



# Sir Graham Balfour School



## Weekly Student Bulletin

5<sup>th</sup> June 2020

Dear All

I hope this latest edition of the student bulletin finds you all well and having enjoyed the recent fantastic weather. There is lots of information inside and some new activities for you to take part in. We especially liked the 2m distance poster – so please do send us your ideas for this too!

Thank you again for all of the fantastic entries to the photography competition. We had so many brilliant entries it really was hard to choose overall winners.

Congratulations to our winners, and to everyone who took the time to take part.

Have a safe week everyone and take good care

Mrs Hartley



## PHOTOGRAPHY COMPETITION



Well done to everyone who entered the competition – there were some amazing photographs from students and staff – thank you!

and the winners are . . .

☆ 1<sup>st</sup> Prize ☆

Hannah Y9



Dyna Y10





## ☆ 2<sup>nd</sup> Prize – 100 HPs ☆

Crystal Y7



## ☆ 3<sup>rd</sup> Prize – 75 HPs ☆

CameronY10



## ☆ Runners Up – 50 HPs ☆

Chloe Y7

Charlie Y7

Alicia Y11

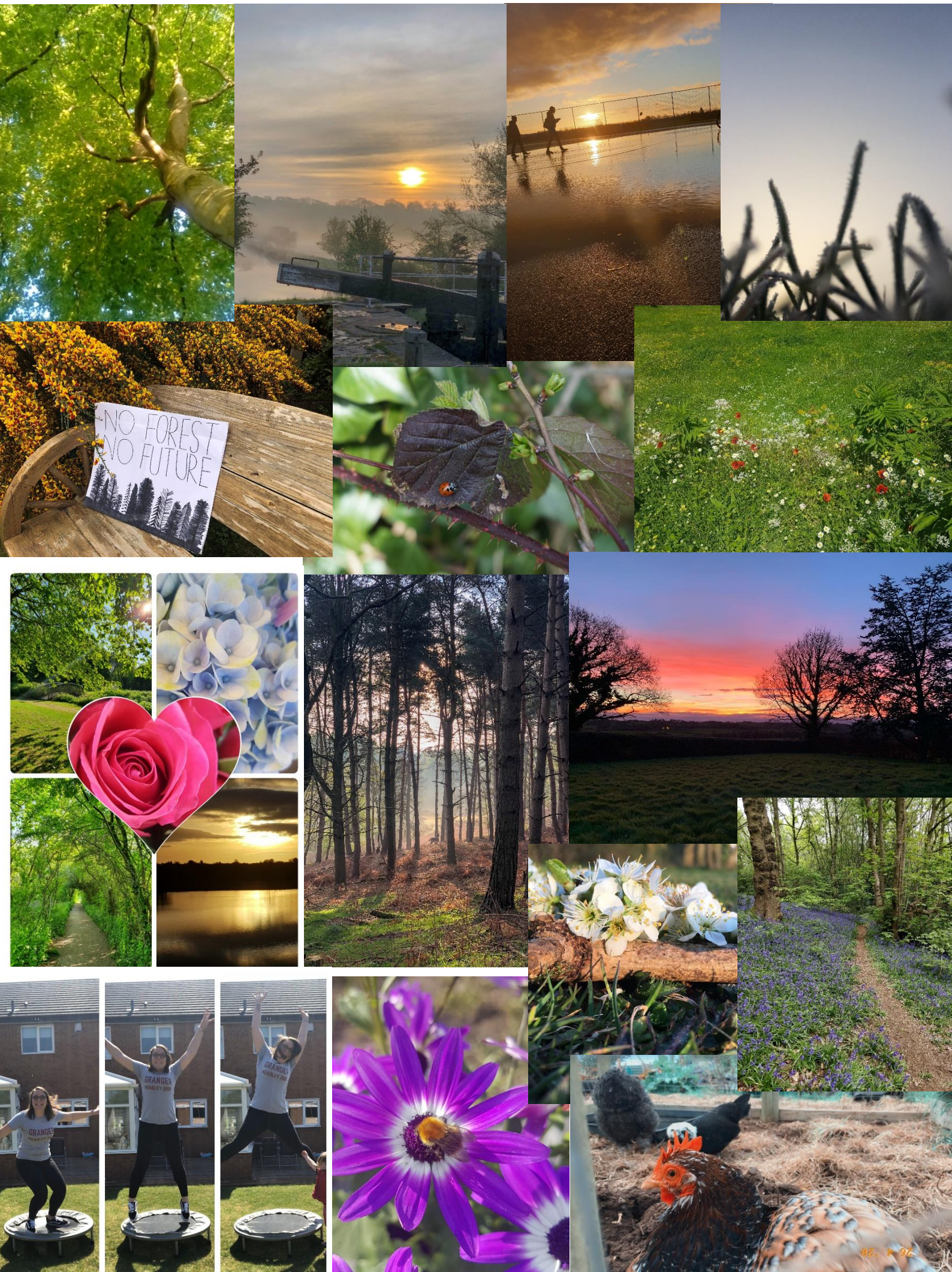
Bella Y10

**Congratulations to you all – your certificates will be emailed to you next week!**

Remember - all entries will receive 25 HPs!



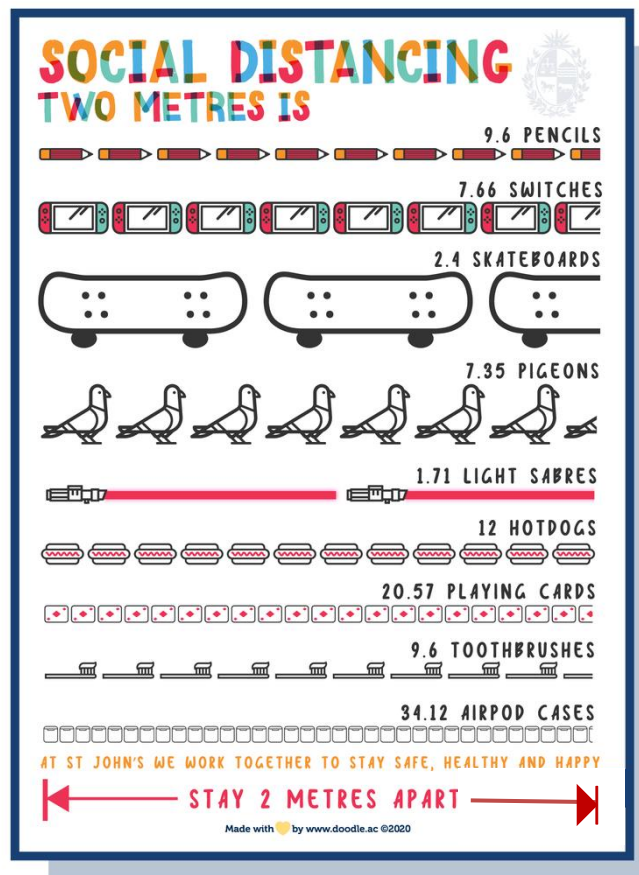
A selection of the other fabulous photograph competition entries





## STAYING SAFE & HEALTHY TOGETHER

- ✚ **Why 2m?** Surprisingly, it can be traced back to research in the 1930s. Scientists established that droplets of liquid released by coughs or sneezes will either evaporate quickly in the air or be dragged by gravity down to the ground.
- ✚ **Frequently cleaning surfaces** and minimising sharing objects reduces the spread of Covid 19. So don't share your equipment with your friends. If you need an item please ask an adult.
- ✚ Children are likely to become infected with coronavirus at roughly the same rate as adults, but the infection is usually mild.
- ✚ You should **wash your hands** for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds).
- ✚ Germs can live for several hours on tissues. **Dispose of your tissue** as soon as possible.
- ✚ People who washed their hands between 6 and 10 times a day were **36% less likely to become infected**.



**Why not have a go at designing your own 2 metre poster** – email your designs to:

[fhartley@sirgrahambalfour.staffs.sch.uk](mailto:fhartley@sirgrahambalfour.staffs.sch.uk)  
[tsalwey@sirgrahambalfour.staffs.sch.uk](mailto:tsalwey@sirgrahambalfour.staffs.sch.uk)

Designs will be displayed on the school facebook and student bulletin.

