

# We are Hurworth

Welcome to the fourteenth 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.

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.**



## Goodbye Year 11

Under normal circumstances **today is the day when all of the exams would be finished and Year 11 would officially leave the school.** While we haven't been able to celebrate in the way we normally would, **we will not forget you** and as soon as it's safe we're looking forward to seeing you all again at Prom. We have a date provisionally booked in November but once we know if it can definitely go ahead then or not we'll be in touch to invite you all.

The good news for now is that the **company printing your hoodies have reopened so we're hoping that they will be with you soon.** The printers for the yearbooks aren't up and running yet but we'll get them to you as soon as we can.

We couldn't let the moment pass without one final look at the running track you all grew to love so much (!! ) so if you haven't seen it yet make **sure you check out Mr Sutherland's farewell video.**



You were all little when you walked through the door,  
 But now you're not quite so little anymore!  
 Remember the first day when you didn't know?  
 How to get to lessons or where to go?

What to get for lunch? Or any of the people in your class?  
 Wondering if you'd get hours of homework? Or what'd happen if you didn't pass?  
 All of those Year 7 worries will seem so trivial now,  
 You got to Year 11, survived and figured out how!

And while this year didn't finish in the way we thought it would,  
 Don't let that spoil your ending, and think of all the good.  
 Remember all the fun times, the friends that really cared  
 The chances you were given and the laughs that you all shared

All those extra classes (or then again maybe not...)  
 Trips, events and rewards days are probably a better shot!  
 Looking back over your time at Hurworth will help you all to see,  
 How much you've changed, you're on your way, to where you want to be.

As for what happens in the future, who knows what it'll hold?  
 But it's time to take the next step, you've got to all be bold!  
 Carry on your journey, towards the land of plenty

**Goodbye, good luck and thank you, our class of Twenty Twenty**

Arron A Matthew A Morgan A Megan A James B Antonia B Alex B Mia B Kian B Sophie B Ella B Ellis  
 B Joe C Abbie C Leo C Grace C Joseph C William C Connor C Jermaine D Jack D Grace D Joshua D  
 Katie-Jean D Matthew E Emma F George F Eve F Katie F Adam F Aiden F Harriet F Harrison F Elle G  
 Yasmin G Harry G Frankie G Olivia G Ben G Noah G Christopher G Jacob G Joshua G Millie G  
 Gabriele G

Thomas H  
 Charlie H Freya H  
 Ethan H Ryan H  
 Joe H Thomas H  
 Liam H Joel H  
 Ella H Macy H  
 Maddison H  
 James H Garret H  
 Pippa H Abbie I  
 Ruby J Harvey J  
 Thomas J Charlie  
 J Jaye J Rory J  
 Ethan K Jamie K  
 Matthew K Ben K  
 Sophie L



Lewys L-H  
 Rhianna L-E  
 Lusaigh L Kacey  
 L Dominic M  
 Ella M Jade M  
 Dylan M Callum  
 M Harvey M  
 Lucy M Sophie  
 M Lewis M Lucy  
 M Robbie M  
 Ebony M Katie  
 M Alex M  
 Maisie N James  
 O Louis O  
 Eleanor P

Joshua P Aimee P Alfie P Chloe P Lucy R-P Talia R-S Greta R Esa R Elisia R Chloe R Lucianna S Alicia  
 S Aaliyah S Nathan S Abi S Sarah S Isabel S Leona S Casey-Leigh S David S Autumn S-S Caleb S  
 Hollie S Oliver S-C Kenzie S Taylor S Louis S Emma S Amy S Dawn S Gabrielle T Dylan T Daniel T  
 Adam T Madelaine W Jacob W Joshua W Cairns W Clayton W Erin W Matthew W Alex W Adam Y

# Learning at home

**As we've said to you all along we know working at home isn't ideal and we can't wait to hopefully see all back in school in September – we've got lots of exciting 'welcome back' activities planned for you and are really excited about school returning to normal. Your final tasks and projects will be set by your teachers very soon and will take you through to the summer.**

- Remember if you need paper copies of your work then please just call school and let us know. If you send work back to us once you've done it then it will be passed on to your teachers so you can get some feedback
- If you are working on Teams and get stuck with anything then the link below is to the user guide on the school website you were all sent when we first closed:-  
<https://hurworth.swiftacademies.org.uk/wp-content/uploads/sites/4/2020/03/Microsoft-Teams-Guide-2020-V1.pdf>  
 Remember that when you press 'Hand in' you need to actually have completed your work – make sure you aren't just handing in the blank instructions again
- Your teachers are posting messages to you on Teams when the work is set and are also contacting you via email – if you need anything e.g. the work is too easy and you need an extension task or it's too hard and you need some support then just email your teacher directly and they will get back to you as quickly as possible. If you're not sure of their email address just start typing their name in and it will automatically come up



## 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 Self-Quizzing and you were sent the details of this earlier in the week**

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.







