

Inspiring Change Newsletter

Terms 3 & 4 / 2023 / The Rowans
Easter Edition

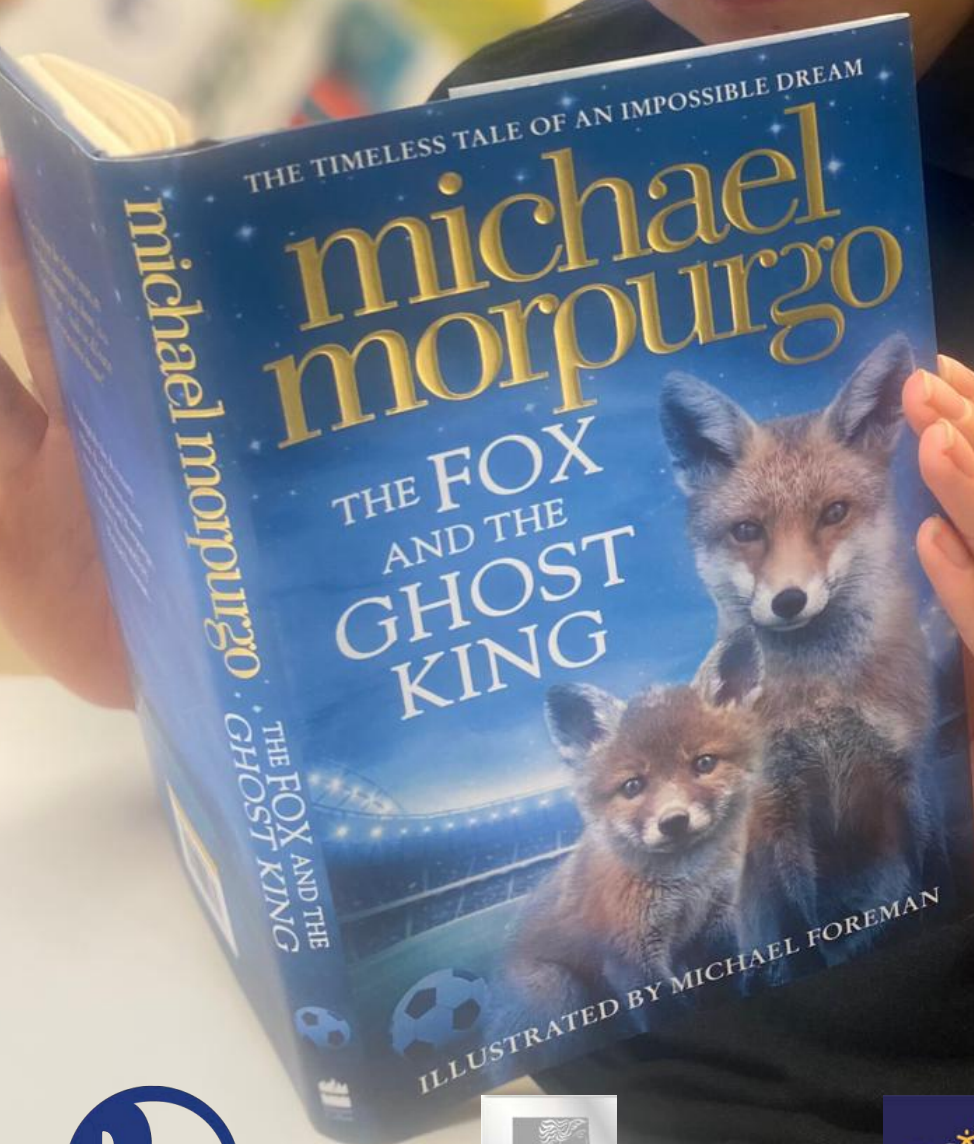
Easter Celebrations

Primary Update

Assemblies

Charitable Work

Events



Subject Focus: Science

British Science Week

The annual activities for British Science Week 2023 at The Rowans started with a very wet litter pick by KS3 pupils from form GHa. They braved the wind and rain to collect litter from our school grounds and around our front entrance. Pupils were very enthusiastic and collected many bags of rubbish to use in a workshop to sort and categorise the rubbish we found. The learning from this lesson gave us an understanding of the amount and what types of rubbish we produce in our local area. We were very surprised with some of the rubbish people just throw away and don't put in the bin. This included a toy rubber duck!



