

We are Hurworth

Welcome to the fourth 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 **brilliant** week engaging with your Remote Education on Teams – the percentage of work submitted in all year groups is very high and **4 out of 5 year groups increased their percentage on last week!** Our current champions are **Year 7** 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.



We **regularly update** the remote education section of the website. Check the **hints and tips** and the **FAQs** sections if you are having any problems. There are **walk through video guides** for both students and parents/carers on there too

<https://hurworth.swiftacademies.org.uk/remo-te-education/>



Full re-opening of schools delayed

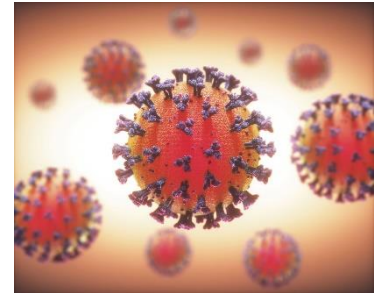
As you may have heard Prime Minister Boris Johnson announced on Wednesday this week that schools in England will not fully reopen after February's half term break.

Speaking to MPs in the House of Commons, Mr Johnson said getting children back to school was a priority for the government but that it would depend on the rollout of the **vaccine** going to plan.

He said that schools would get a two weeks warning to prepare for students going back so teachers and parents can get ready but that this would not be until 8th March 2021 at the earliest.

School is open for vulnerable children and those whose parents or carers are key workers so if you want a place then please contact school.

We'll keep you all up to date with any further news on this and hope we'll be able to welcome you all back soon



If you are in Year 11 the Government consultation on how GCSE and Vocational grades should be awarded in the summer closes at 11.45 pm tonight. The Government will then publish their final decisions hopefully by the end of February.

In the meantime keep following your timetable, fully engaging with all lessons, sending completed work to your teacher as per the instructions on Teams, asking your teachers questions if you do not understand an aspect of your learning and completing all assignments to the best of your ability as you have been doing so brilliantly so far!

The announcement this week means that we're now going to be doing remote education from 22nd February onwards as well as in the period up to the half term break.

If you need any support with accessing devices to do this then please contact school.





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 1 st February	9:10 – 10:10	7-3 Maths Mr White 7-4 Maths Mr Hailes 7-5 Maths Mrs Marsay 10-1 Maths Miss Syson 10-2 Maths Mr Jobling 10-3 Maths Mr Elgie 10-4 Maths Mrs Reilly 10-5 Maths Mr Bradnam 11B Hospitality Mr Gawthorpe
	10:10 – 11:25	7-4 History Ms Walker 11-1 Maths Mr Elgie 11-2 Maths Mrs Reilly 10C H&SC Mrs Gawthorpe 10C Geography Mrs Wright 7 5 D&T Mr Gawthorpe
	11:25 – 13:10	7-3 History Ms Walker 8-5 Maths Mr White 8-4 Maths Mr Jobling 10D Geography Mrs Wright 8-3 Maths Mr Bradnam 10D H &Sc Mrs Gawthorpe 10D Hospitality Mr Gawthorpe
	13:10 – 14:25	7-3 Maths Mrs Reilly 7-4 Maths Mr Elgie 7-5 Maths Mr White 8-1 Maths Mr Hailes 11-6 Maths Mr Jobling 8-2 Mr Bradnam
	14:25 – 15:25	7-1 Maths Mrs Reilly 7-2 Maths Miss Syson 9-2 History Ms Walker 10-6 Maths Mr Jobling
Tuesday 2 nd February	9:10 – 10:10	7-4 Maths Mr Hailes

