



Sir Graham Balfour School



Weekly Student Bulletin

15th May 2020

Good Afternoon Everyone

I hope this latest Student Bulletin finds you all well. Again, thank you to your teachers for continuing to send us ideas that we can include each week in the bulletin.

Please do feel free to share your ideas for the next few weeks – if you have written a poem or a family quiz for example, please send them in and we will publish for all to see. We won't include names, unless you tell us it is ok to do so.

tsalwey@sirgrahambalfour.staffs.sch.uk

fhartley@sirgrahambalfour.staffs.sch.uk

In the meantime, stay safe and here's hoping for warmer weather this weekend.

Mrs Hartley

*** FINAL REMINDER – COMPETITION CLOSES AT 3.30pm TODAY***

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 3.30pm today



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.

Good Luck!

Mrs Hartley

Housepoint Leader Board

Housepoint Leader Board		Change since 04/05/20
TIXALL	25,054	+871
WESTON	22,339	+928
CHETWYND	22,248	+899
SANDON	21,980	+728

UPDATED: 11/05/2020 10:45:50

Miss Bayliffe
DAC

GCSE Pod – “The Mind” Assignment

“Hello Students of Sir Graham Balfour,

I hope you are all ok, keeping in touch with your House Tutors so we know you’re safe and coping well with the work. During this strange time it is important to us that you are looking after yourself.

With this in mind your House Heads have set you all an assignment about “The Mind” on GCSE Pod for you to complete in House Time for the rest of this week and next week. There are 6 pods which is about 24 minutes of video and just 3 short questions after. We are very interested to read your answers.

Some of you may not have used GCSE Pod before but that’s okay, you just follow this link. If it asks you to sign in you just have to put your first name, last name and your date of birth.

<https://members.gcsepod.com/pupils/assignments/assignment/607832>

We are missing you all and can’t wait to see you all and hear about the interesting and new things you have been up to during lock down when we return to school.

Miss Austin, Miss Marshall, Mrs Tinsley and Miss Simmons

The National Portrait Gallery

The National Portrait Gallery have launched a project called ‘Hold Still.’

Through this project it hopes to record experiences of lockdown and capture moments in time. You can take a photo with your phone and upload your image, along with a short title telling the story of the photograph.

It’s free to enter and there is no age restriction. Approximately 100 images will be chosen for the final selection.

The details are on the following website.

<https://www.npg.org.uk/hold-still/>



The selection will be available to view as a ‘virtual’ exhibition on the Gallery’s website in August 2020. Following this ‘virtual exhibition’ they hope to show the images across the country later in the year.

Mrs Sandy

Harry Potter Fans

The official home of Harry Potter – www.wizardingworld.com is bringing Harry Potter and the Philosopher's Stone to life with many exciting contributors reading through each chapter.

Daniel Radcliffe reads the first chapter and Noma Dumezweni the second. Other contributors include David Beckham, Dakota Fanning, Stephen Fry and many more. You can watch each chapter being read by visiting www.wizardingworld.com or listen via Spotify.

For any creative students, artwork can also be sent in relating to the chapter, which if selected will feature during the reading of the chapter. The guidelines are on the website.



Mrs Sandy

SGBflix

Check the bulletin and SGB Facebook page each week to see a TV and Radio schedule for you to tune into. Your teachers have all suggested different programmes that will enhance your learning and interest. Some programmes are scheduled on TV so may need recording, while many others are available for streaming. Let your teachers know if you do watch any of them to gain Scholars points.

Mrs March

SGBFLIX

When?	Subject?	Where?	What?
Sundays @ 8:15pm	Business Studies	BBC2 or IPlayer	Dragons Den Series in which budding entrepreneurs get three minutes to pitch their business ideas to five multimillionaires willing to invest their own cash.
Wednesday @ 8pm	D&T	BBC	The Repair Shop Expert craftsmen pool their talents and resources to restore heirlooms and treasured antiques such as music boxes, vases and clocks to prove that anything can be restored to their former glory.
Available at all times	Science	Iplayer	8 Days to the moon and back All about the Apollo 11 moon landings. Year 7 are currently studying this so it would be very helpful for them to watch.
Available at all times	English	Iplayer	Macbeth Performed at The Globe theatre

Weekdays @ 3:45pm	D&T	BBC	The Customer is always right In the ultimate consumer test, British entrepreneurs put their ideas and products on the line. In each episode, a returning cast of customers are presented with products from three entrepreneurs, from start-up prototypes to items which are already on the market.
Available at all times	D&T	Iplayer	Great Interior Design Challenge A search for untapped interior design talent where contestants have three days to impress both judges and homeowners before one is sent home.
Saturday @ 18:25	Music	BBC1	Eurovision song contest 2020: Come together The chance to vote for your favourite ever Eurovision song
Saturday @ 20:00	Music	BBC1	Eurovision song contest 2020: Europe shine a light A special event honouring the songs and acts that would have competed in Eurovision 2020

