

# We are Hurworth

Welcome to the tenth edition of our newsletter. Hope you've all had a lovely holiday and have been able to get out and enjoy the sunshine! You still have a little bit of holiday left so enjoy that before we all get back to work again from Monday 1<sup>st</sup> June.



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. **Remember that if you are on social media you shouldn't be making friend requests to any member of staff at school.**

## Learning at home

You should now be at the point where you have had chance to work through the tasks your teacher's set you before the half term – we know there have been some problems with the post so if you were waiting for paper copies don't worry as your teachers know which of you were affected by this.

**On Monday you'll be set a new set of work by all of your subject teachers – again the work will have nice long deadlines so you can choose which order to do your tasks in and have chance to ask for help if you need it.**

School has been closed for longer than anyone thought it would be now and we know **some of you may be struggling to keep learning while the nation's in lockdown. This is totally normal, and there's no need to punish yourself if the get-up-and-go levels slip now and again.**

**Check out the top tips taken from BBC Bitesize on the next page to help you out with this.**

As well as all the help with work you can find on Bitesize their support pages have information not just on issues related to coronavirus but for everything from money to body image too. Follow the link below to find out more:

<https://www.bbc.co.uk/bitesize/support>



**Focus on the future**

Think about **what you want to do beyond school** as any work you do is a step along the way to getting you there. If you have a career in mind, try learning more about the key skills for that profession to give you a 'head start'. If you're not sure what you want to do then do some research to find out about different jobs.

**'Chunk' it**

Don't set yourself up for failure, by setting yourself "impossible" tasks like "I'm going to study all day". **Break a task down into smaller, achievable chunks**, and if there's anything that you find a bit challenging or that you feel you need to go deeper into, take your time, ask your teachers and consider messaging your friends or classmates to get their thoughts or ideas.

**Reward yourself**

Allow yourself a **treat once a certain task, or stage of a task, is complete** – sweets are OK once in a while but consider other rewards like going for a walk, reading a chapter of your favourite book, playing a game or messaging friends too.

**Switch off the stream**

If the news or social media is making you stressed during this time, **don't feel you have to listen to it** especially if it's from a less reputable source.

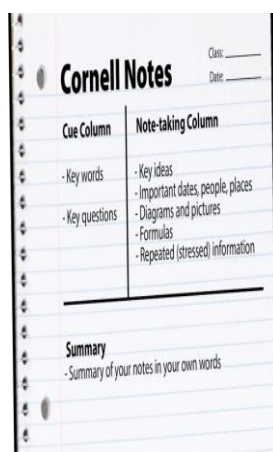
If you are feeling alone, keep in contact with your family and friends and don't shut yourselves away. Remember **it's OK to not feel OK** about stuff!

**You do you**

Your morning routine may look very different right now. You may be staying longer in bed and not have a specific time to start working for the day. But keeping to a routine can help you stay motivated, and not just where academic work is concerned.

Making sure you have enough exercise and healthy food worked into your day is important, but the same routine will not fit everyone. And don't stress about comparing yourself to others, either. **Use the structure that works for you.**

# 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 Cornell Notes**

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.**

You might have heard on the news this week that there have been some **more slight changes** in the lockdown rules.

**It's really important to remember though that everything in the plans depend on how many people have the virus and that everything could change again if the numbers go up. Social distancing is still in place.**

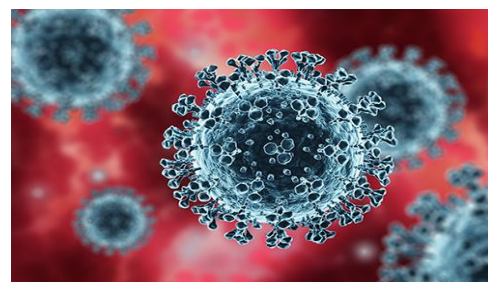
**So what do you need to know?**

- More **shops can now reopen** as long as they follow social distancing rules, **some will reopen on the 1<sup>st</sup> June and there will be more on the 15<sup>th</sup> June**
- More **workplaces can now open** as long as they keep their staff safe
- **Dentists** can reopen from 8<sup>th</sup> June
- You **can now meet in groups of up to 6 from other households as long as you stick to the 2m distance and only meet outside** – you can do this in someone's back garden now not just in public spaces like parks but can't go into the house unless you need to reach the garden or go to the loo! If you do then you have to clean it 😊
- Whether you love it or loathe it the **Premier League restarting** is at least an indication that things are slowly returning to normal! Matches will resume on the 17<sup>th</sup> June

