

Day 1: Visit the Zoo!
A number of Zoo's have live stream webcams. I like Edinburgh's Pandas!

Day 2: Look through old photos/family videos and reflect on the past.

Day 3: Listen to 5 songs that are important to you. Think about why they are special to you.

Day 4: Make a list of the ways that you are privileged. Have you lost and privileges since isolation?

Day 5: Become an artist! Follow Pete McKee's cartoon workshop lessons

Message from Mr Wood:

Hello everyone, I hope that you are still safe and well as we enter our fifth school week away from the classroom. It was lovely to see photos from you completing tasks and being active last week. I have been making the most of the weather, planting up the garden and greenhouse. I'll be trying to improve my cycling stamina this week (it's not as good as it used to be). I hope you're making the most of the weather to the best of your ability while keeping to social distancing measures. I'm looking forward to hearing from you this week as you complete different activities either suggested here or of your own creation. Stay safe and keep positive!

Year 8 Notices (SMSC)

This Week...

Your 5 activities for the week have been updated. I look forward to seeing you completing them, email pictures of your efforts.

@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

Your Mental health Matters:

In this strange time when our routines have changed significantly. Its okay to not be okay.

All of this uncertainty can take its toll on your physical and mental health. While you may find it easier to address your physical health, keeping active and eating healthily. You may be less certain on how to support your own mental well being.

You may remember Kooth from an assembly ealier this year. They are a free counselling service that Ecclesfield has access to. Contact them if you feel like you need support.

Work Hard

Aim High

Be Kind

Show GRIT

Word of the Week:

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

Mr Wood's Top Tip:

Try and limit your screen time, especially at night. Doing this will support your sleep routine improve your mental health

Celebrating success:

Thanks to Harvie H (8TBR), who has been keeping active, while supporting his brother with college work! Excellent work.
I'm looking forward to hearing what everyone else has been doing to meet our values this week.

Keep On Learning:

Keep checking Google Classrooms for work to be completing. As well as this, look for additional content, BBC Bitesize has launched its daily lessons plat form to support you.



Control the controllable:

Work Hard

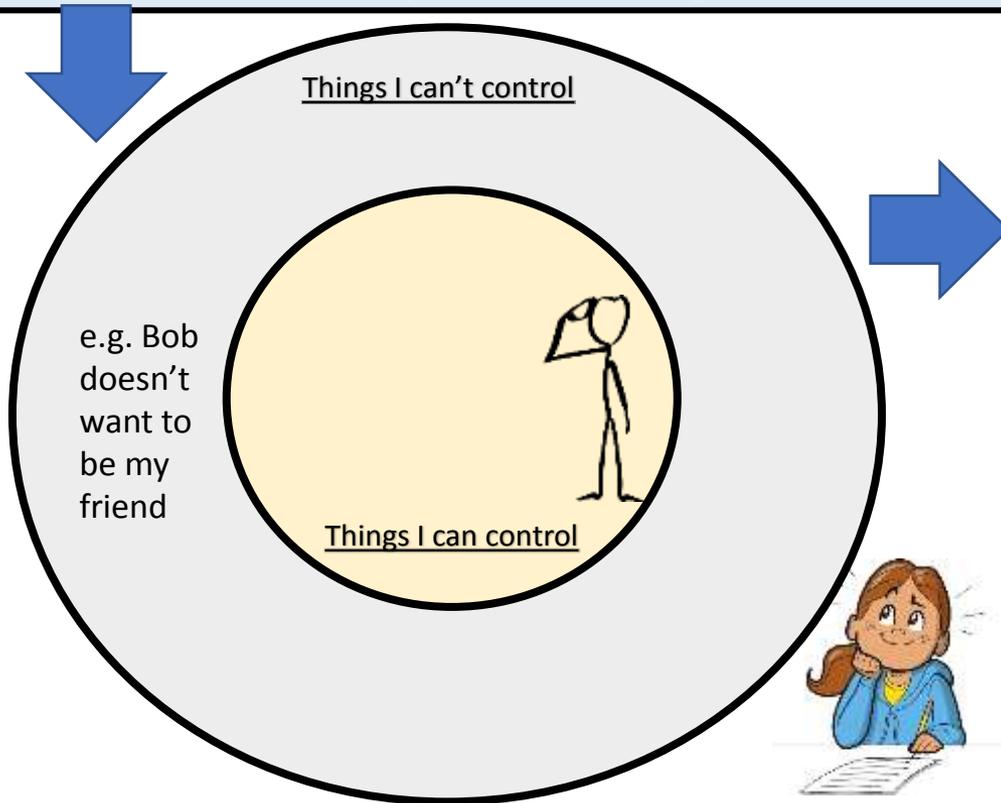
This week I would like to support your mental wellbeing on this page. I have included an activity that I like to complete when things are getting on top of me. I hope it supports you too. I will return to celebrating student activities on here in future weeks.

Be Kind

Circle of influence:

We often worry and become stressed about things that are beyond our control. We should focus on what we can control- this will reduce our stress levels and help us to focus and achieve which will make us feel better. Below is a circle of influence. It is for you to list your concerns.

- In the inner circle write the things you can control (your actions can affect it) e.g. completing a piece of work
- In the outer circle write the things you cannot control e.g. other peoples actions/ nature etc.



Now...Take the problems from your inner circle (those you can control) and think of some solutions....

Problem/ worry	What can I do to make it better?

Aim High



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

Show GRIT