

# We are Hurworth

Welcome to the eleventh edition of our newsletter. As usual there's a mix of school information, news and activities in this edition – if you have suggestions of things you'd like to see included just let us know.

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

All of the new work you've been set should now be with you on Teams or on its way if you've asked for paper copies – **remember if anything changes and you need us to send you work then please just let us know.**

**You are all doing brilliantly, well done and keep it up!**

If you are in **Year 9**

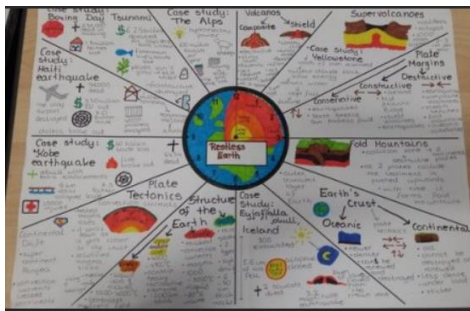
- Just another reminder from the email Mr Gawthorpe sent that you **only need to complete work for your Core subjects (English, Maths, Science and if you are in set 5 Literacy) and your Options subjects** to get you started on your Key Stage 4 work. If there's anything in your new courses which you're not sure about then just ask!

If you are in **Year 10**

- Remember you still need to be completing work at home – the mentoring sessions we're in the process of organising for **you aren't lessons just a chance for you to catch up with your mentors about what you've done so far and discuss the support you need in the rest of this term**
- The government guidelines say that **the very earliest these meetings can happen is the 15<sup>th</sup> June** but we'll be in touch with you individually with more information about the logistics of this soon



# 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 Revision Clocks**

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 on Monday.**

**Well done Year 10 – the Cornell notes you sent in were superb! 😊**

Whilst it feels very strange for us not being in school at the moment imagine how strange it must be to be trying to find out about a new school when you can't even come in and look round!

**Current Year 7 have done some amazing work for Mrs Pitchford to help her welcome our new starters** and lots of information is going out on social media and via the school website to help with this too – the latest addition is a **virtual tour** which you can find at:

<https://hurworth.swiftacademies.org.uk/students/transition/>

**If you know someone who is coming to us in September show them the video and talk to them about how to find their way around as it's often one of the things people worry about.**

**Or just have a look for yourselves if you're missing being in 😊**

## Transition Time

Welcome to  
Hurworth Tour





It's a  
girl!

Happy news from Mrs Simmons this week which she wanted to share with you all.

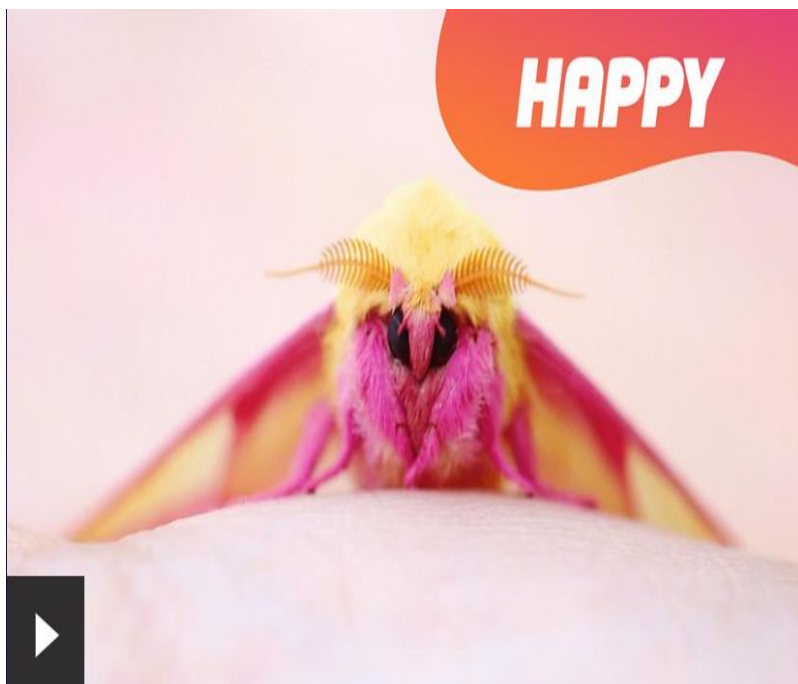
Sophia Nancy Simmons arrived on Monday (very punctually on her due date!) weighing 7lbs 13oz. She's very healthy and both mother and baby are doing well.

