

We are Hurworth

Welcome to the third 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

Well done for another **fantastic** week engaging with your Remote Education on Teams – the percentage of work submitted in all year groups is very high but our current champions are **Year 8** who had the highest percentage last week.

We will continue writing to your parents/carers every week to let them know how your remote education is going so make sure you keep trying your best with the work you are being set.



Make sure you **click Hand in** when you have finished an assignment – lots of you are still forgetting to do this!



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.**
- We will keep giving you a mixture of activities to complete just like when you are in school – all of your lessons will help you to **learn and remember more** but the style of them will be slightly different!
- The schedule for next week's live lessons is below:

Date	Time	Class
Monday 25 th January	9:10 – 10:10	8-5 D&T – Mr Gawthorpe 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes 9-5 Maths – Miss Syson 10C Geography – Mrs Wright 11-1 Maths – Mr Elgie 10C H & SC Mrs Gawthorpe 11B GCSE PE – Miss Hodgson
	10:10 – 11:25	7-1 Maths – Mrs Reilly 8-1 Maths – Mr Hailes 8-2 Maths – Mr Elgie 10-1 Maths – Miss Syson 10-2 Maths – Mr Jobling 10C Sports Studies – Miss Hodgson 11B Geography – Mr Gray 11B H & Sc Mrs Gawthorpe 11B Hospitality – Mr Gawthorpe 7B PE – Boys and Girls – Mr Douglas 11B GCSE Engineering- Mr Healy
	11:25 – 13:10	8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 9-2 Geography – Mr Gray 10D Geography – Mrs Wright 11-3 Maths – Mr Hailes 11-4 Maths – Miss Syson 11-5 Maths – Mr Elgie 10D H & Sc Mrs Gawthorpe
	13:10 – 14:25	10-3 Maths – Mr Elgie 10-4 Maths – Miss Syson 10-5 Maths – Mr Bradnam 11-6 Maths – Mr Jobling 7A PE – Boys and Girls – Miss Hodgson
	14:25 – 15:25	7-1 Maths – Mr Elgie 7-2 Maths – Miss Syson 7-3 Maths – Mrs Reilly 7-4 Maths – Mr Hailes

		7-5 Maths – Mr Bradnam 10-6 Maths – Mr Jobling 11D H & SC Mrs Gawthorpe 11D GCSE Engineering - Mr Healy
Tuesday 26 th January	9:10 – 10:10	9-3 Maths – Miss Syson 9-4 Maths – Mr Hailes 9-5 Maths – Mr Jobling 9A PE – Boys and Girls – Miss Hodgson
	10:10 – 11:25	8-2 Geography – Mr Gray 8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 8-5 Maths – Miss Syson Y11 Geography – Mrs Wright
	11:25 – 13:10	9-1 Maths – Mr Jobling 11-1 Maths – Mr Elgie 11-2 Maths – Mrs Reilly 10C German- Mrs Rye 7-2 History – Ms Walker 9B PE – Boys and Girls – Mr Douglas
	13:10 – 14:25	10C Geography – Mrs Wright 11-3 Maths – Mr Hailes 11-5 Maths – Mr Elgie 11-6 Maths – Mr Jobling
	14:25 – 15:25	8-1 Maths – Mr Hailes 8-2 Maths – Mr Elgie 10-2 Maths – Mr Jobling 11C GCSE PE – Mr Douglas' Group 11C GCSE PE – Mr Liddle's Group 11 Maths Focus Group – Mrs Reilly
Wednesday 27 th January	9:10 – 10:10	9-1 Maths – Mr Jobling 9-2 Maths – Mr Hailes 10-3 Maths – Mr Elgie 10-4 Maths – Mrs Reilly 10-5 Maths – Mr Bradnam
	10:10 – 11:25	8-1 Geography – Mr Gray 10-1 Maths – Miss Syson 10-2 Maths – Mr Jobling 11C GCSE PE – Mr Douglas' Group
	11:25 – 13:10	10B Hospitality – Mr Gawthorpe 11-3 Maths – Mr Hailes 11-4 Maths – Miss Syson 11-5 Maths – Mr Elgie 10C German- Mrs Rye 8A PE – Boys and Girls – Miss Hodgson 10B GCSE Engineering - Mr Healy
	13:10 – 14:25	10-6 Maths – Mr Jobling 10-7 Maths – Mr Hailes 11-1 Maths – Mr Elgie 11-2 Maths – Mrs Reilly
	14:25 – 15:25	10D/Hp1 -Hospitality –Mr Gawthorpe 8-3 Maths – Mr Bradnam 8-4 Maths – Mrs Reilly 10D Geography – Mrs Wright

