

# We are Hurworth

Welcome to the eighth 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




Remember that you **won't be set any new work** by your teachers this week – **we have been setting you more than we think you need** as we know you won't be able to do as much at home as you would in school. **Don't worry if you can't get everything done just do what you can** and ask for help if you need it – as the top tips to the right say **anything is better than nothing!**

**You can use this week to do a little more on assignments you've already been set and then remember it's the half term holidays from 22<sup>nd</sup> May so you don't have to do any work at all though you can choose to if you want to!**

You'll be set some more tasks to start working through on 1<sup>st</sup> June and remember **if you need any support just ask and we'll do what we can to help.**



## STUDY EFFECTIVELY

-  **Study for 30 minutes.**  
Your brain only effectively absorbs information from the first and last 15 minutes of studying.
-  **Break it up!**  
Don't write a 15 page essay in 1 day. Take specific and realistic steps each day towards finishing it.
-  **Set a timer.**  
Set a timer for 30 minutes and just do it. No matter how little you do, it's still better than having nothing.
-  **Take a break.**  
After 30 minutes of studying, treat yourself to a snack or an episode of your favorite TV show.



# 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; this fortnight's challenge is flash cards**

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.**

**The next challenge will be coming out to you very soon!**

You might have heard on the news this week that there have been some **slight changes** in the lockdown rules. The document released by the government covers important subjects such as when you can go back to school, whether you need to cover your face when outside, staying in touch with family, and sport.

**It's really important to remember though that everything in the plan depends on how many people still have the virus and that everything could still change. Social distancing is still in place and the advice is still to stay at home whenever you can.**

So what do you need to know?

- You **can go outside to exercise more** and can now use parks for 'leisure activities' such as sunbathing but playground equipment is still closed
- More **workplaces can begin to reopen** if it is safe to do so, **some shops like garden centres can reopen**
- You **might have to wear face coverings in places where social distancing isn't possible** such as on public transport or in supermarkets
- **More of you might be able to come in to school after the holidays but this could still change, nothing is confirmed yet**
- There **might be new rules on seeing more of your family soon** e.g. if you have cousins or grandparents living nearby you could see them but you're not allowed to do this yet
- Some **sporting events could re-start soon** – they would be broadcast on TV but no crowds would be allowed to attend them

## Lockdown loosens but only a little bit...





# 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.



## Mental Health & Emotional Support

for children, young people & families in County Durham

This is a great starting point to help you access support



### Local Support



**One Point**  
Advice and practical support across all aspects of family life  
**03000 261 111**



**Education & SEND Support**  
Support for children with special educational needs or disabilities



**Humankind**  
Health and wellbeing support for LGBT young people (15-24yrs)  
**01325 731 160**



**Investing in Children**  
A children's rights organisation, creating spaces to be heard



**Rollercoaster Parent Support**  
Helping parents to support children with mental health issues  
**07415 380 040**



**DurhamWorks**  
Supporting 16-24 year olds not in education, employment or training  
**03000 262 930**



**Recovery College Online**  
Educational resources for people experiencing mental illness



**County Durham Together Hub**  
Help when self-isolating how to volunteer  
**03000 260 260**



**Children's Social Care First Contact**  
Report a concern about a child's welfare  
**03000 267 979**



**CAMHS - Single Point of Access**  
Community mental health teams for children  
**03001 239 296**



**CAMHS Crisis Team**  
24/7 service for young people experiencing a mental health crisis  
**0191 441 5733**



### National Support



**KOOTH**  
Free, safe, anonymous online support for young people aged 11+



**Anna Freud Centre for Children and Families**  
Self-care to look after our own mental health



**Charlie Waller Memorial Trust**  
Resources for schools and families



**Childline**  
A free, private and confidential service where children can talk about anything



**Headspace**  
Free tools around mindfulness and meditation



**Public Health England**  
Guidance on health and wellbeing aspects of coronavirus



**MindEd**  
Safe and reliable advice about young people's mental health



**Young Minds**  
Support for mental health during the pandemic



**NHS**  
Get medical help near you  
**111**

Remember your **local school** and **GPs** are **available to help**.