**Congratulations Mrs Simmons ☺**

Welcome  
to  
the  
world



## Happy News



Speaking of happy news you may know about this already but if not check out the Newsround pages on the link below:

<https://www.bbc.co.uk/newsround/50434875>

Every Monday they release a new set of **Happy News stories** (this weeks included one on moth milkshake hence the picture) and they also have other features such as Strange News on there which you might be interested in too.



# George Floyd: Why have there been protests?

Unfortunately not all of the news this week has been happy and there has been lots of coverage of a **very serious and important story**. As you know in school we expect you to **uphold the following values**:

- **Democracy** - everyone has a voice and a right to learn
- **The rule of law** - adults at our school are working hard for our safety and welfare; we respect them
- **Individual liberty** - we have a variety of activities here and everyone is welcome to take part
- **Mutual respect** - our community welcomes everyone
- **Tolerance of those of different faiths and beliefs** - we celebrate difference

Sometimes in society these values are not upheld and the story of George Floyd is one example of this.



## Who was George Floyd and what happened to him?

George Floyd was an African-American man who died after being held in police custody on 25 May. Officers said he was suspected of using fake money and they stopped him and held him down by kneeling on his neck. Despite saying he couldn't breathe, he wasn't released and soon afterwards he died.

Four police officers have been sacked. One of them has been charged with second-degree murder and the three others face charges of aiding and abetting i.e. helping the first man.

## What happened next?

What happened to Mr Floyd has again raised the issue of racism in American society and the unfair treatment that many communities feel they face in the US, particularly when it comes to the police. As a result protests have been held and while they started in America they have spread all over the world including here in the UK.

Many protests have been peaceful but there has also been violence at some of them. Mr Floyd's brother called for an end to the violence saying that his brother would not have wanted this and that **people should "do this another way"**.

You might have seen people sharing black squares on their social media (or you might have shared one yourself) in response to the murder of George Floyd as part of #blackouttuesday.

If you're feeling angry about what you have seen or are asking yourself 'What can I do next?' you can look at this advice from @positivelypresent to see positive ways that you can manage how you are feeling.



