

YEAR 8

Week 5



Taking care of your mental well being



Take notice of your surroundings! Go for a nature walk this week, and stop and listen. Take note of what you can hear and how you feel. Take some photos and send them in to me of what you find. Breathe in the fresh air and switch off from your work, your phone and have some time outside.

Message from Miss Wood:

Hello Everyone! What a lovely, sunny bank holiday weekend we had! I hope you all made it outside whether that was in your garden or for a long walk. I went out for a bike ride and enjoyed commemorating VE day on Friday with my neighbours all sat out in our front gardens/drives! It definitely lifted everyone's spirits! It was great to see you all getting involved with challenges this week - I have lots of baking goods to share in this weeks' blog!



Myself and your Form Tutors have really enjoyed speaking with you all over the past few weeks as we check in with how you are getting on. We will be doing this every other week, so please do respond and tell us what you have been getting up to and if you have any queries or issues so that we can help. We're all in this together. Keep safe.

Prayer of the week

Lord Jesus Christ,
You taught us to love our neighbour,
and to care for those in need as if we were caring for you.

In this time of anxiety, give us strength to comfort the fearful, to tend the sick, and to assure the isolated of our love, and your love, for your name's sake.
Amen.

Home Learning Updates:

Just a reminder about your timetable... Look for your 3 green tasks from each subject dated for that day on SMH. These should now be more clearly labelled as follows starting this week: e.g. English - 12th May - 'lesson name' with the due date set for that day unless stated otherwise in the comments. You have Friday to catch up and submit any outstanding work.

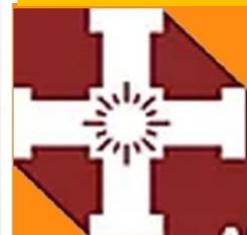
	Yr 8	Mon	Tue	Wed	Thur	Fri
Please contact your teacher if you have any issues.	1	MATH	ENG	ENG	RECC	CATCH UP/ computing/ challenge/ADT/PA
	2	HIS	SCI	MATH	PE	
	3	SCI	RECC	GEO	MFL	

Learning Online:

Don't sit at your desk all day. Stop and stretch. Set yourself a timer to make sure you move around every so often. Try some simple stretches by circling your head and stretching your arms up high and then to the floor. Or just stop and have a little dance around!

Thank you for all the emails last week - LOTS of you have been very busy baking!

Please keep sharing what you are all getting up to, either via SMH or email to g.wood@allhallows.org.uk and I will include as many as possible in the blog!



All Hallows

Subject Achievements

Subject: English



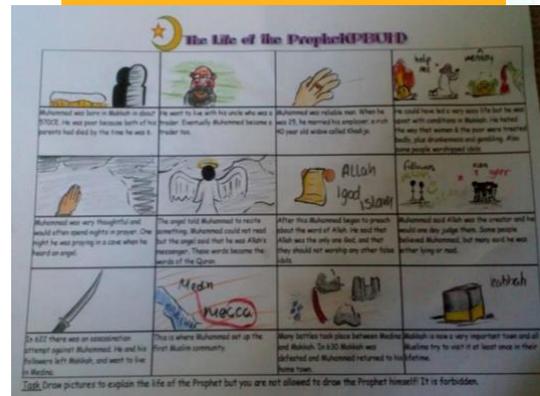
Georgia, Oliver and Edward's brilliant gothic creature creations!

Subject: Art



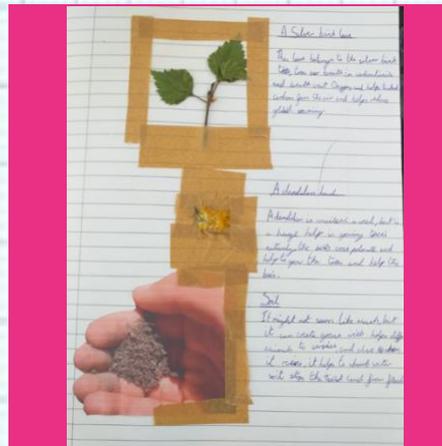
Niamh, Tilly and Evangeline's beautiful Land Art creations!

