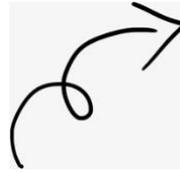


# YEAR 8

## Week 10



Did you check out the assembly by The Duchess of Cambridge?

You can watch it via YouTube or search in google and it appears.

[www.youtube.com/watch?v=A18ox2bX\\_rQ](http://www.youtube.com/watch?v=A18ox2bX_rQ)



### just like us

This week we mark schools Diversity week 22-29 June. As Christians we believe that humans were created equal in God's own image and likeness. We therefore have a responsibility to speak out against any form of injustice we see. Discrimination based on race, colour gender, sexuality, disability etc. is contrary to our College value of RESPECT.

### Message from Miss Wood:

The year of 2020 will always be remembered. It's the year that has challenged the world in many ways, but it is also the year that the world came together as one, united to stand strong and support each other. It will change the lives of many forever but how you look back on this year is in your hands...Instead of the unsettling, difficult times, wouldn't you prefer to look back on this year thinking about all the positive experiences that you gained? Spending quality time with your family, learning a new skill, challenging yourself with a new activity, going out of your way to help someone in need. You have the ability to shape your own life. Make every day count.



### Home Learning Updates:

Your timetable has slightly changed. This is now visible on SMHK. Save and print a copy if you can so you can follow this each day. There are now independent learning sessions at the end of each day. Use this time to catch up on work, take on extension tasks, self-study - wider reading and research. This is your chance to grow your own learning. Your teachers may also now host a live zoom lesson in the lessons allocated time slot. Please see guidance below. Catch up Friday is now your day to complete the timetabled ADT, Performing Arts and Computing tasks. These may still appear on SMHK from Monday to enable you to complete at your chosen time but should be submitted by end of day Friday.

Yr 8	Mon	Tue	Wed	Thur	Fri	Live lessons / presentations may take place during these times and you will be advised by class teacher on SMHK
1	MATH	ENG	ENG	RECC	ADT	9:00 - 10:30
2	HIS	SCI	MATH	PE	Performing Arts	11:00 - 12:30
3	SCI	RECC	GEO	MFL	Computing	1:00 - 2:30
4	Catch up	Catch up / Form time	Catch up	Catch up	Ensure all work from the week has been submitted	2:30 - 3:15

### Prayer of the week

Breath of Life soften the hearts of your people. Teach us to love fully and radically, all of your children as their whole selves. As you have sent us your advocate in the Holy Spirit, help us learn what it looks like to be advocates for all people, regardless of difference, hear our prayer.

Amen  
St Oscar Romero  
Pray for us

Again, another week of FANTASTIC work! WELL DONE!  
Please keep sharing what you are all getting up to, either via SMH or email to [g.wood@allhallows.org.uk](mailto:g.wood@allhallows.org.uk)

#### Zoom 'Live' Lessons:

1. Make sure your name is on the zoom account so your teacher knows to let you in from the 'waiting room'.
2. Dress appropriately and avoid being in your bedroom.
3. Teachers may expect you to just show your face to know it's you but then you can turn your video off if you would feel more comfortable.
4. Let your family know when you have a zoom lesson to avoid any disturbances and noise in the background. You can also mute yourself



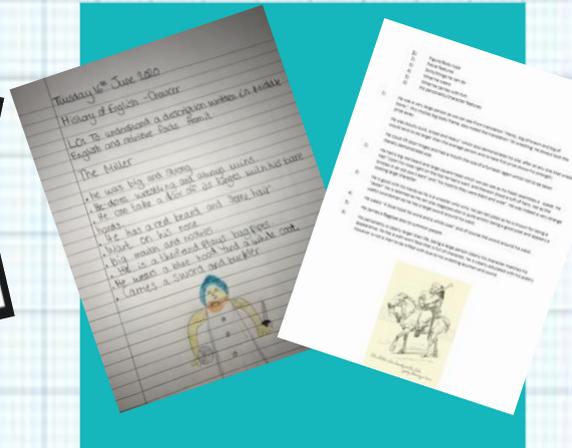
# Subject Achievements

Subject: R.E and Geography

Subject: English



Well done to Larry for your excellent work on The Vatican and India!



