



Sir Graham Balfour School



Weekly Student Bulletin

26th June 2020

Dear Students

I cannot believe how quickly time is flying by! It doesn't seem like 5 minutes since we were preparing last week's bulletin. Please do have a look through the vast array of activities that have been included in this edition. There is still time to take part in the Big Walk for Cambodia and the KS3 Challenge before the end of term! Keep up the fantastic efforts and earning those house points too!

Thank you to everyone who is sending back competition entries and giving us feedback on what you like about the bulletin. It really is great to hear your ideas too.

Have a lovely weekend

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=Ux1UIMhiaEex1wih474TovrJ87iDJPBIq4xJ5VtjihBUNE02NVdJVUpGM0JSTldKVUVHVEFDWk5FVy4u>

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 10th 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.

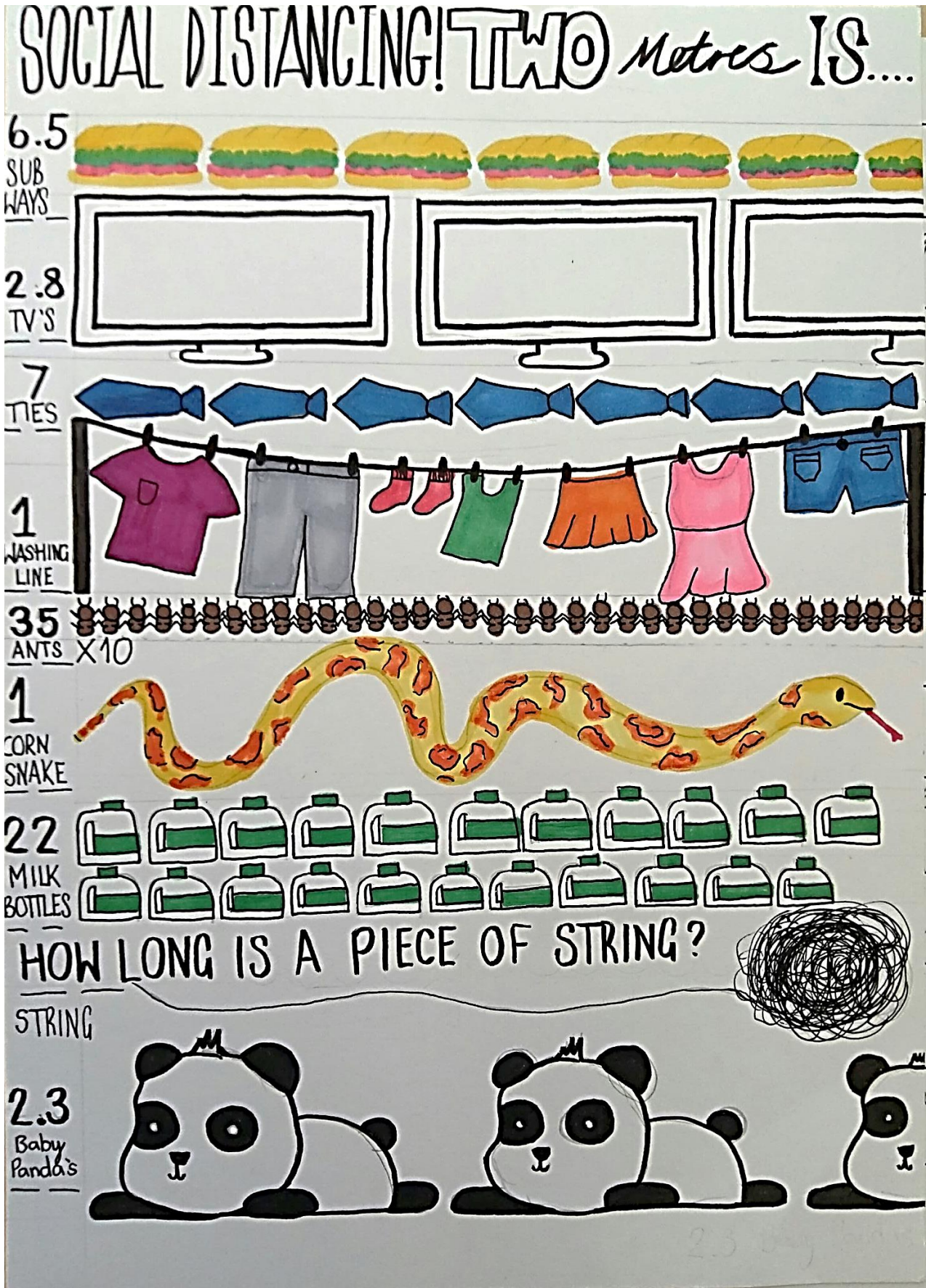
House Heads

Commitment to excellence	Responsibility for ourselves and others	Care for the local and wider community	Respect, kindness and compassion for ourselves and others	Perseverance and resilience	Pride in working hard and the success it brings	Ambition for ourselves and others
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.