**You are not alone**, we can get through this **together**.





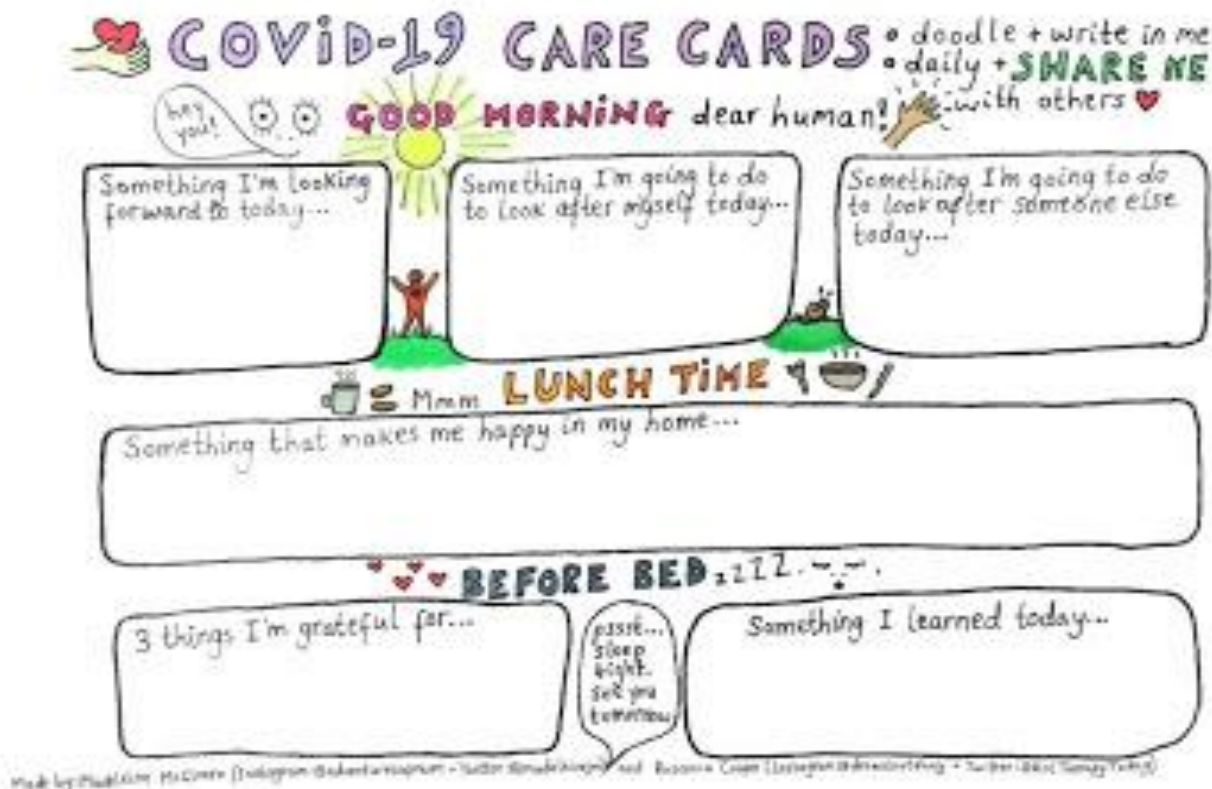
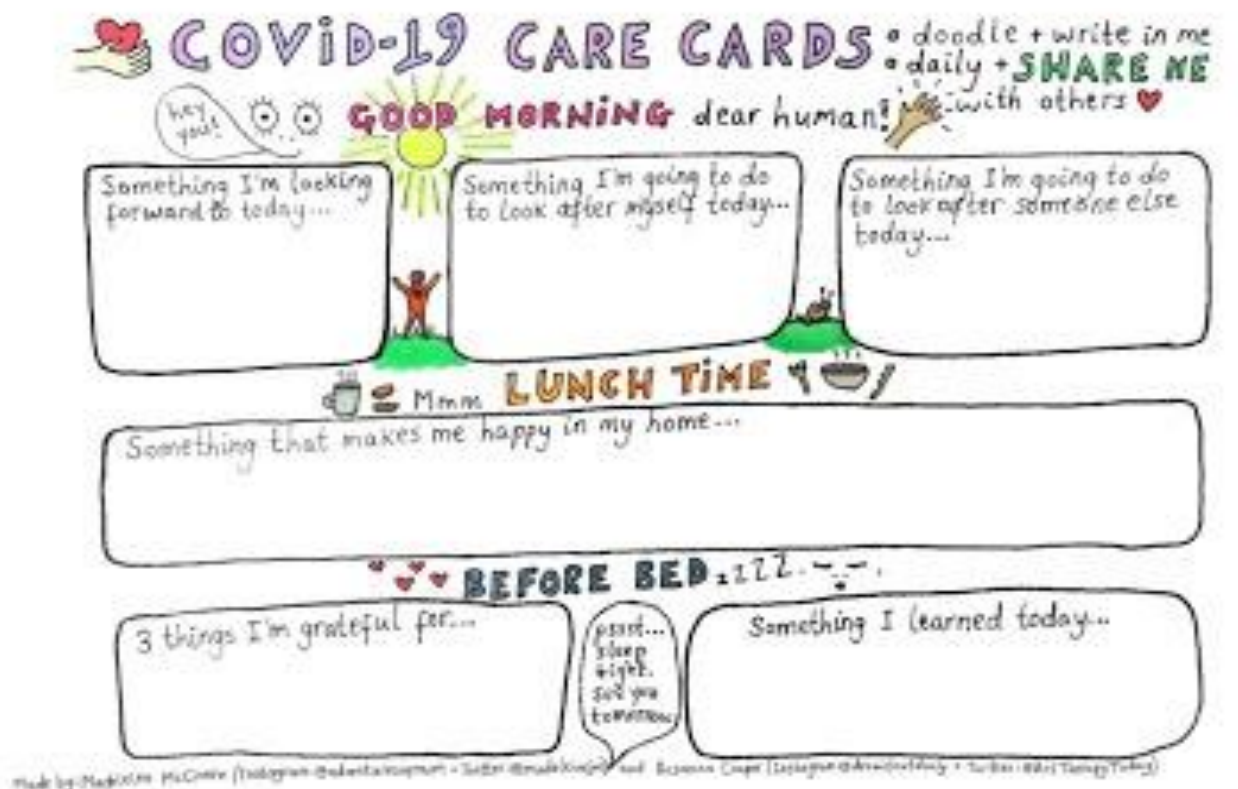