Subject: Religious Studies



Thomas' excellent R.E storyboard looking at the life of the Prophet Muhammed.

Subject: Geography



Shaemus' excellent investigations for his Geography fieldwork.



Check out the All Hallows Catholic College weekly challenge and have a go!

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 challenge, please email evidence in to: challengeAHCC@allhallows.org.uk



Maisie, aged 10, of West Yorkshire, lost her legs as a result of meningitis and septicaemia as a baby. Inspired by Colonel Tom Moore Maisie initially wanted to raise £260 by walking 2.6 miles a day on a treadmill and in her garden for LimbPower, a charity that helps amputees and people with limb impairment reach their sporting potential. She has so far raised £10,000!



A number of postboxes across the UK have been painted blue as a token of thanks to NHS staff battling the Coronavirus pandemic. As well as bearing the colours of the National Health Service, the postboxes also have 'Thank you NHS' emblazoned on the side in white paint.

Star of the Week

Callum, Reuben, Mia, Katharine & Sam's entries for the MFL MasterChef Challenge!



VE Day Celebrations



Sam, Mia, Orla, Daniella and Leila have been busy baking and making for VE day celebrations. I have realised that we have quite a few bakers amongst us in Year 8!

LOOKING AFTER YOURSELVES

As mentioned last week, we may be experiencing a lot of different emotions at the moment, some which may be new to us and that's okay. If you are worried at all or just want to talk to someone, remember that I am just an email away: g.wood@allhallows.org.uk.

COPINGS SKILLS TO USE TO COPE WITH ANXIETY ABOUT CORONAVIRUS



GROUNDING WITH YOUR FIVE SENSES

What can I see?	5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
What can I feel?	4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
What can I hear?	3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
What can I smell?	2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
What can I taste?	1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

Here are 5 simple grounding steps that can help if you ever feel like this:

Anxiety is a type of feeling that can sometimes make you feel tired, upset, worried, shaky, light-headed, frustrated or like you might 'go crazy'. Some people experience panic attacks. Really strong anxiety can leave you feeling like you might be sick. Whenever you feel like this, remind yourself that:

- this is just anxiety
- it can't harm me
- it will pass
- I'm in control.





Notice from English

Reading Challenges

Make sure to check your SMH to find out about the new **Reading Challenges!** You will find your **Reading Passport** and **Recommended Reading List** with a great range of books you can dive into!

KS3 Classics

Recommended Reading List



Check out the English department's list of recommended classic reads for key stage 3 students. Whether you are looking to get back in to reading, challenge yourself or just lose yourself in another world, there's a book for everybody...

L = Can be found in Cheshire East library

<https://ebook.yourcloudlibrary.com/library/cheshire/Featured>

= This is a more challenging book

PG = Available online for

<https://www.gutenberg.org>

Modern Classics

Harry Potter Series by JK Rowling **L**

Mr. Frisby and the rats of NIMH by Robert C O'Brien

Coraline by Neil Gaiman **L**

Danny the Champion of the World/ BFG/ Boy & Going Solo

Charlie and the Chocolate Factory/ Matilda by Roald Dahl **L**

The Iron Man by Ted Hughes

Watership Down by Richard Adams

The Boy in the Striped Pyjamas by John Boyne **L**

His Dark Materials trilogy by Philip Pullman **L**

The Mouse and his Child by Russell Hoban

Older Classics

The Hobbit by JRR Tolkien

The Chronicles OF Narnia by CS Lewis **L**

Tom's Midnight Garden by Philippa Pearce

Mary Poppins by P L Travers

The Railway Children by E Nesbit **PG**

The Secret Garden and A Little Princess by Frances Hodgson Burnett **L**

The Wolves of Willoughby Chase – Joan Aitken

The Wind in the Willows by Kenneth Grahame **PG**

Dorothy and the Wizard of OZ by Frank Baum **PG**

Five Children and It by E Nesbit **PG**

Pre 19th century classics

Alice's Adventures in Wonderland by Lewis Carroll **PG**

Treasure Island and Kidnapped by Robert Louis Stevenson **PG**

Little Women by Louisa May Alcott **L & PG**

Black Beauty by Anna Sewell **PG**

Year 8 Recommended Reading List



Check out this fantastic list of up to the minute new books! The books have been specially selected for Year 8 students and the English department are particularly excited about the diverse range of voices and stories that are collected here.

