

YEAR 9

Week 8



IT'S A SLOW PROCESS, BUT QUITTING WON'T SPEED IT UP.

SOMETIMES WE'RE TESTED NOT TO SHOW OUR WEAKNESSES, BUT TO DISCOVER OUR STRENGTHS.



Message from Miss Gowing:

We are now in week 8, in which to me brings some sadness, our northwest region is still very much involved in all this madness. Our R rate has gone back up to one, Meaning the amount of people we see could go back down to none. We need to be sensible, meaningful and clever, By following the rules now more than ever. Social distancing is the key, be safe and don't meet up with more than three. Make sure that you always prepare, Get some hand sanitizer and take it everywhere. I ask you this straight from the heart, if you can do anything over the next few weeks be smart.



News and safety

Check out this link for a short clip of happy news from around the UK and the word:

<https://www.bbc.co.uk/newsround/50434875>

The North West is the worst region of England for the virus, our R rate has gone back up to 1. So here are some top tips from the NHS on how to prevent the virus.

<https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/#prevention>

Home Learning Updates:

No additional learning updates this week year 9. Just if you can get back to me or your form tutor via SMH as we sent out messages to you to check in with us last week, we like to know that each and everyone one of you have responded and let us know you are ok. We also take on your voice, if you are struggling with any work, particular subjects, topic's within subjects, whatever it may be and can discuss the ways to make it more accessible for you as a whole. So, speak up and give us some feedback, I know you are all busy gossiping and discussing the work over text!



REGULAR COMMUNICATION IS KEY TO YOUR OWN SUCCESS!!

Just think when we get back you will be starting you GCSE process, now is time to prepare. Get yourself into good habits completing work rather than putting it off.

Please send me pictures of what you have been doing, what work you may be proud of, a book you are reading or just check in via l.gowing@allhallows.org.uk



Top Tips:

- 1 – Set a timer so you can see how long you have left on each piece of work
- 2 - Remember to have short breaks planned into your day
- 3 – Try to do your work early in the day so your mind can relax in the afternoon.



Prayer of the week

Dear Lord,
May your week be restful, productive, and replenishing in every way. May you enjoy family fun and times of solitude. May Gods presence be especially tangible every time you look up. And may you know, on a deep level, that everything is going to be ok. Seasons will come and go and within each the Lords name will be praised. He is good and he is faithful to his promises. God bless your week, my friend.

Amen

Saint Oscar Romero
Pray for us



Subject Achievements

Subject: Geography

Subject: Spanish



AHCC Challenge

How to my water cycle in a bottle mission



With the water cycle concept even without the air cycle? Yes because when vapour falls cooler air is being kept to a liquid. What happens when you put the bottle in the sun? The warmth of the sun causes the ice to melt (due to a label in liquid) and the water in the bottle evaporates (due to heat from the sun). Heat the evaporated liquid condenses and falls to the bottom of the bottle again (due to heat from the sun).

How the Water Distiller works

The Water Distiller separates water and collects it in a glass jug. Contaminants are left behind to be flushed away. It follows the same cycle of evaporation and condensation used in nature. Unlike filters which remove contaminants from water, distillation actually separates water from contaminants by heating it to a vapour, leaving behind organic compounds, heavy metals, chlorine, fluorine, and other contaminants.



Water distillation involves the use of heat to boil the water and produce steam that will kill any bacteria and viruses. Once all of the water has evaporated, the vapour is water a condenser where the water turns to liquid form and is collected in the glass jug.

As you know, it is the water, condensed above, with the water, press the start button, and wait. Once the distilled water has been collected, it will be left behind behind and can be washed away. As an experiment we have been washing the residue out and collecting it to see what the tap water contains.



Me gusta leer libros de terror para adolescents porque es muy emocionante. Una lectura dos veces al mes. Prefiero usar libros tradicionales, ya que los libros electrónicos se quedan sin cargos a menudo. Sin embargo, los libros electrónicos son fáciles de leer en comparación con los libros tradicionales

Me chifla leer las novelas de ciencia ficcion porque es muy interesante. A menudo leo a las las novelas de ciencia ficcion y de vez en cuando leer las biografias. Sin embargo, nunca las novelas de amor porque es muy aburrido. Personalmente, prefiero leer libros en papel porque es simple.

Some language skills used here... can you translate?

Check out the All Hallows Catholic College weekly challenge and have a go! If you've managed to complete all or any of the challenge, please email evidence in to: challengeAHCC@allhallows.org.uk Please find the challenges on the school website under the 'working from home' link.

