

April 2020
Issue 9

Be INSPIRED.
Be OUTSTANDING.
Be BRED A.

BREDA.



the bulletin

Dear Parents and Carers,

I hope my letter finds you and your family safe and well, in what is a strange and worrying time for us all. Therefore, to bring you some positive news and cheer, I present our Breda Bulletin, kindly compiled by my colleague Ms McMullan, which showcases and celebrates just some of the events and activities students at school were involved in before we were closed on the 20th March. As you will see from the articles and photographs, our school is a vibrant and bustling community of young people to be proud of, and we are! They're eager to achieve, to support others and work closely with their teachers who do their very best to provide as many opportunities as possible to help them develop their skills and engage in new learning experiences. Our Facebook page will also keep you up-to-date with what has been going on and the important information you may need to know during our closure <https://en-gb.facebook.com/Breda-Academy-1394574960867218/>



It is so important we keep our students engaged in learning, especially when there are a thousand other distractions around to stop them, and like me with my two teenagers, I am sure you are spending a lot of time and using up a lot of energy keeping your child/children focussed and pinned to the kitchen table to do their school work, while you have to do your work! I am grateful to you for your persistence, patience and support in doing so, because keeping your child/children on task will help to prevent 'gaps' in their learning and prepare them well for when they return to school. In the meantime, Teachers and Teaching assistants are working very hard to support all our students remotely by using google classrooms, shared resources and email. Information on how to access these resources can be found at our website <https://www.breda.academy/>. If your child/children are still encountering any login difficulties and/or technical issues please contact our IT technician jfisher902@c2kni.net for assistance.

The closure of schools in NI is unprecedented. However, it is out of our hands and therefore an opportunity to find, in some part, the 'silver lining' in this situation. It is a chance to spend quality time together as a family, learn something new, get fitter and focus on improving our health. I have set myself the challenge of completing 10,000 steps a day (and so far I have achieved this), to read more books and teach my family how to play chess.

It is so important that our young people, and you, stay active and connected for your physical and mental wellbeing, so please 'Take 5' and encourage everyone in your family to do so <https://www.aware-ni.org/how-we-can-help-you/take5>. While schools are closed I believe it may become a stressful period for many of our young people, so helping them to be 'Mindful' will play an important role in keeping them positive and up-beat and to find solutions for the challenges they may face in these difficult times, therefore I am attaching a useful link for guidance <http://mindfulnessni.org/>.

As Easter approaches, it is a time to reflect and it reminds us about sacrifice and hope for the future. With this in mind, I especially want to pay tribute and say thank you to our NHS workers and carers of all kinds who are certainly making sacrifices to keep us safe and healthy, and to all our other 'Key Workers' who are keeping our vital services going to ensure we can still get what we need. And, mostly importantly we need HOPE, an optimism that times will improve sooner rather than later, and school will be open again! I am grateful to our 'Key Worker' families in Breda who to date have made alternative arrangements for the supervision of their child/children, but please contact me if these arrangements cannot be sustained and I will try my very best to help secure a place at a local cluster school or indeed at Breda Academy, contact@breda.academy.

I know our school community is strong and resilient and that we will get through this difficult time together, by working closely to support each other. Once this is all over, I look forward to seeing and meeting you all again as soon as possible and welcoming back our students to work with them face to face – we miss them!

My thoughts are with you all and I wish you and your families the very best of health and hopefully one or two chocolate eggs at Easter!

Kind regards,

Mr Perry

Principal

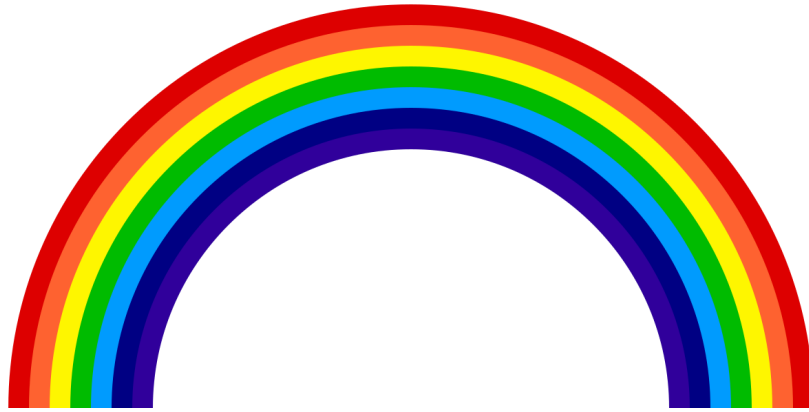


The School Council has been hard at work this term. The pupils enthusiastically helped out with a very successful open evening, as well as having meetings every three weeks to discuss school related issues and find solutions. They are a hard working team led by Jamie Sandford and Jordan Houston in Year 14. If you have an idea of how the School Council could improve Breda Academy then please speak to your Year Representative or Ms Anderson.

