

We are Hurworth

Welcome to the second edition of our newsletter. As in last weeks edition this one includes some school information you need to know, as well as some top tips for how to cope with being at home and also gives you a way to keep in touch with each other.

Remember you can also follow @HurworthSchool if you are old enough to have an account but please make sure you follow all the safety rules you've learnt in school if you are on social media or gaming platforms.



Working from home



OUR
SCHEDULE!



Remember that **next week is the Easter Holidays** – while you may have had Independent Learning Tasks to do (and Year 7 would have been revising for their exams) **you wouldn't have been in lessons anyway!** If you do want to carry on with your school work to fill in your time then make sure you follow the top tips below:

1. **Create a 'work' area** at home so whenever you are working you have a specific place to go – this can be anywhere (e.g. the kitchen table or the front room) but **try not to use your bedroom** as you still need somewhere to relax
2. **Stick to a routine** – try and work at the same time every day if you can, **you don't have to follow your normal school routine** but it makes things easier if you have a pattern e.g. you might choose to do your daily exercise first thing and then do your work for the day straight after it before taking time to relax or do one of your hobbies in the afternoon
3. **Break up your learning** – working at home is very different than being in school and you wouldn't normally spend so much time on a computer! It can be very difficult to keep going by yourself so **don't feel as if you have to do 5 hours a day non-stop**. Take breaks in between and try and learn some new skills too rather than just working through your tasks (see later in the newsletter for some ideas!). If there's something you always wanted to learn about then do a mini-project on that as you will be developing your research and communication skills at the same time

Lots of you have been asking how long the work you have been set should last – there is enough on there for **at least 3 weeks** so **don't worry you shouldn't have finished it all yet!** Your teachers are keeping a close eye on your assignment completions and don't forget you can contact them via Teams or school email if you need help. **Don't forget to tag your teacher in your message on Teams!**

Next week's edition of We are Hurworth will be an Easter special but we'll be sending you lots more information about how to work from home in Edition 4 out on the 17th April

As some of you probably know PPE stands for **Personal Protective Equipment** and it is really important to help protect the NHS workers who are looking after people who have been affected by coronavirus. Thanks to a fantastic idea from Mrs Dell, this week we have donated safety glasses and face visors from the Science and Design and Technology departments to Darlington Memorial Hospital as they were short of supplies; these will really help the staff there and **we're making sure at Hurworth that we are doing everything we can to help.** You can read the full story at:

<https://www.thenorthernecho.co.uk/news/18340996.coronavirus-darlington-schools-unite-deliver-equipment-nhs/>

Is there anything you can think of to safely do in your area? Did you join in with the 'Clap for Carers' event this week? There may not be anything you can do practically but saying "thank you" helps everyone in the country to get through this together!

Perfect PPE



#Rainbows For Nightingale



We explained to you last week why you might be starting to see rainbows appearing in windows near where you live and the students who have been in school this week have made some to decorate the school windows.

Now we need your help! You may have seen on the news that the NHS are setting up special Nightingale Hospitals to provide extra beds to help people who have contracted Covid-19. **"Rainbows for Nightingale" is a campaign to try and bring some colour and hope to both patients and staff who will be in these hospitals as well as letting them know that we are thinking about them.**

Once you've made a rainbow then **please take a photograph of it** and send your pictures to Mrs Waller via her email address ewr@hurworth.swiftacademies.org.uk as she is coordinating our school's collection. We'll then organise for your pictures to be uploaded onto social media.

If you are old enough to have an account then you can upload your pictures yourselves using **#RainbowsForNightingale**



We're here to help

Remember just because most of us aren't in school at the moment doesn't mean we've forgotten about you – lots of you have been in touch with us already and **please keep doing this**. If you do want some additional support then the information below lets you know how you can access this.



Children and Young People in Darlington (COVID-19)

Feeling anxious?

Need someone to talk to?



If you are aged between 11 and 18 and live or study in Darlington and finding the current situation hard to cope with you can call a dedicated helpline being delivered by the Listening Post and Darlington Mind, from **1st April 2020**.

You do not need to be already accessing or waiting to access The Listening Post or Darlington MIND to utilise this support and the service is completely **free**; if you need information, advice or support then please make contact via the details below and we will do what we can to help.

