

We are Hurworth

Welcome to the sixth 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 **superb** week engaging with your Remote Education on Teams – the **percentage of work viewed and submitted in all year groups has gone up in all year groups** and this week was a **dead heat between Year 7 and Year 8** with all other year groups **very** close behind



Next week is half term and time for you all to take a well earned rest from the screens – you can all be proud of what you have achieved so far and all of your teachers are looking forward to being back in touch with you all when we come back to school on **Monday 22nd February**



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 live lessons **for the first week back after the holidays** is:

Date	Time	Class
Monday 22 nd February	9:10 – 10:10	10C Geography – Mrs Wright 11B Geography – Mr Gray 10-1 Maths – Miss Syson 11B GCSE PE – Mr Liddle 7-4 Maths – Mr Hailes 10-4 Maths – Mrs Reilly 10-5 Maths - Mr Bradnam 10-2 Maths – Mr Jobling 11B Hospitality Mr Gawthorpe 7-5 Maths – Mrs Marsay 7-3 Maths – Mr White 11B GCSE PE – Miss Hodgson 10-3 Maths – Mr Elgie
	10:10 – 11:25	9-2 Geography – Mr Gray 9-5 Maths – Miss Syson 9-4 Maths – Mr Hailes 9-3 Maths – Mr Bradnam 7-5 D&T Mr Gawthorpe 11-1 Maths – Mr Elgie
	11:25 – 13:10	10D Geography – Mrs Wright 11-4 Maths – Miss Syson 10D GCSE PE – Mr Liddle 11-3 Maths – Mr Hailes 8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 8-5 Maths – Mr White 10D Hospitality Mr Gawthorpe 11-5 Maths – Mr Elgie
	13:10 – 14:25	8-1 Maths – Mr Hailes 8-2 Maths – Mr Bradnam 11-6 Maths – Mr Jobling 7-3 Maths – Mrs Reilly 9B PE – Miss Hodgson
	14:25 – 15:25	7-1 Maths – Mrs Reilly 7-2 Maths – Miss Syson

		10-7 Maths – Mr Hailes 7-4 Maths – Mr Elgie
Tuesday 23 rd February	9:10 – 10:10	8-5 Maths – Miss Syson 11B DT GCSE – Mrs Jones 11B Geography – Mr Gray 11B GCSE PE – Mr Liddle 7-4 Maths – Mr Hailes 7-5 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 11B Hospitality Mr Gawthorpe
	10:10 – 11:25	10-1 Maths – Miss Syson Y11 Geography – Mrs Wright 11C GCSE PE – Mr Liddle 10-2 Maths – Mr Jobling 11B GCSE PE – Miss Hodgson 11 Focus Group – Mr Elgie
	11:25 – 13:10	10-4 Maths – Miss Syson 10-7 Maths – Mr Hailes 10-5 Maths - Mr Bradnam 10-6 Maths – Mr Jobling 8-5 D&T Mr Gawthorpe 10-3 Maths – Mr Elgie
	13:10 – 14:25	10C Geography – Mrs Wright 9-3 Geography – Mr Gray 9-2 Maths – Mr Hailes 9-1 Maths – Mr Jobling 11A Food Prep Mr Gawthorpe 7A PE – Miss Hodgson
	14:25 – 15:25	7-1 Maths – Mrs Reilly 7-2 Maths – Miss Syson 10B History-Mrs Burn 9-4 Maths – Mr Hailes 9-3 Maths – Mr Bradnam 9-5 Maths – Mr Jobling 10B Hospitality Mr Gawthorpe
Wednesday 24 th February	9:00 – 9:10	Year 10 and Year 11 Assembly
	9:10 – 10:10	11-Opt Maths – Miss Syson 11C GCSE PE – Mr Liddle 10-5 Maths - Mr Bradnam 10-3 Maths Mr Elgie
	10:10 – 11:25	7-2 Maths – Miss Syson 11D DT GCSE – Mrs Jones 8-2 Geography – Mr Gray 10-7 Maths – Mr Hailes 10-6 Maths – Mr Jobling 8B PE – Miss Hodgson 7-1 Maths – Mr Elgie
	11:25 – 13:10	10A Geography – Mr Gray 11-4 Maths – Miss Syson 11-3 Maths – Mr Hailes 8-3 Maths – Mr Bradnam

