



EASTER

Montgomery
Academy

2021





Headteacher: Mr S. Careless

Happy Easter

As I write, we have been fully open again for 7 school days since we returned from Lockdown 3.0. It is an absolute pleasure to have the students back and we sincerely hope they are 'Back for Good'!

The students and staff of Montgomery have achieved so much this term despite the school not being fully open for most of it. Enjoy reading about our successes in this newsletter.

Year 10 students secured the top two spots in the North West Maths Feast. This was a major achievement as schools from all over Blackpool, Lancashire and Cumbria were taking part.

Our remote learning provision developed at speed over January and I would like to thank our staff for their efforts on this, however we must not forget all the home-schoolers out there who did a brilliant job! Thanks also must go to our pastoral teams for keeping everyone safe.

As the anniversary passes of the first Lockdown, I hope you all have a great Easter. Stay safe and we look forward to seeing everyone back after the break as we hopefully take more steps back to normality in the Summer term.

Mr Careless



Welcome BACK TO SCHOOL



**Executive Headteacher:
Mr Stephen Cox**

Hopefully as you read this your child will have returned to face-to-face teaching at Montgomery after over two months of remote learning. Whilst this period has been far from ideal, I have been impressed by how our community has adjusted to this situation so quickly and effectively. Teachers have become experts at using technology, which has been new to many of them, our students have had more responsibility for managing their own learning and lastly our parents/ carers have juggled their own family and other commitments to support this unprecedented situation. My message to all of you is a massive thank you for your role in helping our students through this challenging period.

With the huge progress made in the vaccine programme let's all hope that the summer term will see the gradual return to greater normality and consistency in school life.

Stephen Cox
Executive Headteacher



Uniform at: Montgomery Academy

Main uniform- the following items are essential	
Girls	Boys
Montgomery Academy maroon blazer with logo	Montgomery Academy maroon blazer with logo
White school shirt (open necked blouses and polo shirts are not allowed)	White school shirt (open necked blouses and polo shirts are not allowed)
Montgomery Academy skirt. (Skirts should be no more than 2 inches or 5cm above the floor when kneeling down)	Black full length regulation school trousers.
Plain black school socks OR plain opaque black tights. (No leg warmers or leggings)	Dark coloured socks
Montgomery year group tie of the correct colour	Montgomery year group tie of the correct colour
Girls can wear black full length regulation school trousers instead of a skirt.	
Sturdy black school shoes (not training shoes) (No white/coloured soles, no stripes, no piping, no logos, no boots, no backless shoes or sandals). A student wearing other footwear for medical reasons should provide a doctor's note. WE REGRET THAT A LETTER FROM PARENTS IS NOT ACCEPTABLE. If a student is not in correct footwear then they will be expected to borrow some shoes from our stock in isolation	
Outdoor clothing is not to be worn inside the dining rooms or classrooms	
Students will need an adequate school bag to carry exercise books, A4 folders, P.E. kit and equipment at all times.	

P.E. Kit (Compulsory)	
Montgomery polo shirt	Hair bobble if hair is long enough to tie back
Plain, black football shorts (boys)	Black skirt (girls)
Montgomery football socks	Trainers
Football boots	Shin pads
P.E. bag large enough to carry all PE attire required for lessons	Plasters if ears have just been pierced and earrings are unable to be taken out

P.E. Kit (Optional)	
Montgomery ¼ zip tracksuit top	Plain, black tracksuit bottoms
Leggings (girls)	

Hairstyles must be suitable for the academy environment

Only black, brown or blonde dyed hair is acceptable - no other dyed colours or streaks

Tramlines or shaved head designs are not acceptable

Plain simple hair bands or hair slides (no flowers/ no scarves).

Hijabs should be plain, black or maroon.

Jewellery is restricted to:

1 pair of plain gold/silver coloured studs

1 wristwatch

No facial piercings are allowed

Nails

Nails must appear natural with no coloured nail varnish

Acrylic nails must:

- be short in length
- be natural in colour
- have a rounded tip

Make up

Make up must be minimal and natural, with no false eye lashes. Any students not conforming to this will be asked to remove their make-up.

Progress Tutors will ensure that students for whom they are responsible comply with school uniform requirements at all times. Class teachers will reinforce these expectations with their classes and insist that nothing inappropriate is worn during lessons.

Montgomery Academy Footwear

We understand the challenge parents face in wanting to purchase the correct footwear which adheres to the school uniform code. We have tried to help you with this visual guide.
Some footwear labelled as 'shoes' or 'back to school' in shops does not necessarily meet Montgomery uniform standards and we ask you to please refer to this guidance before making a purchase.

Acceptable	Not Acceptable
Plain black shoes	Trainers of any type
	Boots/ canvas or leather pumps



Montgomery Academy
All Hallows Road
Blackpool
FY2 0AZ

Mad about Maths at Monty



★
**Winning
Team**

Magnificent Montgomery Maths Feast...

In March, 8 Year 10 Students represented Montgomery in the annual AMSP Maths Feast ran by Lancaster University and Blackpool Sixth Form taking on illustrious schools from Blackpool, Lancashire and Cheshire.

The challenge saw our students have to draw on their knowledge from their GCSE lessons, Problem Solve on the spot and react quickly in the "unseen maths - codebreaking" round. From Pythagoras to Prime Factorisation, Index Laws to Inequalities Nothing stood in our way!

Our Students were Amazing and I am delighted to say that they smashed all the opposition out of the park. Between the two teams, Montgomery won every round, with Montgomery A-Pop coming out as overall winners. Hard Work does pay off! They were pushed all the way by Montgomery B-Pop who came in a close second overall.

Well done to Emma C, Ellis C, Holly T and Kellen C (A Pop), Carlos E, Ava D, Dylan J and Sam T (B Pop).

**In
Action**



Are you up for the challenge?

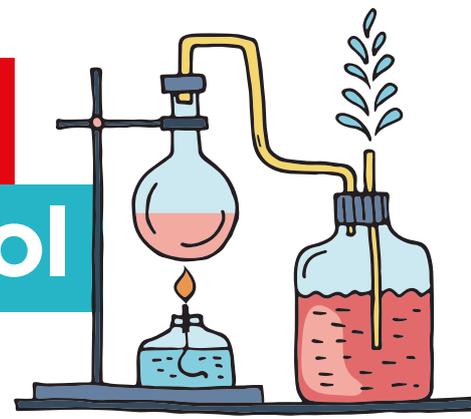
Here is a question from this years challenge.

Given that $pq = 2021$, where p and q are consecutive prime numbers, find the value of p and q .

