



# Graham Balfour School



## Weekly Student Bulletin

3<sup>rd</sup> July 2020

Dear Students

First and foremost thank you to all of your teachers who have again kindly sent us ideas and information to include in our weekly bulletin. We only have a couple of weeks of the school year left, so please do keep your entries coming for each of the different activities advertised. Don't forget those house points!!

I know many of you have been carrying on house time activities on a weekly basis with your house tutors. Don't forget when they ring you over these next two weeks do let them know how you have been getting on and let them know if you have any questions or concerns about work you have or have not completed OR if you have any concerns about the return to the new school year. Remember both your subject teachers and house tutors are on hand via email each day to answer any queries.

In the meantime, have a good week.

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

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.

# Staffordshire County Council's Climate Emergency Declaration

Why is taking action on climate change important to us?

We are acutely aware of the overwhelming scientific evidence that confirms that our planet is warming at an alarming rate as a result of human activity and predominately from burning fossil fuels. This is putting our planet, the UK and Staffordshire at risk of increasingly severe weather events such as extensive flooding and longer droughts.

On a global scale, we are putting our whole ecosystems at risk and therefore it is incumbent on us all, including democratically elected councils such as Staffordshire County Council to reduce our use of fossil fuels, protect our environment and mitigate the impacts of climate change.

## Our Aims

# Our Aims

Staffordshire County Council is aiming to achieve the following:

- Reduce our carbon emissions, and support Staffordshire as a whole to do the same
- Improve air quality, and help others understand how they can reduce their own impact
- Improve biodiversity and protect and enhance the natural environment to both reduce our environmental impact and to lessen some of the impacts of climate change
- To increase recycling and, re-use and reduce waste, to both decrease the amount of raw materials needed to make new objects and to decrease what we throw away so that resources stay in the system for longer.

## Our Themes and Focus Areas

Carbon Reduction	Natural Environment	Air Quality	Waste
<ul style="list-style-type: none"><li>• Behaviour change to reduce energy use</li><li>• Improved energy efficiency</li><li>• Renewable energy</li><li>• Electric vehicles</li></ul>	<ul style="list-style-type: none"><li>• Increase green space</li><li>• Increase tree cover</li><li>• Green streets</li><li>• Grass maintenance</li></ul>	<ul style="list-style-type: none"><li>• Work with schools to reduce idling</li><li>• Work with businesses to reduce emissions from vehicles</li></ul>	<ul style="list-style-type: none"><li>• Promote increased recycling, increased re-use and reduced waste</li><li>• Tackle single use plastics and minimise waste</li></ul>

**A Message from Phoebe Hanson Y13** – It's a Climate Emergency Declaration Consultation for young people we're doing at the Staffordshire Youth Union in collaboration with the Staffordshire County Council! We need as many people to fill it out as possible. We want to hear your thoughts, please click on the link below:

<https://docs.google.com/forms/d/e/1FAIpQLScdFgb1m3FuNaFIB0z23xH8A0PDBzAfpwUSng9sZ12FDUHB-g/viewform>

## Mindfulness Techniques

- ❖ Mindfulness techniques are useful for helping a child who feels emotionally overwhelmed.
- ❖ Mindfulness helps bring them back into the present moment, and focuses on relaxation.
- ❖ Some examples include meditation and breathing exercises.
- ❖ Can set a relaxed mood by having reduced light or scented candles in the room.
- ❖ Many resources available online of different techniques to try.
- ❖ Can make it a 'special time' that occurs at the same time every day. Can become something that the children can rely on and have some certainty in such uncertain and scary times.

### Control Jars

- ❖ Set out three jars and label them with the following; 'Can Control', 'Can't Control' and 'Some Control'.
- ❖ Have your child write out different things for each jar. The 'Can't Control' jar can contain things related to COVID-19, such as 'I can't control when I go back to school'.
- ❖ However, the focus should be the things that they can control, e.g. 'I can control what I eat today', and 'I can control how much TV I watch today'. By focusing on things they can control, it gives them a sense of calmness throughout the day, as they can focus on these things.
- ❖ The 'Some Control' jar can also bring some positivity, e.g. 'I can't meet my friends in the park, but I can go for a walk in the park with my family'. This might help them feel more positive about the things they can do during this time.