# We're here to help

You have seen the information before but things may have changed for you in the last month – if they have don't worry it's OK not to be OK! 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**.









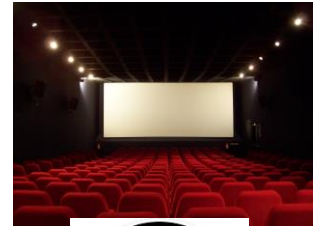
You might have heard on the news this week that there have been some **more changes** in the lockdown rules which come into place on the **4<sup>th</sup> July**:

So what do you need to know?

- **Cinemas, playgrounds, museums, libraries, hairdressers, hotels, theme parks, arcades and places of worship** will be allowed to have visitors and customers again but like with the shops that have recently reopened **safety measures will need to be in place**
- Social distancing rules are also changing on that date – **you should try and stay 2 metres away still if you can but it will be OK to go to 1 metre** where this is not possible
- **Two different households can meet each other indoors** if they want to – up to now this has been limited to groups of 6 and has been outside only
- The government has said that they are **intending that all schools can fully open in September and have promised to publish more about this soon – we'll let you know when they do!**



## Lockdown changes



## Clap for Carers back for the NHS' birthday



Clap for Carers was one of the events lots of us enjoyed during the first 10 weeks of lockdown. It was announced this week that the boss of the NHS wants to celebrate the service once every year with a clap on its birthday. This new tradition is going to start on **5<sup>th</sup> July at 5.00 p.m.** which will be the 72 years since the NHS was established. and as well as all of us going out to clap, broadcasters will be stopping their usual transmissions to join in and lots of public buildings will be lit up in blue.

Malala Yousafzai who lots of you have heard about in school has been celebrating in style after completing a philosophy, politics and economics degree at Oxford University. You may remember her as the youngest winner of the Nobel peace prize winner in 2014. Malala moved to this country after she was shot in the head by a Taliban gunman in Pakistan in 2012 after **campaigning for girls to be educated** in her country. In case you're wondering why she's covered in paint and foam it's a tradition that's followed when people graduate from that university!

<https://www.theguardian.com/world/2020/jun/19/malala-yousafzai-joy-and-gratitude-graduating-from-oxford-degree>

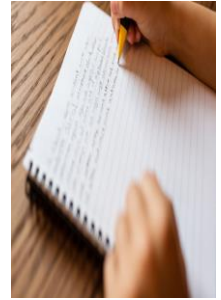
## Education makes the difference...



In the 5<sup>th</sup> June edition of our newsletter we explained to you who George Floyd was and why his death had led to protests around the world. Since then there have been many more protests and you may have heard ordinary people as well as footballers, politicians, actors and reporters on the television **talking about the importance of equality and fairness**. For next week's 500 words story the theme is Black Lives Matter and Virgin Radio are asking you to unleash your imagination, ignite a spark, tap into your feelings and use your sense of humour to tell an amazing story. Your story must be based around the theme of Black Lives Matter but could be about togetherness, learning, empathy or personal experience. The competition is open from **6:30am on Monday 29th June until Friday 3rd July at 11.59pm 2020** and you have to be 13 or under to enter. **If you want to find out more about the competition then go to the link below but don't forget that we would love to see your stories too!**

<https://500words.me/for-kids/>

## 500 words



## The little things that rule the world



**National Insect week** runs from the **22<sup>nd</sup> to the 28<sup>th</sup> June**. There are more than 24,000 species of insects in the UK and they all play a crucial part in the ecology of our planet. Take a look at this website to find out what an insect is, the importance of insects and the people who study them. If you are feeling creative get tips on how to photograph insects and make your own insect inspired art work.

<https://www.nationalinsectweek.co.uk/>

## Mass Dance Week 3

The link for this week's section of the dance is:

<https://we.tl/t-FRclWzKa3A>





# Glastonbury at home

Glastonbury Festival the world's most famous music and performing arts festivals was due to have celebrated 50 years this week. This year we can all have our own "festival experience" at home without the mud! Get your festival gear on and get dancing at this year's **virtual festival**:

<https://www.bbc.co.uk/events/evrj6q/performances#all>

Check out your favourite performers, or discover some bands:

<https://www.bbc.co.uk/events/evrj6q>



## Look the part!



Why not **dress up for your festival** and add the finishing touch with a daisy chain.