# Challenge Time

**There is a £10 cost for this activity as it has been designed to raise money for ABF The Soldiers' Charity.**

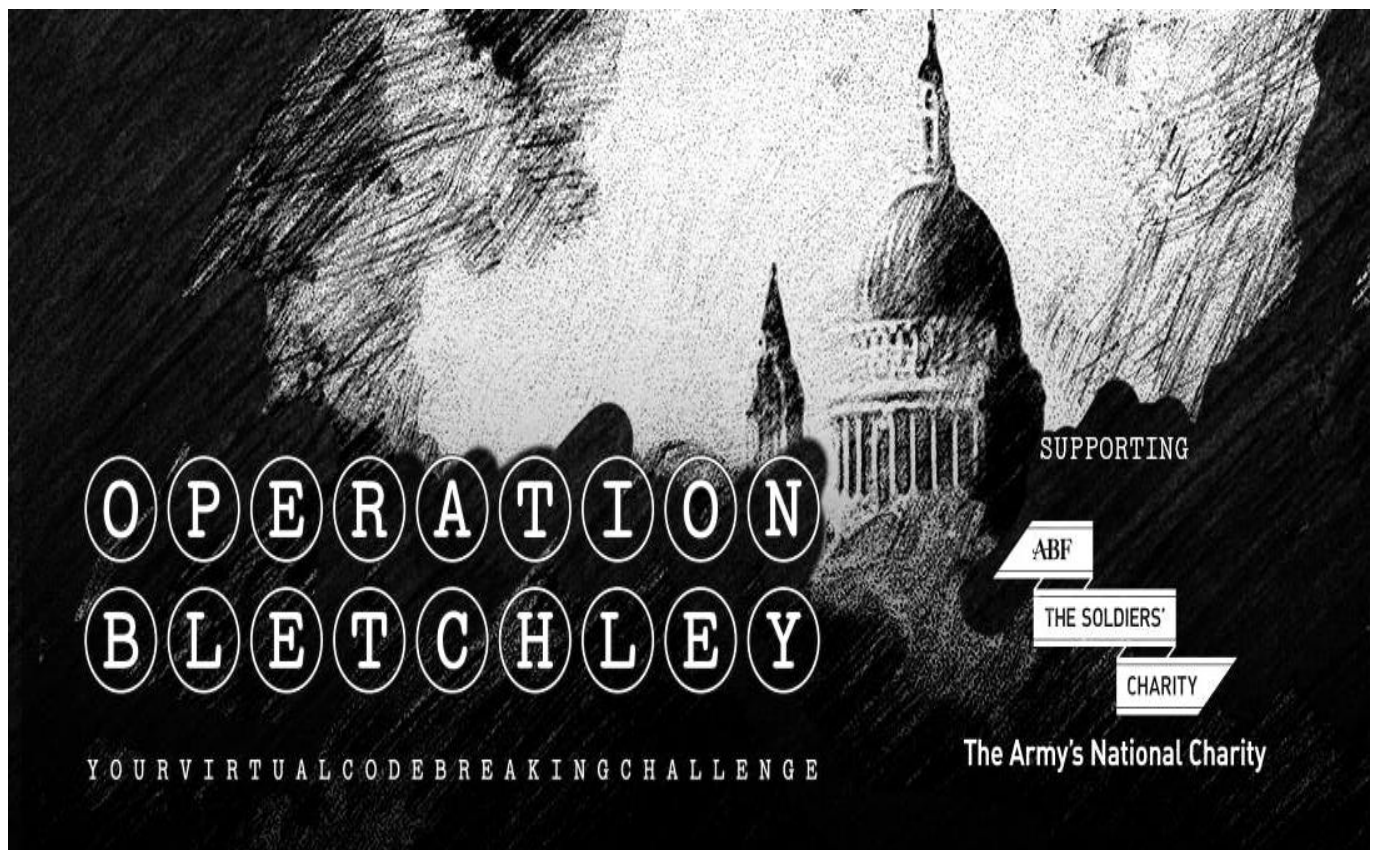
Hopefully lots of you have already heard of Bletchley Park. During World War 2 Bletchley Park was the top-secret home of a team of codebreakers who were trying to break the codes used by the Germans, Italians and Japanese to direct their troops. According to the official historian of the British Intelligence service the work carried out at Bletchley helped to shorten the war by 2 to 4 years and without it it is very doubtful that the Allied would have been victorious.

**Operation Bletchley** is a Virtual Codebreaking Challenge which also has an exercise element as you need to walk too by using a phone or an exercise tracker to check the distance you have covered - your mission is to cover either 50 or 100 miles on foot and crack the codes as you go (there are 10 to do in total). Have you got what it takes to deliver your final message before time runs out?

There are three levels of codes; junior, codebreaker and cypher expert to tackle get the whole family together this summer - you have 1 month to complete the challenge starting on the 1st July and ending on the 31st.

To find out more and register go to: <https://operationbletchley.soldierscharity.org/>

**Even if you don't want to do the challenge why not find out more about Bletchley Park as you can do that for free!**



## Keeping fit and healthy



**Bike Week 2020 runs from 6 to 14 June.**

Cycling remains a great way to keep fit and active and is a good way to boost immunity, it's also great for your mental well-being. You can be a cycling hero by taking on the #7daysofcycling challenge this Bike Week, there is a chance for you to win prizes.

There is a timetable of virtual events online at:

<https://www.cyclinguk.org/bikeweek/about>

Blue Peter's Supercar of the Future Competition is giving YOU the chance to design a unique futuristic car.

The winner will have their design brought to life by model makers at the world famous McLaren Technology Centre.

