# Scott Medical & Healthcare College Newsletter



# Weekly news 03/12/21

## **Student Successes**

#### Key stage 4

The past 18 months or so has been a challenging time for all of our students and staff at Scott College. With online lessons, large periods of absence due to illness, covid testing and restrictions to our everyday lives, we are proud of what our students have managed to achieve.

Grace and Faith - two of our wonderful year 11 students have put pen to paper to share their thoughts and feelings after a time of reflection. This is most poignant after the latest round of assessments which all year groups have been sitting in the past couple of weeks.

### Grace

'As young people, we are always told to be resilient and persevere through everything. But what is resilience really and why do we need it? Resilience is the act of never giving up which allows that special, rewarding feeling of thrill after finally figuring something out whilst trying so hard to understand it. Resilience allows one to feel proud of themselves for putting in that extra effort, for pushing themselves to actually try hard enough to do well.

Furthermore, without resilience we wouldn't be where we are today because we would have stopped at the first sign of difficulty. In a TED talk by Raphael Rose, he stated, 'being resilient means you face stressors not eliminate them. To be resilient means you learn from your mistakes and don't avoid making them.' I feel this is immensely important in a school setting as we -these products of society- have to soon learn to take on these roles that will push us harder than we've ever gone before.

By being that resilient figure we allow ourselves not to be overtaken by the stress but to embrace it and use it to keep going and push ourselves further. Resilience is not just the ability to keep going but the idea of your mentality's adaptation and capability to bounce back, not just after a challenge faced in school but a life challenge that can be unforeseen.

During these past weeks the students have been going through examinations which are there to assess them and to

see their potential in the foreseen future whether that be to apply to sixth form or going up to year 10 or 11. However, it has become clear to me how hard my fellow students are trying to do their best to succeed in a round of tests. This is resilience. By going to each test, day after day even if they don't feel as if they did as well as they wanted, this is resilience. By attending period 7 everyday to get extra revision with the workload of homework, this is resilience.

Over the past year or so, as we all know, the pandemic has hit us all hard and we have unfortunately had to be put into a lock down. On the bright side, the teachers of Scott College had succeeded in putting online school in place from their homes. This allowed the lessons to be taught remotely and even with struggles such as noisy families or little space to work in, the majority of my lessons were full with students. This again mirrors the resilience and desire to learn more throughout Scott College, even when things are hard.

Additionally, the changes we have been put through as we joined the Greenshaw Learning Trust has proved difficult for some. With new rules, longer hours and a different layout for the day, it has taken many peers of mine a while to get onboard with these alternate realities in school that we face. This shows that we have to adapt to differences in life and that things may come unexpectedly which we have to learn to cope with. If anything, these changes have prepared us more for life, the real world.

So finally, I can arguably agree that throughout Scott College, we show not just resilience but the ability to overcome the unexpected and the act to not just do something right but to thrive in what we do. '

-Grace Selley

#### Faith

'Through numerous lockdowns, a number of challenging assessments and just generally becoming a teenager, the year 11 cohort here at Scott College have never once given up. Despite the number of challenges that have been thrown at us as a year group, we have bounced back and given everything our all.

Not only have year 11 been dedicated to coming into school and trying our best, we have also been attending our new period 7 sessions and free tutoring lessons online. I feel as though for our year in particular, we have been through a very difficult time with COVID19 especially as we have not yet had

# Scott Medical & Healthcare College Newsletter



a full year at Scott college uninterrupted by lockdowns and restrictions. Although for some this may have knocked them down and caused them to give up, it has only encouraged us to work that bit harder and keep pushing through to get the results we desire.

A teacher once told us that resilience is like surfing. A big daunting wave is coming towards you and you think that you would never be able to overcome that challenge. Sometimes things that look scary or intimidating can be done with a positive attitude. Once you manage to ride the wave, the next time you see it you won't look at it as if it is as intimidating. This analogy resonated with me in particular as I feel it represents the time and preparation leading up to GCSEs. We have our lessons, mocks and dedicated teaching support to help us bounce back and try over and over until we feel secure.

The year 11 cohort have come together more than ever to support each other in our academic, personal struggles and friendships. We have come through so much together and at times it wasn't easy for sure but we did it and that's what counts. As quoted from my favourite movie "we're all in this together" and I truly believe our team spirit is what makes us more resilient. I am proud to be part of our evermore resilient year 11 team.'

