

We are Hurworth

Welcome to the second edition! While the school is partially 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

Another great week on Teams this week for most of you – 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.



Accessing Teams

- If you are still having problems accessing Teams then please let us know and we can help
- Over the first two weeks:
 - ✓ **33.4% of you have accessed Teams using a laptop/computer**
 - ✓ **49.5% of you have accessed Teams using an Apple phone/iPad**
 - ✓ **17.1% of you have accessed Teams using an Android phone/tablet**

But did you know you can also use...

Using a Games Console to Access Remote Learning



1. Plug a keyboard into your XBOX USB slot (and a mouse if you prefer)
2. Go into my games and apps
3. Find Microsoft Edge
4. Type in the Office 365 link
www.outlook.com/swiftacademies.org.uk
5. Login with your School email and password
6. You can now access your work and emails

Microsoft Edge



1. Plug a keyboard into your PS3/PS4 USB slot (and a mouse if you prefer)
2. Press the PS4 logo on your controller
3. Go into the library and find the options for games and applications. In applications you will find the internet browser icon. It should say WWW with dots around it
4. Type in the Office 365 link
www.outlook.com/swiftacademies.org.uk
5. Login with your School email and password
6. You can now access your work and emails



Internet Icon

To open your OneDrive, Microsoft Teams and packages including Word, Excel and Powerpoint, click into the 9 white dots on the top left of your screen.



SwiftAcademies

If you need to borrow a keyboard for your console then contact school and we can lend you one!

Accessing Teams continued

- No matter which device you're using most of you are still using a web-based version of Teams
- If you are using a smartphone or a tablet then you can **download the Teams app** which will give you a much better experience
- Download **"Microsoft Teams"** from either the Apple app store or Google Play Store for **free**
- You will need to use your school login details - this is your **4-digit code** followed by **@hurworth.swiftacademies.org.uk**



**DON'T
FORGET!**

**DON'T
FORGET!**

**DON'T
FORGET!**

Make sure you **click Hand in** when you have finished an assignment

Tag your teacher in a post to send them an alert **@ their 3 letter code**



All **lessons on Teams work on 'bubble time'** – see the reminder on the next page

You **don't need to download and re-upload** – do it all online and **if you can't edit a document then ask your teacher**

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 |

| 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 18 th January | 9:10 – 10:10 | 7-3 Maths – Mr White 7-4 Maths – Mr Hailes 7-5 Maths – Mrs Marsay 10-5 Maths – Mr Bradnam 11B Geography – Mr Gray 11B GCSE PE – Mr Liddle and Miss Hodgson 11B Health and Social Care – Mrs Gawthorpe |
| | 10:10 – 11:25 | 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes 9-5 Maths – Miss Syson 10C Geography – Mrs Wright 10C Health and Social Care – Mrs Gawthorpe 10C Sports Studies – Mr Douglas and Miss Hodgson |
| | 11:25 – 13:10 | 8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 8-5 Maths – Mr White 10D Geography – Mrs Wright 10D Health and Social Care – Mrs Gawthorpe |
| | 13:10 – 14:25 | 7-4 Maths – Mr Elgie 8-1 Maths – Mr Hailes 8-2 Maths – Mr Bradnam |
| | 14:25 – 15:25 | 7-1 Maths – Miss Syson 7-2 Maths – Miss Syson 8-5 Maths – Mr White 10-6 Maths – Mr Jobling 10-7 Maths – Mr Hailes |
| Tuesday 19 th January | 9:10 – 10:10 | 7-5 Maths – Mr Bradnam 8-3 Maths – Mr White 8-4 Maths – Mr Jobling 8-5 Maths – Miss Syson 11B Geography – Mr Gray 11B GCSE PE – Miss Hodgson 11B Hospitality and Catering – Mr Gawthorpe |
| | 10:10 – 11:25 | 10-1 Maths – Miss Syson 10-2 Maths – Mr Jobling 11C GCSE PE – Mr Liddle Y11 Maths Focus Group – Mr Elgie |
| | 11:25 – 13:10 | 8-5 DT – Mr Gawthorpe 10-3 Maths – Mr Elgie 10-4 Maths – Miss Syson 10-5 Maths – Mr Bradnam 10-6 Maths – Mr Jobling |
| | 13:10 – 14:25 | 9-1 Maths – Mr Jobling 9-2 Maths – Mr Hailes 9-3 Geography – Mr Gray 10B Hospitality and Catering – Mr Gawthorpe Y11 Geography – Mrs Wright |
| | 14:25 – 15:25 | 7-1 Maths – Miss Syson |

