



Sir Graham Balfour School



Weekly Student Bulletin

7th May 2020



Dear All

This week's edition of the Student Bulletin has a lot of information included about this weekend's celebrations for VE Day. We hope you enjoy all of the contributions to this section from your teachers.

We have included the house time bingo sheet again, thank you for all of your fantastic responses to this.

Again, we have had even more wonderful entries to the photography competition, please keep those coming in - the deadline is next Friday 15th May.

If there is anything you would like to see added to the bulletin, please let either Mrs Salwey or I know on the following email addresses:

tsalwey@sirgrahambalfour.staffs.sch.uk

fhartley@sirgrahambalfour.staffs.sch.uk

We hope you enjoy a very sunny bank holiday weekend.

Take care.

Mrs Hartley

* REMINDER *

Photography Competition - open to all students and staff

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 15th May



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

There will also be a 1st, 2nd and 3rd 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.

We've already received some fantastic photos from students and staff - please keep sending them in, the more the merrier!

Good Luck!

Mrs Hartley

Housepoint Leader Board

Housepoint Leader Board		Change since 27/04/20
TIXALL	24,183	+1,702
WESTON	21,411	+1,169
CHETWYND	21,349	+1,468
SANDON	21,252	+1,399

UPDATED: 04/05/2020 08:30:30

Miss Bayliffe
DAC

VE Day Bake Off Challenge



The DHS Bake Off! #VE Day Bake Off

Select one of the following tasks.

- Prepare, cook and serve a dish using a war time recipe. You can use one of the recipes in this PowerPoint or find a wartime recipe of your own.
- Just like during the war, during Lockdown some ingredients like flour have become scarce. We are trying to use the ingredients we have in our store cupboards, fridges or freezers. Cook a dish using the ingredients you already have at home.
- Find out about rationing and produce a war time recipe book.



Dig For Victory! Kitchen Scraps Challenge

**WATCH THIS
VIDEO NOW**

- <https://www.youtube.com/watch?v=p-mM9e9Z9NQ>



Have a go at growing your own vegetables
From kitchen scraps!



For more information please contact your House Tutor or Mrs Hales.

Email your entries to **Mrs Hales by Monday 11th May.**

House points will be awarded for all entries, and Head Teacher Awards for winning entries.

Mrs Hales

SGBFLIX

When?	Subject?	Where?	What?
Monday's @ 8pm or Available at all times	Art	Channel 4 or also available on 4OD	Grayson's Art Club Grayson Perry, one of Britain's leading artists, brings the nation together through art, making new works and hosting masterclasses set to unleash our collective creativity during lockdown
Available at all times	Science/D&T	Iplayer https://www.bbc.co.uk/iplayer/episode/m000hb7b/inside-the-factory-series-5-7-pots-and-pans	Inside the Factory: Pots and Pans Gregg Wallace is in France at an enormous foundry that produces a cast iron pot every five seconds.
Available at all times	Business Studies	Iplayer	The Apprentice Sir Alan Sugar tests the nerves and brains of the hungriest hopefuls in the business world as they compete to win a six-figure salary job as his apprentice.
Available at all times	Geography	Iplayer	Kate Humble: Into the Volcano Two-part documentary. Kate Humble joins a team of geologists at Tanna in the Vanuatu archipelago, where they travel right to the heart of one of the world's most active volcanoes
Available at all times	Science	4OD https://www.channel4.com/programmes/edge-of-the-universe	Edge of the Universe This film tells of hostile new worlds on the edge of the Universe that have been discovered and explores the tantalising possibility of one day finding a planet like Earth
Available at all times	Science	Netflix	Apollo 11 Using newly unearthed film footage and audio recordings, this documentary goes deep behind the scenes of <i>Apollo 11</i> 's historic 1969 landing on the moon.

SGBFLIX

VE DAY SPECIAL

When?	Where?	What?
Friday 8th @ 2:45pm-3:45pm	BBC1	VE Day 75 A programme commemorating the soldiers of WW2 and the end of the War in Europe.
Friday 8th @ 7pm-8pm	Channel 5	VE day the Lost Films Ordinary peoples accounts of VE day and what it was really like.
Friday 8th @ 7pm-10pm	BBC1	Various VE Commemorative shows
Saturday 9th @ 7:30pm	BBC1	Darkest Hour Film exploring the decision made by Winston Churchill in 1940, links to the Battle of Dunkirk.
Available at all times	IPlayer	Spitfire Women A tale about the women who flew Spitfires.

HOUSE TIME

BINGO

When you complete a task, colour in the box and ask a parent/carer to sign it off. How many times can you get BINGO? Can you complete the card to earn 10 house points? Send a picture of your completed grid to your house tutor.

