



Graham Balfour School



Weekly Student Bulletin

10th July 2020

Dear Students

Here is this week's Student Bulletin and our penultimate edition before the end of the summer term. You will see a whole range of Science ideas for you to get involved with over the summer holidays. Thank you to Miss Brinsdon for putting all of this together for you.

We have one week to go, so please do keep your entries coming to all of the competitions included. You have just a few days left of this school year to collect those house points!

Our final edition of the student bulletin next week will have a real focus on getting you ready for your return to SGB in September.

Have a fantastic 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

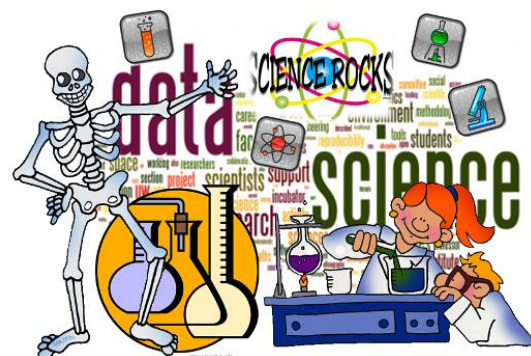
Science Over the Summer

The best scientific advice this summer is to avoid going out if you can and if you do, make sure to still socially distance, wash your hands, and be sensible!

We've prepared this list of activities for you to do with a science theme. If you do any, please produce a summary to show your Science teacher.

Have a great summer!

Science Department



Activity	Link
<u>London Natural History Museum – Virtual Museum</u> Delve into the Museum from home with a virtual self-guided tour of the galleries, an interactive experience about Hope the blue whale and audio guides narrated by Sir David Attenborough.	https://www.nhm.ac.uk/visit/virtual-museum.html
<u>London Science Museum – Virtual Museum</u> Explore the science museum with a virtual tour on Google Streetview or enjoy a curated tour of the museum. You can also explore their 325,000 object in amazing detail!	https://www.sciencemuseum.org.uk/virtual-tour-science-museum
<u>Washington D.C Natural History Museum – Virtual tours</u> The Smithsonian National Museum of Natural History virtual tours allow visitors to take self-guided, room-by-room tours of select exhibits and areas within the museum from their desktop or mobile device	https://naturalhistory.si.edu/visit/virtual-tour
<u>Washington D.C Natural History Museum – Summer Explorations</u> Join a free virtual summer program series that allows you to explore the world of natural history science in a fun and interactive way! Each week they will explore a different natural science-based theme and provide a suite of daily live webinars, videos, activities, and projects.	https://naturalhistory.si.edu/education/natural-history-summer-explorations
<u>WWF Activities for pupils</u> Take inspiration and ideas from their hub of seasonal and fun creative activities that are designed to encourage pupils to get outside, get creative using recycled materials, and learn about nature and sustainability.	https://www.wwf.org.uk/get-involved/schools/activities

