

# YEAR 9

## Week

# 6



In a world where you can be anything, be kind.



## News and safety

Check out this link for a short clip of from Newsround  
 Jesse Lingard:  
[https://www.bbc.co.uk/newsround/news/watch\\_newsround](https://www.bbc.co.uk/newsround/news/watch_newsround)

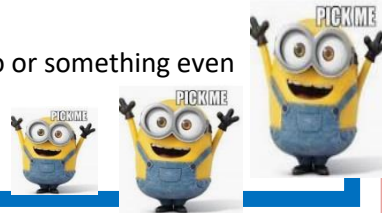
## Message from Miss Gowing:

This week has two important features, so here goes as I am your preacher.  
 1 it is mental health awareness week,  
 So please open them mouths of yours and speak.  
 2 it is national teachers' day TODAY,  
 What can you do I hear you say?

This year's theme is circulated around a star,  
 pick your teacher and send them a message from afar.  
 This can be a piece of art work, a simple message, a video or something even more creative,  
 You will have no idea how much it will be appreciated.



My note to self....  
 True right?  
 HA



Even though you can now meet 1 person outside your home  
**STICK TO THE RULES 2M** away from one another. Please **don't push the limits** as we could end up going backwards if people abuse the new announcement.



## Prayer of the week

Dear Lord,  
 Thank you for your fresh grace and a week full of promise.  
 Lead me in your ways and fill my heart with your love and joy.  
 Help me see others as you see them. Guide every decision, response, effort and conversation I have for your glory.  
 Amen.

St Oscar Romero,

Pray for us.



## Home Learning Updates:

Remember if you cannot submit your work on SMHW for any reason then log onto your school email and send it to your subject teacher. Their email address is their [first initial.surname@allhallows.org.uk](mailto:first.initial.surname@allhallows.org.uk). Mrs Marshal and I check all your work midweek FROM THE PREVIOUS WEEK. Anything not submitted you will hear from us. We as teachers do not want to fail you in your education. Your actions now in engaging with the work set are so important for the next few years, if not further in education and/or the workplace. That is why we are taking the time to set work, answer any questions and offer support where we can virtually, to enable you to succeed in whatever you wish to do.

Ps this is a great documentary on Netflix that I have been watching



Please send me pictures of what you have been doing, what work you may be proud of, a book you are reading or just check in via [l.gowing@allhallows.org.uk](mailto:l.gowing@allhallows.org.uk)



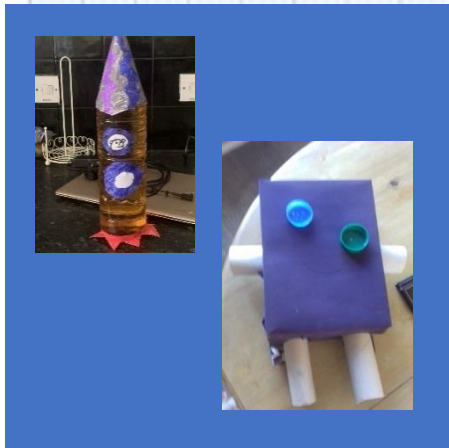
Top tips:

- 1) Break any long tasks into manageable chunks to keep coming back to.
- 2) Try to minimise distractions – give yourself somewhere to work where you can concentrate for a max 1 hour slot.
- 3) REMEMBER TO SUBMIT YOUR COMPLETED WORK



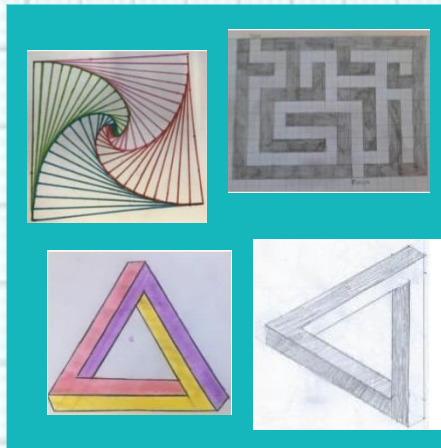
# Subject Achievements

Subject: Art challenge



The toy design & cardboard challenge

Subject: Maths



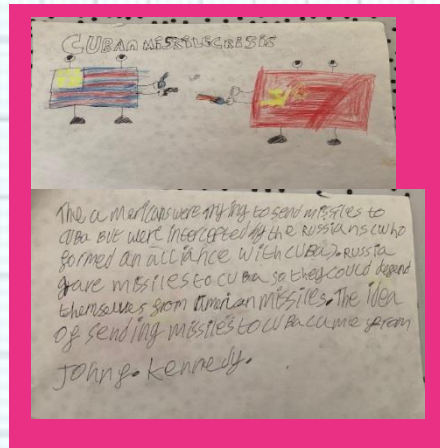
Some mathematical art designs

Subject: Science



Another coronavirus model with a beautiful scenic background

Subject: History



More Cuban Missile Crisis work

## 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.

My personal challenge to you this week (start on Wednesday and follow it through until the next Wednesday) Its mental health awareness week and being kind matters... can you complete each kind act on the specified day? How does this make you feel?

### Mental Health Awareness Week

The 7 Day Kindness Challenge!	Monday	Tuesday	Wednesday
	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need
	Thursday	Friday	Saturday
	Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely
		Sunday	
		Be kind to yourself and spend some time on YOU!	

## Star of the Week

Everyone that has got back to me with a little hello :)



Something to show: VE day celebrations



Lots of celebrations were had on Friday 8<sup>th</sup> May socially distanced of course. I hope it brightened many people's lockdown period.

Something to show: Books book's and more books



Reading is key to many different aspects of your education and much more that you wouldn't realise. Who else is picking up a book?

Subject: Spanish



The following have been estupendo with their Spanish work: Ava, Aaron, Melek, Isaac, Ellakha and Seb



<https://www.youtube.com/watch?v=Qcyc68d60Ak>

Check out these websites for further information:

[https://www.rethink.org/get-involved/awareness-days-and-events/mental-health-awareness-week/?gclid=EAIaIQobChMIIsuKsg7296QIVTbDtCh3S7wAPEAAAYASAAEgJ4zFD\\_BwE](https://www.rethink.org/get-involved/awareness-days-and-events/mental-health-awareness-week/?gclid=EAIaIQobChMIIsuKsg7296QIVTbDtCh3S7wAPEAAAYASAAEgJ4zFD_BwE)

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

<https://www.headstogether.org.uk/>

Even the celebrities of our world suffer, many in silence. Others have overcome and now offer support... YOU ARE NOT ALONE

Andy Robertson @andrewrobertso5



Please, never suffer in silence. Speak up and seek help. No matter how you're feeling you must realise you're not alone. @lockdowntactics are doing some amazing work raising awareness for such an important social issue #MentalHealthWeek



Ellie Goulding @elliiegoulding

Be kind to yourself; be kind to others. Have courage and talk about it. There's a lot of love out there for you <3 #WorldMentalHealthDay



Everyone has their dark moments. Everyone has their happy moments. Everyone has their I don't know how I feel moments. Everyone has their lost moments. Everyone has my tummy hurts from laughing moments. ALL ARE NORMAL NO MATTER HOW OLD, YOUNG OR BEAUTIFUL YOU ARE

Try this... worth a shot, right?



#MENTALHEALTHMINUTE

FEATURING ANTHONY JOSHUA DAVID TENNANT DUA LIPA HARRY KANE THE DUKE OF CAMBRIDGE THE DUCHESS OF CAMBRIDGE

Have a watch of this... <https://www.youtube.com/watch?v=KSKu-psrgdsI>