Meaningful May – Miss Mayer




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  				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
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	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
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

MINDFUL HABITS



eat slowly



practice gratitude



accept emotions



be open-minded



notice thoughts



listen carefully



be curious



do one thing at a time



pay full attention



notice all 5 senses



breathe deeply



practice creativity



focus on the present



less judgement

@worrywellbeing

The Royal Society of Biology - The Nancy Rothwell Award 2020



The Nancy Rothwell Award celebrates specimen drawing in schools and highlights the benefits of combining art and science from simple drawings to the more detailed.

Prizes

There are three age categories (7-11, 12-14, and 15-18) and prizes are awarded for:

Highly commended

Top three runner-up entries in each category will be awarded a set of drawing pencils and a certificate.

Winner

The overall winner in each category will be awarded a set of drawing pencils, a certificate and £25. The winners' schools will also each receive £100.

Student prizes will be presented at our Biology Week 2020 Annual Awards Ceremony on 8th October 2020.

Both highly commended entrants and winners will also be invited to an experience day at the [Royal Veterinary College](#) on 8th October 2020.

How to enter

The Nancy Rothwell Award 2020 is now [open for entries](#).

Each entrant can submit only one drawing for the award. We encourage entrants to enter scans of their specimen drawings rather than photographs.

Please read the competition's [terms and conditions](#) before entering and submitting your drawing.

The Award will close for entries at 23:59 BST on 31st July 2020. Winning entries will be announced in September 2020.

If you're interested, have a look at the website:

<https://www.rsb.org.uk/get-involved/rsb-awards/nancy-rothwell-award>



Key Stage Three

On Monday 11th May groups changed on the Design and Technology Rotation Whilst there is **no expectation** for your child to cook the week's technical dish as totally recognise the difficulty in sourcing ingredients, it would be great if your child can continue to cook a home. Even if they do so in the evening or at the weekend. PowerPoints will be made available, as well as recipe books, and suggestions for how ingredients can be changed to reduce food wastage. If your child wants to make **another dish** using the ingredients available in your home that is also acceptable. I just require a picture of the dish they have made.

The schedule for the rotation's technical dishes are on the following slides to help you plan ahead.

All technical recipes and written tasks will be placed on Office 365. If you cannot see Food as a separate folder then you need to go via DT folder.

These students made a fantastic start this week.



VE DAY SGB BAKE OFF Competition.

Students were asked to design or prepare a dish that could be served at a stay at home VE Day Street Party! We had several entries including Taylor Bennet T6 Eggless Chocolate Cake, Tom Nicholls C2 Carrot Cake, and Joss Clode C1 Carrot Cake. All will receive a praise post card. Mrs Beck made a carrot cake and Mrs McKeen corned beef hash with Broccoli Spears.

The overall winner was Charlette Cadden who received a Head Teacher's Award. Well done Charlotte!



The overall winner was Charlette Cadden who made honey biscuits and afternoon tea. She received a Head Teacher's Award. Well done Charlotte!



House Competition – Rainbow Challenge

House Competition – Rainbow Challenge

During this lock down period the rainbow has been adopted as a symbol of hope and promise from God. It is now being used as a thank you for our key workers

- **Select One Of The Following Tasks:**
 - Bake a celebration cake, cup cakes or biscuits, and decorate them with rainbows as a thank you to our key workers.
 - Buy some cup cakes or biscuits and decorate them with rainbows as a thank you to our key workers.
 - Design a celebration cake on the theme of rainbows. Sketch a cake including all the decorations and add colour. Explain how you would make the cake.
- Email Entries to Mrs Hales by Midday Thursday 21st May