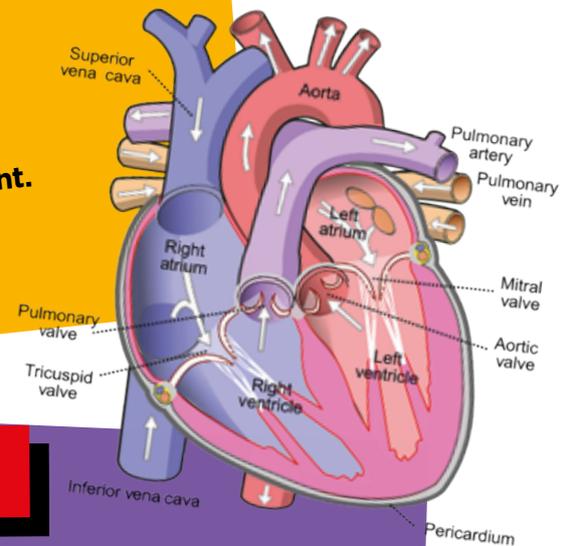
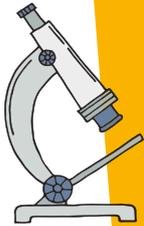
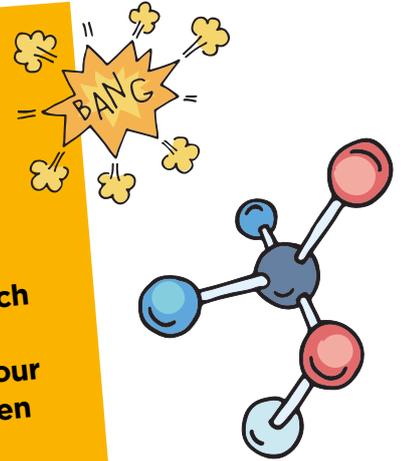
$p =$ $q =$

If students are interested in finding out about Maths beyond GCSE please speak to Mr Diver or Mr Gordon.

Science has a spring in its step as the school REOPENS!



Despite the recent school closure, the Science department at Montgomery has enjoyed an innovative term where remote learning has been interspersed with some fantastic practical science to light the imagination of our keyworker student cohort. The ongoing aim of the Science team is to motivate and inspire our students to share our passion for Science and build an inclusive team ethos in the department; a culture that we believe will allow our students to reach their full potential. As well as continuing to offer our popular and well-established STEM and KS3 Science Clubs, we have continued our long-standing collaborations with the Institute of Physics, the Ogden Trust and the Royal Society of Chemistry and have also taken part in our first 'Girls in Engineering' event. We have also promoted with enthusiasm British Science week, joined the Royal Society of Biology and started a scientific widening participation project with FutureU at UCLAN which is funded by the UK government. It has been busy, busy, busy, but we absolutely love it!



Year 7 & 8 School Closure STEM Club

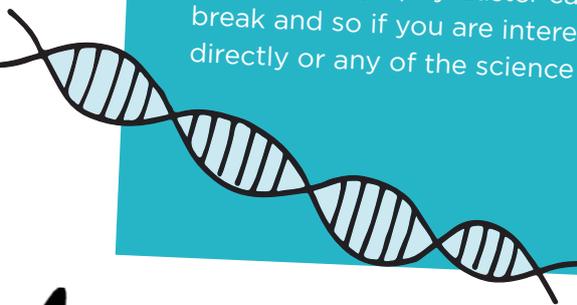
The Beating Heart of Enrichment!

STEM Club keyworker students attending school during lockdown in years 7 and 8 have been getting to grips with structure of the heart, quite literally! Led by Mrs Bach and Mr Byrne, each student had their own lamb or pig heart to dissect. The first task was to label the 4 different chambers (left and right ventricle and left and right atrium), as well as identifying the different veins and arteries associated with the heart itself. Then it was time for the gruesome bit... cutting it open! Mr Johnston was also on hand to dissect a set of lungs which was fascinating. We were also able to award our Year 7s with their Bunsen burner licences through some creative Harry Potter potions and by making some magical gold-plated coins.



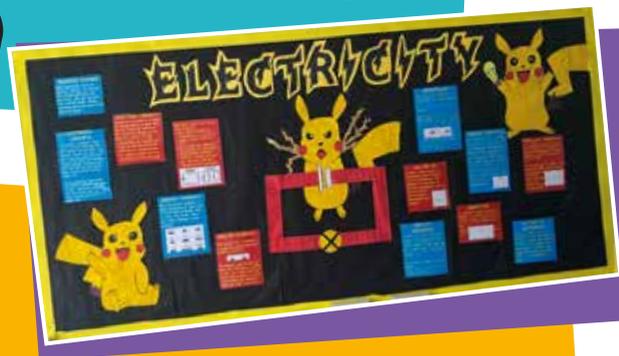
Year 8 Science Club - Back in Business...

With the school re-opening in early March, Miss Healey has been quick to set up the Year 8 Science Club within the Year bubble in E-block. Despite not having a formal science lab to use, students have enjoyed being creative in designing and making Easter baskets for a gravity competition and a series of chromatography Easter cards. This club will be continuing after the Easter break and so if you are interested in joining then please speak to Miss Healey directly or any of the science teaching team.

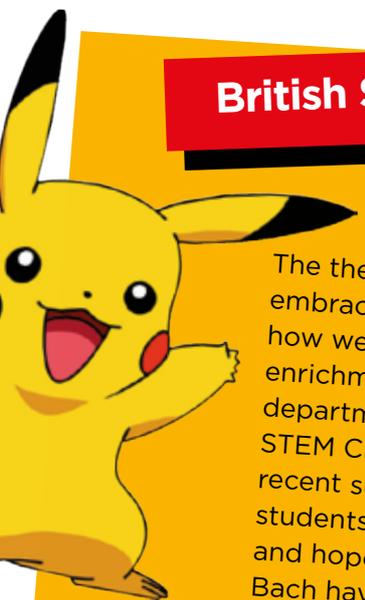


British Science Week

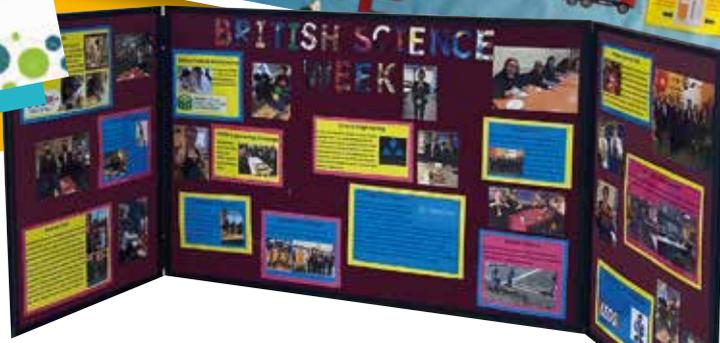
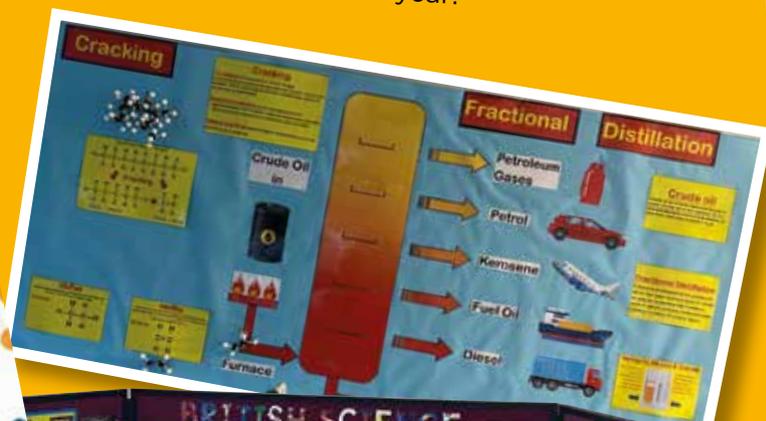
5th-14th March 2021



The theme for this year's British Science Week was "innovating for the future", and in embracing this theme, we made a display in the main school reception that showed clearly how we have been innovating for the future in terms of our remote learning and ongoing enrichment. Instead of our normal in-school weekly challenges such as the infamous science department escape room, we instead conducted a rocket challenge with our keyworker STEM Clubs and designed egg landers for future planetary investigations in honour of the recent success with the NASA Mars Rover. We also led a poster competition so that our students could research and design new products that will help shape the world we live in and hope to send our winning finalists through to the national finals. Miss Healey and Mrs Bach have also been busy during the school closure making more award-winning classroom displays for our new science labs in S-block. These have included a Pokémon electricity display and a 3D fractional distillation column. Well done for another fantastic team effort during British Science Week which will once again return this time next year!

