

# YEAR 6

## Week 5



### Prayer of the week

We thank you Lord, for this term.  
 For the challenges, the successes, and the mistakes from which we have learnt.  
 Be with us as we spend our time with family and friends.  
 Give us strength and courage to do what is right; to be witnesses of our faith.  
 Help us to be a practical Christian these holidays, to appreciate what others do for us, to give time and effort to help others, to be peacemakers in our family.  
 Keep us safe in our activities; give us good rest and good fun.  
 Bring us back refreshed and ready for the challenges the new term will offer us.  
 We thank you for our classmates, teachers, parents and a community that cares for us.  
 May we always be conscious of you in our lives.  
 Amen

St Oscar Romero and all the Saints  
 Pray for Us

### Message from Mrs Bell Smith:

Hello Year 6, we have finally come to our final blog. I have to say, I've really enjoyed writing these each week and your responses to the challenges have allowed me to start to get to know some of you a little better.

Last week I had the chance to meet some of you and finally match some faces and names! I hope you enjoyed your school tours and getting to meet your form tutors and some of your form members. I know that all the staff who had the chance to meet you were very impressed with your maturity in these difficult circumstances and we are all very much looking forward to welcoming you again in September! So have a wonderful summer, have fun and stay safe, we will see you soon!

This week your challenge will be slightly different, there is nothing to submit, but Mr Blades and I will still be available on our email address over the summer if you have any questions. The address is [newstudents@allhallows.org.uk](mailto:newstudents@allhallows.org.uk).

### Challenge Five:

**RESILIENCE CALENDAR: JUMP BACK JULY 2020**

We can't control what happens to us, but we can choose how we respond.

1. Avoid saying "I should" or "I should have" to yourself today.

2. The 4-7-8 technique: Inhale for 4 seconds, hold for 7, exhale for 8.

3. Start your morning by writing and reading your daily affirmations.

4. Write a letter to your friend or family member that you can read when you feel stressed.

5. Take a 5-minute break from your work or study to stretch and breathe.

6. Write a list of things you are grateful for today.

7. Practice deep breathing: Inhale for 4 seconds, hold for 7, exhale for 8.

8. Write a letter to your friend or family member that you can read when you feel stressed.

9. Take a 5-minute break from your work or study to stretch and breathe.

10. Write a list of things you are grateful for today.

11. Practice deep breathing: Inhale for 4 seconds, hold for 7, exhale for 8.

12. Write a letter to your friend or family member that you can read when you feel stressed.

13. Take a 5-minute break from your work or study to stretch and breathe.

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16. Write a letter to your friend or family member that you can read when you feel stressed.

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20. Write a letter to your friend or family member that you can read when you feel stressed.

21. Take a 5-minute break from your work or study to stretch and breathe.

22. Write a list of things you are grateful for today.

23. Practice deep breathing: Inhale for 4 seconds, hold for 7, exhale for 8.

24. Write a letter to your friend or family member that you can read when you feel stressed.

25. Take a 5-minute break from your work or study to stretch and breathe.

26. Write a list of things you are grateful for today.

27. Practice deep breathing: Inhale for 4 seconds, hold for 7, exhale for 8.

28. Write a letter to your friend or family member that you can read when you feel stressed.

Keep Calm - Stay Wise - Be Kind

On the school website there are lots of resources available to you to help you look after your mental health and keep 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. I really liked the Resilience Calendar that you can see to the left. I'd encourage you to have a go at some of the suggestions so you can be a bit kinder on yourself and those around you this month.



If you have any questions, you can contact us by email at [newstudents@allhallows.org.uk](mailto:newstudents@allhallows.org.uk). These questions come direct to myself and Mr Blades and we will answer as soon as possible.

# Introducing...

This week it is time to the rest of our Year 7 tutor team and find out a little more about each of them. Can you find your form tutor?

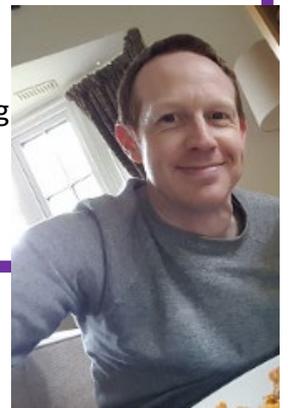
**Name: Mr Horan**

**Job: Maths teacher and form tutor**

I have been teaching at All Hallows for 8 years. I have said "Goodbye" to a Year 11 form, so it is exciting to be chosen to welcome and look after 7 Clitherow. Unlike some of the other form tutors and Year 7 team I am quite local and originally lived in Stockport. I have learnt a great deal about managing expectations from watching the MIGHTY Stockport County!

When I am not teaching I enjoy being outdoors, either going for long walks or going for a run. I have particularly enjoyed running during Lockdown as the roads and pavements have been a lot quieter - if only we could keep this in the 'new normal' world. I also enjoy watching Formula 1.

