

# We are Hurworth

Welcome to the sixth edition of our newsletter. As always there's a mixture of school information and some activities you might want to try whilst you are stuck at home.

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.



## Learning at home

Well done to all of you who've been managing to do some work at home – you'll be able to see all of your deadlines on Teams or you can look at the letters we sent to your parents/carers last week by following this link if you can't get on to Teams:

<https://swiftacademies.org.uk/covid19/>

More of you are now finding you need paper copies as you're having to share computers with your households so if you do need this then please just let us know.

Your teachers will continue to set long deadlines for you so that **you can be flexible** with the way you do your work. We know some of you find this difficult and would prefer shorter ones, but remember **you can set your own timescales and deadlines to help you stay focussed**.

The 'Study from Home Guide' we sent you with Edition 4 has more help with this and if you need another copy you can find it on the same link as the letters above.



Keep  
going.  
you've  
got  
this

We will all be online more during the lockdown; indeed our learning let alone any socialising has all moved online. This does not mean we change any of the standards we have with regards to being online, sharing information and showing our parents/carers what we are working on.

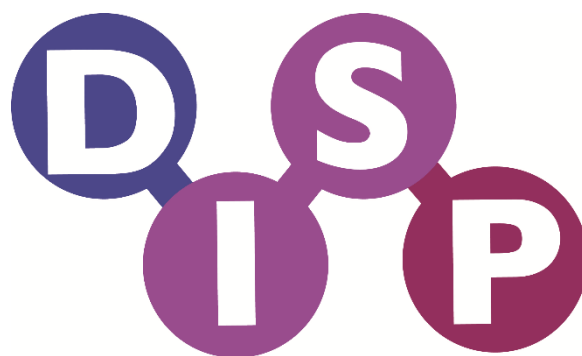
A good place for advice would be Darlington Internet Safety Partnership:

<https://www.darlington.gov.uk/health-and-social-care/public-health/children-and-young-people/darlington-pshe-network/darlington-internet-safety-partnership/>

Remember we have an online safety blog which you can access via the school website too

**Stay safe**

# Staying safe online



Swift  
Academies  
**ONLINE SAFETY BLOG**

## Year 10 – Hurworth's Helping Hand



**Remember this is optional not a 'set' piece of work but it will be really helpful for you when we do come back; you'll be sent a new challenge on Monday 4<sup>th</sup> May**

While the school is closed this is a great opportunity for all those of you in Year 10 to **develop your independent learning skills** to support you in preparing for your exams next year.

Mrs Reilly will be setting you tasks to complete based around **a different revision strategy each fortnight** to help you build up your range of strategies. You will be sent a PowerPoint explaining the strategy along with some tasks from different subjects.

**The more photos you send in or work you hand in when we return to school the more prizes you can win! More details of this will be given in the fortnightly email which will only go to Year 10 students.**

# Year 11 Leavers update



## Hoodies

The company which are printing your hoodies are still closed because of the lockdown but as we have told you before they will start production as soon as they are allowed to open again! It's still not too late to order one so if you do want one and haven't yet been in touch then please contact Mrs Dodds on [lds@hurworth.swiftacademies.org.uk](mailto:lds@hurworth.swiftacademies.org.uk) and she can sort it out for you

## Yearbooks

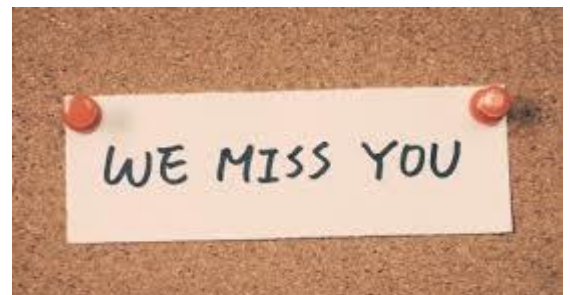
Under normal circumstances the yearbooks would include both your Year 7 and your Year 11 school photo on the first few pages. Whilst we have the Year 7 ones, unfortunately the Year 11 ones weren't taken as another consequence of coronavirus so we need you to send us some instead so that we can get the yearbooks sorted for you. Head shots work best but they don't have to be and you don't have to wear your uniform for them! Please send the photo you'd like to use to Miss Peaker on [npr@hurworth.swiftacademies.org.uk](mailto:npr@hurworth.swiftacademies.org.uk) by **Friday 15<sup>th</sup> May**. If you don't send one in then we'll use your Year 10 ones instead. If you'd like to send in a short quote/comment too then you can and we'll include as many as we can fit in

## Celebration event

We haven't forgotten that we promised you an event to celebrate your time with us – more details are coming very soon but make sure you're keeping those prom dresses and suits somewhere safe...

