

# ***MEA Community News***

## **Keeping us connected during the Academy closure**

01 May 2020

Welcome to the first edition of our parent and student newsletter **MEA Community News** where we will keep you up to date with important information in relation to the Academy and your child's education as well as providing other articles and tips we hope you will find interesting during these strange and challenging times.

Keep safe & stay well – **Ms Bradbury & the MEA Team**

### **MEA Consolidates – Home Learning Curriculum**

We have now launched our **MEA Consolidates** home learning curriculum, which will be refreshed every two weeks. Work will be a combination of independent research, online activities and quizzes and set tasks. You should have received an information pack in the post and more detailed information can be found on our website.

<https://www.manchesterenterpriseacademy.org.uk/1081/year-7-2>

If you need a log in or have any difficulties accessing ClassCharts please contact the Academy between 10am and 2pm.

### **Welfare Calls**

As the Academy has already been closed for some time and we don't yet know when we will be able to re-open, we are contacting the families of **every** child by telephone on a weekly basis during term time. This is simply to check that your child is doing OK, and to see if there are any questions or concerns that we can help you with. If we have not managed to make contact with you by the end of the week then we will be carrying out a home visit, as it is important we know pupils are safe and well during this time.

### **SEND Support**

These are particularly difficult times for parents and carers of children with special educational needs and disabilities. To support you an educational psychology helpline has been set up by One Education to support families within Manchester LA. They can offer a problem solving phone conversation relating to educating your child at home and responding to issues relating to learning, behaviour, anxiety and mental health needs. The helpline is available Monday-Friday 1.00pm-3.00pm on **0161 276 0118**.

## Health & Wellbeing

We are aware that during this difficult time, some families have suffered a bereavement. Please remember that we are here to support in any way we can. Often people need time to process loss but there is a counselling service in Altrincham that offers free sessions to young people and adults, when they are ready. Altrincham Family Centre's message is that we are here 'for whatever life throws at you'. You can contact them on 0161 941 7754 - they are offering on-line video counselling or telephone counselling during the lock-down measures. Alternatively, please contact us at the Academy and we can discuss others ways we may be able to help.

We have also added a health and wellbeing section to our website <https://www.manchesterenterpriseacademy.org.uk/1116/health-and-wellbeing>, which we will be updating to provide parents, carers and students with information about services available to support you. If you are experiencing any difficulties or worries, please visit the site to see if we can signpost you to a service that may be of benefit to you.

Please remember to **stay safe** during the Covid-19 outbreak - stay at home, if you do have to go out for food, health reasons or work stay 2 metres away from other people at all times and wash your hands as soon as you get home.

## Digital School



Our school is part of Parent Zone's digital school membership, showing our commitment to keeping pupils safer online and working with you to achieve this.

Our membership gives you with **free** access to **Parent Lounge**, which provides:

- Online training
- Advice & information on all things digital
- Free help service for tech questions

New resources include 'Where should we draw tech boundaries in lockdown', 'Parenting in the Digital Age' course and a 'Guide to Video Chatting'.

To get started, go to <https://parentzone.org.uk/parents/discover-parent-lounge> and follow the instructions below to register:

- Click on **ENTER THE PARENT LOUNGE**
- Click on the pink **Add to Cart** button
- Click on the pink **Checkout** button
- Enter your e-mail address and click on **Continue to Next Step**
- Enter the Coupon Code **DSP16** to ensure you have free access and click on **Add Coupon**. Then click on **Continue to Next Step**.

You will then receive two e-mails one confirming your order and one with your account details. Click the link in the e-mail with your account details to set your password and your registration will be complete.

### MEA PE at Home

A PowerPoint is available via ClassCharts for Y7-10, which includes lots of different activities students can access online and take part in at home. A 'Challenge a day' will also be posted on the PE department's social media platforms (Twitter & Instagram) and students are encouraged to take a video or picture of their attempt and post it by tagging:

**Twitter:** @MEA\_PE\_Dept and @MEAcad

**Instagram:** @meapedepartment @manchester\_enterprise\_academy

### NHS Visors

Our DT and Art department have worked together to design and produce much-needed visors for the NHS to help protect workers from Covid-19. The first order for the North West Lung Centre at Wythenshawe Hospital being completed last week.



### Creative Students

Our students have already been involved in a raft of creative activities during lockdown, including designing posters for the new NHS Nightingale NW hospital, taking part in the Art department's 'Egg Decorating Challenge' and designing logos for ITV – congratulations to Jamie-Lee whose logo has been chosen for use by ITV!

## Top Tip



This week's top tip is from Mrs Galasso for Years 7 -9. To boost your vocabulary download the free **ChatterStars** app or visit the website <https://chatterstars.co.uk/>.