		8-5 Maths Miss Syson 8-4 Maths Mr Jobling 11B Geography Mr Gray 7-5 Maths Mr Bradnam 11B H&Sc Mrs Gawthorpe
	10:10 – 11:25	10-1 Maths Miss Syson 10-2 Maths Mr Jobling 11C GCSE PE – Mr Douglas' Group 11 Maths Focus Group Mr Elgie 11C VCERT Engineering
	11:25 – 13:10	8 5 D&T Mr Gawthorpe 10-3 Maths Mr Elgie 10-4 Maths Miss Syson 10-6 Maths Mr Jobling 10-7 Maths Mr Hailes 10-5 Maths Mr Bradnam
	13:10 – 14:25	9-1 Maths Mr Jobling 9-2 Maths Mr Hailes Y11 Geography Mrs Wright 11A VCERT Engineering Mr Healy
	14:25 – 15:25	7-1 Maths Mrs Reilly 7-2 Maths Miss Syson 9-4 Maths Mr Hailes 10B History LBN 9-3 Maths Mr Bradnam 10B GCSE Engineering Mr Healy 10B EM Ben Sutherland 10B Hospitality Mr Gawthorpe
Wednesday 3 rd February	Available all day	Children's Mental Health Week assembly – see more information at the end of the live lessons schedule
	9:10 – 10:10	10-3 Maths Mr Elgie 10-4 Maths Mrs Reilly 11C GCSE PE – Mr Douglas' Group 11 Maths Focus Group Miss Syson 11C VCERT Engineering Mr Healy
	10:10 – 11:25	7-1 Maths Mr Elgie 7-2 Maths Miss Syson 10-6 Maths Mr Jobling 10-7 Maths Mr Hailes 11D H & SC Mrs Gawthorpe
	11:25 – 13:10	8-4 Maths Mr Jobling 8-5 Maths Mr White 10A History Ms Walker 11-3 Maths Mr Hailes 11-5 Maths Mr Elgie 10A GCSE Engineering Mr Healy
	13:10 – 14:25	9-2 Geography Mr Gray 9-4 Maths Mr Hailes 9-5 Maths Miss Syson

		10B History Mrs Burn 9-3 Maths Mr Bradnam 9.1 Geography Mrs Wright
	14:25 – 15:25	8-1 Maths Mr Elgie 9-1 Maths Mr Jobling 9-2 Maths Mr Hailes Y11 Geography Mrs Wright 8-2 Maths Mr Bradnam 11A VCERT Engineering Mr Healy
Thursday 4 th February	9:10 – 10:10	7-1 Maths and Careers Mrs Reilly and Mrs Hudson 7-2 Maths Mr White 8 5 D&T Mr Gawthorpe 10-4 Maths Miss Syson 11-6 Maths Mr Jobling 10-5 Maths Mr Bradnam
	10:10 – 11:25	9-4 Maths Mr Hailes 9-5 Maths Miss Syson 10B History Mrs Burn 10B Hospitality Mr Gawthorpe 11-1 Maths Mr Elgie 11-2 Maths Mrs Reilly
	11:25 – 13:10	8-1 Maths Mr Hailes 10-1 Maths Miss Syson 10-2 Maths Mr Jobling 11 Maths Focus Group Mr Elgie 11C GCSE PE – Mr Douglas' Group
	13:10 – 14:25	8-4 Maths Mr Jobling 8-5 Maths Mr White 10D GCSE PE 10D Geography Mrs Wright 10D Hospitality Mr Gawthorpe 11-3 Maths Mr Hailes 11-4 Maths Miss Syson 11-5 Maths Mr Elgie 8-3 Mr Bradnam
	14:25 – 15:25	7-3 Maths Mrs Reilly 10-6 Maths Mr Jobling 10-7 Maths Mr Hailes 11B Geography Mr Gray 11B GCSE PE Mr Liddle's Group ONLY 11B GCSE Engineering Mr Healy 11B Hospitality Mr Gawthorpe
Friday 5 th February	9:10 – 10:10	7-3 Maths Mrs Reilly 7-4 Maths Mr Hailes 11-6 Maths Mr Jobling 7-5 Maths Mr Bradnam
	10:10 – 11:25	7-3 Maths and Careers Mrs Reilly and Mrs Hudson 7-4 Maths Mr Elgie 7-5 Maths Mr White

		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 Mrs Reilly
	13:10 – 14:25	7-4 Maths Mr Elgie 7-3 Maths Mrs Reilly 9-1 Maths Mr Jobling 9-2 Maths Mr Hailes 8-2 Geography Mr Gray 7-5 Maths Mr Bradnam 11D GCSE Engineering Mr Healy
	14:25 – 15:25	7-2 Maths Miss Syson 8-4 Maths Mr Jobling 8-5 Maths Mr White 10A Geography Mr Gray



Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is **Express Yourself**. **Expressing yourself** is about finding ways to share feelings, thoughts, or ideas, through creativity. For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

Remember we are always available to help and support you if you need us



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 on the next page 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		



Reaping the Rewards



In last week's edition we told you about our Rewards Ladder so that we can 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**.