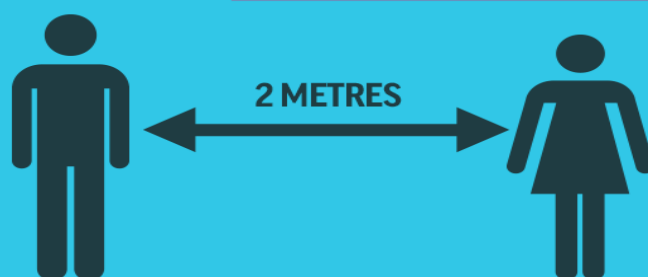
**What about school?**

- We **remain open for certain students as we have done all the way through** the government closure
- From 15<sup>th</sup> June Year 10 students can access some face to face support which can include coming in to school for a short time if you want to. **Mrs Gawthorpe sent you an email about this last week so if you haven't yet replied remember that you need to by the end of Monday 1<sup>st</sup> June**

# Lockdown loosens a little bit more...



## YOU NEED TO STAY 2 METRES APART TO **SAVE LIVES NOW**





# 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 have any particular worries at the moment then **give the exercise below a go!**

- Stress is a part of everyday life
- It can help us take action and work productively

- But if our 'stress bucket' becomes too full it can overwhelm us and impact negatively on our mental health

- Our 'stress bucket' might be a little fuller at the moment due to Covid-19 - it's 'raining' more

- The 'holes' on our bucket are our ways of coping and letting the water out - these could include talking to someone, treating yourself, exercising etc

- **Add labels to the diagram** on the right - what are your 'rain clouds' and what are the 'holes' you can use to stop your bucket overflowing?



# Meaningful May

It's the last few days of May now so **see how many things you can tick off before the month is over!**




## ACTION CALENDAR: MEANINGFUL MAY 2020




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

**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

MAKE A *difference*

J. K. Rowling has been concentrating on adult books recently but this week she announced that she is releasing a new story to help people get through lockdown.

***The Ickabog*** is a fairy tale which is being **published for free on the website below, in instalments, over the next seven weeks, a chapter (or two, or three), at a time.** It isn't Harry Potter and it doesn't include magic. It is an entirely different story.

<https://www.theickabog.com/home/>

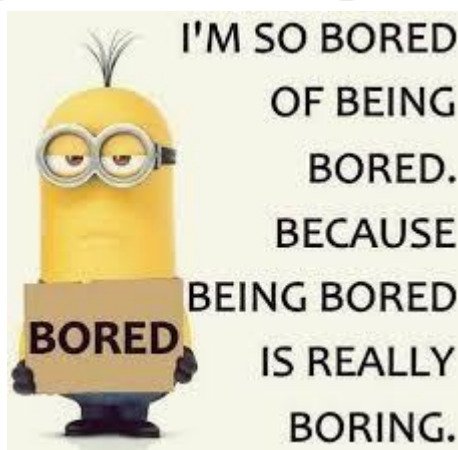
The story will be published as a book in November and **there is a competition to illustrate it running at the moment.** As new chapters are uploaded J. K. Rowling will be making suggestions as to what you might like to draw or paint and then you can submit your ideas to her publishers who will decide who gets to have the once in a lifetime chance of having their illustrations published in the book. **It is only open to students up to 12 years of age** and full details of how to enter are on the website.

## Rowling writes again!



# THE ICKABOG

## Try something new



Now we're several weeks into lockdown we know lots of you are starting to get bored!

The **website below has 75 (yes, 75!!) different ideas of things you can do with links to other sites too** – it covers a huge range of different types of activities so you're sure to find something which interests you!

<https://actuallymummy.co.uk/2020/03/19/activities-for-teenagers-during-lockdown/>

You aren't just the leaders of tomorrow. You have the energy, skills and ideas to change society and environment for the better today.

The **#iwill campaign** was originally launched in 2016 and **wants to make participation in social action the norm for young people under 20.** Currently 4 in 10 young people participate in meaningful social action and their aim is to increase this and open up opportunities for you all too as they are supported by over 1000 companies. While some of the actions have been limited by the current coronavirus outbreak, there are still lots of things you can do so go to the website below to find out more:

