



Week 7

Message from Mr Mercer:

Hi Year 10! Another lovely week of weather. I hope that you've been making the most of it, be it in your back garden or in your local park. I enjoyed a round of foot golf with my son at Adlington, following former Man Utd players Wes Brown and Darren Fletcher round the course. My score was 7 over par (ouch!) so there's a challenge. Can you beat me? Please keep an eye out for emails from Mr Beesley, as we near the time when you will be allowed to return to College for some face-to-face contact. Everyone is working really hard to make this happen as safely as possible. More details will be released soon and your teachers look forward to seeing you! This week I'd like to you to focus on managing your time effectively so that your days can be productive and work completed and submitted on time. Why not use this opportunity to clear out your study area properly as you continue to study using virtual classrooms at the moment. A clutter-free space increases focus and concentration. Finally, have you been contributing to the upkeep and cleaning of your homes? Could you help out with chores like cooking or cleaning? Maybe take on a new responsibility each day and be accountable for it? Take care and I look forward to seeing you soon.

Mr M.

Home Learning Updates:

Have you encountered any technical problems? If so, email me (j.mercer@allhallows.org.uk) or our IT technicians (ITSupport@allhallows.org.uk) and we'll be keen to help

Yr10	Mon	Tue	Wed	Thur	Fri
1	SCI	ENG	MATH	SCI	CATCH UP/ challenge
2	MATH	RECC	MFL	ENG	
3	HUM	OPTION	RECC	FITNESS	

Have you been keeping to the study schedule above? This is advised as it will help you manage your time and workload, leaving a Friday for catchup work and the chance to have a go at the weekly challenges!

Tips of the week

- ✓ Manage your sleep - a good night's sleep isn't just for restoring energy, it's been proven to help your memory.
- ✓ Reading for just 6 minutes can reduce your stress levels 68%. So why not escape into a book? E and audiobooks available through Alexa or Cheshire East Libraries!

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 will be fine. Remember we care and you can email us.

Prayer of the week

Lord God, You are always with me. You are with me in the day and the night. You are with me when I'm happy and when I'm sad. You are with me when I'm healthy and when I am ill. You are with me when I am peaceful and when I am worried. Today I am feeling (happy/sad???) because (reasons???). Help me to remember that you love me in everything today. Amen. Oscar Romero. Pray for us.



133%

£1,334

raised of £1,000 target by 62 supporters

Donate

Facebook

Erin More O'Ferrall

Erin More O'Ferrall cycles 0 to 900km in June

I am cycling 900km in June 2020 for East Cheshire Hospice because They need help now, more than ever.

East Cheshire Hospice

We provide exceptional care and support to people affected by life-limiting illness

Charity Registration No: 515104

Huge well done to Erin, who has decided to take on a huge challenge to raise money for an excellent cause. Please sponsor her!!!

Some advice...

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple acts of kindness online that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and help you feel good. It can be a great way to spread positivity and help others feel better about themselves.

2. OFFER TO HELP

Someone in a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or you like to offer help, provide support and send a response. Sometimes just being there can be enough for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something great or shows kindness themselves, thank them for it. It's nice, nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and we want to share them with our friends and family. It's a great way to bring a smile to their faces and help them feel better about themselves.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it or celebrate it. It's a small gesture but it can mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routines. Using apps like Zoom, Facebook or WhatsApp we can stay connected with others far away and share our lives with them. It's a great way to stay connected and help them feel better about themselves.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling and it's easy to forget to ask if they're ok or that you're thinking of them. It's a small gesture but it can mean a lot.

8. SHARE POSITIVE POSTS

If you see something online that makes you feel good, share it with your friends and family. It's a great way to spread positivity and help others feel better about themselves.

9. HAS AN ONLINE QUIZ

Online quizzes are a great way to pass time and have fun. If you know someone who is bored, share a quiz with them. It's a great way to spend time together and have fun.