| | | |
|---------------------------------------|---------------|---|
| | | 7-2 Maths – Miss Syson 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes 9-5 Maths – Mr Jobling |
| Wednesday 20 th January | 9:00 – 9:10 | Year 11 Assembly – Mr Sutherland Year 10 Assembly – Mrs Davidson |
| | 9:10 – 10:10 | 10-3 Maths – Mr Elgie Y11 Maths Focus Group – Miss Syson 11B – GCSE PE Mr Liddle |
| | 10:10 – 11:25 | 10-6 Maths – Mr Jobling 11D Health and Social Care – Mrs Gawthorpe |
| | 11:25 – 13:10 | Y10 Geography – Mr Gray 10C History – Mrs Burn 11-3 Maths – Mr Hailes 11-5 Maths – Mr Elgie |
| | 13:10 – 14:25 | 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes 9-5 Maths – Miss Syson Y10 Enterprise and Marketing – Mr Sutherland |
| | 14:25 – 15:25 | 9-1 Maths – Mr Jobling 9-2 Maths – Mr Hailes Y11 Geography – Mrs Wright 11A Business – Mr White 11A Food Prep – Mr Gawthorpe |
| Thursday 21 st January | 9:00 – 9:10 | Year 9 Assembly – Mr Bradnam Year 8 Assembly – Mrs Davidson Year 7 Assembly – Mrs Pitchford |
| | 9:10 – 10:10 | 7-2 Maths – Mr White 10-3 Maths – Mr Elgie 10-4 Maths – Miss Syson 10-5 Maths – Mr Bradnam |
| | 10:10 – 11:25 | 9-4 Maths – Mr Hailes 11-1 Maths – Mr Elgie 11-2 Maths – Mr Elgie |
| | 11:25 – 13:10 | 8-1 Maths – Mr Hailes 8-2 Maths – Mr Bradnam 10-1 Maths – Miss Syson 10-2 Maths – Mr Jobling Y11 Maths Focus Group – Mr Elgie 11C Business – Mr White |
| | 13:10 – 14:25 | 8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 8-5 Maths – Mr White 10D Geography – Mrs Wright 10D GCSE PE – Mr Douglas 10D Hospitality and Catering – Mr Gawthorpe 11-3 Maths – Mr Hailes 11-4 Maths – Miss Syson 11-4 Maths – Mr Elgie |

| | | |
|---------------------------------|---------------|--|
| | 14:25 – 15:25 | 7-4 Maths – Miss Syson 7-5 Maths – Mr Bradnam 10-6 Maths – Mr Jobling 10-7 Maths – Mr Hailes 11B Geography – Mr Gray 11B GCSE PE – Miss Hodgson |
| Friday 22 nd January | 9:10 – 10:10 | 7-4 Maths – Mr Hailes 7-5 Maths – Mr Bradnam 11-6 Maths – Mr Jobling |
| | 10:10 – 11:25 | 7-4 Maths – Mr Elgie 7-5 Maths – Mr White 8-1 Maths – Mr Hailes 8-2 Maths – Mr Bradnam |
| | 11:25 – 13:10 | 9-3 Maths – Miss Syson 9-4 Maths – Mr Hailes 9-5 Maths – Mr Jobling 10C Geography – Mrs Wright 11-1 Maths – Mr Elgie 11-2 Maths – Mr Elgie |
| | 13:10 – 14:25 | 7-4 Maths – Mr Elgie 7-5 Maths – Mr Bradnam 9-1 Maths – Mr Jobling 9-2 Maths – Mr Hailes |
| | 14:25 – 15:25 | 7-2 Maths – Miss Syson 8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 8-5 Maths – Mr White 10A History – Ms Walker |

Keeping Healthy

We're all spending a lot more time on computers at the moment that we would do normally so it's really important that we look after ourselves to **avoid risks like eye and muscle strains/aches**. Check out the advice below from [healthy, set go](#) and [BUPA](#)

<https://www.bupa.co.uk/newsroom/ourviews/desk-stretches>

THE 20-20-20 RULE

to reduce the effects of digital eye strain



Take a break
for 20 seconds...



