

Ecco Year 9 Student Weekly Bulletin

WB: 1st June



Want To Say Thanks? Want to nominate someone, or say thanks, for going above and beyond? communitychamps@eccoschool.com

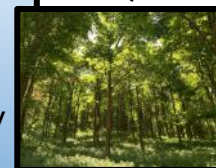
Day 37 Create a gratitude list of everything you are thankful for <input type="checkbox"/>	Day 38 Do something nice for a sibling or parent/carer. <input type="checkbox"/>	Day 39 Create your own Playing card with your favourite number and suit <input type="checkbox"/>	Day 40 Find a learning podcast and try it out! <input type="checkbox"/>	Day 41 Ensure you have 5 fruit and Veg today <input type="checkbox"/>	Day 42 Do something helpful for a friend or family member today. <input type="checkbox"/>
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Message from Mr Willson

Hello again everyone. I hope you and your families are all well. Time is flying by and we're now not only in June but we're also in half term 6 - crazy! Like I hope you did, I spent last week relaxing, spending some time with my family and doing the things that I enjoy. I went for a walk at Ladybower reservoir (see the the pictures around!) and I'm getting very excited about football starting up again, too (c'mon you Gooners!). I'm sure lots of you are excited about that as well, maybe the United fans more than the Wednesday... Take care and stay safe.

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



Contact us

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This Week

George Floyd

In the news, you will see that a former Minneapolis police officer has been arrested and charged with murder over George Floyd's death. There has been protests across the US in response to this and information and support being posted across social media, mainly with the hashtag #BlackLivesMatter

<https://www.bbc.co.uk/newsround/52813673>
<https://www.bbc.co.uk/newsround/37872601>

I would encourage you to research this and please feel free to contact me with any questions, feelings or thoughts on this topic.

National Growing for Wellbeing Week

Gardening can improve your mental health as well as your physical health. You don't have to be a pro, you can get started with something small and enjoy the outdoors at the same time! See the link below for more info...

<https://www.awarenessdays.com/awareness-days-calendar/national-growing-for-wellbeing-week-2020/>

Mental Health

My Happiness Playlist

Music is very powerful and has the ability to change our mood and create different emotions, depending on how it is used. Which songs make you feel happy? Are there certain lyrics that cheer you up? Have a go at creating a happiness playlist that can brighten your day! Why not share with your friends? You might find some new songs that you like.

Thanks to Miss Lindley for the resources! :)

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>



Half Term 6 - Back to Work!

After enjoying a relaxing, sunny week away from work, now is the time to get back into a routine again, just like if we were at school.

Check Google Classroom and your emails for work from your teachers and try to complete as much as you can. Remember, you can always email your teachers with any questions or issues re. your work.



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 - Participate

be involved; take part.
"thousands participated in a nationwide strike"

Mr Willson's Top Tip

Pay attention to the subjects that you will be taking next year for GCSE. This will help you get a headstart for next year. Taking a new subject? Email your teacher for some info!

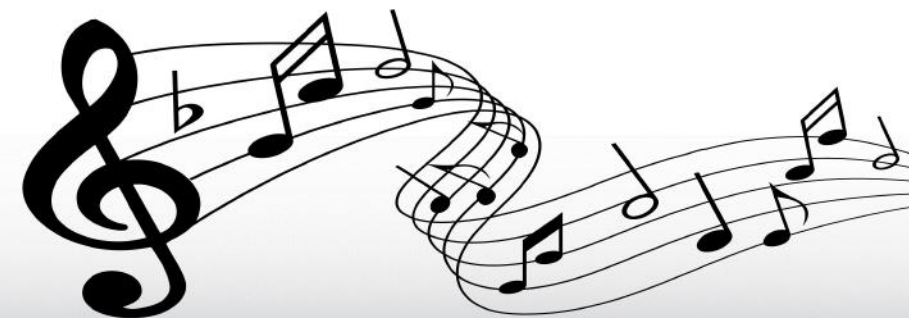
MY HAPPINESS PLAYLIST

Strength & motivation can be found in music. Melba Liston once said that a trombone saved her from sadness. Make a happiness playlist of 10 songs that always brighten your day. You could share your playlist with a family member or friend to see if it helps brighten up theirs!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10

Which instruments do you particularly love the sound of?

What are your favourite lyrics in a song? Write them down and explain how do they make you feel.





CHARITY PROFILE

Choose a charity that interests you that is either local, national or international.

- 1) Explain why you have chosen that charity.
- 2) Use the 5 W's to describe the charity and the work it does.

5 W's

- What?
- When?
- Where?
- Why?
- How?

Remember there can be more than 1 question for each W.