You'll get a VIP tour of McLaren's HQ to see where they produce their supercars and, as part of the prize, you will be taken for the ride of your life around a UK racetrack in a McLaren Supercar driven by Top Gear's most famous racing driver, The Stig.

To find out more go to:

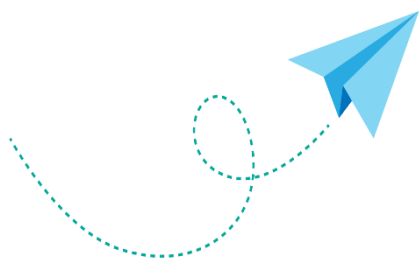
<https://www.bbc.co.uk/cbbc/joinin/bp-competition>

You will have to be quick though as **entries close at 1.00 p.m. on Wednesday 10<sup>th</sup> June**

## Supercar of the Future



## Paper Wings



There are no holiday flights at the moment so become an aeronautical engineer by designing your own aeroplane from a sheet of paper.

The photos on the next page show the world distance record method for making a paper plane. For extra help and lots of top tips watch this video by Dallas Campbell from the Gadget Show:

<https://www.stem.org.uk/resources/elibrary/resource/471712/paper-planes>

## How to Make the Ultimate Paper Plane



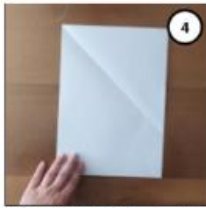
1  
You will need a piece of A4 paper and something to press down the folds like a ruler or credit card



2  
Take the top right corner of the paper and fold it over so that the top of the paper lines up with the left edge



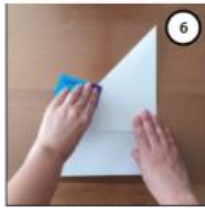
3  
Push down on the fold to make a sharp edge. Go over the fold with the ruler or credit card. This gives it a really sharp edge



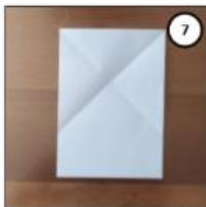
4  
Open the paper out again - you should be able to see a neat crease from the fold



5  
Now take the top left corner of the paper and fold it over so that the top of the paper lines up with the right edge



6  
Press down on the fold to make it a sharp edge



7  
Open out the paper again. The fold should now make a cross at one end of the piece of paper

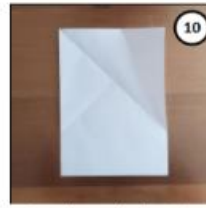


8  
Take the top right corner and fold it over to meet the fold line from Step 3



9  
Press down on the fold to make it a sharp edge

## How to Make the Ultimate Paper Plane



10  
Open the paper back out. You should see one diagonal fold line going left to right and two going right to left



11  
Take the top left corner and fold it over to meet the fold line from Step 6



12  
Press down on the fold to make it a sharp edge



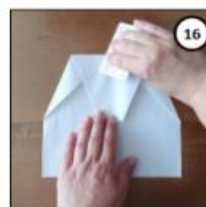
13  
Fold both corners in using the folds created in Steps 9 and 12



14  
Take the top of the paper and fold it towards the bottom of the page



15  
You want the edge of this fold to be where the fold lines meet in the middle plus you can line up the fold lines on the flap with the fold lines at the edges of the paper



16  
Press down on the fold to make it a sharp edge



17  
Fold the right corner into the middle of the page using the remainder of the fold line created in Step 3



18  
Press down on the fold to make it a sharp edge



www.stem.org.uk



www.stem.org.uk

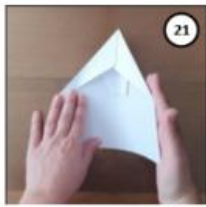
## How to Make the Ultimate Paper Plane



19  
Fold the left corner into the middle of the page using the remainder of the fold line created in Step 6



20  
Press down on the fold to make it a sharp edge



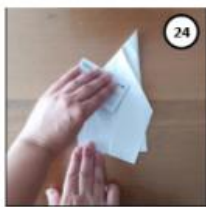
21  
Fold the paper in half with the fold line going from top to bottom



