

YEAR 8

Week 12



Have you taken on the sunflower challenge? Please send in your photos and a measurement of how tall yours has grown so far (I know they won't be fully grown yet) and we will share in next week's blog. Prize for the winner!



Message from Miss Wood:

Hello Year 8! As we approach the end of the summer term, we can reflect on what has turned out to be an unusual year for us all. Despite having the past few months of Year 8 at home, you have all carried on regardless, working away, putting in effort to ensure you stay on track with your learning. Myself and all your teachers are so proud of you all. You will start Year 9 in September, in what may be a little different to normal circumstances, but I know you will all continue to work just as hard, as you too, grow as individuals. It will be a year that will hold lots of opportunities for you and I hope you will all, as always welcome our new Year 7s and new students joining our year group in the new academic year. You now have 2 weeks left of home learning followed by a summer break. Make sure you stay focussed to finish your lessons off on a high. Myself and your Form Tutors are all very looking forward to hopefully seeing the majority of you over the next week when you visit school for your review meetings.

Home Learning Updates:

We look forward to seeing you at your review meetings. We kindly ask of the following to ensure everyone's safety during this time:

- Parents / carers and students should not enter the College site until 10 minutes before their appointment - We ask that parents & students wash or sanitise their hands, upon entering the College
- The classrooms are set up with 2 metre social distancing between teachers and visitors, and we ask parents & students to adhere to this arrangement
- We ask that parents & students spray and wipe down their chairs when they leave a meeting, in preparation for the next appointment
- Students do not need to wear uniform for the meeting.

FACING CHALLENGES ASSEMBLY

Assembly this week - I have recorded a loom assembly for you all this week which your form tutor will go through with you in your form zoom this week. I have also attached the link in the SMHK message, and you can access the assemblies online at any time from the school website.



Nathaniel J's excellent stained-glass creation

Prayer of the week

Loving Father, thank you that you are my creator, you made me, and you love me.

If I feel overwhelmed with the barriers that stand in my way, may my eyes be lifted to behold your power and glory. You are the God who holds the stars in your hand and yet you reach down to bless me.

May I see your all-conquering power at work. May I rejoice in your glorious victory, may I praise your majestic name.

May I live as your beloved child, receiving your everlasting kindness.

Help me to help others in this time of adversity, Through Jesus Christ, our Lord.

Amen

St. Oscar Romero
Pray for Us

Lots of fab work again this week, well done Year 8! Send me any photos of what you're getting up to in the last blog next week... either via SMH or email to

g.wood@allhallows.org.uk

TOP TIP this week is to simply, look after yourself. There have been lots of changes recently and with lockdown easing and restaurants and shops reopening, we may start to feel a little uneasy. This may feel like nerves or an anxious feeling. That is perfectly normal. Take each day as it comes. Keep your distance to stay safe. Don't feel pressured into doing anything or going anywhere if you're not yet ready.

HOW TO MANAGE ANXIETY

<p>Routine</p> <p>Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a good routine helps a lot.</p>	<p>Rationalize</p> <p>Anxiety likes to pull out the worst-case-scenario. Reassure yourself as many times as it takes that you are okay.</p>
<p>Talk</p> <p>Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. Break the stigma!</p>	<p>Schedule</p> <p>If something triggers your anxiety, try scheduling it into your week. Don't put things off indefinitely!</p>
<p>Mindfulness</p> <p>Focus on the current moment. Be in the present. Learn to self-soothe. Blessing/Manifesting</p>	



Subject Achievements

Subject: R.E



James A, Charlie D, Amy H, Alex E, Izzy L and Elena G's wonderful stained-glass windows featuring Mary.

Subject: ADT



Niamh, Reuben, Emma M, Alfie and Kohta's to show just a few of the fab brick designs for the ADT 'wall of hope'.

Subject: English

Subject: Science



Shay, Edith, Orla and Ava have produced creative maps illustrating words that have been borrowed from other languages.



Georgia has produced a very well-presented anti-smoking poster.

Star of the Week

Leila M

Leila has recently completed the new 'bronze level' reading challenge that the English department have introduced. To achieve the award Leila read:

- A book from the recommended reading list on the website
- Two books of her own choice
- A sci fi book

Leila also took and passed Accelerated Reader quizzes on these books. A BIG WELL DONE! And a certificate is on its way to you!! Who else is close to achieving the award?!

AHCC Challenge

Check out this week's NEW challenges!

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 challenges, please email evidence in to: challengeAHCC@allhallows.org.uk

Or email me on:

g.wood@allhallows.org.uk

Good News



As an Art & Design teacher, and someone who supports the Arts in all its forms, I am very happy to see that the arts sector is now being funded during this time. This means that your Museums, Theatres, Galleries, Live Music Centres will be able to keep afloat and will now in the future be able to open again for us all to visit!

Technology has saved some of India's farmers as they have embraced selling their produce online via an app to ensure no waste and better pay!



VIRTUAL SPORTS DAY 2020 RESULT

Top 3 performers

- 1st Thomas Cunliffe 340
- 2nd Sam Graves 210
- 3rd Alex Evenden 180



Distance Challenge-Form combined scores

- | | |
|--------------------|-----------------------------|
| • Avila- 35.4km | • 1 st Avila |
| • Barlow-14.4km | • 2 nd More |
| • Clitherow-8.72km | • 3 rd Ward |
| • Fisher-0km | • 4 th Siena |
| • More-17.8km | • 5 th Barlow |
| • Newman-6.4km | • 6 th Clitherow |
| • Siena-16.8km | • 7 th Newman |
| • Ward-17km | • 8 th Fisher |



Overall Form Winners

- 1st Avila-785
- 2nd More-655
- 3rd Newman 550
- 4th Ward 525
- 5th Siena 520
- 6th Barlow 355
- 7th Clitherow 165
- 8th Fisher 90



TAKING CARE OF YOUR MENTAL WELL-BEING

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

Important Public Information Notice - Health and Safety

We have received notification from Cheshire Police of a number of reports they have received concerning young people around the Macclesfield area experimenting with Nitrous Oxide aka 'Laughing gas' or 'Noz'. They report evidence of the silver gas canisters scattered around the area, in particular the area of Macclesfield West and Ivy Road. Use of this gas can be lethal! Please don't be influenced by others. This is extremely dangerous. [Government Guidance on the use of Nitrous Oxide](#) can be found in the email sent home to all parents.