The Listening Post will be offering a dedicated service from 10am-12noon each weekday (Monday-Friday) from 1st April 2020. To access this support please contact **07847 933799 between 10am – 12midday Monday to Friday**. If the telephone line is busy or unavailable you can also contact the service via email at listeningpost@dacym.co.uk.

Darlington MIND will also be offering a dedicated service from **1.30-4.30pm each weekday (Monday-Friday)** from 1st April 2020. To access this support please contact **07432 843161** between 1.30-4.30pm. If the telephone line is busy or unavailable please make contact with MIND via emailing crew@darlingtonmind.com.

A member of the team will be monitoring both email inboxes and will make contact with you, either immediately or at an agreed time later that day. The service may ask for some details in order to record your information to assist them in making informed decisions around the appropriate type of support for your concerns. The service may offer you a direct support but will also have the capability to signpost to alternative provision being offered in the town, to meet your needs. Other services available locally and if it is felt that another service can meet your needs, the Listening Post and MIND will provide the relevant information. The services will be working closely together to ensure that you have access to the most appropriate support to help you through this period of uncertainty and will be able to share information, where it is required, to co-ordinate your support each day.

Year 11 careers

While you haven't got the same work to do as the other years there are some good online learning packages you can use to enhance your employability and application skills whilst the school is closed. Try:

<https://www.s2sacademy.com/> - use access code DW1SC1

<https://www.barclayslifeskills.com>

<https://idea.org.uk/>

Email Mrs Hudson phn@hurworth.swiftacademies.org.uk if you need any support

Challenge time

make **it!**



This week's challenge is called **make it, fix it** and there are lots of ways you can meet it.

It can literally be fixing a hole in your jeans, drawing a picture of a cool idea, designing something on your computer, doing some origami, learning to knit, baking a cake, fixing your bike etc.

If it's something you don't know how to do then ask someone in your house – **social distancing doesn't mean you don't engage with people** and this is a great chance to work on something together.

Why not send in a picture of what you've done and we'll include in the next edition!

Keeping fit and healthy

As we told you last week **exercise is really important** to help keep you fit and healthy under normal circumstances but it's even more important when you're stuck at home as **it can also help to reduce stress and anxiety**. **As long as you follow the social distancing rules and stay 2m away from other people** you can go out to exercise which could be as simple as going for a walk or riding your bike though remember **this isn't a chance to meet up with friends!**

If you can't go outside then try some of the exercises below to help keep you healthy:

<https://kidshealth.org/en/teens/easy-exercises.html>

It's very important to eat healthily and stay well hydrated too as all of these things will help to boost your immune system



Helping hand



While you may already have specific jobs around the house which you are supposed to do, having to stay at home gives you a great opportunity to **learn some new life skills** and your parents/carers will be really pleased that you're helping out too. **How many of the things on the list below can you already do?** If not, now's a good time to learn!

- Plan out a shopping list and make sure that it will fit within your budget
- Cook a meal
- Put on a load of laundry
- Iron some clothes
- Change a light bulb
- Change the bed linen

And lots more...

