



Sir Graham Balfour School



Weekly Student Bulletin

27th March 2020

Dear Students

Here is the first of our weekly student bulletins. Please enjoy!

If you have any good stories, jokes, or photos of your new skills that you would like to share with everyone then please email them to fhartley@sirgrahambalfour.staffs.sch.uk and we will include them in our next bulletin. This bulletin will also appear on the School website in the Student Section.

Student Well Being

We have sent out some useful links to your parents and carers to support you all through this time. These can also be found in both the **Safeguarding** and **Parent** Section on the school website. Here are a couple below that you might like to access to help you:

<https://www.bbc.co.uk/newsround/51342366>

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19> updated 18.03.20

Your House Tutor or a member of the Pastoral Faculty will be in contact with you each week – please let them know how you are getting on and if there is anything you need.

Remember we are all part of the school community:

- Keep in regular contact with your teachers, at your regular lesson times. Remember you are not alone. Your teachers are still available to support you, both academically and pastorally.
- Ask for help when needed; independent learning is a new skill to learn. Don't be afraid to say if something seems confusing or you need extra support.
- Try to keep on top of your workload to avoid feeling overwhelmed.
- Take the opportunity to also follow your passions; if a particular topic interests you, research it. You never know where it might lead! Be sure to keep your teachers updated so we can support you in this.

There are lots of ideas included in this bulletin, and there are more to come each week!

Wellbeing Toolkit for _____

Things that calm and soothe me

(and make me feel happier):

Things I should try to take NOTICE of:

People I can CONNECT with:

Things I can GIVE:

Things I can LEARN:

Things I can do to keep ACTIVE:

Things to avoid that can make me feel worse:

In a crisis I need to:

Includes the [5 Ways to Wellbeing](#)

[@AliceHoylePSHE](#)

- Try to maintain a routine similar to your normal day/ week (eg, weekday and weekend routines)
- Have allocated time for work *and* for rest
- Maintain habits – dress in the daytime, etc
- Make time for what you love
- Break your day/ week into chunks
- Plan your time
- Build in social contact; distance physically but don't become socially isolated

Remember the basics:

- Get some fresh air*
- Go outside, preferably in the mornings/ during daylight*
- Exercise at regular points throughout the day. Keep hydrated
- Try to maintain regular meal-times
- Eat a balanced diet

*If it is safe to do so and bearing in mind any medical advice.

Stay connected:

- Make time to connect with family and friends online or virtually
- Schedule regular catch ups – use Whatsapp, Facetime or Messenger Video calls

- Make plans to “meet” – video calls for meals, cake, takeaways, etc
- Use appropriate technology wisely (eg Netflix watch parties, gaming apps with chat function) but safely and only with your own existing social circle
- Be kind – remember others may also be finding this situation challenging

Keep Moving

- Your daily activity will be reduced if you are at home, so it is important to build movement into your routine
- Your usual exercise method may no longer be available
- Use this opportunity to try something different
- Youtube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- Go outside into the garden and play a game*
- Take care not to injure yourself – work within your usual fitness levels and take it steady

Make your time meaningful

- All those things you never seem to have time for – list them!
- Take up a new skill or hobby
- Make time to be creative – art, music, crafts etc.
- Make time to help others where possible, either virtually or, where safe to do so, in person; collect some shopping for a neighbour, offer to do some gardening for someone nearby, etc.
- Keep up to date with study so you don’t feel overwhelmed

Keeping Fit

Have a look at the PE Departments Instagram page at **@Sgb_pe** for PE activities to get involved in - plus more will be added to Office 365.



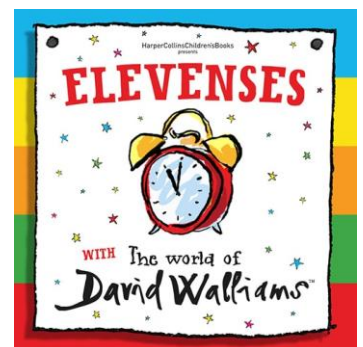
Elevenses with The World of David Walliams

David Walliams is releasing a free children's audio story every day for the next month, click on the link below:

<https://www.worldofdavidwalliams.com/elevenses/>

LISTEN NOW - You can listen to David Walliams' daily short stories at any time, with each being released at 11.00am from 24 March to 23 April.