After several weeks collecting the residue we left the water evaporate off and it started to produce (droplets) leaving the sediment and contaminants at the bottom.



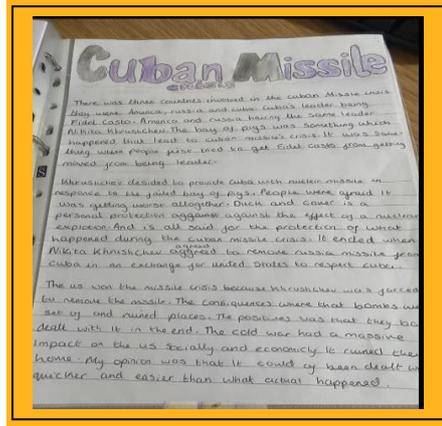
Gradually the water evaporated away and all that was left was the sediment, shown above. This has been collected from tap water that we drink every day.

What is in it and what does it do in our bodies? As proven by the strong metallic taste me and my family now feel when drinking tap water, it contains metals and similar waste. As well as this, the falling rainwater would collect pollutants in the air and dirt on the ground, making it far less healthy and safe than distilled water.

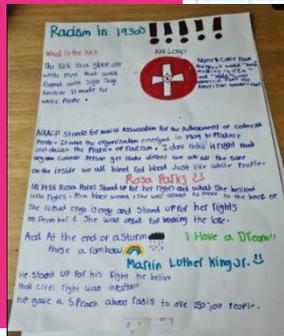
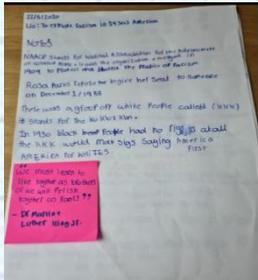
Water cycle in a bottle mission

Subject: History

Subject: English



Some more Cuban missile work



Some more research on racism in the 1930's in America



Get your PE kit ready we have a sports week coming to you.... Clue number one you are working as a team, everyone of you counts! All for one and one for all

Star of the Week

Courtney

Courtney completed some fantastic English work amongst a lot more which has been organized into a lovely neat file organized ready for more to come. She has completely changed her mindset and seen what success you can have when you put your mind to it.



Something to show: Go bananas



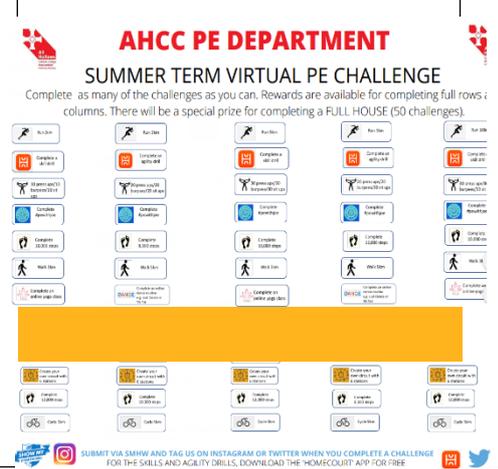
Banana bread with some chocolate chips in.. I might have too copy and add pecans too!

Something to show: A science experiment



This is fantastic. The balloon has water in, it smothers the flame creating a vacuum and lifts the candle jar off the tray!

Something to show: THE PE CHALLENGE



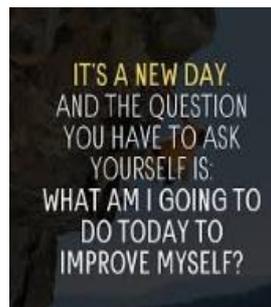
The Pe department are running a challenge where there is the chance to win a prize check SMH, Instagram and twitter for more details

Me, Myself, & I

How about some relaxation tips:
<https://www.youtube.com/watch?v=cyEdZ23Cp1E>



OR is it what you are eating???



<https://www.youtube.com/watch?v=CSH09VdVRfg>

The question is, after all the advice that has been given,

‘Are you helping yourself?’

You will always have the help and support from all the agencies that have been advertised here over the last 5 weeks. You will always have the support from the All Hallows community. You will always have the support from your family and friends, BUT the scariest part is to simply ask.

Making that first step to helping yourself, to speak up and out about what it is you are feeling, what makes you feel you have got a mental illness? It could be typical adolescent hormones; it could be more.... But you will never know unless you make that decision to ask.

So don't be scared do it for yourself, make that first step and seek help from someone this week.

