

## Message from Mr Silcock

Hi Year 7. I hope you are staying safe and you have all had a good week. I have decided this is the week that my daughter should start to learn about music. We have been playing piano and guitar together. Have you learnt any new skills throughout the time we have had to stay at home? I would love to hear about what you have been doing. It's not all work though! I have been playing Mario Kart on Nintendo Switch. When I was your age, I loved video games. Playing video games has brought back lots of lovely memories from when I was younger. I still really need a hair cut! Stay home and stay safe and we hopefully see you all very soon.



### This week.....

Friday 8<sup>th</sup> May marks the 75<sup>th</sup> anniversary of VE Day. This was the day that fighting in Europe stopped just before the end of the second world. You can quiz on this huge moment in history, here.

<https://play.howstuffworks.com/quiz/world-war-two-quiz>

### The Playlist.....

**Music helps me with everything!**

**I am putting together our very own Ecco Y7 Playlist. On page 3 of this presentation, there is some information about how music can help you. Send me your song recommendations and I will put together our playlist. Maybe those songs will help us remember what a strange and surreal time this has been. Send me your recommendations through on email to [msilcock@eccoschool.com](mailto:msilcock@eccoschool.com) and I will get the playlist started. I am really interested to see what music you all like. Maybe I will discover my new favourite band?**

### Mindfulness.....

#### 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.

<https://www.kooth.com>

This is free to access and I know some students have found this useful in the past.



## Keep on Learning

There are lots of other providers who are offering to help you with your learning whilst you are all at home. Don't forget that there are websites such as BBC Bitesize and the National Oak Academy who have made lots of their lessons and available to you guys for free that that you can continue learning from home. The links are below:

<https://www.bbc.co.uk/bitesize>

<https://www.thenational.academy>

Remember, your teachers are only an email away. If you need us for anything, we are here for you.

### Mr Silcock's Top Tip

At the start of each day, make a list of the work you want to complete. Tick each piece of work as you go. The feeling of achievement you get when you complete your list is really satisfying. Anything which you do not manage in one day can start your list for the next day.

# Gratitude:

When we are stressed or anxious it is really easy to focus on the negatives and feel like nothing ever goes right. But the world and our lives are full of positives, even if they are just the small things. To help our minds to feel happier it is good each day to list three things you are thankful (grateful) for. This could be people, hobbies, favourite belongings, singers, tv shows, nature, pets, a compliment someone gave you....absolutely anything.

**Day 1:**  
I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 2:**  
I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 3:**  
I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 4:**  
I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Thank  
You!**

**Day 5:**  
I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 6:**  
I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 7:**  
I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



You can buy gratitude journals or better yet you can make your own. Decorate it with stickers or pictures. Use colour codes. You could record yourself. You could keep a box of things that represent what you are grateful for. It is an opportunity to be creative too!

# Music...it soothes the soul



When we are stressed or anxious music can be incredibly useful. Listening to it, singing along, even dancing. Listening to music releases dopamine (a chemical which makes us feel good) within our brains.

However, we should consider what music we choose.

As music makes us feel emotions we should avoid listening to music that makes us feel sad or angry when we are already experiencing stress or anxiety.

A good idea is to create playlists for when we are not feeling so good.

Start to think of what songs you could include and list below. Then create some playlists; happy, dancing, energy, good memories, relaxing etc.

Songs that make me feel happy:



Songs that remind me of good times:



Songs that make me feel energised:

