

# YEAR 8

## Week 3



Taking care of your mental wellbeing

Please check out the section on the school website which you can access via the 'Working from home' > 'Mental Well-being and Staying Safe' on the school website which has lots of useful links and some practical activities that you can try out.

If you like quiet time, why not try this relaxation meditation, focussing on all of the things we can be grateful for:

<https://www.youtube.com/watch?v=64QzBuhsyuk>

### Message from Miss Wood:

Hello Year 8! I hope you have all had a good first week back on the new timetable and have settled into a routine, completing work set.

I've had a busy week, helping to make scrubs for our local Macclesfield Hospital for the Children's Ward.

I've also brushed up my gardening skills and have been planting seeds (attempting) to grow some vegetables. I will keep you all updated. I am also growing some sunflowers...



Me & Mrs Garvey showcasing the scrubs we made

Is anyone else growing sunflowers? If so, maybe we could have a competition for the tallest!

### Home Learning Updates:

Please continue to check your school email account - you can access this via the **school website** in the **bottom hand corner** via '**All Hallows email**'. Myself and your form tutors have been/will be emailing you to check in - please do respond to let us know you're doing okay and if there is anything we can do to help.

Please make sure you are **submitting** your work via SMH so that your teachers can monitor, assess and help you with your learning. I am monitoring this also - some of you have had issues with SMH and we have sorted these so please do email me if you have any technical issues and I will support.

### Prayer of the week

We fell asleep in one world, and woke up in another. Suddenly Disney is out of magic, Paris is no longer romantic, New York doesn't stand up anymore, the Chinese wall is no longer a fortress, and Mecca is empty. Hugs & kisses suddenly become weapons, and not visiting parents & friends becomes an act of love. Suddenly you realise that power, beauty & money are worthless, and can't get you the oxygen you're fighting for.

The world continues its life and it is beautiful. It only puts humans in cages. I think it's sending us a message: "You are not necessary. The air, earth, water and sky without you are fine. When you come back, remember that you are my guests. Not my matters."

St Oscar Romero  
Pray For Us



Keep me updated with what you are getting up to - send me a piece of work you're happy with, something you've baked, an exercise activity, books you're reading, something you've drawn.. via **SMH** or email to [g.wood@allhallows.org.uk](mailto:g.wood@allhallows.org.uk) and I will include it in our blog.



Some **TOP TIPS** to help you with your learning at home:

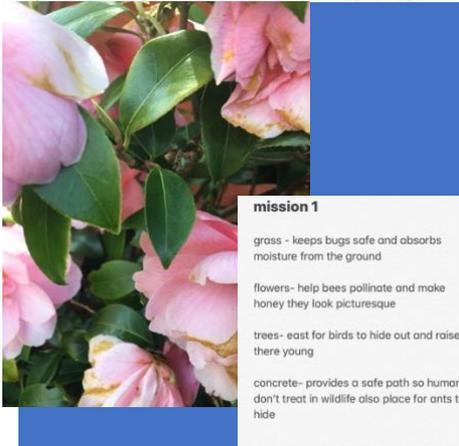
- Keep to a routine.
- Set a list of the work you need to do that day (3 lessons). It is satisfying ticking things off when you have completed them!
- Make yourself a timetable. Include breaks. There is no school bell for now so make it work around what's best for you. Some people like to start early to 'get it done'. Others like to get up later and have breaks in between. Put your phone away whilst working and any other distractions.

Ask for support when you are struggling - teachers, friends, family members.



# Subject Achievements

Subject: Geography



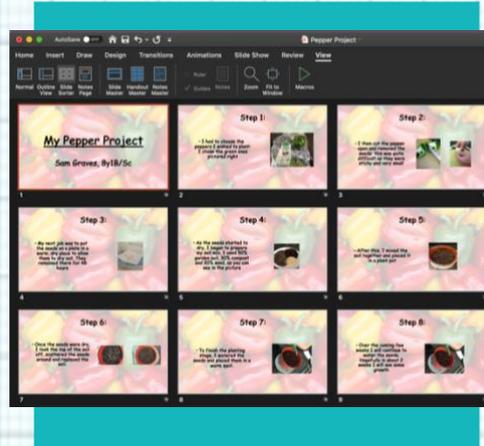
Well done Keira - great work for mission 1 - exploring your garden!

Subject: Independent



Great work from George here who has made a banner to show his support for the NHS!

Subject: Science



Sam is growing peppers and made a step by step guide - great work!

Subject Independent cooking



Leila has been busy making chimichangas!



Check out the All Hallows Catholic College weekly challenge and have a go! There are some great creative ones on there this week!

Please find the challenges on the school website under the 'working from home' link.

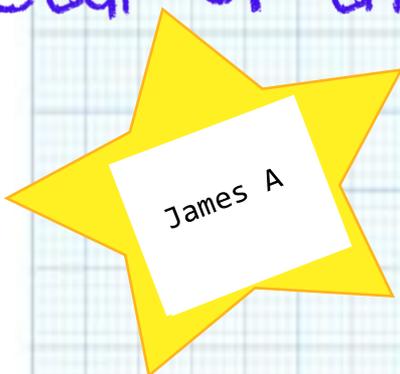
If you've managed to complete all or any of the challenge, please email evidence in to: [challengeAHCC@allhallows.org.uk](mailto:challengeAHCC@allhallows.org.uk)



Photo of the week -  
Photograph: @tobiasvisuals

The photographer says the two penguins were standing like this for hours watching the skyline and the ocean. "A volunteer approached me and told me that the white one was an elderly lady who had lost her partner and apparently so did the younger male to the left," he wrote in the caption. "Since then they meet regularly comforting each other and standing together for hours watching the dancing lights of the nearby city."

## Star of the Week



BIG Congratulations to James for making it to the next round of the BBC 500 words competition!



Subject: ADT Challenge



I loved this entry from Olivia for the ADT logo competition for Cheshire East.

Subject: Science



Piers' excellent Gardener's advice leaflet... I'll be taking some tips from it myself!

Subject: Independent Running



Will is on week 6 of his runs now! Way to go!

# LOOKING AFTER YOURSELVES

These are unusual times for all of us. Some days we might feel like we're really on top of everything, feeling positive and happy. Other days, we might feel tired, de-motivated and irritable - I know I have had a mixture of days like this. This is completely normal. The thing to remember is to check in with yourself. You might need some quiet time alone, or to have a chat with someone. No matter what we're feeling, your friends and teachers may not be in the same room as you at the moment, but we are all still here, in the same boat. Check in with each other - face time so you can speak to someone face to face rather than through messages. I can set up 'zoom' calls with you and another member of staff if you would like to have a chat. Remember, we're all in this together. I will be posting different activities each week for you to try. This week, is Stars in a Jar. I have loved seeing all the achievements that you have all been getting up to over the past few weeks so why don't you start keeping track of these...



## STARS IN A JAR



- Find an old jar or container lying around the home. Ask your family to write on separate bits of paper as many wonderful things as they can think of about YOU.
- You can add to the jar by adding any achievements you have accomplished in your life, even if it is seemingly small.
- Fold up these pieces of paper and place them in to the jar.
- When you are feeling low, go to your jar and take out a message from a loved one to remember how precious you are.