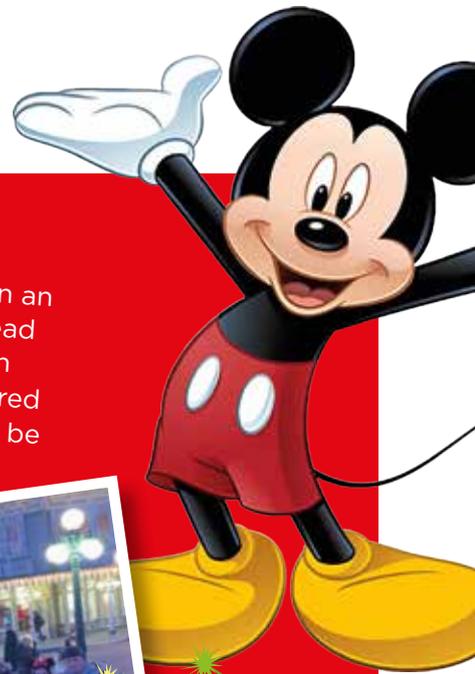


5-14 March
British
Science
Week
2021



Disneyland Paris

Before the pandemic, Miss Chadwick and the Science team had overseen an impressive and hugely popular Science Trip to Paris which had gone ahead successfully for the previous two years during the Easter break. This is an advanced notice that this amazing school trip will be organised and offered again once we are free from local and national travel restrictions. We will be back Mickey!



Disneyland
PARIS

Girls in Engineering - STEM First



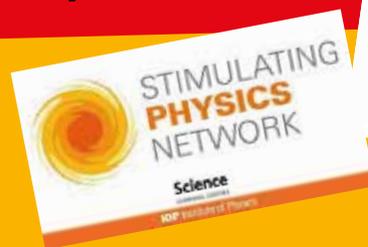
STEMFirst

Through the Lancashire and Cumbria Science Learning Partnership, we were invited to participate in a fantastic Science, Technology, Engineering and Maths (STEM) event aimed at introducing girls to the engineering sector and some of the careers it is associated with. This event took place in our new 72-seat lecture theatre called the Futures Room (M14) on the 17th March 2021 and was attended by 38 of our Year 10 girls. As well as meeting remotely, a selection of ladies who work for a variety of STEM organisations, students took part in a series of virtual quizzes and problem-solving activities and also had the opportunity to ask any questions they had during the session. A big thanks to Miss Healey for spearheading this event, we hope it inspired some of our students to consider engineering and the physical sciences more in the future.



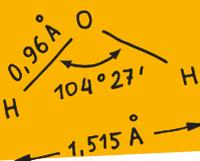
GIRLS in
ENGINEERING
Make • Connect • Discover

Ogden Trust Competitions & FutureU Widening Participation Project



making physics matter

Having submitted winning Christmas Card designs by Aidan, Erin and Mia to the Ogden Trust in December we are now focused on the Easter Energy Competition. With excellent uptake in the past, we have high hopes of achieving awards when winners are revealed by Blackpool Sixth Form College later this month. We have also recently joined a collaboration with FutureU who work alongside the Ogden Trust and UCLAN in inspiring students to study the physical sciences further into higher education and beyond. This project will involve coaching, careers guidance and specialised sessions that are aimed at developing transferrable problem-solving skills. We are delighted to have this new collaboration up and running and are one of only a few schools across the country selected to pilot this government funded strategy. A special thanks must go to Mr Woodruff for his commitment to bringing this to fruition at Montgomery, well done!



Montgomery STEAM CLUB

SCIENCE • TECHNOLOGY • ENGINEERING • ARTS • MATH

Mrs Bach



Mr Byrne



I wrote in the autumn edition about how schools nationwide were understandably struggling to run their regular extra-curriculum Clubs, and how we were no different.

At the time, Mrs Bach and I managed to provide limited provision by running two individual clubs in their respective Yr. 7 and Yr. 8 group 'Bubbles'.

With the re-introduction of 'Lockdown', we carried on working with students in school, and arranged a weekly STEAM meet and Kahoot! Quiz to include those in school, and those who were working from home!

Our Winter Birdfeed went down well!!

Yr. 8 Members: Cash. Elouise. Liam. Nicole. Joshua. Trinity. Drew. Lilly Sam. Neive. Josh W. Imogen. Haiden. Lily. Josh N. Danielle. Logan.



Kahoot!



Besides Science questions, Kahoot! topics included 'Stranger Things', Dance, 'Riverdale', 'Autism', 'Harry Potter', The Titanic. There were also general knowledge questions. For example, Liam B asked: 'True or False? Some fish communicate by farting?' We laughed so much we didn't hear the answer; you'll have to Google if it's a need to know for you!



Leo, Kristal, Logan, Drew and Neive launch Air-propelled rockets!



Since returning in January Yrs. 7 & 8 have learned all about ...

Air Rockets * Egg-landers * 'No-bake' Energy Bites' * Alchemy - coin transformation * Valentine soap * Dragon Bubbles * Pumpkin Potions * Dissection * Weekly 'Lockdown' Kahoot! quiz *



Yr. 7 Members: Sam. Alice. Leo. Kristal. Charlie. Dallas. Heaven. Oscar. Szymon. Dillon. Aidan. Chloe.



Alchemy

"The ancient study of alchemy is concerned with making the Philosopher's Stone, a legendary substance with astonishing powers. The stone will transform any metal into pure gold. It also produces the Elixir of Life, which will make the drinker immortal."

- Harry Potter and the Philosopher's Stone, J.K. Rowling

A copper coin is dipped into a solution of sodium zincate in contact with zinc and appears silver in colour. The plated coin is held in a Bunsen flame and copper forms and the zinc and copper form an alloy of brass. The coin now appears gold.



Mr Johnston came from the Science Department to teach us about dissection.
 Logan asked: 'Is a cow's heart the same size as a human heart?'
 'It isn't really,' came the reply. 'A pig's heart is the closest in size.'
 We then discovered we would be dissecting Lamb's hearts!

Kristal, Dallas, Leo and (Not pictured) Chloe and Mr Field all earned their Bunsen Burner Certificate by demonstrating knowledge about the parts, various settings, valves, safety and careful lighting.
Congratulations!



As always we would like to express our sincere thanks for the support and encouragement that STEAM Club receives from our senior leadership team, our year heads, our heads of department, and our colleagues, and particularly this term; Mrs Shanab, Mr Field and Mr Johnston. Thank you!



NCS

Programme

We are excited to be working with **Montgomery** again this year to deliver an unforgettable summer experience for **students in year 11**.