# Care Cards

During these very unusual times when we feel restricted and perhaps a little lost, it's important that we think about ways in which we can actively take control of our situation and promote our own wellbeing and that of the people close to us. **Why not try using the care cards below this week with people in your household?**



# Meaningful May

Last week we told you about Action Happiness' Meaningful May calendar – these are all little things we can try and do to take some **positive steps**. See how many you can do this week!

**ACTION CALENDAR: MEANINGFUL MAY 2020**

**"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping you make things better	8 Set yourself a kindness mission. Give your time to...	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	22 Share one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
				29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind





This week's challenge comes from a company called Rapid and it is to build the Tallest Tower with LEGO Bricks you can. It might sound easy but the rules are:

1. Use LEGO or DUPLO System bricks to build the tallest tower you can
2. No bricks can be connected
3. No bricks can be side by side
4. The tower must be free standing with bricks perfectly balanced on top of each other
5. Measure and share a photo or video to enter

**You'll have to be quick as the closing date for this challenge is 6pm on Sunday 17<sup>th</sup> May** but the prize for Under 16's is a Lego Technic Land Rover worth £159.99. To find out more details including how to enter go to:

[https://www.rapidonline.com/steam-lab/challenge?UID=6094257690&utm\\_campaign=110520-Creative+hut&utm\\_medium=email&MID=551383542&utm\\_source=Education](https://www.rapidonline.com/steam-lab/challenge?UID=6094257690&utm_campaign=110520-Creative+hut&utm_medium=email&MID=551383542&utm_source=Education)

## Challenge time



## Competition Crazy!

There are lots of different competitions around at the moment and the next couple of pages are just a selection – **why not give one a go?**



Royal Society of Biology  
Photography Competition 2020

# Our changing world

Capture the changing world on camera and win up to £1000

Closing date:  
24 July 2020

Apply online: [rsb.org.uk/photocomp](https://rsb.org.uk/photocomp)



Royal Society of Biology

The **Royal Society of Biology** annual **photography competition** invites amateurs to submit photographs and '**Our changing world**' is the theme of the competition in 2020. The Young Photographer of the Year (under 18) category has a £500 top prize and you can find out more details including how to enter at:

<https://www.rsb.org.uk/get-involved/rsb-competitions/photography-competition>

### The Nancy Rothwell Award

celebrates **specimen drawing** in schools and highlights the benefits of combining art and science.