We think there's something for everyone...

L = Can be found in Cheshire East library

PG = Available online for free

<https://ebook.yourcloudlibrary.com/library/cheshire/Featured>

<https://www.gutenberg.org/>

For more suggestions visit: LoveReading4Schools on <https://www.lovereadingschools.co.uk>



Bone Talk

Author: Candy Gourlay **Format:** Hardback **Release Date:** 02/08/2018
Year Groups: Key Stage 3, Key Stage 4

Shortlisted for the Costa Children's Book Award 2018 This immersive coming-of-age epic is set in the late nineteenth century, when an age-old Filipino culture first encounters the brutal warmongering of white men. Samkad cannot wait to become a man through undergoing the "Cut" rites of passage observed by his Bontok tribe (later ignorantly mispronounced by American occupiers as "Bone Talk"), though he fears losing his best friend Luki as a result, for Luki is a girl and their relationship will be forbidden, even though they share the same ambitions - to become a warrior, to fight the Mangili. Samkad's absorbing journey to manhood is intensified when a white stranger arrives in his village claiming to be his brother, a stranger who tells tales of a people called Americans. Then, when the Americans arrive, bringing war and destruction to the Bontok's remote mountains, nothing will be the same again. Not for Samkad, nor for his family and village. By turns universal and unique, historically enlightening and deeply powerful, this relatable, resonant coming-of-age adventure is a triumph of heart, atmosphere and action.



Hell and High Water

Author: Tanya Landman **Format:** Paperback **Release Date:** 05/05/2016 **Year Groups:** Key Stage 3

One of our Books of the Year 2016 | Shortlisted for the UKLA 2017 Book Award | Longlisted for the Guardian Children's Fiction Prize 2016 The astonishing story of a young man's quest to find justice for his father, from the Carnegie Medal-winning author of *Buffalo Soldier*. Holding the reader in suspense throughout it charts the growth of a frightened boy into a brave young man with the inspiration drawn from the shocking true story of Thomas Benson, an eighteenth-century Devonshire smuggler.

A Skinful of Shadows

Author: Frances Hardinge **Format:** Paperback **Release Date:** 03/05/2018 **Year Groups:** Key Stage 3

Shortlisted for the CILIP Carnegie Medal 2019 | Longlisted for the UKLA Book Awards 2019 | Shortlisted for Waterstones Book of the Year 2017 | May 2018 Book of the Month | A Julia Eccleshare Pick of the Month May 2018 Award-winning Frances Hardinge's latest novel bubbles over with brilliant ideas in a fast-paced and thought-provoking adventure encompassing families, a very special kind of haunting, spying and the English Civil War. Twelve year Makepeace has grown up practising how to defend herself against spirits who go in search of another living being to inhabit when they are released from the dead. Makepeace is skilful at defence but, when grieving the death of her mother, she lets her guard down and is filled with the spirit of a bear. But Bear is a friend as much as a foe and now Makepeace has a strong internal ally who may be exactly what she needs when she goes to stay with her father's terrifying family whom she needs to resist at all costs. Frances Hardinge's beautiful writing makes the unbelievable credible and tangible as she weaves together and then unravels layer upon layer of complexities in this substantial

Orangeboy

Author: Patrice Lawrence **Format:** Paperback **Release Date:** 02/06/2016 **Year Groups:** Key Stage 3, Key Stage 4

Longlisted for the UKLA 2018 Book Award | Winner of the YA Book Prize 2017 | Winner of Waterstones Children's Book Prize 2017, Older Fiction category | Shortlisted for Best Crime Novel for Young Adults, CrimeFest Gala Awards 2017 | Shortlisted for the Costa Book Awards, Children's Book category, 2016 A young man has an impossible choice to make, in this powerful coming of age urban thriller. The action is uncompromising and powerful, yet punctuated by moments of extraordinary tenderness and it will challenge preconceptions and melt the hardest heart.

