

# We are Hurworth

Welcome to the eight and final edition (for now anyway!). The main focus of this edition is on the plans for the full reopening of the school and if you have any questions then please don't hesitate to get in touch with us for more information.

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.**



We're delighted that from next week we can welcome you all back to school – while lots of you have been in school all along, we can't wait to have you all back as we've really missed you!

You will be coming back to the 'bubbles' you were used to before we had to partially close though the **locations of your bubbles have changed** to those we were expecting to use in January.

On your first full day back in school **you will go to your normal lessons Period 1** but you will be using this time to have a "Welcome back" assembly and we'll go over the practical arrangements and hygiene rules with you all too as it's been a while since you've needed to use them! From Period 2 onwards you'll be back to doing the work for your subjects.

# STAY SAFE!





Next week all of you have some days where you are completing remote education (see the timetables on the later pages) but very soon you will all be back to normal lessons – make sure you **keep trying your best with remote education on the days when you are at home** and remember that all of the green clicks you've been picking up for your work all count towards your rewards ladder for this half term.

The Students of the month for February have been submitted by your teachers this week so if you have received any awards then you'll find out about those very soon!

The schedule for next week's live lessons for days when year groups are on remote education is shown below:



Date	Time	Class
Monday 8 <sup>th</sup> March	9:10 – 10:10	7-3 Maths - Mr White 7-4 Maths – Mr Hailes
	10:10 – 11:25	9-2 Geography – Mr Gray 9-5 Maths – Miss Syson 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes
	11:25 – 13:10	8-5 Maths – Mr White 8-3 Maths – Mr Bradnam 8-4 Maths – Mr Jobling
	13:10 – 14:25	7-3 Maths – Mrs Reilly 7-4 Maths – Mr Elgie 8-2 Maths – Mr Bradnam 8-1 Maths – Mr Hailes
	14:25 – 15:25	7-1 Maths – Mrs Reilly 7-2 Maths – Miss Syson
Tuesday 9 <sup>th</sup> March	9:10 – 10:10	7-3 Maths – Mrs Reilly 7-5 Maths – Mr Bradnam
	13:10 – 14:25	9-3 Geography – Mr Gray 9-2 Maths – Mr Hailes 9-1 Maths – Mr Jobling
	14:25 – 15:25	7-1 Maths – Mrs Reilly 7-2 Maths – Miss Syson 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes 9-5 Maths – Mr Jobling
Wednesday 10 <sup>th</sup> March	13:10 – 14:25	9-2 Geography – Mr Gray 9-5 Maths – Miss Syson 9-3 Maths – Mr Bradnam 9-4 Maths – Mr Hailes

	14:25 – 15:25	9-2 Maths – Mr Hailes 9-1 Maths – Mr Jobling
Thursday 11 <sup>th</sup> March	10:10 – 11:25	9-5 Maths – Miss Syson 9-4 Maths – Mr Hailes
	11:25 – 13:10	8-1 Maths – Mr Hailes
	13:10 – 14:25	8-5 Maths – Mr White 8-4 Maths – Mr Jobling
Friday 12 <sup>th</sup> March	9:10 – 10:10	11-6 Maths – Mr Jobling
	11:25 – 13:10	11-1 Maths – Mr Elgie
	14:25 – 15:25	10A Geography – Mr Gray



## Getting to school



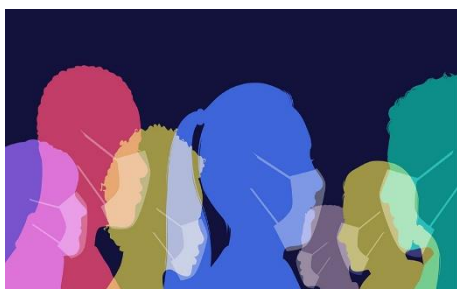
For those of you who usually come to school on the bus:

### School transport

- All routes are back to normal from Monday 8<sup>th</sup> March and you can access these whether your whole year group is back or whether you are coming in to school on days when your year group is learning remotely
- Don't forget your bus pass and your face covering!

### Public transport

- There are still capacity restrictions on public transport, and many services are currently operating at a reduced frequency due to reduced demand during lockdown. Services are set to increase in frequency close to 12<sup>th</sup> April, to reflect the easing of restrictions at that time.
- In the meantime, a number of additional school timed bus journeys will operate from Monday 8<sup>th</sup> March, to ensure that pupils / students can get to school and college by public transport.
- Please visit the following page for information on additional journeys operating from Monday: <https://www.arrivabus.co.uk/latest-news/school-buses-in-the-north-east>



You are coming back to school in **full uniform** but you can choose whether you wear Winter **or** Summer uniform until Easter

Make sure you **have all have your equipment ready for your first day back** – for some of you it's been a while since you've had to do this so **be organised** and make sure that you have everything you need including your PE kit if you have PE that day. Remember in addition to pens, pencils etc your daily equipment now includes your **face covering** unless you are exempt from wearing one