		8-5 Maths – Mr White 10A History – Ms Walker 8-4 Maths – Mr Jobling 9A PE – Miss Hodgson 11-5 Maths – Mr Elgie
	13:10 – 14:25	9-5 Maths – Miss Syson 10B History-Mrs Burn 9-4 Maths – Mr Hailes 9-3 Maths – Mr Bradnam 10B Hospitality Mr Gawthorpe
	14:25 – 15:25	10D Geography – Mrs Wright 9-2 Maths – Mr Hailes 8-2 Maths – Mr Bradnam 9-1 Maths – Mr Jobling 11A Food Prep Mr Gawthorpe
Thursday 25 th February	9:00 – 9:10	Year 7, Year 8 and Year 9 Assembly
	9:10 – 10:10	7-1 Maths – Mrs Reilly 7-2 Maths – Mr White 8-5 D&T Mr Gawthorpe 10C Geography – Mrs Wright 10-4 Maths – Miss Syson 8-1 Geography – Mr Gray 10-5 Maths - Mr Bradnam 10-3 Maths – Mr Elgie
	10:10 – 11:25	9-5 Maths – Miss Syson 10B History-Mrs Burn 9-4 Maths – Mr Hailes 9-3 Maths – Mr Bradnam 11-2 Maths – Mrs Reilly 7B PE – Miss Hodgson 11-1 Maths – Mr Elgie
	11:25 – 13:10	10-1 Maths – Miss Syson Y11 Geography – Mrs Wright 11C GCSE PE – Mr Liddle 8-1 Maths – Mr Hailes 10-2 Maths – Mr Jobling 11B GCSE PE – Miss Hodgson
	13:10 – 14:25	7-5 D&T Mr Gawthorpe 11-4 Maths – Miss Syson 10D GCSE PE – Mr Liddle 11-3 Maths – Mr Hailes 8-4 Maths – Mr Jobling 8-5 Maths – Mr White
	14:25 – 15:25	7-4 Maths – Miss Syson 7-3 Maths – Mrs Reilly 11B Geography – Mr Gray 11B GCSE PE – Mr Liddle 10-7 Maths – Mr Hailes 7-5 Maths – Mr Bradnam 10-6 Maths – Mr Jobling 11B Hospitality Mr Gawthorpe

Friday 26 th February	9:10 – 10:10	Y11 Geography – Mrs Wright 7-3 Maths – Mrs Reilly 7-4 Maths – Mr Hailes 7-5 Maths – Mr Bradnam 11-6 Maths – Mr Jobling
	10:10 – 11:25	7-3 Maths – Mrs Reilly 10D Geography – Mrs Wright 8-1 Maths – Mr Hailes 8-2 Maths – Mr Bradnam 7-4 Maths – Mr Elgie
	11:25 – 13:10	8-3 Geography – Mr Gray 9-3 Maths – Miss Syson 9-4 Maths – Mr Hailes
	13:10 – 14:25	9-2 Maths – Mr Hailes 7-5 Maths – Mr Bradnam 9-1 Maths – Mr Jobling 7-4 Maths – Mr Elgie
	14:25 – 15:25	7-2 Maths – Miss Syson 10A Geography – Mr Gray 8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling 8-5 Maths – Mr White

Coming next half term

Based around the 5 ways to wellbeing **Wellbeing Wednesday** is an hour's break from screen time where you develop your own wellbeing instead – the lesson will change every week so that you aren't always missing the same subject.

Check your inboxes on the first day back after half term for more details on the first week's activities!



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



Your time,
your words,
your presence

For this week's PSHCE or SMSC lesson you were given some ideas of the types of activities you can do to take a break from the screen.

You won't have had time to do all of them so why not try some more over half term!



Reminder!

Children's Mental Health Week

BE KIND TO YOUR MIND

Working from home and increased screen time can take a toll on our mental health.

This week we encourage you to take an hour away from your remote education and try something different.

