



# Sir Graham Balfour School



## Weekly Student Bulletin

24<sup>th</sup> April 2020

Dear All

Welcome back to the Summer Term! I hope you have all had a lovely Easter and have been eating plenty of Easter eggs! The weather has been absolutely fantastic and I hope that you have enjoyed the glorious sunshine.

We have lots of new ideas inside this weeks bulletin, and some new competitions to take part in. Please do encourage your house tutors to get involved in the Earth Day photography competition.

If you have an idea for a competition or new activity, then please do let us know so we can share with everyone. Please do have a look at the support that is on offer as well. If you are worried or feeling anxious please do contact your house tutor in the first instance. I know they are making weekly contact with you, so please let them know how you are and if there is anything you need.

Take care, Stay Safe.

*Mrs Hartley*

If you have any good stories, photos of your new skills or anything else you would like to share with all of us please email them to [fhartley@sirgrahambalfour.staffs.sch.uk](mailto:fhartley@sirgrahambalfour.staffs.sch.uk) and we will include them in our next bulletin. This bulletin will appear on the School website.



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling to and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that really matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time					



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## Photography Competition - open to all year groups

As you will be aware this week marks World Earth Day. We would like you to send us photos that represent that very theme – it could be a photo of your family, a pet, a flower, a landscape – whatever ideas you can come up with! Please send your entries to

**tsalwey@sirgrahambalfour.staffs.sch.uk**  
**by Friday 15<sup>th</sup> May**



There will be 25 house points issued for each entry we receive.

There will also be a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Prize of 200, 100 and 75 house points.

Please encourage your house tutors to take part too. Every house tutor that takes part will also receive 100 house points for their house group.

Good Luck!

*Mrs Hartley*



## Easter Scholars Tasks

Final totals for the completed Easter Scholars Tasks:

- Year 7: 229 tasks
- Year 8: 147 tasks
- Year 9: 63 tasks
- Year 10: 106 tasks



**545** tasks completed over the Easter break 😊

Well done!

*Miss McConnachie*

## Captain Tom Moore's 100th Birthday Walk for the NHS

Cpt Tom Moore is walking 100 lengths of his garden for NHS Charities Together because our fantastic NHS workers are national heroes

Captain Tom Moore, is aiming to walk a hundred lengths of the back garden (which is 25m in length) before he is 100 years old at the end of the month.

On Thursday 16th April, Captain Tom Moore completed his final 10 laps out of his 100. This was captured on platforms including the BBC and ITV, and can be seen across various worldwide news outlets.

Tom is going to continue to walk, raise money for our NHS heroes, and spread some cheer around the world whilst doing so.



### **About Tom**

Tom was born and brought up in Keighley, Yorkshire. He went to Keighley Grammar School and later completed an apprenticeship as a Civil Engineer. Tom went onto being enlisted in 8 DWR (145 RAC) at the beginning of the war, and in 1940 was selected for Officer training. He was later posted to 9DWR in India, and served and fought on the Arakan, went to Regiment to Sumatra after the Japanese surrender and returned to be Instructor at Armoured Fighting Vehicle School in Bovington.

Watch Tom on the move on our YouTube channel:

<https://www.youtube.com/channel/UC4V2b25sB9jf33aQlKCO8cQ>

Captain Tom's final laps - wow. We are so in awe of him as a father, a fundraiser and nation's treasure now.

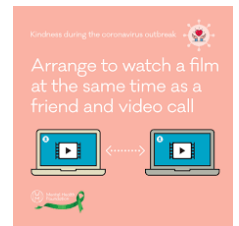


# Be Yourself

## Stay Connected with others

**Maintaining healthy relationships** with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends.

Lots of people are finding the current situation difficult, so staying in touch could help them too.



## Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.



*small steps  
every day*

## Look after your body

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Try to eat healthy, well-balanced meals, drink enough water and exercise regularly.

You can leave your house, alone or with members of your household, for 1 form of exercise a day – like a walk, run or bike ride. But make you keep a safe 2-metre distance from others. Or you could try a home workout.

