



# Sir Graham Balfour School



## Weekly Student Bulletin

19<sup>th</sup> June 2020

Dear Students

I hope this bulletin finds you all well. We are all aware that we have coped in different ways during this period of time. What we do know is that taking part in a range of different activities has really helped to keep us busy as well as be reflective. Again, this week we have attached both some advice from Young Minds on mental health and emotional well-being as well as a range of activities for you to get involved in. Please do contact your House Tutor if you have specific worries or concerns. We are all here to help you.

Take good care

Mrs Hartley

## BIG WALK FOR CAMBODIA 2020

Considering we will miss the Big Walk for Cambodia due in a number of weeks, we in PE have created a similar challenge... rebranded as The Big Walk to Cambodia.

The essence of this challenge is to, as a school community try and cover the distance from SGB across the world to SGB Cambodia. A total of 12642km!! Let's see how far we can get by the end of the term... will we make it?! As we progress, there will be updates as we reach specific destinations so we can all see how far we have gone.



- All you need to do is record the distance you travel every time you walk, run or cycle. Make sure you record in kilometres!
- You can enter as many times as you like, and every entry will add to the overall distance travelled.
- Include some verification of your distance if possible, a screenshot of the activity on an app or a photo of you whilst mid activity.

The link to enter you activity is here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=Ux1UIMhiaEex1wih474TovrJ87iDJPBlq4xJ5VtjihBUNE02NVdJVUpGM0JSTldKVUVHVEFDWk5FVy4u>

Keep updated on the SGB Facebook and PE Instagram. Daily / weekly updates on progress and outstanding efforts.

Get out exercising and get your activity entries in! Open to all of the SGB Community so family members distances can be included too.

**Fundraising:** Since the Big Walk for Cambodia is a brilliant time for raising money for SGB Cambodia, we anticipate setting up an online method of donations. There will be a further announcement regarding this.

Good luck and best wishes,

*Mr Webb*

## 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**

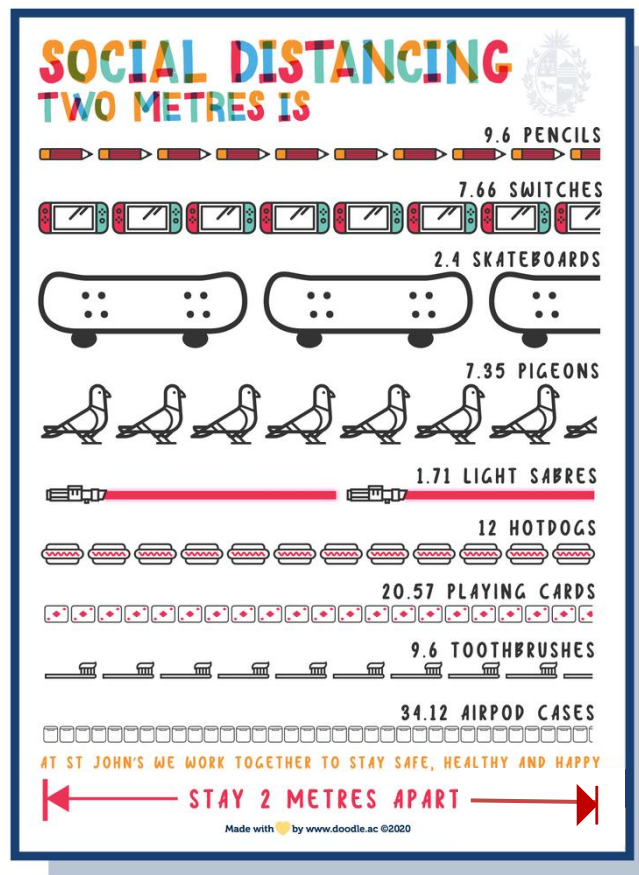
Once you have completed a task send evidence to your house tutor as they will keep a log of the tasks you have completed ready for the house points/certificates to be awarded.

### 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>									

ACTION FOR HAPPINESS



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

## CORONAVIRUS AND MENTAL HEALTH

### YOUNGMINDS

A number of young people will still be finding it extremely hard to adjust to the current situation. Therefore, it's important to know that there is information and website out there to support young adults during this time.

Please visit the Young Minds website which has lots of information and tips on how to manage mental health and any concerns that you or your child may have.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/#what-else-can-i-do-to-look-after-my-mental-health?>



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/SMSC	BBC <a href="https://www.bbc.co.uk/teach/class-clips-video/history-ks3-gcse-migration/zkn8vk7">https://www.bbc.co.uk/teach/class-clips-video/history-ks3-gcse-migration/zkn8vk7</a>	<b>Migration</b> David Olusoga investigates the lives and experiences of migrants to and from Britain throughout history.
Available anytime	Science	BBC <a href="https://www.bbc.co.uk/programmes/m000hjpw">https://www.bbc.co.uk/programmes/m000hjpw</a>	<b>Horizon: 2020 Hubble: The Wonders of Space Revealed</b> To celebrate the 30th anniversary of its launch, this film tells the remarkable story of how Hubble revealed the awe and wonder of our universe and how a team of daring astronauts risked their lives to keep it working.
Thursdays @ 8pm	English	BBC4	<b>Tess of the D'Urbervilles</b> A dramatisation of the classic novel
Available anytime	Art	4OD	<b>Kirstie's Vintage Gems</b> Kirstie Allsopp looks back to the seventies for some vintage inspiration. Together with two of the country's most gifted crafters, she creates some cool crochet jellyfish and a vibrant felt rug.
Saturdays @ 4:20pm	History	Channel 5	<b>The Thames: Britain's Great River</b> Tony Robinson embarks on a 200-mile journey from source to sea to discover what makes the Thames one of the greatest rivers in the world.
Saturdays @ 11am	History	BBC 2	<b>Back in Time for the Factory</b> Focus on deindustrialisation in the UK during the 1980's. Particularly relevant to Year 10 who have just studied the UK in the 21 <sup>st</sup> Century.

