

# Ecco Year 11 Student Weekly Bulletin – W/B:18<sup>th</sup> May 2020

## Message from your Progress Leader, Mrs Dean

Hi Y11! Here's the fifth edition of your weekly bulletin. This will be the last one before the half term next week so hopefully it'll give you lots to keep you all busy!

I've still got 'bike fever' so again I've been out and about on my bike with the family. I've always wanted to go to Wentworth Castle, so I made it my goal to get there by the end of last week! Even though it was closed (typical...!) I managed it! It was an 18 mile round trip but I loved every minute, even if my calf muscles were burning most of the way there!

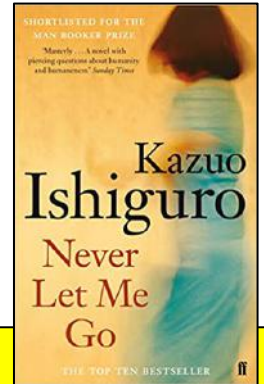
I've included a few ideas this week about getting active. If you know anything about me, I've never been the most active of people (ha!) but I've really used the lockdown as a time to get my body and mind healthier than its ever been. Have a go at a few of them and let me know how you get on!

It has been great to talk to some of you this week! If you have any ideas of what you would like to see in my weekly bulletins, Please make sure you drop me an email. Also, don't forget if you need someone else to 'talk' to – you can contact both myself and Mr Cater if you need to. You can also visit the school website for other key people you may wish to speak to.

Remember; keep happy, healthy and stay at home – See you all after the half term Y11☺



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## Year 11 Tasks



### This week... Exercise!

**Couch to 5K** – A running plan for beginners, this app from the NHS will help you in nine weeks to gradually work up towards running 5K. Download the app for free!

**Shake it with Oti Mabuse** - The strictly come dancing star has started streaming live dance classes from her living room. Learn a new jive dance routine step-by-step! Access all videos from her Facebook page @OtiMabuse

**Fitness Blender** – More than 500 free workouts ranging from 10-85 minutes, from beginner level to elite athlete, from HIIT training to Pilates, and strength training to bodyweight. Great for adults and kids alike

### Mindfulness - Mental Health Awareness Week

May 18th-24th is Mental Health Awareness Week. Looking after ourselves and others around us has never been more important than right now. The theme this year is '*kindness*'. I have shared a couple of links below which you might find useful to explore during this time.

#MentalHealthMinute video clip - [www.headstogether.org.uk/mental-health-awareness-week-2020-mental-health-minute/](http://www.headstogether.org.uk/mental-health-awareness-week-2020-mental-health-minute/)

Mental Health Foundation website - including resources etc. -

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Video clip - Kindness Matters - [www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

Random acts of kindness - [mentalhealth.org.uk/coronavirus/random-acts-kindness](http://mentalhealth.org.uk/coronavirus/random-acts-kindness)

ITV News - Looking after you - [www.itv.com/news/meridian/2020-05-18/mental-health-awareness-week-looking-after-you/](http://www.itv.com/news/meridian/2020-05-18/mental-health-awareness-week-looking-after-you/)

Tv and Radio programmes available in May -

[www.bbc.co.uk/mediacentre/latestnews/2020/mental-health-season](http://www.bbc.co.uk/mediacentre/latestnews/2020/mental-health-season)

Covid 19 Resources to support well being -

[www.mentalhealth.org.uk/coronavirus](http://www.mentalhealth.org.uk/coronavirus)

Action for Happiness

<https://www.actionforhappiness.org/meaningful-may>

## Read

### Never Let Me Go – Kazuo Ishiguro

Friends Kathy, Tommy and Ruth grow up together at a seemingly idyllic boarding school in the English countryside. When they leave the school and the horrible truth of their true purpose is revealed to them, they must simultaneously confront deep-seated feelings of love, jealousy and betrayal that threaten to tear their friendship asunder.

## Word of the Week

**Challenge:** a call or summons to engage in any contest, as of skill, strength, etc. Use the WoW in a sentence, text, email or conversation. You could send an example of how you have used the WoW to Mrs Bird at [RBird@eccoschool.com](mailto:RBird@eccoschool.com)

## Mrs Dean's Top Tip

Have a regular sleep routine, this will help you to maintain a healthy body and mind and ensure you stay productive. Visit [www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/](http://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/) for tips and advice if you struggle with sleep