As it's nearly the end of January look out for the **Student of the Month winners** and keep trying to get as many green clicks as you can to climb the rungs on the ladder!

If you have finished all of your work and want to find out more about the subjects you are studying then why not give our **Inspire** activities a go. You can find the both the latest and the previous editions of these at:







<https://hurworth.swiftacademies.org.uk/inspire-newsletter/>

All departments in school also have **Read and Watch** lists on the school website which have lots of additional ideas for you to try:

<https://hurworth.swiftacademies.org.uk/?s=read+and+watch>

Or get the whole family involved and try one of the **documentaries** below:

Going further

Swift Academies INSPIRE 	
KS3 Jan 2021	
ART 	Careers - Thinking about a career in animation? Have a look at this clip to see what it's like to run your own animation agency. https://www.bbc.co.uk/teach/class-clips-video/art-and-design-ks3-a-career-in-animation/zr2rkmm
DT 	Have a go at designing and making your own mobile phone stand out of cardboard. https://www.youtube.com/watch?v=eFnLHOCW03o
MATHS 	Watch this TED talk on YouTube of a 'Mathemagician'. He demonstrates that he is faster than a calculator! https://www.youtube.com/watch?v=e4PTvXt4GM
HISTORY 	Visits to museums have been difficult in 2020. Take a virtual tour to one of the museums using the weblink below. You could create a leaflet about it. https://www.museumnext.com/article/the-best-free-virtual-tours-of-museums-in-the-world/
MFL 	Type in 'Extra Spanish' in YouTube and watch the short series. Write down any keywords that you hear and understand.
PE 	Watch LeBron James documentary 'Strive For Greatness'. https://www.youtube.com/watch?v=EVNQU-7Q3G4
RS 	The 1st of February is the Pagan festival of Imbolc. Imbolc celebrates the awakening of the land and the growing power of the Sun. Snowdrops, which appear at this time of the year, are seen as the heralds of spring. Why not get in the garden and plant some spring flowers to brighten up the space in preparation for Spring.

10 GROWTH MINDSET DOCUMENTARIES FOR Families

- 1 Born To Be Wild (2011), G** - A wildlife documentary about orphaned elephants and orangutans and the extraordinary staff that works tirelessly as surrogate mothers until they're old enough to be released back into the wild.
- 2 Girls Rock! (2008), PG** - This empowering film follows four 8-18-year-old girls at the Rock and Roll Camp who learn that "it is 100% okay to be exactly who you are." They select an instrument they never played before and write a song, then perform a concert for over 700 people.
- 3 The Short Game (2013), PG** - This film follows the world's best golfers under 8 years old from around the globe who gather yearly at the U.S. Kids Golf World Championship in North Carolina.
- 4 Dream Big: Engineering Our World (2017), NR** - This STEAM-themed film highlights working engineers from various backgrounds, most of them women, who work on multiple projects, from building earthquake-proof structures to footbridges in developing countries.
- 5 My Octopus Teacher (2020), NR** - Craig Foster, a filmmaker, returns to the South African shore of his youth, where he dives into the kept forest and meets a friendly, curious octopus and follows her for a year. The film shows Craig's growing relationship and this mentorship that the octopus provided.
- 6 Bethany Hamilton (2019), PG** - Bethany Hamilton is an American professional surfer who overcame a shark attack where she lost her arm but persevered and returned to professional surfing.