Public Services had a busy start to the year. Claire Bailey MLA called in to discuss the workings of the Assembly, now that it is up and running, with our Year 13 pupils. This was an insightful and informative discussion and it gave the students an understanding of how Stormont works. In February, we went to Palace Barracks in Holywood to undertake skills training and team building activities with the British Army. As usual, this was an amazing experience. The students thoroughly enjoyed themselves and they got to see how varied life is in the British Army.

Breda Academy was delighted to welcome three members of the Ulster Orchestra in March. They led a workshop entitled 'Inside the Music' for Year 8 pupils. Pupils watched the musicians perform music from film and game and hear all about the orchestral instruments they have been learning about in class. Some pupils had an opportunity to get involved in the music making. All staff and pupils really enjoyed their musical afternoon. What a treat!





Breda Academy Supports the NHS

In conjunction with a vast number of other Secondary Schools across Northern Ireland, Breda Academy's Science and Technology Departments have collected up all available PPE items within school, such as safety goggles and disposable aprons and Mr Faloon donated them to the NHS at City Hospital Belfast last week for use during the Covid-19 pandemic.



Along with other TD teachers in NI, Mrs Currid has been using our Breda Academy 3D printer (which our past pupils built from scratch in school) to start printing the top part of visors to drop into Queen's University Belfast to assist with their efforts to provide facemasks for NHS front line workers. QUB shared the file that they have been using and where possible, TD teachers in NI are trying to assist. Read the article at <https://www.qub.ac.uk/News/Allnews/>

[QueensUniversityBelfastprovidesNHSwithprotectivefacemasks.html](https://www.qub.ac.uk/News/Allnews/QueensUniversityBelfastprovidesNHSwithprotectivefacemasks.html)

**Thank you
NHS**

Sow Seeds in Eggshells

You will need egg shells (cut off at the top), cardboard egg box, drawing pin, potting soil and seeds.

1. Wash the shells then prick a drainage hole in the bottom using a drawing pin or thumbtack. Place them in the cardboard egg box.
2. Half fill the shells with soil and place a seed in each one. Then top up with more soil (follow the instructions on the seed packet for specific depths).
3. Label the shells with their plant names by writing on them with a marker, then place indoors in a warm and sunny location, keeping the soil moist, but not waterlogged.
4. Once the seedlings have sprouted, crush each egg gently in your hand, allowing the roots to spread and then plant in your garden or a large pot outside.



Keeping Fit at Home



***Do you want dance
like a Strictly star?***

Well, Oti Mabuse has you covered; you can join her at 11.30 a.m. on her social media accounts to learn a new routine.



Or why not try Yoga for Teens with online yoga with Adriene <https://m.youtube.com/watch?v=7kgZnJqzNaU>



From the 20th April, The BBC will be offering daily programmes to help parents and children with school work during the lockdown.

A range of videos, quizzes, podcasts and articles will appear on BBC Bitesize Daily via the BBC iPlayer, red button, BBC Four and BBC sounds.

The initiative will include 14 weeks of core subject learning to offer 'rhythm and routine' for students primarily in Years 1 to 10. The content will be divided into age groups.

Six 20 minute programmes will be on air daily, covering core subjects including English, Maths, Science with guidance from experts and teachers.

See more details about online fitness and educational activities by visiting <https://www.bbc.co.uk/bitesize>



Remember to sign up for our **SIMS Parent App**, where you can access your child's attendance, the school diary and see every time your child is given an achievement point. See our website for more details!

Breda Academy pupils, visit Queen Street Studios.

On Tuesday 11th February, GCSE & A Level Art & Design pupils, were kindly invited by Dr Majella Clancy to spend the day at Queen Street Studios (QSS). The pupils were very excited at being offered such a wonderful opportunity. We arrived at 10.15am and were warmly greeted by both Majella and Irene Fitzgerald.