### There are other activities that use these same principles. For example:

- ❖ Making 'To Do Lists' so that your child has a sense of productivity and purpose.
- ❖ Making a list every evening of three things that you have been grateful for that day.
- ❖ 'Sensory lists' – write down nice things that you've smelt, tasted, seen and heard that day. It means that the children are looking for nice things throughout the day so they can make the list.

## ONLINE RESOURCES:

- <https://www.childline.org.uk> Call 0800 1111
- <https://www.barnardos.org.uk/see-hear-respond> (for vulnerable children during COVID-19)
- <https://onespaceto.org>
- <https://www.themix.org.uk>
- <https://youngminds.org.uk>
- <https://www.giveusashout.org> Crisis support Text Shout to 85258

# ACTION FOR HAPPINESS



## RESILIENCE CALENDAR: JUMP BACK JULY 2020

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

ACTION FOR HAPPINESS







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

**Keep Calm · Stay Wise · Be Kind**

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





Shock & Awe: The Story of Electricity



Climate Change – The Facts



Understanding Viruses



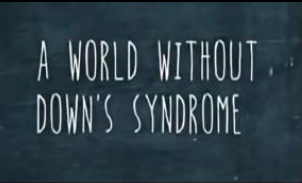
The Planets



The Wonders of Space Revealed



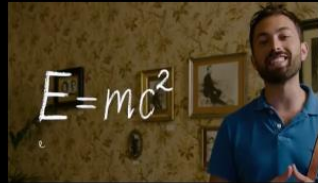
Henrietta Lacks: The Immortal Women



A World Without Down's Syndrome



Chernobyl – The Nuclear Disaster



Uranium – Twisting the Dragons Tail



Blue Planet



Blue Planet II



Blue Planet Revisited



Planet Earth



Planet Earth II



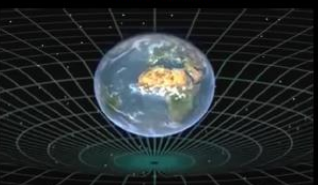
Spy in the Wild



Secrets of the Super Elements



The Secrets of Quantum Physics



The Amazing World of Gravity



A History of Thermodynamics



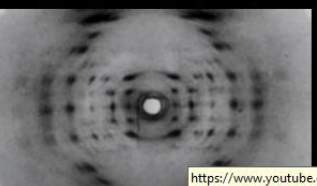
When a Drug Trial Goes Wrong



Quantum Riddle



The Secrets of Light and Dark



How I Discovered DNA – James Watson



The Sky at Night



Chemistry: A Volatile History



The Truth About... Takeaways



Pain, Pus & Poison: The Search for Modern Medicines

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

## Housepoint Leader Board

Housepoint Leader Board		Change since 22/06/20
<b>TIXALL</b>	<b>30,941</b>	+418
<b>CHETWYND</b>	<b>28,556</b>	+428
<b>WESTON</b>	<b>28,012</b>	+304
<b>SANDON</b>	<b>26,739</b>	+407

UPDATED: 28/06/2020 18:07:04

Miss Bayliffe  
DAC

## 4<sup>th</sup> July – American Independence Day

### The 4th of July Facts

The 4th of July in the United States is also known as Independence Day. It is a federal holiday to celebrate July 4th, 1776, the day that the U.S. declared independence from Britain and adopted the Declaration of Independence. Celebrations on this day often include parades, picnics, barbecues, fireworks, carnivals, and baseball games, and many families chose to celebrate their family reunions on this holiday as well. Celebrations on the 4th of July began soon after in 1777, when Philadelphia hosted a parade, cannon salute and fireworks. The Bristol Fourth of July Parade was first held in 1785 and is still being held each year today.



