

We are Hurworth

Welcome to the sixteenth 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.**



Learning at home – Getting set for the summer

Next week is the last week of term before the summer holidays so it's time to make sure you've got everything sorted before we break up!

You need to:

- Make sure you've **finished off all your tasks by Friday if you can and have handed them in** – preferably on Teams but remember you can email your teachers at any time and you can also drop off/send back paper copies of your work if you're working that way. If you want to take photos of your written work then send those to your teachers instead
- If you've kept up to date with your tasks then you won't have work to do over the summer but **if you are a little bit behind then use the 6 weeks to carry on doing a little bit each day so you are 'ready to go' in September**
- Information will be coming out next week to you and your parents/carers about how school will work in September and **we can't wait to see you all in and taking part in our special "welcome back" activities**

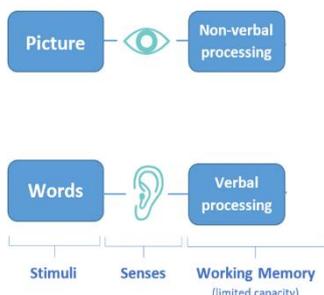
Your teachers have some surprises planned for you next week so make sure that you keep checking your emails!



Year 10 – Hurworth’s Helping Hand



Allan Paivio’s Dual-Coding Theory



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 Dual Coding

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.

Mentor meetings continue next week – please remember to let us know if you can’t make your appointment for any reason and we will do our best to rearrange it for you

Another good reason to make sure that you are finishing off work this week is that **you still have time to be chosen as the star pupil in your year group** – departments are picking these this week and **the winners will be revealed in next week’s edition**

Reaping the Rewards - reminder



WELL DONE FOR ALL OF YOUR HARD WORK!

You are doing
GREAT

To, STUDENT

It is great to see that you are completing your SUBJECT work regularly.
I have been very impressed with the work you have submitted.
Well done and keep up the fantastic work!
Stay safe,

WELL DONE FOR ALL OF YOUR HARD WORK!

You are doing
AMAZING

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WELL DONE FOR ALL OF YOUR HARD WORK!

Recognising your
OUTSTANDING
effort

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WELL DONE FOR ALL OF YOUR HARD WORK!

Keep up the
FANTASTIC
work

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Well done and keep up the fantastic work!
Stay safe,



Prime Minister's speech for Year 11

On **Friday 10 July at 10am**, the Prime Minister will be giving an address to all school leavers which will be broadcast on Facebook and YouTube - a recording of the address will be available to view on both platforms if you can't watch it live!

Festival of Science

The Big Bang festival of science takes place every year in Birmingham. This year it is going on line so we can all take part.

Join a day of inspiring online sessions with a front row view of the incredible contribution of scientists, healthcare professionals, engineers, technicians and students in responding to Covid-19.

Listen to people working to develop a vaccine, the teams involved in building the Nightingale hospitals, those keeping transport networks going and the companies innovating to respond to the UK ventilator challenge. Also meet inventive young people supporting frontline efforts across the world, get an insight into the environmental benefits of staying at home and celebrate healthcare heroes and learn how their jobs have changed.

Take part in interactive polls, live Q&A sessions with guests and there are even prizes to be won!

Details before the day can be found at #BigBangDigital and watch the live stream on **Tuesday 14th July** by following the link below:

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



Take part in the Virtual Faraday Challenge to see if you can assist the work of Airbus in helping people around the world in times of need and work in the way engineers do to design a new product. Take a look at the challenge brief on the link below, the closing date is 31st July:

<https://education.theiet.org/faraday-challenge-days/virtual-faraday-challenge/>

Challenge time 1



Challenge time 2

This week's second challenge is nature themed – it will run right over the 6 weeks but you can get started early if you want to 😊

Nature challenge: activities to complete over the 6 weeks

Admire a sunrise/sunset	Find frogspawn – observe the cycle of life	Rethink celebrations: how can you avoid balloons and glitter?	Spend time on a clear night looking at the stars	Learn wild words: Psithurism... what does it mean?	Identify 5 fallen seeds – what is at your feet when you walk	Sketch your favourite wild landscape	Organic – can you tell the difference?
Provide sugar solution for bees in trouble	Feel the world barefoot on grass, on sand, in a river, on pebbles (be careful)	Cloud bathing; what shapes can you see?	Make and scatter seed bombs	Make a natural facemask without the chemicals	Grow your own sunflowers	Keep a window list – what wildlife comes to visit	Learn wild words: Murmuration... what does it mean?
Time-lapse a tree – not just during the summer, but see if you capture a year	Think before you buy: can you reduce plastic	Learn wild words: Petrarch... what does it mean?	Rethink wrapping use more natural wrapping and string rather than sellotape.	What is inside cuckoo spit – find a froghopper nymph	Volunteer your time for wildlife charities	What other activities do you want to complete?	<i>These ideas have come from 365 days wild book by Lucy McRobert</i>

Keep exploring,
keep learning

Let Mrs Wright know how many you manage, so you can get rewarded!