#### Prizes

There are three age categories (7-11, 12-14, and 15-18) and prizes are awarded for:

Highly commended

Top three runner-up entries in each category will be awarded a set of drawing pencils and a certificate.

Winner

The overall winner in each category will be awarded a set of drawing pencils, a certificate and £25. The winners' schools will also each receive £100.

You can find out more at:

<https://www.rsb.org.uk/get-involved/rsb-awards/nancy-rothwell-award>

## The Nancy Rothwell Award

Draw, paint, sketch or digitally create artwork capturing plant and animal anatomy

Open to pupils aged 7 to 18 years old

Closing date for submissions: 31 July 2020

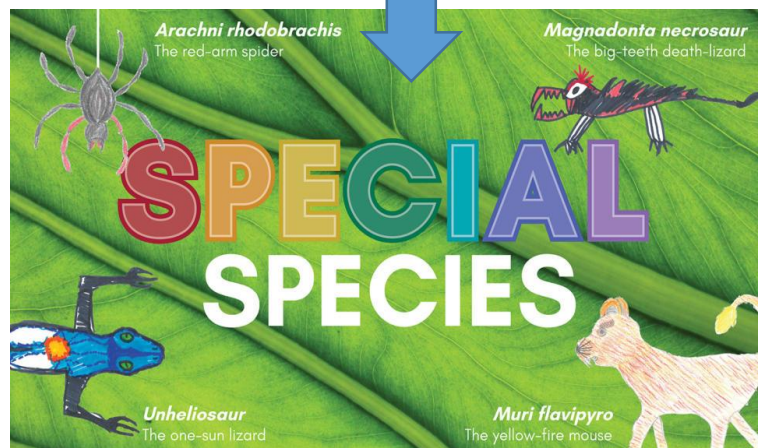


[rsb.org.uk/nancy-rothwell-award](https://www.rsb.org.uk/nancy-rothwell-award)



If you feel like using your imagination then why not try **designing your own species!** This competition from the **Linnean Society** is open to all ages including adults and is ongoing all year with winners awarded in April, July, September and December. You can find out more at:

<https://www.linnean.org/learning/special-species-competition>



**Sunderland Software City** have teamed up with **Nissan** to create a design challenge. They want you to **design an all electric vehicle that will use new technology to enhance and improve people's lives**. The design should help make travelling and driving easier and more efficient by using new technology and performing functions current cars can't do – you are designing a 'car of the future' so you can use your imagination! The best entry per academic year (Years 7-13) will win prizes including a factory tour of Nissan Sunderland, Lego and shopping vouchers. Each winner will also be presented with a trophy for their work. But there is something for everyone as every submission receives a certificate for their incredible work and efforts on this challenge.

Find out more details at:

[https://stem.rtcnorth.co.uk/competition/18/Electric\\_Car\\_Challenge#.XrgszmhKjIV](https://stem.rtcnorth.co.uk/competition/18/Electric_Car_Challenge#.XrgszmhKjIV)



# Keeping fit and healthy

Remember that **exercise is really important both for your physical and mental health**. The good news this week is **the government has changed the guidance on exercise so you can go outside more than once a day but remember you still need to stick to the social distancing rules**. If you are staying inside the BBC have uploaded a new batch of videos from sports stars including Jesse Lingard, Jade Jones, Kadeena Cox and Tom Daley so why not give one a go! You can find them at: <https://www.bbc.co.uk/sport>



National Thank a Teacher Day is a day when we, as a nation, can come together to say Thank You to teachers across the country who make a huge difference to young people's lives - not just now during these unprecedented times - but every day. If you want to take part in the national scheme then there are more details on the website below but **even a simple message via Teams or email would be very much appreciated!** The day is called thank a 'teacher' day but remember there are lots of support staff in school who help you out too so you might want to choose one of those for your thank you.