Activity	Link
<p><u>CERN – Virtual Visits</u></p> <p>'Visit' the site of the Large Hadron Collider – the world's largest and most powerful particle accelerator. A variety of interactive activities including virtual reality videos and tours of the site.</p>	<p>https://visit.cern/tours/virtual-visits</p> <p>https://visit.cern/discover-cern-online</p>
<p><u>Chester Zoo – Virtual Zoo</u></p> <p>Take part in one of many virtual tours of Chester Zoo which broadcasted the zoo whilst in lockdown.</p>	<p>https://www.chesterzoo.org/virtual-zoo-2/</p>
<p><u>Edinburgh Zoo – Animal information and live webcams</u></p> <p>Find out about all the animals that live in Edinburgh Zoo and there are live webcams of the animals so you can see what they are up to!</p>	<p>https://www.edinburghzoo.org.uk/animals-and-attractions/animals/</p>
<p><u>London Zoo – Virtual Zoo and Live Talks</u></p> <p>Visit the animals, and their hardworking keepers, in real time. Gain an unedited snapshot of what goes on day to day – the cleaning, the caring, the surprises and the affection. Enjoy the animals in all their unpredictable, quirky ways and check in with the teams still there, on site, looking after their animals.</p>	<p>https://www.zsl.org/zsl-london-zoo/virtual-london-zoo</p> <p>https://www.zsl.org/zsl-london-zoo/whats-on/live-from-zsl-london-zoo</p>
<p><u>Virtual Planetarium and solar system discovery show</u></p> <p>The Universe is a vast and intriguing place, and this show explores our own little corner of it: the Solar System. Starting from our home planet, the Earth, you'll travel through our celestial neighbourhood, visiting objects like planets, moons and asteroids, and ending with a fly-out to view our galaxy, the Milky Way.</p>	<p>https://www.rmg.co.uk/whats-on/solar-system-discovery-virtual-planetarium-show</p> <p>Times you can book</p> <p>Thursday 23 July 12pm - 1pm, 2pm - 3pm, 3pm - 4pm</p> <p>Friday 24 July 11am - 12pm, 12pm - 1pm, 2pm - 3pm</p>
<p><u>Kew Gardens – Virtual tour into the glasshouses</u></p> <p>Travel to the tropics, the desert and the mountains without leaving the house with their seasonal footage and a sneak peek at their glasshouses across Kew and Wakehurst.</p>	<p>https://www.kew.org/about-us/virtual-kew-wakehurst</p>
<p><u>Google Expeditions – Virtual Reality Tours and Augmented Reality</u></p> <p>Expeditions explore history, science, the arts, and the natural world. Whether you're roaming with dinosaurs or taking a look at Renaissance sculptures, there's something amazing to explore for every subject.</p>	<p>https://edu.google.com/products/vr-ar/expeditions/?modal_active=none</p> <p>To experience VR cheaply you can order a product called "google cardboard" which lets you turn your smart phone into a VR headset with some self-assembly.</p>

Activity	Link
<p><u>NASA – Citizen Science Projects & Other Activities</u> NASA's citizen science projects are collaborations between scientists and interested members of the public. Through these collaborations, volunteers (known as citizen scientists) have helped make thousands of important scientific discoveries.</p>	<p>https://science.nasa.gov/citizenscience</p> <p>https://www.nasa.gov/stem/forstudents/5-8/index.html</p> <p>https://spaceplace.nasa.gov/</p>
<p><u>Dyson Challenge Cards</u> Can you skewer a balloon without popping it? Coat a nail in copper? What happens when you plug a clock into a potato? Dyson engineers have designed these challenges specifically for children. Ideal for home or in the classroom, they encourage inquisitive young minds to get excited about engineering.</p>	<p>https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html</p>
<p><u>Learn.Genetics – An introduction to genetics and biology</u> Explore a range of resources all aimed at explains the basics of biology and genetics. Activities to complete as well as learning if you want to learn something new.</p>	<p>https://learn.genetics.utah.edu/</p>
<p><u>Institute of Physics – Moon Adventure</u> What's it like to be an astronaut? Where did the Moon come from? What's the future of humans in space? Click to find out more!</p>	<p>https://beta.iop.org/moon?_ga=2.10362485.1926302531.1594071685-507043688.1594071685</p>
<p><u>Royal Institute – Experiments and Practicals</u> A series of short films making it fun, easy and cheap to do science experiments at home with your family.</p>	<p>https://www.rigb.org/families/experimental</p>
<p><u>STEM – Massive list of activities for all ages</u> A range of fun, hands-on activities for families to use at home, suitable for all ages from 4 to 16.</p>	<p>https://www.stem.org.uk/home-learning/family-activities</p>
<p><u>Discovering Antarctica</u> Take a journey through this site and begin discovering Antarctica for yourself. Each section features activities, images, video clips and fact sheets, to help you learn about this distant, frozen wilderness.</p>	<p>https://discoveringantarctica.org.uk/</p>
<p><u>Scouts – The Great Indoors</u> While Scouts normally love the great outdoors, they've pulled together some inspired indoor activity ideas to keep you entertained while schools are closed due to coronavirus.</p>	<p>https://www.scouts.org.uk/the-great-indoors</p>

