

# We are Hurworth

Welcome to the fifth 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.**



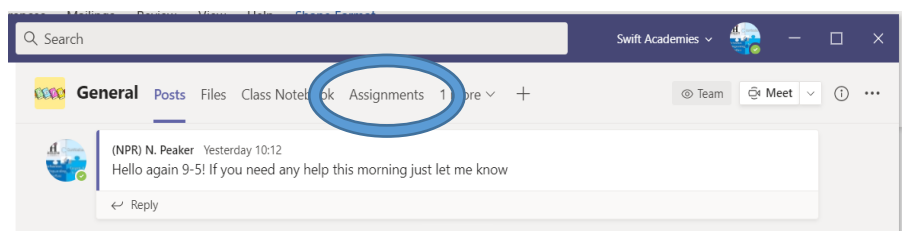
## Top Teams

Well done for another **excellent** week engaging with your Remote Education on Teams – the percentage of work submitted in all year groups is high and **Year 8** are back in the lead **but only by 1%** so if you are in one of the other year groups see if you can catch them next week!



If you hand work in late you **must tag your teacher on Teams using @** and then their staff code otherwise they won't know you have handed it in! If you're not sure of the code start typing and it will come up automatically

All of your work is in the **Assignments** section at the top of the page so if you can't see it in the Posts make sure you have checked there too





### Going Live!

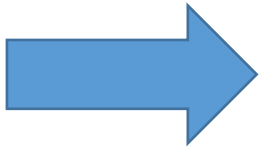
- **Every lesson has a recorded PowerPoint/video** for you to watch so you still get to hear your teachers explaining things to you as well as being able to write posts to them during the lesson time
- **Some lessons will be live but they will always be recorded so that if you can't log on at that particular 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 8 <sup>th</sup> February	9:10 – 10:10	8-5 D&T Mr Gawthorpe 9-3 Maths Mr Bradnam 9-5 Maths Miss Syson 10C Geography Mrs Wright 10C H & SC Mrs Gawthorpe 11-1 Maths Mr Elgie 11-2 Maths Mrs Reilly 10C D&T Mr Healy
	10:10 – 11:25	7-1 Maths Mrs Reilly 7B PE Miss Hodgson 8-1 Maths Mr Hailes 8-2 Maths Mr Elgie 10-1 Maths Miss Syson 11B Hospitality Mr Gawthorpe 11B H & SC Mrs Gawthorpe 11B Geography Mr Gray
	11:25 – 13:10	8-3 Maths Mr Bradnam 8-4 Maths Mr Jobling 8-5 Maths Mr White 10D H & SC Mrs Gawthorpe 11-3 Maths Mr Hailes 11-5 Maths Mr Elgie
	13:10 – 14:25	8-3 Geography Mr Gray 10-3 Maths Mr Elgie 10-5 Maths Mr Bradnam 11-6 Maths Mr Jobling
	14:25 – 15:25	7-3 Maths Mrs Reilly 7-4 Maths Mr Hailes 10-6 Maths Mr Jobling 11D H & SC Mrs Gawthorpe
Tuesday 9 <sup>th</sup> February	9:10 – 10:10	9-3 Maths Miss Syson 9-4 Maths Mr Hailes 9-5 Maths Mr Jobling 10A Engineering Mr Healy
	10:10 – 11:25	8-3 Maths Mr Bradnam

		8-4 Maths Mr Jobling 8-5 Maths Miss Syson Y11 Geography Mrs Wright
	11:25 – 13:10	8B PE Miss Hodgson 9-1 Maths Mr Jobling 9-2 Maths Mr Hailes 10B History Mrs Burn 11-2 Maths Mrs Reilly 10 German Mrs Rye 10B Engineering Mr Healy
	13:10 – 14:25	10C Geography – Mrs Wright 11-3 Maths Mr Hailes 11-4 Maths Miss Syson 11-5 Maths Mr Elgie 11-6 Maths Mr Jobling
	14:25 – 15:25	8-1 Maths Mr Hailes 8-2 Maths Mr Elgie 10-1 Maths Miss Syson 10-2 Maths Mr Jobling 11 Maths Focus Group Mrs Reilly 11C GCSE PE – Mr Douglas' Group Only 11C GCSE PE – Mr Little's Group
Wednesday 10 <sup>th</sup> February	9:00 – 9:10	<b>Form Catch up for Years 7, 8 and 9</b>
	9:10 – 10:10	9-1 Maths Mr Jobling 10-3 Maths Mr Elgie 10-5 Maths Mr Bradnam
	10:10 – 11:25	8-1 Geography Mr Gray 11C GCSE PE – Mr Douglas' Group Only
	11:25 – 13:10	9-3 Geography Mr Gray 11-3 Maths Mr Hailes 11-4 Maths Miss Syson 11-5 Maths Mr Elgie 10B Engineering Mr Healy
	13:10 – 14:25	10-6 Maths Mr Jobling 11-1 Maths Mr Elgie
	14:25 – 15:25	8-5 Maths Mr White 10D Hospitality – Mr Gawthorpe 10D Geography – Mrs Wright 10D GCSE PE – Mr Douglas
Thursday 11 <sup>th</sup> February	9:00 – 9:10	<b>Form Catch up for Years 10 and 11</b>
	9:10 – 10:10	7-5 D&T Mr Gawthorpe 10C Geography – Mrs Wright 10C H & SC Mrs Gawthorpe 11-3 Maths Mr Hailes 11-4 Maths Miss Syson 11-5 Maths Mr Elgie 11-6 Maths Mr Jobling 10C Sports Studies – Mr Douglas' Group Only
	10:10 – 11:25	9B PE Miss Hodgson 10-3 Maths Mr Elgie