My family life is busy especially with a teenager who plays football 4 times a week and a 2 year old who is always on the move and chatting to anyone who listens! The last few school months have been extremely strange so I am looking forward to our return in September. Have a wonderful Summer and stay safe!



**Name: Mrs Needham**

**Job: Science teacher and form tutor**

I am excited to be the form tutor for 7 Barlow. I have been working at All Hallows for 5 years. I teach science and animal care. I work closely with Mrs Lewis our farm manager and can often be found around the farm or in the animal care room at break times.

I love working with animals, when I was in my early 20's I travelled around Australia stopping in Brisbane for 3 months to volunteer at a Koala Sanctuary. I live in Macclesfield with my husband and two sons and often see students out and about at weekends. I have a cat called Penny and I am currently looking after Aries the school's bearded dragon whilst we are not in school - I've grown quite fond of him actually and it may be a struggle to give him back! I love to travel and the Netherlands is one of my favourite countries to visit, the people are so friendly and welcoming and transport across the country is fantastic. I am a bargain hunter so spend a LOT of time researching for trips and getting the best deals possible - I can often be found searching the Easy Jet and Ryanair websites finding my next holiday (well I will be once we're allowed to fly again!).



**Name: Mr Martin**

**Job: Head of History and form tutor**

You will come to know me as the history teacher with the outrageous classroom...every section of the wall is covered in something interesting. It's like a museum or Madam Tussauds! I have been at All Hallows since 2016 and have taught since 2005. I will be the form-tutor of 7 Siena in Sept and I am very much looking forward to having you after being a Year 11 form-tutor for 3 years. If you are not in my form I hope to teach you sometime or see you on a trip.

I live in a place called Chapel en le Frith in Derbyshire. I have a pretty journey everyday across the hills, but it can be a bit dangerous in Winter when the snow comes down heavy. I used to have four dogs, so if you have any pets I'd love to hear your stories and see your pictures. I really enjoy open-water swimming and am a member of groups who swim safely together, supervised, throughout the year - even in the winter and on Christmas Day! I grow lots of fruit trees in my garden, including 50 varieties of apple and plum tree.

I love visiting historical castles and stately homes; especially the restaurant afterwards. Did someone mention cake?! I am known to sing a few pop tunes as well in the style of the divas; Cher, Tina Turner, Madonna etc, but I will let you decide whether you think I can sing or not!



**Name: Miss Feely**

**Job: RE teacher**

I'm really looking forward to being a year 7 form tutor in September! I went to All Hallows as a student and am delighted to join the All Hallows community again, this time as a teacher. I love musicals, I've been to London to see Les Mis and the Lion King. I also like reading, I have lost track of the amount of times I have read the Harry Potter books. I lived in Liverpool for 3 years and even worked in the Beatles museum (I know a lot of their songs off by heart because they would be on repeat ALL day). I hope you have a lovely summer, see you in September!



**Name: Mr Clark**

**Job: Science teacher**

I am a Science teacher at All Hallows' with a particular interest in Biology which is my specialist subject. In school, I really enjoy all the fun practical experiments you get to complete over the years, especially ones with Bunsen burners!

Outside of school I love to keep fit and healthy by going on runs and going to the gym after school. I play football on the weekend for a team so hopefully we can get promoted this season. I have a dog called Milo who is a Tibetan Terrier, he always runs into things because he's so daft!

I'm looking forward to meeting you all properly in September, you might be nervous now but once you have started all those nerves will disappear and you'll have the best 5 years of your life with the some of the most memorable experiences with old and new friends!

**Name: Mrs Richardson**

**Job: Maths teacher and form tutor**

My time at All Hallows started back in the 1980s when I was a student here, I was even in Newman myself! After University I lived in London for 5 years where I first worked in merchandising before deciding that teaching was for me. I taught for a while in London before moving back to my hometown of Macclesfield and I have now been teaching here for almost 20 years!

I have two children who are both All Hallows' students so I have experienced All Hallows from all sides, as a student, as a teacher and also as a parent. I love to watch my daughter dance and I am also always on the side lines, rain or shine, watching my son's football matches.

I have an energetic Cavapoo puppy called Bonnie who is keeping us very busy at home. She is great at learning new tricks but also loves to destroy the garden! I enjoy music (I have been to many Take That concerts) and reading and the best places I've travelled to have been Kenya and Sorrento. I would love to visit Iceland in the future, however my next trip, in a few months, is to a Glamping Globe in the East Midlands, not very exotic but still a new experience for me.

It was lovely to meet some of 7 Newman last week and I'm really looking forward to getting to know you all more in September.



**Another Challenge  
3 star performer  
- great ideas and  
very creative!**



And now, the bit we have all been waiting for! This has really cheered me up this week, I have loved seeing all your wonderful pets and animals! Can you spot yours below? Can you spot Sherlock and Doris?