...and look at something
20 feet away...

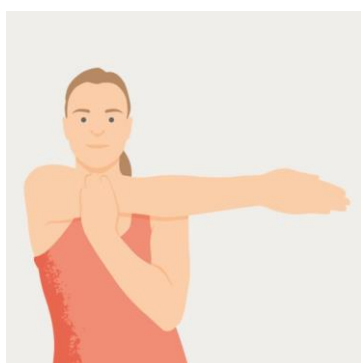
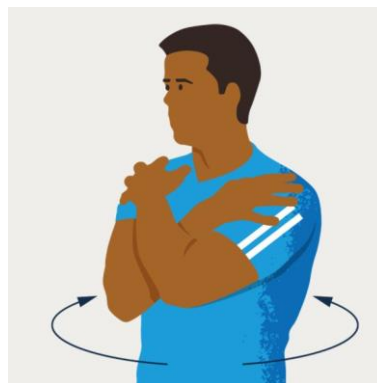


...every 20 minutes.

Follow the 20-20-20 rule and give your eyes a break! [healthysetgo.](#)

1. Seated spinal rotation

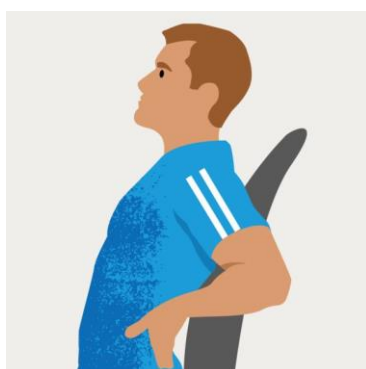
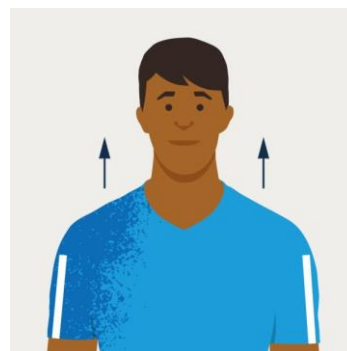
- While seated, cross your arms over your chest.
- Grab your shoulders.
- Rotate your upper body from the waist, turning gently from left to right as far as feels comfortable.
- You should feel a tension on both side of your lower back as it stretches out.

**2. Posterior shoulder stretch**

- Hold one arm across your body.
- Pull your elbow into your chest.
- You should feel your shoulder gently stretching.

3. Shoulder shrugs

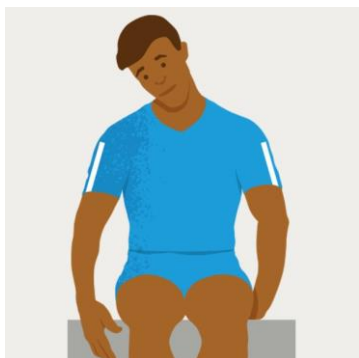
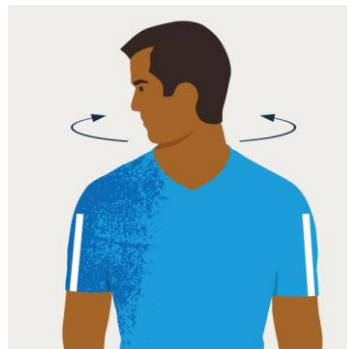
- Gently lift your shoulders.
- Let them slowly fall.
- You should feel tension being released as your shoulders drop.

**4. Sitting back extensions**

- Sit straight with your feet together.
- Put the palms of your hands into the small of your back.
- Lean back over your hands, feeling your lower back stretch out.

5. Neck rotations

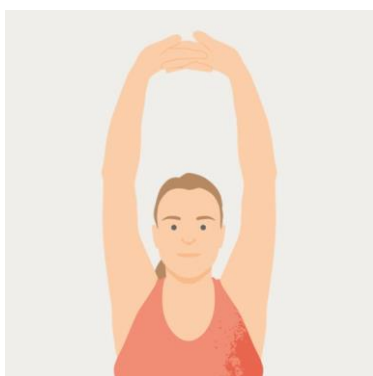
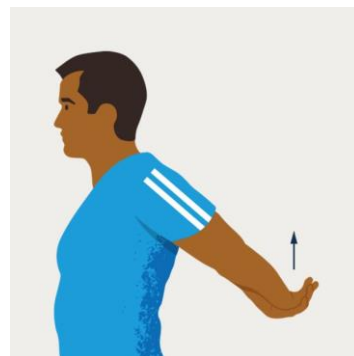
- Keep your head upright.
- Gently turn your head from side to side.
- As you turn your head, try to move it past your shoulder.
- You should feel the muscles on the outside of your neck gradually stretching.

