

CHARACTER NEWSLETTER

SPRING 2022



WELCOME TO THE LATEST EDITION OF CHARACTER EDUCATION AT THOMAS AVELING

Our vision at Thomas Aveling School is to enable students to flourish in all areas of their lives, by supporting their development into well-rounded, empathetic people who can contribute and shape society and the wider world, whilst respecting and supporting those who live in it, through the teaching and modelling of good character.

Character education at Thomas Aveling School is all-encompassing and is uniquely threaded through all areas of curriculum and personal development opportunities that the students receive. We take character education seriously as we believe it is fundamental to the development of our students.

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AMBITION

The desire to achieve and do something



RESPECT

Showing regard for someone's feelings, wishes or rights



RESILIENCE

Being able to recover quickly from struggles and setbacks



PRIDE

Satisfaction from your own achievement and the achievement of others



CREATIVITY

The use of imagination or original ideas to create something

AMBITION



Thomas Aveling Futures Fair

Year 9, 11 and Sixth Form students have attended the school's first Futures Fair where students were able to discover and discuss future career opportunities with 25 different organisations. The fair allowed students to explore ideas for their future ambitions. Dakota, a Year 12 student, said 'the fair has opened my eyes to so many opportunities for after this school year'

Year 7-9 girls' football team took a trip to watch the Women's Charlton Athletics Football Team. It was great to see such an ambitious and resilient match, and they hope to use this same ambition in their upcoming interschool matches.

A Level Performing Arts students took a trip to the Marlowe Theatre to watch Matthew Bourne's adaption of the Nutcracker, it was the first live performance students have been able to see in the last 3 years.

The Under 16 girls' table tennis team were runners up in the England school zone finals and have now qualified for the Southeast Table Tennis Finals.



Year 7,8,9 Girl's football team trip to Charlton Athletic



A-Level Dance trip to watch the Nutcracker



U-16 Girls Table Tennis Team

PRIDE



Gardening club

The Gardening Club, supported by Mr Simone, have been working hard over the winter months on improving the school's green spaces and now that spring is arriving their efforts are looking 'blooming' marvellous.

The Eco Committee have won a Green School's Award in 'The Green Travel Category'. The award was won due to the schools' efforts in the Walk to School Project, the award was collected by Laurne D and Ryan N-H who have been part of the eco committee since it was first launched.

The Eco Committee is now looking to launch a sponsored litter picking and are currently working on collecting evidence for our Green Flag award.

Achilles students have been celebrating winning the House competition for 2020-2021. All students in Achilles, who were proudly wearing their yellow house colours, were invited to have an afternoon off school and join their house on the field with inflatables, burgers, music and fete games. There was even the opportunity to sponge the Achilles teachers.



Green Schools Award



Achilles House Celebration



Green
School
Awards

RESILIENCE



Peer Tutoring Awards

KS3 students were presented with their Peer Tutoring Certificates for their outstanding progress following a full term of peer tutoring in either Maths, English or Science. Students have been working for an additional hour after school per week and have been supported by our Sixth Form Peer Tutors. The students have been demonstrating excellent levels of resilience and all who took part saw an improvement in their recent assessments.

As the exam season approaches KS4 and KS5 students have been exploring revision techniques during form time, and the best ways to revise. Year 7 and 8's have been exploring ways to creatively use their knowledge organisers.

The Sixth form students have been taking part in team building exercises developing resilience by working in small teams and solving challenging problems. The whole day ended with a capture the flag competition.

TERM 3&4 KNOWLEDGE ORGANISERS YR7 & 8

Read	Read – Spend 5 to 10 minutes at a time reading through a knowledge organiser. You should read over it for 30 mins each week per subject as required by your teacher
Cover	Cover – Either cover over key topics or simply turn your knowledge organiser over to ensure that the information is well hidden.
Write out	Write out the bits you've remembered
Check	Check One – Ask a friend or relative to test your knowledge on what you have learnt. Repeat the steps until you have completed the material to memory and mastered the topic.
Do	Do this as often as you can to help cement the information to your long term memory
Use	Use your KO for self quizzing and revision

USING YOUR K.O.

HOW SHOULD I ORGANISE MY REVISION?

10 Top Tips

1. What are your prior commitments? Blank this time out – whether that is an activity you do or time you spend with friends
2. **Be realistic!** Make your revision manageable
3. Find out when your exams are and work back from then
4. Research shows; that we all focus better and feel more motivated when we break tasks down into **small chunks** – e.g. revising for 20/25 minutes then having a 5 minute break
5. Work out your **revision budget** – count the number of days until your exams start, decide how many hours you will revise a day and multiply the two. For example, 42 days until exams x 3.5 hours / day = 147 hours
6. **Prioritise** your revision! What do you find most difficult? Which exam comes first? What exams do you need to do really well in? Which subject do you have most revision to do for?
7. **Know your subjects and which exam board they are** – use the exam board websites / your teachers to make lists of all the subtopics you need to cover for each paper. These exam board websites are valuable tools for exemplar papers, past papers and resources for revision (more on these later!)
8. Try to **vary your revision timetable** so that you remain motivated and colour code it so it is easy to read
9. **Regularly review your timetable** – you may need to move things around or do more revision on a certain topic
10. **Stick to it** as much as you can – you will feel more motivated, a greater sense of organisation and routine and it will really feel as though you have earned your downtime. **Remember your goal!**

REVISION STRATEGIES

Using Flashcards to revise

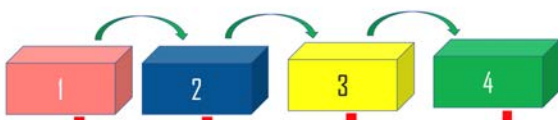
All flash cards start off in Box / Stack 1.

