

Pupil Bulletin

WEEK BEGINNING 6 APRIL 2020



DEAR PRIORY STUDENTS

I keep looking out of the window and seeing the sun shining brightly, but when I go out for my daily exercise/dog walk, I am struck by how chilly it is. Thankfully, the weather forecast is for temperatures to rise next week, possibly hitting the high teens in the second half of the week. I have been delighted when your PLs have shared examples of the work you have been completing at home. You have seemingly achieved a good balance between work from SMHW and additional activities such as baking, drawing, DIY, crafts etc.

Further suggestions of how you can keep yourselves busy below;

Mrs Williams

VIRTUAL TRIPS & VISITS! *take some online tours*

Zoos and Aquariums

Chester Zoo https://youtu.be/8CCwSrv_JkE <https://youtu.be/p53G1w5Nzro>
National Aquarium: Walk through tropical waters to the icy tundra in this floor-by-floor tour of the famous, Baltimore-based aquarium.

San Diego Zoo: With what may be the most live cam options, this zoo lets you switch between koalas, polar bears, and tigers in one sitting.

Theme Parks

Walt Disney World: Set aside some time, because there's plenty to see here. Virtual tours you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. There are also unofficial YouTube videos that feel just like you're on famous rides like the Frozen Ever After ride, It's a Small World, Monsters, Inc. Mike & Sulley to the Rescue!, and Pirates of the Caribbean.

LEGOLAND Florida Resort: The Great Lego Race and Miniland USA are just two of the attractions you can check out in a virtual tour of the park.

SeaWorld Orlando: The virtual tour of Seaworld includes a tour of Discovery Cove and the option to "ride" the steel roller coaster Mako.

Museums

The Louvre: You don't have to book a ticket to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre has free online tours of three famous exhibits, including Egyptian Antiquities.

British Museum, London: The Rosetta Stone and Egyptian mummies are just a couple of things that you're able to see on a virtual tour of the museum.

NASA: Both Virginia's Langley Research Center and Ohio's Glenn Research Center offer online tours for free. Also, you can try some "augmented reality experiences" via The Space Center Houston's app.

AUDIOBOOKS & STORIES

Amazon-owned Audible recently put a selection of its children's audiobook stories online for free, allowing young people to stream each, in a range of six languages, via their phone, tablet, laptop or desktop. These books are usually only available with a monthly Audible subscription. The service will be available "for as long as schools are closed" and the books are separated into six categories: Littlest Listeners, Elementary, Tween, Teen, Literary Classics" and Folk and Fairy Tales for All. English titles included The House at Pooh Corner, Alice's Adventures in Wonderland (read by Scarlett Johansson), Jane Eyre, Frankenstein and Roots, but there are also more region-specific books in Spanish, French, German, Japanese and Italian.

