



Dear Parents & Carers,

After writing to you only a few weeks ago in The Link about our delight at a return to some normality, it is such a shame that we are now experiencing the polar opposite once again. Thank you for your continued support as many of our students return to distance learning and for taking the time to send the kind messages we have received.

Unfortunately, we still have no information to share about NHS vaccinations for 12 - 15year olds, As soon as we hear anything, we will let you know. In the meantime, please do continue to support the regular home Lateral Flow Testing for your child/ren and let us know of any positive cases, including any positive PCR test results.

In the meantime, well done to all students for the work you are doing either at home or in school. We look forward to welcoming students in years 8 - 10 back to school on Tuesday 12th October.

Best wishes for a good weekend

John Parr

Headteacher

Student Journalists

I am pleased to say that the editorial committee at the Stretton Focus are keen to continue the Student Journalist Initiative that has now been running for 7 years.

Last week we held interviews and I am delighted to announce that the names below were successfully appointed as this year's student journalists:

Emily Hale

Eleanor Brown

Laura Brian

Grace Martin

Elena Morton

Jacob Bennett

Can I take this chance to thank everyone who applied and I look forward to reading the first series of articles in December.

Mr Basnett



Accelerated Reader



Well done for reaching your Accelerated Reading Targets

Year 7

Molly Bell

William Brown

Millie Carter

Edward Dunn

Holly Hodgkiss

Lexie Holdcroft

William Kennaugh

Neve O'Leary

Vea Ongsit

Harry Pope

Year 8

Skyla Stovold

Congratulations to the newest member of the

Millionaires Club :

Leia Davis (1,006,542)



Year 10 Virtual Progress Evening

Thursday 21st October 15:30 – 18:45

We had hoped to run the Year 10 Progress Evening as a hybrid event with both in-person and video call appointments, we had made this decision following the extremely helpful feedback we received from Year 10 parents and carers. Unfortunately, given the reintroduction of some measures to restrict the spread of Covid-19 it is no longer possible to host in-person appointments in school. However, we feel it is important for parents and carers to have the opportunity to discuss their child's progress and so we will be hosting a virtual event using the video call facility of the School Cloud website.

The online booking system gives parents/carers the opportunity to choose their appointment time and they will receive an email to confirm the time with a link to access the video appointment. This of course raises questions about how the system works and what device you need to access the appointments. There is a short video showing how the process works and the best device to access meetings on [here](#).

Appointment bookings will open on Friday 8th October at 15:30pm and will close on Wednesday 20th October at 16:00.

Please visit <https://churchstretton.parentseveningsystem.co.uk> to book an appointment.

Login with the following information:

Student's Preferred Name

Student's Surname

Date of Birth

[Watch the video here about video calls](#)

In order to make video calls you need to have as a minimum:





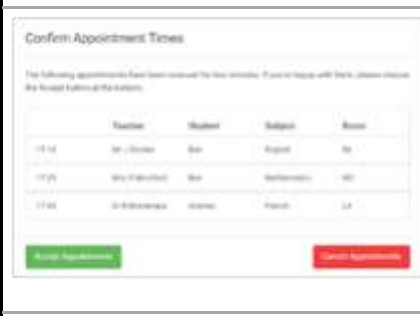


- a device with a microphone and speaker/headphones
- a compatible up-to-date web browser:
iPhone/iPad: Safari **Note:** there is a known issue joining video calls using iOS 14.2.
Please upgrade any iOS 14.2 devices to iOS 14.3, or use an alternate device.
Android: Chrome or Firefox
Windows: Chrome, Firefox or Microsoft Edge (Chromium - [download here](#))
Mac: Safari, Chrome or Firefox
Linux: Chrome or Firefox

We also recommend:

- Using your smartphone for video appointments. If you don't have a smartphone with a front-facing camera, use a laptop or computer with a webcam.
- Using a headset (or earphones with a microphone) to reduce echo.