The NCS programme offers young people, aged 16-17, a once in a lifetime opportunity to do something meaningful with your summer break, as well as a chance to develop skills and take on new challenges that will set you up for adult life. You will also do something good for your local community, carrying out a project to support a cause you care about.

We've seen first hand what an amazing feeling of accomplishment and increased confidence this brings. Last August, teenagers on NCS donated 200,000 hours of their time to help rebuild their communities after the first lockdown, showing what a difference young people can make when they work together towards a goal.

Over a period of 2 or 3 weeks you will;

- ✓ Meet new people
- ✓ Try new things
- ✓ Give back to your local community through voluntary action
- ✓ Take on new challenges
- ✓ Develop the skills and confidence to take on your next steps
- ✓ Generate experience for your university application, job/apprenticeship interview or CV and more!

NCS is all about helping YOU realise their potential by giving you a taste of independence and loading you up with new skills that set you up to achieve your future goals, whatever they may be.

We would normally attend school to give you an assembly and allow you the chance to express your interest in coming away with us. Hopefully, we will be attending Montgomery, either virtually or in person to talk more about the NCS programme. We'll answer any questions you may have (at a safe distance, of course)

A place on NCS is worth around £1500. However, thanks to government funding for the programme, we only ask for a contribution of £50 to cover some basic costs. We want to ensure that everyone can do NCS so there are bursaries available if you need some help to cover the cost.

Harry Potter

READING CLUB



We started reading 'The Philosopher's Stone' aloud as a group towards the end of January. We got together at the end of the school day for about twenty minutes. Some of us had read Potter. Some of us had seen one of the films. One of us knew nothing about him! We read on kindle, or from the paperbacks that our English department kindly let us borrow.



Drew

Narrator/Dumbledore

'Reading aloud in the Harry Potter Reading Group is enjoyable because I don't like reading alone.

I have seen the second movie. I have not read any of the books.

I would say that my favourite character has to be Hagrid, especially for saying those words; 'You're a wizard Harry, "an' a thumpin' good 'un I'd say...'



Cash

Narrator/Ron/Percy

The Reading Club has come to mean a lot to me because I love not just reading aloud but playing all my different characters!

Advantages of loud reading

1. Develops stronger **vocabulary**.
2. **Builds connections** between the spoken and written word.
3. Provides **enjoyment**.
4. Increases **attention** span.
5. To enable students to **speak English correctly**.
6. Provides a safe way of **exploring strong emotions**.
7. **Promotes bonding**.



“

Reading aloud everyday is the single most important thing you can do to prepare your child to learn.

”



Logan
Narrator/Harry Potter

'I really enjoy learning how to get better at reading out loud and I really like making the different character voices!

It is brilliant. 10/10 and of course my favourite character is Harry because I am also getting to read his words out loud when he says them!



Neive
Hagrid/Aunt Petunia/Hermione/Minerva McGonagall and more!

'I love Harry Potter, so obviously I enjoy the HP Reading club. I am dyslexic and I read on my kindle - it is helping me to get better at reading aloud.

We are up to Chapter eight, so far and I will give it 9.5/10!

My fave characters have to be the Weasley Twins!



Mr Byrne

'One of my favourite things about reading Potter aloud is that he is so easy to read... everyone's words seem to tumble out, and the story jogs along quite quickly!

I love that everyone naturally decided to read the dialogue of their favourite characters! It just developed as we went along - whoever was reading as a narrator would pause while we read the dialogue of our favourites! Then students started adding sound effects in the background to bring the story more alive, like Hagrid banging on a door, or the whistle of the Hogwarts express!

Neive and Logan saying the words of the twins, Fred and George Weasley at the same time, like they were thinking exactly the same thing, also brought the characters alive and off the page. It's makes for a lovely end to the school day.'



School life during

Lockdown

Inside the 'Bubble!'

Schools were instructed to close again when the Prime minister announced another national 'Lockdown' on January 5th. As with most schools in the U.K., Montgomery Academy never actually closed its doors – we remained open to the children of 'Keyworkers', and all vulnerable students.

“

'I think school did really well during 'Lockdown' because it managed to stay open and so help all the keyworkers.

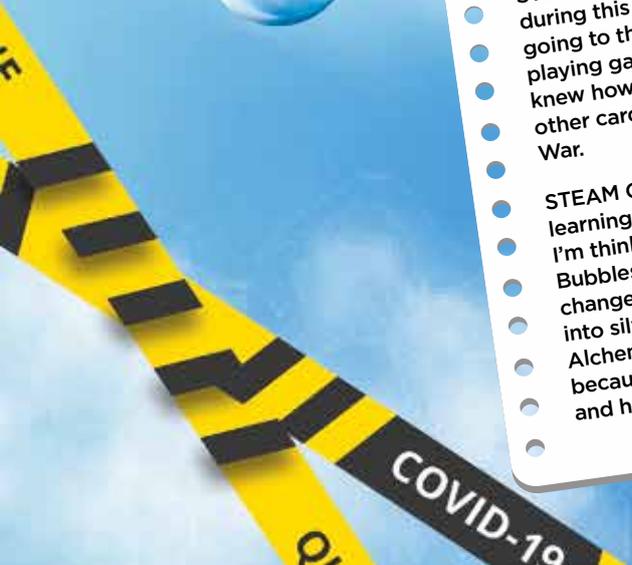
'I had never been to STEAM Club before 'Lockdown' and I can say it is AMAZING! I would give it 9/10!

I did learn about Alchemy and how to use a Bunsen burner properly and how to make cakes without baking – now you must say that is amazing!!! **Danielle**

”

• 'I think school did really well to stay open – it helped us all keep contact with our friends etc. STEAM Club was my favourite time during this time, but I also liked going to the Futures room and playing games with the others. I knew how to play UNO but learned other card games like Go Fish! And War.

• STEAM Club is all about fun and learning things in an enjoyable way. I'm thinking about the Pumpkin Bubbles we made and also how to change the colour of bronze coins into silver and gold during the Alchemy lesson. I'd give it 10/10 because I found it incredible fun and had a laugh. **Cash**



Dear Mr Byrne

I'm so glad another one of my clan, Neive is loving steam club at school (she's Luke sister)

I'm so happy she's got a place at school during lock down. Things like this definitely making a big difference to her.

Lucy

QUARANTINE

COVID-19



The LEGO Education foundation believes that 'Play' is still extremely undervalued both in its own right, and as a means to learning and developing. Break/lunch times were often spent playing 'Uno!', Connect 4 etc



We had 'On-line' Ukulele lessons thanks to Ms Farnworth!



“

My favourite time in school during 'Lockdown' was STEAM Club because it was a bit more fun than just working at the computer. We used Bunsen Burners and did dissections and made some food. I also really liked joining in the Kahoot Quiz On-line.' **Drew**

'Can I just say how impressed I have been with Montgomery during the pandemic, Monty have been amazing (including yourself) - so thank you!!

Please do tell the teachers and SLT. I've seen in Monty chat too there are lots of parents that think the same. I have even seen some asking how they can transfer children into Monty from other schools! I couldn't fault the remote learning'

Sarah M (Drew's Mum)

”

'We just wanted to say what an amazing thing you are all doing for your students and families. Well done Montgomery - Thank you!





