.

**Words are powerful.**

**At Axe Valley, we would like you to use your words to be considerate, supportive and optimistic.**

Please write an inspirational letter. It should be:

- ✓ **A letter you are happy share.**
- ✓ **To someone who inspires you.**
- ✓ **Positive in tone: thankful, hopeful and loving.**
- ✓ **Well structured: using an introduction, clear paragraphs and a conclusion.**



You may write your letter to anyone. Perhaps you would like to thank a neighbour, a relative or a local hero. Maybe you have been inspired by someone on the news: a key worker, a politician or a celebrity. Whoever it is, your letter should make them feel positive, appreciated and encouraged.

- When you have completed your letter, please send it to [mbrown@axevalley.devon.sch.uk](mailto:mbrown@axevalley.devon.sch.uk).
- Deadline: 22nd February.
- Prizes will be awarded after half term.
- Mr Brown will create a collection of your letters to inspire others.



**These links may help:**

- <https://www.youtube.com/hashtag/readaletter>
- <https://lettersofnote.com/>
- <https://www.bbc.co.uk/bitesize/topics/zv7fqp3/articles/zkq8hbk>

**These authors write in an epistolary style: they use letters in their novels.**

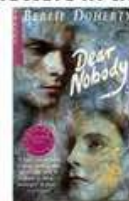
Jane Austen

Bram Stoker

The Brontës

Alice Walker

Berlie Doherty



Mary Shelley

Mark Dunn

Sue Townsend

Stephen King

Meg Cabot

# MR CARR'S COOKERY CHALLENGE

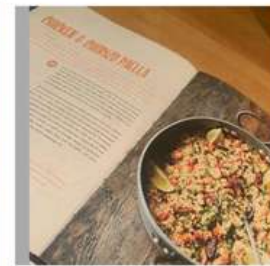
As a lockdown kindness challenge, Mr Carr asked all the Year 7 and 8 students to try and cook a meal for their family.

He explained to them that "making a meal is a great way to show care for others. It's a valuable life skill that can relieve some of the responsibility from parents and carers who have very busy lives".

Here are a few wonderful examples of the meals that the students cooked during the last half-term.



Matthew Trueman



Alexander Dixon

*“ making a meal is a great way to show care for others.*



Grace Squire



Caitlin Harris



# LIBRARY CLICK AND COLLECT SERVICE

Over 2500 books available to borrow NOW!

The school library is offering a click & collect service during lockdown. The online library catalogue is available to all students. It's really easy to browse or search for books, which can then be reserved and picked up from the school reception area.

You can access the school library website from home at the following address:

<https://axevalley.slls.online/>

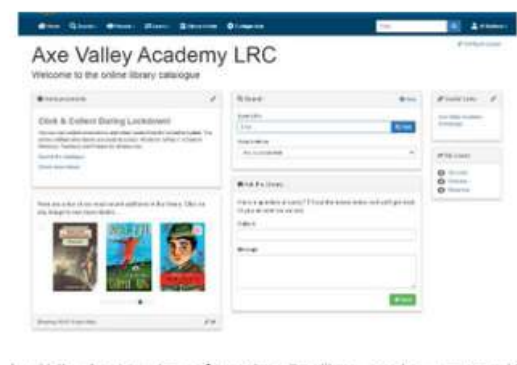
Mr Brown, the school librarian, has written a user guide for students and parents which can be accessed by clicking [here](#).

Students will need to know their login details to use the online catalogue. If they don't know their username or password, please contact Mr Brown.

[mbrown@axevalley.devon.sch.uk](mailto:mbrown@axevalley.devon.sch.uk)

## AVA Library System Beginners Guide

[axevalley.slls.online](https://axevalley.slls.online)



# MUSICAL INSTRUMENT LESSONS AT AVA

A message to all students from AVA's resident guitar genius!

I just wanted to let you know, on behalf of all the peripatetic music teachers at AVA, that lessons will be continuing as soon as students return to school and will continue as normal from then.

If you've ever thought, "I'd love to play the guitar, piano, saxophone, cello, spoons, sing, like my heroes!" then speak to me, Mr Jevons or Mr Brown and ask about lessons. Even if you've never played before, are a bit shy or embarrassed, come and say "hi" - we're very friendly and we love helping people discover their musical gifts! You can try out any of the instruments, have a trial lesson or just have a chat.

Don't forget if you are a pupil premium student there are bursaries available to help cover costs. Hope to see you soon!

Irve Griffiths



# ANXIETY ADVICE FOR STUDENTS

Mr Brown offered this advice to students in the latest library newsletter.

With school closed and the country in lockdown, we are all experiencing new or different emotions. Anxiety is the feeling we get when we are worried, tense or afraid. It is a natural human response when we think we're under threat from



something and it can happen through our thoughts, feelings and physical sensations. It can happen without warning.

Anxiety can make us feel that we're not in control of our lives. There are plenty of things we can do to help us cope with anxiety, but remember that you should always seek help if you feel that you are not coping well.

If you feel anxious, concerned or stressed during lockdown, here are some things you can do:

**Talk to someone about how you're feeling.** Speak to someone you can trust, perhaps a friend, family member, or a teacher.



**Read the facts.** Keep up to date on what's happening in the country from a reliable source. The government website and the NHS coronavirus page are very good. It's hard to know whether posts on social media are true, so try not to rely on updates from there.

**Plan your time.** Try to create a daily routine that you can stick to to create a sense of structure and normality. Try to find time for activities that help you feel calm

“ *Anxiety can make us feel that we're not in control..* ”

There are several free meditations on the Headspace app specifically related to COVID. [Click here.](#)



Young Minds have some great resources. There's an advice page to help if you're struggling with coronavirus and it's impact on mental health and wellbeing. [Click here.](#)

