



Ranelagh School

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12th February 2021

Dear Parents and Carers

“For the Spirit that God has given us does not make us timid; instead, his Spirit fills us with power, love, and self-control.” (2 Timothy 1.7)

As we approach the half term holidays I am sure that you are ready for a rest. Even if that rest is just from cajoling your children to log in on time, hand in their assignments, or un-mute more in their lessons! We now all deserved some off-screen time where possible next week.

Once again, this newsletter will be shorter than hoped and I don't have many updates for you. Our staff and students have worked incredibly hard this half term. I have been in awe at the quality and technicality of the remote lessons that have been delivered and I continue to be impressed with the levels of engagement of our students and their ability to adapt to this type of learning.

Thank you for your resilience, flexibility and support of the students at this time. Your involvement in their learning is so important and I know that this is challenging for you as you balance your own work and home commitments.

As we head towards Lent, may I encourage you to perhaps spend some time accessing the Church of England resources for their Lent theme of #LiveLent: God's story, Our story. From Ash Wednesday (17th February) to Easter Sunday (4th April), there are six reflections for each week, written by Stephen Hance, the Church of England's National Lead for Evangelism and Witness. Each reflection includes a short passage from the Bible, a brief exploration of the reading, and a prayer. Additionally, each week has a unifying theme and an action to be taken during the week. If you are interested do follow this [link](#).

I will now leave you with details of some of the other events and activities that we have managed to continue in the last 8 weeks.

DEPARTMENT NEWS

Food Technology

Richard Moore (Y10) is working really hard in this subject. His submissions so far this term have gained him high grades in each one. He attends every live lesson we teach, arriving in good time to hear all of the information. He exceeds our expectations with self-driven extension work, including photos of his home cooked dishes.

Richard completes the work on the day it is set and hands it in on time, every time. He challenges himself to make more complex and higher-level dishes, often incorporating the techniques learned in the lesson taught that day. We are so proud of his work and are delighted that Richard is enjoying this subject.

Amy Laslett (Y10) continues to impress us with her dedication to her Food GCSE course and coursework. She has a wonderful curiosity and consistently submits excellent work that impresses us all.



We would also like to commend Sophie Waight (Y10) who has been busy working to complete the skills section of her Duke Of Edinburgh Award by cooking challenging dishes every week. In doing this, not only does she continue to improve her technical skills, but also achieve this section of her Award. Well done Sophie.

Our year 11 group are working hard to complete their Research work and we would encourage them to get in touch with us for guidance if they would like our help.

Year 7 have been busy in the kitchen too, making some wonderful home baked cakes and pastries. Scott Cornwell and Louise Smith have sent us some super examples of their work that look well made, risen and carefully decorated. We say goodbye to our Year 7, 8 and 9 groups next week and look forward to working with our new students.

History

Castlemania!

Year 7 have recently spent some time making model castles to cement their knowledge of all things motte and bailey. This homework task is always a highpoint in the year as year 7 are encouraged to be as creative as possible. They can use any materials they like to create a model of any type of castle they have learned about, as long as they can also explain the key features of their models. All models were submitted virtually this year which gave some students the opportunity to embrace their technological side. Matthew Brady 7U and Annabel Randle 7Y made particularly detailed 'virtual tours' of their Minecraft castles. There were also some very tasty looking cake castles! Here is just a selection of the stunning work created this year.

Pictures below: Alfie Green 7V, Orla Butler 7U,
Rhiannon McKane 7Y, Imogen Evans 7W



ROUTINE INFORMATION

School opening times

The School Office will be closed over the February half term break.

SERVICE IN THE COMMUNITY

Year 7 Read For Good – Raising Money For Charity

In the autumn term 2021 all Year 7 students spent two whole weeks in English lessons and for homework reading a range of fiction and non-fiction texts to raise money for the charity 'Read For Good'.



Despite the lockdown, the English department can now confirm that the Year 7 and Ranelagh School have now raised an amazing **£1,115.50** for reading books and activities in hospitals in the UK during this academic year.

The English department would like to thank all Year 7 and their parents and carers for helping to raise this amount, in spite of the tough circumstances faced by everyone during the past year.

SUPPORT FOR THE SCHOOL

PTA – The PTA Newsletter and information sheet (Appendix 1).

Friends of Ranelagh – News and updates (Appendix 2).

School Nursing – Newsletter (Appendix 3).

Prayer Group – dates for the next meetings to be held in the Library are:

Monday 2nd March – 7.30pm

Monday 27th April – 7.30pm

Monday 8th June – 7.30pm

Students, staff and parents are welcome to attend.