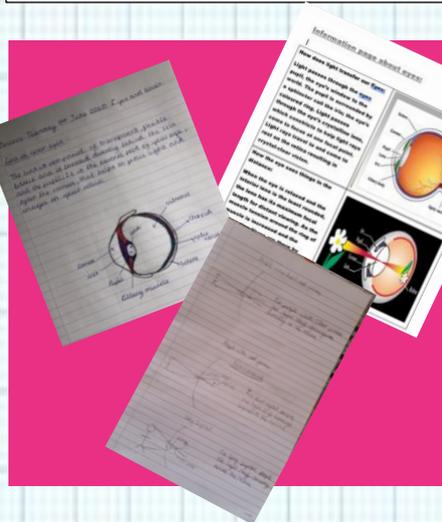
Lola B and Will S's brilliant work for Mrs Lewis in English this week!

Subject: R.E and Art and Design

Subject: Science



Paul E's been busy this week - excellent R.E work and what a creative superhero with gadgets!



Piers, Mae and William S have created brilliant eye diagrams for their Science project!

## Star of the Week

Annabel D



Check these fantastic illustrations by Annabel! WOW! Superb detail and effort have gone into these digital designs inspired by the ADT heroes and villains' task! Well done! Can't wait to see more!

# AHCC Challenge

Check out this week's NEW challenges!

Please find the challenges on the school website under the 'working from home' link. If you've managed to complete all or any of the challenges, please email evidence in to: [challengeAHCC@allhallows.org.uk](mailto:challengeAHCC@allhallows.org.uk)

Or email me on:

[g.wood@allhallows.org.uk](mailto:g.wood@allhallows.org.uk)



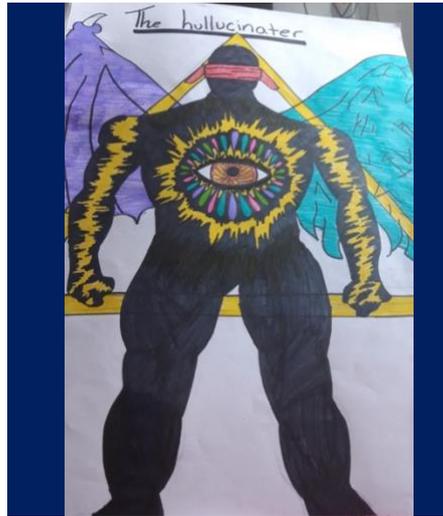
Carbon dioxide emissions have fallen dramatically since lockdowns were imposed around the world due to the coronavirus crisis. Daily emissions of the greenhouse gas plunged 17% by early April compared to last year. Wildlife is returning to towns and cities. It shows how our behaviours have such a big impact on our environment. It's time now to consider how you can change your own behaviours to take care of our planet, our home.

Subject: P.E



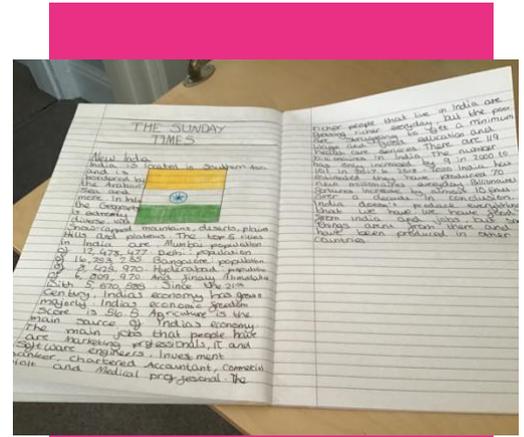
A BIG CONGRATULATIONS to Will S for completing the Coach to 5K!!!!

