



Year 7 Weekly Newsletter W/C 25th January 2021

Dear Parents and Students

Welcome to this week's newsletter. Please do take a moment to read through the letter below to keep up to date with the goings on in Y7.

This week: I have enjoyed organising, jointly with a member of 7G, the Rocket League Tournament. Those taking part will be able to enjoy competing whilst also socialising with their peers at the same time and in an interesting new way.

It has come to light through my conversations with you and your parents, that at your young age it can be difficult to understand why we have to learn remotely, and some of you are finding this time very challenging. Your parents and carers are doing a fantastic job trying to keep you learning, interested and active and I would like to take this opportunity to salute and applaud you and your parents and carers, for working with us and keeping you motivated.

This week, a personal goal and a competitive spirit has encouraged me to go out more and has motivated me to be more active this week. Some of my friends and I have decided to hold a "step competition" with one another, and the wish to beat other people's amount of steps has really made me go out and walk; a lot! I feel more energised and ready to embrace my daily tasks, however difficult they may be. The fact that no one asked me to do it, that this was not a job or a chore and that the decision came from me, really felt like a bit of freedom in a time of restrictions. That is why I would like to encourage you to decide, for yourself, what you really wish to do for a change of scenery, a challenge, an escape.

Children's Mental Health Week

Children's Mental Health Week is taking place on 1-7 February 2010. This year's theme is 'Express Yourself', and we are encouraging students (and staff and parents) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

Information will be shared on social media, through assemblies and tutor time, as well as on the SHM noticeboard. Watch out for opportunities to get involved!

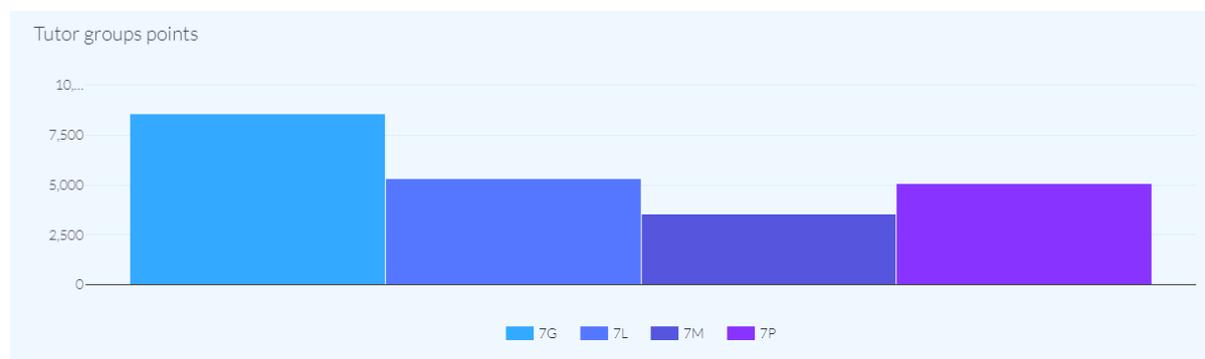
Wellbeing

Thinking about others: this week, when you go on your walk, take a moment to say "hello" to passers-by. You may be walking with a family member, or a friend, but the people you meet may be very lonely and their walk may be the only chance they have to see another human being. So put a smile on their face, say "hello" and feel the magic. Not only will you raise someone else's mood, but you may also experience a sense of happiness too.

Screen time: try to switch off after your day. Rest your eyes, breathe some fresh air and try something you don't usually do such as reading a book, colouring a mandala, completing a puzzle etc.

House Points.

This is how the tutor group house points are looking overall at the moment:



This week, Year 7 achieved 2212 – that's 517 more than last week. Well done everyone! The top performing tutor group were7G once again, with 993.

Key info/reminders:

- Check in at 8.50 each morning with your form tutor on Teams
- You now have an online assembly via Teams at 8.50 every Monday – accessible by joining the Year 7 Assembly team
- Attend all online lessons each day and consistently check Show My Homework for homework or Life Skills tasks
- Contact teachers if you missed the online lesson – it demonstrates good manners and means they have an opportunity to inform you of anything that came up in the lessons that was not on Show My Homework
- If you couldn't attend the live lesson, then use the lesson material on SharePoint (links in pink on Show My Homework) to catch up
- Remember, there will still be normal "homework" set each week on SMH
- If your teachers ask you to send them some work, then make sure you do this promptly
- Remember that we still expect high standards of work and behaviour, even from home.

And finally...

I wish you an energetic weekend, with as much outdoors time as possible, and look forward to hearing from you. Let me know what you do to beat the boredom and experience a change of scenery.

Best wishes,

Miss Boularand