

Ecco Year 7 Student Bulletin

WB: 11th May 2020

Want to say thanks? Want to nominate someone, or say thanks for going above and beyond? Send the details to communitychamps@eccoschool.com

Stay in touch.....

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We love hearing from you.



Message from Mr Silcock....

Hi Year 7. I hope you have all had a good week. Lots of you have been in touch to tell me and Miss Noone what you have been up to this week. I have immersed myself in piano practice. As well as teaching my daughter how to play, I have set myself the challenge of relearning some old pieces that I could play when I was at school. I had forgotten how much I loved the German composer Brahms. His music is so soothing and playing it makes me feel really calm and relaxed.

Is there something you have learnt in the past, which you would like to revisit? Now is this time to do it!

This week in history.....

On May 10th 1994, Nelson Mandela became the first Black President of South Africa. This came after over 300 years of white rule in the country. During his inauguration ceremony, which took place in Pretoria, Mr Mandela said "Never, never again will this beautiful land experience the oppression of one by another".

Y7 Shout Out....

A massive Ecco pat on the back to Lenny T in 7CC. Not only has he been volunteering for a local charity during the COVID 19 crisis, but he has also been helping to organize a street party for his neighbors celebrating VE Day!

Word of the week: Principles

A fundamental truth or proposition that serves as the foundation for a system of belief or behaviour or for a chain of reasoning.



And...breath:

Mindfulness is about focusing on the moment you are in. This is why activities that distract us are classed as mindful activities. You have to focus your mind on the task you are doing and therefore you cannot focus on stress and worry.

- Paying attention to your breathing is a quick and easy mindfulness technique.
- Focus Breathing is a quick and easy mindfulness technique.
- It can help you calm your mind, relax and focus your attention to whatever it is you're doing right now...and enjoy the moment!

This is a great technique to build into your everyday life to connect with your breathing, your mind and your body...
and you'll feel great afterwards!

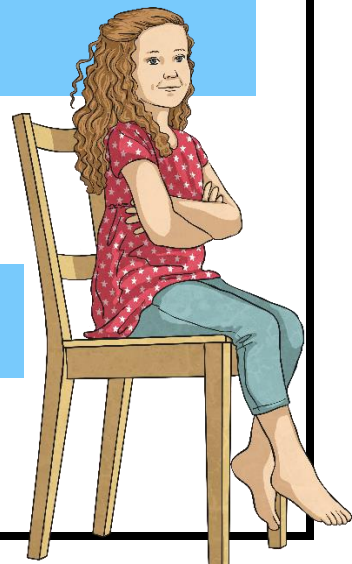


1 app that can help with mindfulness is: **'HEADSPACE'**

This is a free app for the first 10 sessions that you can repeat.

How to:

1. Make sure you are comfortable either sitting or standing in a quiet place if possible.
2. Close your eyes and take some slow deep breaths through your nose.
3. Concentrate on your breath flowing in and out of your body.
4. Notice how it is cooler when you breathe in and warmer when you breathe out.
5. Continue until you feel calm and relaxed.



And...breath-continued:



1 app that can help with mindfulness is:

'CALM'

This is a free app that provides calming sounds that can be used during mindfulness/ to sleep. It also has sleep stories and music.

*Free nature sounds online:

<https://www.youtube.com/watch?v=pUdZFXsHk0o>

As you now know mindfulness is about focusing on the moment you are in.

When focusing our breathing we should also pay attention to our other senses.

- What can you hear?.
- What can you smell?
- What can you feel?

You'll start to realise that you can hear/ smell/ feel things you don't usually notice

Get into nature.

- Fresh air really is important for our wellbeing - it may not seem that this is the case but as soon as you have had some you will notice you feel a bit better than when you were indoors.
- The same can be said for exercise. This doesn't have to be hard exercise it can be soft; a walk can make us feel much better.
- Spend some time in your garden/ out for a walk. Listen to the nature and sounds around you.
- What can you spot that you would usually miss in your rush to school or when socialising with your friends? Is there anything you haven't seen before? An interesting building? An animal or plant?
- Could you set yourself a challenge to try and spot a list of things?