1. Find a patch of daisies.
2. Pick a few daisies: try to pick ones with good long stalks.
3. Use your thumbnail split the stalk about halfway down its length.
4. Thread the stalk of another daisy through this hole. Then make a hole in this daisy's stalk with your thumbnail and thread another daisy through it.
5. Keep going until you have a really long daisy chain.



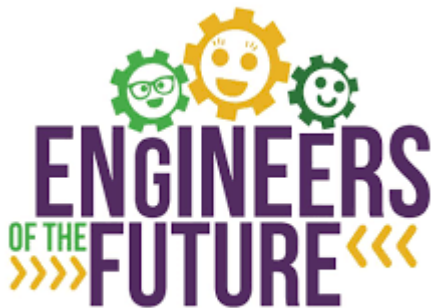
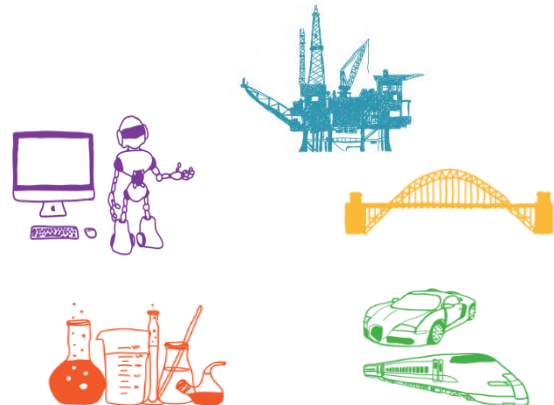
Or try **decorating** the garden (if you've got one) or a room in your house too – you don't need any 'special' equipment just use whatever you have hanging around! You can get more ideas at:

<https://www.idealhome.co.uk/garden/garden-advice/15-ways-to-bring-the-summer-festival-feeling-home-26204>

# Future engineers

2 different ideas for you this week. The first link is to a website which is updated regularly. In these weekly episodes many different types of engineers talking about their jobs and how they became an engineer. They all work for companies here in the North East of England. Take a look **this could be you in the future.**

<https://www.bringitonne.co.uk/bring-it-on/>



The second is a competition. Can you design a solution that could change our world for the better? Do you want to help combat poverty, disease, and hunger, reduce pollution and climate change, promote good health and wellbeing or even create sustainable cities and communities of the future?

All you need is your imagination and a drawing device (paper or electronic) and you're ready to begin designing. Then think about a problem you want to solve, big or small and what could be built by engineers to make this happen now or in the future (because that's what engineers do!!).

You will have to be quick: entries before the **30<sup>th</sup> June 2020.**

<https://www.rs-online.com/designspark/extraordinary-engineering-challenge>



# Joyful June

Remember that this calendar runs right through the month so check it every day to see what the activity is – for today's it doesn't matter when the memories are from so **why not try doing your top 5 from both before and during lockdown!**




## 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 with friends 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 things you are 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)					



**"Every day may not be a good day, but there is something good in every day" ~ Alice Morse Earle**

ACTION FOR HAPPINESS









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

**Keep Calm · Stay Wise · Be Kind**

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

## An unusual performance

This week a string quartet took a bow to an audience of 2,292 pot plants after playing Giacomo Puccini's "Chrysanthemum," in the Liceu opera house, Barcelona. Humans had to watch online. After the performance all the plants were donated to front line workers.

