

A BIG THANK YOU to the Lateral Flow Testing Team!

Dear Parents, Carers and Students,

Welcome to this edition of @Oakwood. As we emerge out of lockdown, I'm pleased to see that a number of students have been able to carry out some activities. Well done to the students who took part in the Computing Reply Code Challenge and to those students whose work in French commemorating International Women's Day is in this edition. We also have a collection of students' work from the 76th Anniversary of VE Day Poster Competition. Well done to all these students.

Over the last three weeks the school carried out a remarkable logistical feat in testing over 1000 students three times using the Covid Lateral Flow Test. I am enormously grateful to all the support and teaching staff who took part and to Mrs Lewell for organising the process. As a community we should be rightly proud of how we worked together to keep us all safe.

The next term will be a challenging one for our Year 11 and Year 13 students as they complete important assessments that will go towards their final grades. Spare a thought too for their teachers who will be working incredibly hard to award these grades. Another remarkable act in what has been a remarkable year.

Thank you to the Publicity Team for completing the latest edition.



Mr K.W. Moody - Headteacher

Reply's Code Challenge

by Ashwin Knight

March 11th marked the day of Reply's Code Challenge: a 4-hour online team-based programming competition for teenagers worldwide. Vidura, Tim, Kyle and I formed a team called "Base4" and represented the school; we began coding our solutions from the word 'Go!' in a thrilling race against time. After 4 hours of successes, errors and lots of frantic typing, the competition ended. We had completed 3 tasks which placed us near the middle of the leaderboard.

In this challenge, we developed our skills in coding, team strategy and problem solving. With the current restrictions of Coronavirus, we could not be in the same room for this challenge: communication happened entirely over an MS Teams call. Coordinating over Teams came with both its pros and cons. Despite the usual issues of virtual communication such as people talking at once or waiting for someone to unmute themselves, the ability to share screens and compare code with the chat feature was a nice bonus that strengthened our team's sense of cohesion.

Different programming languages were used within our team which posed another challenge as we could not easily develop entire programs from

separate computers. Each team member brought ability in different areas and therefore everyone was needed to solve certain problems. Our solution was to develop algorithms as a group in pseudocode (a syntax-free plan) and flowcharts (a visual representation of the algorithm) and then nominate an individual to write up the final program using the group's ideas. Also, individual tasks were delegated amongst the group to play to people's varying strengths.

Despite the difficulties posed by Coronavirus, we have undoubtedly seen some unexpected benefits. This challenge completed entirely at home meant that: we were able to work with students from different year groups; we developed skills in virtual communication; and we encountered modern restrictions which we resolved with modern solutions. This coding challenge was great fun and solving problems with the team was a great experience. I recommend this to anyone who loves coding, so be sure to keep your eyes open for the code challenge 2022!

If you would like to have a go at an example problem, follow this link:

https://challenges.reply.com/tamtamy/challenges/category/coding_teen#training

and you can explore three problems from the same challenge in 2020 (full details on link).



A BIG THANK YOU to all the staff involved in the Lateral Flow Testing

We would like to say a BIG THANK YOU to all the staff involved in the Lateral Flow Testing to make everyone at OPGS safer.

Mrs Lewell
Ms Bevan
Mrs Craig
Mr Baker
Mr Keeling-Jones
Mrs McLaine
Miss Adams
Mrs Vanson
Mr Keyes
Miss Adriana
Mr Rice
Mr Friday
Mr Ford
Miss Ireland
Mrs Crofts
Mr Watts
Ms Friday
Mrs Copeland
Ms Worrall
Mrs Allen
Mr Thomas





Enrichment Day Competition

VD Day Competition: The 8th May will see the 76th anniversary of Victory in Europe and the end of World War 2.