The second activity for the week was delivered by South East Water Trust. Pupils learnt about a multimillion-pound project run by the trust to prevent plastic pollution in the River Medway. Pupils carried out activities such as: using maps to identify areas where plastic pollution may arise, looking at mystery items to identify and then explaining how they are used to gather scientific evidence in the field. Pupils also sorted out a rubbish sample to categorise the items, just like the scientists are doing in the project. Pupils then went on to look at initiatives to encourage members of the public not to litter such as voting ash tray boxes where you vote, in response to a question, with your cigarette stub. This has really worked in areas where lots of cigarette stubs are found in drain catchment areas. As all drains lead directly to the river, and so into the sea, this is a massive problem that needs to be addressed. Pupils came up with some other great ideas such as nets horizontally over the sides of bridges so rubbish just doesn't blow over into the river and bins shaped as fun objects such as bicycles to encourage people to use them.



GCSE Preparation

Art, Photography, Textiles, DT

This term the GCSE art, textiles and photography pupils have been working towards their exam preparatory studies. All pupils have chosen one starting point that the AQA exam board has set and they will produce a personal response. The starting points include 'reflections,' 'our world,' and 'objects,' to mention just a few. During the preparatory period, our pupils are researching, refining and developing their own ideas. The pupils will have 10 hours of supervised time in May to complete their own personal response and we cannot wait to see the fantastic outcomes.

Every year, around this time, excitement (and a little panic!) starts to build in the DT department as our GCSE pupils approach the final few weeks of their NEA coursework projects. All their hours of hard work (client research, innovative designs and meticulous planning) comes together now as they start to create their final product. This year has been no exception and I cannot wait to see their talent and skills put to the test in the workshop. I know that the final pieces; which include an interactive sensory board, a portable speaker, a London themed lamp and two very exciting storage solutions, will all be fantastic!



Zoolab

Part of British Science Week was a visit from Zoolab, where pupils learnt about and had a chance to hold many different small animals including a corn snake, tarantula, giant snail and cockroach. It was great to have the primary pupils with us and I am sure you will see from the photos that pupils tested their resilience in holding and touching animals, alongside having great fun. Pupils learnt how animals breed and were particularly surprised to learn that female tarantulas eat their male mate after they bred! What a great end to British Science Week.





Twitter



The Rowans AP Academy
@TheRowansAP

A quick selfie with Richie, student of the week @TheRowansAP He has had such an amazing week, he has re-engaged with learning, made good progress and has modelled our core values. He is an absolute delight to have in school 🥰🥰🥰 #ThisIsAP #InspiringChange #FutureStar



Rowans Food
@RowansFood

@TheRowansAP pupils have been busy saving @marksandspencer herbs. Each pupil in form @g_harris002 has named their own plant & are in charge of watching it grow & taking care of it. Pupils have also sowed their own herb plants which we will use later in the term. #Sustainability



Katie Martin
@martk259

AMAZING!

Alternative education is quality first teaching and engaged pupils. So proud to work with inspirational staff that put the child first. #ThisIsAP @TheRowansAP



FR Art
@TheRowansAP

Well done to Brooke who has completed her final piece for her GCSE Art natural forms project. What a talented young lady. @TheRowansAP



The Rowans AP Academy
@TheRowansAP

Mrs May is so proud that Charlie has been awarded with Interventions Star of the Week @TheRowansAP He has been an absolute superstar in gardening, lego therapy, reading and fit-to-learn 🌟🌟🌟 What a fabulous young man #ThisIsAP #InspiringChange