Those of you who are on social media may have seen this already, but for those of you who aren't have a look at the video on the link below which puts into words how all the staff at the school feel:

<https://vimeo.com/412655924>



# Perfect PPE Part 4

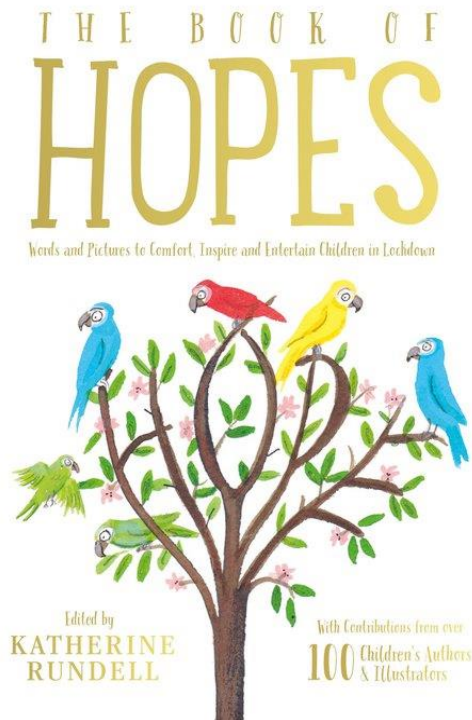


Another batch of visors which were made in school have been delivered this week – they've gone to a social work team, two different GP practices, a team supporting disabled children, a cardiac care support team at the hospital and care home staff.

**We've now made and distributed over 300 of them!**



# The Book of Hopes



**Try reading something different** this week – all of the stories are less than 500 words long so you can choose to read them in short 'chunks' or all in one go!

Access is completely free for all children and families, and the book contains a collection of short stories, poems, essays and pictures with contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson.

The collection is dedicated to the doctors, nurses, carers, porters, cleaners and everyone currently working in hospitals.

*The Book of Hopes* is currently available to read online only. Bloomsbury intends to publish a gift book based on the project in the autumn in support of NHS Charities Together. You can access the book at:

<https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

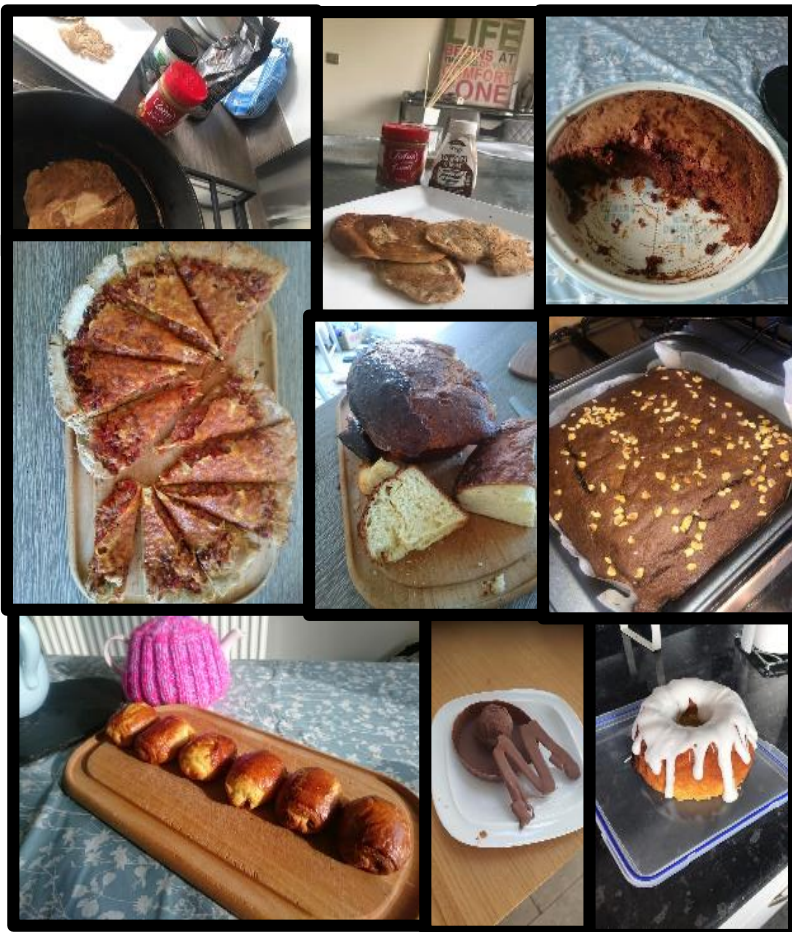
**Why not try writing your own story of hope?**

