

# Ecco Year 9 Student Weekly Bulletin

## WB: 8th June

**Want To Say Thanks?** Want to nominate someone, or say thanks, for going above and beyond? [communitychamps@eccoschool.com](mailto:communitychamps@eccoschool.com)



<p><b>Day 43</b> Write down five positive things about yourself on Post-It-Notes <input type="checkbox"/></p>	<p><b>Day 44</b> Tag your friends in a pic that brings you happy memories <input type="checkbox"/></p>	<p><b>Day 45</b> Visit a virtual museum! Go online and explore the collections online <input type="checkbox"/></p>	<p><b>Day 46</b> Try to go to bed 1 hour early. <input type="checkbox"/></p>	<p><b>Day 47</b> Wake up early to watch the sun rise and see how beautiful it is <input type="checkbox"/></p>	<p><b>Day 48</b> Find a documentary on BBC iPlayer and watch it <input type="checkbox"/></p>
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### Message from Mr Willson

Hello everyone. I hope you and your families are all well. This week, I have started to read the book "Why I'm No Longer Talking To White People About Race" which explores the links between gender, class and race in Britain. This week, I would like you to look at the information on this slide, and sent via email, and take some time to reflect on what has happened over the last couple of weeks. What are your thoughts and opinions? What can you do to help? I would love to hear from you about this to discuss more and would love to see any activities completed. Take care and stay safe.

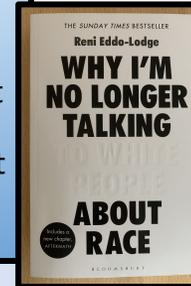
Have a go at our daily challenges and share with us!

#### Contact us

[rwillson@eccoschool.com](mailto:rwillson@eccoschool.com)  
[ltravis@eccoschool.com](mailto:ltravis@eccoschool.com)

#### Follow Us

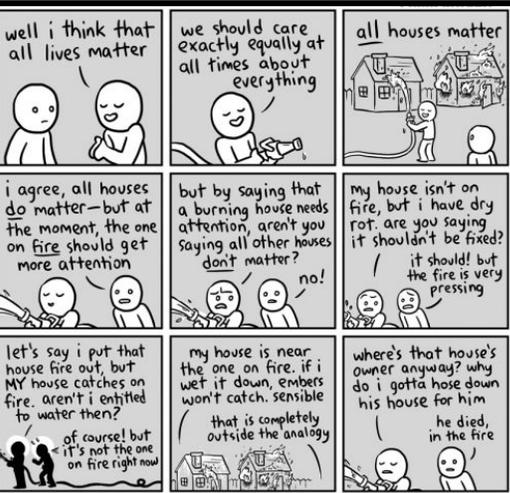
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**Twitter**  
[@eccoclassof2022](#)



### This Week

#### Black Lives Matter - Let's Educate Ourselves

Take a look at the PowerPoint sent by email, look at the two visuals above and below, and why not enter the Black Lives Matter creative competition here? - <https://blacklivesmatteratschool.com/student-creativity-challenge/>



It is important that you learn and take the time to look into the black lives matter movement. It is not enough to sit at home and think that it doesn't affect you because **we are all involved.** #BlackLivesMatter

### Mental Health

#### Colouring In

Thanks to its basic, repetitive motions, **colouring** engages parts of the cerebral cortex while relaxing the amygdala, the brain's fear centre. Have a go at some colouring to help you relax. Have a look at slide 2 and the colouring booklet that I've sent to you via email!

#### 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>

### Keep Working Hard

We're into week 2 of half term 6 and hopefully you have now got yourself into some good habits with regards to your school work. Make sure you're maintaining a normal routine - waking up a normal time, completing some school work, looking after your mental health, and going to sleep at a normal time.



### Celebrating success

I'd love to celebrate all of your successes over the next half-term. Make sure you get in contact to let me know what you've been up to, whether it's work related, hobby related or something in your local community!