## 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](mailto:lhancock@sirgrahambalfour.staffs.sch.uk)


## ACTION FOR HAPPINESS










# JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> Decide to look for what's good, even on the difficult days	<b>2</b> Re-frame a worry and try to find a positive way to respond	<b>3</b> Think of 3 things you're grateful for and write them down	<b>4</b> Show your appreciation to those who are helping others	<b>5</b> Smile and be friendly, even while you're social distancing	<b>6</b> Notice the upsides during the lockdown, however small	<b>7</b> Find a joyful way of being physically active (indoors or out)
<b>8</b> Write a letter to thank someone for what they did	<b>9</b> Find the joy in music today: sing, play, dance or listen	<b>10</b> Take a photo of something that brings you joy and share it	<b>11</b> Say positive things in your conversations with others today	<b>12</b> Make a plan with friends to do something fun together	<b>13</b> Appreciate the joy of nature and the beauty in the world around	<b>14</b> Do three things to bring joy to other people today
<b>15</b> Rediscover a fun childhood activity that you can enjoy today	<b>16</b> Ask a loved one what they feel grateful for at the moment	<b>17</b> Be kind to you. Treat yourself the way you would treat a friend	<b>18</b> Send a positive note to a friend who needs encouragement	<b>19</b> Create a list of favourite memories you feel grateful for	<b>20</b> Make time to do something playful today, just for the fun of it	<b>21</b> Enjoy trying a new recipe or cooking your favourite food
<b>22</b> Share a happy memory with someone who means a lot to you	<b>23</b> Look for something to be thankful for where you least expect it	<b>24</b> Thank a friend for the joy they bring into your life	<b>25</b> Eat food that makes you feel good and really savour it	<b>26</b> See the upside in a difficult situation you learnt from	<b>27</b> Watch something funny and enjoy how it feels to laugh	<b>28</b> Create a playlist of your favourite songs and enjoy them
<b>29</b> Take time to do something that makes you happy today	<b>30</b> Make a list of the joys in your life (and keep adding to them)	 <p><b>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</b></p>				





[www.actionforhappiness.org](http://www.actionforhappiness.org)

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

**Keep Calm · Stay Wise · Be Kind**

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?
Available anytime	History	Netflix	<b>History 101</b> Infographics and archival footage deliver bite-size history lessons on scientific breakthroughs, social movements and world-changing discoveries.
Available anytime	Maths	YouTube <a href="https://www.youtube.com/watch?v=Ft1waA3p2_w">https://www.youtube.com/watch?v=Ft1waA3p2_w</a>	<b>Nikola Tesla - Limitless energy and the pyramids of Egypt</b> Looking at how pyramids harness power
Available anytime	History	IPlayer	<b>House through time</b> This tells the story of Britain from the point of view of a house and its owners and inhabitants over the centuries. He delves into city archives, explores old newspaper reports and meets the living descendants of those who were connected to the house.
Available anytime	History	5OD	<b>Portello's Empire Journey</b> Michael Portillo tells the story of how a small island on the edge of Europe built the biggest empire the world has ever seen.
Sunday 7:15pm	D&T/Art	Channel 4	<b>The Fantastical Factory of Curious Craft</b> Skilful amateur crafters use their artistic talent to create spectacular makes and must impress 'factory boss' Keith before he chooses the best to go on to craft for a celebrity client, who then chooses the winner and takes home the winner's craft.

## Music Challenge

Entrust who provide several of our instrumental teachers have created a video starring their teachers playing lots of different instruments. Can you identify them all?

There are 20 different instruments - some of them look similar but actually have different/specific names, and you also need to count how many players of each instrument can be seen. For example, if you saw 2 different people playing trumpets, you could write down Trumpet x 2 in your list.

The YouTube video is here:

<https://www.youtube.com/watch?v=NKA4Vd9q64k>

or search for - **Learn an Instrument in Staffordshire - 'Happy'**



Everyone who takes part will get house points and those who are closest to the correct answer will get extra. Please send your answers including your name and year group to Mr Field ([bfield@sirgrahambalfour.staffs.sch.uk](mailto:bfield@sirgrahambalfour.staffs.sch.uk)) by **Thursday 11th June**.

