

Ecco Year 9 Student Weekly Bulletin

WB: 27th April



<p>Day 7 Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/></p>	<p>Day 8 Get in contact with a local care home and arrange to send a letter to one of the residents. <input type="checkbox"/></p>	<p>Day 9 Go on YouTube and try..  The Body Coach TV 972K subscribers <input type="checkbox"/></p>	<p>Day 10 Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/></p>	<p>Day 11 Say something positive to everyone in your household today. <input type="checkbox"/></p>	<p>Day 12 Do something helpful for a friend or family member today. <input type="checkbox"/></p>
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Message from Mr Willson

Hello again everyone. I hope you and your families are all well. We have finished our 4th week of lockdown and I've finally managed to run a good 5km! Although, as you can see from the picture to the right, I was pretty red and sweaty afterwards! I hope you are getting the opportunity to get outside and take advantage of this beautiful weather, whilst following social distancing of course. Please keep us updated with what you've been up to and anything we can do to help. You can email me or contact me via our social media. Take care and miss you all!



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

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This week...

Y9 Olympics poetry competition is still open. Write a piece of poetry in any style that you want and submit to me by Friday 24th April and I will give some prizes out on our return to school. :)

@EccoPhoto

Take some photos of flowers/blossom on your daily exercise and submit to @eccophoto with #Eccoflowerphoto. Miss Lindley is waiting!



Want To Say Thanks?

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

Mindfulness

It's okay to not be okay...



Kooth

Kooth is a free counselling service that Ecclesfield has access to. Please use this if you feel like you need someone to talk to/ want to learn more.

Anxiety

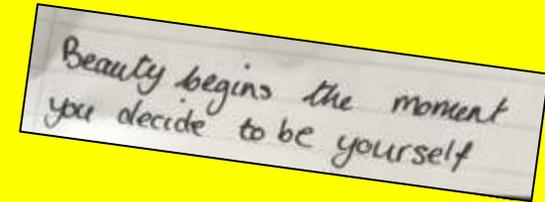
There is a lot of uncertainty at the moment and it is normal to be feeling anxious about the future. I will be attaching an emotional well-being slide to the bulletin each week - please ensure you're looking after both your mental and physical health during this time!

Please have a look at the email dated 24/4/20 for more websites that may help.

Celebrating success

Well done to MK-H for taking part in Day 1 of the daily challenges last week and sharing some lovely notes she made #BeKind

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



Word of the Week

Privilege - a special right, advantage, or immunity granted or available only to a particular person or group.

Keep on Learning

Keep checking Google Classroom and your emails for work set by teachers. You can now access weekly lessons on BBC Bitesize, too. The timetable for week 1 (last week) is to the left and a new one will be published for next week. Keep an eye out!



Mr Willson's Top Tip

Take short breaks in between periods of school work. If you try to do too much at once, you'll lose concentration and be less effective.

Monday	Tuesday	Wednesday	Thursday	Friday
Maths	English	Chemistry	Maths	English
English	Biology	Maths	English	Physics
History	Geography	Spanish	Religious Studies	Music

Sometimes we feel stressed or anxious. This is entirely normal. Different kinds of things can cause us to feel this way such as trying something unknown, exams, change and the current situation where we are staying at home.

As a pre-teen or teenager you will be starting to find ways to cope with and reduce your stress levels so that you can do this more easily in adulthood.

This pack gives some strategies, activities and links of things you can do to help when you are not feeling at your best. Maybe some will work for you or help you to find your own strategies.



Emotional Wellbeing

When and if you begin to feel stressed/ anxious, try some of the activities below ...it is good to focus your brain on something else. Distract yourself...

<p>When I'm anxious, I can</p> <p>talk to an adult</p>	<p>When I'm anxious, I can</p> <p>listen to music</p>	<p>When I'm anxious, I can</p> <p>do some deep breathing</p>
<p>When I'm anxious, I can</p> <p>pick a fidget toy</p>	<p>When I'm anxious, I can</p> <p>make a plan</p>	<p>When I'm anxious, I can</p> <p>draw</p>
<p>When I'm anxious, I can</p> <p>do some colouring</p>	<p>When I'm anxious, I can</p> <p>do some yoga</p>	<p>When I'm anxious, I can</p> <p>drink water</p>

Want to distract yourself by colouring? It is a great activity for all ages. Google: 'free mindfulness colouring' for some printable sheets

- Can you make other suggestions of activities that you could do to reduce anxiety/ stress.
- Add your ideas to the blank cards.
- You could maybe add a text box/ use another sheet of paper to write how they make you feel and if they help you.

<p>When I'm anxious, I can</p>	<p>When I'm anxious, I can</p>
<p>When I'm anxious, I can</p>	<p>When I'm anxious, I can</p>