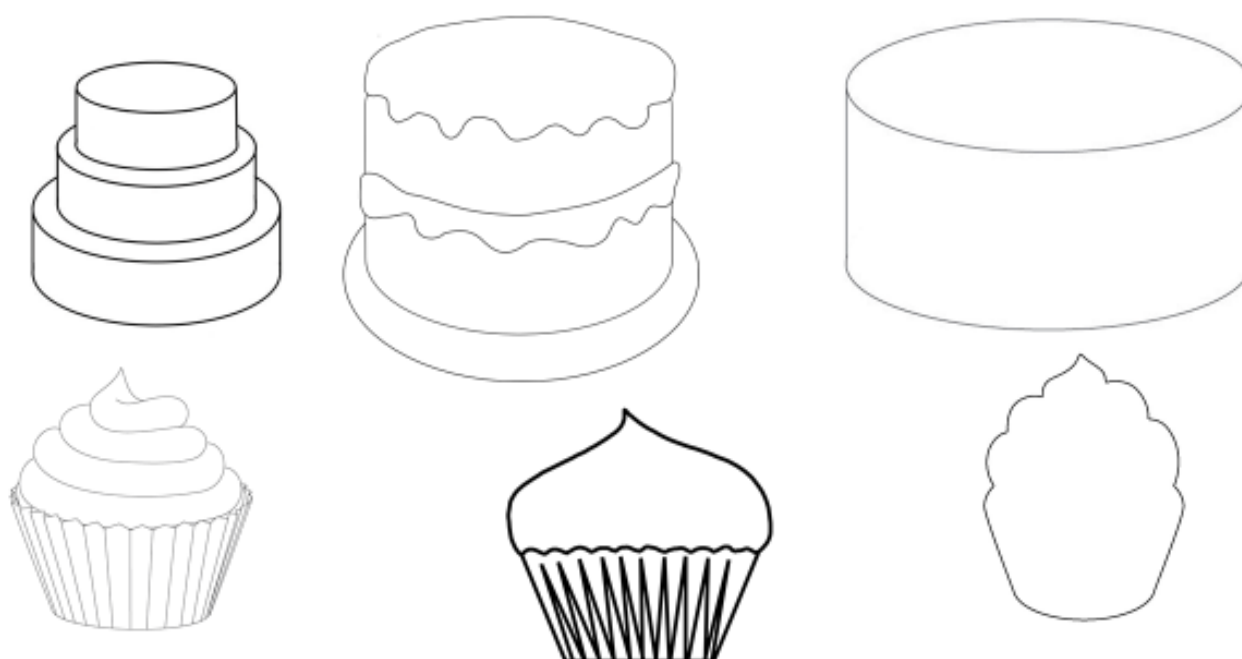


Year Seven	Week Commencing
Flapjack	w/c 11/05/2020
Fruit Salad	w/c 18/05/2020
Bread/Breakfast Wrap	w/c 1/06/2020
Ragu	w/c 08/06/2020
Fruit muffins	w/c 15/06/2020
Bread and butter pudding	w/c 22/06/2020
Fruit crumble	w/c 29/06/2020
Cheese pie	w/c 6/07/2020
Hollandaise sauce/Assessment	w/c 13/07/2020

YEAR 8	Date
Roux sauce	w/c 11/05/2020
Calzone/pizza	w/c 18/05/2020
Coleslaw	w/c 1/06/2020
Lemon drizzle	w/c 08/06/2020
Cheesecake	w/c 15/06/2020
Fruit crumble	w/c 22/06/2020
Buttermilk scones/butter	w/c 29/06/2020
Lemon curd	w/c 6/07/2020
Sausage roll/plait	w/c 6/07/2020
Queen of puddings	w/c 13/07/2020

Dish/date required	Date
Profiteroles	w/c 11/05/2020
Quiche	w/c 18/05/2020
Bakewell tart	w/c 1/06/2020
Lemon meringue	w/c 08/06/2020
Chelsea Buns	w/c 15/06/2020
Sausage plait	w/c 22/06/2020
Lasagne/cottage pie	w/c 29/06/2020
Curry/sweet and sour	w/c 6/07/2020
Swiss roll/Fruit Flan	w/c 13/07/2020

Design a cake outlines



Victoria Sandwich Cake Recipe

Ingredients

150g butter
150g sugar
3 eggs
150g S R flour

Equipment:

Mixing bowl
Wooden spoon
2 x round cake tins
Knife, fork, spoon
Small bowl

- 1 Grease and line cake tins. Pre-heat oven to 180 c.
- 2 Put butter and sugar together in a mixing bowl and cream together with the wooden spoon until light and fluffy.
- 3 Break the eggs into a small bowl and whisk with a fork.
- 4 Add to the creamed butter and sugar mixture.
- 5 Add the flour and fold into the mixture using a metal spoon.
- 7 Split the mixture into 2 halves and place each half into the cake tin. Even out the top with a wooden spoon.
- 8 Bake in oven for about 20 mins until golden brown and a knife comes out clean when inserted in the middle of the cake.

