

Message from Mrs McNulty:

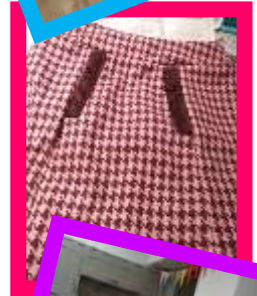
Hello everyone in Year 8!

I hope that you are all doing well and coping with another week at home. The weather has not been great this week so at my home we have done lots of indoor activities to keep busy. We've done some more baking, a bit of crafting and watched far too much tv. My girls love playing on their bikes and trikes and have been making our kitchen a race track. I have also managed to get on the sewing machine and have made a skirt which I will be wearing once we get back to school. I am trying to keep busy and productive.

I know from speaking to some of you and your parents that you are missing school and are really fed up with the current situation. I feel exactly the same. I know there have been some easing of restrictions, but we are still far from normal life and it is tough. We've had a couple of people visit and observe social distancing in the garden, but the rain meant this was not possible later on in the week so we really hope that the weather improves and we can enjoy some outdoor time again.

During the pandemic there has been a lot of talk of the strain that lockdown is having on our mental health. We all know the importance of eating well, getting enough exercise and sleep, but our mental health is equally important. On the next slide there is a focus on maintaining good mental health at this time, which I hope is of some help to you.

As ever, I wish you all well. I know that every week that goes by is another accomplishment for us all. Please take care of yourselves and your families. Though it might not feel like it, you are all doing an amazing job during a difficult time. There is a lot of grit in our Year 8 students!



Word of the Week – Perceive

To become aware of something, to come to realise or understand.
To interpret or regard something or someone in a particular way.

Take care with the spelling of this word – it follows the **ei** spelling pattern like receive.

And don't forget the related nouns to these verbs end in **-eption** – perception, reception.

Work Hard

Be Kind

Aim High

Show GRIT

Here are some simple things to try to have positive mental health during lockdown:

Set yourself daily goals

We all need a sense of accomplishment. It makes our days more purposeful and gives us a positive feeling about ourselves. Your goals don't need to be big, but something as simple as saying, "I will read for half an hour today" is manageable and makes your day more purposeful.



Get some exercise

Try to do some exercise each day. This is easier when the weather is nice, but there are lots of online exercise workouts. A boost of endorphins from exercise lifts our mood and makes us feel more energised during the day.



Have a good sleep regime

It is easy for our usual sleep regimes to slide during lockdown. Try to get up at your usual time and don't stay up too late. Some parents have told me their children have become "nocturnal" during lockdown, but this is not good for your physical or mental health. Disruptions to our body clock can make us feel less happy and can contribute to a lower mood.



Limit your time on social media

Social media is great for keeping in touch with others at this time, but avoid too much time in the online world. It makes us compare ourselves (usually unfavourably) to others and can leave us feeling more lonely.



Spend time in nature

Spending time in nature can help reduce anxiety and depression. If you can go for a walk and see some trees, greenery and flowers it can have a positive impact upon how you feel. I also think it breaks up the feeling of being enclosed which accompanies the lockdown.



Write a daily positive list

At the end of each day write 3 positive things that have occurred during the day. I have done this for years and it makes me concentrate on the positives that are happening in my life. It also means that I look for good moments during the day and appreciate them as they happen. These do not have to be big things. I might write, "I enjoyed baking with Ingrid" or "I liked talking to my sister on the phone today." I do this shortly before going to bed and I think it has helped me to manage my anxiety at difficult times.



Year 8/ S2 online lessons

Monday 15 June - Friday 19 June



Bitesize Daily Lessons

Monday	Tuesday	Wednesday	Thursday	Friday
English Shakespeare in focus: Shakespeare's words	English Shakespeare in focus: Shakespeare's theatre	English Shakespeare in focus: Shakespeare's audience	English Shakespeare in focus: Kings and succession in Shakespeare	English Reading Lesson: The Jungle Book by Rudyard Kipling
Maths Add and subtract numbers in standard form	Maths Multiply and divide numbers in standard form	Maths Represent data in two-way tables	Maths Find the probability from a two-way table	Maths Challenge of the week
History The civil rights movement in America	Geography Tropical storms	Chemistry Neutralisation reactions	Design and Technology Product life cycle	Computing Data representation and digital devices
	Biology Muscles, tendons and joints			Physics Density

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