## Challenge time

This week's challenge is to join us for Hurworth's Big Bake Off!

If you've been baking or cooking send us your photos and show off what you've been doing. This week's bakes come from Mrs Wright, Ms Fenby and Ava in Year 10.

Send your pictures to Mrs Douglass  
[nds@hurworth.swiftacademies.org.uk](mailto:nds@hurworth.swiftacademies.org.uk)





## Grow a rainbow



You will need:

Kitchen roll/paper towel, felt tip pens, two small bowls of water, paper clip, thread

1. Cut your kitchen roll into the shape of a rainbow
2. Colour a rainbow with felt tips about 2cm up on both sides
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with – you can tie the end to a cupboard door or just hold on to it
4. Fill each small bowl with water
5. Hold your rainbow with the ends slightly submerged in the water and then watch your rainbow grow!



## Mindfulness Crafts

This simple outside activity will help you get some fresh air and doesn't require much skill or many materials. Collect some sticks from your garden or collect some during a walk. Get some string or ribbon and tie the sticks into star shapes. **Make sure to wash your hands after** - especially if you get the sticks on a walk.



# A mind to be kind



**Resilience** means learning how to **cope with uncertainty**, how to **make the most of the resources and connections you have around you**, and how to **adapt to changing situations**.

**Kindness** is a big part of resilience: **without kindness and support, dealing with difficult situations becomes much harder**. Building resilience is also **being kind to yourself**, so that challenges become easier in the future. **Resilience and kindness build a stronger you and a stronger community**.

Why not start a 'Month of Kindness' challenge? You could use a **kindness calendar** like the one below or create your own to keep track of your kindness challenges this month. If you want to download your own copy then go to:

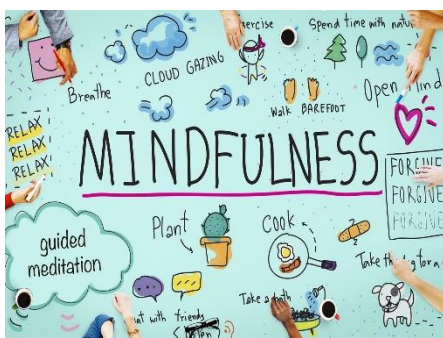
<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar##>

## Why not start here?

**Colour in and share kindness**  
Add the kind act of colouring to your **power of kindness calendar** with a Red Cross Museum **poster colouring activity** followed by some reflective questions. You can print out or colour using an online website or app.

**You could also design your own poster** encouraging people to wash their hands, maintain distance or cover their coughs and sneezes

<https://www.redcrossmuseum.ch/en/categorie/colour-a-poster/>



## The power of kindness calendar

Use your calendar to record your daily kindness acts.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Congratulations**  
Being kind sends a powerful message about our connections to each other and the world around us.