J Cornwell
@misscornwellt

End of term values day today and tier 1 at laser tag! Dave was the perfect team mate @TheRowansAP



The Rowans AP Academy
@TheRowansAP

This incredible young man has only been with us a few weeks and yet yesterday he won 2 certificates in assembly then, modelling our core values, prepared and delivered an afternoon tea to one of our neighbours @TheRowansAP Fabulous Harry 🥰 #ThisIsAP #kindness



L Gale
@TheRowansDT

First batch of desk-top clocks completed by LKi form today. They have worked so hard to develop creative CAD CAM designs and been fantastic in the workshop learning to cut, shape and line bend their acrylic stands. Very proud of their efforts!



J Cornwell
@misscornwellt

Every lesson is different @TheRowansAP in the DT department lesson 1: 2 point perspective drawing with the ASDAN DT boys, lesson 2: Harley was a superstar on CAD and last lesson Brandon finished his flexibly keyring! 🥰



Caron Johnson
@CJohnsonICMAT

This week was innovation assembly. House competition at its best, really funny and enjoyable way to spend time together as a school! The win goes to Spartans, Mr Mansford was on 🔥 #gibberish



WELL DONE!

WOW!

Assemblies

Celebration and Innovation

Assemblies are an important time in each week for us to come together as a community. We have assembly every Friday morning and we alternate between a Celebration Assembly and an Innovation Assembly. In Celebration Assembly we learn about something in history that has impacted our lives today. This is called 'On This Day' and has included the energy shortage of the 1970s and in 2009 and Barack Obama becoming the first and only black president of the USA.

The assembly then celebrates all the amazing efforts, progress and achievements made by pupils in lessons throughout the week. We award certificates for:

- Student of the Week
- Attendance Star of the Week
- Interventions Star of the Week

In Innovation Assembly we recognise efforts made towards our core values and award certificates to pupils who are modelling kindness, commitment and resilience. We then participate in various activities to gain points for our houses. Our most recent innovation assembly saw Heads of Houses and House Captains compete in a highly entertaining game of Pictionary and the winner was Mr Hake, Riley and Spartans.



6TH JANUARY 1974: THE 3 DAY WEEK!

- PRIME MINISTER EDWARD HEATH INTRODUCED A 3 DAY WORKING WEEK ACROSS THE UK DUE TO AN ENERGY SHORTAGE CRISIS.
- IN THE UK, THE COAL MINERS WERE ON STRIKE OVER THEIR PAY, THEREFORE THE QUANTITY OF COAL AVAILABLE FOR ELECTRICITY WAS VERY LOW.
- SHOPS, SCHOOLS, FACTORIES ETC COULD ONLY OPEN FOR 3 DAYS OF THE WEEK TO SAVE ELECTRICITY - THIS LASTED FOR 2 MONTHS!
- ELECTRICITY ACROSS THE ENTIRE UK WAS SWITCHED OFF AT 10:30PM EVERY NIGHT, INCLUDING STREETLIGHTS.
- DURING THE DARKER DAYS, SCHOOLS WERE ONLY ALLOWED TO USE CANDLELIGHT IN THE CLASSROOMS!



20TH JANUARY 2009: BARRACK OBAMA BECOMES THE FIRST AND ONLY BLACK PRESIDENT OF THE USA

- AT THE AGE OF 47, HE BECAME THE 44TH PRESIDENT OF THE USA
- HIS PREVIOUS JOB WAS A LAWYER
- HE WAS BORN IN HAWAII
- HE WAS THE FIRST US PRESIDENT TO ALLOW SAME SEX MARRIAGE
- HE IS LEFT HANDED
- HE WAS RESPONSIBLE FOR ENDING THE WAR IN IRAQ BY CAPTURING BIN LADEN AND WITHDRAWING THE US TROOPS
- HE HATES ICE CREAM!



Keep exploring. Keep dreaming. Keep asking why. Don't settle for what you already know. Never stop believing in the power of your ideas, your imagination, your hard work to change the world.