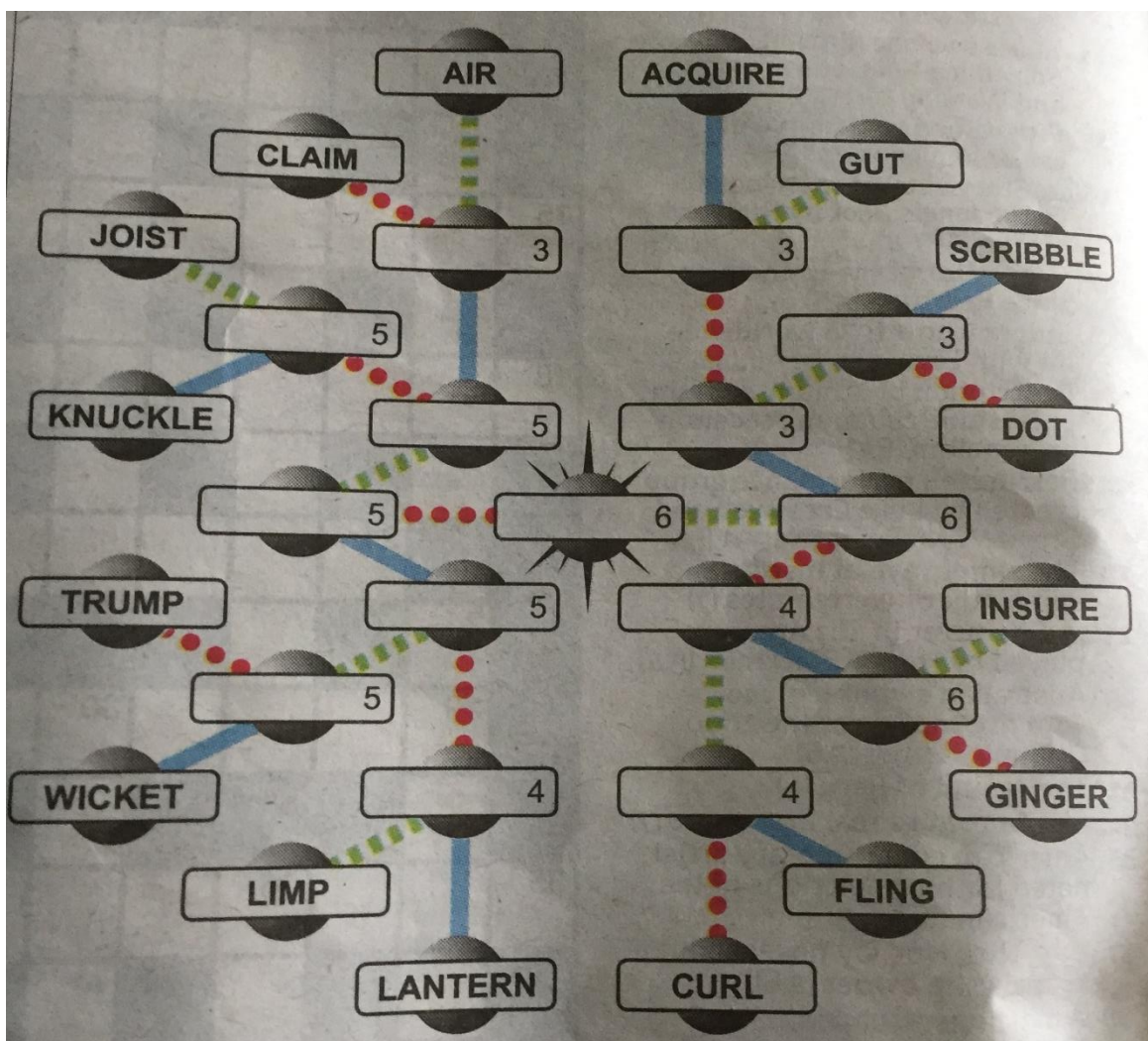
Puzzle time

We've put extra puzzles in this week as we're heading in to a holiday!

The answers from Edition 1 are at the end of the newsletter

Find the missing words below by following the **RHYME**, **LETTERS** and **MEANING** links e.g. a word that **rhymes** with cheek, has one **letter** different from pear and has the same **meaning** as mountain would be **peak**. The number tells you how many letters are in the word. **Answer in next week's edition**

Zygolex



Try the quiz on the next page which was written by a very special guest contributor (thanks JGE ☺). Ask other members of your family to help if you don't know the answer but no Googling!!

Answers in next week's edition

Family quiz

Greek Mythology

1. Who is the Greek god of the sky?

- A. Uranus
- B. Gaia
- C. Kronos

Nature

2. Which species of shark is found in shallow water?

- A. Bull Shark
- B. Blue Shark
- C. Lemon Shark

Songs

3. Who sang "Life On Mars"?

- A. Queen
- B. Bruce Springsteen
- C. David Bowie

Sport

4. Which football team's stadium is called The Stadium Of Light?

- A. Barcelona
- B. Sunderland
- C. Southampton

Greek Mythology

5. Who is the Greek goddess of the hunt?

- A. Hera
- B. Aphrodite
- C. Artemis

Books

6. Who wrote the Percy Jackson series?

- A. C.S Lewis
- B. Rick Riordan
- C. Roald Dahl

Sport

7. In which sport do you have to hit a ball against a wall?

- A. Lacrosse
- B. VX
- C. Squash

Movies

8. Who played James Bond in "Casino Royale"?

- A. Daniel Craig
- B. Roger Moore
- C. Steven Gerrard

Roman Mythology

9. Who was the Roman equivalent of Aphrodite?

- A. Pluto
- B. Mercury
- C. Venus

Food

10. Which fruit has the most radioactivity?

- A. Apple
- B. Banana
- C. Orange

Maths challenge



Miss Syson wanted you to have a numeracy challenge to help keep you entertained! Submit your answers, along with your tutor group, to nsn@hurworth.swi.ftacademies.org.uk Points will be added to your tutor group totals. **Answer next time** and more to follow! Stay safe everyone