		11-6 Maths – Mr Jobling 10D GCSE PE – Mr Douglas
Thursday 28 th January	9:10 – 10:10	7-5 D&T - Mr Gawthorpe 10C Geography – Mrs Wright 10C H & Sc Mrs Gawthorpe
	10:10 – 11:25	10-4 Maths – Miss Syson 10-5 Maths – Mr Bradnam 10-6 Maths – Mr Jobling 10-7 Maths – Mr Hailes Y11 Unit Award – Mrs Curbeson 8B PE – Boys and Girls – Mr Douglas
	11:25 – 13:10	8-3 Geography – Mr Gray 9-1 Maths – Mr Jobling 9-2 Maths – Mr Hailes Y11 Geography – Mrs Wright 9-4 History – Ms Walker 11A Food Prep and Nutrition – Mr Gawthorpe
	13:10 – 14:25	7-1 Maths – Mr Elgie 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes 9-5 Maths – Mr Jobling 10A Geography – Mr Gray
	14:25 – 15:25	8-1 Maths – Mr Hailes 8-2 Maths – Mr Bradnam
Friday 29 th January	9:10 – 10:10	10-3 Maths – Mr Elgie 10-4 Maths – Mrs Reilly 10-5 Maths – Mr Bradnam 10-6 Maths – Mr Jobling 10-7 Maths – Mr Hailes Y11 Geography – Mrs Wright
	10:10 – 11:25	7-3 Maths – Mrs Reilly 7-5 Maths – Mr Bradnam 9-3 Geography – Mr Gray 10D Geography – Mrs Wright 9-1 History – Ms Walker 10D H & Sc Mrs Gawthorpe
	11:25 – 13:10	9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes 9-5 Maths – Mr Jobling 11B H & Sc Mrs Gawthorpe 11B GCSE PE – Miss Hodgson
	13:10 – 14:25	9-1 Maths – Mr Jobling 9-2 Maths – Mr Hailes 10A GCSE Engineering- Mr Healy 10A Geography – Mr Gray
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Reaping the Rewards



This is our new Rewards Ladder. We want to be able to show you **how proud we are of you for working so well** - especially during this time of remote education. Just like when you are in school, you will be awarded **green clicks each time you submit a good or excellent piece of work**. Teachers will also soon be awarding the January 'Students of the Month' which are worth an extra 10 green clicks!

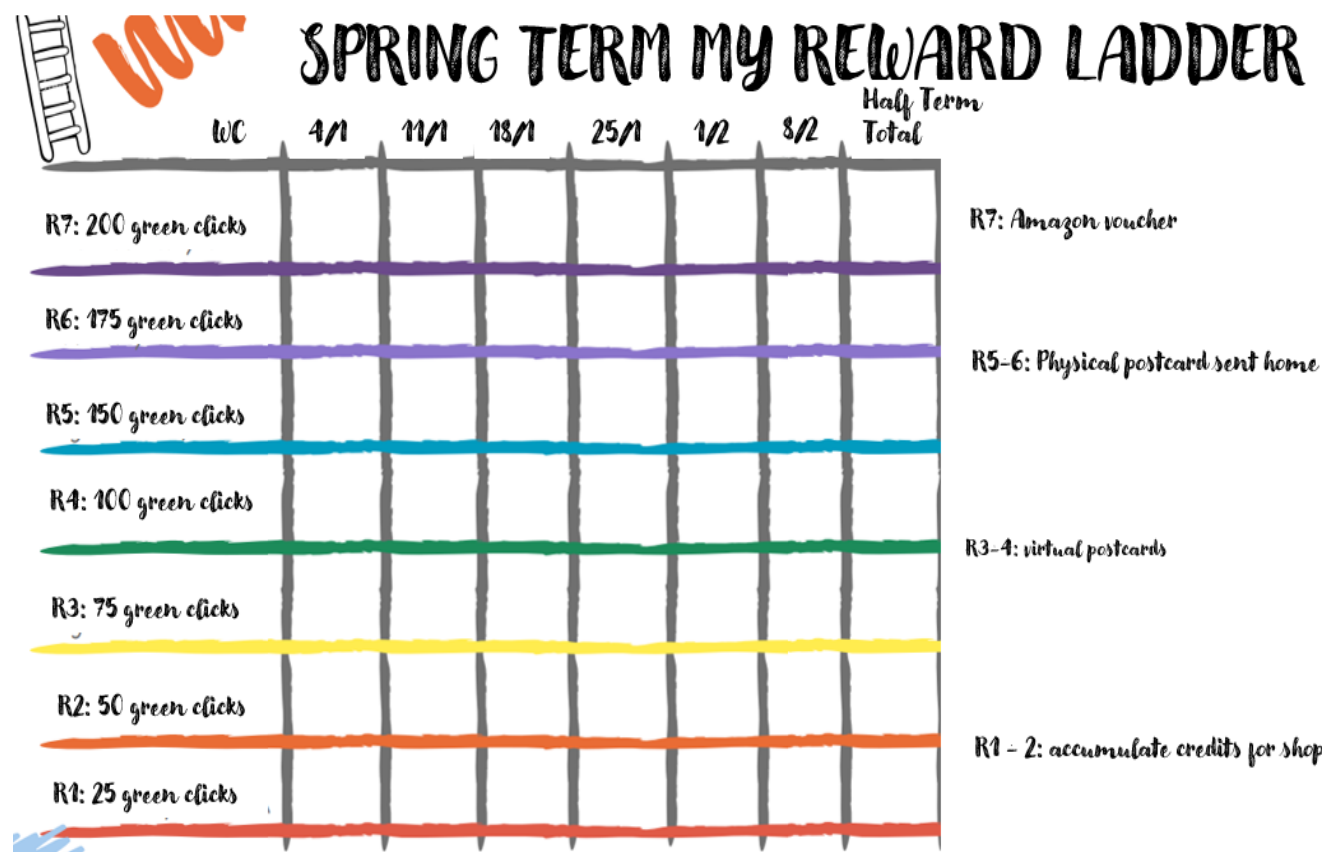
You can use the ladder to keep track of your green clicks and see what rewards are on the way! Some of you may want to shade in each week to show you how close you are to the next rung of the ladder. **We will regularly highlight the students achieving the most green clicks via the #wearehurworth newsletter and in your assemblies.** More information about the **rewards shop** is coming soon!