It was explained to the pupils, that QSS was established in 1984 to facilitate a growing need for artist studio spaces in Northern Ireland. Since this time the studios have provided a vital system for professional artists based in Belfast. QSS currently provides forty subsidised spaces at The Arches Centre, for artists who work in various mediums and who are also at different career stages.

Throughout the day, pupils had the privilege of meeting the following artists, in their studio space:



Clement McAleer, Dan Ferguson, Gail Ritchie, Michelle McKeown, Angela Hackett, Catherine Davidson, Ashley Holmes and Karl Hagan. They kindly took the time to talk about their work to the students and explained their journey as an artist to date. The pupils were also given time to ask any questions. This was such an amazing experience for the pupils involved and they all felt extremely inspired afterwards.



As part of the day's programme, Majella had also organised a mark making workshop, using charcoal. Pupils were encouraged to make marks freely and not be precious about producing perfect outcomes. They were given many prompts as starting points, which pupils then had to interpret from memory. This was a very enjoyable workshop, which had everyone engaged throughout.

During their lunch break, pupils had the opportunity to look around the current, "Emergence III" Exhibition. This is the third showcase of selected work by recent graduates from the Belfast School of Art. Seventeen artists were chosen to exhibit, by a QSS selection panel comprising three professional artists and an independent curator. The exhibition features a diverse range of works, from photography and painting through to sculpture, installation and printmaking.

Keep Singing!

The Music Department knows that a lot of our dedicated choir members will be missing their weekly singing rehearsal. But we still want you to keep singing at home!

Did you know that singing has great benefits?

- Strengthens the immune system
- Is a workout
- Helps with sleep
- Releases feel-good hormones
- Lowers stress levels
- Improves breathing

Why not think about getting yourself and your family involved in Gareth Malone's Great British Home Chorus? Sign up at: GarethMalone.com or on Facebook <https://GarethMalone.Ink.to/GreatBritishHomeChorusFP>



Breda Eco School



Since developing the Eco school's initiative before Christmas we have begun to recycle food waste. A number of small caddy bins have been placed around the school, with 4 in the Home Economics

Department. This has many benefits, including: less waste in our normal bins, more compost being produced and less waste going to landfill sites.

We also began 'Litter picks' where year 8 and 9 form classes do a litter collection once a week. Litter is untidy looking and attracts seagulls who want to eat the food

waste. Litter is also damaging to the environment and the habitat of wildlife. Please put your litter in the bins. There are plenty around!

We would like to begin an Eco group where we would meet each Tuesday at break time in room 19. At these meetings we will discuss ideas of how to make our school more eco-friendly and also come up with games and competitions to improve environmental issues. Please come along and join us when we're back at school! **Mrs Lowry**



Sporting Success

The Lisburn and Castlereagh basketball tournament was held at Breda Academy.



Our year 8 pupils (many playing the game for the first time) came runners up and our year 9 players won their section.

CONGRATULATIONS!



Easter Maths Murder Mystery



Who

Each of the characters has a favourite 3 digit number under 200 and has made 3 statements about it. They then stand in a line lowest to highest. The character at the right hand end of the line has murdered the character at the left hand end.

Easter Bunny

- My number is an exact power of 2
- It is 3 higher than a cube number
- There are 2 animals between me and the duckling



Chirpy Chicken

- My number is a multiple of 11
- The sum of its digits is a cube number
- The Easter Bunny is next but 1 to me



Baby Calf

- I am standing next to the Easter Bunny and a bird.
- My number is a multiple of 12
- My number is 12 less than a square number



Spring Lamb

- I am standing between the donkey and the Easter Bunny
- I have a prime number
- My number is under 120



Duckling

- My number is a square number
- I am standing next to the little donkey
- The product of my digits is 0



Little Donkey

- There are 2 animals between me and the calf
- My number is a multiple of 3
- The product of the digits is 1



Sixth Form Formal







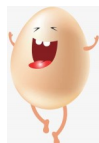
Crêpes - Une recette

In year 9 French we had been learning about the topic of food. We had been talking about some of our favourite French foods.

So here is a simple recipe for making crêpes. Depending on the size of your pan or your appetite, this will make about 8 pancakes. A good crêpe should be quite thin so spread the mixture out in the pan.

