



# Sir Graham Balfour School



## Weekly Student Bulletin

12<sup>th</sup> June 2020

Dear Students

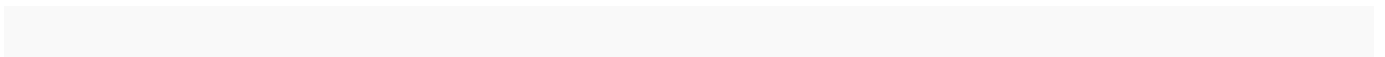
I hope this latest edition of our weekly Student Bulletin finds you all well.

We have a new Key Stage 3 Challenge for you! Please see the ideas set out below by your House Heads. There are plenty of house points up for grabs, so please help your house to gain as many house points as possible. I know your House Tutors have already seen this challenge so they will be sharing their ideas and supporting you in taking part via their weekly pastoral communication with you.

Please do keep sharing your ideas with us. If you have a piece of artwork, poetry, or story that we could publish in the bulletin that would be great!

Have a lovely weekend and take good care.

Mrs Hartley



## KS3 Pastoral Challenge

We would like to introduce a selection of challenges for you to complete based around the values we have in school.

The rewards for completing these tasks are as follows

- Completion of one task = 2 house points
- Completion of two tasks in the same value = Praise postcard (5 house points)
- Completion of 3 or 4 tasks in the same value = A certificate for that value and 10 house points

**The deadline for the completion of these tasks is 10<sup>th</sup> July**

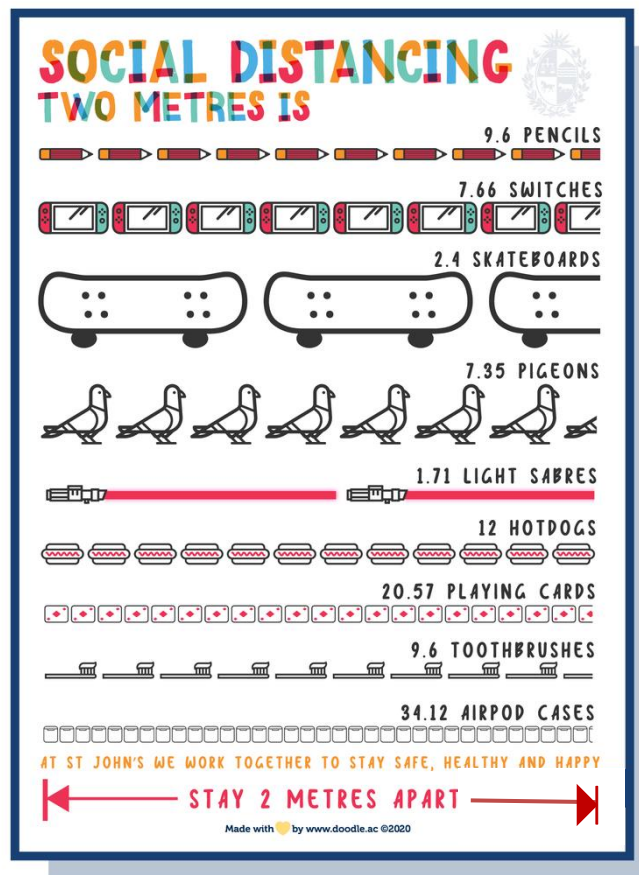
Once you have completed a task send evidence to your house tutor as they will keep a log of the tasks you have completed ready for the house points/certificates to be awarded.