<https://thankateacher.co.uk/thank-a-teacher-day/>

## Thank a Teacher



Do you have an  
**AMAZING teacher?**

Send your messages of thanks  
TODAY so they can be featured on  
**National Thank A Teacher Day**

#HowWillYouSayThankYou  
#ThankATeacher



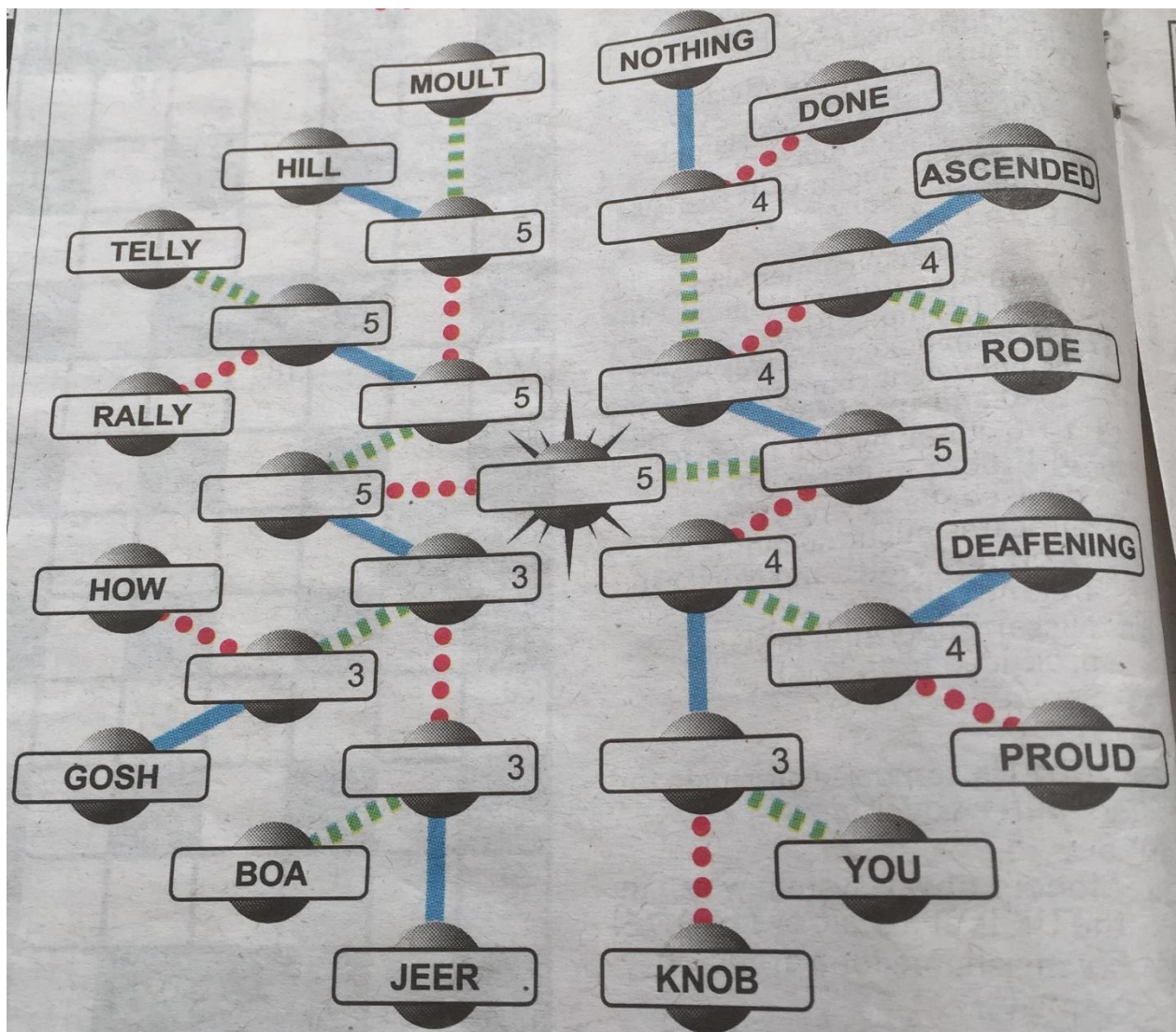


# Puzzle time

The answers from Edition 7 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

**Logos**

1. What is the logo for Kelloggs?  
 A. A Rooster  
 B. A Piece of wheat  
 C. A bowl of cereal

**Geography**

2. What is "uluru"?  
 A. Another name for Ayers Rock  
 B. A river in Africa  
 C. A constellation

**Drinks**

3. What is the most consumed drink in the world after water?  
 A. Coffee  
 B. Tea  
 C. Coke

**Greek Mythology**

4. What was Uranus the God of?  
 A. The underworld  
 B. The earth  
 C. The sky

**Books**

5. In the Harry Potter series what was the Weasley Family home known as?  
 A. The Grotto  
 B. The Burrow  
 C. The Furrow