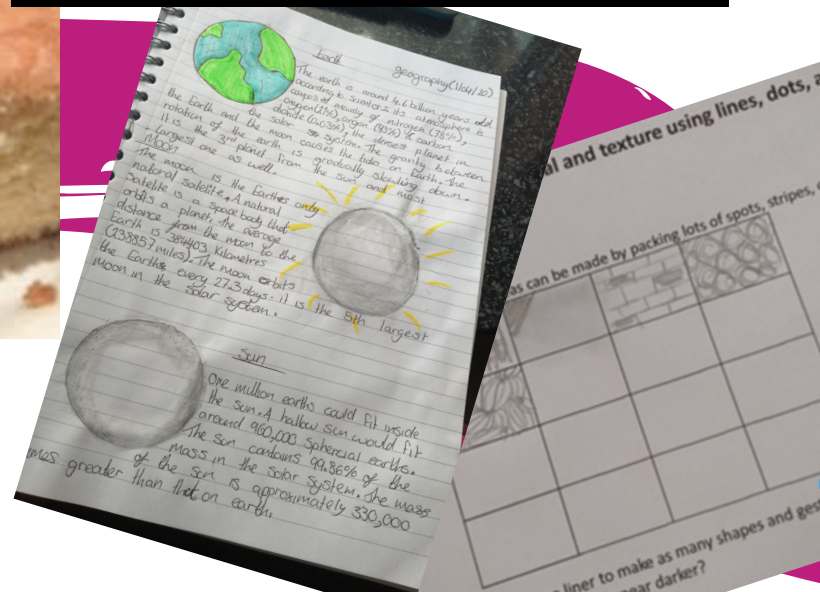
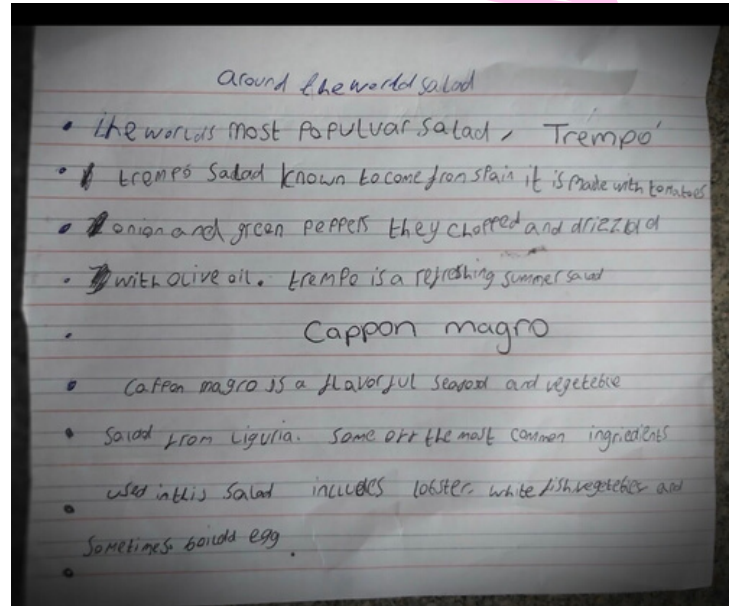
What's everyone been up to?...

Other Ideas

LEARN A NEW CRAFT OR SKILL

TRY LEARNING SOME BASIC PHRASES IN A NEW LANGUAGE

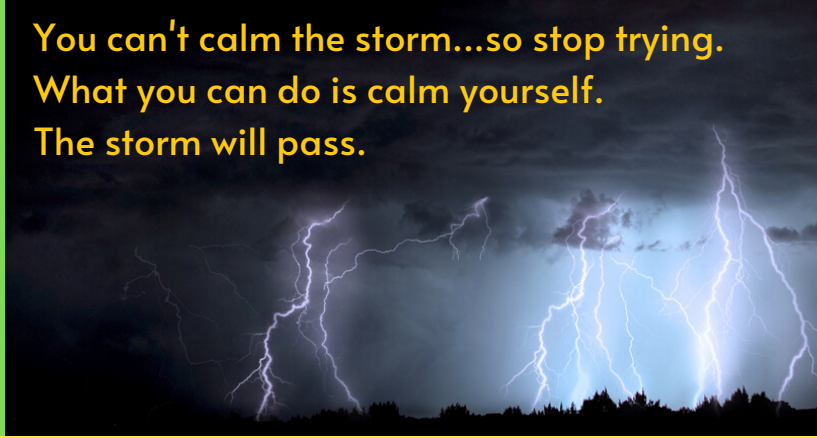
PLAN AND COOK A MEAL FOR YOUR FAMILY



JACOB HAS BEEN BAKING DELICIOUS GINGERBREAD TREES, AND LYLA'S CAKE LOOKS AMAZING! WELL DONE BOTH OF YOU. RUBY-MAE AND TILLY HAVE BOTH SUBMITTED SOME EXCELLENT WORK. HARRY'S FOOD TECH SUBMISSION IS BEAUTIFULLY PRESENTED. WELL DONE ALL!

MENTAL HEALTH & WELLBEING

You can't calm the storm...so stop trying.
What you can do is calm yourself.
The storm will pass.