### Interesting The 4th of July Facts

- The Declaration of Independence was originally adopted on July 2nd 1776, but it was revised and the final version was made official two days later, on the 4th of July 1776.
- 56 men representing 13 colonies signed the Declaration of Independence.
- John Adams and Thomas Jefferson, both of whom signed the Declaration of Independence, later became United States Presidents. They also both died on July 4th, 1826, the 50th anniversary of the signing. They were the only two original signers of the Declaration of Independence to later become Presidents of the United States.
- James Monroe, a Founding Father but not signer of the Declaration of Independence also served as a United States President. He died on July 4th, 1831.
- The only United States President to date who was born on the 4th of July was Calvin Coolidge. He was the 30th President and was born in 1872.
- The Philippines also celebrates the 4th of July, but to commemorate the day they achieved Philippine Independence in 1946.
- On Independence Day, approximately 155 million hot dogs are eaten in the United States. July 4th is considered to be the biggest hot dog holiday each year.
- The Liberty Bell is tapped 13 times on every July 4th. It cannot be rung for fear of cracking the historic bell. It has not been rung since 1846.
- John Adams and Thomas Jefferson pushed for the bald eagle to be the national bird, while Benjamin Franklin pushed for the turkey. John Adams and Thomas Jefferson won out.
- Of the 56 who signed the Declaration of Independence, 8 were from Britain.
- Edward Rutledge was the youngest signer of the Declaration of Independence at 26 years old, and Benjamin Franklin was the oldest at 70 years old.
- It is estimated that approximately 14,000 professional fireworks displays are put on each 4th of July in the United States.
- The 4th of July was declared a holiday for federal employees in 1870.
- It was 1938 before the 4th of July was declared a paid federal holiday.
- In 1776, when the Declaration of Independence was signed, there were only 2.5 million people living in the U.S. Today it is more than 314 million people living in the United States.
- There are many minor and major league baseball games held on the 4th of July each year.
- American Independence is also celebrated in Denmark each year.

## **Kahoot! Challenge – The Big Quiz**

For the final week of the Kahoot! Challenges, there is a BIG quiz of 60 questions. There are 12 different topics, each of 5 questions and the topic is indicated at the beginning of the 1st question in each block of 5. Please note there are no video clips in this challenge.



As always if you would like to be in with the chance of winning house points, for your nickname, please use your first name and the initial of your surname, plus your year group e.g. John S Y8.

The challenge will end on Thursday 9th July at 2.00pm. The Game PIN is: 09157922

## **Last Week's Kahoot! Challenge – Food & Drink**

The winners are:

1. Ruby W Y8
2. Molly W Y8
3. Faye A Y7

**Mr Field**



## Mr Trenbirth's Joke Corner



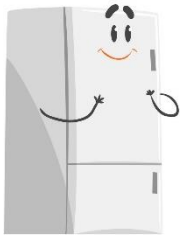
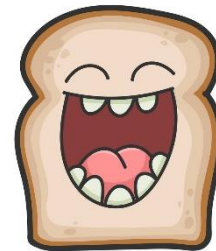
My mate had a nightmare last night that was so bad he chewed his pillow to bits. I asked him, "How do you feel?" He replied, "A little down in the mouth."

It's crazy how fast milk floats are driven these days... One blink and they've gone pasteurise!



How many ants does it take to fill an apartment? Ten ants!

I went to the zoo and saw a baguette in a cage and a loaf in a glass case. The zookeeper said they were both bread in captivity.



I got my best friend a fridge for his birthday. I can't wait to see his face light up when he opens it!

A man walks into a chemist's and says: 'Can I have a bar of soap, please?' The chemist says: 'Do you want it scented?' The man says: 'No, I'll take it with me now.'



## Miss Deering's Daily Quotes

*Nothing is impossible, the word itself says "I'm possible"!*



Albert Einstein

*"Life is like riding a bicycle. To keep your balance, you must keep moving"*

*"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty".*

*"Laugh when you can, apologise when you should and let go of what you can't change"*

## Forthcoming Birthdays



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

**Friday 3<sup>rd</sup> July – Thursday 9<sup>th</sup> July**



Leah
Cameron
Lilly
Orla
Joel
Thomas
Maisie
Kai
Ellie
Anna
Lewis
Lauren
Eva
Aimee
Connor