2 Meter Social Distance Poster

Thank you Esme Grateley 7C6 for designing this social distance poster which will be displayed around school.

Well Done!



ACTION FOR HAPPINESS




RESILIENCE CALENDAR: JUMP BACK JULY 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 We can't control what happens to us, but we can choose how we respond			1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't... yet"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time	9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them
12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts. Find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"	17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter
19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?	21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead
26 Get back in touch with a supportive friend and have a chat	27 Write down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath	29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone, we all struggle at times	

ACTION FOR HAPPINESS







actionforhappiness.org
 Keep Calm · Stay Wise · Be Kind

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

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?>

Harvard Business Review- Resilience

I think this is worth a read. It's from Harvard Business Review and is about how resilience is about how you recharge, not how you endure. "Try really hard, and then stop, recover and repeat."

<https://hbr.org/2016/06/resilience-is-about-how-you-recharge-not-how-you-endure>

With this in mind have a restful weekend.

Mrs Sandy



Keeping the emotional well-being message alive – have a look at the Anna Freud website “on my mind campaign” theirs loads on there:

<https://www.annafreud.org/on-my-mind/>



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?
Weekdays 7:30-8pm	Art	BBC4	The Joy of Painting The legendary Bob Ross, from blank canvas to finished painting in 30 minutes.
Available anytime	Technology	BBC https://www.bbc.co.uk/programmes/b006m9ry/broadcasts/upcoming	Click A technology programme that looks at various themes such as will the service industry be changed by Covid-19 forever?
Thursdays @ 8pm	English	BBC4	Tess of the D'Urbervilles The second episode of the dramatisation of the classic novel
Available anytime	History/SMSC	Iplayer https://www.bbc.co.uk/iplayer/episode/b04xv91w/selma	Selma Exploring the Selma to Montgomery march as part of the wider Civil Right campaign.
Available anytime	History	Iplayer https://www.bbc.co.uk/iplayer/episode/m000k48q/tutankhamun-in-colour	Tutankhamun in colour Egyptologist Elizabeth Froom takes us back a century to experience the discovery of Tutankhamun's tomb exactly as it happened, all thanks to the colourisation of the original photos and film
Available anytime	SMSC/History	Iplayer https://www.bbc.co.uk/iplayer/episode/b082w9p9/black-and-british-a-forgotten-history-1-first-encounters	Black and British: A forgotten History David Olusoga explores the relationship between Britain and people whose origins lie in Africa. David uncovers a history that is as surprising as it is revealing

Housepoint Leader Board

Housepoint Leader Board		Change since 16/06/20
TIXALL	30,523	+622
CHETWYND	28,128	+581
WESTON	27,708	+564
SANDON	26,332	+598

UPDATED: 22/06/2020

Miss Bayliffe
DAC

World Wellbeing Week

It's more important than ever to look after your personal wellbeing and the wellbeing of the people around you.



It doesn't have to be difficult or involve spending money, we've created a poster that gathers together free resources you can use to help look after yourself and support others.

To mark World Wellbeing Week, we've created a poster listing 5 free resources you can use to help look after yourself and support others.

A vertical poster with a pink-to-blue gradient background. It features the Amazing Apprenticeships logo at the top right. The main title is '5 RESOURCES TO HELP SUPPORT WELLBEING' in large, bold, white capital letters. Below this, a white-bordered box contains text about World Wellbeing Week (22-26 June 2020) and the purpose of the resources. The poster then lists five resources, each with a title in bold and a description below it. At the bottom, it provides a website link for more information.

Amazing Apprenticeships

5 RESOURCES TO HELP SUPPORT WELLBEING

World Wellbeing Week takes place from 22-26 June 2020.
It's more important than ever to look after your personal wellbeing and the wellbeing of the people around you.

We've gathered together some resources you can use to help look after yourself and support others.

