



Sir Graham Balfour School



Weekly Student Bulletin

22nd May 2020



Dear All

I hope this latest school bulletin finds you all safe and well. As you will be aware this week is national mental health awareness week. We have included lots of information, advice and activities on this very important subject for you to read up on or take part in.

Thank you again for all of the entries for the World Earth Day competition, due to the volume of entries we will now announce the winners in our next bulletin on Friday 5th June.

Thank you also to those of you who have submitted ideas for the next bulletin. With this in mind we will be including a Student Quiz, written by you the students. So if you have some good quiz questions, please do send them over to either myself or Mrs Salwey by Monday 1st June.

tsalwey@sirgrahambalfour.staffs.sch.uk
fhartley@sirgrahambalfour.staffs.sch.uk

Take good care and enjoy the Bank Holiday weekend.

Mrs Hartley



Who we are

The Mental Health Foundation works to prevent mental health problems.

We will drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk.

The Mental Health Foundation is the home of Mental Health Awareness Week.

You can read more about our innovative programmes, national campaigns and transformative mental health research here:

mentalhealth.org.uk/our-work



What is Mental Health Awareness Week?



Mental health problems can affect anyone, at any time. We believe that mental health is everyone's business.

So, for one week each May, we campaign around a specific theme for Mental Health Awareness Week.

Since our first Mental Health Awareness Week in 2001, we've raised awareness of topics like body image, stress and relationships.

Hundreds of schools, businesses and communities have started conversations around mental health that can change and even save lives.

The campaign reaches millions of people every year. This year, with your support, we want to reach more people than ever.

Why kindness?



One thing that we have seen all over the world is that kindness is prevailing in uncertain times.

We have learnt that amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve emotional wellbeing.

Beyond ourselves, our research reveals that inequality is rising in our society and that this has harmful effects on our health. Life expectancy is falling for the poorest for the first time in 100 years.

As child poverty rises, children and young people in the

poorest parts of our country are two to three times more likely to experience poor mental health than those in the richest.

After the 2008 credit crunch it was the most vulnerable in our communities who experienced the severest consequences of austerity, with devastating effects on their mental and physical health. This not the hallmark of a kind society.

We must not make the same mistakes after this pandemic.

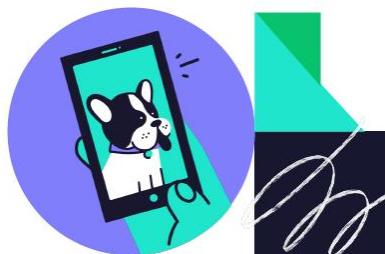
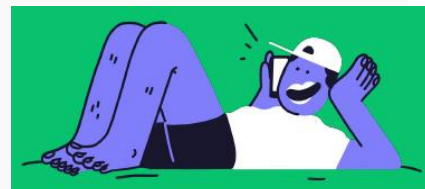
Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.

Here are some acts of kindness to inspire you



Keep connected online with friends and family

- * Call a friend that you haven't spoken to for a while
- * Tell a family member how much you love and appreciate them
- * Arrange to have a cup of tea and virtual catch up with someone you know
- * Arrange to watch a film at the same time as a friend and video call
- * Tell someone you know that you are proud of them



- * Tell someone you know why you are thankful for them
 - * Send a motivational text to a friend who is struggling
 - * Send someone you know a joke to cheer them up
 - * Send someone you know a picture of a cute animal
 - * Send an inspirational quote to a friend
- * Send an inspirational story of kindness people around the world are doing for others to someone you know
 - * Contact someone you haven't seen in a while and arrange a virtual catch up

Home

- * Make a cup of tea for someone you live with
- * Help with a household chore at home
- * Spend time playing with your pet



Community

- * Offer to send someone a takeaway or a meal
- * Offer support to vulnerable neighbours
- * Donate to foodbanks or a charity
- * Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- * Offer to skill share with a friend via video call – you could teach guitar, dance etc





Kindness Challenge

**Mental Health Awareness Week
18th - 24th May**

Do something for 10 minutes which makes you feel calm

Write a letter to someone

Share your favourite wellbeing tip

Tell someone your favourite thing about them

Do something to make someone laugh

Nominate 5 friends to take part in the Kindness Challenge

Send an inspirational quote to someone to start their day

Create a poster to stick on your window for passers-by to enjoy

Listen to a song that makes you want to dance

Did you know that kindness can be beneficial for our mental health?
Find out more about Mental Health Awareness Week here:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Click on the link below to watch a short video on youtube:

https://m.youtube.com/watch?v=Qcyc68d6OAK&feature=emb_share

Have a look at the Kindness Matters Guide:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-matters-guide>

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

Where is God?