**Spelling**

6. What is the correct spelling for this falcon?  
 A. Peregrine  
 B. Perigrine  
 C. Perigrine

**Cars**

7. Which car company has a gold bull as its logo?  
 A. Ferrari  
 B. Porche  
 C. Lamborghini

**Sport**

8. In a triathlon in 2016 Alistair had to help his brother Jonny over the line as he was exhausted, what was their surname?  
 A. Brownie  
 B. Brownlee  
 C. Browntee

**Flags**

9. What are the colours of the flag of the Republic of Ireland?  
 A. Orange, red and white  
 B. Orange, white and green  
 C. Orange, blue and pink

**Music**

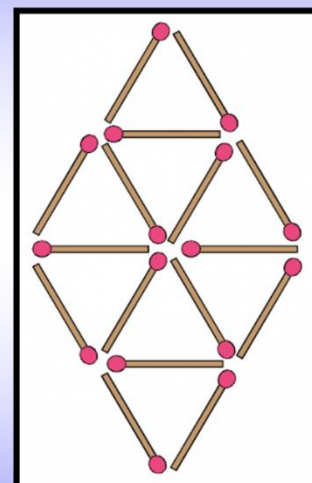
10. Which pop singer is this an anagram of?  
 Dear Irananaga

## 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](mailto:nsn@hurworth.swi.ftacademies.org.uk) Points will be added to your tutor group totals. **Answer next time** and more to follow!

### Missing Matches

Remove just 4 matches to leave 4 equivalent triangles – they must all be the same size.





# Name the staff member

Use the pictures as a clue to work out the surnames of different members of staff. Where there are numbers in the clue these are the letters of the word which you need to miss out.

1.



er

2.



3.



4.



5.



6.



-1,2,3

7.



8.



9.

not



10.



11.



-1,2,3,4

12.



13.



14.



15.



16.



17.



18.





19.



20.



21.



22.



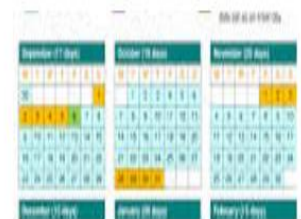
-3

23.



-1

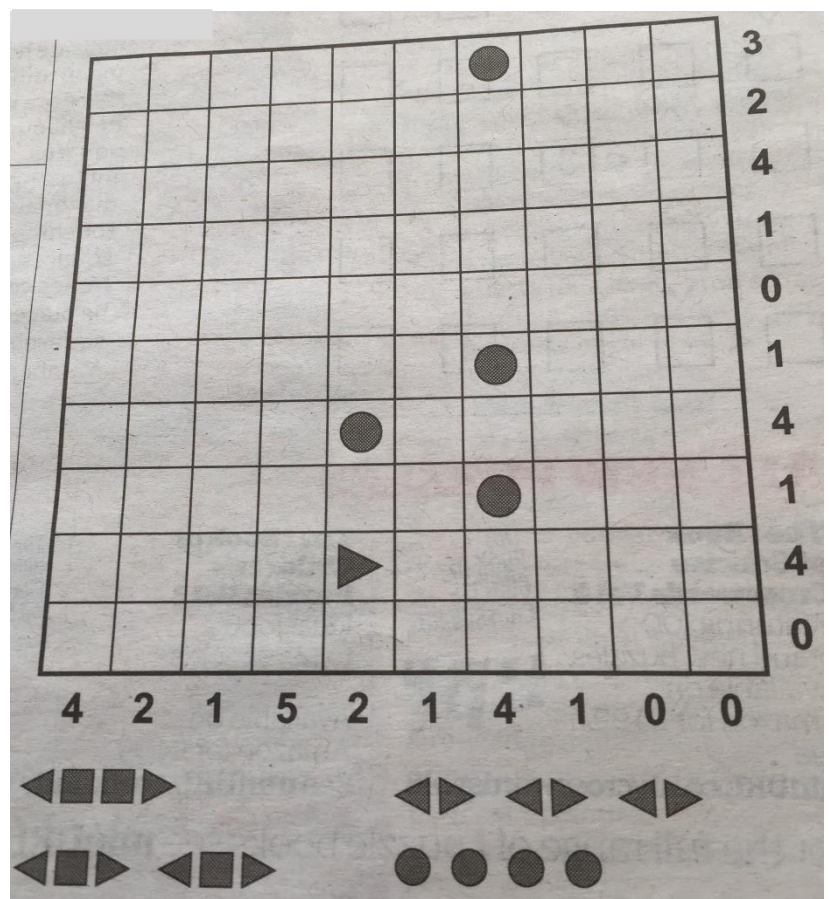
24.



