



THE AVS WAY

Weekly Newsletter

Edition 5 - 10th October 2022

www.avonvalleyschool.uk

THIS WEEK'S FOCUS

BEHAVING WELL

The *Avon Valley Way* is what defines us as a school. It is how we do things, and it epitomises the high expectations and high standards that we have throughout the school.

Behaving well and being honest is one of our five core values and we want our students to take pride in behaving well within the classroom, around our school and within our school community.

TUTOR THEME OF THE WEEK

ALTRUISM - PAY IT FORWARD

Altruism is a willingness to do things that bring advantages to others, without wanting anything in return; it is the selfless concern for the wellbeing of others.

Our assemblies this week will be delivered by Rugby Youth for Christ who will focus on sharing this theme with our students.

UPCOMING SPORTING FIXTURES

Mon 10th October	Year 7 boys Football vs LSS (A) Year 7/8/9 Girls Netball Training Year 7 boys Football Training
Tue 11th October	Year 8 Boys Football vs Houlton (A) Year 9 Girls Football vs RFSS (A) Year 10/11 Netball Training
Wed 12th October	Year 11 Boys Football vs RFSS (A)
Thur 13th October	Year 7/8 Trampolineing Year 7 Boys Football vs Houlton (A)

MESSAGE FROM LEE HAWKINS- ASSISTANT HEADTEACHER PERSONAL DEVELOPMENT



Today all of our students had the opportunity to be part of our October Splash Day.

For those parents/carers who are new to AVS this year, Splash Days are a chance to move away from the standard curriculum and focus on the knowledge required by our pupils to make informed social and cultural decisions, strengthen them personally and contribute to the building of their character.

One particular highlight from today's activities has been the visit from the Charity Warning Zone. An IT awareness group, the Warning Zone, looked at the importance of remaining safe on-line, not by putting students off it, but by showing them how to engage with technology in a smarter way.

Our Year 10 students began their Work Experience process. This aspect of our careers guidance is so important. Work Experience helps develop employability skills, interpersonal skills and gives pupils confidence in dealing with new co-workers.

Following on from our Year 11 Launch Evening the previous night, Elevate Education delivered two workshops supporting students with how to prepare for exams, and techniques that can be deployed when they revise. At AVS we want to make sure that our Year 11s have the skills to effectively utilise their independent revision time.



AVON VALLEY SCHOOL BLACK HISTORY MONTH



Introducing

Mo Farah

October
2022
Edition 2

PROFESSION

Athlete

BORN

1983, Mogadishu, Somalia

ACHIEVEMENT

Olympic Double Champion (2012 and 2016) at 5000 and 1000m

Sir Mohamed Muktar Jama Farah is British long distance runner. His 10 global championship gold medals (4 Olympic and 6 World titles), make him the most successful male track distance runner ever.

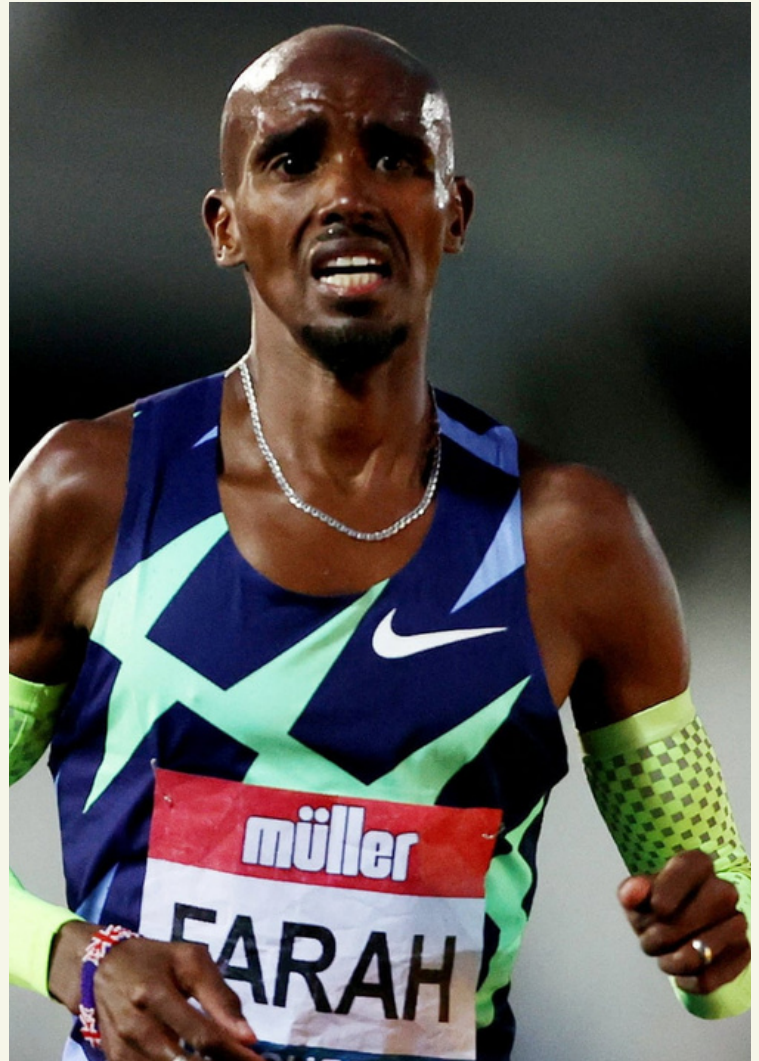
When Mo was 4 years old, his father was killed by a stray mortar round during the Somalia war of independence. At aged 8 he was sent away with his brother to live with his uncle in Djibouti. Shortly after this Mo was brought to the UK by a woman he did not know and was told to use the name Mohamed Farah, taken from another child.

Aged 12, Mo was allowed to start school and he later confided in his PE teacher, who ensured he was fostered and given British citizenship.

Mo is a devout Muslim and often prays before a race. He has stated that " the Qur-an says you must work hard in whatever you do, so I work hard in training and that's got a lot to do with being successful. It doesn't come over night, you have got to train for it and believe in yourself."

In 2013, Mo was named among the 500 most influential Muslims in the world.

In recognition to his services to athletics and wider society, Mo Farah was officially knighted by the Queen in 2017, making him a Sir.



INTERESTING FACT

Sir Mo has the distinction of being the most successful British track athlete in the history of the modern Olympic Games.

However, when he was young, his dream was to play as a right-winger for Arsenal.

It is also said that his ambition was to become a car mechanic too.