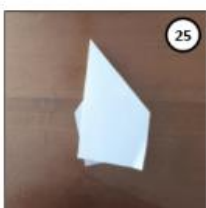
22  
Press down on the fold to make it a sharp edge



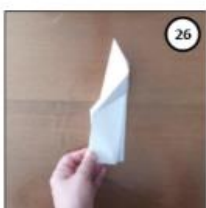
23  
Pick up the top layer of paper and fold it back over itself



24  
Press down on the fold to make it a sharp edge



25  
Turn the paper over, keeping the point facing away from you



26  
Fold the top layer of paper back over itself so that it matches exactly the bottom layer of paper



27  
Press down on the fold to make it a sharp edge



www.stem.org.uk

Now you have made this plane there are many more resources on line to help you explore different designs.

In the future you may become a **paper plane world champion**:

<https://www.redbull.com/int-en/videos/red-bull-paper-wings-world-finals-2019-video-highlights>

# Joyful June

Action for Happiness' Meaningful May calendar went down so well that they've produced one for June too. The **Joyful June** Calendar has daily actions for June 2020 to help us look for what's good even in difficult times – **see how many you can achieve this week!**





## JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020




| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY  |
|---|--|---|--|--|--|---|
| 1 Decide to look for what's good, even on the difficult days    | 2 Re-frame a worry and try to find a positive way to respond       | 3 Think of 3 things you're grateful for and write them down   | 4 Show your appreciation to those who are helping others       | 5 Smile and be friendly, even while you're social distancing | 6 Notice the upsides during the lockdown, however small            | 7 Find a joyful way of being physically active (indoors or out) |
| 8 Write a letter to thank someone for what they did             | 9 Find the joy in music today: sing, play, dance or listen         | 10 Take a photo of something that brings you joy and share it   | 11 Say positive things in your conversations with others today | 12 Make a plan to do something fun together                  | 13 Appreciate the joy of nature and the beauty in the world around | 14 Do three things to bring joy to other people today           |
| 15 Rediscover a fun childhood activity that you can enjoy today | 16 Ask a loved one what they feel grateful for at the moment       | 17 Be kind to you. Treat yourself the way you would treat a friend  | 18 Send a positive note to a friend who needs encouragement    | 19 Create a list of favourite memories you feel grateful for | 20 Make time to do something playful today, just for the fun of it | 21 Enjoy trying a new recipe or cooking your favourite food     |
| 22 Share a happy memory with someone who means a lot to you     | 23 Look for something to be thankful for where you least expect it | 24 Thank a friend for the joy they bring into your life   | 25 Eat food that makes you feel good and really savour it      | 26 See the upside in a difficult situation you learnt from   | 27 Watch something funny and enjoy how it feels to laugh           | 28 Create a playlist of your favourite songs and enjoy them     |
| 29 Take time to do something that makes you happy today         | 30 Make a list of the joys in your life (and keep adding to them)  |  <p><b>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</b></p> |  |  |  |   |






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

30 actions to look after ourselves and each other as we face this global crisis together
 Keep Calm · Stay Wise · Be Kind

## Happy Pride Month

June is also **Pride month**. Pride events celebrate LGBTQ+ culture and pride. Pride is a **positive stance against discrimination**. Pride is celebrated globally with many events, activities and parades happening all over the world help at different dates.

This year marks 50 years since the Stonewall Uprising and all the moments that have made us feel Pride. Pride month has been recognised since 1970, one year after the Stonewall Rebellion which took place on June 28th 1969, commemorating the impact the riots had had on society.