Jump Back July

Whilst coronavirus hasn't just "gone away" with the situation looking better and us getting more freedom **this month it's time to start recovering and bouncing back ready for a fresh start at school in September** – try following the resilience calendar below.



RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write down your worries and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. we all struggle at times



ACTION FOR HAPPINESS



actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind

IT'S OKAY TO NOT BE OKAY

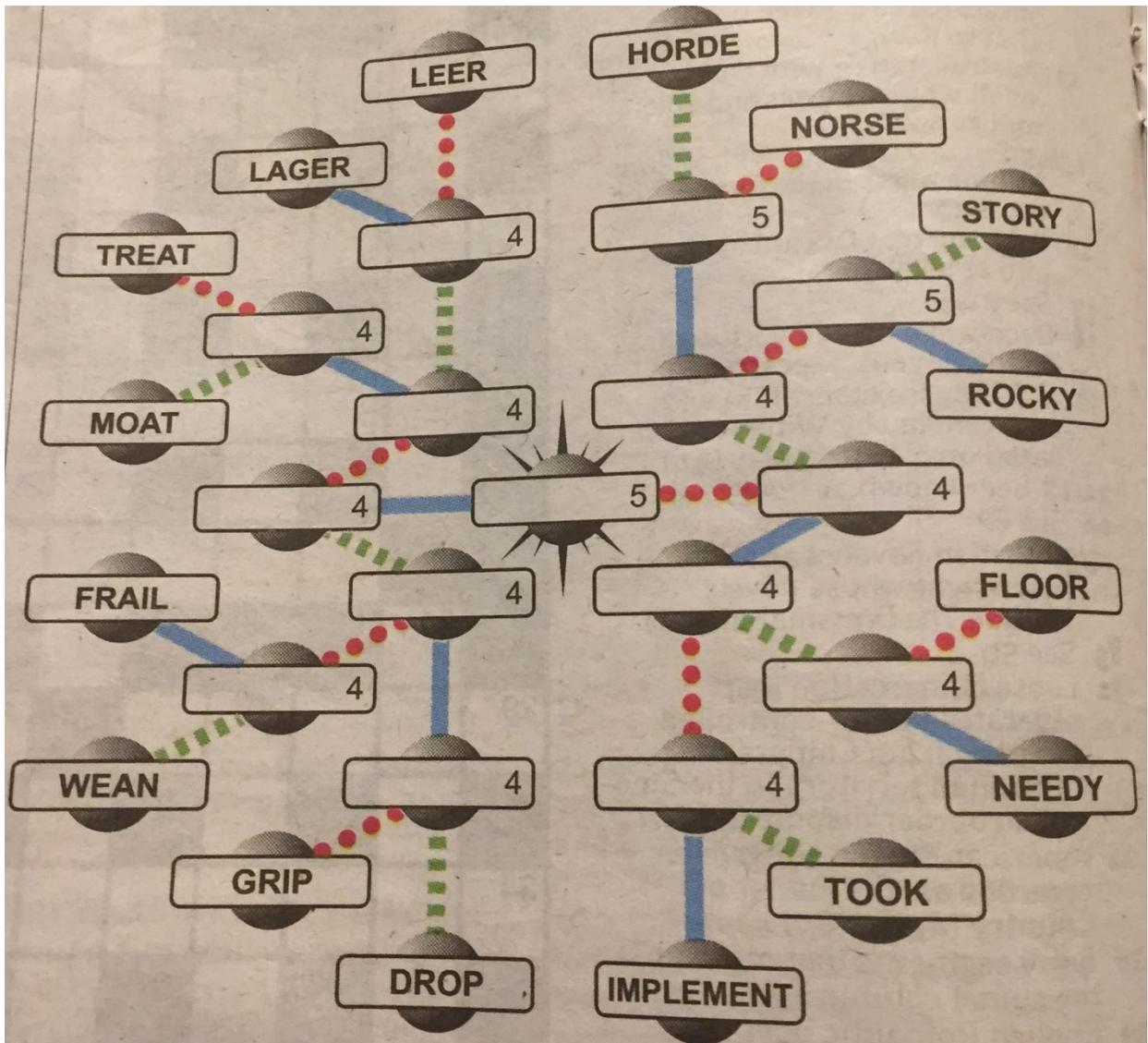


Puzzle time

The answers from Edition 14 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



Back after a short break! 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!!

Family quiz

Mythology

1. Which Mythology was the Lernaean Hydra from?

- A) Norse Mythology
- B) Roman Mythology
- C) Greek mythology

Music

2. Who sang Astronomia?

- A) Vicestone
- B) Travis Scott
- C) 6ix9ine

TV

3. What is the name of the tennis player who Wimbledon 2020 was based on?

- A) Novak Djokovic
- B) Roger Federer
- C) Andy Murray

Sport

4. True or false

The top league of German football is called the Bundesliga

Languages

5. True or False

The word yoghurt came from Turkey

Exports

6. True or false

Oil is Saudi Arabia's main export

Music

7. True or false

There are 5 strings on ukulele?