MONTGOMERY MATHS HOME LEARNING AWARDS

HEGARTY HEROES

WHOLE SCHOOL

On Hegarty maths, Since Christmas there have been a whopping:
259,876 questions attempted
202566 questions answered correctly
5195 hours spent doing maths on the website
625 hours of help videos watched
Here are some of our Hegarty Heroes:



YEAR 7



Top Student Award
Luke 7A2, 8 Hours in total,
Over 1000 questions answered correctly
Most videos watched
Kiera 7B1
5.3 hours of videos watched
MemRi Master
Cayleigh 7A2 –
264 MemRi questions answered correctly

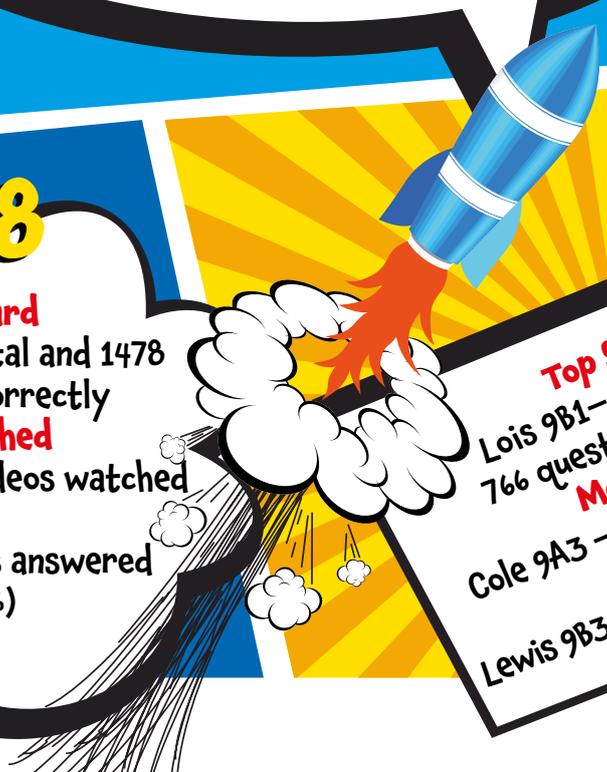


YEAR 8

Top Student Award
Dylan 8A2– 24 hours in total and 1478
questions answered correctly
Most videos watched
James 8A2– 4.3 hours of videos watched
Question King
Jack 8A1 –1638 questions answered
correctly (99.3%)

YEAR 9

Top Student Award
Lois 9B1– 14.4 hours in total and
766 questions answered correctly
Most videos watched
Cole 9A3 – 10.2 hours of videos watched
Question King
Lewis 9B3 – 811 questions answered correctly



YEAR 10

Top Student Award

Xinchen 10A1 – 20.6 hours in total and 1711 questions answered correctly

Most videos watched

Olivia 10B2 – 7.5 hours of videos watched

MemRi Master

Izzy 10B1 – 153 MemRi questions answered



YEAR 11

Top Student Award

Kasey 11A4 – 21.6 hours in total and 948 questions answered correctly

Most videos watched

Oscar 11A1 – 6.7 hours of videos watched

Question Queen

Chelsie 11A2 – 1129 questions answered correctly

YAY!



....&#\$\$@^@%89!!!



As you know Montgomery was the first school in Blackpool to achieve the Bronze Blackpool Beating Bullying Award, at present we are currently working towards the Silver charter mark. Thank you for everyone's feedback!

We are always looking for more Anti Bullying Ambassadors! If you are interested please apply for training using the link in the health and wellbeing google classroom!

Training will take place in the summer term!



New Art Equipment

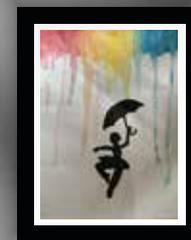
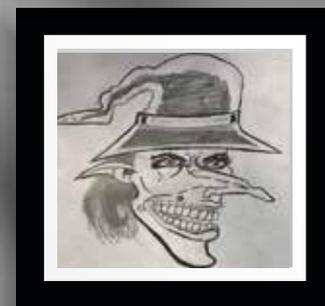
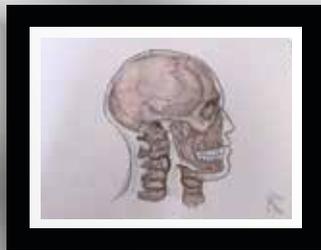
Here are some year 11 etched prints from earlier this school year.

The art department has recently gained some fantastic new equipment. We have purchased a brand new printing press and the existing kiln has been brought back to life! This means that students will now get to develop skills in both hand printing and ceramics. The art department looks forward to introducing the new equipment to you soon!

Mrs Cox



CREATIVITY in LOCKDOWN



Throughout lockdown students have been getting creative and making some great art. Whether through remote learning, extra curricular art clubs or through your own initiative- we have loved seeing it all. Here are some inspiring examples for us all to enjoy.

International Women's Day Challenge

International Women's Day was the 8th March and is a global day celebrating the social, economic, cultural and political achievements of women. Students were challenged to send in a photo with reasons of a woman they would like to celebrate for their achievements, this could be a lady in their lives or a history figure or in someone's society today. A great selection of images were sent in, lots of students chose to recognise their own mothers and the hard work they had done over the past few months, celebrating the hard work and support they had done with students.



International Women's Day House Challenge Entries



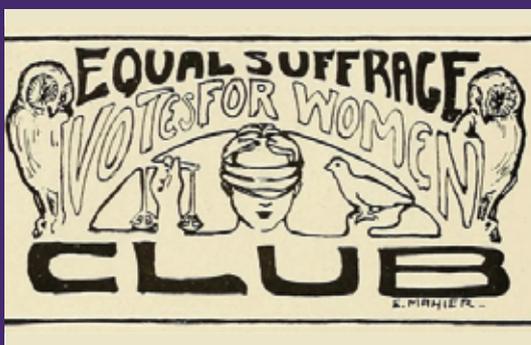
The Queen

The queen has been in power for many years and has helped a lot of people and respects a lot of people and she has been on the throne for 70 years.



Amelia Earheart

Amelia Earheart was the first ever woman to fly solo across the Atlantic Ocean as a pilot and championed the advancement of women in aviation.



The Suffragette's

The Suffragette's are the people that I am celebrating for because they got us equal rights for women.



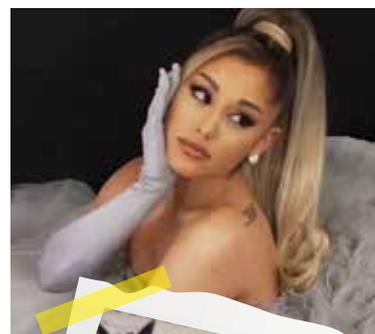
Rosa parks

I chose Rosa parks because she stood up to white people and refused to give up her seat on the bus

She refused to give up her seat to a white man because she was in her section so she found that it wasn't fair to keep pushing the colour line back

She will always be remembered for her actions against racism

Unfortunately she was taken away by police and sent to jail



International Women's Day



Sign Posting Support Services

Did you know we have a school counsellor?