50 AMAZING APPRENTICESHIPS SUPPORT ACTIVITIES

This guide contains 50 creative ways to support the mental health and wellbeing of individuals, particularly in the workplace: <https://tinyurl.com/YB48ECMM>

WELLBEING MASTERCLASS SERIES

A masterclass series, that focuses on providing a range of practical solutions to support the mental and physical wellbeing of yourself and others: <https://tinyurl.com/WBQ7YE3>

MINDFULNESS EXERCISES

Guided mindfulness exercises for beginners led by wellbeing coach George Anderson and happiness psychologist Dr Vikki Barnes: <https://tinyurl.com/WBQ7YE3>

MY NEW NORMAL PLEDGE POSTER

A mindfulness colouring pledge poster to record the positive habits made during lockdown that you want to keep: <https://tinyurl.com/Y9E94KNH>

2020 MEMORY MAKER

Reflect on the positives from the past few months and make a filmed memento to share with friends and family: <https://tinyurl.com/YACCW72L>

Find out more:
www.amazingapprenticeships.com/wellbeing

2020 Memory Maker

2020 will be a memorable year, commemorate it with the '2020 Memory Maker', as a family, or individual, answer 20 questions, record your answers and keep them as a memory for the future.

▶ 2020 MEMORY MAKER ▶

2020 will be a memorable year, commemorate it with the '2020 Memory Maker'. As a family or individual, answer 20 questions from the lists below, you could pick randomly or choose your favourites. Record your answers and keep them as a memory for the future.

YOUR LOCKDOWN LOGISTICS

1. When did you first hear about Covid-19?
When did you realise that things might be getting serious?
2. What did you change about your personal hygiene routines? Did you sing Happy Birthday twice or count to 20?
3. Did you participate in a social-distancing greeting? E.g. elbow tap / foot touch
4. What was the build up to lockdown like for you?
Describe what people were saying / planning for at work, home, school, in the community?
5. Where were you when lockdown was announced by the Prime Minister?
How did you feel? What did you do?
6. Who have you been in lockdown with?
Do you live on your own or are you with family and friends? How old are they? Are they working? Have they been home-schooling? If you live on your own – do you have any pets? Who are your neighbours?
7. Did you panic buy anything? If so – did you use it all or did you buy something you thought you would need, that you haven't ended up using?

LIVING LIFE THROUGH LOCKDOWN

8. How have you been getting your shopping? Is this different to before?
9. What has been your favourite food during lockdown?
10. Have you experimented with any new recipes? Were they nice? Will you pass them on to others?
11. What has been your favourite way to connect with friends and family?



12. Has anything really annoyed you about others during lockdown?
13. Have you broken any lockdown rules? What did you do? Did you get caught?
14. Have any of your family members been working as key workers? How have you felt about this? What has been the impact for your family?
15. How do you think your experience of lockdown compares to other people?
16. How have you felt during lockdown? Have your emotions changed?
17. Did you clap for carers?
18. How did you explain lockdown to your children?
19. Did you find home-schooling difficult or did you enjoy it?
20. What's the best book you've read?
21. Did you exercise more during lockdown? Will you carry on?

THINGS TO LOVE ABOUT LOCKDOWN

22. Did you do something kind for someone? Who? What was their reaction?

PTO...

My New Normal Colouring Pledge Poster

During the COVID-19 pandemic we're all adapting to new changes, which gives us a chance to set new positive habits. Use our new creative colouring pledge poster to record the habits you want to keep.



Kahoot - Sports, Games & Hobbies

The top scorers in the Kahoot Challenge were:

- 1st - Charlotte L - Year 9
- 2nd – Sophie B - Year 7
- 3rd – Yasmine D - Year 8