## Stay on top of difficult feelings

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life.

Try to focus on the things you can control, such as how you act, who you speak to and where you get information from.

It's fine to acknowledge that some things are outside of your control, but if constant thoughts about the situation are making you feel anxious or overwhelmed contact us at school, your House tutor or a member of staff that you trust.





### Do not stay glued to the news

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone.

You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day.

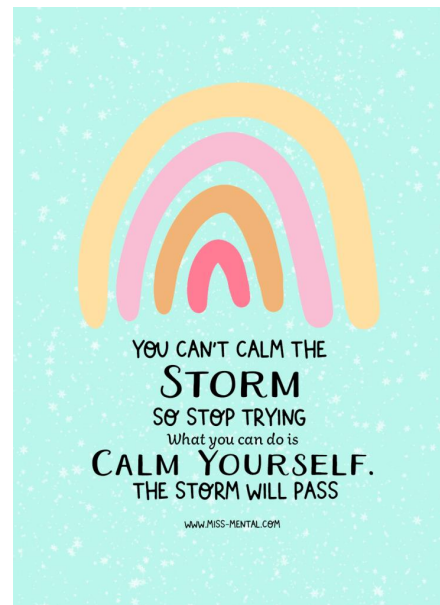
Use trustworthy sources – such as GOV.UK or the NHS website – and fact-check information from the news, social media or other people.

### Carry on doing things you enjoy

If we are feeling worried, anxious, lonely or low, we may stop doing things we usually enjoy.

Make an effort to focus on your favourite hobby if it is something you can still do at home. If not, picking something new to learn at home might help.

There are lots of free tutorials and courses online, and people are coming up with inventive ways to do things, like hosting online pub quizzes and music concerts.



## World Earth Day - 22 April



**Join in the virtual celebrations from home with fun and educational workshops and interactive resources!**

### Take the Recycling Quiz

In support of Bambuu Brush's virtual celebration, Amazing Apprenticeships has created a -new interactive quiz, helping you to find out which common household items can be recycled!

This World Earth Day is the perfect time to test your knowledge and make sure you aren't accidentally throwing away more than you need to!

From toothpaste tubes to crisp packets, it's time to put your knowledge to the test in our fun and educational recycling quiz - what will you score?

<https://www.riddle.com/showcase/241039/quiz>



### How much do you know about our Earth — its species, its resources and its threats?

Test your knowledge with our series of questions!

<https://www.earthday.org/earth-day-quizzes/> which has several Interactive quizzes

### How green are you?

Are you an eco-warrior or an eco-worrier?  
Find out if you're a keen-bean, green machine or an environmental cause for concern!

<https://www.bbc.co.uk/newsround/48010594>



Join the City Nature Challenge from 24 April



## City Nature Challenge 2020

Record wildlife in your area



How much wildlife can you find in your garden or around your home? Join the City Nature Challenge from 24 to 27 April and help us take a snapshot of your area's biodiversity.

Anyone can join in and all you need to do is download and use the **iNaturalist** app to photograph and record your findings. Over 200 cities worldwide, including London and nine other city regions in the UK, will be finding and recording wildlife in this four-day period.

Even if you can't get outside much, there are still ways to take part. You can look for insects and other creepy-crawlies in your home or help to identify other people's finds, so grab your phone and get involved!

To find out more:

[https://www.nhm.ac.uk/take-part/citizen-science/bioblitz/city-nature-challenge-london.html?utm\\_content=header-cta&utm\\_campaign=bioblitz&utm\\_medium=email&utm\\_source=1731019\\_ma-enews-southken-city-nature-challenge-20200421&dm\\_i=2XEG,113NV,78WSOL,3X86G,1](https://www.nhm.ac.uk/take-part/citizen-science/bioblitz/city-nature-challenge-london.html?utm_content=header-cta&utm_campaign=bioblitz&utm_medium=email&utm_source=1731019_ma-enews-southken-city-nature-challenge-20200421&dm_i=2XEG,113NV,78WSOL,3X86G,1)



## Free Guitar/Bass Guitar/Ukulele lessons from Fender - Offer Extended

A couple of weeks ago, I emailed out an offer from Fender (guitar brand) for free online lessons over the next 3 months for acoustic guitar, electric guitar, bass guitar and ukulele. This was available for the first 100,000 people to sign up and as it was advertised widely, I know some people might have missed out on this offer.