And finally...

The half term break will be a wonderful opportunity for the school community to have a change of pace for which we are all so very ready. Please ensure that, where possible, the students take a break from digital devices and engage in other activities with the family. Spring is on its way and, in my opinion, there is no better time than now to be out and about looking at the natural wonders of our small part of the world.

Yours sincerely

A handwritten signature in black ink, appearing to read 'T. R. S. Griffith'. The signature is fluid and cursive, with a large loop at the end.

Mr T R S Griffith
Headteacher



Dear Parents and Carers,

Ranelagh Facebook Market

As the Facebook Christmas Market Group was such a success, we've decided to repurpose the Group to encompass other occasions, giving local sellers more opportunities to promote their products to Ranelagh families and for buyers to source gifts for their loved ones during the pandemic.

www.facebook.com/groups/ranelaghmarket/

Join Group

SELLERS....

Use this group to promote your products. There is a seller fee of **just £20** to promote your products for Mother's Day and Easter celebrations. This fee includes **2** Facebook posts per week up until Easter Sunday. Sellers please contact pta@ranelagh.bonitas.org.uk to sign up.

BUYERS...

Facebook users simply request to [Join the Group](#). Have a browse down the posts on the Facebook page and contact sellers directly if you're interested in any of their items. "Does anyone sell..." posts are allowed so ask away if you can't find your answer from browsing. Happy shopping!

Quiz Night

This year's Quiz is moving online and is taking place on **Friday 26 March from 7.30-9.30pm**. See flyer below for more details. Please join us!

Bag 2 School

Collection day for clothing is **Friday 18 June** so there's plenty of time to have a sort out and bag things up ready to drop off. We will advise you of drop off locations and dates when these have been confirmed – please hold onto items until then.

Next Committee Meeting

Our next committee meeting is taking place via Zoom on **Tuesday 2 March at 6.30pm**. Email pta@ranelagh.bonitas.org.uk for the meeting details. Please join us if you can – everyone is welcome.

Keep in Touch

You can keep in touch via school emails, our Facebook page at [ranelaghschoolpta](https://www.facebook.com/ranelaghschoolpta) where we post notices and reminders throughout the term and we add updates to the school website [PTA pages](#) throughout the year. Alternatively, you can email pta@ranelagh.bonitas.org.uk. For Second Hand Uniform email queries to secondhanduniform@ranelagh.bonitas.org.uk

Wishing you all a happy half term. From Ranelagh PTA

BAG 2 SCHOOL

FREE FUNDRAISING FOR SCHOOLS

In partnership with your school or organisation



Ranelagh School



Bag 2 School is a company that specialises in the reuse and recycling of good quality second-hand clothing and we have arranged to make a collection from your school. All the bags will be weighed and you will be paid for the total weight collected. Remember, the more you collect the greater the benefit to your school.



By using this paper leaflet we are helping to reduce unnecessary extra plastic. Please use your own bag or bags (there is no limit). The leaflet is FSC accredited, please recycle it.

When the clothes have been removed from the bag the plastic will be packed and sent for recycling.

We are collecting good quality items for RE-USE:

Men's, ladies' & children's clothing, paired shoes, handbags, belts & accessories.

(No uniforms, workwear, pillows, duvets or pieces of fabric please)

The more we weigh the more we pay!
Extra bags are welcome - there's no limit



Ranelagh PTA Virtual Quiz Night

The Ranelagh PTA Virtual Quiz Night will be livestreamed via Zoom on **Friday 26th March 2021**, starting at **7.30pm** and will consist of seven rounds:

1. The "Connections" Round
2. The "Music" Round
3. The "Numbers" Round
4. The "Dingbats" Round (During the 30 Minute Break)
5. The "Movies" Round
6. The "Three of a Kind" Round
7. The "Millionaire" Round



How it will work

At the beginning of each round, we will read out all the questions, and then everyone will be sent to their Zoom breakout room for 5 minutes, so that each team can work out and submit their answers. Breakout rooms are sessions that are split off from the main Zoom meeting. They allow multiple people to work together in a virtual-team, and are completely isolated in terms of audio and video from the main session. After completing the first three rounds, there will be a 30-minute break for you to get together with your team in your breakout room and work out the answers to round four. This will also give us time to mark the first three rounds. Once the break is over, we will bring you back to the main Zoom meeting and we will complete the remaining three rounds. Obviously, the whole quiz relies on the honesty of teams and individuals and the event is being hosted primarily as a fun event to bring Ranelagh parents and friends together at this difficult time.