Emotions are running high in households across the world right now. Remember- EMOTIONS are FEELINGS-IN-MOTION!!! They are not your permanent state of being. We can work with how we feel, by using strategies, to safely and healthily move us forward. A few self-care tips to consider as we move into the

Easter Holidays;

1. **Recognise your feelings are ok.** You're adapting- there's a lot to take in. This is a huge change. Some anxious thoughts, sadness, frustration, even anger- it's all ok. Perfectly normal. Acknowledge how you're feeling and work with it.
2. **Create distractions.** The easiest strategy there is- get busy. We can control some aspects of this- hand washing and social distancing. We can't control many other things. That's ok- it's outside of our circle. Do what you have to do and busy yourself with distractions- the more creative and fun the better (or even just Netflix and Tik Tok will do for now 😊.)
3. **Find new ways to 'meet up' with mates.** I had a 'house party' with my Auntie, Grandma and Siblings last night. That counts as a 'Gaf' right? There's lots of ways to keep in touch- facebook, facetime, snapchat, carrier pigeon.
4. **Focus on you.** When will we ever have the opportunity for this much 'me time' again? This is a once in a lifetime thing. Make the most of it. Remember- often we can find positives in the trickiest of situations. Teachers have been brushing up on Spanish on Duolingo, practising the cup song, gardening, trying out recipes. Try something new.
5. **Feel your feelings.** Please please please do this guys! Like I said in point 1; it's ok to be sad. Don't distract so much that you're not able to experience your feelings. Experience it, accept it, understand it, choose a healthy way to manage it.
6. **Be kind.** Parents, Carers and Siblings are experiencing this too. They may not have the same feelings at the same time but- they're not robots. Talk to them, sit with them, watch a movie with them, make them a cuppa without being asked. We're all in this together.

Right- that's my top tips for today.

If you're struggling- let someone know

If you need a chat- talk to your Year Leader

If you want advice on managing a specific emotion- ask someone at home or from school

Take care, enjoy the sunshine

1. Breathe

If you're feeling overwhelmed, taking a moment to breathe is so important.

Take 10 deep breaths to re-balance and reduce anxiety.



4 Tips for Coping with Stress

2. Schedule time to relax

During stressful periods it can feel like we don't have any time to relax.

Even if it's an hour a week, make sure you block out some time in your schedule to unwind.



4 Tips for Coping with Stress

3. Sleep

Making sure you have restful sleep is vital.

Create an evening routine and consider giving yourself some screen-free time before you go to bed.



4 Tips for Coping with Stress

4. Don't be too hard on yourself

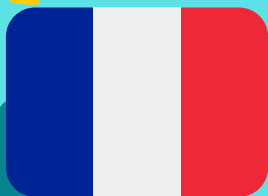
Stress can lead to self-criticism but remember to be kind to yourself.

Take a few minutes each day to reflect positively on what you're achieving.



4 Tips for Coping with Stress

MFL Stars of the week



Lucy Mandiwall

Lizzie Mason

Molly Ferrett

Lewis Nolan

Daniel Roper

WELL DONE!!!

hegartymaths Week:	Mon 23 Mar – Fri 27 Mar ^(1pm)
Q's answered	20 857
Year 7 leader	Lily Payne (b2, 218)
Year 8 leader	Lily Mai (a1, 120)
Year 9 leader	Olivia Peach (b5, 200)
Year 10 leader	Fergus Sandys-McCormack (a1,100)
Year 11 leader	Reece Barratt (a5, 70)
Hours of learning	470
MemRi Q's answered	727

YEAR 7 ENGLISH STARS

This week the English Department have been so impressed with the amazing efforts of the following students. Well done! ★

Briana Maunganidze
Willow Lindstrom Fabik
Finn Wood
Isabelle Hale
Harry Martin
Lilly-Sue Kirby
Chesta Sulaeman
Dominic West
Jack Morgan

YEAR 8 ENGLISH STARS

This week the English Department have been so impressed with the amazing efforts of the following students. Well done! ★

Safwan Chowdhury
Artiom Mazeika
Chris Kan
James Piper
Isabelle Bailey
Ulfat Taaseen
Ellyn Vayro
Iris Silva
Tyler Richards

YEAR 9 ENGLISH STARS

This week the English Department have been so impressed with the amazing efforts of the following students. Well done! ★

William Barker-Harrigan
Maliha Khatun
Robin Tuck
Harpreet Kaur
Mahdi Ali
Kirsty Hoxha
Lucy Drew
Demi Bartlett
Adam Wright
Jack Leece