You will need

- * 500ml of milk
- * One egg (one egg is un oeuf!)
- * A pinch of salt
- * Some oil – sunflower oil
- * 250g of plain flour



Method

1. WASH YOUR HANDS!! A lot! For at least 20 seconds.
2. Put the flour into a big bowl. Add a pinch of salt.
3. Break the egg, put it into the middle and mix well.
4. Gradually add the milk until you have a batter which is about as thick as single cream.
5. Pour a little oil into a frying pan. When it is quite hot pour in some of the mixture until it fills the pan.
6. After about a minute, the bottom should be cooked so flip it over.
7. Let the other side cook for about a minute. Then put the crêpe onto a plate.

You can fill your pancake with many different things. Here are a few suggestions:

- Jam
- Honey
- Nutella

Or if you want something savoury ...

PIZZA WRAPS

Ingredients

- 😊 Wraps
- 😊 Tomato paste
- 😊 Ham
- 😊 Grated cheddar cheese
- 😊 Mixed herbs

Method

1. Put the tomato paste onto a wrap.
2. Tear ham and scatter on top.
3. Scatter on the cheese and mixed herbs.
4. Put in oven until golden. Oven should be 180 degrees.



Old Fashioned Easter Glory Cake

2-1/2 cups cake flour, sifted
3 teaspoons baking powder
1 teaspoon salt
1-1/2 cups white sugar
1/2 cup shortening, softened
1 cup milk
1 teaspoon vanilla flavoring
2 eggs, unbeaten



(Note: Butter, margarine, or lard may be substituted for the shortening, but use 1 cup minus 2 tablespoons milk.)

Directions:

For this old fashioned Easter cake recipe, combine sifted flour, baking powder, salt and sugar in flour sifter. Stir shortening to soften in mixing bowl, sift in dry ingredients, add 3/4 cup of the milk and the vanilla.

Mix until all flour is dampened. Then beat 2 minutes with electric beater or 300 strokes by hand.

Add eggs and remaining milk and beat one minute longer. (Beat vigorously by hand or at low speed of an electric beater. Count only actual beating time.) Scrape bowl often while beating to thoroughly mix ingredients.

Pour cake batter into two round 9-inch layer pans lined on their bottoms with paper.

Bake in moderate oven (375°F) for 25 minutes, or until done. Cool in pans 5 minutes, then loosen and turn out on racks, remove paper, and turn layers right-side up to cool before frosting (see frosting recipe below).

EASTER GLORY FROSTING

2 egg whites
1-1/2 cups white sugar
Dash of salt
1/3 cup water
2 teaspoons light corn syrup
1 teaspoon vanilla flavoring
1-1/2 cups shredded white coconut (optional)
Assorted Jellybeans for decoration

Combine egg whites, sugar, salt, water, and light corn syrup. Beat until thoroughly mixed. Cook over rapidly boiling water, beating with electric beater 7 minutes, or to stiff peaks. Remove from heat, add vanilla, and beat one minute longer.

Spread frosting between layers and over sides and top of dessert cake. Then sprinkle with shredded coconut.

