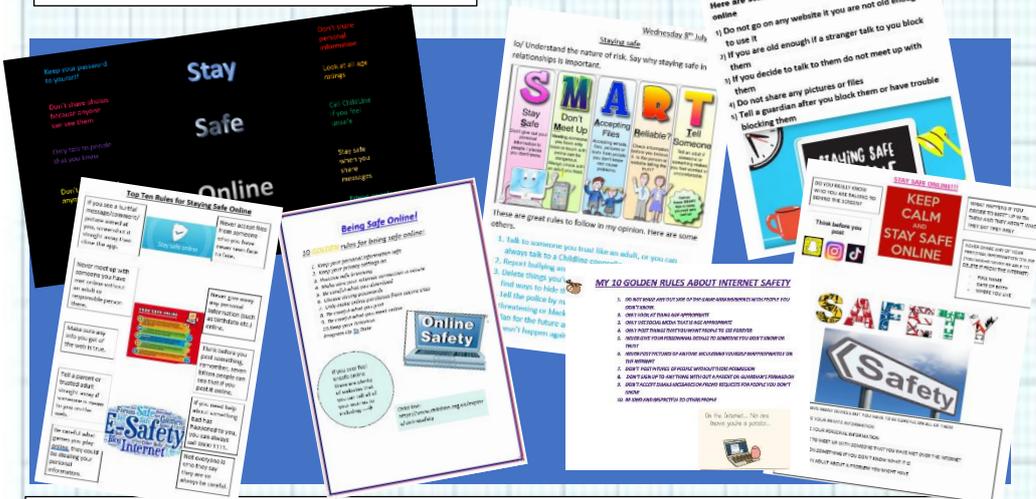
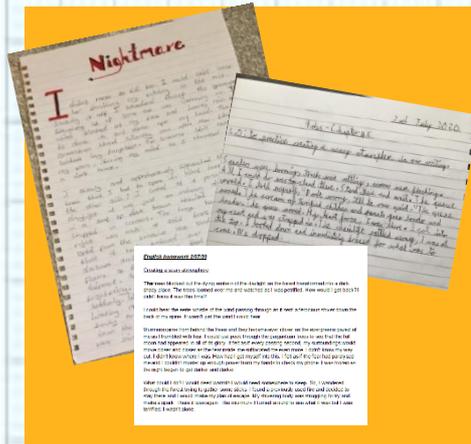


Subject: RECC



In RECC, Jess, Charli, Chloe, Elizabeth, Isabella, Farrah and Michael have all produced fantastic posters about staying safe online. They've got some great advice on that we should all be following, especially right now when we're doing a lot of our socialising online!

Subject: English



7S have been reading Holes and have been creating a tense atmosphere in their own writing. Alex, Luke, and Olivia showed excellent use of sentence variety, vocabulary and figurative language in their work - well done!

Special Shout-Out



Caelan has become quite the chef during lockdown! Here are just a few of his amazing creations. He has made Cheesy Meatballs, Cup Cakes, Homemade Pizza, Shortbread, Homemade Jaffa Cakes, White sauce, Sedimentary Rock cakes and Smoothies! Yum!

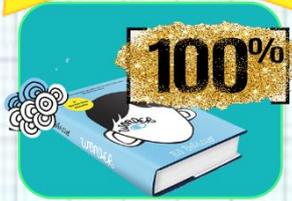
Subject: Science



Libby's made this really informative poster about radio waves and microwaves. Well done!

Star of the Week

Michael in 7F has been studying 'Wonder' in English - and has never got a question wrong on his quizzes! After quizzing all term, he is still on 100%! Fantastic!



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 challenges, please email evidence in to: challengeAHCC@allhallow.org.uk Please find the challenges on the school website under the 'working from home' link.



Real Madrid have finally launched a female football team!



Since lockdown began, FareShare (a UK food distribution charity) has seen a 25% surge in donations.



Sign Yoga was launched, a yoga practice that is accessible for deaf people.



From dusted-off bikes to electric dreams: UK green economy booms on back of Covid-19



There has been a surge in demand for bikes during lockdown - good for our health, as well as the planet!