- Barack Obama

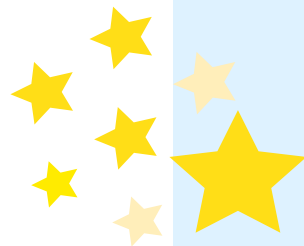


Primary Update

What busy Terms 3 and 4 we have had! Our topic for Term 3 was Medway and the global community. The children researched the local author Charles Dickens in English, investigating where he lived and explored the book "A Christmas Carol". They further developed their reading skills by listening to and engaging with a wide range of fiction and non-fiction texts from around the world, sharing their learning with an orphan from Uganda via wonderful letters to him. In Geography, they investigated the local area, looking more closely at the river Medway and why it is so important to this area.



Our theme for Term 4 has been dinosaurs and the boys have loved learning about them, looking at herbivores, carnivores and omnivores in science and investigating how dinosaur teeth are different depending upon their diet. They have created a dinosaur diorama in art and made brilliant non-fiction fact files in English. The class have read a wide range of fictional stories about dinosaurs and have even written their own. In art, they have created dinosaur eggs out of clay and have painted them and in nature studies have looked at how and why creatures nest, using this knowledge to create nests for their eggs.





Primary update

As well as developing their learning skills within the classroom, the class have had lots of opportunities to learn within the outdoor environment. They have learnt how to jump with control and precision at Gillingham Jumpers trampoline centre, and are starting to put their skills together to create a routine. The class are currently loving attending Lower Grange Farm and have listened well to instructions to be able to climb, go caving, shoot arrows, fence and race go-karts. Most recently, they have had the opportunity to build and create a rocket, that they have then shot into the air, using water pressure, as part of National Science Week. The children loved writing jokes as part of their Comic Relief celebrations and buying a book, using their World Book Day voucher. Finally, the class were brilliantly behaved at Yewtree Farm, where they were able to see new life during springtime in the shape of piglets, lambs and ducklings.



Happy Easter to you all from everyone at the Primary School.



Children's Mental Health Week

Children's Mental Health Week 2023 took place in February. The theme this year was 'Let's Connect', looking at encouraging people to make healthy, rewarding, and meaningful connections. During the week we had a safer internet day workshop where we looked at connecting safely online in our form groups. Pupils came up with some fantastic solutions to the issues they face when being online.

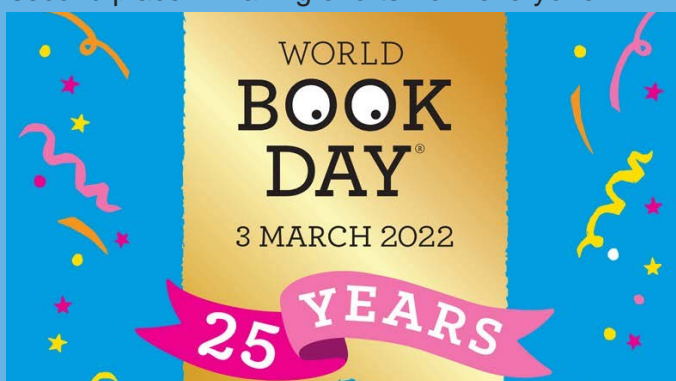
The whole school expressed themselves by wearing their own clothes on tag day and we all spent an afternoon completing new activities such as photography, gardening and music with peers that we wouldn't normally connect with. A team of pupils and staff connected with our local community by making and delivering afternoon teas to the elderly in our local area.



World Book Day

The Rowans enjoyed yet another very successful World Book Day this year. Pupils were set the World Book Day Challenge - a 'treasure' hunt of bookish clues which led to some great prizes being won. Pupils had to track down certain members of staff who each had a clue to either a book title or a book character. Pupils spent the day completing their clue-sheets and bonus points were also up for grabs if pupils could work out authors, or which books the characters came from.