Activity	Link
<p><u>British Science Week 2020 Pack</u></p> <p>The theme for the British Science Week 2020 activity packs and poster competition was 'Our diverse planet.' Even though the week is over, the packs contain lots of activities on this theme, with anything from biological diversity and social diversity, to the diversity of knowledge and STEM careers.</p>	<p>https://www.britishscienceweek.org/app/uploads/2020/01/BSA_BSW_secondary_1119v13.pdf</p>
<p><u>Lockdown Science</u></p> <p>Here you will find the experiments you can do at home. All very low-tech. No fancy equipment. Just what's in the cupboard and the fridge, and some fun for kids.</p>	<p>https://www.lockdownscience.com/</p>
<p><u>Tynker – Learn to code</u></p> <p>Tynker provides everything needed to learn computer programming in a fun way. Tynker offers self-paced online courses for children to learn coding at home.</p>	<p>https://www.tynker.com/dashboard/student/#/dashboard</p>
<p><u>TEDEd – Online learning videos</u></p> <p>Allows students to search for lectures — recorded or animated — on subjects of interest or sign up for a daily email of lesson plans that span all subjects and age groups.</p>	<p>https://ed.ted.com/lessons?category=science-technology&direction=desc&sort=featured-position</p>
<p><u>WildEarth – Live Safaris</u></p> <p>WildEarth's safariLIVE is an award winning, expert hosted LIVE safari, broadcast directly from the African wilderness into your home.</p>	<p>https://wildearth.tv/safarilive/</p> <p>Sunrise Safari: 5:30am-8:30am Sunset Safari: 2pm-5pm Every day of the week</p>
<p><u>Monterey Bay Aquarium – Live Cams</u></p> <p>Be delighted by the antics of the sea otters or mellow out to the hypnotic drifting of jellies. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are. There are live narrated feedings every day.</p>	<p>https://www.montereybayaquarium.org/animals/live-cams</p>
<p><u>Create a Rube Goldberg Machine</u></p> <p>A Rube Goldberg machine is any complex contraption that uses a chain reaction to perform a simple task. Think of it as dominoes with far more steps leading to doing something simple like turning a light on or silence an alarm. They involve a lot of set up but are incredibly satisfying to have work.</p> <p>We would absolutely love to see if you create a Rube Goldberg machine – film it and send it in to school.</p> <p>This site has examples of famous Rube Goldberg videos from YouTube.</p>	<p>https://boyslife.org/hobbies-projects/projects/159359/how-to-make-a-rube-goldberg-machine/</p>

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting your needs and practicing self-care.

Feeling okay.

How can you make your day a tiny bit better?

Struggling.

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.



Feeling good!

How can you maintain the levels you're currently at?

Meh.

How can you love on your -self today? Be extra kind to yourself.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

www.goodmentalhealth.co.uk

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



Housepoint Leader Board

Housepoint Leader Board		Change since 29/06/20
TIXALL	31,873	+932
CHETWYND	29,155	+599
WESTON	28,699	+687
SANDON	27,460	+721