Miss McKinley

Read a page of a book aloud to someone	Do something creative- draw, paint, write etc.	Write one of your teachers a short thank you email	Bake a cake	Watch a National Theatre play online (on YouTube)
Write a friend or family member a letter	Cook a meal you have never cooked before	Tidy a room in your house (or two!)	Listen to a podcast	Read for 30 minutes (book or Ebook)
Learn a new Tik Tok dance	Take up a new hobby	Call a friend or family member to see how they are doing	Complete a home work out	Tick 5 things off your to-do list
Listen to an Audiobook	Complete a random act of kindness	Play a board game or card game	Do some gardening	Write a poem about a topic of your choice
Complete a home work out	Read for 30 minutes (book or Ebook)	Re-watch your favourite movie	Complete a Balfour Scholars Award task	Help someone

Name: _____ House Group: _____

Parent/carer signature: _____ Date completed: _____

Rules

You can complete in one of two ways, either way will earn you some house points:

1. Complete all of the tasks in **one** row to get a 'line', this would earn you **3 house points** if you just want to complete 1 line of tasks.
2. Complete **all** of the tasks on the grid to get a 'full house', which would earn you **10 house points** in total.

If you go for the full house you won't get the house points for the 'line' you get, you will just get the 10 house points for completing the full grid. You will need to get a parent/carer to sign off the sheet to prove you have done the tasks and send a copy of the completed sheet back to your house tutor 😊



The 8th May 2020 sees the remembrance of 75 years since the end of World War II in Europe and is both a time of celebration and reflection. VE stands for Victory in Europe. On this day 75 years ago, Admiral Karl Donitz the leader of Germany, after the suicide of Adolf Hitler on 30th April 1945, formerly surrendered the German armed forces and this had been accepted by the Allies. The surrender led to celebrations across Europe and North America, in London people flocked to the streets, they headed to Trafalgar Square and later on to Buckingham Palace, to see King George VI, Winston Churchill and our future queen Princess Elizabeth all waving from the balcony.



In the days following the surrender, in towns and villages all across the United Kingdom, people organised dances, held street parties, made bunting to add a splash of colour to the streets, bonfires were lit and pubs were packed to the brim with people celebrating. In the pictures to the left you can see a VE day dance and RAF Stafford and a VE street party at Sandon Road.



VE day is also a time for reflection, thinking of those soldiers, who were someones husband, father, brother, uncle, cousin etc who never made it back. It is important to remember VE day and those who fought for us like Captain Tom Moore, who has not only turned 100 on April, has been promoted to a honorary colonel but also has raised £30 million for the NHS. In whatever way you can on VE day or over the weekend just take a few minutes to think about how many people, some we never really know give up so much to help us.

Useful links:

The British Legion has made an online book of remembrance as well as a learning pack to discover more about VE day as a family:

<https://www.britishlegion.org.uk/get-involved/remembrance/remembrance-events/ve-day-75>

How to make your own Great British bunting:

<https://www.bbc.co.uk/programmes/articles/4TrqYDyf4PMdLypzyTwGDg/great-british-bunting>

A great clip for young and old that summarises the end of World War II and talks about VE and VJ day.

<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr>

A really good page from the Imperial War Museum that shows how VE day was celebrated 75 years ago.

<https://www.iwm.org.uk/history/what-you-need-to-know-about-ve-day>

VE Day Afternoon Tea Recipe - Victoria Sponge



Ingredients

- 3 medium eggs
- 175g (6oz) butter, softened
- 175g (6oz) caster sugar
- 175g (6oz) self-raising flour

For the Filling:

- 142ml carton double cream
- 4-6 level tablespoons raspberry jam
- caster sugar, for dredging
- 2 x 18cm (7in) round sandwich tins, greased and base lined with baking parchment

Method

- Tip all the ingredients into a bowl and beat until smooth. Divide mixture between the sandwich tins and level the surfaces.
- Bake the cakes in the centre of a preheated oven – 180°C/350°F/Gas Mark 4 for 20-25 mins, or until the cakes have risen and are golden, and spring back when lightly pressed in the centre.
- Remove the cakes from the oven and leave them to cool in the tins for 5-10 mins, then turn them out on to a wire rack and leave them to cool completely.
- Spread the jam over the base of one of the cakes. Lightly whip the double cream and spread it over the base of the other cake. Sandwich the two cakes together. Dredge with caster sugar before serving.
- The unfilled Victoria sponge cakes can be packed in freezer bags and frozen for up to 3 months. Allow to defrost before filling.

Top tip for making Victoria sponge

- To get perfect measurements, weigh the eggs - and then use the same weight for each of the caster sugar, butter and flour.