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

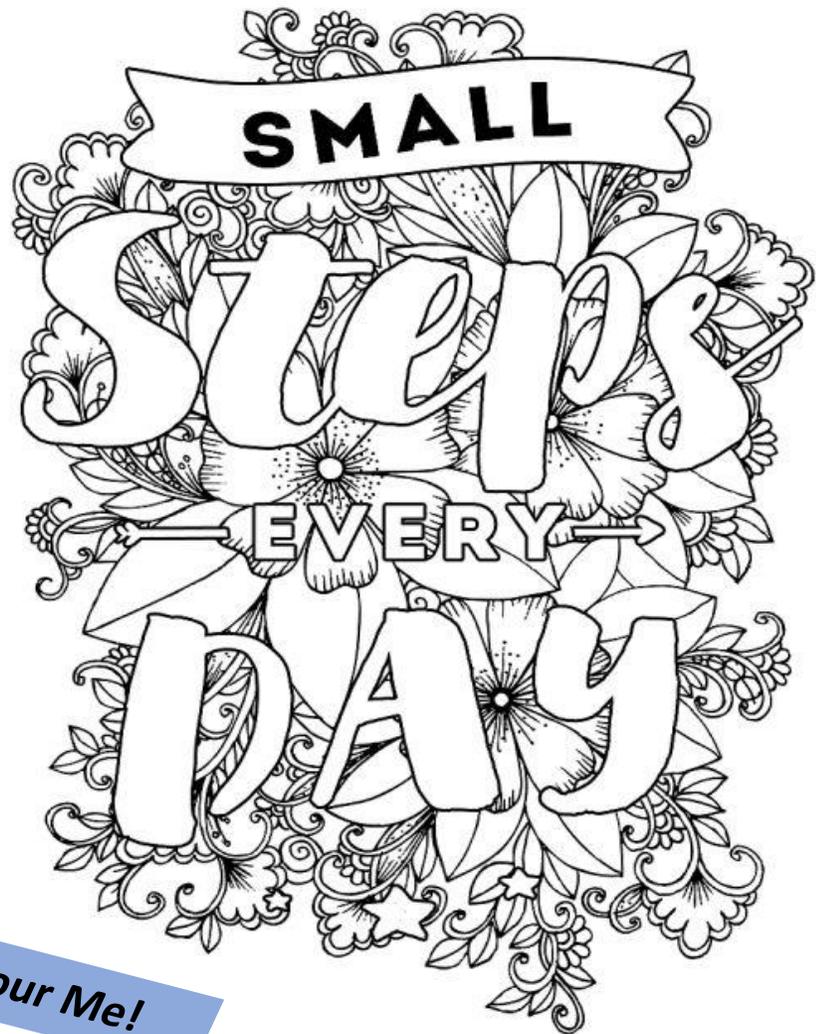
### Word of the Week - Debate

To argue about (a subject), especially in a formal manner. "MPs debated the issue in the Commons"

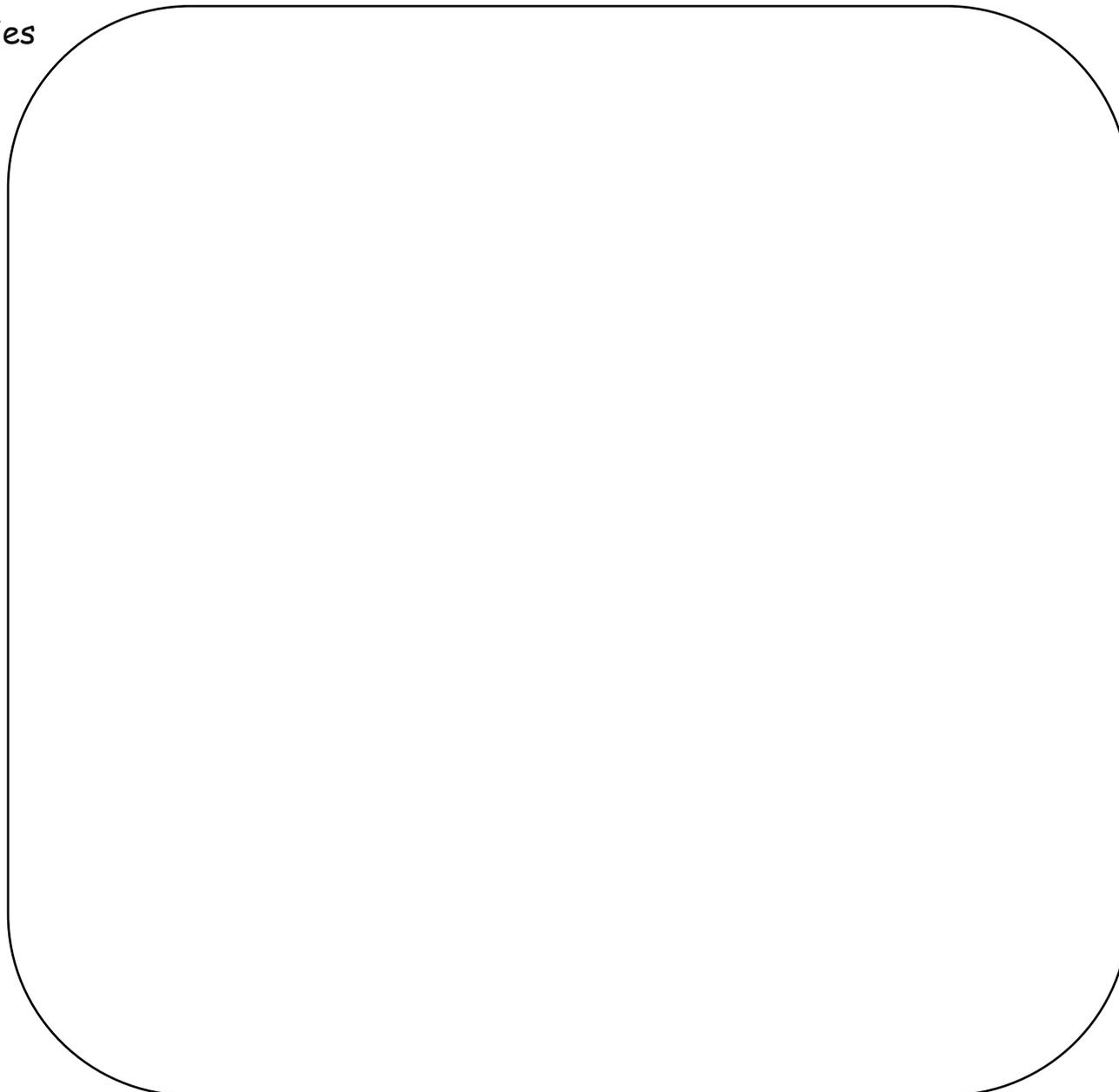
### Mr Willson's Top Tip

Reducing the amount of 'artificial light' (phone screens, TV screens etc.) 1-2 hours before going to bed will help you fall asleep and improve your sleep quality, too.

1. Relieve Stress. Researchers have discovered that colouring activities help relax the amygdala
2. Exercise the Mind, colouring sparks brain activity
3. A creative meditation.
4. Thought swapping - replace patterns of negative thinking.



Colour Me!



Design your own doodle with a positive message!



## THAT SHOULD BE ILLEGAL

There are often things in life that irritate us, and we wish we could make it illegal. For this task you must decide on 10 things that you think should be made illegal (that are currently legal), explain why it should be illegal and what punishment you think should be given to those that break the law.