-Faith Leach

#### Key stage 5

Cameron Williams has represented swimming for Great Britain in the past at international events. He is currently on the long list for the Welsh Commonwealth Games team and is therefore training hard to achieve required times to try and make it to the short list selection. We wish you all the best!

#### **PE Kit**

Pupils will be outside for lessons this term. Please make sure they are bringing their PE kit to avoid their school uniform getting wet. Pupils are welcome to bring a coat to wear outside. Pupils who forgot their kit will receive a break/lunch detention. Please contact Miss Haley if you have any questions.

#### **Nut Allergy**

We would like to make you aware that we have a member of staff with a severe nut allergy and ask that you avoid giving your child any nut based products for their snacks/lunch.

## **Upcoming events**

#### Next week's canteen menu

Next week, the canteen will be offering their 'week 1' menu - see below:

Winter 2021 Menu - Week 1					
W/C 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN PROTEIN	Pork Steak Served with Mashed Potato	Chilli Con Carne Served with Long Grain Rice	Chicken and Vegetable Pie Served with Potato Wedges	Roasted Beef Served with Roast Potatoes. Yorkshire Pudding & Gravy	Battered Cod Served with Chips
LITE BITES	Roasted Chicken Thigh	Jumbo Hot Dog	Quiche of the Day	Thick Cut Pork Loin Steak	Chef Special Chicken Curry Served with Long Grain Rice
VEGGIE MAIN	Quorn Swedish Style Meatballs Served with Pasta	Vegetable Stew & Herb Dumplings	Quorn Stir-Fry Served with Long Grain Rice	Quorn Fillet Turnover Served with Roast Potatoes, Yorkshire Pudding & Vegetarian Gravy	Chef Special Vegetable Curry Served with Long Grain Rice
VEGETABLES OF THE DAY	Sliced Green Beans Baked Beans	Baby Carrots Baked Beans	Sweetcorn Baked Beans	Farmhouse Style Vegetables Baked Beans	Garden peas Baked Beans
HAND SNACKS	Torpedo Pizza Monterey Jack Cheese Twists Bacon & Cheese Turnover	Cornish Pasty Cheese & Onion Pasty Chicken Burger Beef Burger	Torpedo Pizza Chicken Burrito Hot Sub of the Day	Cornish Pasty Cheese & Onion Pasty Sweet Chilli Chicken Goujon Baguette Spicy Bean Burger	Torpedo Pizza Chicken Goujons Sausage Roll Vegan Sausage Roll
POTATO BAR	GRATED CHEDDAR, TUNA MAYO, BAKED BEANS & SIDE SALAD				
COLD DESSERTS	A CHOICE OF FRESH FRUIT POTS AND LOW-FAT YOGHURT SERVED DAILY				
DESSERTS	Steamed Pudding & Custard	Mini Doughnuts & Nutella	Double Chocolate Muffin	Fruit Crumble & Custard	Victoria Sponge
SANDWICHES	A SELECTION OF SANDWICHES & WRAPS ARE AVAILABLE DAILY - FROM REAL WRAP CO.				
PASTA/RICE/ NACHO/NOODLE BAR	Chicken in a Tomato & Basil Sauce Served with Pasta	Asian Stir-Fried Vegetables with Stir- Fried Noodles	Roasted Vegetable Pasta Pots	Cantonese Sweet & Sour Pork served with Noodles	Nachos Topped with Chilli Con Carne & Cheese
BISCUIT	Chocolate Biscuit	Chocolate Chip Cookies	Shortbread	Custard Biscuit	Date Crispy

### Year 9 History Trip - cancelled

Our history lead, Mr Simpson, was due to take 34 year 9 students to Exeter Cathedral on 6th December. Unfortunately this has had to be cancelled due to current staff shortages and illness.

#### Scott Christmas lunch - reminder

We would like to remind our parents and staff that the college is hosting a festive lunch on Thursday 16th December. Please complete the Google form below to register your interest for the Christmas lunch.

https://docs.google.com/forms/d/e/1FAlpQLSfip4WsXWaR1b Hl4nOkM-sgz9lysn2pzuFiZBil5AyogsK 6g/viewform

If your child is entitled for a free school meal, please also complete this form to reserve a lunch.

Ms N Leech Mrs L Edmundson Headteacher Head of Logistics