Where is God? Said the intensive care nurse who works from 7pm to 7am everyday.

Where is God? Said the 5-month-old baby who lost its mother to Covid -19.

Where is God? Said the delivery driver who is working extra hours to deliver food.

Where is God? Said the woman who can't see the people she loves.

Where is God? Said the man who has lost his job and can't afford food for his family.

Where is God? Said the teacher who is missing her students.

God is here! Said the wife whose husband has recovered from Covid-19.

God is here! Said the lonely elderly person who gets a phone call every week from volunteers.

God is here! Said the woman whose family relies on food banks to keep alive.

God is here! Said the mum and dad who are spending more times as a family and appreciate their kids more.

God is **always** here said the vicar despite the challenges of Covid-19 hope, friendship, kindness and family will always win.

by Eve Wright 7S4

FAO: YEAR 11 TO SIXTH FORM STUDENTS

Transition Materials

For any Year 11 who is intending on joining Sir Graham Balfour Sixth Form in September, please be aware that the Transition work into Year 12 is now available to begin working on.

All of the details are available on the email that Mr Hancock sent out on Monday 18th May. For any queries please contact Mr Hancock directly on the email provided below.

lhancock@sirgrahambalfour.staffs.sch.uk

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 “

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 @ 9pm	Textiles	BBC or Iplayer	Great British Sewing Bee Eight of the country's best home sewers are tested on their sewing and dressmaking skills as they compete to be crowned best amateur sewer.
Available at all times	Textiles	4OD	Kirstie: Keep crafting and carry on With the nation in lockdown, queen-of-craft Kirstie Allsopp teaches the nation new crafts and skills that can help navigate these unique times. Kirstie makes the most of what she's got at home, crafting with what's available.
Available at all times	History	IPlayer	Dig WW2 with Dan Snow Dan Snow joins military archaeologists as they investigate the former battlegrounds of the Second World War, uncovering little-known stories through excavations and dives across Europe.
Available at all times	History/SMSC	IPlayer	Britain's Greatest Generation Documentary series that tells the stories of the extraordinary last survivors of the generation who fought or lived through World War 2.
Available at all times	History/SMSC	IPlayer	Who killed Malcolm X? Activist Abdur-Rahman Muhammad begins his own investigation into the perplexing details surrounding the assassination of civil rights leader <u>Malcolm X</u> .

Housepoint Leader Board

Housepoint Leader Board		Change since 11/05/20
TIXALL	26,446	+1,392
CHETWYND	24,042	+1,794
WESTON	23,727	+1,388
SANDON	23,187	+1,207

UPDATED: 18/05/2020 09:54:08

Housepoint Leader Board		Change since 18/05/20
TIXALL	27,150	+704
CHETWYND	25,018	+976
WESTON	24,624	+897
SANDON	23,900	+713

UPDATED: 20/05/2020 11:59:18

Miss Bayliffe
DAC

Arts and Culture - Perfect for half term

4 spectacular street art tours

Explore street art in New York, London, and more

[View All](#)



EXPLORE

10 Top Spots for Street Art



EXPLORE

12 of Banksy's Best Murals



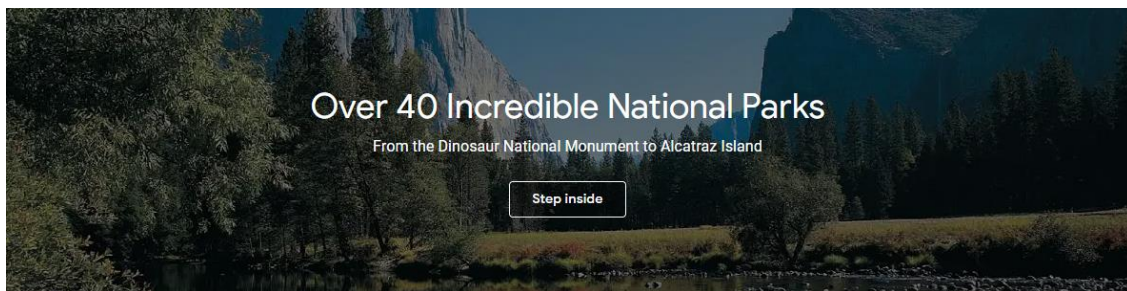
EXPLORE

9 Amazing New York Street Art



EXPLORE

8 London Locations for Street Art



You can tour over 10,000 famous sites and landmarks with google arts and culture. With this beautiful weather it gave me such a holiday feel to be able to visit the British Museum, Palace of Versailles and the Taj Mahal.

