

# Ecco Year 9 Student Weekly Bulletin

## WB: 11th May

**Want To Say Thanks?** Want to nominate someone, or say thanks, for going above and beyond? [communitychamps@eccoschool.com](mailto:communitychamps@eccoschool.com)



### Day 19

Think about two role models in your life. Why do they inspire you?

### Day 20

Create a postcard for somewhere you have previously visited

### Day 21

Play a card game or board game you haven't played in a while

### Day 22

Sit down in a silent room and focus on your breathing for 5 minutes

### Day 23

Email one of your teachers to say thank you for something

### Day 24

Write down 5 things you are thankful for in your life.

## Message from Mr Willson

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

### Contact us

[rwillson@eccoschool.com](mailto:rwillson@eccoschool.com)

[ltravis@eccoschool.com](mailto:ltravis@eccoschool.com)

### Follow Us

#### Instagram

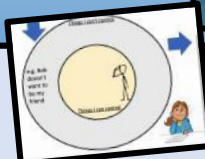
[@Ecclesfieldschoolclassof2022](#)

#### Twitter

[@eccoclassof2022](#)



Hello again everyone. I hope you and your families are all well and you get to enjoy some time together on the long weekend, even if the days are starting to blend together... This week, I've moved away from running (for now) and we baked a lemon drizzle cake - it was delicious, if I may say so myself! Make sure you are keeping yourselves active and trying new things alongside your school work. Why not bake a cake? Learn to do some housework? Try yoga? Or have a look at the daily tasks above! Take care and stay safe.



## This/last week...

### VE Day



VE Day - or 'Victory in Europe Day' - marks the day towards the end of World War Two (WW2) when fighting against Nazi Germany in Europe came to an end. This is being celebrated today, Friday 8th May. Click the link to find out more information and look on the Ecclesfield School social media account for interesting videos!

### Y9 Olympics Short Story Competition

We would have had a new Olympics event this week so write a short story about any topic you like and submit to me by Thursday 14th May! I will give some prizes out on our return to school. :)

| Monday                           | Tuesday  | Wednesday                                       | Thursday   | Friday  |
|----------------------------------|--|---|--|---|
| English<br>The craft of drafting | English<br>Investigate analogy                   | English<br>Semantics sense                      | English<br>Starting an essay                     | English<br>Reading lesson<br>The Lit Tree by Frances Hardwick |
| Maths<br>Solve best-buy problems | Maths<br>Solve speed, distance and time problems | Maths<br>Hug and interpret distance-time graphs | Maths<br>Solve density and mass problems         | Maths<br>Challenges of 2D work                                |
| History<br>World War Two         | Geography<br>Energy                              | Chemistry<br>Word and symbol equations          | Design and Technology<br>Building for the future | Physics<br>Newton's 2nd Law                                   |

## Mindfulness

### Circle of Influence

It is normal to feel worried or stressed in normal life but even more so during a time of uncertainty, like we are now. There are things that we are able to control and things that we can't. By separating these and focusing on the things we can control, we can help to reduce our worries and make ourselves feel better. Try it out on the attached slide this week!

### BBC Bitesize - Coping with Covid19

As well as the weekly timetable of lessons that you can access, BBC Bitesize also has some advice on ways of dealing with the current situation. Follow the link below

<https://www.bbc.co.uk/bitesize/articles/zvv66v4>

## Keep on Learning

Continue to complete as much work as you can, checking your emails and Google Classroom daily. **Remember your teachers are available on email to support so if you're stuck, contact them!** Also check out the BBC Bitesize lessons 11th - 16th

May!

## Celebrating success

Well done to KC for her brilliant work on a newspaper article, to KB for a great short story, and CA for some top maths work! Keep it up, Y9! :) #WorkHard

- **Work Hard**
- **Be Kind**
- **Aim High**
- **Show GRIT**



## Word of the Week - Principles

A fundamental truth or proposition that serves as the foundation for a system of belief or behaviour or for a chain of reasoning.



### Mr Willson's Top Tip

Create a to do list each morning. Make sure it is achievable and try to complete as much as possible. Plan in breaks too. Anything you don't do can start your list the following day!

# Year 9/ S3 online lessons

Monday 4 May - Friday 8 May



BBC

**Bitesize**  
Daily lessons

| Monday                                  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <b>English</b><br>The craft of drafting | <b>English</b><br>Investigate imagery                         | <b>English</b><br>Semicolon sense                             | <b>English</b><br>Starting an essay                            | <b>English</b><br>Reading lesson:<br>The Lie Tree by<br>Frances Hardinge |
| <b>Maths</b><br>Solve best-buy problems | <b>Maths</b><br>Solve speed,<br>distance and time<br>problems | <b>Maths</b><br>Plot and interpret<br>distance-time<br>graphs | <b>Maths</b><br>Solve density and<br>mass problems             | <b>Maths</b><br>Challenge of the<br>week                                 |
| <b>History</b><br>World War Two         | <b>Geography</b><br>Energy                                    | <b>Chemistry</b><br>Word and symbol<br>equations              | <b>Design and<br/>Technology</b><br>Building for the<br>future | <b>Art and Design</b><br>What is art?                                    |
|   | <b>Biology</b><br>Genes and<br>chromosomes                    |   |  | <b>Physics</b><br>Newton's 2nd law                                       |

Find all this content and more at: [bbc.co.uk/bitesize/dailylessons](http://bbc.co.uk/bitesize/dailylessons)

Continue with the work that your teachers are setting you by email, on Google Classroom and any other platform. You can also add the Bitesize lessons into your routine, even if you've not studied the topic before!