### House Heads

<b>Commitment to excellence</b>	<b>Responsibility for ourselves and others</b>	<b>Care for the local and wider community</b>	<b>Respect, kindness and compassion for ourselves and others</b>	<b>Perseverance and resilience</b>	<b>Pride in working hard and the success it brings</b>	<b>Ambition for ourselves and others</b>
Watch a documentary and create a fact file/guide to show your learning	Be a positive example at home or with your peers	Get in contact with a local care home and arrange to send a letter to one of the residents, sharing your experiences	Send a positive text to all of your friends telling them why you think they are amazing.	Do something you haven't done before like learn an activity or new skill	Create a project on the topic of your choosing	Write a list of short term goals that you want to achieve this month.
Visit a virtual museum. Go online and explore the collections online	Do a chore regularly in the house without being asked to do it.	Check in on someone who is vulnerable or isolated (video call/text etc)	Create a selection of positive posters to display in your local community	Learn how to cook something new	Aim to get a Head Teachers Award for a great piece of work.	Create a fact file/powerpoint on a famous person who showed great ambition.
Keep a reading journal which reviews the books that you have read/listened to	Cook a meal for your house hold- don't forget to wash up!	Create a factfile about plastic in our oceans (problems and solutions) and produce a poster to promote reducing plastics	Pay it forward- do something nice for someone else that they are not expecting	Find a workout video online. Encourage someone in your house to join you.	Create a list of everything you are proud of achieving so far and then create a list of goals you would like to achieve in the future	Draw out a timeline of what you would like to achieve in your lifetime
Complete some of the scholars tasks set by the school	Ask for a set jobs list each week and commit to doing each and every one of them without question	Write letters of thanks to our local emergency services, doctors surgeries or hospital staff.	Text or video call a friend each week to check if they are ok.	Create an informative presentation about an inspirational person who has overcome adversity	Design an inter-house competition that you feel would motivate all students	Keep a 'Happy Planner' and log everything you do that is positive.

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

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

## ACTION FOR HAPPINESS




# JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 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

## 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>

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 at all times	English	<b>YouTube</b> <a href="https://www.youtube.com/watch?v=qafnuBH8KPs&amp;t=81s">https://www.youtube.com/watch?v=qafnuBH8KPs&amp;t=81s</a>	<b><u>The life and times of William Shakespeare</u></b> Especially good for year 7 students who are currently learning about his life.
Available at all times	Science	<b>Iplayer</b> <a href="https://www.bbc.co.uk/iplayer/episode/b06s75vs/inside-einsteins-mind-the-enigma-of-space-and-time">https://www.bbc.co.uk/iplayer/episode/b06s75vs/inside-einsteins-mind-the-enigma-of-space-and-time</a>	<b><u>Inside Einstein's mind</u></b> The story of the most elegant and powerful theory in science - Albert Einstein's general relativity.
Available at all times	Science	<b>Iplayer</b> <a href="https://www.bbc.co.uk/iplayer/episode/p072n7qd/earth-from-space-series-1-1-a-new-perspective">https://www.bbc.co.uk/iplayer/episode/p072n7qd/earth-from-space-series-1-1-a-new-perspective</a>	<b><u>Earth from space</u></b> Cameras in space tell stories of life on Earth from a brand new perspective, revealing new discoveries, incredible colours and patterns, and just how fast it is changing.
Weeknights @ 8pm	Science	<b>BBC 1</b>	<b><u>Springwatch</u></b> Based in a different location around the UK each spring, 'Springwatch' takes a look at the lives of wild animals in their natural habitats, showcasing the beauty and diversity of wildlife around the country.
Available at all times	Science	<b>Iplayer</b> <a href="https://www.bbc.co.uk/iplayer/episode/p00kjq6h/shock-and-awe-the-story-of-electricity-1-spark">https://www.bbc.co.uk/iplayer/episode/p00kjq6h/shock-and-awe-the-story-of-electricity-1-spark</a>	<b><u>Shock and Awe – the story of electricity</u></b> Professor Jim Al-Khalili tells the electrifying story of our quest to master nature's most mysterious force - electricity.
Available at all times	Science	<b>Iplayer</b> <a href="https://www.bbc.co.uk/iplayer/episode/p06qj2l5/the-planets-series-1-1-a-moment-in-the-sun-the-terrestrial-planets">https://www.bbc.co.uk/iplayer/episode/p06qj2l5/the-planets-series-1-1-a-moment-in-the-sun-the-terrestrial-planets</a>	<b><u>The Planets</u></b> Series all about our solar system narrated by Brian Cox



## Housepoint Leader Board

Photography Competition  
Points have been added!

