

As a reminder, all our safety advice, organisational details and information for parents and students can be located in one place in the weekly newsletters section of our website.

<https://www.windsor.windsoracademytrust.org.uk/news-vacancies/weekly-newsletters/>

How can we start this New Year happier?

Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, we're encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.



ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

- 1 Find three good things to look forward to this year
- 2 Make time today to do something kind for yourself
- 3 Do a kind act for someone else to help to brighten their day
- 4 Write a list of things you feel grateful for in life and why
- 5 Look for the good in others and notice their strengths
- 6 Take five minutes to sit still and just breathe
- 7 Learn something new and share it with others
- 8 Say positive things to the people you meet today
- 9 Get moving. Do something physically active (ideally outdoors)
- 10 Thank someone you're grateful to and tell them why
- 11 Switch off all your tech 2 hours before bedtime
- 12 Connect with someone near you - share a smile or chat
- 13 Be gentle with yourself when you make mistakes
- 14 Take a different route today and see what you notice
- 15 Eat healthy food which really nourishes you today
- 16 Get outside and notice five things that are beautiful
- 17 Contribute positively to a good cause or your community
- 18 Focus on what's good, even if today feels tough
- 19 Get back in contact with an old friend you miss
- 20 Go to bed in good time and give yourself time to recharge
- 21 Take a small step towards an important goal
- 22 Try out something new to get out of your comfort zone
- 23 Plan something fun and invite others to join you
- 24 Put away digital devices and focus on being in the moment
- 25 Decide to lift people up rather than put them down
- 26 Say hello to a neighbour and get to know them better
- 27 Challenge your negative thoughts and look for the upside
- 28 Ask other people about things they've enjoyed recently
- 29 Use one of your personal strengths in a new way
- 30 Count how many people you can smile at today
- 31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS

www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january

School safety measures and Lateral Flow Testing

We continue to ensure our school is a safe environment for all as we continue to operate a wide range of safety measures such as year bubbles, social distancing, hands, face, space, face masks and good ventilation to name a few. We will soon also be able to offer Lateral Flow Testing in school.

These tests are to detect asymptomatic cases only. Anyone with symptoms such as loss of sense of smell or taste, a temperature or continuous cough should not attend school and should book a PCR test by following this link <https://www.gov.uk/get-coronavirus-test> or dialling 119.

These highly effective tests offer those students and staff who wish to, the opportunity to take a simple and quick test with results available in just 30 minutes.

We have set up a testing area with individual booths and have a team of fully trained staff ready to help us ensure Windsor is a Covid free environment.

Consent forms will be sent out in due course and must be returned if an individual wishes to take a test. This is a completely voluntary test with no obligation to take one. It is also painless and simple for students at secondary school to self-administer before our highly trained team will complete the testing process. Training has been completed in association with the NHS and supported by our local school nurse.

One of the significant benefits is that students identified as a close contact of someone with Covid-19 in school will have the choice to self-isolate or to attend school and take a test each morning for 7 days to ensure they are negative and therefore safe to be in school/public.

More information will follow in due course.

Thank you to everyone in the community who are taking all the appropriate actions to keep themselves and others safe and for all the positive messages we have had from parents and carers who recognise and appreciate the efforts of key workers including those working in schools.

Mr Morley



We are excited to announce the launch of Class Charts at Windsor High School. Class Charts is an interactive software package which will be integrated into daily school life at Windsor High School. It will enable you to fully engage in your child's learning each day, seeing their behaviour interactions in each lesson, including the issuing of rewards and sanctions. There will be a period of transition during Spring Half Term 1, whilst we move our communication away from text messaging to the ClassCharts app.

Your child will have brought home the instructions needed to create your parent account before Christmas, which can be completed online on the Class Charts website or directly via the app. The Class Charts app can be downloaded for free on both Iphone and Android app stores respectively and will allow you to regularly keep up to date with your child's progress.

If you have any questions please don't hesitate to contact us.

Windsor High School and Sixth Form



Weekly PE Challenges!



Here is the new weekly PE challenge for Years 7 to 10. Students can record their scores and earn points for their House too.

Are you fit for 2021?

Challenge: To complete up to 21 minutes of continuous movement every day...

This can be: walking the dog, riding your bike, cleaning your room - it ALL counts!

Click on the links below for instructions and to record your scores...good luck!
#staysafe #stayactive

Mrs K Jones & Miss L Harris

Year 7 2021 Fit Challenge - walking, running, skating, cycling.....

[Log your results here to test your self-motivation, resilience and determination](#)

Year 8 2021 Fit Challenge - walking, running, skating, cycling.....

[Log your results here to test your self motivation, resilience and determination](#)

Year 9 2021 Fit Challenge - walking, running, skating, cycling.....

[Log your results here to test your self-motivation, resilience and determination](#)

Year 10 2021 Fit Challenge - walking, running, skating, cycling.....

[Log your results here to test your self-motivation, resilience and determination](#)

Amazing news!

Windsor have raised £1400 as a school for Riley's Fight - the non-uniform day arranged by Millie Homer on Friday 18th December!!

Thank you to everyone who donated!

Thank you!

Year 7 Parents Evening Wednesday 13 January 2021

Unfortunately we are unable to hold our parent evening as a face to face meeting as normal, so we will run the evening via video appointments using a new system called School Cloud. This is a web based system and does not require an APP to be downloaded. Parents will be invited to make an appointment with each of their children's teachers and will then join a video call with each member of staff on the evening at the appropriate time. Each appointment is limited to 5 minutes to ensure these multiple appointments are able to run in a smooth and effective manner.

Details of the new system have been sent to parents via parentmail to explain how to book appointments and access the new system.