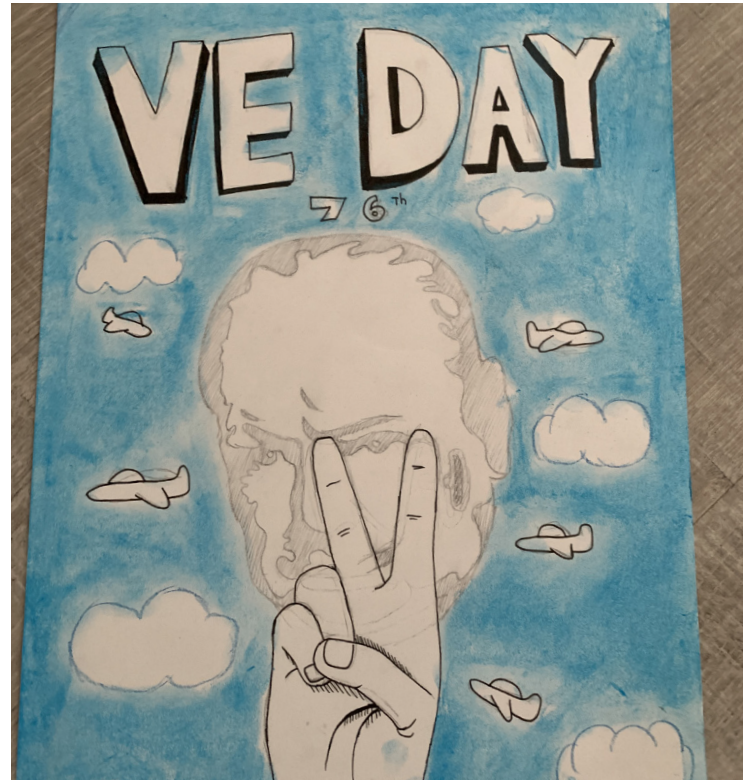
This was a very significant day in history and we would love to get younger generations involved in commemorating this occasion. The Spirit of Normandy Trust is running a creative competition for primary and secondary aged children across the country. We would like children to design a poster which illustrates and captures everything that VE day is about. See some examples below.

Jan Druzkowski Yr 7 – VE Day Poster

William Lutchmiah Yr 7 – VE Day Poster

Zach Mattingly Yr 8 – VE Day Poster

Danial Azima Yr 8 – VE Day Poster



Power of Positivity:

Following on from Mr Baker's Assembly, he is creating a collection of our students' hopes, aspirations and positive thoughts about the future. Please upload yours on a word document to be added to the collection. See word. doc attached.

Danial Azima Yr 8:

Going to university for law,

Getting an achievement ,

Winning in something ,

Have a good life with the good job ,

Be able to drive by the age of 19-20,

Have a job to do with the law,

Have a side business as well as a job,

Have a family,

Have money ,

Have a happy life,

Healthy life,

Happy family,

Be active,

Cycle , swim and climb

Ifan Bambury Yr 8:

The thought of being able to hug my Grandparents when we get back to normal.

The thought of being able to have an impact in this world.

The thought of being able to get back to museums, cinemas. Anywhere that is not a walk which is

what we can really only do at the moment!

Getting your favourite album (Sgt. Pepper's for me!) out of the packaging and putting it on the vinyl player and just sitting down and listening to the music, letting the notes just wash over you.

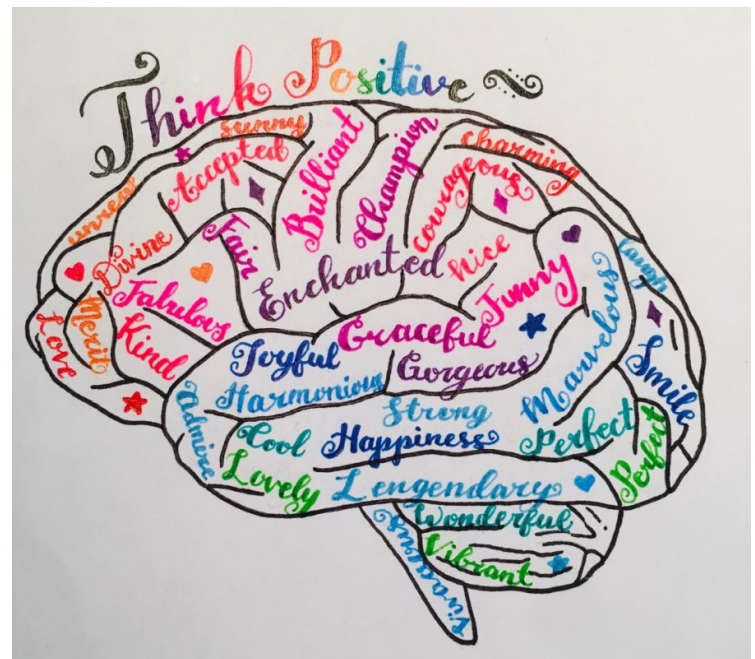
The thought of being on a holiday in a nice place just with my family and swimming in cool clear water.