VE Day Afternoon Tea Recipe - Classic Scones



Ingredients

- 225g self-raising flour
- 2tsp baking powder
- 50g butter, chilled and diced
- 2tbsp caster sugar
- 50g sultanas
- 1 large egg
- 100ml milk
- Jam and clotted cream (to serve)

Method

- Preheat the oven to 220°C/425°F/Gas Mark7. Sift the flour into a large bowl with the baking powder.
- Add the chilled and diced butter and rub in with your fingertips to make fine breadcrumbs. Stir in the caster sugar and sultanas.
- Beat 1 large egg with the milk. Pour nearly all the egg mixture into the bowl of flour and butter and mix with a knife to form soft, but not sticky, dough. Add a little more of the egg mixture if needed.
- Turn the dough on to a floured surface and knead lightly then roll out to a 2cm (3/4in) thickness. Use a 5cm (2in) round cutter to stamp out approx 9 scones, gently re-rolling the dough as necessary.
- Place the scones on a lightly greased baking sheet. Arrange them so the sides are just touching, as this helps them to rise evenly. Brush the tops with any remaining egg mixture or a little milk and bake for 10-12 mins until golden brown. Cool on a wire rack.
- Split and serve with jam and clotted cream, if liked.

Top tip for making Scones

- These scones are best eaten on day of baking but you can keep them in the fridge for up to 3 days.



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

The power of kindness calendar

Use your calendar to record your daily kindness acts.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Congratulations

Being kind sends a powerful message about our connections to each other and the world around us.

Routine planner: managing expectations

Many of us have found our normal routines disrupted by the current situation. Across the world, people are under lockdown in their houses and 1.53 billion learners are out of school or university. That is 87 per cent of all learners currently enrolled in the whole world.

Our teachers and schools are working hard to try and supply students with learning, and parents are doing their best to help teach their children. Still, for many young people and their parents having to create new routines for themselves and their families is stressful.

This resource aims to empower young people and their parents to create a successful routine, both for themselves and the whole family. The resource is made up of one quick ten-minute starter activity and three longer activities that take half an hour or more, but you can take as long on it as learners would like.

These routines may change every day and that's fine. A positive thing about this time for those working or learning from home is that our routines are flexible and within our control. We can test new things and see what works best for us.

Learning objectives

Learners will:

- understand what to consider when making a routine
- gain knowledge and understanding of different time management techniques
- develop resilience and coping mechanisms
- create their own routines for both themselves and their families.

Starter activity: How are we feeling now?

Having to stay at home due to the Covid-19 outbreak has created a totally different world. The structured days that most of us are used to are no longer happening in the same way.

Think about the positives of being at home. Make a list of what you like about being at home – write these down in a list.

Now think about the things that you are finding more difficult. You can write another list alongside the other, comparing the good and bad things. You could be more creative and make a poster to show how you feel.

Activity: Where does my time go?

It can be hard to keep track of how you spend your time. Being able to manage your time is an important thing for all of us to learn how to do. Being able to reflect on how we spend our time will help us to develop resilience.

To figure out where your day goes, you can track your time usage. For a few days keep a note of everything that you do – roughly every hour. Be as accurate as you can, no one will see this except you.

Calculate how long you spend each day on sleeping, eating, exercise etc. and create a Time circle (this is a circle with 24 segments to represent the number of hours in a day).

Draw one Time circle about “How I use my time now”.

Using different colours, patterns or symbols for each activity. Mark in each segment where your time goes in a day. Treat each segment as one hour.

Example:

- sleep: 10 hours
- walk the dog: 2 hours
- eating: 2 hours
- socialising: 3 hours
- watching videos/TV: 4 hours
- reading: 2 hours
- exercise: 1 hour

Which activities are left out or don't receive enough time? What activities take up too much time? Don't forget that a typical school day has breaks in it, along with activities that are not just schoolwork. Now draw another Time circle about "How I want to use my time now". Divide the day with how you want to use your time so that your day is balanced between different activities, this is your goal to work towards. Setting achievable goals is important. Look at the activity below for how to do that.

Activity: Creating mini goals

A goal is something we want to achieve. Some goals are really big and can make achieving them seem a difficult task. Breaking a goal into smaller 'mini' goals to keep you focused and to help you complete goals.

Write one goal you want to achieve at the top of a piece of paper. Now, think about how you are going to achieve it.

- Break the goal in to smaller tasks (add these as a list underneath your goal).
- Break each of those smaller tasks into mini tasks (add these next to each task).
- Think about how long it will take to achieve each mini goal – you need to be realistic about this (add the time to each mini task).
- Give yourself a start time and set a target end time.

The important part is not how long you spend on achieving your goal – but to complete each mini goal. Remember to be flexible and change things if you need to.

