

Sport @ Nunthorpe

Motivation Levels, Strava Steps & Fitness Fundraisers



April 2021

March 2021. Since January, we have once again found ourselves back in lockdown due to the Corona Virus pandemic. But yet again, and in a sporting capacity, students have been nothing short of exceptional.

Staff VS Students Strava

One of the most competitive, yet rewarding aspects, of lockdown three has been the Nunthorpe Academy 2021 Fitness Club of 2021, that we have implemented since the start of January where both staff and students have been superb. As it stands, we are currently seven weeks into the initiative and the students are currently 5-2 ahead in relation to the amount of people taking up the top ten spots on the Strava leaderboard. All participants have been trying to compete to complete the most 'active minutes', longest activity and most miles covered across a series of disciplines inclusive of; Running, Cycling & Walking. It has been absolutely staggering to see the distances and number of minutes that staff and students alike have been completing on a daily, weekly and monthly basis. We really do hope that this is something that continues and potentially evolves once the lockdown ends, in the form of a 'Nunthorpe Strava Running Group' after school! Watch this space...

£1 for 1K, Middlesbrough Foodbanks

Another initiative that was set up during lockdown three, has been the £1 for 1K challenge set up by Mr Elwood, which challenged students to get out and about on their Strava app and complete as many kilometres as possible throughout the weeks and try to raise one pound for every kilometre covered. Staff and students all came together and helped to raise over £1200 pounds for local Middlesbrough foodbanks which was truly incredible. We received a lovely letter from the foodbank explaining how grateful they were, as well as explaining how much of an impact the money would have, as well as where the food will go. With this, and as a department, we would like to thank you; the staff, students and wider academy community, giving you a massive well done for getting involved and raising such an incredible amount of money for those who really do need it.

Further to this, as well as the Strava and other fundraising activities, we have also seen our amazing students buy into the following activities over the last eight weeks; the 'Couch to 5K' challenge, 'Snakes and Ladders' fitness, insanity workouts, mountain climbing challenges and so much more. We are extremely proud of the motivation levels that have been consistently applied by a large number of students since the start of January; so well done everyone! We look forward to seeing the sun shine through in the coming months during the Spring and Summer terms. Let's go Nunthorpe!

Mr Tooth, Head of Physical Education



If you have any images of the activities that you have completed as part of the events that Mr Tooth has spoken about in this edition of '@Nunthorpe', then please get them sent through to the PE department using their academy Twitter account. You can send it through to @NunthorpeSPORT and may get featured on the page itself.

Remember, if you are competing within the Strava challenge, you must be a part of the Nunthorpe Academy group, which you can join and be a part of via the app. If you need instructions or more information about this, then please ask your PE teacher for help with this. We all look forward to seeing just how many more people we can get on board with this, so let's get going!

Some images from students completing the tasks & challenges mentioned



A Fresh Horizon

A new term, a new start, a new set of challenges

A New Term, A New Year, A New Start

On Monday 4th January 2021, Prime Minister Boris Johnson announced to the people of England that they were to enter a third national lockdown as a result of the Corona Virus pandemic. As such we, at the academy, turned virtual; opening to our vulnerable and key worker students whilst the rest of the community completed learning via Zoom. Faculty Support Assistants, subject teachers, members of the local & visiting community, the Inclusion team, Pastoral Team, supporting members of staff who carried out our testing programme & the Senior Leadership Team were however still busy; completing their jobs through a blended approach to work, both at the academy and whilst at home! A massive undertaking by all! As this issue of '@Nunthorpe' will primarily focus on the future, as we chart new territory and try to regain some sense of 'normality', there's some personal accounts of what different people have felt like and experienced in Britain's third, and hopefully final, national lockdown. Here's to a remaining safe, swift, happy and productive year as we move from 2020 and into 2021.

Mr Yale, SMSC & FBV Academy Lead

"The roads are eerily quieter on my twenty minute commute to work. Luckily, the mornings are getting brighter as spring approaches. I've missed seeing people's faces and facial expressions with the introduction of face coverings, however the material and designs can say a lot about a person. I have suffered great losses this lockdown, so have felt long periods of sadness. To overcome this, I have thrown myself into exercise to improve my physical health. Joining the Strava Staff VS Students group has given me a focus and sense of community to enjoy and share my activities with others. We have also celebrated some birthdays at home in a different way to our usual family celebrations. Family bike rides, allowing the children to have 'pick and mix' from the supermarket and baking our own birthday cakes are some of the things that we have chosen to do. Family & friends have undertaken door step birthday well wishes and the presents seem to have a much more personal touch. I long for some sort of normality or at least to teach a 'proper' PE lesson in the near future... oh, and have a holiday this Summer!"

Mrs Cruickshank, Senior Leadership Team

"Life in lockdown as a teacher is very different to normal. My living room has become my workspace rather than Nunthorpe Academy. My kitchen floor has become my yoga space rather than the gym. My cat has become my constant companion rather than my colleagues. My laptop has become my classroom, filled with the faces and voices of students. Zoom has become my tool for teaching rather than a whiteboard and pen. 'Can you hear me?' has become my favourite saying, or 'Please can you turn your microphone on?' The Zoom chat has become the 'hands up' that I'm normally accustomed to seeing, but is also a superb space for quieter students to share their opinions. However, despite all of this, none of the above changes the fact that every lesson, when students log on and appear, it brings the joy of a normal classroom back to life and not even a screen can change or alter that!"