# Year group dates

Year 7		Year 8		Year 9	
Monday 8 <sup>th</sup>	Remote	Monday 8 <sup>th</sup>	Remote	Monday 8 <sup>th</sup>	Remote
Tuesday 9 <sup>th</sup>	Remote	Tuesday 9 <sup>th</sup>	In school	Tuesday 9 <sup>th</sup>	Remote
Wednesday 10 <sup>th</sup>	In school	Wednesday 10 <sup>th</sup>	In school	Wednesday 10 <sup>th</sup>	Remote
Thursday 11 <sup>th</sup>	In school	Thursday 11 <sup>th</sup>	Remote	Thursday 11 <sup>th</sup>	Remote
Friday 12 <sup>th</sup>	In school	Friday 12 <sup>th</sup>	In school	Friday 12 <sup>th</sup>	In school
Monday 15 <sup>th</sup>	In school	Monday 15 <sup>th</sup>	Remote	Monday 15 <sup>th</sup>	In school
Tuesday 16 <sup>th</sup>	Remote	Tuesday 16 <sup>th</sup>	In school	Tuesday 16 <sup>th</sup>	In school
Wednesday 17 <sup>th</sup> – all year groups back full time					

Year 10		Year 11	
Monday 8 <sup>th</sup>	In school	Monday 8 <sup>th</sup>	In school
Tuesday 9 <sup>th</sup>	In school	Tuesday 9 <sup>th</sup>	In school
Wednesday 10 <sup>th</sup>	In school	Wednesday 10 <sup>th</sup>	In school
Thursday 11 <sup>th</sup>	In school	Thursday 11 <sup>th</sup>	In school
Friday 12 <sup>th</sup>	Remote	Friday 12 <sup>th</sup>	Remote
Monday 15 <sup>th</sup>	In school	Monday 15 <sup>th</sup>	In school
Tuesday 16 <sup>th</sup>	In school	Tuesday 16 <sup>th</sup>	In school
Wednesday 17 <sup>th</sup> – all year groups back full time			

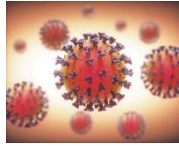


You have all had different experiences while the school has been partially closed – some of you have loved being at home and some of you have hated it; some of you can't wait to come back, some of you would rather stay at home and lots of you are somewhere between the two!

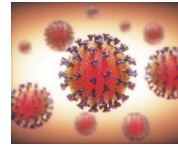
Remember **all of the staff in school are here to help and support you**. If you do need help then **your first point of call is your form tutor** – you see them every day and they can support you there and then as well as passing on information to other staff if they can't "fix" it for you.

If you are in **Year 10 and 11** then you also have a **mentor** who can help and support you.





# Covid testing



- Covid-19 testing will be **available for anyone who wants to have one** – we wrote to your parents/carers about this on Tuesday 23<sup>rd</sup> February and they had until 3.30 on Friday 26<sup>th</sup> February to complete the consent form for you to have them. **If you and your parents/carer have changed your mind about having a test the consent form on Forms is still available for you to use**
- 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 this week for tests have been superb; well done to Year 11 and Year 10 for coming in for your tests this week** and Year 8 it's your turn to keep up this standard now! 😊
- **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**

**NHS**

Test and Trace

## 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**

10 SECS

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

**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

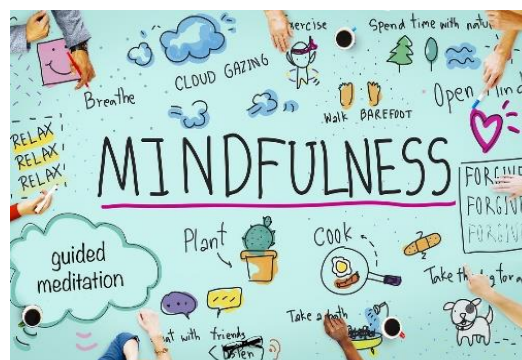
**8**

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

# 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 **Mindful Dancing**

Our bodies have a natural inner rhythm. From the beat of our hearts' to the pulse in our veins', when we follow the rhythm, we can find some peace in our mind.

This type of mindfulness meditation for teens provides higher levels of emotional and spiritual well-being, increased acceptance of one's self, and promotes positive feelings. You can dance for as long as you want, but aim to go through at least one song.

## *How to Apply:*

- Turn on a song or a music genre of your choice. Pop, R&B, jazz, make your pick.
- Close your eyes.
- Listen to your body and dance with the rhythm.
- Concentrate on how your body naturally adapts to the music.
- Dance through the music and keep your focus only on the music and your moves.



You can find lots more ideas at: <https://www.mentalup.co/blog/mindfulness-activities-for-teens>

# App of the week



**SuperBetter** is a free web and app-based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who want to feel happier, healthier, and more able to reach their goals.

# Mindful March

This month's theme from Action Happiness is Mindfulness – see how many you can do as we go through the month!

**ACTION CALENDAR: MINDFUL MARCH 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Say 'I love you' to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness <a href="http://www.dayofhappiness.net">dayofhappiness.net</a>	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p>			

**ACTION FOR HAPPINESS**

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

[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Happier · Kinder · Together**

That's it for this edition.

Take care, stay safe  
everyone and see you soon!

**Happy**  
FRIDAY