We are Hurworth



Welcome to the first edition! While the school is closed we'll be sending out a weekly newsletter to pass on any school information you need to know and share top tips for how to cope as well as it being another way for us to keep in touch with each other. 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.

Top Teams

Well done to everyone who has been working on their assignments on Teams – your participation has been **excellent** so far and there have been lots of green clicks put onto ClassCharts for you all. Keep it up!

If you need a reminder of the guidance for Remote Learning it's on the school website https://hurworth.swiftacademies.org.uk/remote-learning/ and remember that there are video guides/walk throughs on there for you too.

Writing posts

- When contacting teachers **please use the posts stream** and tag your teacher by using @ TEACHERID the teacher will share their ID in the task. This will mean the teacher will receive a notification and can reply to you ASAP
- When contacting teachers for help please be specific. Saying you are "stuck", "confused" or "need help" will enable your teachers to help you
- Teams is an educational tool and social media. If posts are not related to the lesson then you may be muted

Accessing Teams

- Over 100 million people use Microsoft Teams **EVERY DAY**. There will be times, especially on an early morning when it will be slow. Please be patient
- All **lessons will appear as an "assignment" in Teams** make sure that you click view assignment on the correct lesson at the correct time. **Make sure that you watch the video first**. Teachers are spending a lot of time in creating them to help you
- When Teams is very busy documents will open in "read only mode" which means you will not be able edit. Please check for this at the top of a document and change if necessary

Working online

- The **majority of tasks will be completed within Teams using Word or PowerPoint** online. Both pieces of software save automatically when you stop typing. Please take a couple of seconds to pause every now and then to enable this to happen. If your teacher wants you to hand the work in in another way e.g. by emailing it to them then it will tell you this in the instructions so **make sure that you check carefully**
- Don't forget to **press Hand in** when you complete your work on Teams!
- At busy times when the software is slow avoid pasting large images





Timetables

- Remember that you should be **following your bubble timetables** as lots of students are still in school. A reminder of the timings for your year group is in the tables below and remember that **your teacher will be online to help you** during the lesson:

Year 7		Year 8		Year 9	
Form time	8.45-9.10	**Form time**	8.45-9.10	**Form time**	8.45-9.10
Period 1	9.10-10.10	**Period 1**	9.10-10.10	**Period 1**	9.10-10.10
Break	10.10-10.25	**Period 2**	10.10-11.10	**Period 2**	10.10-10.40
Period 2	10.25-11.25	**Break**	11.10-11.25	**Break**	10.40-10.55
Lunch	11.25-12.00	**Period 3**	11.25-12.35	**Period 2 continued**	10.55-11.25
Period 3	12.00-1.10	**Lunch**	12.35-1.10	**Period 3**	11.25-12.00
Period 4	1.10-1.25	**Period 4**	1.10-1.55	**Lunch**	12.00-12.35
Break	1.25-1.40	**Break**	1.55-2.10	**Period 3 continued**	12.35-1.10
Period 4 continued	1.40-2.25	**Period 4 continued**	2.10-2.25	**Period 4**	1.10-2.10
Period 5	2.25-3.25	**Period 5**	2.25-3.25	**Break**	2.10-2.25
				Period 5	2.25-3.25

PSHCE and SMSC lessons re-start for all year groups week beginning Monday 11th January

Year 10		Year 11	
Form time	8.45-9.10	**Form time**	8.45-9.10
Period 1	9.10-10.10	**Period 1**	9.10-10.10
Period 2	10.10-10.55	**Period 2**	10.10-10.25
Break	10.55-11.10	**Break**	10.25-10.40
Period 2 continued	11.10-11.25	**Period 2 continued**	10.40-11.25
Period 3	11.25-12.35	**Lunch**	11.25-12.00
Lunch	12.35-1.10	**Period 3**	12.00-1.10
Period 4	1.10-1.40	**Break**	1.10-1.25
Break	1.40-1.55	**Period 4**	1.25-2.25
Period 4 continued	1.55-2.25	**Period 5**	2.25-3.25
Period 5	2.25-3.25		



Going Live!

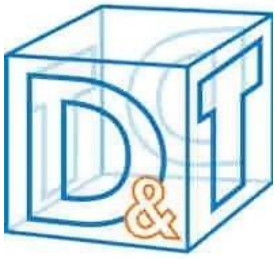
- **Every lesson has a recorded PowerPoint/video** for you to watch so you still get to hear your teachers explaining things to you as well as being able to write posts to them during the lesson time
- **Some lessons will be live but they will always be recorded so that if you can't log on at that particular time you can always watch them later**. The schedule for next week's live lessons is below and more will be coming soon:

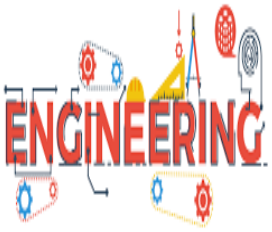
Date	Time	Class
Monday 11th January	9.00-9.10	Year 11 Assembly – Miss Peaker and Mr Sutherland
	9.10-10.10	Year 10 Sports Studies – Miss Hodgson
	10.10-11.25	11B GCSE PE – Miss Hodgson and Mr Liddle 11B Art – Mrs Waller
	2.25-3.25	11D Art – Mrs Waller
Tuesday 12th January	10.10-11.25	Year 11 Food Preparation – Mr Gawthorpe
	11.25-1.10	10B History – Mrs Burn Year 10 Enterprise and Marketing – Mr Sutherland
	2.25-3.25	11C GCSE PE – Mr Liddle and Mr Douglas Year 11 German – Mrs Rye 11C History – Miss Walker
Wednesday 13th January	9.10-10.10	11D History – Mrs Burn 11D History – Miss Walker
	10.10-11.25	11C GCSE PE – Mr Liddle and Mr Douglas Year 11 German – Mrs Rye
	11.25-1.10	10B History – Mrs Burn
Thursday 14th January	11.25-1.10	11A History – Mrs Burn
	1.10-2.25	10A History – Miss Walker
Friday 15th January	11.25-1.10	11B GCSE PE – Miss Hodgson and Mr Liddle