<https://artsandculture.google.com/>

Game on

Keep on the ball with these stories of sporting past, present, and future



SPORTS SPOTLIGHT

Cricket from Leg to Toe

Discover the main positions of the sport



SPORTS SPOTLIGHT

How Sport Changes Lives On and Off the Field

The importance of inclusion and accessibility in the sporting world

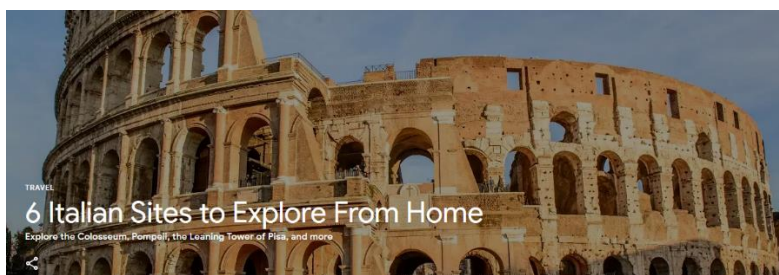


SPORTS SPOTLIGHT

The Rise of Women's Football in Brazil

A piece of forgotten history

If you have got a sporting interest you can look inside the Melbourne Cricket ground or the National Surfing museum. You can check out 9 famous artist studios on street view and take virtual tours of stages around the world. There is also a section on how to turn a selfie into artwork.



TRAVEL
6 Italian Sites to Explore From Home

Explore the Colosseum, Pompeii, the Leaning Tower of Pisa, and more

There is so much more to explore from the comfort of your own

<https://artsandculture.google.com/>

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

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>

The Nancy Rothwell Award

Draw, paint, sketch or digitally create artwork capturing plant and animal anatomy

Open to pupils aged 7 to 18 years old

Closing date for submissions: 31 July 2020

RVC Royal Veterinary College University of London

Royal Society of Biology

rsb.org.uk/nancy-rothwell-award

Labels on skull: ORBIT, INFRACRIBRAL CANAL, MAXILLA, ZYGOMATIC ARCH, MOLAR, PREMOLAR, INCISOR, CANINE

Liam Barrett, 2016 winner

People Helping People

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

aid	assistance	benevolence	caring
charity	community	compassion	contribution
donate	empathy	friendliness	generosity
giving	heart	kindheartedness	kindness
service	sharing	unselfishness	volunteer

Mr Trenbirth's Joke Corner

A lorry-load of tortoises crashed into a trainload of terrapins, What a turtle disaster



I said to the baker, "How come all your cakes are 50p, but that one is £1?"
He said, "That's Madeira cake!"

I used to make these amazing fizzy sweets that everyone loved! Then one day I forgot how to make them... So I went on a Refreshers course!

Does anyone need an Ark built? Because I Noah guy.

I've lost my wife's audio-book... I'll never hear the end of it!

I can't believe I have to go to work at the museum tonight moving suits of armour around... I hate knight shifts!

A lorry load of sugar and a van containing strawberries crashed on the M6 this morning... A traffic spokesperson has reported that motorists will suffer major delays due the enormous jam it has created!



Miss Deering's Daily Quotes

"Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid"

"Never regret a day in your life. Good days give you happiness and bad days give you experience".



"Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present".

"When life gives you a hundred reasons to cry, show life that you have a million reasons to smile and laugh. Stay strong".

"The happiest people don't have the best of everything. They just make the best of everything".

Forthcoming Birthdays



HAPPY BIRTHDAY to all the following students who have a birthday to celebrate between

Friday 22nd May – Thursday 4th June:

Bailey, Anya-Jade	Kay, Daud
Birch, Johnson	Kitt, Alexis
Blackman, Emily	Lawrence, Faye
Carson, Amelia	Nunn, Harry
Chaplain-Jones, Kori	Millwar, Harrison
Clarke, India	Ramsden, Aven
Cooper, Daniel	Ramsden, Wren
Cottrell-Buddington, Dominic	Shaw, Callum
Croft, Megan	Shufflebotham, Ellie
Daniel, Thomas	Singh Maan, Harman
Debney, James	Stockton, Fern
Dodd, Brandon	Swinnerton, Scarlett
Fisher, Joseph	Taylor, Evie
Frazer-Ellis, Isabel	Taylor, Liberty
Fullegario, Jack	Waltho, Breece
Grant, Amber	Ward, Liam
Hamilton, Maddison	Warrilow, Lacey
Heffernan, Joshua	Weston, Georgie
Hill, Lucas	William, Lucy-Jayne
Howes, Millie	Woodman, Brandon
Hunt, Ali	Zimermanova, Nikola