It provides fun, personalised activities to rapidly improve your vocabulary, benefiting you both now and in the future. Parents/carers can also track your progress as the app provides you with a 'vocabulary age.'

## Recipe of the Week

My Singapore-style fried rice – Ms C Smith

*"There are so many variations on this wonderful dish – for me, it's all about sumptuous fluffy rice with tang and seasoning."*

### Ingredients

- 150 g brown or basmati rice
- 320 g crunchy veg , such as asparagus, baby corn, broccoli, leek, red or white cabbage, pak choi, carrot
- 1 clove of garlic
- 2 cm piece of ginger
- 1 large free-range egg
- olive oil
- 1 chipolata
- 1 rasher of smoked streaky bacon
- 4 fresh or frozen raw peeled prawns
- 1 teaspoon tikka paste
- 1 tablespoon low-salt soy sauce
- 1 teaspoon mixed seeds
- 1 teaspoon chilli jam



## Method

1. Cook the rice according to the packet instructions, then drain and leave to cool. If you spread it across a plate, it will cool more quickly.
2. Now prep the veg – chop everything into strips or chunks that are about the same size so it will be a pleasure to eat. Chop asparagus spears into 2cm lengths, halve or quarter baby corn, matchstick the carrot, and shred up cabbage – you get the idea.
3. Peel and finely slice the garlic. Peel and finely chop or grate the ginger.
4. Put a large non-stick frying pan or wok on a medium-high heat.
5. Beat the egg. Put 1 teaspoon of olive oil into the hot pan, then pour in the egg, swirling it around the pan to cover the base, essentially like a thin egg pancake. Let it cook through, then ease out of the pan with a spatula, roll it up and finely slice.
6. Put ½ a tablespoon of olive oil into the hot pan. Finely slice the sausage and bacon, then add to the pan. Stir-fry until golden, then go in with the prawns, garlic and ginger.
7. Stir in the curry paste until everything is coated, then start adding your veg, getting stuff that needs a bit longer in their first like carrots and leek. Keep stirring or tossing and adding the veg until it's all in there.
8. Mix in the cool rice and stir-fry until it's hot through and the veg are just cooked.
9. Add the soy, then toss in the egg ribbons.
10. Divide between your plates, sprinkle over the seeds, and season to perfection with more soy if you like, and finish with a drizzle of chilli jam. Eat right away – heaven!

## **Book Recommendation**

**Audible** has a collection of books available for you to listen to for free on your electronic device - <https://stories.audible.com/start-listen>



This week's recommendation from Ms N Smith is **Harry Potter** – many of you may have already read this series of books but they are truly excellent, so dive in if you haven't already tried them and if you have they are even better second time around and come to life on audible. Happy listening!

[https://stories.audible.com/pdp/B017V54W6O?ref=adbl\\_ent\\_anon\\_ds\\_pdp\\_pc\\_pg-1-cntr-0-0](https://stories.audible.com/pdp/B017V54W6O?ref=adbl_ent_anon_ds_pdp_pc_pg-1-cntr-0-0)

## MEA Xtras @ Home

The links below provide some additional activities students can engage with whilst at home in addition to completing their home learning.

- **Google Arts & Culture** allows you to take a virtual museum tour, a trip to another country or explore a piece of artwork in detail, all without leaving your home!  
<https://artsandculture.google.com/>
- **Rosetta Stone** is providing three months free access for children to learn a new language  
<https://www.rosettastone.co.uk/lp/freeforkids/>
- Andrew Lloyd Webber via his YouTube channel **The Shows Must Go On** is showing a full length performance every Friday from 7pm for 48 hours, so you can watch a musical for free  
<https://www.youtube.com/theshowsmustgoon>

Visit the *School Closure - MEA Xtras* section of our website for more suggestions  
<https://www.manchesterenterpriseacademy.org.uk/1104/school-closure-mea-xtras>

## Sanitary Protection

Just before lockdown, MEA became part of the new government scheme to provide all girls free sanitary protection if needed. MEA aims to continue this by providing free sanitary products for our students via our reception desk. If you require a **Personal Hygiene Pack** please contact the Academy on 0161 499 2726 (between 10am and 2pm) or e-mail [admin@meacad.org.uk](mailto:admin@meacad.org.uk) to arrange pick up.

## Keep in Touch

If you have a recipe idea, book recommendation or an activity you've enjoyed whilst at home, e-mail the details to [admin@meacad.org.uk](mailto:admin@meacad.org.uk) and we'll include some each week in the newsletter so everyone at MEA can try them out!

## Reminder

The Academy will be **closed** next Friday, 8<sup>th</sup> May, for the Bank Holiday.