**BritishRedCross**

**The power of kindness**

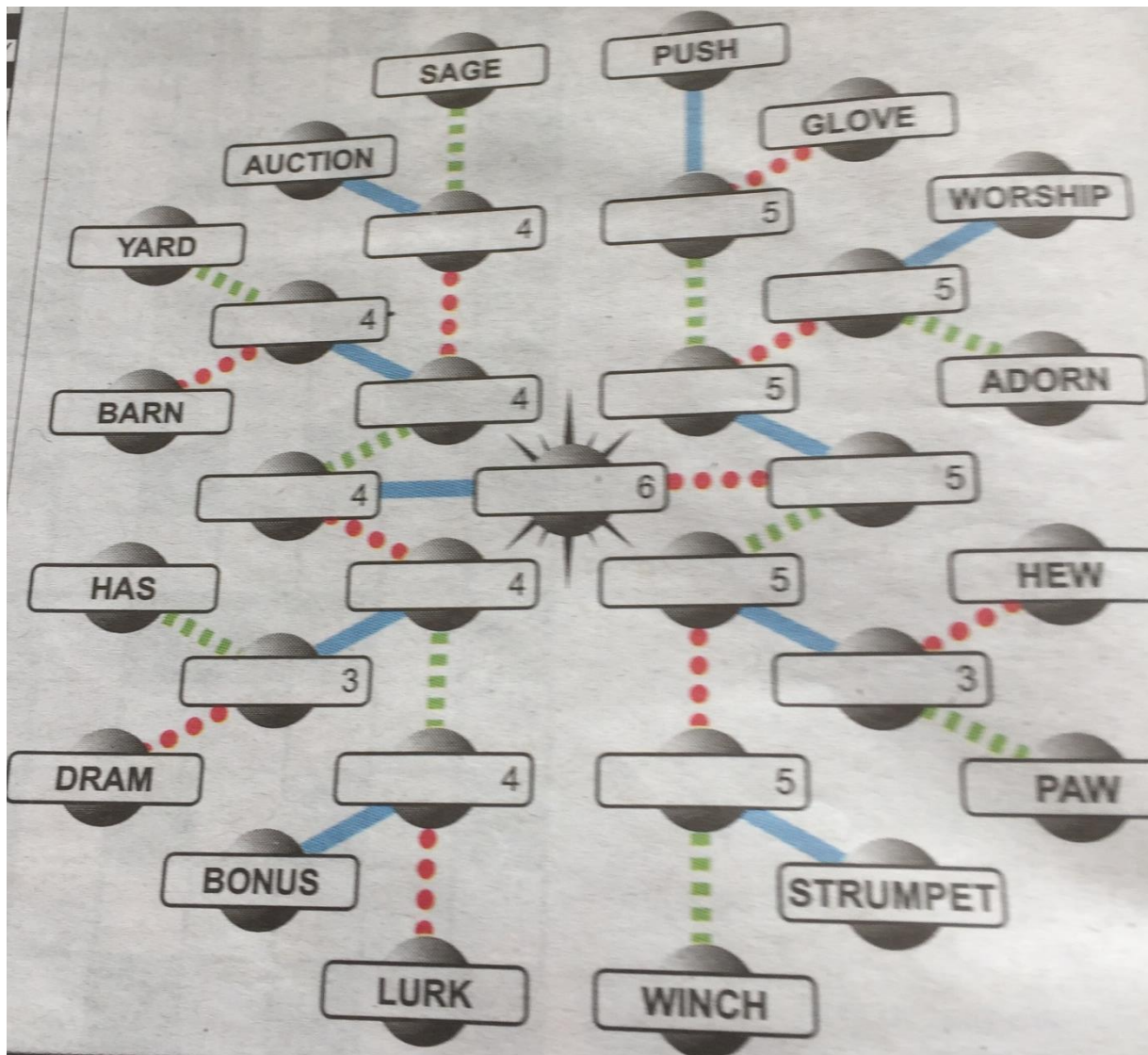


# Puzzle time

The answers from Edition 5 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 was the Greek God of sport?