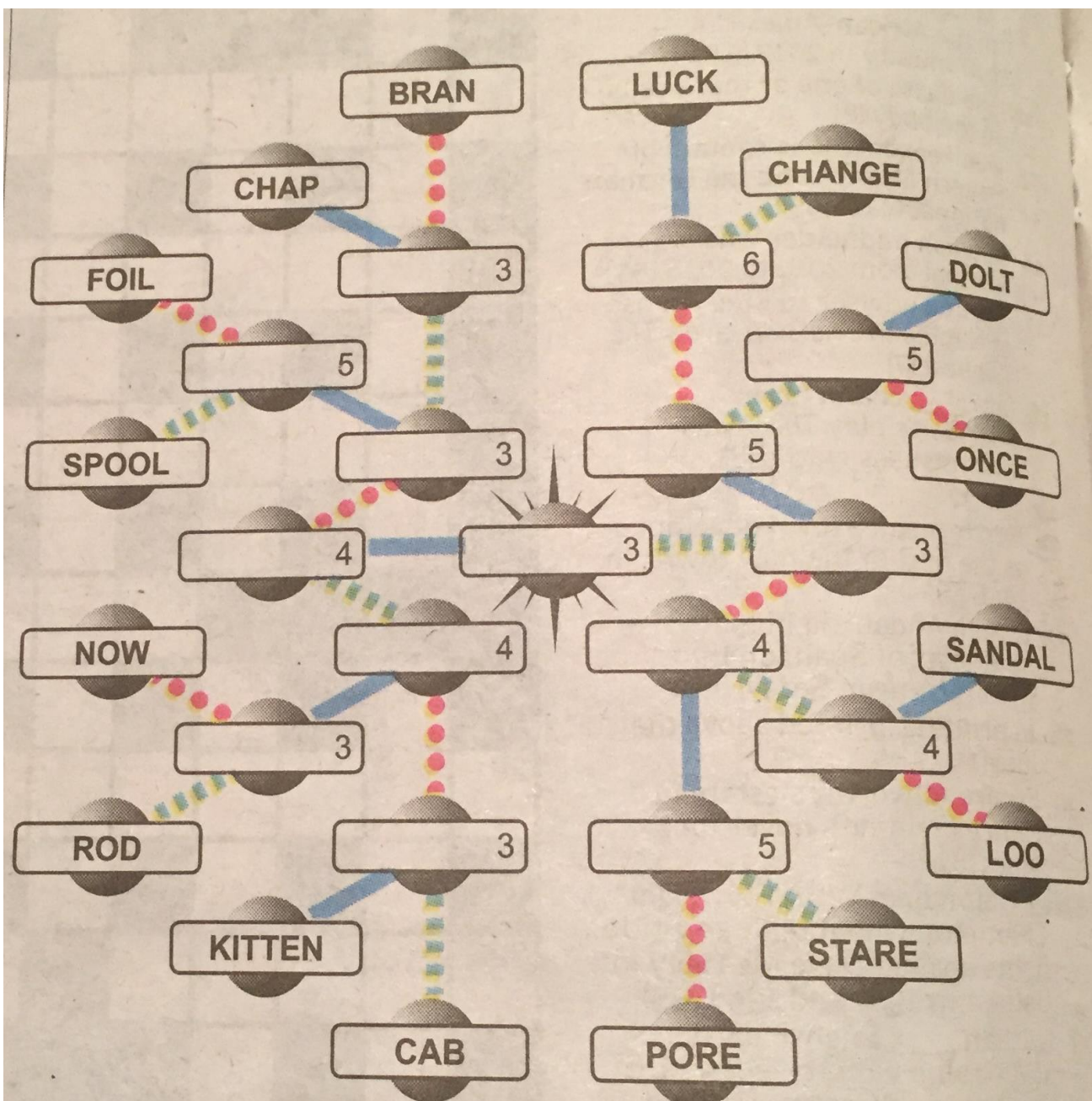


# Puzzle time

The answers from Edition 13 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**

