

# We are Hurworth

Welcome to the seventh 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

Welcome back to school! Hope you all had a lovely half term and have settled back into your routine of remote education – hopefully we'll see you all back in school very soon (see the news section for details) but in the meantime keep trying your best with your remote education as you've been doing so well so far this term.



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'](#)

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](#)



### 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 next week is:

Date	Time	Class
Monday 1 <sup>st</sup> March	9:10 – 10:10	9.5 Maths – Miss Syson 11-1 Maths Mr Elgie 9-4 Maths – Mr Hailes
	10:10 – 11:25	7-1 Maths – Mrs Reilly 10.1 Maths – Miss Syson 11B GCSE PE – Mr Liddle 11B GCSE PE – Miss Hodgson 10-2 Maths - Mr Jobling 8-2 Maths – Mr Elgie 8-1 Maths – Mr Hailes
	11:25 – 13:10	10D GCSE PE – Mr Liddle 8-4 Maths – Mr Jobling 8-3 Maths – Mr Bradnam 11-3 Maths – Mr Hailes
	13:10 – 14:25	10.4 Maths – Miss Syson 11-6 Maths – Mr Jobling 10-3 Maths – Mr Elgie 10-5 Maths – Mr Bradnam
	14:25 – 15:25	9A PE – Miss Hodgson 10-6 Maths – Mr Jobling 7-1 Maths – Mr Elgie
Tuesday 2 <sup>nd</sup> March	9:10 – 10:10	9.3 Maths – Miss Syson 10A Geography – Mr Gray 9-5 Maths – Mr Jobling 9-4 Maths – Mr Hailes
	10:10 – 11:25	7B PE – Miss Hodgson 8.5 Maths – Miss Syson 8-4 Maths – Mr Jobling 8-3 Maths – Mr Bradnam
	11:25 – 13:10	10B History Mrs Burn 11-2 Maths – Mrs Reilly 9-1 Maths – Mr Jobling 11-1 Maths – Mr Elgie 9-2 Maths – Mr Hailes
	13:10 – 14:25	11.4 Maths – Miss Syson

		11-6 Maths – Mr Jobling 11-5 Maths – Mr Elgie 11-3 Maths – Mr Hailes
	14:25 – 15:25	10.1 Maths – Miss Syson 11C GCSE PE – Mr Liddle 10-2 Maths – Mr Jobling 8-2 Maths – Mr Elgie 8-1 Maths – Mr Hailes
Wednesday 3 <sup>rd</sup> March	9:10 – 10:10	7A PE – Miss Hodgson 10-4 Maths – Mrs Reilly 9-1 Maths – Mr Jobling 10-3 Maths – Mr Elgie 9-2 Maths – Mr Hailes
	10:10 – 11:25	<b>Wellbeing Wednesday</b>  Activities will be sent to you next week for your screen time break lesson
		
	11:25 – 13:10	7A PE – Miss Hodgson 10B History – Mrs Burn 11-4 Maths – Miss Syson
	13:10 – 14:25	9-3 Geography – Mr Gray 10-6 Maths – Mr Jobling 10-7 Maths – Mr Hailes
Thursday 4 <sup>th</sup> March	14:25 – 15:25	10D GCSE PE – Mr Liddle 10B GCSE ART – Mrs Waller (Bowes museum)
	10:10 – 11:25	8B PE – Miss Hodgson
Friday 5 <sup>th</sup> March	13:10 – 14:25	10A History – Ms Walker
	10:10 – 11:25	10D GCSE PE – Mr Liddle
	11:25 – 13:10	11B GCSE PE – Miss Hodgson 11B Geography – Mr Gray
	13:10 – 14:25	9B PE – Miss Hodgson



## Form time and Assembly



Next week is **Online Safety Week** and each year group will have an Assembly and activities to complete in Form Time.

More information will be sent to you via your school email and your year group Teams group.