UPDATED: 06/07/2020

Kahoot! Big Quiz Winners

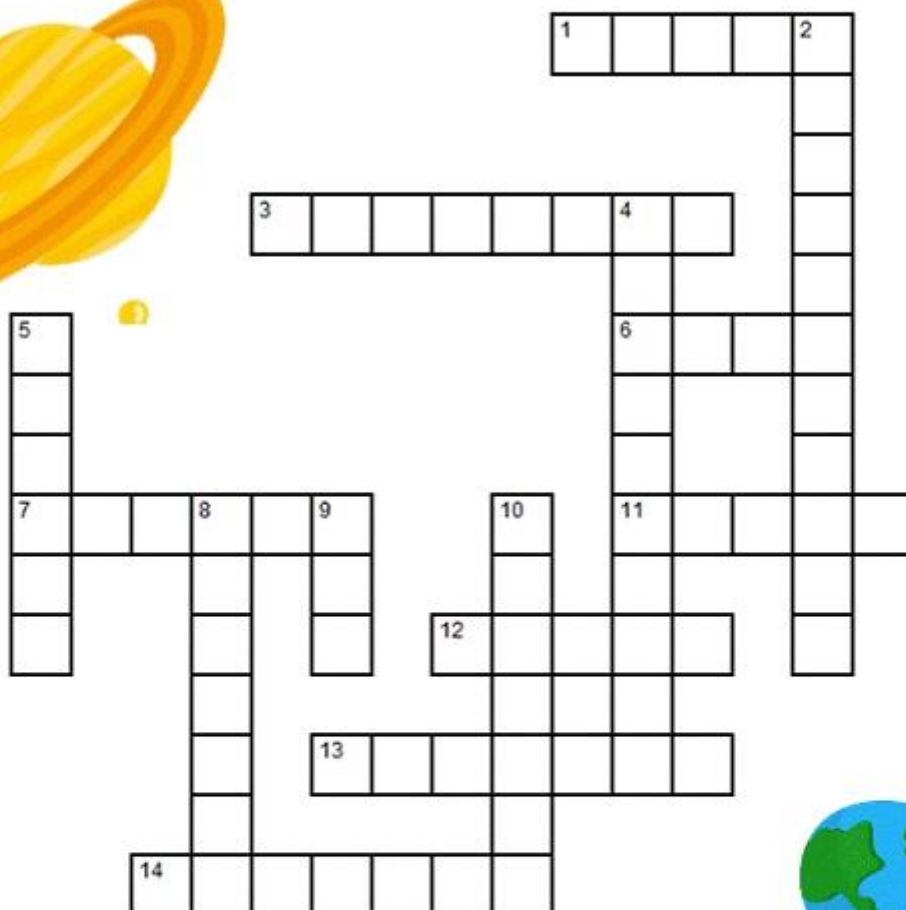
- 1st - Lily A - Year 7
- 2nd - Sophie S - Year 7
- 3rd - Olivia F - Year 7



Congratulations to the above winners. You and everyone else who took part in the quiz will receive house points.

Mr Field

Our Solar System



ACROSS

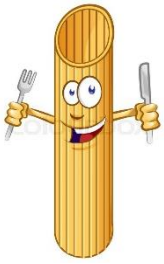
1. Planet named after the Roman goddess of love and beauty
3. Our solar system is part of this galaxy
6. Nicknamed "the red planet"
7. Third largest planet in our solar system
11. Now called a dwarf planet
12. Covers 70 percent of the Earth's surface
13. Largest planet in our solar system
14. Planet closest to the sun

DOWN

2. A star and the planets orbiting around it
4. Layer of gas that surrounds a planet
5. Planet named after the roman god of agriculture
8. Planet furthest from the sun
9. Closest star to Earth
10. Force that keeps a planet moving in orbit

Mr Trenbirth's Joke Corner

My wife has decided to turn vegetarian which I think is a huge missed-steak.



I have decided to quit my job and get one cleaning mirrors.
I don't know why I can just see myself doing it.



My uncle named his dogs Rolex and Timex. They're his watch dogs!



Miss Deering's Daily Quotes



"No one can make you feel inferior without your consent"

"Sometimes we're tested not to show our weaknesses but to discover our strengths"

"Positive feelings come from being honest about yourself and accepting your personality, and physical characteristics, warts and all; and, from belonging to a family that accepts you without question."

“Life is 10% what happens to us and 90% how we react to it.”

“Act as if what you do makes a difference. IT DOES”

Forthcoming Birthdays



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

Friday 10th July – Thursday 16th July



Antonis
Elizabeth
Liam
Barnaby
Charlie
Casie
Sophie
Stelian
Edward
Poppy
Joseph
Lyric
Daniel
Sapphire
Finley
Louie
Lilia
Toby
Betty
Aliyah
Caitlin
Rebecca
Marcus
Matthew
Harry