As always, we also had our World Book Day inter-house event in the afternoon, which included a quiz room, a Pictionary room, an emoji-themed room and the delightfully, delicious and tantalising George's Marvellous Medicine tasting room! Pupils had to sample a range of very strange and interesting tastes and guess what the concoction was. Warriors just managed to take the lead in the house event, scooping a huge 50 points for their house, with Spartans following closely and grabbing 25 points for second place. Amazing efforts from everyone!



Hope Hack

On Tuesday 28th March, the Kent and Medway Violence Reduction Unit hosted 'Hope Hack'. Pupils at The Rowans were joined by other young people across Kent and Medway at Ashford International hotel, they worked together to generate ideas and explore and develop innovative solutions to societal challenges that are the key causes of serious violence.

Commando Chef joined the event as a keynote speaker which was fun and engaging, pupils attended workshops to explore the agreed key themes and had an opportunity to provide feedback and questions to decision makers. The findings will be summarised to give clear recommendations for policy makers, cross sector leaders and Government in the 'Reimagined report' to be published in May 2023.

Pupils also met Paul Canoville, former Reading Football Club player who was the first black player for Chelsea Football Club. He himself has overcome racism and adversity and is now an ambassador championing the potential of young people. The pupils loved having their photo taken with Paul and a copy of his book signed as a keepsake.





In a nutshell: Attention Deficit Hyperactivity Disorder (ADHD)

What is ADHD?

ADHD is a neurodevelopmental condition that affects behaviour. Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child starts school. Most cases are diagnosed between 6-12 years old. Children with ADHD may appear restless and have trouble concentrating. They may also appear impulsive. Additional problems for children with ADHD may include sleep disorders and anxiety.

ADHD Facts

ADHD is more common in boys than girls. ADHD tends to run in families, with a high likelihood of heredity. Some research suggests as much as 70 - 80%.

Support for Pupils

Children with ADHD can be easily distracted so limiting noise and visual stimuli will help prevent distractions. Simple clear instructions should be used. Classroom rules and expectations need to be clear and concise, with clear boundaries. Praise the behaviours that you want to see more of. Instructions need to be broken down. Giving "too much too soon" can overload a child with ADHD. Short breaks in which pupils can get up and move around are really helpful. Try to identify triggers, so these can then be better managed.

ADHD in Girls

ADHD in girls can look different than it does in boys. Symptoms can include:

- Being easily distracted
- Hyper-talkative
- Exaggerated emotional responses
- Appears withdrawn
- Forgetful
- Daydreaming
- Shyness
- Cries easily
- Makes 'careless' mistakes
- Verbally impulsive

Support Links

<https://www.adhdfoundation.org.uk/>

ADHD Features

Features of attention deficit hyperactivity disorder can include a short attention span, constantly fidgeting and acting without thinking.

The features of attention deficit hyperactivity disorder (ADHD) can be categorised into two types of behavioural problems: inattentiveness, and hyperactivity and impulsiveness. Most people with ADHD have problems that fall into both these categories, but this is not always the case.

For example, some people with the condition may have problems with inattentiveness, but not with hyperactivity or impulsiveness. This form of ADHD is also known as attention deficit disorder (ADD). ADD can sometimes go unnoticed because the symptoms may be less obvious.

Inter-House Rowing Event

This term's house event saw teams compete against each other in our annual inter-house rowing competition. Each team rowed for 30 minutes in a relay style race, to see who could cover the most distance. Each house displayed outstanding team work, as well as kindness, commitment and resilience to work together and cover the most distance possible during the allocated time.

Spartans were the overall winners, with Titans finishing in 2nd, Warriors in 3rd and Gladiators in 4th place. It was great to see all pupils and staff involved, being active and having fun.



