

Sport @ Nunthorpe

That's What Sport Does



Throughout the first lockdown, everyone had days when they struggled for motivation as all the days eventually rolled into one and self-isolation became a little bit like Groundhog Day. However, as a PE department we were massively impressed with a large number of students who had used Sport as a coping mechanism, for it gave them a focus; not to mention a release, on a daily basis.

Throughout lockdown, students evidenced many examples as to how sport had helped them. These were varied, but not limited to; attempting Mr Tooth's weekly sporting challenges on Twitter, taking part in Nunthorpe's 'Virtual Sport Week', taking part in Joe Wicks' workouts alongside staff, creating their own exercise circuits which they could then use whilst isolating at home, completing a life in lockdown storyboard, sending us STRAVA entries, tackling the Roseberry Topping stair challenge and also completing the 'sofa to success' challenge throughout the first national lockdown. It is through the magnificent effort levels of our students, we felt that we had to acknowledge this in the form of the Nunthorpe PE department, 'Lockdown Awards' 2020.

Without fully realising it, our students had a massive impact on us as staff. They motivated us to do more in the form of exercising more with ourselves, setting more challenges, but most importantly; smiling through some truly difficult times during isolation.

Sport does not just improve our levels of fitness; it has many hidden qualities that a lot of us do not even realise. Sport vastly improves our mental health and wellbeing, which during periods of self-isolation, or lockdown, can help us maintain a sense of perspective; not to mention provide us with an opportunity to communicate and stay in touch with one another. This was lovely to see as it helped to maintain the positive relationships that we, as staff and students alike, have worked so hard to embed here in the department and in the academy.

As a department, we were and are extremely proud of the desire & commitment our students have shown throughout the whole of lockdown and additional times of self-isolation. We are extremely grateful that everyone taking part understands the importance of sport and the impact it can have on us, both mentally & physically.



Mr Tooth, Head of PE

Keep working hard Nunthorpe. It never goes unnoticed and it definitely makes a huge difference to yourselves and others too... because that's what sport does.

Included in this edition of '@Nunthorpe' we have included some other examples of what staff and students have been up to in the name of Sport during the time of a global pandemic. Although things have changed at the academy for PE lessons, it hasn't stopped you from taking part.



Mr Elwood had to self isolate as a result of a positive COVID test, however this did not stop him from teaching his lessons via Zoom at home. Further to this, a number of staff and students have also taken part in several challenges set by the PE department. Further images can be seen across the rest of this page. Can you spot yourself or someone you know? Continue to send your images to the PE department via their Twitter account, @NunthorpeSPORT



A Future Writer?

A massive congratulations to a year eight student, Ruby. She recently wrote a story during her time in lockdown and managed to earn herself a Blue Peter badge for her efforts. As a result of this recognition, she is now planning on putting her pen to paper once more and hoping to earn herself a silver badge. We can't wait to see what you create next Ruby, keep up the great work!



Keep On Keeping On!

**Merry Christmas
from Nunthorpe Academy**

My First Term @ Nunthorpe

As we move ever closer to the end of term, it has given me an opportunity to reflect on this first term back, and for me personally, my experiences as the new Deputy Principal at the academy.

First and foremost, well done to you all! You have all got through the first term of this extremely strange academic year. For me, it has been a really different experience as I am not only new to the academy but also new to the area (most of you will have realised that I do not have a Teesside accent!). All of this of course, against the backdrop of a global pandemic.

The title of this piece is actually a bit of a lie; I actually started working for the academy during lockdown back in April, but this experience was very different to what a 'normal' first day would have been like. Very few students, hardly any staff, a building that I couldn't go and explore - certainly not the normal things that you would expect. So for me, I really count September as my start!

Probably, like all of you, I was a little nervous. Lock down has come to an end, I still had lots of teachers and staff to meet for the first time, I was still getting lost moving around the building and we had all of our Connived adjustments to think about; face masks, social distancing, lunches and the list went on...

As first impressions go, I must say that I have been impressed from day one. Our students have shown tremendous resilience in a year when so much has happened and you all have made me feel extremely welcome. Nunthorpe really is a genuinely friendly place and it has been nice just how many students say hello, or ask how you are. I have worked in a number of schools and I have to say, Nunthorpe is the friendliest one to date.

What has stood out to me is how students have adapted to the changes and accepted why they have been put in place. I can assure you all that this hasn't been a choice, but students have been fantastic in their resolve and support. Our students in year 11 and 13 have been outstanding ambassadors for learning and resilience during this period. Our year 7's have just been amazing. They started the academy in September with very little of the normal transition programme

It would be easy for all of you to use your experiences this year as an excuse. However it is not something I have heard from anyone. When I am asked where I work, I am immensely proud to tell them Nunthorpe Academy.