YEAR 10 ENGLISH STARS

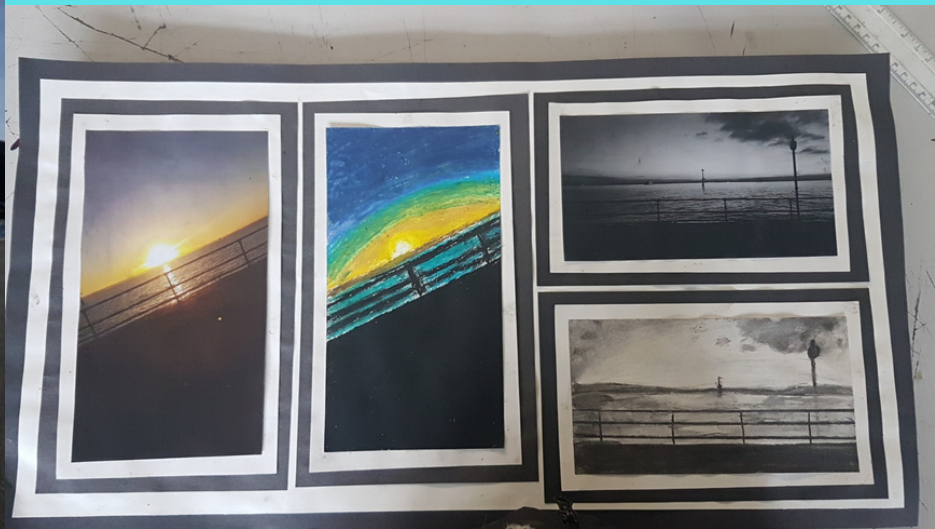
The English Department have been particularly impressed with the hard work and great ideas of the following students: ★

Samm Hart
Scarlett Wall
Kya Katewu
Fahmida Amin
Kennedy Morris
Ocean Wall
Labeeb Rahman
Evelinne Budeanu
Iona Franckeiss
Cat Huntley

Colouring in page to thank our NHS staff and display in windows



**Some great artwork produced by Kyle,
and Bella submitted this lovely picture
she took on her daily exercise walking
to Canoe Lake**



PRIORY HOME LEARNING SCIENCE
02/04/2020 LEADER BOARD – YEAR 7



- 1st Willow L, Meletis T
- 2nd Cassidy C, Astrid P, Marianne Mc
- 3rd Sienna De, Jenna D



PRIORY HOME LEARNING SCIENCE
30/03/2020 LEADER BOARD – YEAR 7



- 1st Ivy-Maeve S
- 2nd Dominic W, Ollie A, Nico S
- 3rd Willow L



PRIORY HOME LEARNING SCIENCE
01/04/2020 LEADER BOARD – YEAR 7



- 1st Marianne Mc
- 2nd Charlie S
- 3rd Nico S



PRIORY HOME LEARNING SCIENCE
01/04/2020 LEADER BOARD – YEAR 9



- 1st Florence Di
- 2nd Samuel D
- 3rd Max M



Combined Science F
PRIORY HOME LEARNING SCIENCE
01/04/2020 LEADER BOARD – YEAR 10



- 1st Alfie C
- 2nd Iona F
- 3rd Joe W



Combined Science H
PRIORY HOME LEARNING SCIENCE
01/04/2020 LEADER BOARD – YEAR 10



- 1st Harrison G
- 2nd Fergus S
- 3rd Josie S



PRIORY HOME LEARNING SCIENCE
01/04/2020 LEADER BOARD – YEAR 8



- 1st Amela S
- 2nd Roscoe T
- 3rd Jack P



Science Stars

PRIORY HOME LEARNING SCIENCE
30/03/2020 LEADER BOARD – YEAR 8



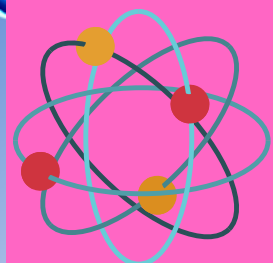
- 1st Phoebe G, Amela S & Daisy M
- 2nd Jake B & Nellie F
- 3rd Arthur M, Samuel P & Isabelle B



PRIORY HOME LEARNING SCIENCE
02/04/2020 BEST YEAR GROUP TODAY



Year 7



Keep up the great work !