You will need

- A computer, tablet or phone per household with the latest Zoom software (<https://zoom.us>) installed. You will need the latest version for breakout rooms to work so please update your software by going to your account details and *Checking for Updates*.
- A Zoom login for each household. For security reasons we won't allow anonymous users to join the quiz.
- A pen and paper to jot down answers whilst the questions are being read out.
- The ability to fill in Google Forms online to submit your answers. We have set up a test form which you can try out, here - <https://forms.gle/joqWpJLii8jcmZk36>
- Plenty of nibbles and drinks to keep you going.

How to Sign Up

Of course, it would not be a PTA event if we didn't ask you for some money! Tickets are **£5.50 per adult** (£5 plus 50p processing fee) and we have set up a JumbleBee payment page here - <https://www.jumblebee.co.uk/ranelaghptavirtualquiznight>. When you buy your ticket(s), you will need to let us know the following information:

- Your team name
- Your Zoom login e-mail
- If you are forming a virtual-team, then you also need to let us know the Zoom login e-mails for **all** your team members. This will enable us to set up the Zoom breakout rooms in advance.

Frequently Asked Questions:

Q. Can my children join in?

A. Yes, however the questions are not written specifically for children.

Q. Can I form a virtual-team with friends and family?

A. Yes, as long as we receive payment and we have their Zoom login e-mail and virtual-team details

Q. When will the quiz finish?

A. Around 9.45pm. Rounds 1, 2, 3, 5, 6 and 7 should each take approximately 15 minutes, with round 4 being completed in the 30-minute break. However, with the vagaries of the Internet, who knows.

Q. How many people can we have in a virtual-team?

A. Ideally, no more than 8 people, so that it's fair for smaller teams.

Q. I don't have my own virtual-team, can I join one?

A. If there are enough people who are not members of any virtual-team, then we should be able to create one for you on the night.

Q. I don't have the latest version of Zoom – how do I get that?

A. Click on your login name (right corner when you login) and click on the link, *Check for Updates*.

If you have any other questions, please feel free to e-mail Simon Hutson at ranelaghptaquiz@outlook.com



Raising money for your children's benefit

February 2021

Dear fellow parent

We continue to live in very strange times, which are taking their toll on all of us in so many ways. Certainly, pupils and staff in our School have some significant challenges to face and we at the Friends want to do what we can to help. In order to do so, we need your support, be it as someone who already donates and will continue to do so, or as a new donor.

It is only through the generosity of parents that we can give the School much needed additional funding. Details of the work of the Friends can be found on the Friends' page of the school website or by following this link: <https://www.ranelagh.bracknell-forest.sch.uk/associations/friends-of-ranelagh/>. Otherwise, do feel free to contact me: robziemcl@hotmail.com. We continue to look at ways we can make donations to support specific projects at School for pupils' benefit.

If you do not donate to the Friend, I would very much urge you to do so because your contribution will give us the opportunity to help your child and other pupils get the best from their time at our School.

Like many of you, the Friends have to hold our meetings virtually but we look forward to the time when we will have the opportunity to see you face to face and explain more about what we do.

In the meantime, let me end this update on the work of the Friends of Ranelagh by expressing the sincere hope that you and your loved ones are keeping safe and well during this time.

Kind regards

Robert McLean
Chairman
Friends of Ranelagh

School Nursing Newsletter

For Bracknell Secondary Schools

February 2021

Welcome to the February edition of our newsletter

This newsletter aims to provide families and young people with some useful tips from the School Nursing Team for keeping healthy.

Mental health and looking after yourself as a young person

2020 was not exactly easy, and many of you are feeling uncertain or anxious about the future, but there are loads of things you can all do to look after your mental wellbeing and taking any time you can for self-care is massively important, especially now.

Knowing what steps can support your mental wellbeing can help you feel better, sleep better and have better relationships with the people around you – and that goes not just for now but for the future too.

Check out this website for videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media.

[Click here](#)

Are you a parent feeling overwhelmed at the moment?

When things aren't so good out there make inside feel better by creating a free NHS approved personalised Mind Plan. Just answer 5 questions to get top tips and advice for your mental well being. [Click here for a 'Mind Plan'](#)

This includes tips and support on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing while staying at home. It also includes practical tips and videos from experts on dealing with [stress](#) and [anxiety](#), boosting your [mood](#), [sleeping](#) better and what you can do to help others – including advice for [parents](#) and for [children and young people](#).



Understanding Your Teenagers Brain

Find out what happens to the brain during adolescence in a short free course.

For details how to register [Click here](#).