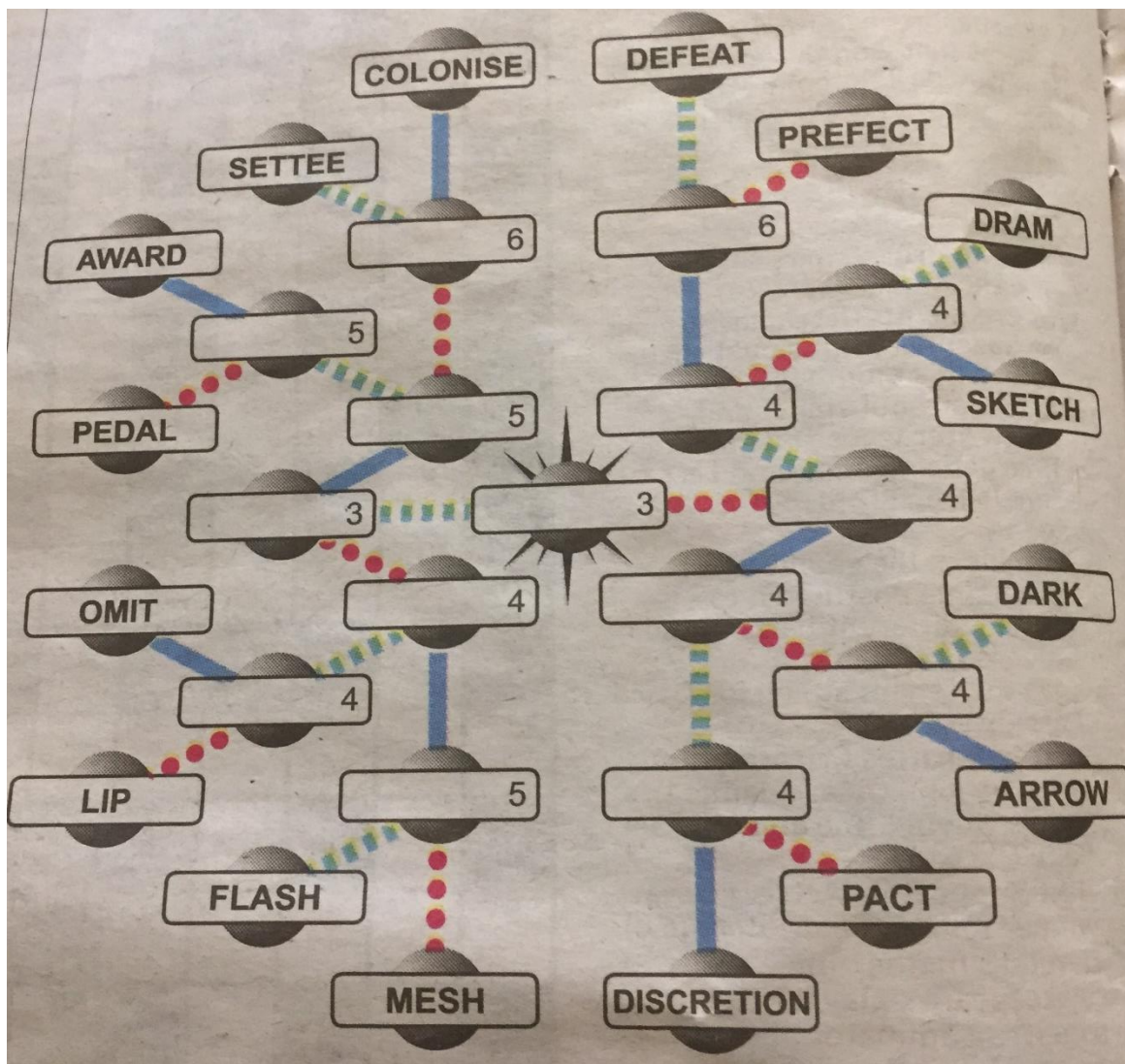


# Puzzle time

The answers from Edition 10 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

**Nature**

1. What is the only bird that can fly backwards?

- A. Kestrel
- B. Peregrine falcon
- C. Hummingbird

**Music**

2. Who sang the song "Goosebumps"?

- A. Marshmello
- B. Drake
- C. Travis Scott

**Roman mythology**

3. Which of these was not one of Hercules' labours?

- A. The golden fleece
- B. The nemean lion
- C. Bring Cerberus back from the underworld