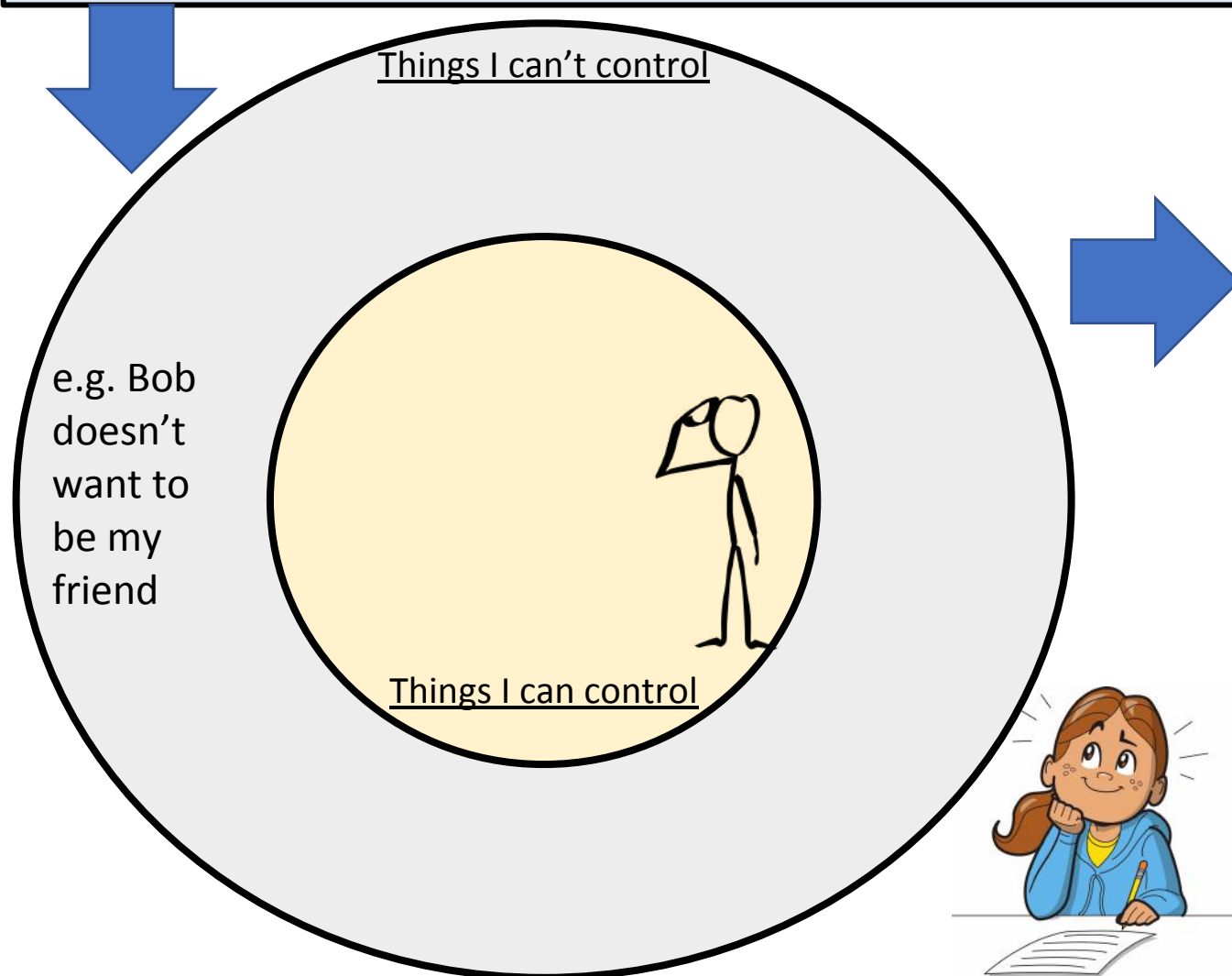
# Circle of influence:

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, thinking of positives, staying inside.
- In the outer circle write the things you cannot control e.g. other people's actions/ nature, issues to do with covid19 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? |
|----------------|----------------------------------|
|                |                                  |
|                |                                  |
|                |                                  |
|                |                                  |





### HUMAN RIGHTS

Investigate the United Nations Declaration of Human Rights.

<https://www.un.org/en/universal-declaration-human-rights/>

#### **Tasks**

- 1) Choose 5 rights that you feel are the most important.
- 2) Rank them in order of their importance (1 is the most important)
- 3) Explain why you have placed them in that order.