Email

NHSChat@montgomery.fcat.org.uk
for an appointment time



kooth

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. Free, safe and anonymous online support for young people www.kooth.com Monday – Friday 12 pm – 10 pm Saturday – Sunday 6 pm – 10 pm

YOUNG MINDS

Coronavirus advice and mental health support, use the website if you are struggling with self-isolation and the impact it has on your mental health.
<https://youngminds.org.uk/>

EXPRESS YOURSELF

Here are some services which we would like all students to be aware of and know there are services in Blackpool that can support if you feel you need some support.

Remember you can also email your pastoral manager in school.

YR7 - s.higgs@montgomery.fcat.org.uk

YR8 - l.mcmullan@montgomery.fcat.org.uk

YR9 - d.mcmillan@montgomery.fcat.org.uk

YR10 - d.benson@montgomery.fcat.org.uk

YR11 - r.sharpe@montgomery.fcat.org.uk

Mental Health Google Classroom

Add yourself to the Mental Health Google Classroom using the class code:

KS3 Montgomery Health and Wellbeing (Yr 7-9) - wrleozx

KS4 Montgomery Health and Wellbeing (Yr 10-11) - zfpa4rc Lots of resources to help support your **mental health and wellbeing**.

Youtherapy

If for any reason you are not coping and need to talk to someone you are welcome to attend.

Wednesday Drop-ins 3.00-5.00pm
1st Floor, 26 Talbot road, Blackpool
0800 1217762 (option 3)

NHS
Lancashire & South Cumbria
NHS Foundation Trust

Lancashire NHS Wellbeing and Mental Health Texting Service, available to provide emotional support to those who may prefer to communicate via text .

07860022846

PHOTOGRAPHY WELLBEING CHALLENGE



Being mindful and remembering to recognise the small positives in our daily lives during lockdown was an important thing to do for our mental health. Noticing new growth in the garden, the reflection of the sun in our homes, bird song and the call of gulls on daily walks are all things to remind ourselves we are present and living in that moment. Students were challenged to photograph the small positives that occurred during their day.



RANDOM ACT OF KINDNESS (RAOK) CHALLENGE

We celebrated our return in March with a two week kindness challenge, students were encouraged to perform a Random Act of Kindness **(RAOK)** and then record their act on either on a card or online for their house points.



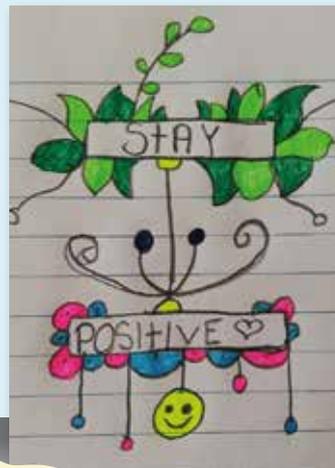
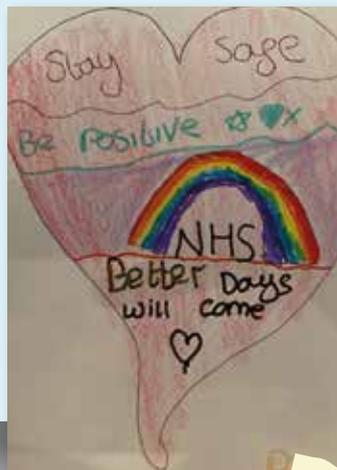
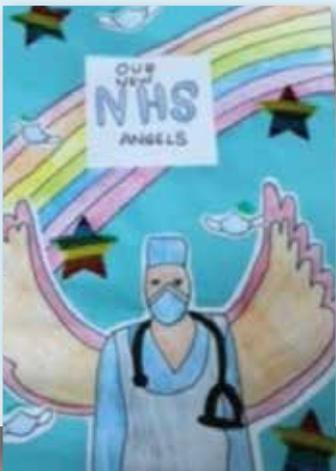


To All the CARERS
 Roses are Red
 Violets are blue
 With gratitude
 I say THANK YOU !!

Positive Messages for Community Care Homes

Care Home Message
 These times are hard right now but I also know we can all get through this and also even if you can't see your family or friends in person they are always with you in heart.

Students created their own positivity message which was shared with 10 care homes in the fylde coast to remind residents that although visitor were not allowed due to COVID restrictions the Montgomery community were thinking of them!



I think that clapping for carers was really good because people think and appreciate the hard work the key workers are doing. To be honest I'm not sure who benefited more as the carers would gain hope and strength to carry on yet it will make the public appreciate and care more for others.



Every day is a **new beginning**
 Take a deep breath, smile, and **start again**

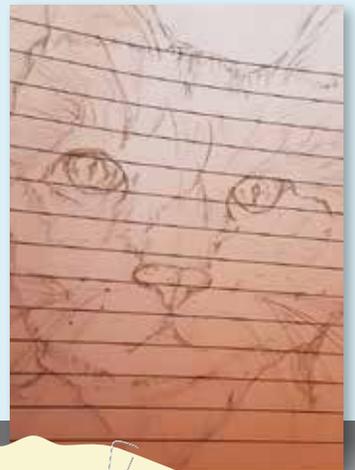
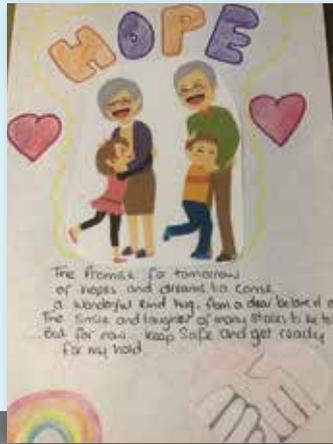
Covid-19
 There is Just one thing I'd like to say,
 Covid isn't here to stay,
 It may be scary make you wary,
 But will not turn you to a fairy.
 Hold on tight to people at home,
 Stay in touch on the phone,
 Remember you're never alone!!!

Positive Messages for Community Care Homes



Wishing you well from Montgomery High School, the vaccine is already here and we can see the light at the end of the tunnel. Not long till we are all back to normal, Stay safe.

We are all in lockdown.
 Because of this pandemic.
 Some worse off than others.
 It really makes me sick.
 I am lucky I am able.
 To do the things I like.
 Such as walking our dogs and riding my bike.
 I love baking cakes
 With my mommy Leanne
 She helps me with my homework
 Whenever she can
 So to all you lovely people
 In care homes far and wide
 I pray that before too long
 Family and friends will be by your side
 Memories of the older generation
 Are of war as a rule
 But all I shall remember is
 We couldn't go to school



Poem by Imogen 7A4

To all the carers
 I know we are struggling right now and all we want to do is go back to having your loved ones, having a hug, a meter and conversation. But there is a light at the end of the tunnel! you know it's out there and before you know it you'll be shining brighter than ever! You stay positive and keep on smiling! I know you shouldn't be a problem then there and ever! I know you've got to have your down days cause it's normal to you can't keep it in forever! anyway it'll be better you know it everything will be perfect you keep on going because you keep on corona's but I will see you soon Chloe & x

When life gives you a reason to break down or cry.
 show life you have a million reasons to smile and laugh
 Stay strong!
 Look for something positive in each day.
 Even if some days you try a little harder.
 Stay happy!
 Kara



LET'S TURN
OBESITY
AROUND

NATIONAL
OBESITY
AWARENESS
WEEK

DAILY STEPS CHALLENGE...

To encourage students to stay active they during national Obesity week they were set the challenge to upload a screenshot of their phone or watches step counter. Well Done to Blue house for the most amount of steps recorded!