**Anagram**

4. Which capital city is this?

Cow hand sting

**Binary**

5. What is 10 in binary?

- A. 10
- B. 1010
- C. 101010

**Sport**

6. In which sport is 180 deemed a perfect score?

- A. Ten pin bowling
- B. Snooker
- C. Darts

**Elements**

7. What is the chemical formula for silver?

- A. Ab
- B. Ag
- C. Au

**Maths**

8. Which distance is longest?

- A. 5 miles
- B. 7.5 km

**Music**

9. What was the Christmas number 1 in 2016?

- A. The garden by Take That
- B. Can we fix it by Bob the Builder
- C. Rockabye by Clean Bandit

**Food**

10. Use the letters to make 4 Mexican food dishes( you can only use each letter once)

1. \_ \_ J \_ \_ \_
2. \_ \_ \_ \_ L \_ \_
3. \_ \_ \_ O
4. N \_ \_ \_ \_

HALOFACTICTAOTAARIT

# 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!

Here are the first few SQUARE numbers.....

|   |   |   |    |    |    |    |
|---|---|---|----|----|----|----|
| 1 | 4 | 9 | 16 | 25 | 36 | 49 |
|---|---|---|----|----|----|----|

Here are the first few FIBONACCI numbers.....

|   |   |   |   |   |   |    |
|---|---|---|---|---|---|----|
| 1 | 1 | 2 | 3 | 5 | 8 | 13 |
|---|---|---|---|---|---|----|

The square numbers are well in the lead.  
Do the Fibonacci numbers ever catch up?



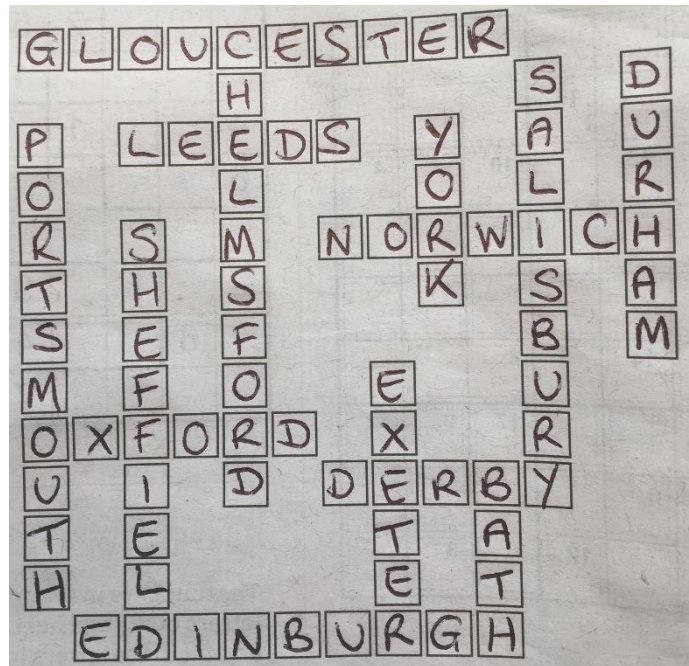
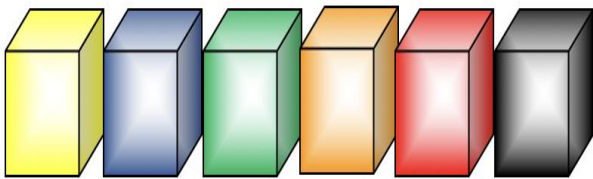
**Edition 10 answers**

**Zygolex** – flag; remote; whip; nose; flog; note; hog; **hot**; jot; pig; job; pie; lob; big; task

**Maths challenge** – See diagram

**Letter fit** – See diagram

**Teenage Test** – 1 (c) the 1940s; 2 (a) America; 3 (a) one of a crowd of other girls and to act and speak and dress exactly as they do; 4 (c) being a war supporter; 5 TRUE; 6 (b) 9 hours 15 minutes; 7 (b) 18 years old; 8 TRUE; 9 (b) YouTube; 10 (b) 23%



That's it for this edition. Take care,  
stay safe everyone and stand by for  
Edition 12 next Friday!