Being able to inspire a person to go on to do great things.

Getting back to normal!

Alexander Christou Yr 8:

The future. It lies in the palm of our hands, waiting to be discovered, to be told. The best way to predict the future is to make it. However, the future can be interpreted in many ways. Maybe you think that the future is your adulthood, but it doesn't have to be so far away. For example, the OPGS students will be returning to school soon, and there is much to look forward to. Many times, people decide to look down, and think about what could go wrong in the future – maybe they are worried about being homeless, or not being successful enough for their standards – but life has given us so many opportunities, that we should be grateful for.



Home Lateral Flow Testing

About 1 in 3 people with coronavirus do not have symptoms but can still pass it on to others. Regular testing of people who are asymptomatic is important to help stop the virus spreading and protect your loved ones.

As lockdown restrictions gradually ease, we all need to play our part to help protect each other.

The first 3 Lateral Flow Tests students have undergone at their place of study under the supervision of a trained operator. The testing team at OPGS has done over 3,000 tests in the last 2 weeks. The fourth test, students are to do themselves, using a home test kit they received from school.

Students will then continue taking twice-weekly tests using a home test kit provided by their school or college. Students should report all results to NHS Test and Trace as soon as the test is completed, either online or by telephone, as set out in the home test kit instructions.

How it's done?

Wash your hands thoroughly for 20 seconds, using soap and warm water. This is so that you do not contaminate the test kit. Now dry your hands. Clean and dry a flat surface, where you will take the test. Unpack the sealed test equipment for one test and place onto the clean flat surface.

- 1) Gently blow your nose into a tissue to get rid of excess mucus.
- 2) Wash and dry your hands again (or use sanitiser if this is available).
- 3) Check the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.
- 4) Place the extraction tube in a small cup to keep it upright.
- 5) Unscrew the extraction buffer pot.
- 6) Place 6 drops only of the extraction buffer into the extraction tube. Try to avoid touching the tube with the bottle. Reseal the extraction buffer for future use.
- 7) Open the package and gently take out the swab. Do not touch the fabric end of the swab.
- 8) Open your mouth wide. Rub the soft tip of the swab over both tonsils 4 times. If you have no tonsils rub the swab on the sides of your throat

9) Put the swab gently into one nostril, you may feel a slight resistance (insert about 1.5cm or about half an inch). Roll the swab 10 times slowly along the inside of the nostril. Remove the swab and repeat 10 times in the other nostril.

10) Now put the fabric end of the swab into the bottom of the extraction tube. Press the swab head against the edge of the tube with force, while rotating the swab around the tube for 10 seconds to squeeze as much fluid out as possible.

11) Take out the swab while squeezing the tube and fabric end of the swab. Place the swab back into the wrapper and dispose of it at home in your household rubbish bin.

12) Press the nozzle cap tightly on to the tube to avoid any leaks.

13) Turn the tube upside down and lightly squeeze two drops onto the specimen well.

Place the Rapid Test Strip on a flat surface for 30 minutes. Set a clock, timer, or watch and wait 30 minutes to read the results. Do not read your results until the 30-minute mark. Two lines – even faint lines – indicate the test is positive. One line indicates the test is negative. No lines or a line on the T panel but not on the C panel means the test is invalid and should be retaken. You need to record your results each time.

What are the benefits?

By using Lateral Flow Tests across the country, but more immediately within our school community, it enables us to rapidly identify people in the population who are asymptomatic, with results produced in 30 minutes. We also know that lateral flow devices are effective at finding people with high viral loads who are most infectious and most likely to transmit the virus to others. This gives, staff, students and their families some peace of mind that our site remains COVID secure because of the rigorous testing procedures that have been put into place to protect our public health.