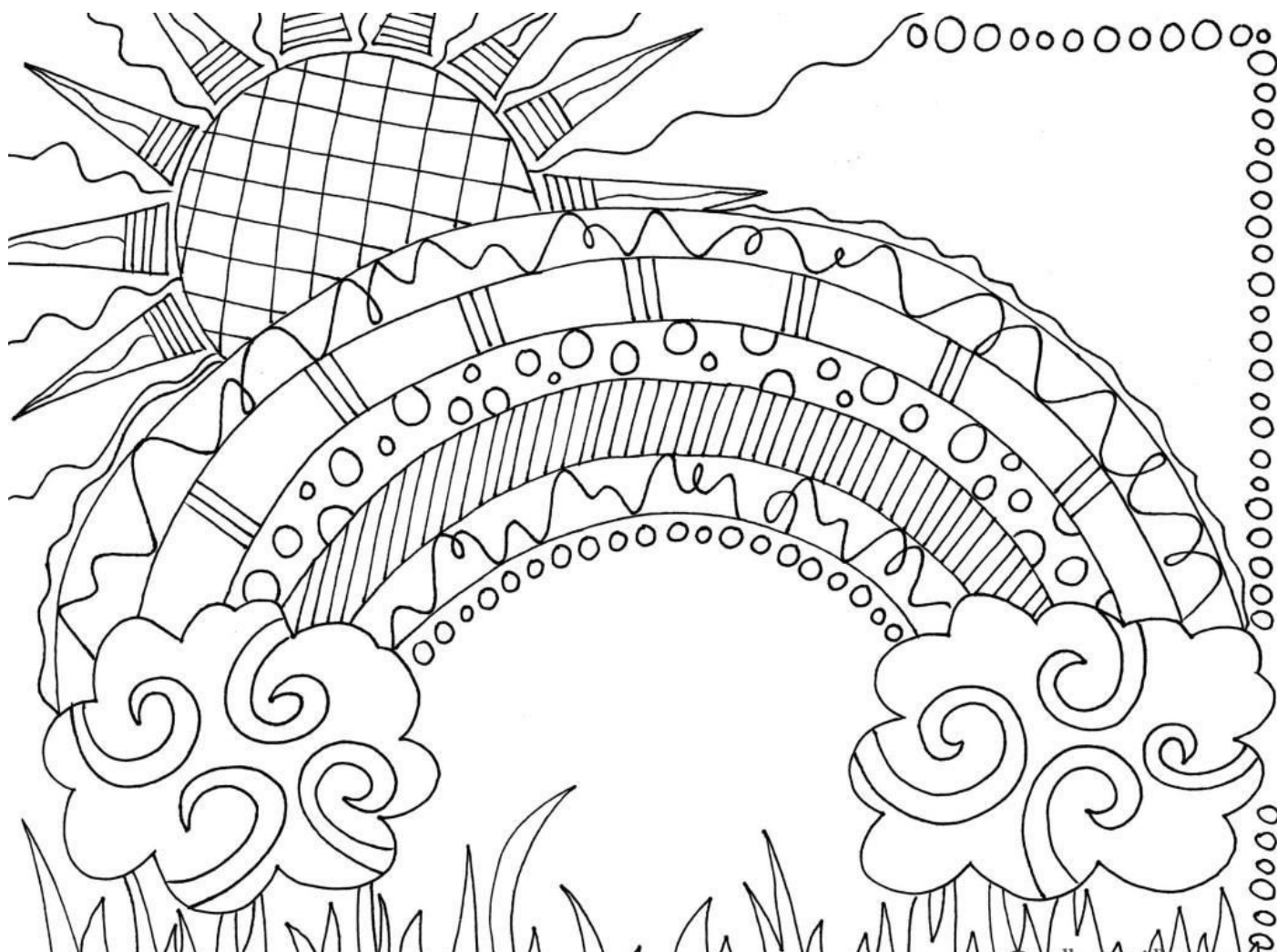
Decorate with colourful jellybeans.

Telephone Support Lines for Young People



| Who can Help? | What Do They Do? | What Topics Can They Help With? | How Can They be Contacted? |
|--|--|---|--|
| INSPIRE Students | INSPIRE provides advice on how to help and support pupils/ students. | Mental Health Alcohol and Drugs Money Exams Relationships Identity | 02890328474 |
| Lifeline | Crisis response line for people in distress or despair | Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing): | 08088008000 18001 0808808800 |
| Childline | Childline provides support and guidance on multiple topics including: | Bullying You and your body Home and Family Relationships Sex School | 0800 1111 www.childline.org.uk 1-2-1 counsellor chat |
| The MIX | Crisis messenger text service | Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships | 08088084994 |
| NSPCC | Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers | Safeguarding Child abuse Child protection | 08088005000 |
| Aware | Aware is a mental health charity working exclusively for those with depression and mental health concerns | Depression Bipolar disorder | 08451202961 |
| Frank | Confidential advice on drugs | Alcohol Drugs | 03001236600 |
| SIMON Community | Support for individuals and families who are at risk of becoming homeless | Homelessness Housing | 08001712222 |
| Family Planning Association | Advice on sexual health | Sexual health Pregnancy Contraception STDs | 03451228687 |
| Domestic and Sexual Violence Helpline | Advice for anyone affected by domestic and sexual violence | Domestic violence Sexual violence | 0808021414 |
| The Migrant Centre NI | Financial Health and Well being | | 07769903471 |
| Cara-Friend/ LGBT Switchboard NI | Support and counselling for the Gay, Lesbian and Transgender communities | LGBTQ+ advice Sex and relationship advice | 08088000390 |
| Women's Aid | Specialist services for women, children and young people who have experienced domestic and sexual violence. | Domestic Violence Sexual violence Relationships | 08088021414 |
| Family Support NI | Website to access support in your area – for a wide range of issues – giving local contact details | | www.familysupportni.gov.uk |