Steven Ward, **Vice Principal**

Transitioning to Nunthorpe

Transitioning to Secondary, for any pupil, can be a really stressful and scary time. That's without the country being in the midst of a global pandemic. This year, our year seven students have been amazing in the way(s) that they have coped with the changes both in the academy and the world itself.

Transition this year began virtually; from videos with key members of staff, virtual tours of the academy building to Zoom meetings with students and year six staff. Once students started with us, we then tried to make them feel secure and safe; feeling like part of the family within our specially designated house, Triumph. As always, our year seven students have been amazing, this year's cohort being no exception. Here are some thoughts and feelings from our year seven students themselves. We are immensely proud of them all.

"At Nunthorpe Academy, I have settled really well! On my first walk inside the building, I was very nervous, as most people would be, but all of that fear just went away when we got into our lessons and met our teachers! The teachers do incredible jobs when teaching us, making sure that we know what we're doing and help us if we get stuck along the way!"

Ryan M

"Nunthorpe Academy has been really good with the transition and have made it feel so smooth for me. I have settled into Nunthorpe Academy great with all the support from my friends and members of staff. During the pandemic, things haven't been as they usually would, but it has been really good so far!"

Megan K



Charity Fundraising @ Nunthorpe

Here at Nunthorpe, we pride ourselves on the work that we have done, and continue to do, for charities in both the local area, as well as in and around the world. Across the past year alone, we have been able to help several charities with their vital work by way of a number of innovative and creative events; completed of course by our fabulous students and staff who make it all possible. Despite the continuing disruption as caused by COVID, we continue to make the most of our time together as an academy and sixth form, and hope to be able to resume normal service as soon as possible. Take a look at the following page for more information about what we have been getting up to.

Wear Purple for Devon

Devon Caddick was a hard working, enthusiastic and popular student who had plans to attend Nunthorpe Sixth Form. The Academy was very much saddened by the news of her lost battle to cancer and her friends in Year 12 were keen to raise funds for the Teenage Cancer Trust in memory of their fantastic friend and peer. This charity, alike others which aim to fight the illness, is dedicated to improving the quality of life and chances of survival for young cancer patients aged 13-24. In addition to this, they help in the funding and building of specialist units in NHS hospitals and provide key, dedicated staff, bringing young people together so that they can be treated together by teenage cancer experts in the very best place.

The Sixth Form Student Council came up with the idea of having a day whereby the students themselves, as well as staff, would be encouraged to wear something purple, which was Devon's favourite colour, and to also donate something; no matter how small, to the Teenage Cancer Trust. It was wonderful to see so many students and staff make an effort in helping this valued cause, from those in full purple regalia, to the sixth form lads who were happy to have their nails painted purple.

Wellbeing Week Activities

What initially started off at Nunthorpe for staff, has in recent years taken on a whole new meaning. Once every half term, staff and students take part in a whole host of different activities; designed to promote a healthy lifestyle, good mental health and a break from some of the more serious things that we're all currently experiencing in life.

On our most recent wellbeing week, the Sixth Form Student Council decided to lead a week long series of activities that were designed by the students, for the students. Each day, the activities were designed to ensure that there was literally 'something for everyone' from colouring in to table tennis.

Rounding off the week, Mr Yale led the entire cohort of Y12 & 13 in a game of bingo; complete with sweets for prizes. For beginners, this was a brand new experience, or as Mr Yale said, 'A skill for life!' We're already looking forward to the next wellbeing week, which will once again be led by the student council. Keep an eye open for more information & images which will appear on our social media platforms & academy website.

Mr Yale

SMSC/FBV Lead & Sixth Form Council

The overall feel of this event was one of support and love, the community that we pride ourselves on creating here at Nunthorpe Sixth Form. We had all planned to initially try and raise a target of £100, however it was with no surprise that this was well and truly beaten, with the final total coming in at £757. The whole of the sixth form would like to thank all of those who contributed to this much worthy cause.

Nunthorpe Foodbank Appeal

Following on from the success of raising money for the Teenage Cancer Trust, the sixth form are currently leading the whole academy this term on supporting the Middlesbrough Foodbank. As most of you are aware, the government recently voted against a bill to extend the free school meals for students into the winter holidays. There has been a great reaction from the public to this, with many people & schools donating to foodbanks in order to try and support others in need at this time of year.

Haytham Khan (Y13), emailed the Head of Sixth Form, Mrs Jackson, earlier this term to express his concern at this, and to also ask if the sixth form could make some donations to any local foodbanks. This was such a kind and thoughtful request that Mrs Kell, Head of School, was keen for the whole of the main Academy to get involved. This really got the ball rolling as students from all years have continued to bring in food donations, collected by their Pastoral Managers and stored in the sixth form itself.

A full list of goods that are suitable for donations, can be found up on the academy website and around the academy and sixth form itself. The deadline for such donations is Monday 14th December.

Mrs Jackson
Head of Sixth Form