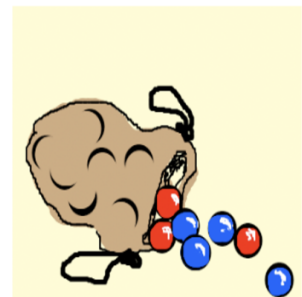
A bag of marbles only contains two colours of marbles; red and blue.

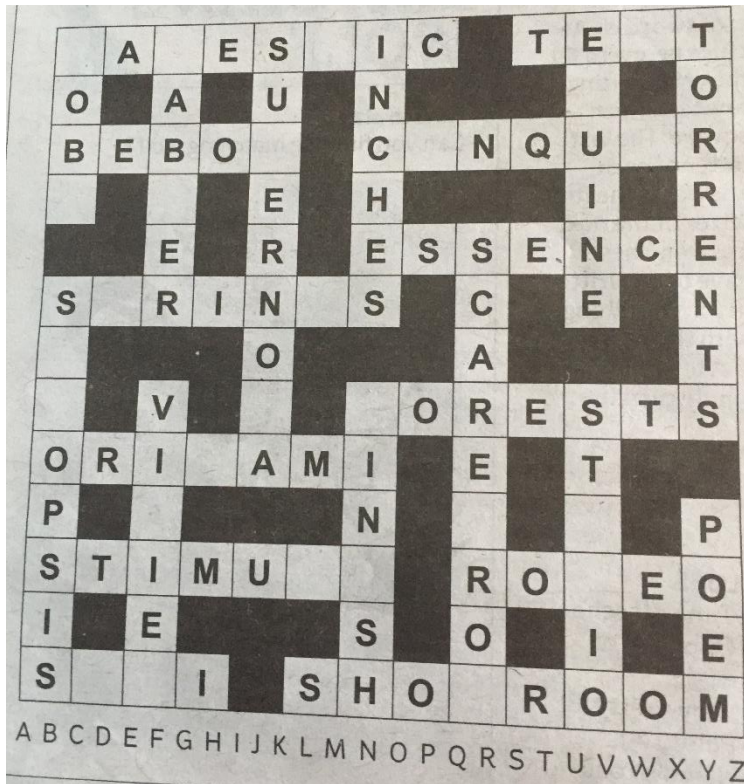
Initially, there are 3 times as many red as blue.

4 of each colour are removed from the bag.

Now there are 4 times as many red as blue.

How many of each colour did we start with ?





Magnificent maths →

Can you work out the answer? Be warned it's harder than it looks at first!

Country conundrum

Which country are these clues representing?

1.   
2.       
3.   
4.  
5.  
6. 
7.  
8.  
9.  
10.   
11.  