*Mr Field*

## Housepoint Leader Board

Housepoint Leader Board		Change since 18/05/20
TIXALL	27,757	+1,311
CHETWYND	25,502	+1,460
WESTON	25,068	+1,341
SANDON	24,407	+1,220

UPDATED: 01/06/2020 09:01:32



Housepoint Leader Board		Change since 01/06/20
TIXALL	28,042	+285
CHETWYND	25,715	+213
WESTON	25,445	+377
SANDON	24,671	+264

UPDATED: 04/06/2020 09:42:19

*Miss Bayliffe*  
DAC

## THE BIG BANG AT STAFFORDSHIRE UNIVERSITY

Please see the information below about our online exploration of all things Science, Technology, Engineering and Mathematics on the 16 and 17 June in association with the Big Bang.

To register for this please use the below link:

[https://nearme.thebigbangfair.co.uk/view?event\\_id=2032](https://nearme.thebigbangfair.co.uk/view?event_id=2032) and click Book Now

For the Explore at Home wildlife competition and event information click here: <https://www.staffs.ac.uk/schools-colleges/virtual-outreach/online-big-bang-2020>

We also have an online event the Great Green Gathering taking place this Saturday 6th June from 10am - 2pm which is a family event with talks and interactive activities like making bird feeders and hedgehog houses. If you are thinking of entering the Explore at Home competition this event will give you all the inspiration you need to enter and win great prizes. Please see details of this on the information below .....

Join us for

# The Great Green Gathering

A **FREE** family orientated virtual talk show about little changes making a big difference to nature and biodiversity.

**Saturday 6 June**  
**10.00am - 2.00pm**

The Great Green Gathering  
YouTube channel or visit:  
**[staffs.ac.uk/events](https://staffs.ac.uk/events)**

For any enquiries email: **[greenerstaffs@staffs.ac.uk](mailto:greenerstaffs@staffs.ac.uk)**



## Weekly Wordsearch & Sudoku

### Musical Instruments

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

BASS GUITAR  
DRUMS  
HARMONICA  
PIANO  
TRIANGLE  
UKULELE

CELLO  
FLUTE  
KEYBOARD  
SHAKER  
TRUMPET  
VIOLIN

CLARINET  
GUITAR  
OBOE  
SYNTHESIZER  
TUBA  
VOICE



## Mr Trenbirth's Joke Corner

Apparently you can't use 'Russian beef stew' as a password. It's not stroganoff.



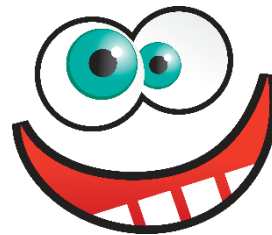
A man has been hospitalized after eating a 1kg bag of horse feed. Doctors have described his condition as stable.

What do you get for coming second in an astronomy competition?  
A constellation prize.



A pirate walks into the doctors with a broken arm...  
They told him to sling his hook!

I like jokes about the eyes. The cornea the better.



## Miss Deering's Daily Quotes

*"The best journeys answer questions that in the beginning you didn't even think to ask"*



*"The meaning of life is to find your gift. The purpose of life is to give it away"*

*"Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us"*

*"Don't be pushed by your problems be led by your dreams"*

*"Each Morning*

*When you open your eyes say to yourself: I not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'M GOING TO BE HAPPY IN IT."*

## Forthcoming Birthdays



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

**5<sup>th</sup> - 12<sup>th</sup> June**



Austin, Clare
Berrisford, Harry
Brandrick, Matthew
Buckley, Demi
Clements, Tayler
Cornes, Kailie
Davey, Thomas
Davies, Kyle
Davies, Rocco
Dewhurs,t Sian
Dix, Amy-Louise
Estibeiro, Isobel
Estibeiro, Xavier
Felstead, Caitlin
Field, Tehya
Ganly, Harley
Knight, Beatrice
Little, Charlotte
Obumese, Aalyah
Payne, Sinead
Phillips, Natalie
Sammons, Molly
Sheikh, Mohamed
Taylor, Aaron