**6. Upper shoulder and neck stretch**

- Sit on one hand.
- Tilt your head away from the hand you're sitting on.
- Tilt your head slightly forward, towards your shoulder.
- You should feel the muscles in your neck and shoulder being stretched.
- Change sides, and repeat.

7. Shoulder extension – one

- Stand up and stretch your arms out behind you.
- Clasp your hands together and gently lift your arms.
- You should feel your shoulders and chest stretching.

**8. Shoulder extension – two**

- Hold both arms above your head.
- Link your hands with your palms facing upwards.
- Reach as high as possible.
- You should feel your shoulders stretching.

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 **Music Appreciation**:

- Put on a calm piece of music, and see how many different instruments you can hear
- This is another easy way to focus your thoughts on one task in the present, rather than stressful events that may be approaching or the anxiety associated with being stuck inside
- Naming the instruments can take this activity even further.



my  life
Stop. Breathe. Think.

App of the week

My life: Meditation and Mindfulness will help you learn to meditate and be more mindful with MyLife Meditation, formerly known as Stop, Breathe & Think. MyLife Meditation is an award winning meditation and mindfulness app personalised to how you feel.

It helps you maintain perspective so you can get to a better place, in just a few minutes a day. Check in with how you're feeling and try short guided meditations and mindfulness activities, tuned to your emotions. Breathe, meditate and relax. At MyLife Meditation, they believe that taking a few minutes each day to take care of how you feel is as important as regular exercise. By developing this simple habit, you can better navigate life's ups and downs, reduce your stress and get more sleep.

The App is available free or can be advanced and paid for too, there are also free trials available.

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! How many actions can you tick off this week?**




ACTION CALENDAR: HAPPIER JANUARY 2021




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|--|---|
|  <p>"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi</p> | | | | <p>1 Find three good things to look forward to this year</p> | <p>2 Make time today to do something kind for yourself</p> | <p>3 Do a kind act for someone else to help to brighten their day</p> |
| <p>4 Write a list of things you feel grateful for in life and why</p> | <p>5 Look for the good in others and notice their strengths</p> | <p>6 Take five minutes to sit still and just breathe</p> | <p>7 Learn something new and share it with others</p> | <p>8 Say positive things to the people you meet today</p> | <p>9 Get moving. Do something physically active (ideally outdoors)</p> | <p>10 Thank someone you're grateful to and tell them why</p> |
| <p>11 Switch off all your tech 2 hours before bedtime</p> | <p>12 Connect with someone near you - share a smile or chat</p> | <p>13 Be gentle with yourself when you make mistakes</p> | <p>14 Take a different route today and see what you notice</p> | <p>15 Eat healthy food which really nourishes you today</p> | <p>16 Get outside and notice five things that are beautiful</p> | <p>17 Contribute positively to a good cause or your community</p> |
| <p>18 Focus on what's good, even if today feels tough</p> | <p>19 Get back in contact with an old friend you miss</p> | <p>20 Go to bed in good time and give yourself time to recharge</p> | <p>21 Take a small step towards an important goal</p> | <p>22 Try out a new way to get out of your comfort zone</p> | <p>23 Plan something fun and invite others to join you</p> | <p>24 Put away digital devices and focus on being in the moment</p> |
| <p>25 Decide to lift people up rather than put them down</p> | <p>26 Say hello to a neighbour and get to know them better</p> | <p>27 Challenge your negative thoughts and look for the upside</p> | <p>28 Ask other people about things they've enjoyed recently</p> | <p>29 Use one of your personal strengths in a new way</p> | <p>30 Count how many people you can smile at today</p> | <p>31 Write down your hopes or plans for the future</p> |

ACTION FOR HAPPINESS







Learn more about this month's theme at www.actionforhappiness.org/happier-january

www.actionforhappiness.org
Happier · Kinder · Together

That's it for this edition.

Take care, stay safe
everyone and stand by
for Edition 3 next Friday!

Happy
FRIDAY