Languages

8. True or False

Ni hao is goodbye in Chinese

Geology

9. True or false

Eventually Iceland will cover the whole Earth

History

10. True or false

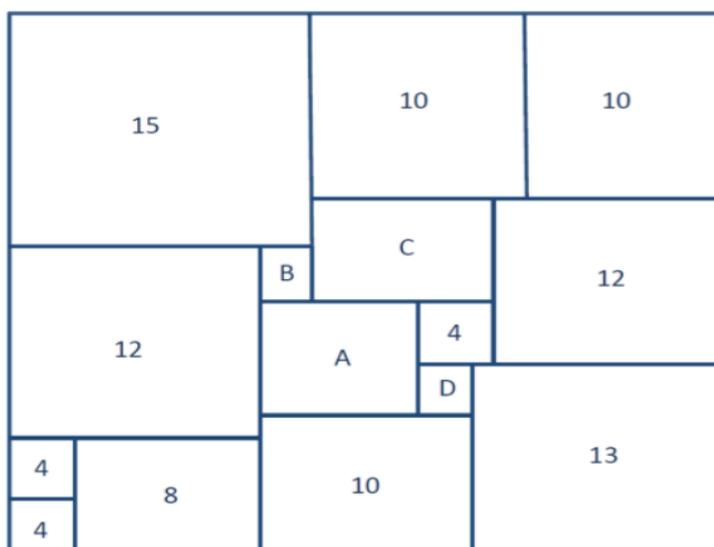
A Greek founded Rome



Maths challenge

Each shape contained within the largest square is also a square.

The number in each square is the length of its sides.



What is the value of A, B, C and D?

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 Points will be added to your tutor group totals. **Answer next time** and more to follow!

Super Sports

The images below are close ups of equipment from each of the top ten most popular sports in the world – **all you have to do is name the sport that it's from!**

1



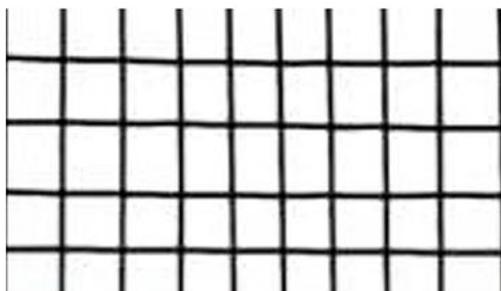
2



3



4



5



6



7



8



9



10



Feeling hungry?

The images below are all different types of biscuits you might have during your break from learning – can you name them all?



1



2



3



4



5



6



7



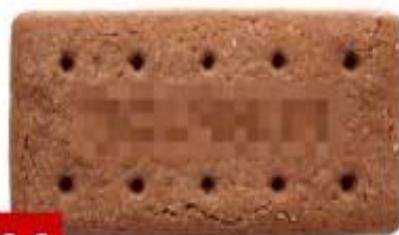
8



9



10



11



12

Edition 15 answers

Zygolex – trot; lack; joy; pick; jog; pack; snog; **snow**; stow; kiss; stop; bliss; pop; kids; halt

Family quiz – 1A; 2C; 3B; 4B; 5 Great British Bake Off; 6B; 7B; 8B; 9C; 10B

Maths challenge – See diagram

Emoji quiz 1 – 1 Baa Baa Black sheep; 2 Old McDonald had a farm; 3 Rub a dub dub; 4 Five little monkeys jumping on the bed; 5 Hickory Dickory Dock; 6 One two buckle my shoe; 7 3 little kittens; 8 Ring a ring a roses; 9 Hey diddle diddle; 10 Are you sleeping? Are you sleeping?; 11 Rain rain go away; 12 Row row row your boat; 13 Itsy bitsy spider; 14 Little red hen

Emoji quiz 2 – 1 Blood brothers; 2 Carousel; 3 Cabaret; 4 Sunset Boulevard; 5 The Lion King; 6 Fiddler on the roof; 7 The Rocky Horror picture show; 8 Singing in the Rain; 9 The Sound of Music; 10

Hairspray

The diagram shows a 3x4 grid of stars. The stars in each row are: Row 1: white 5-pointed, white 8-pointed, black 4-pointed, black 5-pointed; Row 2: black 4-pointed, black 5-pointed, black 8-pointed, white 5-pointed; Row 3: black 8-pointed, white 5-pointed, white 5-pointed, white 8-pointed. Below the grid are five options (A-E) each in a 3x1 grid. Option D is circled in red. A text box on the right states: "Each shape moves down 1 and alternates between black and white."

That's it for this edition. Take care, stay safe everyone and stand by for **Edition 17** next Friday – this will be a holiday special with no mention of work!

Happy
FRIDAY