Activity: Create your own routine planner

A good routine allows you to feel in control of what you are doing and does not push you so hard that it is impossible to complete. It should also have some spare time in it that can be used in case something happens that means you have to change your plans: just because you are at home, it does not mean that won't happen.

Think about how you want it to look, it is your planner. Do you want to have it hour by hour? Or do you want to have it morning/afternoon/evening? Some suggestions for content are:

- Make one page a day.
- Have space for weekly/daily goals.
- Have space for a to-do list.
- Add key activities in everyday e.g. exercise at 9am; meals; sleep.
- Use colour code and symbols so you can see what your next activity is.
- You could use a planner app for your phone or tablet, or create your own planner that you could use every day.

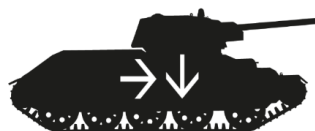
Think about what you have learnt and how you will use routines to develop stability and resilience. Remember that coping well and being kind to yourself are also important.

VE DAY & WWII WORD SEARCH



U	U	X	G	R	O	Y	A	L	A	I	R	F	O	R	C	E	L	X	I	T
D	U	Y	A	U	O	B	I	O	M	P	L	C	B	A	Y	F	R	A	C	T
W	I	N	S	T	O	N	C	H	U	R	C	H	I	L	L	A	R	M	Y	F
O	V	P	M	F	N	O	V	I	N	W	C	N	V	E	T	E	R	A	N	S
A	P	E	A	K	Y	T	Y	K	A	S	E	N	E	J	L	Y	S	E	Y	E
H	T	X	S	E	Y	C	X	W	C	N	Y	F	D	Y	T	M	M	J	M	U
A	V	D	K	N	O	R	M	A	N	D	Y	L	A	N	D	I	N	G	S	R
A	R	M	E	D	F	O	R	C	E	S	T	E	Y	B	L	I	T	Z	M	Q
V	I	C	T	O	R	Y	I	N	E	U	R	O	P	E	D	A	Y	Q	I	T
M	M	A	I	R	R	A	I	D	S	I	R	E	N	Z	K	Y	N	F	L	I
I	S	J	Q	S	W	O	R	L	D	W	A	R	I	I	N	A	V	Y	I	A
E	V	A	C	U	E	E	S	R	W	J	P	E	D	J	F	S	H	S	T	R
N	M	C	N	A	A	C	S	H	M	F	I	M	Y	J	W	A	Y	I	A	R
B	E	O	U	P	L	S	P	I	T	F	I	R	E	D	U	N	R	Z	R	E
V	M	J	H	E	L	R	A	T	I	O	N	B	O	O	K	D	Z	U	Y	V
C	I	J	I	N	I	I	Y	C	W	G	P	T	P	A	A	E	O	U	Y	M
R	E	V	T	D	E	S	B	O	M	B	S	H	E	L	T	E	R	A	P	A
S	F	R	E	U	S	B	A	T	T	L	E	O	F	B	R	I	T	A	I	N

Veterans Victory in Europe Day Winston Churchill Normandy Landings
 Gas Mask Evacuees Ration Book Allies Bomb Shelter World War II
 Royal Air Force VE Day Armed Forces Battle of Britain Air Raid Siren
 Spitfire Army Military Navy Blitz



Mr Trenbirth's Joke Corner

What do you call a French man wearing sandals? Phillipe Phillope.

I took the shell off my racing snail thinking it would make him go faster. Unfortunately it just made him more sluggish.



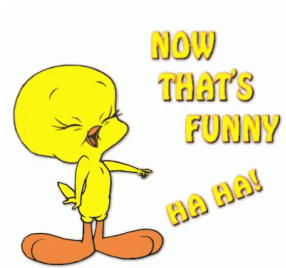
Why did it take so long for the pirates to learn the Alphabet? They always got stuck at C.

I went to a seafood disco last week...went home early as I pulled a mussel.

A man goes into a butchers, and asks for a Steak and Kiddley pie...

"I think you mean Steak and KIDNEY pie" says the butcher.

The man replies "That's what I said, diddle I?"



Yesterday, a clown held the door open for me. It was such a nice jester!

What did Mr. and Mrs. Hamburger name their daughter? Patty!

How do you make an octopus to laugh? Ten tickles.

Miss Deering's Daily Quotes

"Our greatest glory is not in never falling, but in rising every time we fall"

"Be strong because things will get better. It may be stormy now but it never rains forever"



"The more difficult the victory, the greater the happiness in winning"

"Once you choose HOPE anything is possible".

Forthcoming Birthdays



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



Luke Brandrick
Melody Caine
Orla Campbell
Gareth Chell
Finley Eisenhower
Lucie Faragher
Iffan Hornby
Louie Jardine
Murron McNellan
Iestyn Roberts
Charlie Stokes
Milly Watts
James Whittaker