<https://www.iwill.org.uk/young-people>

## Get involved

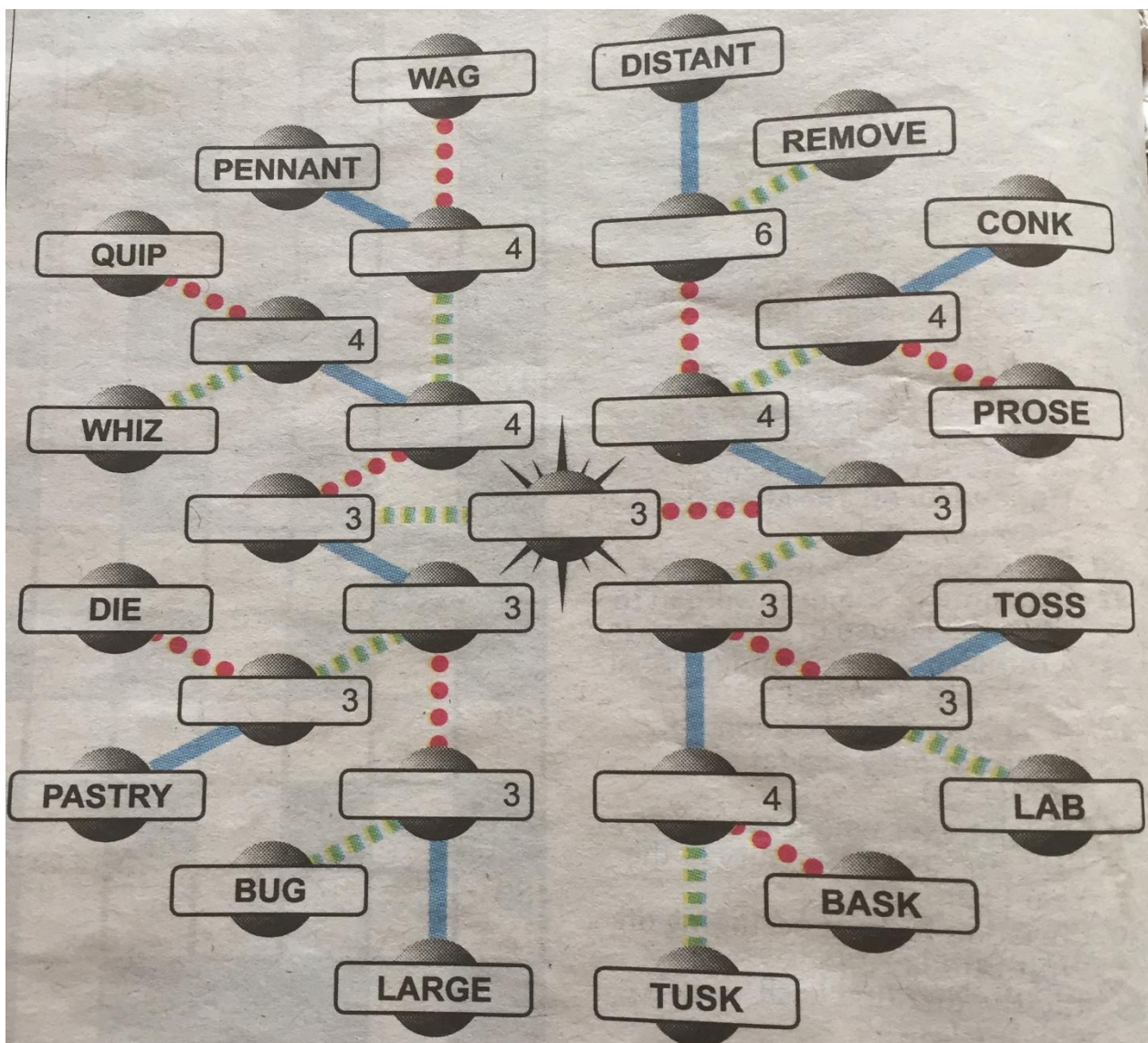


# Puzzle time

The answers from Edition 9 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



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

## Build the row of six cubes.

The orange cube is between the green cube and the red cube.

Every cube is a different colour from the others.

The yellow and the black are not between any cubes.

The red cube is between the black cube and the green cube.

The blue cube is between the green cube and the yellow cube.

The green cube is between the orange cube and the yellow cube

## Letter fit

Fill the grid with the words given in the list. Each word only has one position and must fit exactly in the given squares.

**4 letters**  
Bath  
York

**5 letters**  
Derby  
Leeds

**6 letters**  
Durham  
Exeter  
Oxford

**7 letters**  
Norwich

**9 letters**  
Edinburgh  
Salisbury  
Sheffield

**10 letters**  
Chelmsford  
Gloucester  
Portsmouth



# Teenage Test

You should all be experts at this! Try the questions below to see how much you know.