RESULTS..

- 1ST-40 PTS BLUE HOUSE
- 2ND-30 PTS PURPLE HOUSE
- 3RD-20 PTS GREEN HOUSE
- 4TH-10 PTS ORANGE HOUSE

Although we had lots of entries from Purple house the amount of steps from Lucas WON it for Blue House!



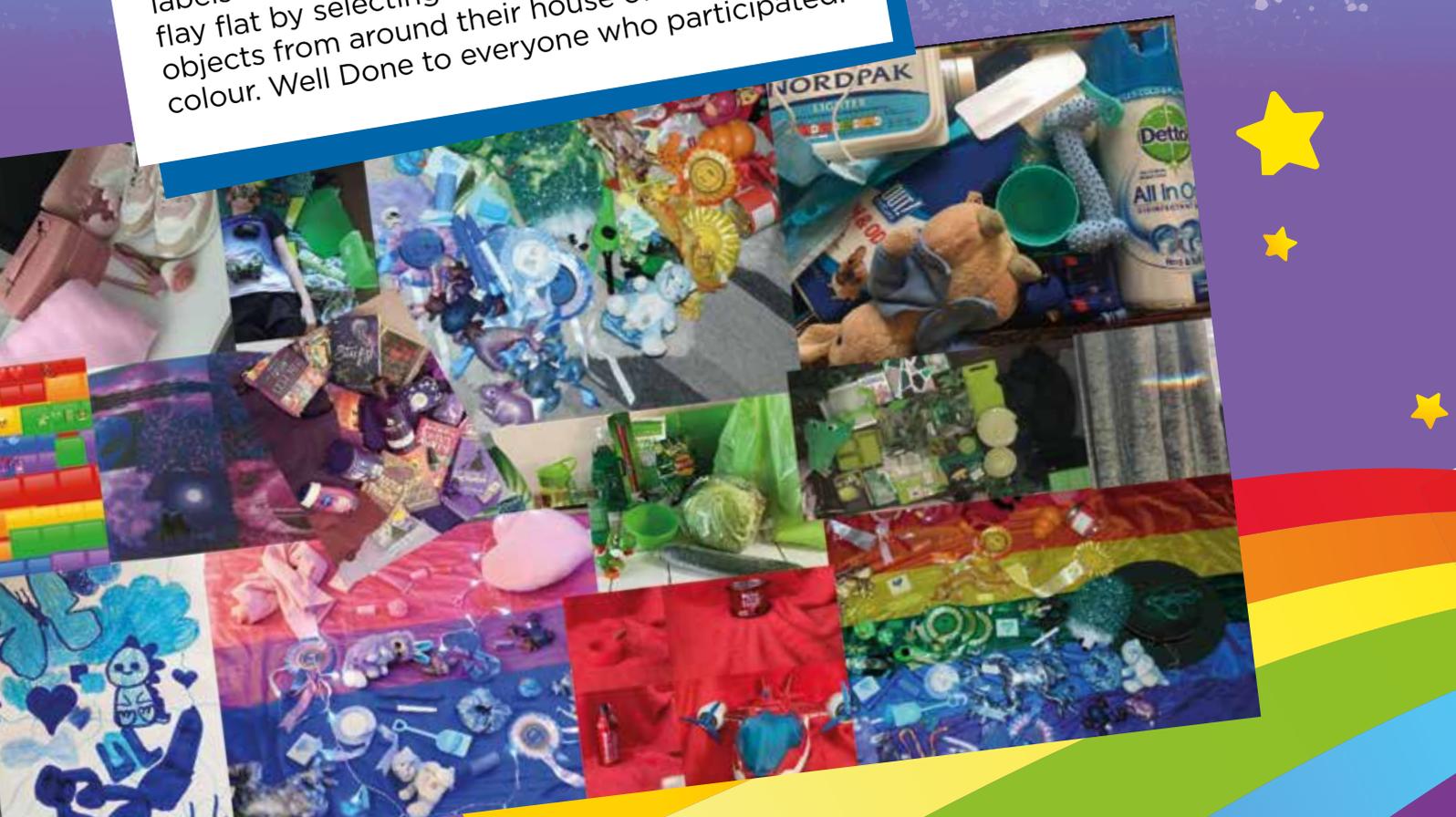


February is LGBT History Month Layflat

LGBT History Month is an annual month-long observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements. As part of students cultural weekly assemblies, February covered Stonewall the wider of wider cultural issues covered were shared stereotypes, Stonewall riots an explanation of timelined events and the meaning of the LGBTQ+ flag was shared with students. Students were also shared a great video which can be found on youtube called 'Love has no labels'. Students were challenged to create a lay flat by selecting one colour and selecting objects from around their house and selecting colour. Well Done to everyone who participated!



be
PROUD
OF
Who
YOU
are





Kindness Bookmark for World Book Day

World book day was a little different this year! The annual event held on the first Thursday in March was celebrated by a virtual assembly by Mr Quinn. Since returning students book tokens have been issued to students for students to redeem at most supermarkets or online. Despite stating it is only valid until Sunday 28th March 2021, bookshops participating have said they will be extending this deadline once they reopen in April 2021 as per the current Government roadmap, however, they can also be used online. Students created a Kindness Bookmarks to use for themselves or to gift to family members.





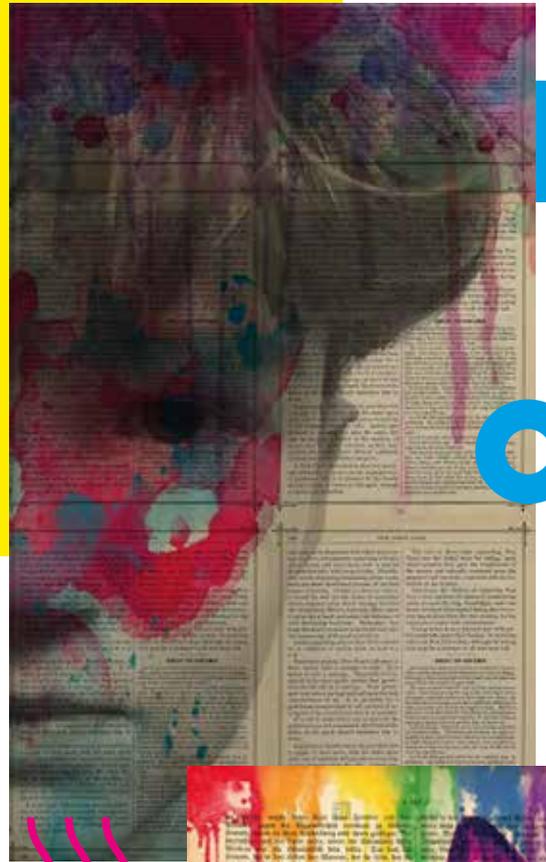
GCSE PHOTOGRAPHY

GCSE Photography

Since working from home GCSE Photography students in years 10 and 11 have been tasked with researching artists and photographers, photographing textures, portraits of family members or pet portraits as well as being tasked with photographing their daily walks for their street photography projects.