# Full re-opening of schools announcement

**As you may have heard Prime Minister Boris Johnson announced on Monday that schools will begin to fully reopen from 8<sup>th</sup> March.**

The PM went through his four-part plan for relaxing **lockdown rules** in England in the House of Commons on Monday afternoon and fully reopening schools is in the first part of step 1. Mr Johnson said "pupils in all schools can safely return to face-to-face teaching" from 8<sup>th</sup> March.

**We'll be writing to you and your parents/carers next week with full details of exactly how this will happen and which date your year group will return as this depends on how many of you want to be tested:**

- Covid-19 testing will be **available for anyone who wants to have one** – we wrote to your parents/carers about this on Tuesday and **they have until 3.30 on Friday 26<sup>th</sup> February to complete the consent form** for you to have them
- If you are being tested you will have **3 tests in school** which will be spread 3-5 days apart **so that we can show you how to take a swab properly** – this can feel a little bit uncomfortable but it doesn't hurt and there will be lots of staff on hand to help you! Students who have been in school throughout lockdown have already had tests and have all done them brilliantly 😊
- **After you've been shown how to do it we'll give you home testing kits** so that you can **test yourselves at home twice a week**
- **We can't give you home test kits unless you've completed your in-school testing** so 15<sup>th</sup> March is the earliest the home testing can begin
- Whilst **being tested is recommended it's not compulsory** so you don't have to have a test to be able to come back to school



## HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

- 1** YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED
- 2** YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU  
MEDIUM FAST
- 3** BLOW YOUR NOSE IF NEEDED, WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART
- 4** OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE  
10 SECS
- 5** REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS
- 6** GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL. THIS WILL TAKE 10-15 SECONDS
- 7** AFTER THIS, YOU'RE DONE, GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP
- 8** YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES
- 9** YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT



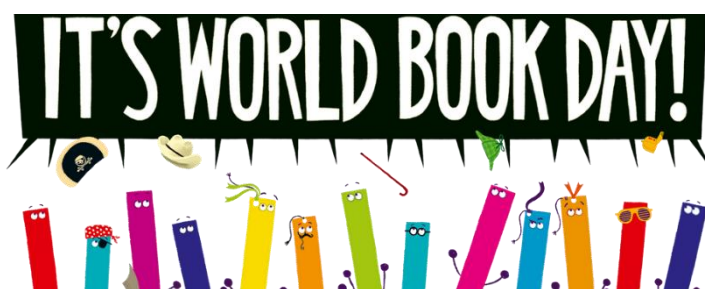


**If you are in Year 11** the Government consultation response on how GCSE and Vocational grades should be awarded in the summer **was released on Thursday** – we know that your **grades will be sent to the Exam Boards by the school and that we will be using a range of evidence** to determine these. We also know that **Results Day will be on the 12<sup>th</sup> August** which is earlier than was originally planned.

**We are now waiting for the Exam Boards to publish their guidance on the process which they have promised to do by the end of this term.** As soon as we have more information to share with you then we will!