		10-4 Maths Miss Syson 10-5 Maths Mr Bradnam 10-6 Maths Mr Jobling
	11:25 – 13:10	9-2 Maths Mr Hailes Y11 Geography Mrs Wright Y11 Unit Award Mrs Curbeson 11A Food Prep Mr Gawthorpe
	13:10 – 14:25	7-1 Maths Mr Elgie 7-2 Maths Mr White 9-3 Maths Mr Bradnam 9-4 Maths Mr Hailes 10A Geography Mr Gray 10A History Ms Walker 10A Engineering Mr Healy
	14:25 – 15:25	8-1 Maths Mr Hailes 8-2 Maths Mr Bradnam 10-1 Maths Miss Syson
Friday 12 <sup>th</sup> February	9:10 – 10:10	10D H & SC Mrs Gawthorpe 10-4 Maths Mrs Reilly 10-7 Maths Mr Hailes Y11 Geography Mrs Wright
	10:10 – 11:25	7-3 Maths Mrs Reilly 7-4 Maths Mr Hailes 7-5 Maths Mr Bradnam 8-4 Maths Mr Jobling 8-5 Maths Miss Syson 10D Geography – Mrs Wright 10D Hospitality – Mr Gawthorpe
	11:25 – 13:10	7-1 Maths Mr Elgie 7-2 Maths Miss Syson 9-3 Maths Mr Bradnam 9-4 Maths Mr Hailes 9-5 Maths Mr Jobling 11b Hospitality Mr Gawthorpe 11B GCSE PE Miss Hodgson 11B H & SC Mrs Gawthorpe
	13:10 – 14:25	9-1 Maths Mr Jobling 9-2 Maths Mr Hailes 10A Geography Mr Gray 11-1 Maths Mr Elgie 11-2 Maths Mrs Reilly
	14:25 – 15:25	8-1 Maths Mr Hailes 8-2 Maths Mr Bradnam 10-1 Maths Miss Syson 10-2 Maths Mr Jobling 11D H & SC Mrs Gawthorpe

Also  
happening  
next  
week...



**Safer  
Internet  
Day 2021** | **Tuesday**  
9th February  
[saferinternetday.org.uk](https://www.saferinternetday.org.uk)

Safer Internet Day is on 9th February 2021. The theme this year is '*An internet we trust exploring reliability in the online world*' you can access helpful resources and support on:

<https://www.saferinternetday.org.uk/safer-internet-day/2021>

**Also look out for more information on Online Safety Week which will be taking place after half term.**



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!**



**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.**

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





# Goodbye Captain Tom

**Captain Sir Tom Moore - the Second World War veteran who raised tens of millions of pounds for the NHS has sadly died at the age of 100.**

People across the UK took part in a special clap at 6pm on 3 February to show respect and remember him.

When the UK first went into lockdown against the coronavirus pandemic, Captain Tom became an unlikely hero.



The then 99-year-old war veteran accepted a little family challenge - to raise £1,000 for NHS charities by walking 100 lengths of his garden before his 100th birthday.

He went on to raise over £39 million and became world famous in the process.