You may even see some of your work showcased via **Hurworth department Instagram accounts**. You can find a list of all the official departmental accounts here:

[Instagram Accounts](#) | [Hurworth School](#) | [Swift Academies](#)

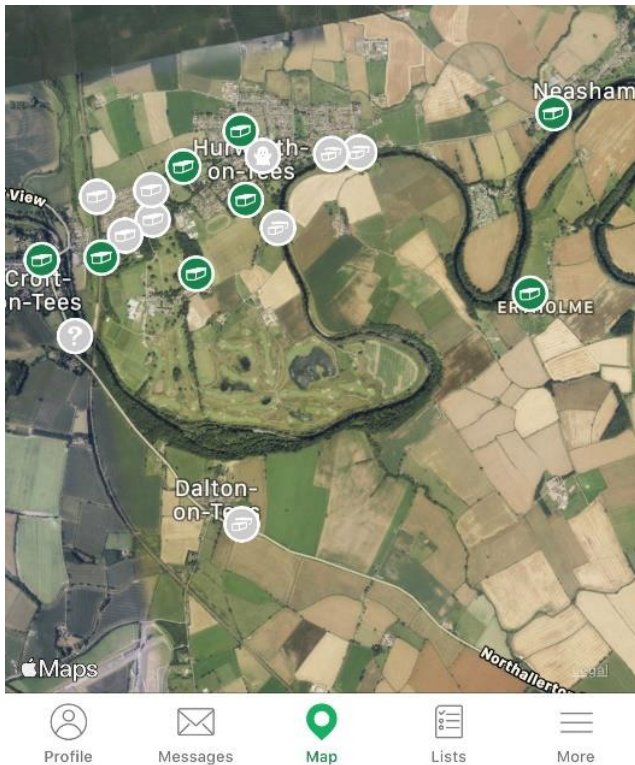
Please do not use any fake accounts as the content of these has not been approved by the school.

Well done for all the work you have done so far – keep it up!

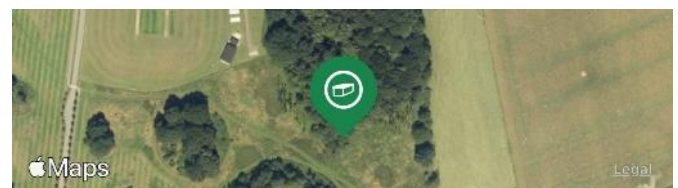


Try something new - Geocaching

During the first lockdown we encouraged you to get out walking and explore your local area. This is still the message – exercise and fresh air is so important when looking after ourselves. The message from the government is the same ‘Stay local’...that doesn’t have to mean being bored!



If you are not aware of Geocaching why not download the free app. Think digital treasure map – you can search your local area for ‘caches’ to find then plan your adventure. As you can see the green ‘traditional’ caches are the free ones, plenty in our local area.



Howzatt! Well nearly

GC27924 · Traditional

▲ Navigate

Log

♥ 0 favorites

1.5
Difficulty

1.5
Terrain

Small
Size

Placed by: The Lambs @ 9
on 22/04/2010

Hint

Message



Description

This is the third in a series of 7 caches (including t...

Why not set up your own route, you just need to think of a good hiding place, a great clue and register the location to allow others to find it. The best finds are on a good walking route with a couple to ‘grab’ along the way.

If you are old enough to have social media there are lots of Geocaching groups as it is a global phenomenon. Most of all we want to encourage you to explore and have fun while you are outdoors!



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 **Deep Breathing**:

- While this might sound extremely simple, one of the best parts about mindfulness is that it can be simple if you want it to be.
- Breathing in and out slowly and deeply while noticing things you hear or feel is one of the most common ways to destress and reset after a long day or event.
- Set a small amount of time aside to complete some deep breathing in the morning and on an evening to unwind. This can also be used when you're at a heightened state of anxiety or stress.



App of the week



Smiling Mind: Offers hundreds of mindfulness activities for all ages. In addition to breathing meditations, the app also has sensory exercise too. There are programmes for all different ages and you can keep track of your meditation time. The App did originate from Australia so does use an Australian accent. The whole use of the app is free of charge.

YOU CAN DO IT.
We can help.

**DON'T
FORGET!**

**We are still here for you – get in touch if
you need us!**

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 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 something new 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 strength 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 4 next Friday!

Happy
FRIDAY