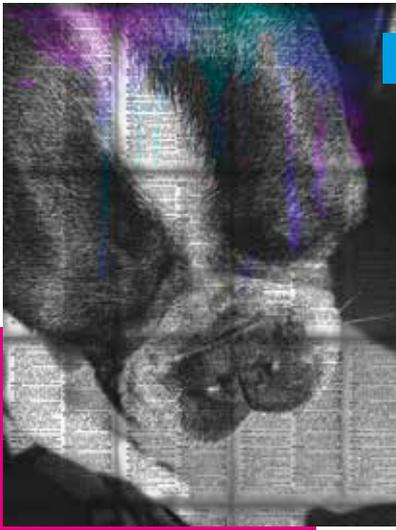
Year 10's

Year 10 students have researched an Australian artist Loui Jover, known for his portrait artwork in ink wash paintings on vintage book pages, then used this as inspiration for their own portrait photos. Online lessons were also delivered from the photography lecturer at Blackpool and the Fylde college who introduced year 10 photography students with the idea of lighting styles to create dramatic effects when photographing themselves, family or pets. Since returning to school students have made fantastic progress with their photos developing their own work in response to Jover, whilst using their portrait photos taken over lockdown.



PHOTOGRAPHY

ARTISTIC PROJECT



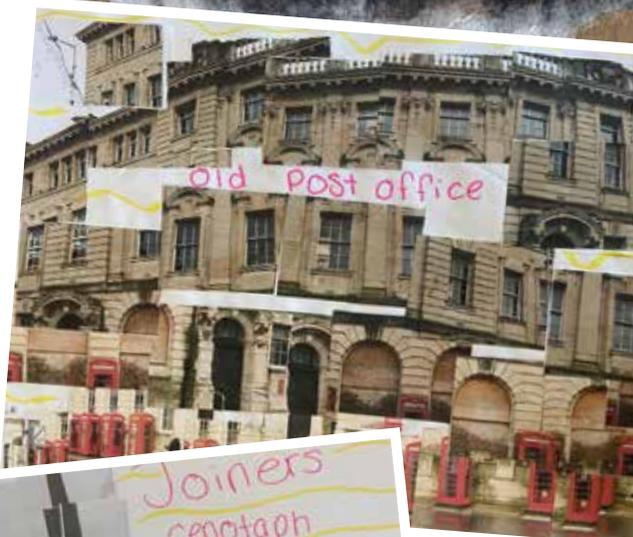
GCSE PHOTOGRAPHY

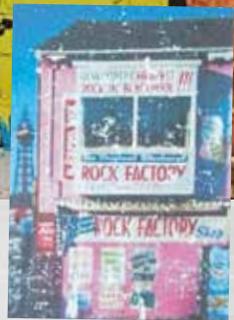


GCSE Photography

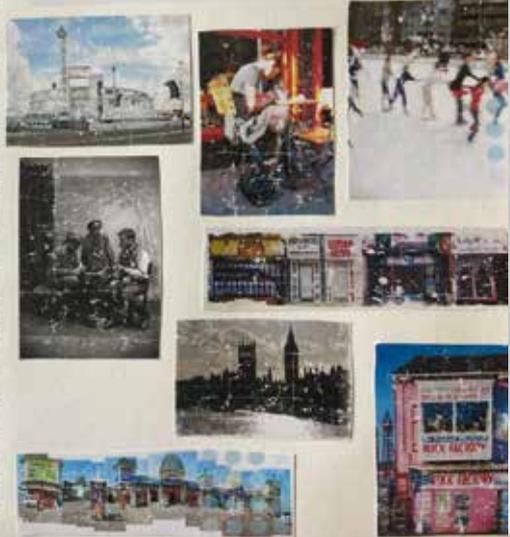
Year 11's

Year 11 students have been continued their studies on Street Photography whilst working from home, students have researched local Artist and Photographer Alistiar Parker who was able to provide students with an online lesson to demonstrate his mixed media approach to his art work. Students that were able to collect the materials from school used a special transfer medium called matt medium to help them with their images, others experimented with mediums such as PVA glue, Emulsion Paint, Sellotape and bleach to help produce responses to the Alistiar Parkers work. Students were also creative with their use of images, using images from newspaper cuttings to produce responses to the current theme 'Britishness'.





Parker was a Blackpool photographer who always looked back from the 1900's from looking at his family history and finding his roots. He was a tattooist in Liverpool. He started his work as a hobby completed city and a guild qualification as well as a masters degree and PHD in art and photography. He found himself liking the decayed look which lead him on to the torn posters style. He was first inspired by Bill Jacklin and the blurred look from 'A New York Ice Skaters Rockafella' painting. Which he then later created a wet polymer transfer version. He does it by using the photos and then edies them in photo shop. He celebrates the retro aged and scratched effect that the transfer effects uses.



Welcome to Montgomery Academy, I am absolutely thrilled you have chosen to join us in September and look forward to welcoming you in person later this year. My name is Mrs Cumming and I am very much looking forward to meeting you all in the Summer term, restrictions permitting. Please be rest assured that we will ensure that you have a full induction as we know how important this transition is. Montgomery Academy is a special place and somewhere that you grow, progress and, most importantly, have some of the best days of your life. Around every corner at this school you will find opportunity, whether that be extra-curricular activities, making new friends, learning new things or finding out about careers. You are now part of our Montgomery family and we are thrilled to have you on board. As the transition lead of this fantastic school, it is my job to ensure that you get the very most from it and I intend to ensure that you do. Please start to think of any questions you may have for me for when I visit you at your Primary school, either in person or virtually very soon.

Welcome Year 6!

MONTGOMERY TRANSITION

Mental Health & Wellbeing

Google Classroom for Students

Join our student google classroom to help support your wellbeing.

The purpose of the classroom is to signpost additional support that is available to you, whilst incorporating an element of fun and social interaction. The classroom has a wealth of information about the following topics:

- Mental Health
- Nutrition
- Physical Activity
- Growth Mindset
- Careers
- First Aid
- Creative Therapy
- Stress Management
- Setting SMART Goals



To join use the codes: **KS3 Montgomery Health and Wellbeing (Yr 7-9)- wrleozx**
KS4 Montgomery Health and Wellbeing (Yr 10-11)- zfp44rc



MONTGOMERY MOBILE MOTIVATION

Stationery and Wellbeing on Wheels

Thank you to everyone that came along to our Montgomery Mobile Motivation drive on Monday 22nd February. We were overwhelmed by the response and so happy to be able to give so many of our students equipment and resources for their learning at home. The Headstart resilience self soothe kits were co-produced by young people and include lots of treats and goodies to support and encourage a positive mindset.

If you still require additional support from school with equipment or food please contact your child's pastoral manager who will be happy to support.

Bringing Montgomery to a stop near you!
Monday 22nd February
 Restock on anything you need for your remote learning!

Resources Available (ALL FREE)	
Times	Location
11:00-11:20	@TheGrange, Dinmore Avenue, Grange Park
11:30-11:50	Gynn Square Carpark
12:00-12:20	Norbreck Road Shops, at the back of Norbreck Castle Carpark
12:30-13:00	Lidl, 4 Anchorsholme Ln W, Blackpool, Thornton-Cleveleys FY5 1LY
13:15-13:30	Bispham Village Carpark

Equipment
 Pencil, Pens, Eraser, Plain/Lined Paper, Ruler
 Food Parcels
 Sanitary Products
 Headstart resilience wellbeing self soothe kits (Example below)