Exam Revision Tips:

Exam Revision Tips:

It is that time of year again, when the exam season will soon be upon us, although once again it is a not a normal year in our approach to assessments to mark the end of our GCSE and A Level courses. As a result, it is even more important to ensure you are making the most of the time left to revise in an effective and efficient manner. As a result, we hope these few tips and tricks will help you to tune into your preferred learning styles and condense down the key information into bitesize chunks, which you can actually remember and retain for the focus of revision for each subject.

□ Make sure you know which Component or Section of the exam specification each of your final assessments will be based on. Unlike previous years, you do not have to revise everything and so by making a clear and focused list, you can help yourself by cutting down the topics to only those necessary ones.

□ Watching online videos, exam walk throughs and YouTube tutorials, can be a great way to get your head around the exam format and how to approach those key questions.

□ Find ways to test yourself or a friend to identify your own strengths and weaknesses within a subject area. Writing a personal target for each topic can help fill in any gaps in your knowledge in an achievable way.

□ Over the Easter holidays, for school night evenings and weekends, create a revision timetable.

□ Be sure to build in rewards for all your hard work: a tea break, snack, exercise, an episode of the latest show you are binge watching or some time on social media. Revision only works well if you schedule in regular breaks. Try to make your time on your studies focused so that when it comes to having some mental down time, you have most definitely deserved it!

□ Make your revision activities active, below is a list of some of the study skills you can use, to ensure you are not just staring blankly at notes but help something 'go in' by engaging your brain:

- Map it – using different types of mapping techniques
- Journey it – Remembering a list of information by placing images along a journey

- Index It – Put information on to index cards
- Story it – Create a vivid story using the key points
- Mnemonic it – Using the first letter of key words to create a sentence
- Teach it – Create a presentation
- Flip it – Questions and answers on cue cards
- Timeline it – Place key points along a line
- Sing it – Place key points to a piece of music
- Record it – Explain the key points and play back
- Post it – post it notes around the room
- Comic it – Create a comic strip using the key points



Ten Top Tips For Revision Success!



Before you start, plan
We've all done it, spent so long revising the really tough stuff leaving no time for the remaining 90% of our revision. Plan, stick to it and don't panic!



Be realistic

We'd all love to be Superman and get our revision done in 5 minutes but it isn't going to happen. Working 24 hours a day won't help either. Make sure your plan is manageable in the real world not Metropolis!



The early bird...

Catches the worm, or at least has a sensible revision plan. The earlier you start, the less you'll have to do in each block.



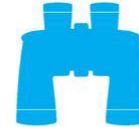
A Room of One's Own

Or corner, or desk, or sofa... Find a good place to revise, whatever works for you, be that a quiet library, your desk, or under a tree.



Mix it up a bit

There are different ways of revising like there are different ways of memorising information. Rather than just copying out, try drawing diagrams, reading aloud, sticking it on post-its on the wall. Whatever helps!



Look to the past

This doesn't involve a time machine, just checking out old exam papers. It can help you plan, revise, and calm you down!



Take regular breaks!

Don't head for information overload. We're not designed to work flat-out and work far more efficiently if we take regular breaks. Try to get up and move around, have a dance if you want. Don't just close the book, make the most of that time off!



Feed & water regularly

Like a car, if you run out of petrol you're not going to get very far. A fed and watered revision brain, is a happy, efficient revision brain revving its highly tuned engine!



Testing times

Don't just input, check what you know. You can do this with friends, family, or on your own. Testing is a great way of combating those nerves by confirming what you know, and filling in the gaps!



Early to bed

It's the night before the exam. Now you've done all that work it's time to give your brain a rest, so you're in tip top condition for sitting that exam. **Good luck!**



Revision Tips



Set up the perfect study space

Make sure it's well lit, not too hot or cold and is quiet enough for you to work.



Start with the biggest or most difficult

It might seem easier to start with the smallest and easiest bits but by tackling the biggest, most challenging topics first you'll feel more confident in the long run.



