

Ecco Year 8 Student Weekly Bulletin: WB 04/05/20

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| <p><u>Day 1:</u> Complete a careers quiz to support you with making GCSE choices</p> | <p><u>Day 2:</u> Take some photo's of flowers and nature to submit to @Eccophoto</p> | <p><u>Day 3:</u> Complete PE with Joe (and Rosie) on You tube</p> | <p><u>Day 4:</u> Write a book review of your favourite book and sent to Mr Wood</p> | <p><u>Day 5:</u> Watch a film/tv programme or Anime in your MFL subject language</p> |
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Message from Mr Wood:

Week 6! We have nearly had the same amount of time out of the classroom than we would do in the summer holidays. I hope the days are flying by for you as much as they have been for me. This week I have been completing a 5-6km walk every day in the local area and tending to my greenhouse. The gardening clubs plants are safe and growing well. I hope you, by now have settled into a healthy work routine and keep talking to friends, relatives and teachers for support when you need it. Check into the school's social media to see what other members of staff have been up to!



Mr Wood's garden club maintenance efforts

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/stories of your efforts.**

@EccoPhoto

Take some photos of flowers/blossom on your daily exercise and submit to @eccophoto with #Eccoflowerphoto. Miss Lindley is waiting!

Stay in touch:

Write Mrs Brown or your form tutor an email to let them know how you are getting on, or if they can support you in any way with school work.

Your Mental health Matters:

An additional mental health and wellbeing activity has been included with this weeks bulletin.

Remember that the school has access to fantastic resources, such as Kooth if you need to talk.

Word of the Week:

Corroborate – To confirm or to give support to someone

Mr Wood's Top Tip:

Wake up to an alarm clock in the week to support a working routine. E.g. I'll get up at 7:45am and focus on Google Class feedback from 9:30-12 then 2-4pm

Celebrating success:

I have been getting a number of positive messages from your class teachers in regards to work completed on Google Classrooms, Keep up the good work on this platform everyone!

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.



Be Kind

Aim High

Work Hard

Show GRIT

Control the controllable:

Work Hard

Keep active and look after your physical and mental wellbeing with some Yoga! Remember, there's some fantastic tutors on You Tube for more guidance.

Be Kind

Yoga: good for the body and mind

- Yoga is a form of meditation. Using your body in a calm and focused way can help your mind to feel more calm too.
- Have a go at the yoga poses below. Be sure to follow the instructions and make sure you're in a calm space, with no distractions (put your phone away!). This could be something you do when you need a ten minute break.
- Yoga is best on a carpeted floor where there is enough space to stretch out your arms and legs. Maybe even on the grass in your garden if it's a nice, warm day...



1 app that can help with yoga is:

'Yoga for Beginners- Down Dog'

This is a free app that provides you with video that introduces you to yoga techniques.

Yoga Cards

Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Yoga Cards

Tree Pose - Vrikasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



Yoga Cards

Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



Yoga Cards

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energises the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



Aim High



Free, safe and anonymous
online support for young people

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

Show GRIT