If you give the wrong answer the card stays in box 1.

When you review cards in Box 2, if you still get it right you move the card to box 3 and so on until all cards are in Box 4.

If you get a card wrong in any box, it goes back to Box 1.

As you review the cards, each card you answer correctly goes into Box 2.



Form time revision skills



Year 12 teambuilding

RESPECT



COMIC RELIEF: Rowing Challenge

At Thomas Aveling we have been taking part in lots of fundraising this year developing respect and empathy in the process.

For Comic Relief 6th Form students and staff took part in this year's Rowing Challenge and in 7 hours they rowed over 253km and raised £246 for Comic Relief charities.

Over recent times we have all been impacted by the news of the war in Ukraine. Our students, led by Brandon P, helped to organise a week-long event 'March for Ukraine' which aimed to walk 573 miles, the distance from Kiev to the Polish border, and raise £573. The support for this was amazing and the students smashed these totals with walking ... and raising £1203

Children In Need was organised by our Sixth Form Team with a bake sale and a 'Dress in your Pyjamas Day' and they raised £217.35 for Children in Need charities.

Students in Cavalier have taken part in the Wear it Grey day which supports the charity Brains Trust which is a charity very important to the Cavalier team. They raised £297 for this great cause.



Save the Children.



SAVE THE CHILDREN: March for Ukraine



CHILDREN IN NEED : Pyjama day and Bakesale



BRAINSTRUST: Wear it Grey

CREATIVITY

This World Book Day we explored the creativity in literature. The day was full of activities to promote the positivity of reading including the staff fancy dress competition.



World Book Day

The Dreadlock Alien visited and worked with Year 7 and 8 students to inspire and help them develop their poetry writing and performing skills. With his help, students demonstrated more creative flare in their poetry and confidence in their performances.

The year 13 BTEC Performing Arts students gave a performance of Steven Berkoff's adaption of Franz Kafka's 'Metamorphosis' Students using the theatrical techniques of Steven Berkoff and the production was a roaring success



Dread Lock Alien Visit

8 students took part in the One Day art project and their work will become part of art exhibition with other Disabled people. The focus of the artwork was on war and suffering and how deaf people are impacted in society. This was a great way for these students to share their voices in a creative ways.



BTEC Performing Arts performance



One Day art project

CHARACTER KNOWLEDGE ORGANISER

How can you develop AMBITION?	How can you develop RESILIENCE?	How can you develop PRIDE?	How can you develop CREATIVITY?	How can you develop RESPECT?
<ol style="list-style-type: none"> 1. Compete with yourself, rather than focusing on the achievements of others, your biggest competitor should be yourself. 2. Surround yourself with ambitious people. When you surround yourself with ambitious people, you may feel more inspired to be motivated yourself. 3. Continuously set goals As soon as you reach one of your goals, replace it with a new one. 4. Take exciting risks Being ambitious is all about taking risks. Learn to be comfortable betting on yourself to achieve your dreams. 	<ol style="list-style-type: none"> 1. Change your outlook. Try to change the way that you think about negative situations and bad events and think of positive solutions. 2. Learn from your mistakes and failures. Every mistake has the power to teach you something important, so look for the lesson in every situation. 3. Choose your response. Remember, we all experience bad days, and we all go through our share of crises. But we have a choice in how we respond: we can choose to react with panic and negativity, or we can choose to remain calm and logical to take control and find a solution. Your reaction is always up to you. 4. Be flexible. Resilient people understand that things change, and that carefully-made plans may, occasionally, need to be amended or scrapped 	<ol style="list-style-type: none"> 1. Hold high standards for yourself, this may be the way you interact with other, the work you produce or the way you present yourself 2. Push back against negativity, don't let other put you down, deal with the issue appropriately by speaking to a teacher 3. Look out for others around you. Pride is also about supporting your friends, family, your environment, and the community 	<ol style="list-style-type: none"> 1. Create your own three IF's - What would happen if I change it? What would I change or improve about this object if I wanted to use it in 10 years? What would I do if I had a one-million-dollar investment to improve it 2. Learn to pitch your ideas, being able to have a good idea is one thing, but being able to communicate and 'sell' your vision is just as important 3. Bounce ideas off others. Have key people who you trust to talk through ideas and plans to help develop these ideas further. 	<ol style="list-style-type: none"> 1. Listen to others, allow other to have their say and respect their opinion even if you do not fully agree 2. Think before you speak, will what i say cause harm or upset to someone, always think is this the best my point to get your opinion across 3. Be humble and considerate. Consider the feelings of others in the way you act and talk 4. Be willing to change. We all sometime make the wrong decisions, but being able to admit you are wrong and reflecting on that is a key skill 5. Don't abuse your power. Don't use your position to influence or effect people negatively



Remember to make your goals SMART:

S
be Specific about your goals

M
are they Measurable?

A
is it Achievable?

R
are they Realistic?

T
how much Time will it take?