Take regular breaks

It's important to ensure you take regular breaks, you need to rest your brain to process the information you're learning. Arrange time with friends and family or watch a bit of Netflix (just be sure not to binge-watch a whole series).



Eat healthily

Make sure to eat three healthy meals a day and limit your caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts, so be sure to stock up!



Look ahead and make a plan

Look at your exam timetable and create a revision plan based on it. It'll help keep your revision organised.



Use the best methods for you

By now, you'll know which revision techniques work best for you but don't be afraid to use a new one if you're struggling to absorb a topic. Do whatever works best for you.



Move distracting apps out of view

Your phone can be a huge help for revision, but also a distraction. Move any apps that are likely to distract you to the last page, so you aren't tempted. Add apps that can help you (like the GCSEPod app) to your phone's home screen as a reminder to keep up your revision.



Exercise

A healthy body = a healthy mind. Try to do at least 20 minutes of physical activity a day to help improve focus and stay relaxed.



gcsepod.com



info@gcsepod.com



0191 338 7830

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Makes you a more confident learner



Reduces exam nerves



Enhanced memory during stressful situations



Helps you identify what you do and don't know



More effective revision

Top 10 Revision Tips



Rise and shine

Starting your revision by 9am will help you get into a routine that you can stick to.



Breakfast

Having breakfast before revising is vital as it helps you to concentrate for longer.



Log off

Switch off all devices, a five minute peek at Facebook turns into an hour so easily. Use internet time as a reward on a break.



Past papers

Past exam papers are a perfect way to get used to exam pressure. Time yourself and use past papers to improve your confidence.



Get colourful

Keep your notes organised and bright. Use different fonts, pens and diagrams. Colour coding your areas also helps.



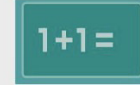
Stick to the plan

Make a revision timetable, it will help you prioritise your areas. Plan for different ways of learning (mind maps, essays, fact cards)



Take breaks

Take a short break (5-10 minutes) after every half hour - It's important to get away from your work area. Adding breaks into your timetable is vital.



Teach

If you are confident with a subject, teach it to your friends and they can do the same for you.



No last minute revision

Cramming 10 minutes before an exam doesn't work, planning your time and working hard does!



Breathe!

You'll be great!

Managing Exam Stress:

Tuesday 23rd March marked a year ago that the country went into its first lockdown in response to COVID-19.

A year later, MPs and royalty are asking us to remember all the hard work, the sacrifice, the loss and the achievements we have gone through in that time. So, as well as working towards your end of year assessments, it is important to recognise this is a stressful time and can be seen as more so because of these crazy circumstances.

Remind yourself, a certain amount of stress is a good thing and can be an effective form of self-motivation. Use the emotion to improve your performance. Having said this, we need to strike up the right balance, between taking this culmination of our school career seriously and not stressing out too much!

If you do start to feel yourself being overwhelmed, then be sure to talk to someone. Talk to friends, family or teachers about the things that are worrying you, no matter how big or small you think they are. There is the age old idiom, that a problem shared, is a problem halved but it really is true that once you are able to articulate what is bothering you and get it off your chest, so to speak, you will feel better about the situation. Besides, all these people love you or form part of your wider support network; everyone wants to see you do well, and so rest assured they are there to help you and will be happy to do so. Talking to them will help you realise you're not alone in your anxieties and how even if your peers are struggling with similar issues, you can all support one another. On the other hand, your teachers or parents are likely to have a different perspective to you. They can help you problem solve and find practical solutions.

Another way to help one another out, is to revise with friends. This can be great as you keep up your social life and you don't feel isolated and alone. Despite the current lockdown restrictions, you can always facetime, text or quiz one another long distance. Also, we are allowed to meet up outside, or in a garden, in small groups from Monday 29th March, so why not invite your friends over for a picnic and revision session combined?