Smarties Biscuit Recipe

Ingredients

150g SR Flour
100g margarine
100g caster sugar
1 tbsp syrup
25g Smarties

EQUIPMENT:

1 large bowl
1 wooden spoon
1 baking tray

1. Pre-heat oven gas mark 5. 180 C
2. Place the margarine and caster sugar in a mixing bowl and cream together with a wooden spoon.
3. Stir in the flour, syrup and half of the smarties and mix well.
4. Divide dough into 14 equal sized pieces and roll into balls.
5. Flatten slightly and place onto baking tray. Press one or two smarties into the surface.
6. Bake for 10-15 minutes until golden brown and firm to the touch.



Shortbread Biscuits Recipe

Ingredients

150g plain flour
100g butter/margarine
50g caster sugar

Equipment

Mixing bowl
Dinner Knife
Scales
Baking sheet
Rolling Pin
Cookie cutter

- Preheat oven to 180 C /gas mark 4
Grease a baking sheet.
Put the flour and butter/margarine into the bowl rub together until the mixture looks like breadcrumbs.
Stir the sugar into the breadcrumb mixture with a dinner knife.
Squeeze the dough together until the dough forms into a lump.
Sprinkle small amount of flour onto the work surface.
Roll the dough out until it is about 1cm thick.
Cut out shapes with cookie cutter, place onto baking sheet.
Bake into oven for 10-15 mins until golden brown.
Leave to cool and decorate as required.



Fairy Cake Recipe

Ingredients

100g butter
100g sugar
2 eggs
100g S R flour

Equipment:

Mixing bowl
Wooden spoon
Knife, fork, spoon
Small bowl, 12 cake cases
Fairy cake tray

- 1 Place 12 cake cases into the fairy cake tray. Pre-heat oven to 180 c.
- 2 Put butter and sugar together in a mixing bowl and cream together with the wooden spoon until light and fluffy.
- 3 Break the eggs into a small bowl and whisk with a fork.
- 4 Add to the creamed butter and sugar mixture.
- 5 Add the flour and fold into the mixture using a metal spoon.
- 7 Place tps. of mixture into each paper case.
- 8 Bake in oven for about 20 mins until golden brown and a knife comes out clean when inserted in the middle of the cake.
- 9 Decorate as required.



A Happiness Poem – Mrs Bowyer

Happiness

*You cannot buy your happiness,
'Cause happiness is free.
Don't you know, or can't you guess,
It's there for you and me.*

*And what you do with what you've got,
Can change the way you feel.
Just do your best and smile a lot,
You'll keep an even keel.*

*'Cause happiness is made for YOU,
Just take a bite and see
That happiness is what you do
With something that is free.*

George Savige

Box Breathing - 4 Part Breathing

We all know that there are many breathing techniques that can help calm down the mind especially during times of anxiety and stress. I have been practicing a technique for the last few 4 years that is used by the US Navy Seal's and the SAS. It is a tried and tested technique used by them during times of excessive stress and anxiety. It is really simple and is effective if you want to try it:

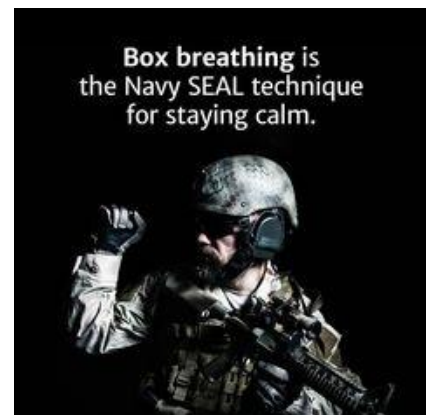
Breathe in for a count to 4, hold for a count to 4, breathe out for a count to 4 and hold for a count to 4. Repeat.

It is said to 'still the mind, hyper change focus and melt stress under pressure.' I find it works a treat!

You will find many different articles about this, here is a link to Time magazine.