Values Day Term 3

This term pupils who consistently modelled our core values of kindness, commitment and resilience were rewarded with a trip to Battle Sector X to take part in a day of indoor laser tag. Great fun was had by all and pupils were a credit to the school. Pupils who finished in tier 2 for modelling some of our core values throughout the term were taken to Medway Park to take part in a festival of sport. Pupils developed their kindness, commitment and resilience by participating in a range of team sports. Tier 3 pupils remained in school to work on our core values and made squirrel tables.



**RED
NOSE
DAY**

Charitable Work



Comic Relief

We raised £126.43 for Comic Relief during our Red Nose Day celebrations. We held a whole school tag day and a red raffle at break time. Pupils won a variety of goodies including snacks, original artwork, toiletries and toys. Fun was had by all and we would like to extend a huge thank you to all staff, pupils and families for the continued support of our fundraising events.

Afternoon Teas

At the Rowans we are passionate about giving back to others. Every Friday afternoon teas are created and delivered to members of our local community and church. Treats such as sandwiches and fresh cakes are included and are welcomed with a smile when they are delivered by staff and pupils. This not only brightens our neighbours' day but also reduces the waste of the kitchens here. This is an ongoing project and highlights the importance of kindness being spread throughout our wider community.



Easter Egg Hunt and Easter Lunch

The annual Easter Egg Hunt has become a well-loved tradition at The Rowans. Pupils work either independently or with friends to collect as many chicks as they can, that have been hidden around the school site, to exchange for chocolate eggs of various shapes and sizes. Thanks to Miss Banks and her team of helpers, pupils had a special lunch prepared which they enjoyed sat in form groups with their form tutor and teaching assistant. #EasterFun

It was fitting that Harry, Year 11, got a large haul of Easter eggs. After 4 years of practice, he has perfected his technique of collecting chicks and knowing where the best hiding places are!



Final Word



Firstly, a huge THANK YOU to all parents, carers, grandparents, family and friends who offer so much support to us as a school. Working together to support pupils is so important to ensure that they are able to make the progress that they are capable of both academically and personally. We pride ourselves in working hard to deliver the right support, for the right child, at the right time and we are grateful for your support. We have had many visitors over the past few months, some from as far south as Devon and as far north as Cheshire and I am always proud to show them around the school and am equally as impressed with the conversations that pupils and staff have with visitors, all proud to share their successes and showcase the Rowans community.

Terms 3 and 4 have been busy with lots of learning and many enrichment activities, including values day activities at the end of each term. I have been incredibly impressed with the quality of work produced across a range of subjects and am always delighted when pupils bring their work to share with me. I have had the pleasure of tasting a wonderful vegetable curry made in a cooking lesson, seeing a mosaic peacock come to life as part of a GCSE art project and have enjoyed the opportunity to teach Year 11 English, supporting them to acquire and practice skills needed for their forthcoming exams.

Mrs Antoncini has once again brought the garden to life with bulbs, shrubs, vegetables and fruit all being planted ready for later in the year. It is a pleasure seeing pupils enjoy outdoor life, learning about planting, harvesting and where their food comes from. The primary children have a weekly nature lesson, which is the highlight of the week for many of them. Children have looked at new life, built nests and discovered how and why some animals hibernate. You can keep up to date with this and all Rowans news by following us on social media.

As we move ever closer to the exam period for Years 10 and 11, I would like to remind them all about the importance of making every lesson count, engaging fully with all revision opportunities and continuing to develop the resilience needed to keep going when it's easy to give up.

Thank you once again for your ongoing support of The Rowans, it is truly appreciated and valued. I look forward to welcoming all pupils back to school on Monday 17th April.

Mrs May



A graphic banner with a blue and yellow background. At the top, it says 'FOLLOW US ON SOCIAL MEDIA' in white text. Below that, it says 'To stay in touch with daily updates and see our weekly assemblies follow...'. There are icons for Facebook, Instagram, and Twitter. The Facebook icon is followed by 'The Rowans AP Academy', the Instagram icon by 'therowansap', and the Twitter icon by '@TheRowansAP'. At the bottom, there are icons for a laptop, a smartphone, and a hand holding a pen.