Parents' Guide for Booking Appointments

Browse to <https://churchstretton.schoolcloud.co.uk/>

	<p>Step 1: Login</p> <p>Fill out the details on the page then click the <i>Log In</i> button.</p> <p>A confirmation of your appointments will be sent to the email address you provide.</p>
	<p>Step 2: Select Parents' Evening</p> <p>Click on the date you wish to book.</p> <p>Unable to make all the dates listed? Click <i>I am unable to attend</i>.</p>
	<p>Step 3: Select Booking Mode</p> <p>Choose <i>Automatic</i> if you'd like the system to suggest the shortest possible appointment schedule based on the times you're available to attend. To pick the times to book with each teacher, choose <i>Manual</i>. Then press <i>Next</i>.</p> <p>We recommend choosing the automatic booking mode when browsing on a mobile device.</p>
	<p>Step 4: Choose Teachers</p> <p>If you chose the automatic booking mode, drag the sliders at the top of the screen to indicate the earliest and latest you can attend. Select the teachers you would like to book appointments with. A green tick indicates they are selected. To de-select, click on their name.</p>
	<p>Step 5a (Automatic): Book Appointments</p> <p>If you chose the automatic booking mode, you will see provisional appointments which are held for 2 minutes. To keep them, choose <i>Accept</i> at the bottom left.</p> <p>If it was not possible to book every selected teacher during the times you are able to attend, you can either adjust the teachers you wish to meet with and try again or switch to manual booking mode (Step 5b).</p>
	<p>Step 5b (Manual): Book Appointments</p> <p>Click any of the green cells to make an appointment. Blue cells signify where you already have an appointment. Grey cells are unavailable.</p> <p>To change an appointment, delete the original by hovering over the blue box and click <i>Delete</i>. Then choose an alternate time.</p> <p>You can optionally leave a message for the teacher to say what you would like to discuss or raise anything beforehand.</p> <p>Once you are finished booking all appointments, at the top of the page in the alert box, press <i>click here</i> to finish the booking process.</p>
	<p>Step 6: Finished</p> <p>All your bookings now appear on the My Bookings page. An email confirmation has been sent and you can also print appointments by pressing <i>Print</i>. Click <i>Subscribe to Calendar</i> to add these and any future bookings to your calendar.</p> <p>To change your appointments, click on <i>Amend Bookings</i>.</p>



Student of the Week



Winners and nominees for this week are listed below....

KS4 Winner - James Price Nominated by Mr Balmer for a really good attitude to learning!

KS3 Winner - Ruby Jammaz Nominated by Mrs Davis for phenomenal work in DT this week

KS4 Nominations

Mr Williams	Ishan Manoj	Settled brilliantly in the class; outstanding effort in Maths!
Mrs Mackechnie	Finn Feeney	Excellent progress and contribution to lessons
Mr Clarkson	Jack Sankey	Effort and results in online assessments
Mrs Scott	Joe Burke	Excellent perseverance shown on quadratic graphs topic
Mrs Scott	Daisy Deards	Excellent perseverance shown on quadratic graphs topic
Mrs Scott	Evie Gerrard	Excellent perseverance shown on quadratic graphs topic
Mrs Scott	Louisa Crump	Excellent work on quadratic graphs topic
Mrs Scott	Amelia Osborne	Excellent work on quadratic graphs topic
Mrs Scott	William Smout	Superb contributions to class , demonstrating his understanding of quadratic graphs
Mrs Walker	Zaryan Baig	For speaking brilliantly in PSHE.
Mr Balmer	James Price	A really good attitude to learning!
Mr Balmer	Thomas Middleton	Consistent, hard work in lessons.
Mrs Fletcher-Tyrie	Hayley Wyatt	Outstanding effort and commitment with the start of her GCSE course.
Mrs Davis	Sioned Morris	Your DT work is phenomenal
Mrs Davis	May Swain	Brilliant progress in your DT work
Mrs Davis	Lilly Child	Brilliant progress in your DT work
Mrs Davis	Will Alston	Brilliant progress in your DT work
Mrs Davis	Ruari Frankel	Brilliant progress in your DT work
Mrs Davis	Eliza Morgan	Brilliant progress in your DT work
Mrs Davis	Eric Turner	Brilliant progress in your DT work

KS3 Nominations

Mr Williams	Lola Wise	Excellent attitude in Maths; helping other in Maths
Mrs Mackechnie	Joey Taylor	Excellent engagement and contributions to lessons
Mr Clarkson	Jack Boreham-Barber	Superb experiments in Physics
Mrs Scott	Will Jackson	Superb work on ratio in Maths and contributions to lessons
Mrs Scott	Jensen Hadwen	Superb work on ratio in Maths and contributions to lessons
Mrs Scott	Pippa Pledger	Superb work on ratio in Maths and perseverance to master the topic
Mrs Scott	Ryleigh-Mae young	Superb work on ratio in Maths and determination to master the topic
Mrs Walker	Holly Hodgkiss	Loads of fantastic answers in Art.
Mrs Walker	Lexi Holdcroft	Loads of fantastic answers in Art.
Mrs Walker	Charlotte Murphy	Loads of fantastic answers in Art.
Mrs Walker	Cordy Angell	Loads of fantastic answers in Art.
Mrs Walker	Jayden Barratt	Loads of fantastic answers in Art.
Mrs Walker	Morgan Thomas	Loads of fantastic answers in Art.
Mrs Mackechnie	William Brown	Super poster on sequences
Mrs Mackechnie	Rachel Beever	Super poster on sequences
Mrs Mackechnie	Abbie Child	Super poster on sequences
Mrs Mackechnie	Thomas Field	Super poster on sequences
Mrs Mackechnie	Nia Carter	Super poster on sequences
Mrs Mackechnie	Marianne Osborne	Super poster on sequences
Mrs Fletcher-Tyrie	Edward Key	Excellent improvement in drawing skills over Key Stage 3.
Mrs Colburn	Joseph Evans	Exceptional contributions to History lessons
Jo Davis	Ruby Jammaz	Phenomenal work in DT this week

