

YEAR 8

Week 8



P.E NOTICE

AHCC PE DEPARTMENT

SUMMER TERM VIRTUAL PE CHALLENGE

Complete as many of the challenges as you can. Rewards are available for completing full rows and columns. There will be a special prize for completing a FULL HOUSE (50 challenges).



Get Involved

SUBMIT VIA SMHW AND TAG US ON INSTAGRAM OR TWITTER WHEN YOU COMPLETE A CHALLENGE FOR THE SKILLS AND AGILITY DRILLS. DOWNLOAD THE 'HOMECOURT' APP FOR FREE

Message from Miss Wood:

Hello Year 8! I hope you are all keeping well this week. You have all been doing so well keeping on track with your work and trying your best whilst learning from home. This week I want you all to spend a little time to check in on each other. Send a message to a friend/classmate that you haven't spoken with for a while. It might just be a smiley face or asking how they are doing. Aim for send one message for each day this week. It only takes a few seconds and I know it will go a long way. I had the joy of being able to speak with some of you last week in a form zoom. Myself and some of your form tutors will be inviting you to one over the next few weeks. It would be lovely to see and hear from you so keep your eyes on your SMH.



This is the time that we stick together and not a part. Be kind to yourself and others. Be brave to be the person you desire to be and the inspiration for others to follow.

Home Learning Updates:

Make sure to submit your work online via the SMH app as soon as you finish the task/ finish the 1 hour slot so that your work is sent to your teacher. I have spoken with a few of you this week who have outstanding work that has not been submitted and there have been a few technical issues. **PLEASE** do let us know if you have any issues

which are stopping you from submitting work so that we are aware and can offer support.

Yr 8	Mon	Tue	Wed	Thur	Fri
1	MAT	ENG	ENG	RECC	CATCH UP/ computing/ challenge/ADT /PA
2	HIS	SCI	MAT	PE	
3	SCI	RECC	GEO	MFL	

Please keep sharing what you are all getting up to, any new skills or creations either via SMH or email to g.wood@allhallows.org.uk

Continue to keep in touch.

A gentle reminder to respond to your **Form Tutor's SMH message** who are checking in to see how you are getting on. As mentioned, we are **checking in** once a fortnight so please do let us know. We care about how you are all doing.

As always, please do contact us if you have any queries, questions, issues or simply for a chat 😊



Prayer of the week

*Father,
sometimes I feel
so happy and
glad to be
alive.
My heart feels
full of love and
I'm in awe of
the world you
created.*

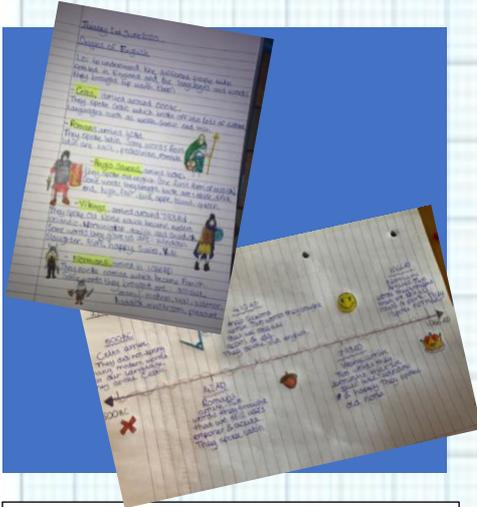
Amen

**St Oscar Romero
Pray for Us**



Subject Achievements

Subject: English



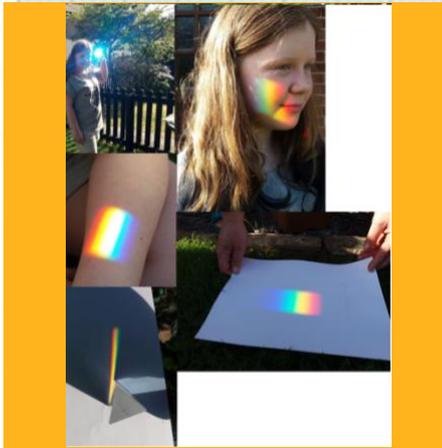
Lola B and Freya B have produced these lovely illustrative timelines on The History of English.