## Housepoint Leader Board

Virtual Sports Day Points added			
		Housepoint Leader Board	
1 <sup>st</sup>			Change since 15/06/20
500 pts	TIXALL	29,901	+644
2 <sup>nd</sup>			
250 pts	CHETWYND	27,547	+440
3 <sup>rd</sup>			
100 pts	WESTON	27,144	+236
4 <sup>th</sup>			
50 pts	SANDON	25,734	+178
UPDATED: 16/06/2020			

Miss Bayliffe  
DAC

## Music Video Challenge

Thank you to everyone who had a go at naming all the instruments in the Entrust video - you will all receive house points. The top scorers were:

- 1st - Lucy-Jayne Williams - Year 8
- 2nd - Charlotte Little - Year 9
- 3rd - Lewis Leedham & Murron McNellan - Year 8



## Kahoot- Music

The top scorers in the Kahoot Music Challenge were:

- 1st - Charlotte Little - Year 9
- 2nd - Erin Holden - Year 9
- 3rd - Molly Worthington - Year 8



## Kahoot - Sports, Games & Hobbies

There is a new Kahoot Challenge this week which will run until Thursday 25th June at 2.00pm.

As in previous challenges, please only attempt this once and your nickname should be your first name, initial of your surname and year group - e.g. **John S Y8**

**The Game PIN is: 09495729**

**Mr Field**



# MINIMATHS

Calculate the clues and fill in the grid with the answers

## ACROSS

1. ..  $69 + 16$

2. ..  $13 - 3$

3. ..  $42 + 22$

4. ..  $20 + 48$

6. ..  $58 + 29$

7. ..  $20 + 73$

8. ..  $32 + 14$

9. ..  $47 - 26$

10. ..  $38 + 39$

11. ..  $79 - 7$

13. ..  $96 - 7$

14. ..  $46 + 35$

15. ..  $56 + 2$

16. ..  $45 + 45$

## DOWN

1. ..  $52 + 32$

2. ..  $40 - 22$

3. ..  $4 + 56$

4. ..  $30 + 37$

5. ..  $80 + 3$

6. ..  $71 + 15$

7. ..  $78 + 13$

8. ..  $68 - 21$

9. ..  $50 - 28$

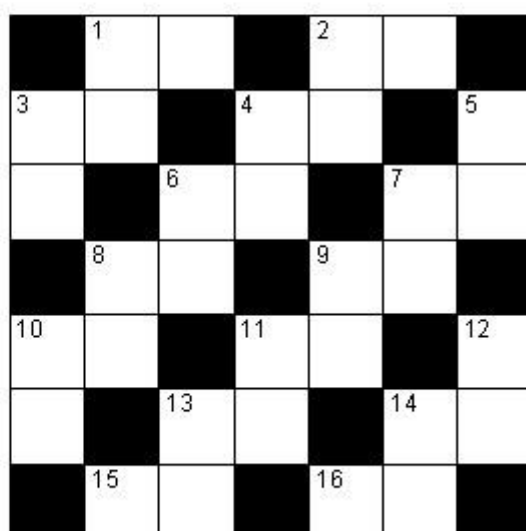
10. ..  $96 - 18$

11. ..  $93 - 14$

12. ..  $50 - 9$

13. ..  $94 - 6$

14. ..  $59 + 21$



## Mr Trenbirth's Joke Corner

Did you hear about the Yacht builder that had to work from home?  
His sails went through the roof.



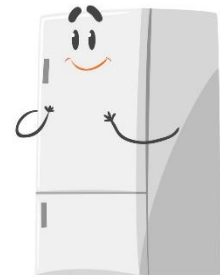
I'm entering the worlds tightest hat competition. Just hope I can pull it off.

I changed my iPod's name to Titanic. It's syncing now.



I used to have a job drilling holes for water – it was well boring.

Walking by the fridge, I thought I heard an onion singing a Bee Gees song...  
Turns out it was just the chives talking!



## Miss Deering's Daily Quotes

*"All our dreams can come true if we have the courage to pursue them"*

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

*"The most important thing is to try and inspire people SO THAT THEY CAN BE GREAT IN WHATEVER THEY WANT TO DO"*

*"Believe you can and you're halfway there"*

*"Success is the sum of small efforts repeated day in and day out"*

*"Striving for success without hard work is like trying to harvest where you haven't planted"*

And one from Mr Webb - *"A journey of a thousand miles begins with a single step."* – Lao Tzu



## Forthcoming Birthdays



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

**Friday 19<sup>th</sup> – Thursday 25<sup>th</sup> June**



Maya
Evie
Alexander
Jack
Mia
Sarah
Ryan
Kayla
Sydney
Lacey
Lewis
Samuel
James
Tyler
Maddison
Liam
Harry
Kaytlin
Phoebe
Alfie
Amrit
Ben
David
Eve