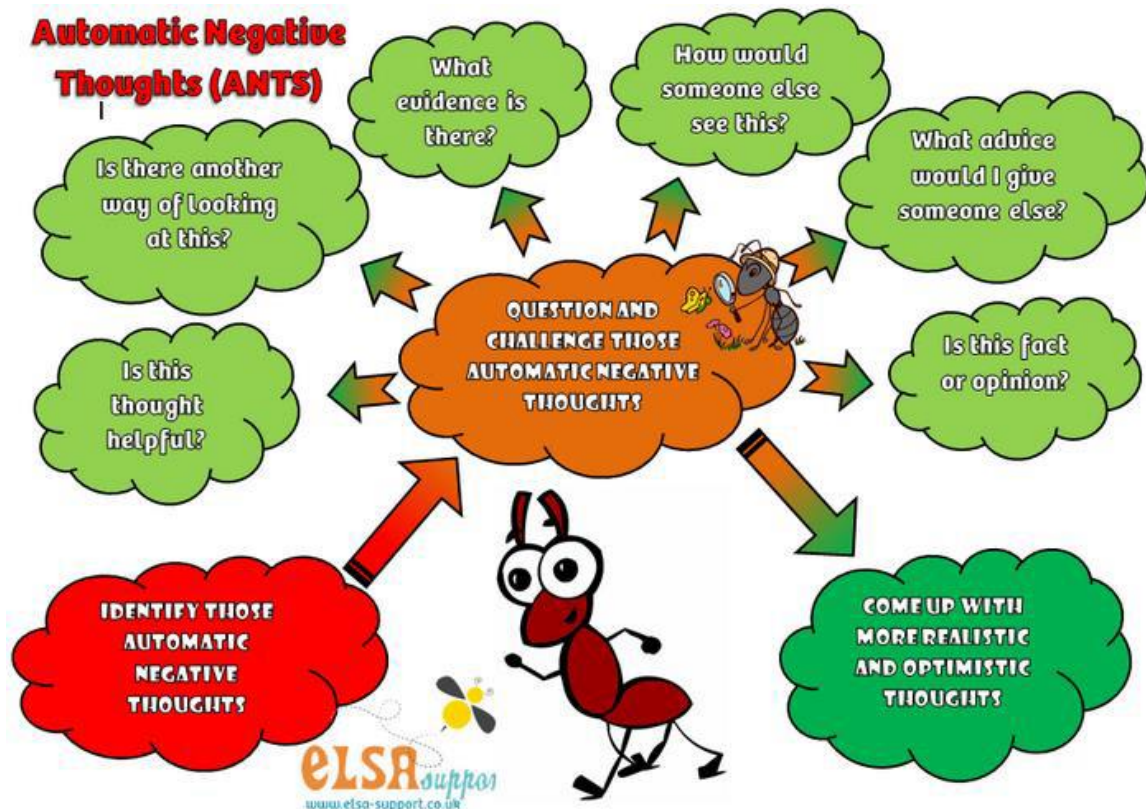
<https://time.com/4316151/breathing-technique-navy-seal-calm-focused/>

Mrs Sandy



Automatic Negative Thoughts (ANTS) – Mrs Bowyer

It's OK to have negative thoughts sometimes... here are some useful tips to help you overcome them. 😊



Challenge your thoughts: Imagine you are collecting evidence for a court case to prove that your negative thought isn't true. Think of a time where you were sure something bad was going to happen but it didn't. Ask yourself how you would look at the situation differently if you were feeling happy and calm.

- **Consider other, less scary, outcomes:** What are some other ways the situation could resolve itself?
- **Imagine positive outcomes:** Think of as many ways as you can that the situation could be resolved in a good way.
- **Practice looking for the positives:** Write down three good things every single day. These could be good things that have happened to you, things you did well or things that you're grateful for. They could even be good things that have happened somewhere else in the world that you've heard about.
- **Take a time out:** Instead of trying to tackle the thought when you're feeling bad,

And breathe...

Philosopher's Stone

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

Sorting Hat	Quidditch	Gryffindor	Slytherin
Hufflepuff	Ravenclaw	Draco Malfoy	Hagrid
Fluffy	Forbidden Forest	Mirror of Erised	Professor McGonagall
Voldemort	Harry Potter	Norbert	Hedwig
Fang	Uncle Vernon	Firenze	Diagon Alley
Nicholas Flamel	Mrs Norris	Filch	centaur
unicorn	Snape	Dumbledore	RonWeasley
Hermione	Philosophers stone		

Mr Trenbirth's Joke Corner

What happens to a frog's car when it breaks down? It gets toad away.

Why is Peter Pan always flying? He neverlands.

I had to quit my job at the shoe recycling factory. It was just sole destroying.



I once had a Hen who could count her own eggs.... she was a mathemachicken!!!

I've always had an irrational fear of speed bumps..... but I'm slowly getting over it.

My sister bet me a hundred pounds I couldn't build a car out of spaghetti.
You should have seen the look on her face as I drove pasta.

Miss Deering's Daily Quotes

"Don't carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones to rise above them".

"Challenges are what make life interesting; overcoming them is what makes life meaningful".



"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength".

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination".

Forthcoming Birthdays



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



Kori Chaplain-Jones
Thomas Daniel
Jamie Guck
Charlotte Johnson
Olivia-May Johnston
Imogen Kiely
Daniel Lemmon
Max Middleton
Harrison Millward
Tyler O'Hara
Georgina Parry
Apaar, Rana Magar
Chloe Terry
Romily Tristram