Visit his [website](#) for activities, clips, books and more.



Gardening Ideas

How about a bit of gardening whilst the sun is shining - click on the link below to discover some handy gardening ideas:

<https://schoolgardening.rhs.org.uk/Resources/Activity/Grow-a-soup-bed>



Science Experiments

Here's an article about science experiments you could try from home – **remember to always have an adult present when you try any experiments at home:**



<https://www.businessinsider.com/8-awesomely-simple-science-experiments-you-can-do-at-home-2016-7?r=US&IR=T#baking-soda-volcano-8>

Ongoing Careers, Advice and Guidance

**Do you need
careers
advice?**

Contact Nikki Lambert on Tel: 07921 277453 or

Email: Nikki.lambert@entrust-ed.co.uk/nlambert@sirgrahambalfour.staffs.sch.uk

Available from Monday to Friday 9am - 3pm.

Spanish Tapas and Recipes Challenge

Have a go at preparing some typical Spanish dishes. For example, here's some easier ones for you to try:

Patatas bravas



Best Patatas Bravas Recipe - Easy ...
spanishsabores.com

Pan con tomate



Pan Con Tomato Recipe - Great British Chefs

Ensaladilla Rusa



Ensaladilla rusa

Gazpacho



Authentic Gazpacho | ...
gimmesomeoven.com

If you fancy something a bit more challenging why not have a go at these - **requires adult supervision:**

Tortilla Española



Tortilla Española Recipe | Sav...
saveur.com

Paella



Traditional Spanish Paella Recipe...
myrecipes.com

**This could be an Easter or weekend activity -
remember to send in photos of your dishes!**

Royal Shakespeare Company

Have a look at the English Departments Facebook Page – the RSC are putting their past performances on iplayer and BBC4 for free for the first time. Check it out!

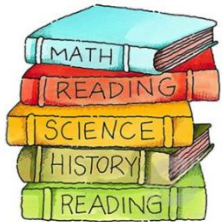
The BBC has announced further programming for its "Culture in Quarantine" scheme to run while arts venues are locked down.

The company will broadcast six of the RSC's recent productions on BBC Four and BBC iPlayer:

- *Macbeth* with Christopher Eccleston and Niamh Cusack
- *Othello* with Hugh Quarshie in the title role and Lucian Msamati as Iago
- *Romeo and Juliet* with Bally Gill as Romeo and Karen Fishwick as Juliet
- *The Merchant of Venice* with Makram J Khoury as Shylock
- *Much Ado About Nothing* with Edward Bennett as Benedick and Michelle Terry as Beatrice
- *Hamlet* with Paapa Essiedu in the title role



Scholars Programme



Please see Miss McConnachie's email about how you can take part on the school Scholars programme. There are lots of ideas and activities for you to get involved in.

Gareth Malone's National Choir

An initiative set up by Gareth Malone, in light of the social distancing and suspension of music groups and choirs that you can participate in from home.

It is open to absolutely anyone, so it's good for staff and students and it's for musicians as well as singers. Check it out:

<https://decca.com/greatbritishhomechorus/>



Mr Trenbirth's Joke Corner

- What did the pirate say when he turned 80??
 - Aye Matey
- A Mexican magician tells the audience he will disappear on the count of 3...
 - He says, "uno, dos..." then *poof*
 - He disappeared without a tres!
- With all this uncertainty currently I have decided to start an online band called the 999 megabytes....
 - Unfortunately we haven't got a Gig yet...



- I thought I would begin by writing a song about tortillas; well actually, it's more of a rap.
- A man goes into the doctors and says, "Doctor, help me please. I'm addicted to Twitter!" The doctor replies "Sorry, I don't follow you...."
- I looked out the window this morning and saw this bloke chatting up a cheetah. I thought: "He's trying to pull a fast one."
- I then called a local gym instructor and said: 'Can you teach me to do a cartwheel?' She said: 'How flexible are you?' I said: 'I can't make Tuesdays and Thursdays.'"