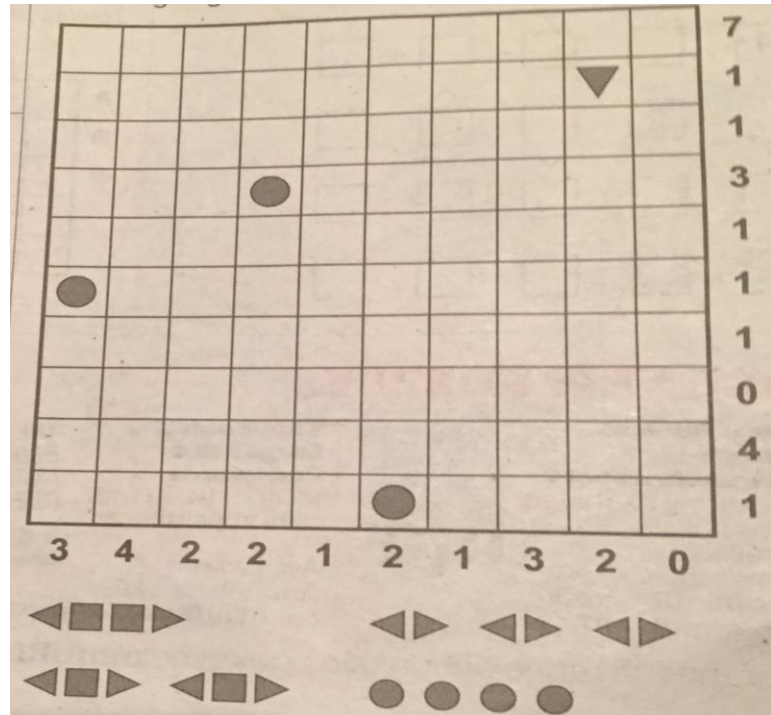
## Zygolex



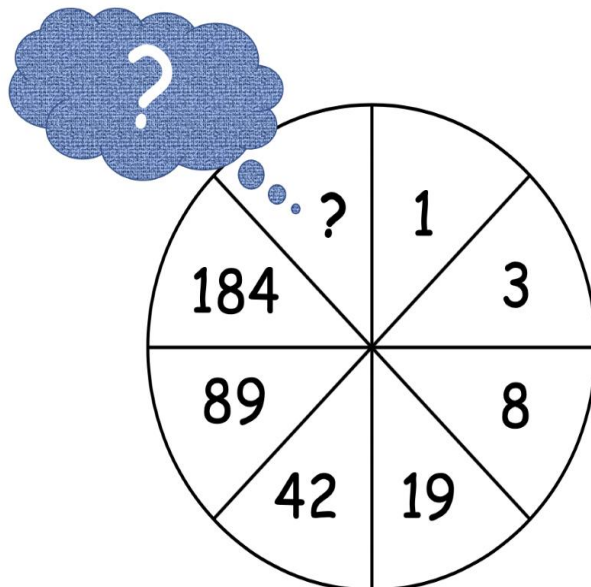


# Battleships

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.



## 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!



# Eye Spy

Can you name these Disney characters just by their eyes?

1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

21		31	
22		32	
23		33	
24		34	
25		35	
26		36	
27		37	
28		38	
29		39	
30		40	



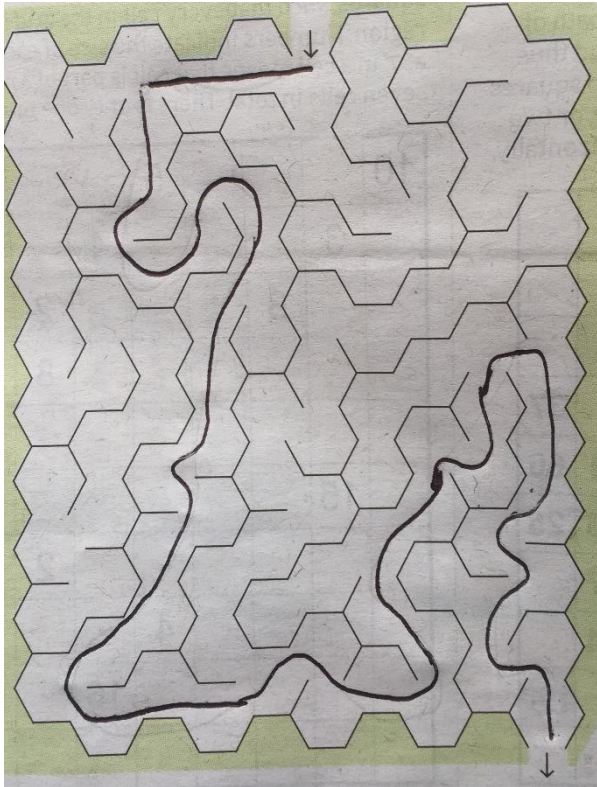
### Edition 13 answers

**Zygolex** – flop; blow; nail; pot; fail; blot; fair; **stair**; stain; just; plain; jest; plait; dust; clear

**Hex maze** – See diagram

**Maths challenge** – See diagram

**Football Finishes** – City; United; Wanderers; Hotspur; Palace; Albion; Villa; Forest; Rovers; County; Rangers; Wednesday; Athletic; Town; North End; Bournemouth (the clubs name is actually AFC Bournemouth so the “finish” is what most people call the club!)



If you divide 552 by  $\frac{1}{4}$ , and then divide the result by half the original figure, what is the answer?

To divide by  $\frac{1}{4}$  is to multiply by 4.

$$552 \times 4 = 2208.$$

$$2208 / 276 = 8$$



That's it for this edition. Take care, stay safe everyone and stand by for Edition 15 next Friday!

**Happy**  
FRIDAY