Access to devices

- If you are having problems accessing your Remote Learning because you don't have access to a device on which to do it then **ask your parent/carer to contact school** and we'll be able to help you
- Some of the mobile phone companies are also offering free data while we are in lockdown but you have to meet certain criteria for this – you can find out more at https://get-help-with-tech.education.gov.uk







Other helpful resources

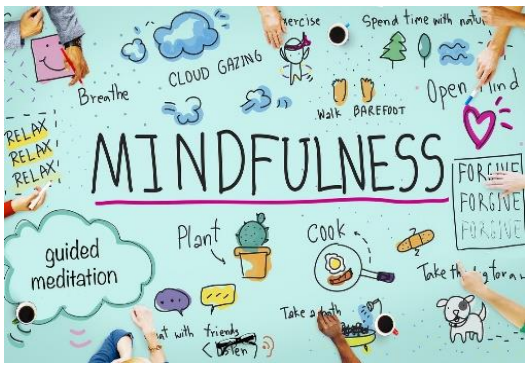
- Many other companies are also offering free support during lockdown e.g. if you are in Year 10 or 11 and have taken D&T/Engineering then this will help you with the design element of your courses: https://www.techsoft.co.uk/adverts/coronavirus-covid-19

Year 11 information – summer exams



Following the Prime Minister's announcement that "it is not possible or fair for all exams to go ahead this summer as normal" on Tuesday 5th January the Education Secretary, Gavin Williamson, gave a statement on the 6th January where he announced that students will be given "teacher-assessed grades" in place of exams in GCSE subjects – adding that no algorithms will be used this time around as they were for 2020's cancelled exams before the government's U-turn. **The details still need to be "fine-tuned" and more information about what England's cancellations mean for students, including the details of how teachers will decide their grades and when students will receive their results, are expected to be announced by the end of January**. A decision also needs to be made about vocational subjects as at the moment all of the exams in those subjects are scheduled to go ahead though this might change. **As soon as we know more we will let you know but for now it is definitely 'business as usual' as at this stage for you if you are in Year 11 as we don't know what evidence we will be asked to use to decide on your grade yet!**

Mindfulness activity of the week

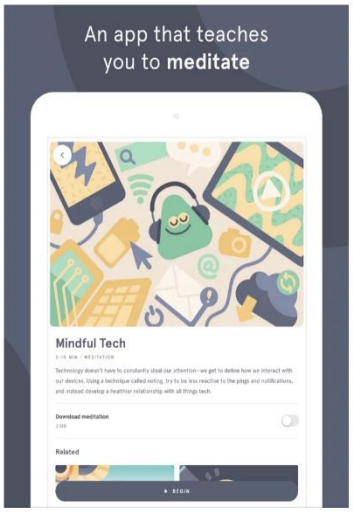


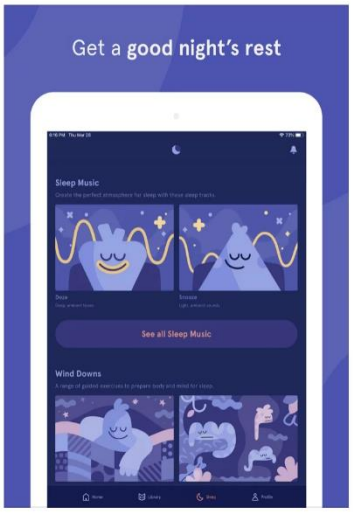
Every week we're going to suggest some mindfulness activities which you might want to try – this week it's the **heartbeat exercise**.

- Jog on the Spot, Jumping Jacks or Jump on the Spot for 1 minute
- Then for one-minute sit with hands placed on your chest with your eyes closed feeling the beat of your heart
- While doing this breathe in through your nose and out of your mouth
- Listen and feel your heart beating and chest rising and falling blocking out all other thoughts
- This can be repeated more than once









App of the week

Headspace is a great App that can be downloaded onto any device. There are five key sections to the app - Calm, Focus, Kindness, Sleep and Wake up. The app is available free or can be advanced and paid for too, there are also free trials available. Headspace want children to be healthy and happy, not just now but for the rest of their lives. They teach meditation that can be used throughout life and in many different environments.

January Fresh Start

January is a time where people often think carefully about their lives and make a 'resolution' of some kind which can be anything from taking more exercise to keeping their room tidier. **Why not make your resolution this year to be kinder to others and yourself and use the Action Happiness calendar to help you do it!**





Wise Words

If you love books/authors/theatre etc then once you work is finished have a look at this website from the National Literacy Trust. There are lots of different activities and challenges you can complete so you're sure to find something you'll really enjoy!

https://wordsforlife.org.uk/zone-in/?mc_cid=1a3d7a5c57&mc_eid=f48029a9e4

That's it for this edition.

Take care, stay safe everyone and stand by for Edition 2 next Friday!

