

## **Message from Mrs McNulty:**

Hello everyone in Year 8!

I hope that you and your families are all well. The weather this week has been amazing and as some lockdown restrictions have eased, we have managed to have a good week. The return of football was welcome for my husband and I am sure there are Liverpool fans in our year group who are delighted to celebrate winning the Premier League title.

At the beginning of the week we made a scarecrow with our girls to scare the crows, pigeons and jackdaws away from our cherry tree as the fruit is ripening. It's not having much success, but it was a lot of fun to make.

As ever we have done some baking. We are definitely getting better at baking and opted for a lemon drizzle this week. I think this has been my favourite cake so far. A friend found a vintage tandem trike and gave it to my girls as a gift. The girls love it so we have been doing tours of our neighbourhood each day and getting lots of smiles from passersby.

I know that many of you have spoken to your form tutors this week. They are just checking in with you to see how you are doing and have been impressed by much of your resilience. Nobody has found this lockdown easy and we know that school work away from your teachers is not ideal, but many of you have tried hard and we admire that in you. The end of term is not far away, and though we are not having the end of year rewards we would have liked we are putting together a Celebration Assembly video which I will share with you in a couple of weeks.

Let's hope that we have nice weather again this week and can enjoy the outdoors. But don't forget to apply sun cream!



**Work Hard**

**Be Kind**

**Aim High**

**Show GRIT**

## **Word of the Week – Criticise**

To indicate the faults of someone or something in a disapproving way.

This week I am sharing some tips for managing changed sleep patterns which I've taken from the website [www.stem4.org.uk](http://www.stem4.org.uk). Sleep is essential to our physical and mental well-being, but it is something that may have been negatively impacted during the lockdown.

Try and do any stressful activities early in the day and stay away from heated social media or alarming news programmes after 4 p.m.

Take time to wind down. Do exercise earlier in the day (it helps) and then do relaxing things from around 5 p.m.

If you can't sleep after you've been in bed for twenty minutes, get up, keep the lights low and sit on a comfy chair and do something relaxing. For example, visualise lying on a relaxing beach or listen to really relaxing music. Try to go to bed again when you start to feel sleepy.

Use your bed to sleep in only. Try to spend your day elsewhere.

Follow a bedtime routine for at least 14 days. For example, dinner, TV, shower/ bath, read and then sleep.

Try a sleep inducing relaxation: lie in bed and squeeze your toes for a few seconds, then relax and imagine them dropping off to sleep. Now tense your feet and relax and imagine them dropping off to sleep, move up your body one part at a time in the same way, from calves, thighs, legs, hips etc. all the way to the top of your head. Notice how tired and relaxed you feel, close your eyes and drop off to sleep.

Keep a notebook and pen by your bed. Write down all the things you have to do in your notebook. If you find yourself thinking of more things you have to do as you try to drop off – write them in the book so you can keep this aside. If you find yourself worrying, write down any worries that pop into your head in the notebook.



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# Year 8/ S2 online lessons

Monday 29 June - Friday 3 July



BBC

**Bitesize**  
Daily lessons

Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Using onomatopoeia in comic strips	<b>English</b> Creating tension	<b>English</b> Writing to make an audience listen	<b>English</b> Verbs, adverbs and fronted adverbials in sports writing	<b>English</b> Reading lesson: The Book of the Moon: A Guide to Our Closest Neighbour by Maggie Aderin-Pocock
<b>Maths</b> Find and understand mean, median and mode	<b>Maths</b> Mean of discrete data in a table	<b>Maths</b> Mean of continuous grouped data in a table	<b>Maths</b> Compare distributions using average and range	<b>Maths</b> Challenge of the week
<b>History</b> Civil Rights	<b>Geography</b> Tourism	<b>Chemistry</b> Gases	<b>German</b> Perfect tense	<b>Design and Technology</b> Evaluating design ideas
	<b>Biology</b> Evolution - Natural selection			<b>Physics</b> Orbits, satellites and comets

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