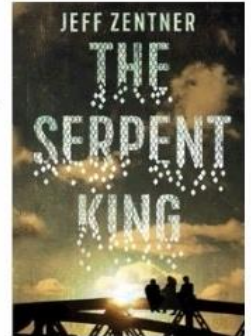
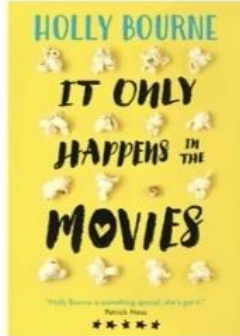
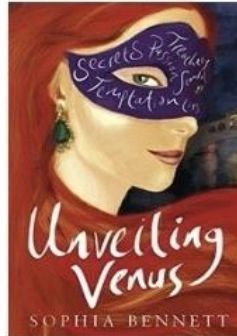
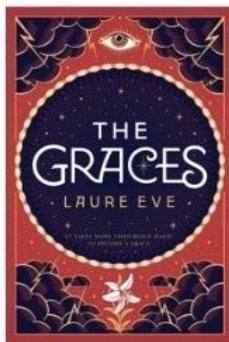
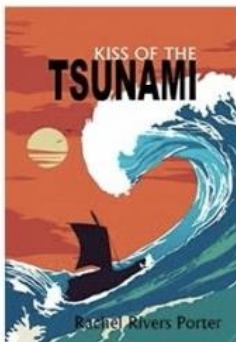
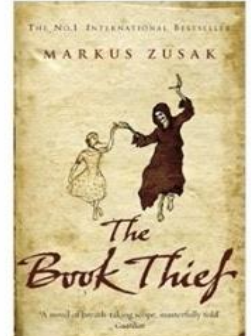
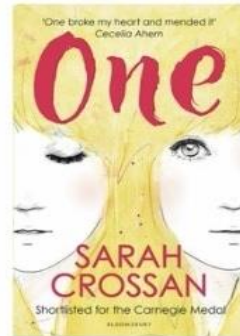
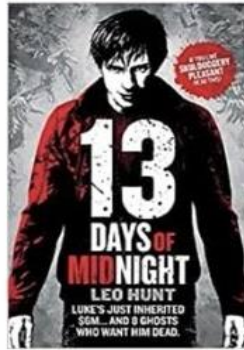
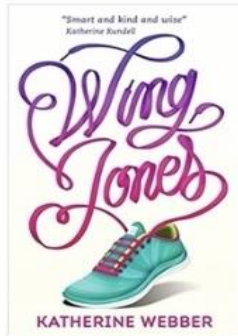
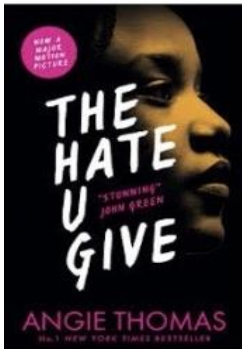
← A to Z

Each letter of the alphabet from A-Z must be placed **once** into the gaps to complete a filled crossword grid.

$$10 + 10 + 10 = 30$$

12. 😊 a 🌬️ 🚗
13. S 🗿 👂
14. ♟️ Re 🍺 🍸 🍹 🍷 🍷 🍷
15. 🎵 ❄️ 👂
16. 🤔 🍔 🍕 🍏 🍩 🥗
17. 🍷 🏕️ 🏕️ 👁️ n
18. 👤 👤 👤 👤 🐑
19. 🦃
20. & 🚪 a
21. 🍐 🦘
22. 👁️ 🏃
23. 🔍 a 👤
24. 🐑 ☁️
25. 🇬🇧 👂

Recommended reads



Why not try giving one of the books above a go? **Write a short book review for one of these books or any other that you would recommend people read** and send it to Mrs Reilly at sry@hurworth.swiftacademies.org.uk to win a prize!

HELLO!

If you have anyone you want to say hello to then please email Miss Peaker npr@hurworth.swiftacademies.org.uk by **12.30 on Thursday**

9W hope all is good with you and you are keeping safe! Email if you need any help! Mr G

Mr Gray

Hello Year 10 (Ms Walker's) classes
Thank you to those who have been sending me your work, it is nice to see the effort that has been put in. If there are any problems please email or get in touch via Teams.

Take care and stay safe.

Ms Walker

Hello 8C,

Hope you are all keeping busy and not staying in bed all day (I know that you won't be Cole – but please don't continue getting up at 5.30). I am staying busy by getting out on my daily walk, plus I have been doing Joe Wicks every day. It truly is brutal!! If you need anything at all don't forget to get in touch via email or use the 8C Team.

Take care and I really do hope to see you soon.

Ms Walker

Edition 1 answers

Zygolex – runs; nut; step; sever; rung; cut; bung; **bunk**; cot; cork; plot; core; plod; pork; story

Family quiz – 1C; 2B; 3C; 4B; 5A; 6A; 7A; 8C; 9B; 10A

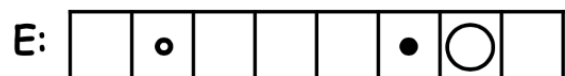
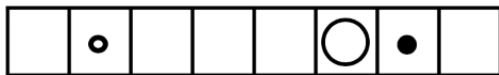
Maths challenge – see diagram. Well done to James Horniman 8S who was the first to respond and pick up points for his tutor group!



This circle
moves
forward 1,
then
backward 2

This circle
moves
backward 1,
then forward 2

This circle
moves
backward 1,
then forward 1



That's it for this edition.

Take care, stay safe
everyone and stand by
for Edition 3 next Friday!

