

# YEAR 7

## Week 8



## THE FORM TUTORS

### Message from Mr Brumfitt:

Hello year 7!

Our first week back in the world of home learning, I hope it has gone well for you all, I think with the rubbish weather we have been able to really invest in working hard!

Every two weeks your form tutor will make contact either by email or show my homework to ask how you are followed up by myself - If we don't hear from you don't be alarmed if myself, your form tutor or even Mr. Beesley gets in contact to ask how things are! We just want to know if you are alright or need any help.

In the coming weeks I hope that we can start to have some form zoom meetings with your form tutor and myself so we can speak in groups - Watch this space!

*Keep safe and Look after yourselves!*

### Home Learning Updates:

Yr7	Mon	Tue	Wed	Thur	Fri
1	ENG	MATH	RECC	ENG	CATCH UP/ computing/ challenge/ADT/PA
2	SCI	GEO	PE	MATH	
3	RECC	HIS	MFL	SCI	

I know a lot of you will be struggling with motivation when learning from home but I want you to promise me to message your teacher on show my homework if you are feeling unmotivated - Your teacher can then give you encouragement and help you!

Make sure you stagger your lessons and spread the work out across the day and as always, if you are struggling with anything message your teacher, form tutor or me so WE CAN HELP!

Tip of  
the week

#### Keeping a journal

Each day, spend a couple of minutes writing about the following:

Three things you are grateful for, how you plan to make today great, a good deed you will do that day, how you plan to improve yourself and, at the end of it, some great things you experienced that day.

Prayer of the week



Father,

Sometimes I feel  
so happy and glad  
to be alive.

My heart feels  
full of love and I  
am in awe of the  
world you created.

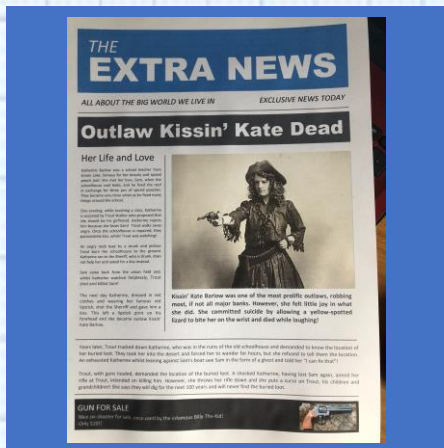
Amen

St. Oscar Romero

Pray for us



Subject: English



Great work in English Jack (7S) - Amazing article about Kissin' Kate Barlow from Holes

Subject: ADT



This really made me smile Ingrid (7C) - Love the creativity with the crisps!

Subject: Science



This amazing picture of the moon taken by Toby - So impressed!

Subject: Science



Another fantastic model of the Earth by Nicola (7C) in Science -amazing work!

Star of the Week

Mathilda C (7A) had a brilliant idea and made a brilliant 'happy Jar' - Please read more about it in the looking after yourselves section!



AHCC Challenge

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](mailto:challengeAHCC@allhallows.org.uk) Please find the challenges on the school website under the 'working from home' link.



# Looking After yourselves. . .

I have an additional task for you to do this week – A year 7 student told me about making a ‘happy thoughts’ jar! What you do is you write a lot of things that either make you happy or what someone/something has made you happy that day, write it down and then put it in the jar.

If you are starting to feel a little down, you can go to jar, pull out a slip of paper and cheer yourself up with it! You can also decorate your jar – If you need inspiration look at the jar made by our star of the week! It is a lovely way to stay positive!

Additionally, please attempt the Joyful June calendar to help make your day better!




## 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)	 <p><b>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</b></p> 				

On the school website there is lots of resources to you with looking after your mental health and keeping safe. If you go onto the homepage, click on the ‘working from home’ tab and go on to the link for ‘mental well-being and staying safe’ you will find lots of information to help you if you need it!



Just Drop-in



Visyon



YoungMinds



Guide to Zoom



Well-being



Letter for Parents of Macclesfield Schools



Useful Links



Practical Exercises to help your Mental health



Teaching your Teen Online



Bereavement support during coronavirus



Covid-19 Awareness



Mental Health Awareness Week