Kahoot – Food & Drink

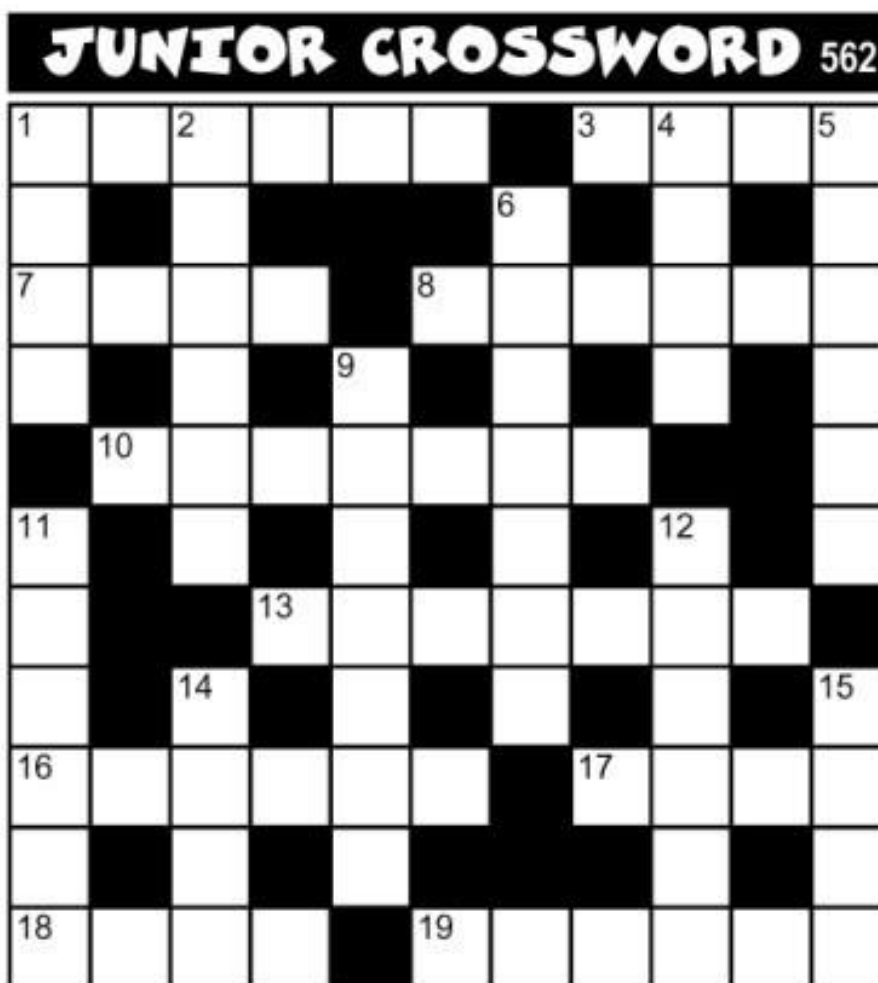
There is a new Kahoot Challenge this week which will run until Thursday 2nd July at 2.00pm. As in previous challenges, please only attempt this once and your nickname should be your first name, initial of your surname and year group - e.g. **John S Y8**

The Game PIN is: 07065719

Next week's challenge will be a mixture of topics and will be the final one this term.



Mr Field



ACROSS

- 1 The number in a dozen
- 3 The body's covering
- 7 Do exactly the same as someone else
- 8 A glass container
- 10 Very, very old
- 13 Clothes washing room
- 16 Hard safety hat
- 17 Expensive
- 18 Have a lie down
- 19 A small river

DOWN

- 1 Small carpet nail
- 2 Make larger
- 4 A thing on a string flown in the wind
- 5 A sewing tool
- 6 The first half of the day
- 9 Bandits at sea who attack and rob other ships
- 11 Female parent
- 12 A light wind
- 14 Three ____ four equals seven
- 15 A band instrument played with sticks

Mr Trenbirth's Joke Corner



I said to my Welsh girlfriend, "I just ran to the shops to get you your hair shampoo." "Pantene?" she asked.

I said, "Yeah, I'm completely out of breath!"

A lorry load of Brillo pads were stolen last night... Police are currently scouring the area!



Studies have shown that cows will produce more milk when the farmer talks to them... It's a case of in one ear and out the udder!

A lorry carrying ballroom costumes has overturned on the M6...
The police are advising drivers to go slow, slow, quick, quick, slow!



Miss Deering's Daily Quotes

*"Be strong but not rude,
Be kind but not weak.
Be humble but not timid.
Be proud for not arrogant"*



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

"Our lives begin to end the day we become silent about things that matter."

"Be easy to love, hard to break and impossible to forget"

"Every Accomplishment starts with the decision to try"

Forthcoming Birthdays



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

Friday 26th June – Thursday 2nd July



Katie
George
Jacob
Amber-Lilly
Kian
Melissa
Hermione
Amelia
Chloe
Harvey
Mia
Riley
William
Morgan
Megan
Rhona
Joshua
Thomas
Jake
Joshua
Lucas
Jake
Ryan
Ben

