

YEAR



Week



Message from Mr Mercer:

Hi Year 10! Another busy week in which I've spoken to many of you and your parents. I look forward to seeing you next week as you will be invited into College one day a week. You should be receiving information on which 'bubble' you will be in, which entrance to the site you should use, which classroom you will be based in and expectations around social distancing during lessons and break times. The teachers of your options subjects have also been very busy preparing resources for video lessons which you will be invited to attend on a Friday from next week. More opportunity for face-to-face contact with your teachers so you can check in with them and ask them questions if finding your work difficult. For now, remember that organisation of your work and time is vital. Do you need to find new ways to arrange your days? What do you need to do? (learning, exercise, friends-time, down-time) and what do you need to do to make that possible? More structure should help, meaning less boredom. Finally, try and be active as it's been proven that exercise helps to reduce stress, improve sleep and lift your mood. Have a great weekend and we look forward to welcoming you back onto the site from Monday. Mr M.

Message from your tutors

Did you reply to your form tutors? If you haven't already then please make this a priority so we know you're OK!



Even a thumbs up will be fine. Remember we care and you can email us.

Prayer of the week

This week let's focus on the positives. I've chosen a really simple prayer as we have a lot to be thankful for...

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.
Oscar Romero.
Pray for us.

Home Learning Updates:

Try and stick to the NEW study schedule below. Note how you are advised to use your time effectively during your days 'working from home' and also what times the video lessons will be taking place on a Friday. Invite links will be sent to you via SMH or your email accounts. It will be great to see you all!

Yr10	School day	Working from home day 1	Working from home day 2	Working from home day 3	Friday - Live Lessons
1	English	MATH	Humanities	Science	Art / Animal care / Computer Science/ Catering / Dance / Music / PE / Product Design / Drama / Business Studies / Health and Social Care / IT / Textiles 9:00 - 10:30
2	Maths	MFL	OPTION	English	Geography / History / Art 11:00 - 12:30
3	Science	RECC	FITNESS	Catch up	French / German / Latin / Spanish / Mandarin / Performing Arts 1:00 - 2:30
4	RECC	Catch up	Catch up	Catch up / Form time	Ensure all work from the week has been submitted 2:30 - 3:15

Tips of the week

- ✓ **Behaviour** - no doubt you're relying on technology more than ever before, but you should be trying to get enough sleep, to learn new things, responding to your teachers, being active and having face-to-face time with your family, perhaps at mealtimes or during daily exercise?

This week's special mention goes to **Daniel F**, as he and older brother James, spent some time last week volunteering for Congleton in Bloom for their Duke of Edinburgh Award. Fantastic work!



Sanfermines, julio 6-14



La más famosa está en Pamplona, celebrando San Fermín.

En Pamplona la corrida de toros es llamado 'encierro'.

Todos los días a las ocho de la mañana de julio 6-14 los toros correrán en el la calle.



Hombres y mujeres, mayores de 18 años, corren en frente de seis toros. Es gratis.

Llevan camisetas blancas y pantalones blancos con faja roja y pañuelo rojo.



Well done **Lewis B**, who produced this lovely piece of work in MFL. Keep up the good work Lewis!

Also, huge well done to **Jack H** for producing an outstanding performance in music, and **Lillie M** for excellent effort and work in maths.

Mental Well-being. Let's give the **Joyful June Challenge** a go!!!

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle				

ACTION FOR HAPPINESS

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

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Why not use your time on a Friday to attempt our AHCC PE Summer Challenge?! I'll certainly be giving this a go and look forward to seeing your results. There are varying difficulties (50 challenges in total and a prize will go to anyone who completes all 50) so you could progress through them from left to right ticking a few off daily? You could send me photos or screenshots of some of your achievements and I'll give them a mention in the blog. Good luck!



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).

Run 2km	Run 3km	Run 5km	Run 3km	Run 10km
Complete a skill drill	Complete an agility drill	Complete a skill drill	Complete an agility drill	Complete a skill drill
10 press ups/10 burpees/10 sit ups	20 press ups/20 burpees/20 sit ups	30 press ups/30 burpees/30 sit ups	20 press ups/20 burpees/20 sit ups	30 press ups/30 burpees/30 sit ups
Complete #pewithjoe				
Complete 8,000 steps	Complete 10,000 steps	Complete 12,000 steps	Complete 10,000 steps	Complete 12,000 steps
Walk 3km	Walk 5km	Walk 3km	Walk 5km	Walk 3km
Complete an online yoga class	Complete a Tik Tok dance	Complete an online yoga class	Complete a Tik Tok dance	Complete an online yoga class
Create your own circuit with 6 stations				
Complete 8,000 steps	Complete 10,000 steps	Complete 12,000 steps	Complete 10,000 steps	Complete 12,000 steps
Cycle 5km				

Feeling fed up that you won't get to challenge your friends at the different events on Sports Day this year? You needn't! More information to follow...

COMING
SOON

AHCC VIRTUAL SPORTS WEEK

SPORTS DAY...BUT NOT AS YOU KNOW IT!