

# Ecco Year 8 Student Weekly Bulletin: Week Beginning 1<sup>st</sup> June 2020.

## **Message from Mrs McNulty:**

Hello everyone in Year 8!

Last week we had a lovely half term. Thankfully the weather was glorious and really helped us to cope with the lockdown. We enjoyed daily walks and played in the garden a lot. It was nice to enjoy the sunshine, but we were sensible and wore sun cream every day because sunburn would not have been fun!

As you are no doubt aware, the lockdown is starting to ease a bit this week, but I do hope you are all sticking to the guidelines and keeping safe. It is nice that people can now meet up, but social distancing is still really important. If you're keeping on top of the news you will know that the virus is dangerous and can be deadly. We all have a role to play in keeping it from spreading further.

On a nicer note, we celebrated my eldest daughter's fourth birthday during the half term. It was a strange birthday because we couldn't have visitors, but we managed some video calls with friends and family and had managed to get a unicorn cake, though we bought that - my baking skills are not that great. No doubt some of you have also had birthdays during lockdown. Turning 13 during a pandemic will not be a birthday any of you expected, but if you have had a birthday I hope you managed to enjoy it.

Please take care of yourselves and your families and here's hoping we get some nice weather again this week.



**Suggestions  
for what to  
do this  
week:**

### **Monday 1<sup>st</sup> June**

It's a new month – start the month positively by tidying your room. It's a great feeling when mess is cleared.

### **Tuesday 2<sup>nd</sup> June**

If you have a pack of cards or a board game, ask someone in your household for an old-fashioned game!

### **Wednesday 3<sup>rd</sup> June**

Arrange for a meet up with someone you have not seen since March – but pay attention to social distancing throughout!

### **Thursday 4<sup>th</sup> June**

Perform a random act of kindness – both you and the recipient will feel good.

### **Friday 5<sup>th</sup> June**

Make sure you have done all your school work so you can have a carefree weekend.

## **Word of the Week – Participate**

To be involved, to take part

## **Mrs McNulty's Tip of the Week**

When doing school work put your phone in a different room to avoid distraction. We know of the benefits of no mobiles at school so please try to do the same when you are doing school work at home.

**Work Hard**

**Be Kind**

**Aim High**

**Show GRIT**

# Year 8/ S2 online lessons

Monday 1 June - Friday 5 June



BBC

**Bitesize**  
Daily lessons

Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Adjectives and verbs	<b>English</b> Working with subordinating conjunctions	<b>English</b> Using subordinate clauses	<b>English</b> Figurative language in action	<b>English</b> Creating a strong story opening
<b>Maths</b> Convert between decimals and percentages	<b>Maths</b> Find percentage of an amount using a multiplier	<b>Maths</b> Find percentage increase and decrease using a multiplier	<b>Maths</b> Express one number as a fraction or percentage of another	<b>Maths</b> Challenge of the week
<b>History</b> Emmeline Pankhurst	<b>Geography</b> Volcanoes	<b>Chemistry</b> Global warming and climate change	<b>French</b> Family and friends	<b>Design and Technology</b> Microcontrollers
	<b>Biology</b> Breathing and lungs			<b>Physics</b> Reflection and refraction of light

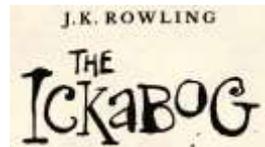
Find all this content and more at: [bbc.co.uk/bitesize/dailylessons](https://bbc.co.uk/bitesize/dailylessons)

In case you need some new things to do during lockdown, here are three suggestions:

The British Museum may have its doors closed at the moment but there are plenty of its artefacts on virtual display on line. They have great website <https://britishmuseum.withgoogle.com/> which enables you to navigate time across different continents and explore the museum's huge collections. Be warned – you can easily spend hours on this website as it is so engrossing!



We have plenty of Harry Potter fans in Year 8 so you may already know that J.K. Rowling is releasing a book in instalments free and online over the next few weeks. Lots of children are already enjoying this story, though there is no magic in this one. There is also an illustration competition, but that is for 7-12 year olds (most of you are now too old to enter), but if you have younger siblings you could read the book together and encourage them to submit an illustration. Some of the illustrations will be included when the book is published in hard- and paperback. The book and all other details are available at: [www.theickabog.com](http://www.theickabog.com)



For some of us lockdown has been a chance to work on hobbies or take up new ones. I love crafts and have been wanting to try origami for some time. On Instagram the account [@origami.avenue](https://www.instagram.com/origami.avenue) has some lovely tutorials for you to try. The things created are cute and would make lovely small gifts to thank people for how they have helped you during lockdown.

## Positive Mental Health

I know that we are living in the strangest times. There is a lot of talk about re-opening schools and easing the lockdown. Some of you will have found the last ten weeks tough –there has been lots of bad news on tv, you haven't seen friends and family, you may have suffered a bereavement and many of you have told me you are missing school - the structure, routines, learning, socialising.

Please know that we are working to make the transition to school as smooth as possible. Lots is going on behind the scenes to make sure you cope with the inevitable changes.

There are a few things you can do at home to promote positive mental health at this time:

- Talk to people about how you are feeling – they cannot take away your anxiety but it helps if they are aware of how you are getting on. If people know something is wrong they are in a better position to help than if you keep it to yourself.
- Do things that make you feel positive - exercise, a hobby, enjoying the sunshine. Don't hide away or get too consumed in social media. It doesn't help to compare ourselves to others.
- Eat plenty of fruit and vegetables as these improve our mood and physical health.
- Write down three positive things at the end of each day so you get a sense of achievement and purpose.