Subject: Art & Design



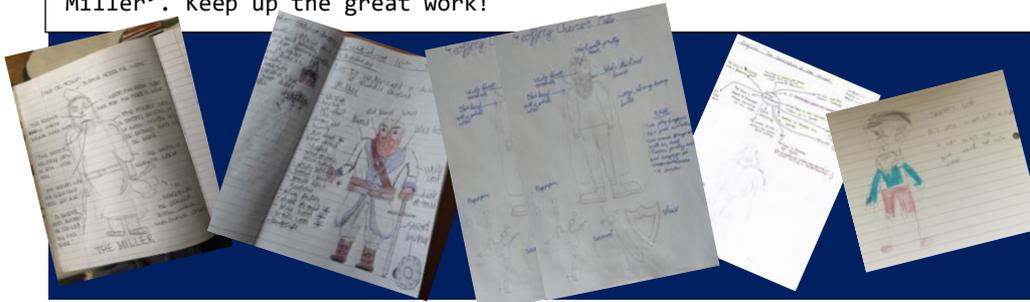
Livi's superb superhero/villain 'The Hallucinator'!

Subject: Geography



Sienna B's detailed and neatly presented work on India.

Subject: English. Superb work from Edith, Edward, Dylan, Orla and Matthew who have been studying Chaucer's 'Canterbury Tales'. They have read an extract and created their own illustration of the character 'the Miller'. Keep up the great work!



TAKING CARE OF YOUR MENTAL WELL-BEING

**VISION**  
01260 290000  
Or text us on: 07508 074748

**JUST DROP IN**  
HELPING YOUNG PEOPLE TAKE CARE OF THEIR FEELINGS  
Phone: 01625 665079  
Text: 07718425405  
Email: hello@justdropin.co.uk

**DO NOT DISTURB**  
switch off all notifications or put devices on 'do not disturb' mode

**TAKE REGULAR BREAKS**  
move away from your task, to stretch, refresh & refocus

**MUSIC**  
a good motivator to get stuff done & enjoy on breaks. It also improves mood

**HEADPHONES**  
block out noisy family members, house mates, pets, or neighbours doing home improvement

**WORK SPACE**  
a clear & clean working area, helps focus, thinking, & feelings of calm

**IMPROVE FOCUS when WORKING from HOME**

**QUIET SPACE**  
find a spot in your house where you won't be disturbed, if that's even possible

**DONT MULTITASK**  
avoid having multiple tabs open on your PC. We are more productive when focusing on 1 thing at a time

**USE A TIMER**  
schedule productive work slots & be mindful about breaks away from your workstation

It is all about **BALANCE**.  
When you are working, make sure you are focussed without any distractions so you can concentrate properly. This will help you to time manage properly - a skill you will need going throughout school.  
If you can do this well, it enables you to have more time to switch off and relax. Avoid screens straight away. Get outside for some fresh air. Have human contact and socialise.  
Balance your time well and you will feel GREAT!

**READ**  
audio, books or podcasts. Lose yourself in a different reality & escape

**BE SILLY**  
get the kid's dress up box out now. Play your kid's board games. Act like a Muppet! Be YOURSELF

**GROW SOMETHING**  
outside or in a pot. Looking after a plant can improve mood & reduce stress

**WAYS to RELAX & IMPROVE MOOD**

**COLOUR. STUFF. IN.**  
relax the fear centre in the brain. Plus it's fun, & improves motor skills & focus

**LEARN**  
use your time to learn about the world. Education is POWER which we can use for POSITIVE CHANGE

**BAKE**  
baking helps creativity, give a sense of control, & helps develop patience. Plus, you get to eat that creation

**LAUGH**  
set aside time each day to laugh. Laughter is UNIVERSAL & boosts the immune system  
outidentity.com

**DANCE**  
like no one's watching. But who really cares if they are. Just do it anyway! Go NUTS!

**SOUND ON**