An obvious way to combat the assessment



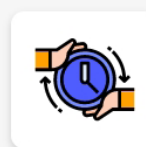
period is to take regular breaks. We are not just saying this, it really is important to your mental wellbeing. We cannot concentrate on one topic for a prolonged period of time in an effective way. If you try, you are likely to switch off. As a result, create a timetable that schedules in that all important down time to ensure you do not burn yourself out. One way to do this, is to listen to your current favourite playlist or practice mindfulness and concentrate on your breathing. This can be a good way to help centre yourself and not get too worked up over things. Being at one with the moment and grounding yourself with the breath in your body can help. Try closing your eyes, breathing in for 4 counts and breathe out for 7-8. Repeat this at least 3 times.

Here is a good website from the BBC with some ways into mindfulness and meditation, as a place to start:

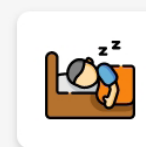
<https://www.bbc.co.uk/programmes/p09668p5>

HOW TO REDUCE EXAM STRESS?

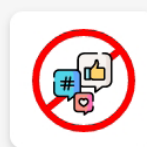
Try These Tips



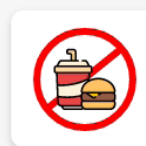
Stick to a proper routine



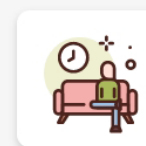
Get good sleep



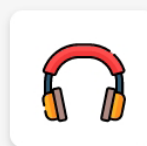
Don't let social media & other stuff distract you



Avoid junk food & eat a well-balanced diet



Never skip taking rest



Mini rewards are a must: Watch TV or listen to music

Vaccine Rollout

The UK's vaccine rollout programme has been one of the quickest across the globe. As of Monday 29th March, 30,151,287 people had received their first dose and 3,233,964 had received their second dose.

As a logistical operation, this is the biggest inoculation programme the country has ever launched. In a race against a faster-spreading variant of the virus, ministers have pinned their hopes of easing a third national lockdown on vaccinating as many adults as possible by summer. The number of first doses dished out each day is averaging around 500,000 now. The progress made in the UK so far means the country continues to be among those with the highest vaccination rates globally.

The UK government aims to offer a first vaccine dose to about 32 million people in nine priority groups by 15 April. The programme in England is now inviting those aged 50 and above to book appointments after the first four groups - those aged 70 and over, care home residents, healthcare workers and people required to shield - were offered a jab by mid-February. These groups account for 88% of deaths so far. Phase 2 of the plan is to vaccinate the remaining population, aged between 40-20 approximately 21 million people in the adult population by the end of July.

The UK is currently receiving doses of two vaccines approved by the medicine regulator. The Pfizer-BioNTech jab - the first to be given the green light in December - is being imported



from Puurs, Belgium. A second vaccine, from Oxford University and AstraZeneca, is being made in Britain by two biotech companies: Oxford BioMedica, based in Oxford; and Cobra Biologics, based at Keele Science Park, Staffs. After some concern that the Oxford AstraZeneca dose was linked to blood clots, politicians such as the French President, Emmanuel Macron and UK Prime Minister, Boris Johnson, have themselves been given a dose of this strain to assure their respective populations that it is safe to have. This week, a study from USA, Chile and Peru interim trial data show Oxford-AstraZeneca vaccine is safe and highly effective. The Oxford-AstraZeneca coronavirus vaccine 79% effective against symptomatic COVID-19 overall with the vaccine proving 100% effective against severe or critical symptomatic COVID-19.

Another company, Wockhardt, based in Wrexham, fills the vials and packages them for use. Further doses are coming from the Serum Institute of India.

Benefits of Vaccine

The benefits of the vaccine rollout mean that as we hope to return to some sense of normality without so many restrictions on social distancing and travel. COVID-19 vaccination will be an important tool to help stop the pandemic. Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. The vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.



International Women's Day

Last week in French, we delivered a lesson about International Women's day.

We talked about Marie Curie, Frida Kahlo, Rosa Parks, Emmeline Pankhurst and Aung San Suu Kyi which lead us to adjectives and describing inspiring women. Students had to describe a woman important to them with a calligram, they had to be creative, use their adjectives and most importantly they had to remember to agree them! The work our students did was amazing and truly inspiring.



Mustafa Jamshed S8

Matt Smith S8



Ivan Bambury S8