Due to the overwhelming response, Fender has now extended the offer for up to 1 million people! If you have a guitar, bass guitar or ukulele at home and want something to do over the next few months, please head to the following website and sign up for a code as soon as possible.

<https://try.fender.com/play/playthrough/>

This is suitable for both beginners and for more advanced players and there is a range of skills videos, as well as well-known songs to learn. For example, I play bass guitar (although you can switch between the different instruments and styles once you have signed up), and there are nearly 70 songs from artists such as Muse, Ramones, Bob Marley, Foo Fighters, etc. If you play guitar, there are many more songs in lots of different styles.



There is no credit card or payment required.

1. Click on Get Code
2. Fill in your details or Sign up with Facebook
3. A code will be displayed at the top of the screen. Type this into the box as well as your post code (don't worry if the whole of your post code won't fit (mine didn't)).
4. You can then select what instrument you want to learn, and for everything except ukulele, what style. You can change instrument & style once you are in the website.

Any queries, please get in touch.

*Mr Field*



## News Quiz 20th April - Term 2 Review

If you would like to enter this quiz please use the link below to open the quiz.

[House time News Quiz -Term 2 Review](#)

Please don't forget to press the button at the bottom of the quiz to submit your answers and Click the receipt box to get a copy of your answers returned to you by e-mail.

**The deadline is 3:20 on Friday**

Answers will be sent out after the deadline and House points will be added as soon as possible after then.  
Good Luck!

Thank-you to all those who entered the last quiz. Your House points have now been added ☺

Miss Bayliffe  
DAC



## Housepoint Leader Board

Housepoint Leader Board		Change since 30/03/20
TIXALL	22,438	+870
WESTON	20,165	+999
SANDON	19,771	+964
CHETWYND	19,766	+1,234

UPDATED: 20/04/2020 12:53:54

Miss Bayliffe  
DAC

## Mr Trenbirth's Joke Corner

My wife almost found me playing with my son's train so I threw a blanket over it.  
I think I managed to cover my tracks.



What did the janitor say when he jumped out of the closet?  
SUPPLIES!!!!



What does a vegan zombie like to eat?  
Graaaaaaaaaaains.

I once knew a guy whose job was to drill holes in things and then bolt them together.  
He said at first it was boring, but later on, it was riveting!



What is Snoop Dogg's favorite tool for woodworking?  
A chizzle.

Did you hear about the woodworker who died when he fell into a  
vat of varnish? It was a terrible end, but a beautiful finish.

Did a gig at a conference for Volcano enthusiasts.  
Told my first joke, the place erupted.

I read a book about World War II that was only 4 pages long- it was  
Abridged Too Far.

My math teacher called me average — it's so mean!

I met a man from Australia who worked in IT... I asked him "Do you come from a LAN down under"?



## Daily Quotes

*"Better to be busy than to be busy worrying"*

*"When it rains, look for rainbows. When it's dark, look for stars"*

*"Let perseverance be your engine and hope your fuel"*

*"I am not afraid of storms, for I am learning how to sail my ship"*



Thank you Miss Deering

## Forthcoming Birthdays



**HAPPY BIRTHDAY** to all the following students who have a birthday to celebrate today or next week:



Ruby Andrews
Thomas Bowen
Matthew Bryant
Finley Cottam
Callum Dagg
Charlie Dean
Emilia Douglas
Evie Hodson
Sidney Jones
Max Lees
Gabriel Maj
Daniel Painter
Megan Payne
Harry Pettigrew
Molly Riley
Hannah Robinson
Olivia Silvester
Poppy Sullivan
Harvey Tapley
Leon Thompson
Toby Willis
Elliott Woolrich
Ella Wroe