LOOK AFTER YOURSELF

RESILIENCE CALENDAR: JUMP BACK JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We can't control what happens to us, but we can choose how we respond</p>			<p>1 Be willing to ask for help when you need it today (and always)</p>	<p>2 Make a list of things that you're looking forward to</p>	<p>3 Adopt a growth mindset. Change "I can't" into "I can't...yet"</p>	<p>4 Find an action you can take to overcome a problem or worry</p>
<p>5 Avoid saying "must" or "should" to yourself today</p>	<p>6 Put a problem in perspective and see the bigger picture</p>	<p>7 Shift your mood by doing something you really enjoy</p>	<p>8 Get the basics right: eat well, exercise and go to bed on time</p>	<p>9 Help someone in need and notice how that gives you a boost too</p>	<p>10 Don't be so hard on yourself. It's ok not to be ok</p>	<p>11 Reach out to someone you trust and share your feelings with them</p>
<p>12 When things go wrong, be compassionate to yourself</p>	<p>13 Challenge negative thoughts. Find an alternative interpretation</p>	<p>14 Set yourself an achievable goal and make it happen</p>	<p>15 Go for a walk to clear your head when you feel overwhelmed</p>	<p>16 When things get tough, say to yourself "this too shall pass"</p>	<p>17 Write your worries down and save them for a specific 'worry time'</p>	<p>18 Let go of the small stuff and focus on the things that matter</p>
<p>19 Notice something positive to come out of a difficult situation</p>	<p>20 Ask yourself: What's the best thing that can happen?</p>	<p>21 If you can't change it, change the way you think about it</p>	<p>22 Make a list of 3 things that you can feel hopeful about</p>	<p>23 Remember that all feelings and situations pass in time</p>	<p>24 Choose to see something good about what has gone wrong</p>	<p>25 Notice when you are feeling judgemental and be kind instead</p>
<p>26 Get back in touch with a supportive friend and have a chat</p>	<p>27 Write down 3 things you're grateful for (even if today was hard)</p>	<p>28 Catch yourself over-reacting and take a deep breath</p>	<p>29 Think about what you can learn from a recent challenge</p>	<p>30 Ask for help from a loved one or colleague. Be specific</p>	<p>31 Remember that you are not alone, we all struggle at times</p>	

ACTION FOR HAPPINESS

actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind

We may be close to the summer holidays but it doesn't mean life can't still be stressful, especially at this time. Keep making sure you make time to look after yourself, and maybe have a go at some of the ideas above.

THE GREAT ALL HALLOWS BAKE OFF

Mrs Heaton will be announcing more details of the winners in each year group, but I can reveal the Year 7 'Best in Show' for Presentation winners are: Tabitha Nixon's Millionaire's Shortbread, Samuel Tyler's Lemon Drizzle Cake and Chocolate Twists, Charlotte Rushton's Trio of Double Chocolate Fudge Cake, Sausage Rolls and Lemon Drizzle Cake (!!), Poppy Ward's Piñata Cake, Faye Remfry's Chocolate and Salted Caramel Tart, and Harriet Birchall's AHCC Rainbow Cake. They all look irresistible! Mrs Heaton, if you want any help judging and tasting next year, let me know...!



SUMMER HOLIDAY PLANS



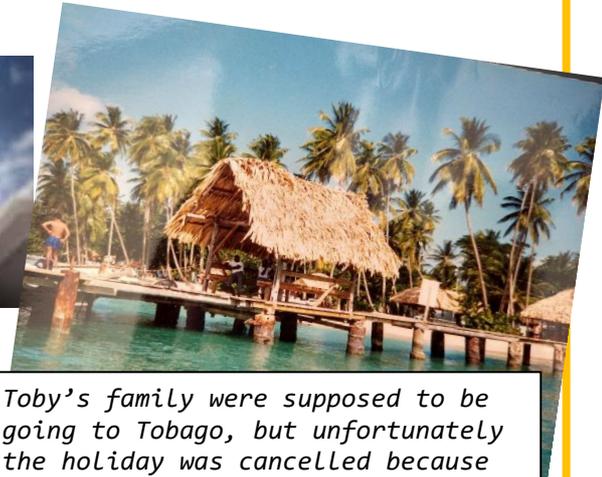
I have been inundated with your summer plans, and it's been really great to hear that so many of you are planning some amazing activities in the next 6 weeks! Whether you're going away, spending time with family or friends, working on a new hobby, or just relaxing at home - I hope you have a great time! Here's a selection of what you lot are planning for summer...



Harriet and her family are hoping to get away to their caravan in Morecambe at some point. That beach looks lovely!



Personally, I've booked a week away in Wales with my family!



Toby's family were supposed to be going to Tobago, but unfortunately the holiday was cancelled because of Coronavirus. They are hoping to go next year, though! It's definitely something to look forward to!



Biatrix and family are hoping to go away to Scotland. They are also planning on family movie nights - and baking lots of cakes!



Charlotte and her family plan to continue geocaching and canal walks - I hope they have more beautiful weather like this to accompany them!



Elizabeth and her family are hoping to go to France and Spain, if they are able to. Bon chance!



Issie's family also have a caravan, which they are looking forward to visiting over the summer.