

F R I D A Y   M A Y   2 2   2 0 2 0

# VI Form



## Prayer

A prayer for Teachers.

Lord, bless the teachers who give their heart to teaching. Thank you for the special gift you have given them and for giving them a spirit of grace and compassion. May they have strength and endurance to perform their many tasks, and may they know the deep gratitude of those whom they teach.

Saint Oscar Romero,  
Pray for us.

Amen



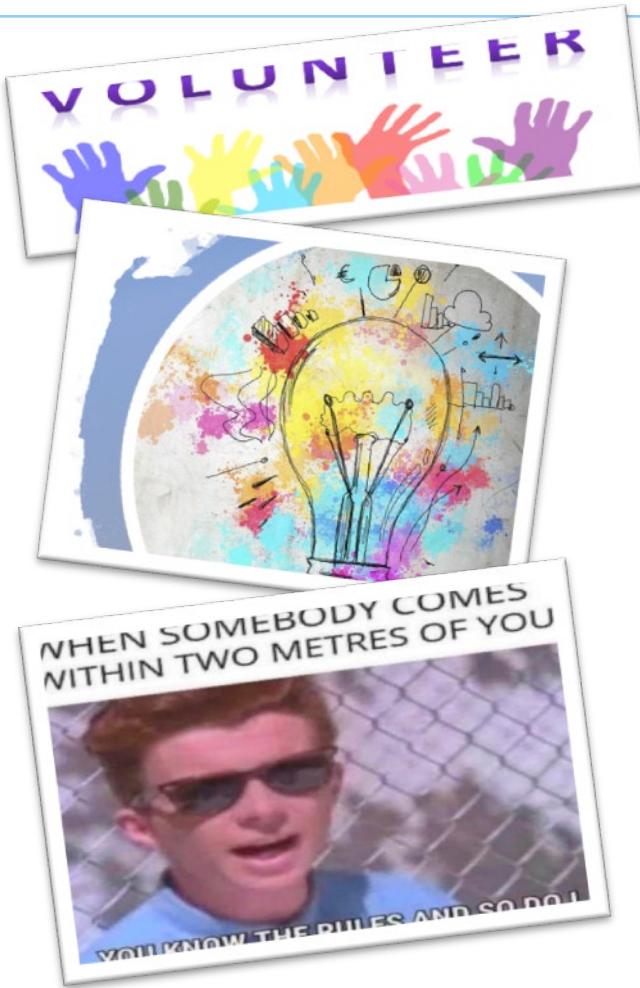
## The power of positivity

Most of you are probably aware of the good feelings doing something for someone else can give. The 20<sup>th</sup> of May is National thank a teacher day – why not give a little back to your teachers who have been helping you over this period. A lot of work is going on behind the scenes to keep learning going.

If you would like to get involved, why not with a short video? The theme this year is a star so why not see how creative you can be in showing your appreciation.

Alternatively you could paint a portrait of one of your teachers, draw them, record a song, or do an impression.

Feel free to send any videos to  
[challengeAHCC@allhallows.org.uk](mailto:challengeAHCC@allhallows.org.uk)



## Could you do more?

All over the country, people are trying to help each other out. You do not need to sign up to something or make a big deal but any way you can put yourself forward to help out is always a good thing. There are students in Year 12 such as Lauren who has been working with East Cheshire Hospice. Remember volunteering begins at home.

## Weekly challenges

This week the challenges revolve around Kindness, as it is Mental Health awareness week. If you have a look at the challenge page on the AHCC website you will see lots of interesting things you could do such as keeping connected with others, kindness ideas (if you are struggling to come up with some), and places where you can get some support.

Watch the video for more on the Science of kindness.



## What do you miss most?

Mc Donald's are set to re open some restaurants although none of them are near us. Unfortunately. There is always the make your own option – an example for you opposite. There have been articles all over the press about what people miss most and reassuringly, people are starting to reevaluate their priorities. Hopefully some of you will do this too and question some of the things you valued pre lockdown.

Have a conversation with the people around

## Ranking game

This is a little game that anyone can play and will get you talking about any subject you are interested in. Select a topic – for example the top 5 movie Batman villains. Obviously the best is Danny De Vito's Penguin, but you can argue the rest yourselves.

## Thank you baked potato

Some times, you will see things, especially these days spent at home, and they will crack you up. Not only did Matt Lucas do this to me with this song but it is for a great cause. You can buy the song and proceeds go towards feeding the NHS. My favourite duet is Matt and Pam.

Lyrics below:

Baked Potato changed my life  
 Baked Potato showed me the way  
 If you want to know what is wrong from right  
 You must listen to what Potato say

Wash your hands and stay indoors  
 Thank you Baked Potato  
 Only visit grocery stores  
 Thank you Baked Potato

And if you want to have a better day  
 You must listen to what the Baked Potato say

Keep your distance  
 Make some space  
 Thank you Baked Potato  
 Remember not to touch your face  
 Thank you Baked Potato

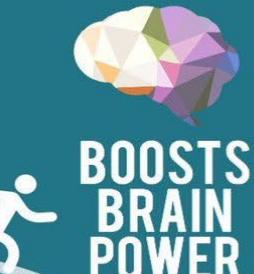
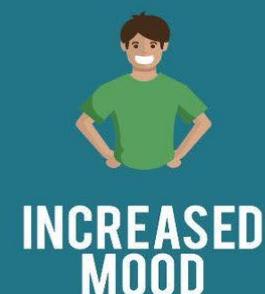
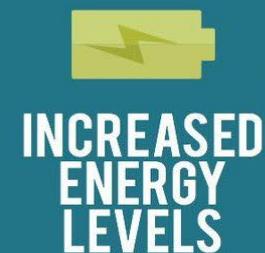
And if you want to have a better day  
 You must listen to what the Baked Potato say  
 B-A-K-E-D-P-O-T-A-T-O  
 Baked Potato

[Www.thankyoubakedpotato.com](http://Www.thankyoubakedpotato.com)



# THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHQ



## New College Oxford – Applications event

News of this event was sent to us by one of our ex pupils, Chen. Anyone interested should contact [stafftp@allhallows.org.uk](mailto:stafftp@allhallows.org.uk) and the link to watch the webinar will be sent. There is a google form for submitting questions and this will be sent to you if you are interested in the event.

### The event

It's called 'Access All Areas' and will be on 3<sup>rd</sup> June at 5pm. It will be a Zoom webinar with a panel of twenty students from my Oxford college, New College, from a variety of personal backgrounds, studying a range of different courses.

We will be answering questions about life at Oxford, the application process and so on.

It is student-run and aimed at prospective students to show that there is no need to worry about not fitting in - what's important is that you have academic ability and are passionate and committed to your subject. By giving prospective students a perspective on life at Oxford, we hope to show that Oxford really is a place where everyone is welcome.