Mrs Loughran, Teacher of English



World Book Day Celebrations

Despite there being a national lockdown in place, that certainly did not stop staff and students in Nunthorpe Academy getting into the spirit of 'World Book Day'. Throughout the weeks leading up to the February half term break, we were given opportunities to get involved in a number of different tasks and events, some of which you can read about below. We'd like to say a massive thankyou to Mrs Wilkinson, our academy librarian, for all of the time, effort & work that she has put into organising these events.

Books are brilliant. It's safe to say that the past year has been both dramatic and boring. Many people have found sanctuary in books. Today, more than any other year, the whole world is recognising the power of books. The opportunity to release the boredom, escape the anxiety, walk in another person's shoes, another land, another time...but is reading just for fun?

Well! Reading actually makes you more intelligent. This is because when you read, you naturally use more parts of your brain at once more than any other activity. You are decoding words, understanding complex ideas, and imagining scenes and brave new worlds. Clever huh?

In the same way that bicep curls give you big arm muscles, lots of reading gives you a big brain (well, it stays the same physical size, but your intelligence gets bigger!) Despite all of this science however, the best thing about reading is that it is entertaining and fun.

Mrs Wilkinson, Academy Librarian & KS3 Intervention Teacher

A Presidential Campaign

When one leaves Nunthorpe, although you may go on to do bigger and better things, a part of you will always remain and we hope that you will remember your time fondly. Whether you choose to leave us at the end of year eleven, after your GCSE examinations, or after your A-Levels in our Sixth Form provision, we always look forward in hearing how many of our ex students get on; what they have achieved and what they plan to do next. In this edition of '@Nunthorpe' we look to Aimee Yeoman, and catch up with what she has recently been up to...

Aimee Yeoman, ex Nunthorpe student, left the sixth form back in 2018, after successfully completing A-Levels in a range of subjects inclusive of both French & German. Her passions weren't just in linguistics however, as she was famous in the main academy for her talents on the stage during our annual academy productions. Across her time at the academy, Aimee was often a principal role in such productions as 'Night at the Musicals', and 'Back to the 80's' to name but a few. This talent was something that she went on to pursue at university, looking into theatre and community education within her undergraduate degree. Through such studies, Aimee once again formed an integral part within her universities drama and musical theatre societies, performing in many more shows and productions in a very different environment.

One of Aimee's biggest achievements whilst at university, to date, has been her recent grading of her final year dissertation. Though many professionals submit such work as part of the grading process, in order to obtain their degree, few manage to hit a '90' on it, which is less and less heard of in the current undergraduate climate, regardless of subject or institution choice. As her confidence has grown, Aimee has expanded her aspirations wide; looking now to be taking on a Masters post graduate degree in the Arts, of which all her ex teachers, friends and peers would agree, she will indeed excel in. If this wasn't enough, Aimee has recently put herself up for the role of York St John's Student Union, President of Education Sabbatical Officer for 2021/2022, and was successfully appointed to the role at the beginning March. This is such a fantastic achievement, one of which remains the goal of many aspiring politicians or student activists who aim to make a difference.

In a recent email conversation, Aimee updated us all here at Nunthorpe, on the details surrounding these accolades.

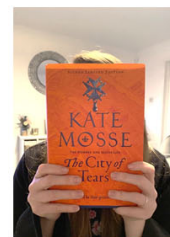
Here's what she had to say...

"But first, let me take a selfie..."

As part of the celebrations for World Book Day, students were given a series of staff 'selfies' which were depicting some of the favourite texts of teaching staff. Pupils were asked to try and guess who's face was being obscured. Try and see how many you can correctly guess right, you may even see a book or two that you may want to read yourself.



Book Selfie #01



Book Selfie #02



Book Selfie #03



Book Selfie #04

All in all, we had over 40 staff entries in this competition, which is fantastic considering the majority of it was delivered during a lockdown. Well done to all who got involved, answers are below if you want to see how well you have done.

#01 Mr Jackson, #02 Mrs Loughran #03 Ms Jackson #04 Mr Porter



Aimee Yeoman, Ex Nunthorpe Student

"Out of a total of 774 cast for this role, I received a majority of 481 votes against another four candidates, which was quite overwhelming! I cannot wait to get started in this role on the 1st July and continue working to represent students in their university studies. Some of you may already know, but I'm now pursuing a career within the university, higher education sector as a result of my work with the Student Union over the last few years. Being elected feels like my first step in this..."

If you know anyone else, ex Nunthorpe alumni, who you think would be a great feature for the next edition of the magazine, then please get in touch! We would love to see and hear about as many of our ex students as possible. We look forward to hearing from as many of you soon. Coming up across the remainder of the academic year we hope to be looking into getting some more sporting clubs up and running, drama activities and some more fantastic charity events. Watch this space and thanks for reading!