- Read a book
- Try to beat a world record
- Prepare dinner for your household- solo or with help
- Learn a card trick
- Create your own HIIT workout and deliver it to your household
- Learn your name in BSL
- Write a letter to yourself in 2041 telling yourself all about this last year
- Produce a card thanking someone who has helped you in this lockdown
- Design an outfit you would wear to a celebration that marks the moment that lockdown is over
- Build a structure from recyclable rubbish and see how high you can build it
- Play charades- either with your household or over video messaging
- Design and make a costume from recyclable rubbish and hold a fashion show
- Re-read your favourite book
- Act out your favourite scene from your favourite film/TV show/play
- Come up with a new Tik Tok dance routine
- Make a chocolate mug cake- google a recipe
- Make a happy thoughts jar- fill it with either happy memories or ideas for days out you would like to go on after lockdown
- Plant some seeds and put them on your windowsill with a clear bag over and watch them grow
- Create a collage using images from magazines and/or newspapers

LET YOUR TUTOR KNOW HOW YOU GET ON VIA THE SURVEY LINK ON TEAMS



“Hurworth Herbert” is the result of this week’s screen time breaks in school!





Reaping the Rewards



We have been calculating how many green clicks our students have been earning whilst taking part in remote education this half term; **check your emails and the letterbox for certificate deliveries.**

A special recognition should go to the following pupils who've earned the highest number of green clicks in their year group; well done!



Year 7	Idin M	Chloe A	Ida M
Year 8	Scarlett J	Esme T	Sophia C
Year 9	Oliver S	Emilia H	Aaron H
Year 10	Isaac S	Esme K	Polly S
Year 11	Sienna B-A	Thomas B	Milly W

Competition time Bottle Moments

Having hope helps us keep going when things are really hard. Your Bottle Moment is the one thing you'd most like to do again when everything is better and back to normal. It could be a friend you'd most like to see, a place you'd most like to go, a hobby you'd most like to get back to, or simply getting a hug from someone special.



Step 1: Download and print out your Bottle Moments from <https://www.bottlemoments.com/covid-19-kids> There are a few different designs to choose from!

Step 2: Draw! What are you dreaming of doing once the pandemic is over? **Be as wacky, weird and wonderful as you like!** You don't have to be the world's best artist - they want to see what you're looking forward to, however you'd like to draw it! Above all, have **fun!**

Step 3: Get your parent, carer or a friend/family member to post a picture of your drawing on either their **Instagram or Twitter** (or you can post it yourself if you have your own account). Make sure they add a description of your Bottle Moment, include your **age**, and **use the hashtag #bottlemoments**. If you are unable to enter using social media, entries can alternatively be emailed to hello@bottlemoments.com

The two age categories applicable to us are 9-11 years and 12-16 years. Good luck!

Just for fun!

Can you name all of the characters in the image below? Answers in the next edition.



1 🌞 🚫

2 🔥 🦊

3 👁️ 🔑 🅐

4 ★ 💵

5 🍓 🖼️

6 💰 😊

7 🙌 🐱

8 ☁️ ☀️ ☁️ 🍴 🍴

9 🥾 🥾 🥾

10 👁️ 🐝 ♍️

11 🌊 🛠️ 👤

12 ✕ 📦

13 📖 😊

14 🐝 🐝 🌊

15 🧊 🇯🇵

16 🇺🇸 ✕ 📰

17 ♻️ ✌️

18 🙌 🦵 🥫

19 💧 📦

20 (⬆️ 🕒) 😊

21 🇬🇧 ✕

22 💰 🌊 🐷

23 🚗 📞 🏭

24 🐑 🩺

25 📺 📶 NG

These emojis are all representing big name brands. How many can you work out?
Answers in the next edition.

Which Word?

Which 5 letter word looks the same right way up and upside down when you write it in capitals? Answer in the next edition.

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 **Squeeze and Relax**. This exercise is one way to encourage a deeper connection between the brain and body. Lie down, then tense every one of your muscles for a few seconds before relaxing again. This can be done multiple times if you want to, until you feel control over your body and mind. It also really helps as it helps you concentrate on just the activity and not other concerns so you can relax, particularly if you are worried or anxious about something.



Try it!



Become happier by recording good things that happen to you



App of the week

Three Good Things: A Happiness Journal - Although not for meditation, this free journaling app can help you build mindfulness based on a simple premise: If you write down three good things that happen to you each day, you will feel happier. The app is very easy to use. After you enter your name, you're asked to write a few words about something good that happened that day, then a second and third thing. You can use the app to set a reminder to write each day, and you can look over past journal entries.

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
Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

That's it for this edition.

**Take care, stay safe
everyone and stand by
for Edition 7 on Friday 26th
February**

Happy

FRIDAY