-4

# Battleships

Locate the position of each of the ships listed below in the grid. Numbers around the edge tell you the number of ship segments in each row and column of the puzzle. Ships are surrounded on all sides by water, including diagonally. The ships can be placed in the puzzle either horizontally or vertically.



**Edition 7 answers**

**Zygolex** – chop; vet; hawk; spat; hack; vat; stack; **stank**; tank; heap; task; hear; flask; leap; chore


**Family quiz** – 1C; 2A; 3C; 4C; 5 Bid Red Tequila, The Widower's Two-Step, The Last King of Texas, The Devil went down to Austin, Southtown, Mission Road, Rebel Island, The Lightning Thief, The Sea of Monsters, The Titan's Curse, The Battle of the Labyrinth, The Last Olympian, The Lost Hero, The Son of Neptune, The mark of Athena, The House of Hades, The Blood of Olympus, The Red Pyramid, the Throne of Fire, The Serpent's Shadow, The Maze of Bones, The Black Book of Buried Secrets, Vespers Rising ; 6B; 7B; 8C; 9 6; 10A

**Maths challenge** – See diagram

**Where in the world** – 1 = Alnwick gardens, Causeway to Lindisfarne, Transporter bridge Middlesbrough; link is North East. 2 = Isle of Man, London, Cornwall; link is tourist sites in England. 3 = Ha'penny Bridge, Dublin, Ring of Brodgar Orkney, St Paul's London; link is Islands. 4 = Mt. St Michel, Alcañiz, Helgoland; link is places in Europe

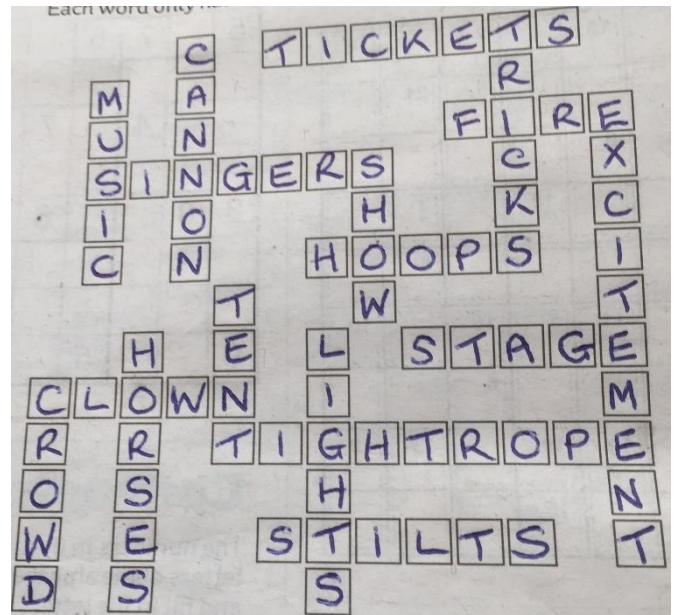
**Letter fit** – See diagram

**ANSWER**



Kylie the clumsy koala is all fingers and thumbs. Like all koala bears, Kylie has two thumbs and three fingers on each front paw, and one thumb and four fingers on each rear paw. How many thumbs do Kylie and her nine brothers have between them?

A: 10    B: 20    C: 30    D: 40    **E: 60**



That's it for this edition. Take care, stay safe everyone and stand by for Edition 8 next Friday!

**Happy**  
FRIDAY