Immunisations up to date?



To check what the routine schedule is and whether any vaccinations have been missed please [Click here](#)

Are you a Black, Asian or Minority Ethnic child, young person, parent or carer, affected by Covid-19?

Speak to someone about your worries, problems and stresses during this time, they can provide emotional support, practical advice and signposting to other organisations who can provide further help.

Barnardo's COVID-19 helpline and webchat for those 11+.

Call 0800 1512605 or chat online: [Click here](#)

Epilepsy Care Plans

Please ensure that there is an up to date epilepsy care plan in school whether emergency medication is required or not. Please contact your school nurse for assistance in completing this plan if there is not one in place.

Unsure and confused what to do if you or a family member are unwell or where to go to seek help?

Remember the NHS is still providing safe care, here is some advice to help you know what to do and where to go.

[Click here](#)

Vitamin D: Are You Getting Enough?



The current government advice on Vitamin D is:

Adults (including women who are pregnant or breastfeeding), young people and children over 4 years should consider taking a daily supplement containing 10 micrograms (400 units; also called international units [IU]) of vitamin D between October and early March because people do not make enough vitamin D from sunlight in these months.

Adults, young people and children over 4 years should consider taking a daily supplement containing 10 micrograms (400 units) of vitamin D throughout the year:

- if they have little or no sunshine exposure including because they:
- are not often outdoors, for example, if they are frail, housebound or living in a care home

- usually wear clothes that cover up most of their skin when outdoors
- are spending most of their time indoors because of the COVID-19 pandemic
- if they have dark skin, for example, if they are of African, African-Caribbean or south Asian family origin, because they may not make enough vitamin D from sunlight.

Babies from birth to 1 year should have a daily supplement containing 8.5 micrograms (340 units) to 10 micrograms (400 units) of vitamin D throughout the year if they are:

- breastfed
- formula-fed and are having less than 500 ml of infant formula a day (because infant formula is already fortified with vitamin D).

Children aged 1 year to 4 years should have a daily supplement containing 10 micrograms (400 units) of vitamin D throughout the year.

Some people have a medical condition that means they cannot take vitamin D or should take a different amount from the general population. Please seek advice from your GP if you have a medical condition.

[Do you need support with bedwetting, daytime wetting or soiling?](#)

Bedwetting, otherwise known as enuresis, affects approximately half a million children and teenagers in the UK.

Some people can find bedwetting an embarrassing subject to talk about and this can delay a young person or family from seeking help. Bedwetting can have a big impact on self-esteem and on family life, but it's nothing to be ashamed of and it's important to get help if you need it.

For more information, advice and when to ask for additional support please visit our website [Click here](#).

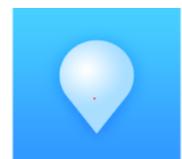
The ERIC website offers support and advice for young people with a bowel or bladder condition. To visit the ERIC website [Click here](#).

Did you know that drinking well and staying hydrated can affect bed wetting? For a quick guide to suitable drinks [Click here](#)

[Concerns with daytime wetting and/or urgency?](#)

Download a free app (URApp) that supports bladder training by following a timed schedule of emptying the bladder and having regular drinks. The app gives reminders to drink, sets goals and tracks progress in the amount being drunk and loo visits.

[Click here](#)





Talking Therapies is a free NHS service to support the residents of Berkshire **aged 17+** who may be struggling with difficulties including: low mood, anxiety and stress at this unprecedented time. We have a NEW 4 week Stress Less course for those aged **17-25yrs** which you can access via the comfort of your own home. Please see attached leaflet for more information. If you would like to book on to the next available course please click on this [link](#). To find out more about the services offered by Talking Therapies [please visit the website](#).

The School Nurse Support Line

If you need help to support your child or if you have a concern about your child's health, please contact us on our dedicated phone line for parents/ carers and young people in Year 9 and above.

We're here to give you health advice and refer you into the service for ongoing support if you need it.



We're available 9am-4.30pm Monday to Friday.

Call **0300 365 0010**



[Visit our Berkshire Healthcare website](#) for more help and support for children young people and their families in Berkshire.

How to contact your School Nursing team

Bracknell Forest

0300 365 6000, select option 3 Bracknellforest.SN@berkshire.nhs.uk

Wokingham

0118 949 5055 csnwokingham@berkshire.nhs.uk

Reading

0118 955 6888 csnreading@berkshire.nhs.uk

West Berkshire

01635 273384 csnwestberks@berkshire.nhs.uk

We are available Monday to Friday 9am-5pm. There is reduced cover during school holidays.