From



to



Like more than 40% of adults I gained weight during the first lock down, the BBC reported that the average weight gain was half a stone (just over 3 kg). If you were one of the lucky/disciplined ones who did not gain any weight, don't worry I gained it for you and my BMI placed me in the obese category. Having recently retired from playing rugby I needed a new form of exercise to get myself back into shape. I was too unfit and heavy to start running straight away, but like many families we had gained a lock down dog and he needed lots of walking. So, Mrs Bird and I started walking the footpaths

around Cleobury Mortimer, finding lots of amazing walks that had passed us by pre-lockdown. In addition to walking, we started watching what we ate and before long the extra weight started to melt away and our fitness was ever improving, it was time for me to sign up to a challenge that would push me to further improve my fitness and boost my weight loss. That challenge came on 1st January 2021 when I signed up for the Loch Ness Marathon, which was to held on 3rd October 2021.

I now had 10 months to get myself marathon fit, my friend James was also inspired to sign up, meaning I had a training partner. We decided to run together three times a week and so I was committed to running on these days, this made sure I ran even on days when I really didn't feel like it. Having a training partner was the biggest motivation to keep pushing ourselves and we were both really grateful to have each other for company during our training. Our first runs saw us running at a pace of well over 10 minutes per mile, through freezing wind and rain, feeling like we might keel over before we got back to which ever one of our houses we were running back to. We kept running and little by little our running fitness improved, our pace quickened and the distances we could run grew longer.



By May we were half way through our training and fit enough to test ourselves in a race, so we signed up for the Shropshire Shindig half marathon over the Long Mynd, it was a fantastic run and I managed to finish 5th in a time of 1:58:24. This gave me the confidence that I was becoming a runner and that I would be able to finish the marathon. The added bonus of my improving fitness was that I had reached a healthy weight, meaning my BMI was below 25.

We were pushing the distances we covered in our Sunday morning long run to cover more and more miles in one go, I was fit enough to regularly run half marathon distances and beyond. When the Summer term ended I was really looking forward to running in the places we planned to visit over the Summer holidays. I managed a 19 mile adventure across the cliff top paths of West Bay in Dorset, partly due to a wrong turn! As my confidence grew I believed I could cover the 26.2 mile distance of a marathon and ignoring the advice I had been given by seasoned runners set out to do one sunny July morning. All went well until I ran out of water and as the day was so hot I decided to take a detour via my house, stopping at mile 24 to refill my water bottle. While I was filling my bottle I suffered a cramp in my calf, which should have been the sign to stop my run and attempt the distance on another day. Maybe it was blind determination or pig headed stubbornness that made me carry on, but the result was a calf strain at mile 25, an injury which prevented me from running for the rest of the Summer holidays. I realised during my 5 weeks away from running how much I had grown to enjoy my training runs and how good it was for my mental health, I was like a bear with a sore head during those 5 long weeks (sorry Mrs Bird and the three baby Birds!).



The start of the Autumn term in September saw my return to training with just one month until the marathon, I



had lost so much fitness during my 5 weeks rest. I was having to work hard to keep up with James, but he kept encouraging and pushing me on. We split our long runs over 2 days, which really helped me to clock up the miles and improve my fitness in a manageable way, avoiding a repeat of my calf injury. The Month flew by in a blur of training runs and getting back into the routine of busy school days. Before I knew it October had crept up on us and it was time to head to Inverness for the marathon. 26.2 miles along the east side of Loch Ness.

I flew to Inverness from Manchester airport after I finished school on Friday 1st October, meeting another friend, Conall, who would be completing his third Loch Ness marathon. As we caught up over a pint in the hotel bar he

broke it to me that the course was very hilly and had a very steep hill at mile 19, I joked that it was something to look forward to, but have to admit having a nightmare about it that night! I ran the Inverness park run with Conall on Saturday morning and we met up with James for the race registration in the afternoon to collect our race numbers and have our photo taken with Nessie.

On Sunday 3rd October at 7am we had to make our way to the Inverness ice rink to catch one of many buses for the journey up in to the highlands to the start line of the marathon. The journey took us along the west side of Loch Ness, the scenery was stunning but all I could think of was the many miles ahead of me and in particular mile 19 and the massive hill through Dores. The bus dropped us off with a freezing cold hour long wait for the race to start and lots of runners desperately queuing for one last pre-race wee. Experienced runners were well equipped for the cold wearing multiple layers that they planned to discard just before the race started, some were in dressing gowns and others were covered with foil blankets. I was in a blue T-shirt and shorts; my skin was soon turning a similar colour as I was chilled to the bone by the highlands wet and windy best.