- Question 1:** In what decade did the word 'teenager' enter everyday language to represent not just an age but also an attitude?
- (a) the 1920s (b) the 1930s (c) the 1940s
- Question 2:** Which country gave us the word 'teenager'?
- (a) America (b) Australia (c) England
- Question 3:** In 1944, LIFE magazine summarised the teen age by stating "*There is a time in the life of every American girl when the most important thing in the world is to be ....?*"
- (a) one of a crowd of other girls and to act and speak and dress exactly as they do.  
(b) different in every respect to every other girl on the block.  
(c) the most popular girl in High School.
- Question 4:** With reference to 1960s slang words, if a teenager called you a 'hawk' in the 1960s what would they be accusing you of?
- (a) being a government spy (b) being greedy (c) being a war supporter
- Question 5:** Judy Garland became America's first teenage movie star following her role as Dorothy in the original 1939 version of 'The Wizard of Oz'.
- TRUE or FALSE?**
- Question 6:** According to the National Sleep Foundation, approximately how much good quality sleep does the average teenager need every night to stay alert and healthy?
- (a) 8 hours 15 minutes (b) 9 hours 15 minutes (c) 10 hours 15 minutes
- Question 7:** How old was the English author Mary Shelley when she started writing the original Frankenstein novel which was first published in 1818?
- (a) 17 years old (b) 18 years old (c) 19 years old
- Question 8:** In October 2014, at the age of 17, Malala Yousafzai became the first teenager to win a Nobel Peace Prize.
- TRUE or FALSE?
- Question 9:** According to a Spring 2019 survey of 9500 US teenagers, which on-line video service do they spend the most time watching?
- (a) Netflix (b) YouTube (c) Cable TV
- Question 10:** According to the same survey mentioned in Question 9 what percentage of their spending was on food, snacks, drinks, etc?
- (a) 23% (b) 33% (c) 43%

**Edition 9 answers**

**Zygolex** – ache; tax; grain; clan; pain; tan; pawn; **brawn**; brown; hock; gown; honk; dress; flock; goon

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

**Maths challenge** – See diagram

**Music Mischief** – 1 The Beach Boys; 2 Britney; 3 The Bee Gees; 4 Girls Aloud; 5 Oasis; 6 Adele; 7 Coldplay; 8 Cardi B; 9 Guns and Roses; 10 Shakira; 11 Queen; 12 Radiohead; 13 All Saints; 14 The Eagles; 15 Lady Gaga; 16 Genesis; 17 Sia; 18 The Police; 19 Sugababes; 20 Ellie Goulding

**Rainbow quiz** – Red = 1 Bournemouth, Arsenal, Crystal Palace, Liverpool, Manchester United, Sheffield United, Southampton, Watford, West Ham, Burnley, Aston Villa; 2 retired extremely dangerous; 3 Ferrari. Orange = 1 Amber; 2 Ireland; 3 White. Yellow = 1 USA; 2 Swede; 3 Brown. Green 1 = Kermit; 2 Pistachio; 3 Photosynthesis. Blue = 1 Sudan; 2 Owl; 3 Pentonville Road. Indigo = 1 Cathy Cassidy; 2 Squid; 3 Blueberry. Violet = 1 Peanuts; 2 Parr; 3 Amethyst.

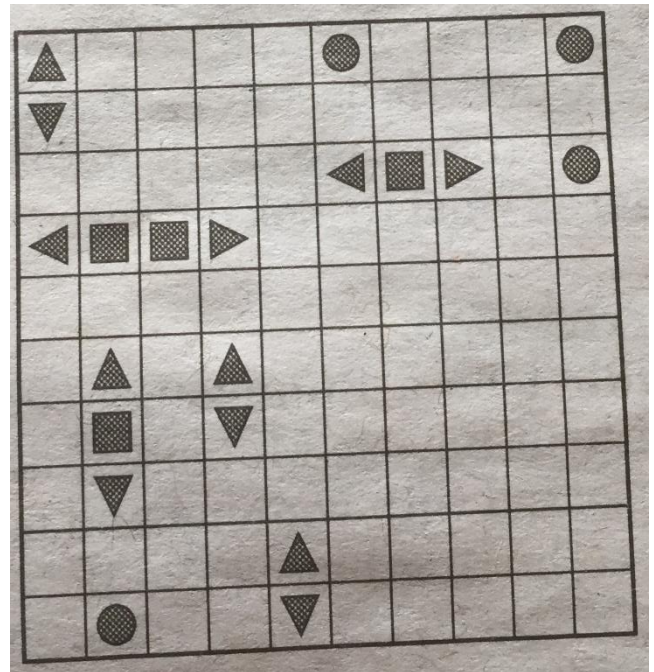
**Battleships** – See diagram

**ANSWER**

Here is one solution:

8	1	6	=15
3	5	7	=15
4	9	2	=15
=15	=15	=15	

Diagonals:  $4 + 5 + 6 = 15$ ,  $8 + 5 + 2 = 15$ .



That's it for this edition. Take care,  
stay safe everyone and stand by for  
Edition 11 next Friday!