**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!**

## World Book Day



**Thursday 4<sup>th</sup> March 2021** is World Book Day - a global celebration of books and reading.

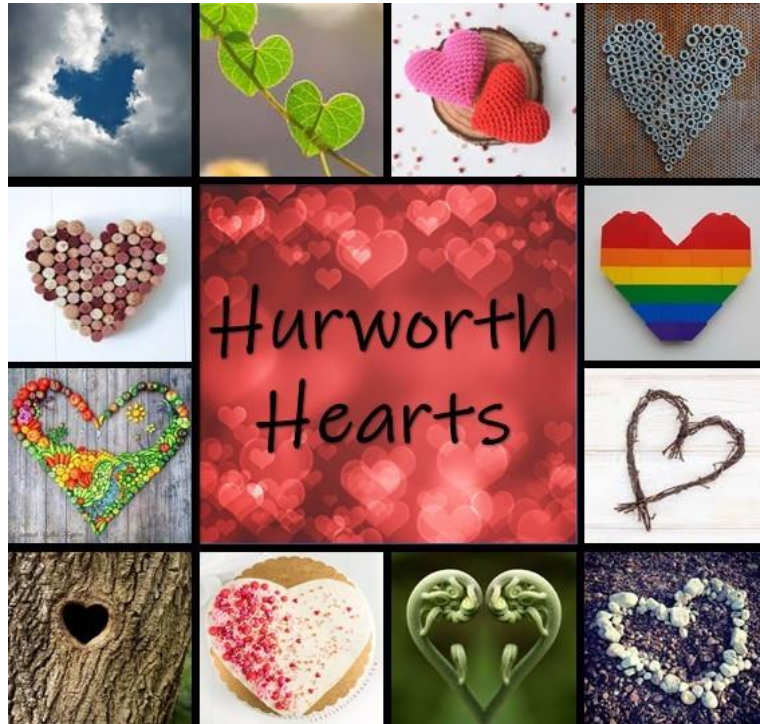
There are a number of activities and interesting things to read and explore on the World Book Day website which you can find on the link below:

<https://www.worldbookday.com/>

Here at Hurworth, we invite you to have a go at this short World Book Day quiz. It has twenty questions on a variety of book related topics; book to film adaptations; best sellers; inspirational quotations about reading.

<https://forms.office.com/Pages/ResponsePage.aspx?id=18AJ04EChUGfbYn0-kTEIkabgX0742lAiBTaCt6wZIRUNVExUUNMUUpQTjNGRzZGOVYxWjNRSjRWMY4u>

A score of 10 will get you a green click. A score of 15 or more will get you two green clicks. A score of 18 or more will get you three green clicks. **Completing the form means you will be entered into a prize draw to win a Waterstones book voucher. Good luck!**



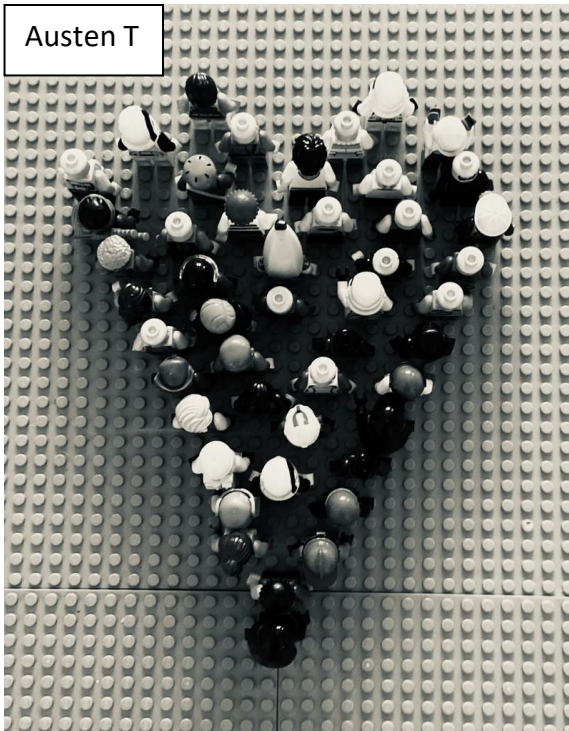
# Hidden Hearts

Before the holidays Mrs Waller set you the challenge of looking for hidden hearts in unusual places.

The winners are shown below and your prizes are on their way.