#STAYS SAFE



30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

| | | | | | | |
|--|--|---|---|--|---|--|
| | | | Day 1 You were hired by an amusement park to create a new roller coaster. | Day 2 NASA needs you to build a new rocket. | Day 3 Your parents want to build a new home and they want you to build it. | Day 4 Hollywood hires you to build a movie set for a new Star Wars movie. |
| Day 5 You enter a contest to build the world's tallest tower. Will you win? | Day 6 You are stuck on Mars and need to build a new ship to get home. | Day 7 Ford hires you to create the toughest pick up truck in the world. | Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home. | Day 9 Captain Hook needs a new pirate ship and wants you to build it. | Day 10 You and your friends decide to build a tree house. | Day 11 Prince Charming hires you to build a castle for him & Cinderella. |
| Day 12 Dr. Who hires you to build a new TARDIS. | Day 13 You are asked by the President to build a new monument to George Washington. | Day 14 Mr. Hilton hires you to build a new hotel. | Day 15 There is a circus in town. Build a place for the performance. | Day 16 Help your fellow pioneers build a wagon to make it across the country. | Day 17 Build the fastest car around and join the big car race. | Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene. |
| Day 19 The city wants you to build a bridge to connect one side of the town to the other. | Day 20 Pizza party! It is up to you to make a pizza for all the guests. | Day 21 You are hired to build a brand new hospital. | Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of. | Day 23 You are now in medieval times. You are commissioned to build a jousting arena. | Day 24 The local bank keeps getting robbed. Build a safe no one can crack. | Day 25 Design and build your dream bedroom. |
| Day 26 You are elected ruler. Build a flag for your land. | Day 27 Aliens are invading and you need to build a war robot to defeat them. | Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them. | Day 29 You are hired to build a house entirely out of yellow Legos. | Day 30 There is blizzard. You will need to build a snowmobile |  <p>What was your favourite day?</p> | |

The Year 11 Geography Field Trip took place on the 12th March to Tollymore Forest Park in Newcastle. We wish we could go there now!



More Time To...

There's no doubt that we are living through a difficult time and it is important that we try to remain positive. One thing which you can do to help yourself is to write a list of all the things you have always said you wanted to do and never had the time to do before now. You can learn to do so many things online for free: coding, play the guitar, touch typing, drawing skills, learn a language - the list is endless! You may even want to keep a journal of your experiences. Some of our staff told us what they have more time to do now and it would be great if our pupils could let us know what they have been doing / learning. email Ms McMullan jmcmullan193@c2ken.net



Hi everyone,

This is your chance to escape from the manic lives we all lead and our hectic calendars. Read that book you've been meaning to read, do a workout from YouTube, put a deckchair in the garden and relax (even if you need to wear a hat and coat!), put your phone away for a few hours and listen to the birds, chat with your siblings and parents, write a letter to your grandparents or elderly neighbours, teach yourself a new language (I'm starting Russian), learn a new craft, tidy that wardrobe you've been meaning to tidy, try a new recipe! If you're still bored after all that, put on Abba and dance around your room! Stay safe, see you all very soon! Remember, in a few months' we'll all be wishing we'd made the most of this time! **Mrs Maneely**

I have more time to crochet and knit. I even crocheted a rainbow for our front line workers to show my support.



New Staff Under The Spotlight



Mr Armstrong
Head of ICT

I have recently moved over to Northern Ireland from London and I am really enjoying Belfast and all its offerings (even though it is cold!!)

Before teaching, I worked in finance in London for a telecoms company before moving to a law firm. These jobs have given me a great knowledge of how ICT works in the real world and something I enjoy sharing within the classroom.

Information and Communication Technology is the future and what an opportunity it is to be able to be a part of that journey with the future generation. I have a major passion for developing students' knowledge and practice with using technology and aim to give students the skills needed to be able to succeed once they leave Breda Academy.

P.S. - I LOVE sport!!



We miss all of you!

#proudtobebreda