10. THINK BEFORE YOU COMMENT

Comments that are negative or hurtful can be just as significant as the things we say. Thinking before we post or comment can help us avoid saying something that might hurt someone else's feelings.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and understanding that goes a long way. It's a great way to show someone who is struggling that you care and that you're there for them.

WHEN REALLY THEY ARE STRUGGLING ON THE INSIDE

HERE ARE 8 WAYS TO CHECK IN WITH A FRIEND

1. Don't be afraid to ask twice: How are you? Are you sure?

2. Make your friend aware that you are there to support and help them

3. Offer emotional support towards your friend

4. Offer to catch up over a coffee or meal

5. Show interest in what it is your friend is doing (work, family, life)

6. Don't be afraid to share your own experiences relating to wellbeing and mental health

7. Offer to help with something that is bothering them

8. Offer to be there for them when they need you

HOW TO MANAGE LOW MOOD DURING LOCKDOWN

@BELIEVEPHQ

1. Make sure you try and regularly stay connected to friends and family through the use of technology

2. Schedule in activities into your day which provide you with a sense of pleasure and achievement

3. Try to focus on one thing at a time. Don't put pressure on yourself to do everything at once

4. Use some mindfulness activities to help you stay focused on the present moment and here and now

5. Be aware of your triggers. If constantly checking the news is negatively impacting your mood then try and focus on reducing the behaviour

6. Set some small targets of trying to be active or engaging in some physical exercise at home

7. Schedule in activities into your day which provide you with a sense of calm and relaxation (self care activities)

8. Don't be afraid to talk to someone about how you are feeling. Talking to someone can help you to problem solve

9. Ask for help if you are struggling. Reach out to your GP, a mental health charity or a friend

16 TIME MANAGEMENT TIPS FOR STUDENTS

@BelievePHQ

1. Create a schedule

2. Make time for yourself

3. Get yourself in a routine

4. Write down goals

5. Have scheduled breaks

6. Avoid procrastination

7. Stick to your plan

8. Allow time for fun activities

9. Make a to do list

10. Study in a regular pattern

11. Work when you are at your best

12. Exercise to relieve stress

13. Reward yourself when you complete something

14. Keep stress to a minimum

15. Work a set number of hours a day

16. Don't panic if you fall behind

Celebrating the gift of the Holy Spirit

How the Church marks Pentecost



This week marks Pentecost the Birthday of the Christian church. We remember the time when the Apostles filled with fear went into a period of isolation but filled with the Holy Spirit found the comfort and strength to emerge into a different world

Mental well-being

Healthy body healthy mind ...

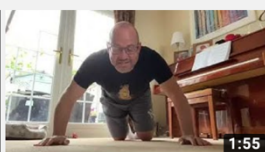
Like me, are you missing football whether it's on the TV or on the 3G pitch? If so I'm sure many of you will be pleased that the German League has resumed and the Premier League will be back very soon. Piping the noise of the crowds into the empty stadium isn't quite as good as the real thing but it's better than nothing.



Remember the rules on lockdown have changed and you can now exercise with a person from outside your own household providing you can maintain a 2m distance. South Park has been buzzing, with the tennis courts full and the footgolf course available to use free of charge. Have a go! I was pleased to see some AHCC students doing just that the other evening. Exercise is known to help manage low mood, anxiety, stress as well as help you maintain a positive outlook ... why not give it a try this week? Join one of the PE challenges or even one of Miss Gowing's challenging fitness sessions.



It's been a while since we've had a challenge from Mr...
12 views • 1 week ago



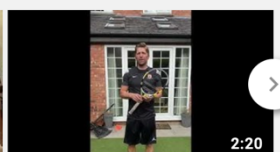
That's a wrap! Mr Lawson has completed his week long...
14 views • 2 weeks ago



Is this the day Mr Lawson beats 40?
1 view • 2 weeks ago



40 press ups to beat! Does Mr Lawson do it?
2 views • 2 weeks ago



PE with Mr Lees - Tennis
79 views • 2 weeks ago