Housepoint Leader Board		Change since 01/06/20
TIXALL	28,774	+1,017
CHETWYND	26,693	+1,191
WESTON	26,376	+1,308
SANDON	25,074	+667

UPDATED: 08/06/2020 11:02:14

Housepoint Leader Board		Change since 08/06/20
TIXALL	28,873	+99
CHETWYND	26,768	+75
WESTON	26,590	+214
SANDON	25,153	+79

UPDATED: 10/06/2020 22:45:14

Miss Bayliffe  
DAC

## Music Challenge

Thank you for all the entries for the music challenge - winners will be announced next week and house points awarded to everyone who took part. The answers were, in order of appearance in the video:

- French Horn, Bassoon, Keyboard
- Electric Violin, Clarinet 1, Alto Saxophone 1
- Double Bass; Drum Kit 1, Flute, Violin 1
- Tuba; Clarinet 2 + 3
- 5-string Bass Guitar, Trombone, (4-string) Bass Guitar
- Trumpet, Oboe; Violin 2; Violin 3; Congas
- Alto Saxophone 2 + 3, Tenor Saxophone
- Clapping (Body percussion), Clarinet 4, Violin 4, Marimba, Drum Kit 2.



## Kahoot Music Quiz

This week there is a music quiz on Kahoot which will run until Thursday 18th June at 3.00pm. To play you will either need to download the Kahoot app or go to **kahoot.it**



The Game PIN for students is **01557079**

For the nickname (so that house points can be awarded to the winning students) please use your first name, initial of your surname and year group - for example **John S Y9**

**Mr Field**

## Common British Birds

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

SPARROW  
 THRUSH  
 CROW  
 ROBIN  
 JACKDAW  
 STARLING  
 BLACKBIRD  
 LONG TAILED TIT  
 MAGPIE  
 GREAT TIT  
 PIGEON  
 ROOK  
 GOLDFINCH  
 BLUE TIT  
 GREENFINCH  
 PIED WAGTAIL

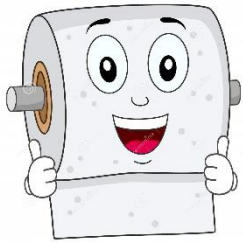
Can you spot 5 differences between the two pictures - let's see who finds all 5.





## Mr Trenbirth's Joke Corner

For the past few days, I wake up to find someone has dumped a bunch of LEGO blocks around my front garden. I just don't know what to make of it.



I have finally run out of toilet paper and have resorted to using lettuce leaves. And that's just the tip of the iceberg.

My son Luke loves that we named our children after Star Wars characters. My daughter Chewbacca not so much.



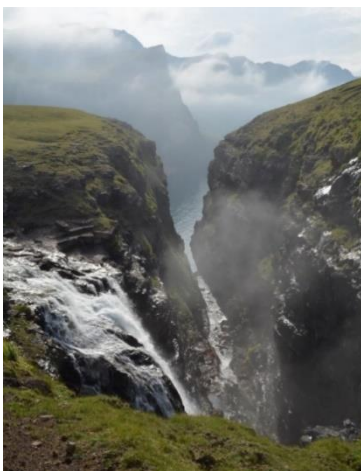
All of my friends have such expansive bucket lists. But mine is a little pail in comparison.

I'm trying to learn the alphabet but I can't get past X. I don't know why.



## Miss Deering's Daily Quotes

*"A river cuts through rock, not because of its power, but because of its persistence".*



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

*"Be happy not because everything is good, but because you can see the good side of everything"*

*"Whoever is happy will make others happy too"*

*"When life knocks you down roll over and look at the stars"*

## Forthcoming Birthdays



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

**Friday 12<sup>th</sup> – Thursday 18<sup>th</sup> June**



Nicholas
Jack
Harley
Lain
Lexie
Harrison
Erin
Kendra
Lewis
Meredith
Molly