As well as his fantastic fund raising efforts Captain Tom was known for his optimism and positive attitude which inspired people the world over and helped us all keep going through the first lockdown period. Even if we can't all raise millions of pounds **we can try our best to keep a positive attitude and never give up when things get tough!**

***"Tomorrow will be a good day"***

**Play Your Part**

**DARLINGTON BOROUGH COUNCIL**

**Help control the virus**

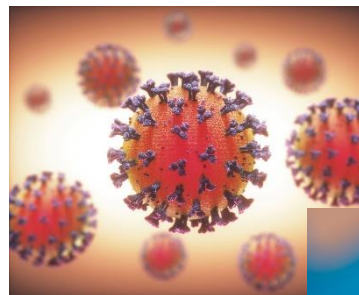
- Wash Hands**  
Keep washing your hands regularly.
- Cover Face**  
Wear a face covering over your nose and mouth in enclosed spaces.
- Make Space**  
Stay at least one metre away from people not in your household.

For more information and advice, visit [www.darlington.gov.uk/coronavirus](http://www.darlington.gov.uk/coronavirus)

**KEEPING DARLINGTON ON THE RIGHT TRACK**

In happier news the UK hit a significant milestone this week as 10 million people have now been given their first dose of the coronavirus vaccine.

Hopefully this will mean that we will all be able to return to school soon but it's really important that **we all keep playing our part** in controlling the virus.





# Challenge time!

If you've got a dog then this challenge is the one for you though you can take part even if you don't have one!

It might be that one of your 'jobs' at home is to take the dog out or maybe you do it as part of your daily exercise. Why not combine it with this challenge?

The **99k for Canines** is a walking challenge in aid of **Dogs Trust**. Dog lovers who sign up will aim to walk 99 km throughout the month of February with or without their dogs. Everyone who signs up will be sent a guide, a Dogs Trust t-shirt and bandana(s) for their dog(s) and all money raised will go towards helping this really worthwhile charity.

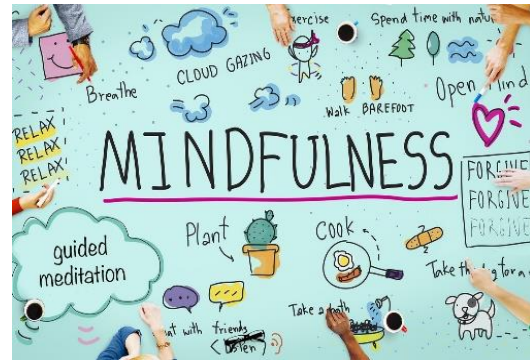
You can find out more at:

[https://www.dogstrust.org.uk/get-involved/fundraising/other-events/99k-for-canines-walking-](https://www.dogstrust.org.uk/get-involved/fundraising/other-events/99k-for-canines-walking-...)





# Mindfulness activity of the week

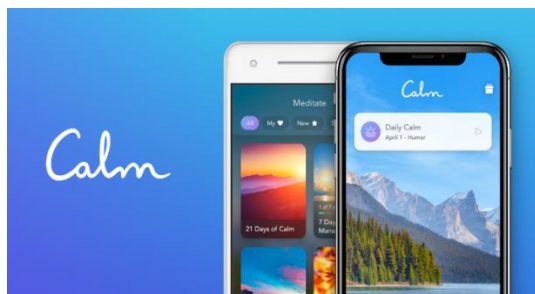


Every week we're going to suggest some mindfulness activities which you might want to try – this week it's **Drawing Emotions**

Many people have a difficult time naming and explaining all of their emotions, which can make it hard to understand and deal with them properly. Sometimes you just need a few minutes to draw out how you feel with some coloured pencils and paper. This can be a powerful way for you to become more aware of your different emotions, and in time you will be more comfortable identifying and confronting negative ones through the use of drawing and being creative.



## App of the week



**The Calm app** - offers a new meditation every day, along with 7- to 21-day meditation programs like "7 Days of Calming Anxiety" or "7 Days of Focus." Most of the meditations are guided, but there are options for unguided timed meditations, too. Guided meditations are read aloud by a pleasant, soothing voice. Kids can also listen to sounds like ocean waves or wind. It's free to try the app's first programme and a few stand-alone guided meditations. There's a fee to access more. Calm is best for older teens and young adults. Parents may want to try the app too. Calm also offers sleep stories to read or listen to which help you to relax and sleep better.

Try it!

# Friendly February

Action Happiness have picked the theme of Friendly February for this month – see how many of the challenges you can tick off!




## ACTION CALENDAR: FRIENDLY FEBRUARY 2021




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)  
**Happier · Kinder · Together**

Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

**That's it for this edition.**

**Take care, stay safe everyone and stand by for Edition 6 next Friday – this will have the live lessons timetable for the first week back but will also have lots of puzzles and quizzes as it will be the start of the half term holiday!**

# Happy

FRIDAY