James, Conall and myself made our way to the 3-hour 45 minute starting section, the time we all hoped we would be able to cover the course in and huddled together for warmth. A bag piper played his way down to the start line and this was the sign that the race was due to start, the starting pistol sounded and we shuffled with the masses over the start line. Having run nearly all of our 1,012 training miles on the empty back roads of South Shropshire it was a shock to be running in a

crowd and James shot off like a scolded cat to break free. I worked hard to keep up with him, keeping one eye on our pace, as it was well above what we had planned to run, something I pointed out once I had caught up with him. The first half of the race flew by and we reached the half way point in 1 hour 38 minutes, a new pb for a half marathon, but there was a long way still to go and a great big hill to climb in 6 miles time. Our pace slowed in the second half of the race to just over the pace we had originally planned to run at, so we were still on course for our target time. The hill at mile 19 came and we plodded our way up it and down the other side, this took a lot out of our legs, and by the end of it we only had 5 miles left to go. Never has the word 'only' been used more incorrectly than in describing these last 5 miles, they felt like I imagine Frodo and Sam would have felt on their final steps to Mordor.

We managed to push each other on as we took it in turns to feel like throwing in the towel and we were now on course to finish the marathon in 3 hours and 36 minutes, well ahead of our goal. As the final mile came into sight we could see the finish line on the other side of the river Ness, it was so close and yet so far. The crowds were amazing and their cheering and encouragement pushed us on until we found ourselves on the home straight.



After 10 months of training together and 26 gruelling miles of running together, we were about to finish the Loch Ness marathon together, but James had a different idea and decided to try and beat me with a sprint finish! As he ran away from me, I have to admit to calling him a less than complimentary name and this spurred me on to find my own sprint finish and I crossed the line 1 second ahead of him in a time of 3 hours 34 minutes and 45 seconds. (Un)fortunately there was a race photographer on hand to catch this photo finish between two 40-year-old men, who should have known better.



We collected our medals, fought off the feeling that we were going to throw up and made our way back to our hotel rooms to have a well-earned shower and lie down. On the way back we caught up with Conall, who had stuck to his race plan and finished in 3 hours and 45 minutes. He asked me whether I would ever run another marathon and my answer was a resounding no... but the more I looked at my finish time of 3 hours 34 minutes and 45 seconds the more I started to think that I could run a marathon in under 3 hours and 30 minutes. So, I entered the ballot for the London marathon when I got home from school on Monday evening, so watch this space for future running adventures with Mr Bird.



Well Done Mr Bird!

BE EQUIPPED AND READY TO LEARN

Please can you ensure you have the right equipment for lessons.

- | | |
|--------------------|-------------------------|
| ✓ Pen -black/blue | ✓ Ruler |
| ✓ Exercise books | ✓ Glue stick |
| ✓ Reading Book | ✓ Protractor |
| ✓ Pencil | ✓ Compass |
| ✓ Rubber | ✓ Scientific calculator |
| ✓ Pencil sharpener | ✓ Water bottle |
| ✓ Scissors | |
| ✓ Coloured pencils | |



LOOK OVERLEAF FOR ALL UPCOMING EVENTS



Ludlow
College

Shape your future.

Ludlow College is a leading provider of A Levels and Vocational courses in Shropshire for more than 800 years. We are proud of our exceptionally long history and of the many students who have gone on to achieve outstanding results at the country's best universities.

Are you a school leaver? Come to an Open Event, and see our fantastic facilities and learning resources. Book a place at www.ludlow-college.ac.uk



@LUDLOWCOLLEGE

0800 032 1986

WWW.LUDLOW-COLLEGE.AC.UK



Hereford
SIXTH FORM COLLEGE

VISIT US AT AN

Open Event

Wednesday

20TH OCTOBER 2021

5.00pm - 8.00pm

Saturday

12TH FEBRUARY 2022

9.30am - 12.30pm

Thursday

12TH MAY 2022

5.30pm - 7.30pm

Find out more at
www.hereford.ac.uk



Hereford Sixth Form College Folly Lane Hereford HR1 1LU
T: 01432 355166 E: sixth-form@hereford.ac.uk

THE COLLEGE OF CHOICE

We're looking to your future!

Are you a school leaver this year? Looking to see how you get to the future you want?

Book a place at one of our events to explore your options for September 2022

BOOK ONLINE AT
scg.ac.uk/events

Look overleaf for all upcoming events!



www.scg.ac.uk | 01743 342 342

   @ShrewsColGroup

**SHREWSBURY
COLLEGES GROUP**