Big Life Journal

Copyright by Big Life Journal - biglifejournal-uk.co.uk

10 GROWTH MINDSET DOCUMENTARIES FOR Families

- 7 The Biggest Little Farm (2019), PG** - A film about Southern California filmmaker John Chester and his wife Molly, leaving their old lives in Los Angeles to purchase an abandoned farm. They spend the next 7 years dealing with the ups and downs of starting an organic farm.
- 8 Fly Like a Girl (2020), NR** - This inspiring film is a movement of young girls and women pioneers in aviation. First-hand stories, as well as a young girl who dreams of becoming a pilot.
- 9 Imba Means Sing (2015), NR** - This is a story that follows 20 young members of the African Children's Choir on an 18-month tour as they sing, dance and find joy in some of the Western world's kid-friendly activities for the first time.
- 10 Kindness Is Contagious (2015), NR** - A film about being nice and the effect of good deeds, documented by David Gaz, the author of the novel (and film) Pay It Forward. A strong positive message about how a little generosity can help us live a more fulfilling life.

You might also be interested in....

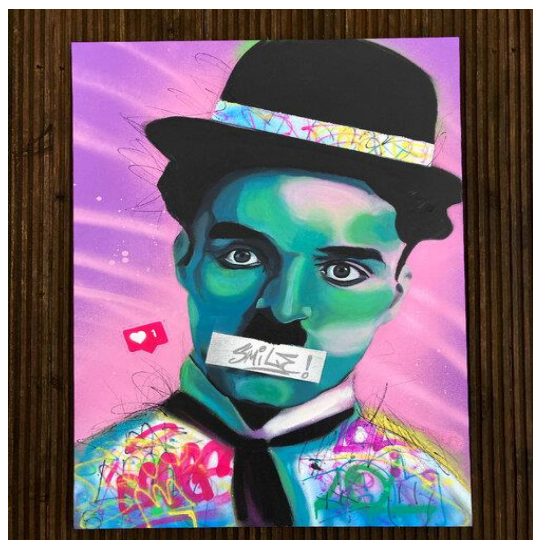
[Top 75 Growth Mindset Movies for Children](#)

[Top 30 Kindness and Friendship Movies for Families](#)

G - General Audiences **PG** - Parental Guidance Suggested **NR** - This Film is Not Yet Rated

Big Life Journal

Copyright by Big Life Journal - biglifejournal-uk.co.uk



Amazing Artists

To kick start the Graffiti and street Art project **Year 9** students are going to have the opportunity to hear an interview with local artist Lucas Roy.

Students have been emailing their questions for the artist, to Mrs Waller this week. Thank you to all of those students who sent in questions, it is going to be a very interesting lesson!

Hidden Hearts

This year the Valentines Art competition is all about hidden hearts.

The heart symbol has been used for thousands of years, and whilst it most commonly symbolises love, it also represents strength, kindness, and comfort.

We have all shown this in abundance this year and many of us have realised what is truly important. **Kindness should be at the heart of everything we do, and we would like to show how many kind and wonderful students and staff we have!**



We often see heart shapes popping up in the strangest of places. You might notice one whilst you are out walking in a tree shape, or perhaps see one in a window. You might see one at the dinner table in your pasta, or even notice a heart shaped pebble. All you need to do is start looking.

The Art department would like to make a big display using our 'Hurworth Hearts', so please spread the word, get involved and show us your heart.

Please email your photographs of your hearts to Mrs Waller ewr@hurworth.swiftacademies.org.uk
Winners will be chosen from each Year group and prizes will be posted.

"The only thing that defines us, is what is in our hearts"

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 **Mindfulness Walk:**

- Take a walk around your local area or even in the driveway or garden, while carefully listening for as many sounds as you can hear
- Try and make sure you do not use any technology in this time, take some time out in the fresh air
- You could also go on a walk or go into an outside space like the garden when you're at a heightened state of anxiety or stress



App of the week



Super Stretch Yoga HD: Helps young people to learn the importance of relaxation and breathing techniques.

The App teaches how to do 12 different yoga poses. Each pose is introduced with a short animation and live video with explanations.

The APP is free from the App store.

Try it!

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? New calendar coming next 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 something new outside 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>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 5 next Friday!

Happy
FRIDAY