***Congratulations!***

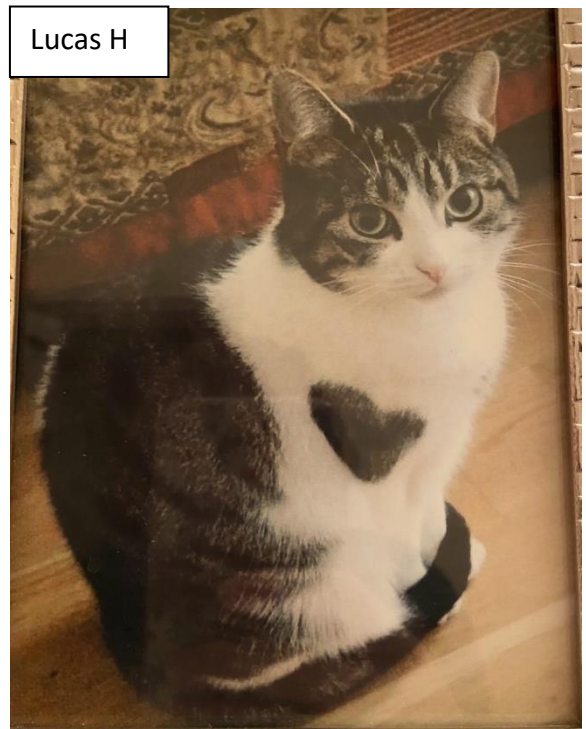
Austen T



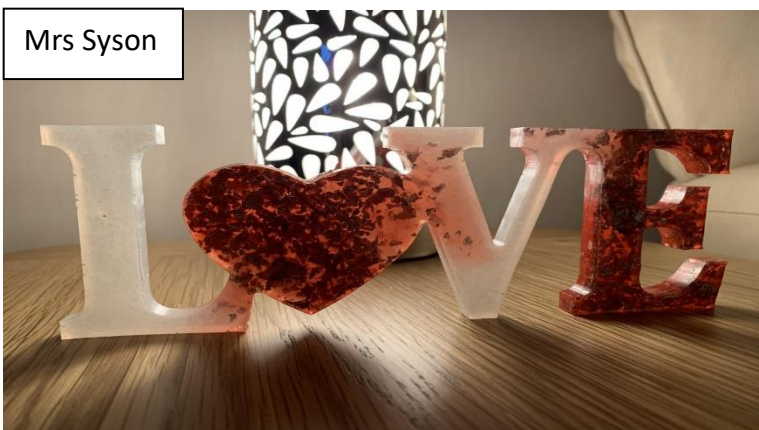
Charley H



Lucas H



Mrs Syson



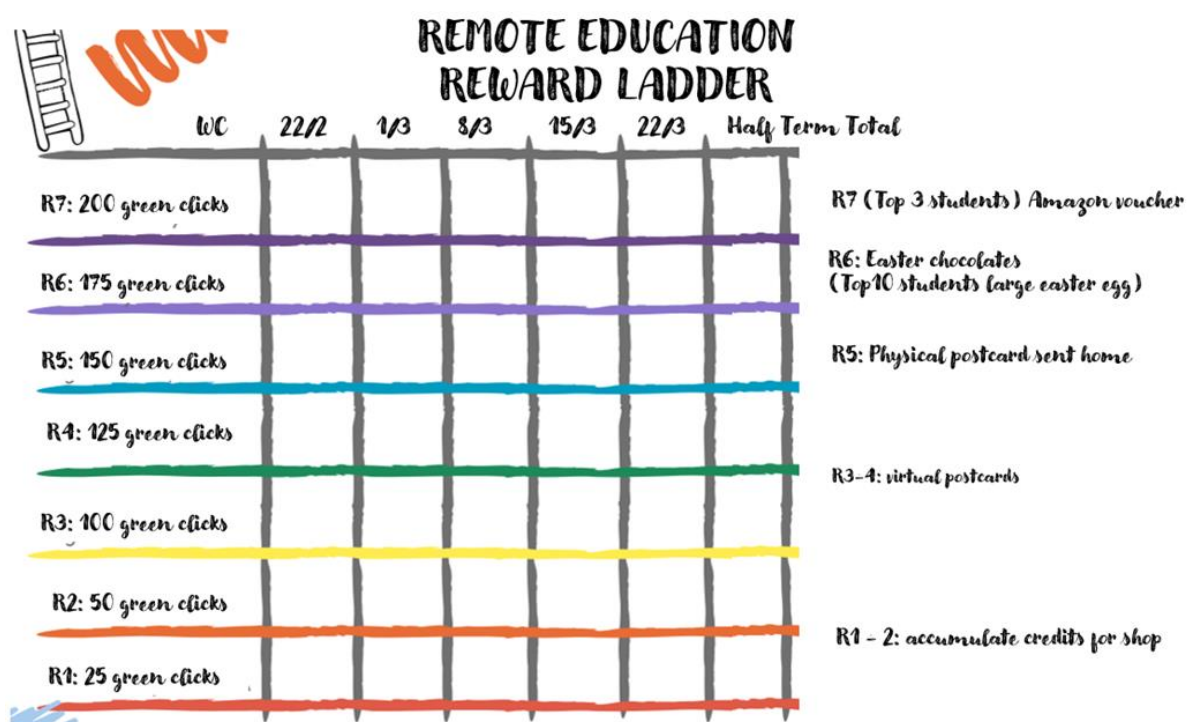




# Reaping the Rewards



Lots of you managed to achieve rewards during the last half term and became 'Lockdown Legends'. Your new reward ladder for this half term is below so see how many you can collect before the next holiday!



## Just for fun – answers from the last edition

### Character quiz

1 Cookie monster 2 Olaf 3 Jasmine 4 Chuckie 5 Doc McStuffins 6 Michelangelo 7 Dora 8 Finn the Human 9 Fred Flintstone 10 Patrick Star 11 Goofy 12 Peppa Pig 13 Scooby Doo 14 Sophia 15 Bugs Bunny 16 Homer Simpson 17 Woody 18 Joy 19 Lightning McQueen 20 Tom 21 Snoopy 22 Pikachu 23 Phineas 24 Rastamouse 25 Dangermouse 26 Dexter 27 Ben 10 28 Oh 29 Garfield 30 Simba 31 Clifford 32 Johnny Bravo 33 Mike 34 Tinkerbell

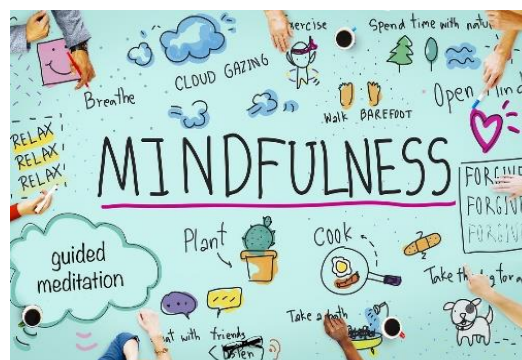
### Emoji quiz

1 Ray-ban 2 Firefox 3 IKEA 4 Starbucks 5 Blackberry 6 Persil 7 Hello Kitty 8 Wetherspoons 9 Boots 10 IBM 11 Galaxy 12 Xbox 13 Facebook 14 BBC 15 Iceland 16 American Express 17 Greenpeace 18 Heineken 19 Dropbox 20 North Face 21 British Red Cross 22 Percy Pig 23 Carphone Warehouse 24 YouTube 25 Boeing

### Which word?

SWIMS

# 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 **Sorting Thoughts**. This is a helpful strategy to use when feeling stressed or anxious. Stress and anxiety often occur because of thoughts we have decided must be true. This can cause us to develop more stress or upset, when in reality a situation is not as bad as we make it out to be. An effective way to help refocus your thoughts on the reality of a situation is to think about why you feel so stressed: is it because you will be unprepared for next year, or because of an assessment coming up or something else? Sort the thoughts into categories of things are facts/known, and things that are opinions or possibilities. This can help you decide how much attention to pay to various thoughts, and gives you a way to talk to yourselves when thoughts that are not facts arise – "I'm worried that I won't be prepared for next year, but that is not a fact and I can keep doing my work right now."



## App of the week

**MindShift** is a free app designed to help young people cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.



# 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	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 8 next week**

# Happy

FRIDAY