- A. Adidas
- B. Nike
- C. Thor

**Geography**

2. Where is Kiev?

- A. Wales
- B. Cyprus
- C. Ukraine

**Films**

3. In the film Avengers : Infinity War who had the mind stone?

- A. The Collector
- B. Ronan
- C. Vision

**Greek mythology**

4. Who is the Greek equivalent of the Roman God Jupiter?

- A. Apollo
- B. Hera
- C. Zeus

**TV**

5. Who voices Scooby Doo in Scooby Doo Mystery Incorporated?

- A. Frank Welker
- B. Tom Hanks
- C. Donald Trump

**Music**

6. How many strings does an acoustic guitar have?

- A. Four
- B. Eight
- C. Six

**Fantasy creatures**

7. What is a poltergeist?

- A. A goblin
- B. An elf
- C. A ghost

**Books**

8. Who wrote the How to Train Your Dragon book series?

- A. J.K Rowling
- B. Cressida Cowell
- C. David Baddiel

**Secrets**

9. What is the Illuminati?

- A. A charity
- B. A devil
- C. An evil organisation

**Wars**

10. What was the cold war?

- A. A nuclear war
- B. A war with no direct military action
- C. A world war

## Maths challenge

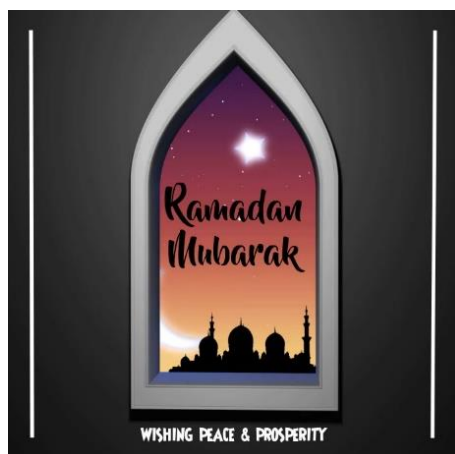


This week's challenge is a joint effort from Miss Syson and Mrs Rye. Submit your answers, along with your tutor group, to [nsn@hurworth.swi.ftacademies.org.uk](mailto:nsn@hurworth.swi.ftacademies.org.uk) Points will be added to your tutor group totals. **Answer next time** and more to follow!

Stay safe everyone

1. Find a number whose letters would appear in alphabetical order (forwards)
2. Now see if you can find a number whose letters would appear in reverse order alphabetically
3. Can you find a number that can be typed out using only one row of a standard computer keyboard
4. What is the first number that contains the letter 'a' when you spell it?
5. If you list the numbers 0 - 100 (inclusively) in alphabetical order, which number stays in the same position?
6. If you list the Spanish numbers 1 - 50 (inclusively) in alphabetical order, which number stays in the same position?
7. If you rearrange a list of German numbers from 1-100, from numerical to alphabetical order, which number would not change place?





# Ramadan Mubarak

Ramadan Mubarak to our Muslim students and their families undertaking the fast in these strange times!

To learn more about Ramadan and the pillar of Sawm visit the link below:

<https://youtu.be/WNey5Rqv30g>

## VE Day – 75<sup>th</sup> Anniversary

Next **Friday 8<sup>th</sup> May** is the 75<sup>th</sup> Anniversary of VE Day and is a Bank Holiday. Under normal circumstances the school would have been closed that day and lots of different celebration activities including parades and street parties were planned, however, **school will be open for key worker and vulnerable students** and the **events which were due to take place have been modified**.

We'll have more on this in the 8<sup>th</sup> May edition but if you want to get started with your own celebrations why not try:

<https://ve-viday75.gov.uk/toolkit/>



### Edition 5 answers

**Zygolex** – mock; reed;  
pleas; lurch; tease; reel;  
tense; **sense**; feel; taut;  
fuel; court; coal; tact; duel

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

**Maths challenge** – see  
diagram

**What am I?** – 1 Butterfly  
wing; 2 Fly eye; 3 Onion  
cells; 4 Crab nebula; 5  
Snowflake; 6 Soap bubble;  
7 Frog spawn; 8  
Caterpillars foot

**A: 382618**

382+618=1000

**C: 213787**

213+787=1000

**E: 654346**

654+346=1000

**B: 589411**

589+411=1000

**D: 528572**

528+572=1100



**That's it for this edition. Take care,  
stay safe everyone and stand by for  
Edition 7 next Friday!**

**Happy**  
FRIDAY