Subject: Art



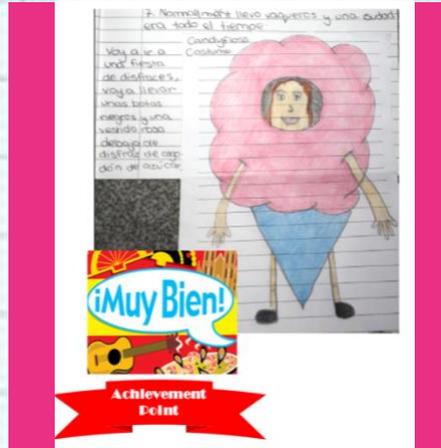
Emma K's beautifully painted pebble!

Subject: Science



Georgia has been shining many rainbows in her Science experiments!

Subject: MFL -



Izzy L's excellent Spanish work and illustration!

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

Or email me on:

g.wood@allhallows.org.uk

Good News

MIF

https://www.youtube.com/watch?v=z7x_FUMG5m8&app=desktop

Star of the Week

Thomas C



WATCH a special film of the **Together in One Voice** event. It was filmed right across Greater Manchester, as choirs, individuals, households and entire streets came together in song. Featuring guest introductions by Liam Gallagher, Mark Owen, James, Emeli Sandé and many others.

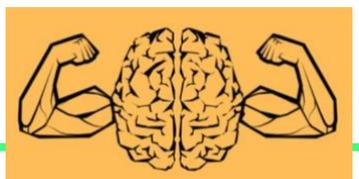
A BIG WELL DONE to Thomas and his performance in the Manchester International Festival, Together in One Voice. Click on the link to see more!

Subject: English

Looking after your mental well-being

Callum, Thomas C, Samantha, Leila and Dylan's superb timelines for the early history of the English language. Keep up the fantastic work!

Phone: 01625 665079
Text: 07718425405
Email: hello@justdropin.co.uk



Healthy body, Healthy mind...

TAKING CARE OF YOUR MENTAL WELL-BEING

Try something a little different this month. Take part in JOYFUL JUNE! This links in with what I have challenged you with this week too... Here are some more suggestions. Some simply involve you taking a few moments thought, and others suggest ideas of things you can do to make someone else's day more joyful.



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

- 1 Decide to look for what's good, even on the difficult days
- 8 Write a letter to thank someone for what they did
- 15 Rediscover a fun childhood activity that you can enjoy today
- 22 Share a happy memory with someone who means a lot to you
- 29 Take time to do something that makes you happy today

TUESDAY

- 2 Re-frame a worry and try to find a positive way to respond
- 9 Find the joy in music today: sing, play, dance or listen
- 16 Ask a loved one what they feel grateful for at the moment
- 23 Look for something to be thankful for where you least expect it
- 30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

- 3 Think of 3 things you're grateful for and write them down
- 10 Take a photo of something that brings you joy and share it
- 17 Be kind to you. Treat yourself the way you would treat a friend
- 24 Thank a friend for the joy they bring into your life

THURSDAY

- 4 Show your appreciation to those who are helping others
- 11 Say positive things in your conversations with others today
- 18 Send a positive note to a friend who needs encouragement
- 25 Eat food that makes you feel good and really savour it

FRIDAY

- 5 Smile and be friendly, even while you're social distancing
- 12 Make a plan with friends to do something fun together
- 19 Create a list of favourite memories you feel grateful for
- 26 See the upside in a difficult situation you learnt from

SATURDAY

- 6 Notice the upsides during the lockdown, however small
- 13 Appreciate the joy of nature and the beauty in the world around
- 20 Make time to do something playful today, just for the fun of it
- 27 Watch something funny and enjoy how it feels to laugh

SUNDAY

- 7 Find a joyful way of being physically active (indoors or out)
- 14 Do three things to bring joy to other people today
- 21 Enjoy trying a new recipe or cooking your favourite food
- 28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind