

# Ecco Year 9 Student Weekly Bulletin

WB: 29th June

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**Instagram**  
@Ecclesfieldschoolclassof2022  
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5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them



### Message from Mr Willson

Hello everyone. I hope you and your families are well. There are only 2 weeks left of half term 6 and then we have the summer holidays. Try to work as hard you can for the final 2 weeks and prepare yourself to come back next year with a bang. It's going to be a great year and I'm looking forward to being on that journey with you all again. I would encourage you to drop your form tutor an email before the summer holiday, even if it's just to let them know that you're okay and to say thanks for the year - I know they'd love to hear from you. We all miss you, Miss Travis and me too, and can't wait to see you all. Take care.

Have a go at our daily challenges and share with us!

### Inspirational People

Laverne Cox is an American actress and LGBTQ+ advocate and has received numerous awards for her work on screen and her activist approach in spreading awareness. She has been the first openly transexual actress to achieve multiple feats, including having a wax model at Madame Tussauds!



### This Week/Coming Up

#### Plastic Free July

This month is plastic free July. Watch this video here - <https://www.plasticfreejuly.org> - for more information. Will you take the challenge? Even if you can be plastic free for just one day, it's a great place to start!

#### Kudos - Careers and Aspirations

Kudos is an online platform that can give you all the information you need to make important decisions about future careers and what subjects, courses and training you can do to reach your career destination.

Check your email (search L Cassell) for more information sent from Mrs Cassell and get in contact if you have any questions! We'd love to know what aspirations you have for the future, where you want to go and what you want to be!

### Mental Health

#### My Proudest Moments - Looking Forward

Now more than ever, we need to look to the future, remind ourselves of our aspirations and remember those exciting plans. Using slide 3, take some time to think about what you want in the future and how you can achieve it.

#### Ecco - Supporting Your Wellbeing

Have a look on the school website for loads of resources for supporting your wellbeing. Follow the link below - <https://ecclesfield-school.com/students/supporting-your-wellbeing>

### Celebrating Success

A big shout out to S WH in 9JL for producing an amazing plan and piece of Spanish writing! Great stuff! **#WorkHard**

- **Work Hard**
- **Be Kind**
- **Aim High**
- **Show GRIT**

### Problems With Work?

- Email your teachers for support.
- Or contact Mr Willson for some help.
- Focus on maths, English, science, and the subjects you're taking next year.
- Complete work on paper if it's easier than completing online.
- Try your best! That's all we'll ever ask.

### Word of the Week - Redeem

1. compensate for the faults or bad aspects of.
2. gain or regain possession of (something) in exchange for payment.

### Mr Willson's Top Tip

Set yourself some goals for the next 2 weeks and create a timetable for each day to help you achieve them. We're close to the summer holiday and it can be easy to lose focus - make sure you use the time wisely!

# Year 9/ S3 online lessons

Monday 6 July - Friday 10 July



BBC

**Bitesize**  
Daily lessons

Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Memory and anecdotes in writing	<b>English</b> Conjunctions	<b>English</b> Hip hop Shakespeare	<b>English</b> Magical realism	<b>English</b> Reading lesson: TBC
<b>Maths</b> Find the area and perimeters of triangles and parallelograms	<b>Maths</b> Find the area of a trapezium	<b>Maths</b> Find the area of compound shapes	<b>Maths</b> Find the circumference of a circle	<b>Maths</b> Challenge of the week
<b>Arts Week</b> Musical performance	<b>Arts Week</b> Artists and art	<b>Arts Week</b> Drama and theatre	<b>Arts Week</b> Singing and wellbeing	<b>Arts Week</b> Ten pieces takeover

Find all this content and more at: [bbc.co.uk/bitesize/dailylessons](https://bbc.co.uk/bitesize/dailylessons)

# MY PROUDEST MOMENTS

Think of 3 moments from your life that fill you with happiness & pride.

- 1.
- 2.
- 3.

WHAT NEXT?



... THE NEXT YEAR?

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THE NEXT 10 YEARS?

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... FOR YOUR LIFETIME?

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