

YEAR 7

Week 7



Message from Mr Brumfitt:

Hello Year 7!

I hope you've had a wonderful half-term, the weather has been amazing and things look positive in terms of seeing our loved ones at a social distance as of today - I'm very excited to see all my family soon!

Hopefully, you are well rested and have had your fill of vitamin D ready for the LAST SCHOOL TERM before summer! It's such a shame it's not been in school but I want to say that you've all done so well with dealing with lockdown so far and I am immensely proud of each and every one of you for your efforts!

As always, If you need anything I am here to help, just get in contact by emailing me on staffxhb@allhallows.org.uk

Keep safe and Look after yourselves!

Home Learning Updates:

Yr7	Mon	Tue	Wed	Thur	Fri
1	ENG	MATH	RECC	ENG	CATCH UP/ computing/ challenge/ADT/PA
2	SCI	GEO	PE	MATH	
3	RECC	HIS	MFL	SCI	

A fresh start this week with regards to work - Make sure to check carefully what work needs submitting - Remember you have until Friday to submit all work. If this does not get submitted either your class teacher or your form tutor will get in contact to check everything is okay. For those cases where you have not submitted several pieces of work I will get in contact and find out if you are having problems logging on to emails or Show my homework - If you do have these problems, let us know as soon as possible and we can easily reset passwords and such!

Tip of
the week

Zoom your Form tutor or Year learning leader

If you are really struggling and need support or a bit of reassurance from myself or your form tutor we can and have been offering 'zoom' video chats with students and parents just so we can talk face to face (virtually). If you would like this to happen let us know!

Prayer of the week

Celebrating the gift of the Holy Spirit

How the Church marks Pentecost



Lord God,

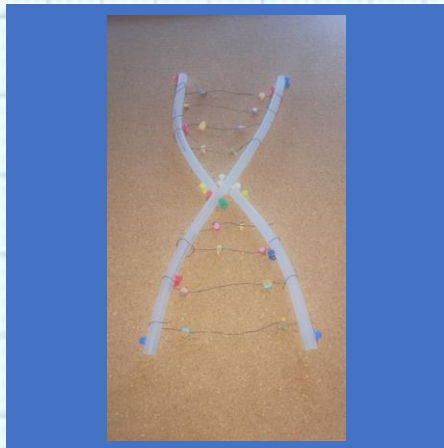
you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.
Today I am feeling (name how you are feeling) because (reasons you are feeling this way).
Help me to remember that you love me and are with me in everything today.
Amen.

St. Oscar Romero

Pray for us

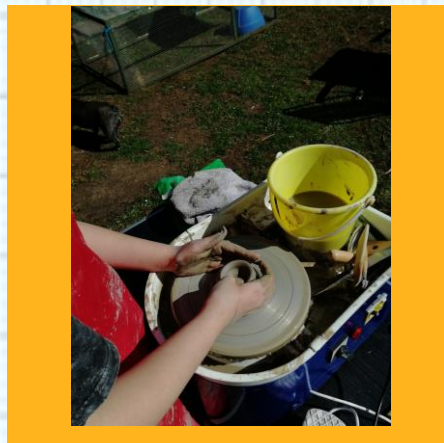


Subject: Science



Olivia's (7N) amazing model of DNA - Very impressed as a science teacher!

Subject: ADT



Faye (7F) Showing some excellent pottery skills at home - Amazing work!

Subject: ADT



Really inventive Art skills from Martha (7C) - Really good work!

Subject: Science



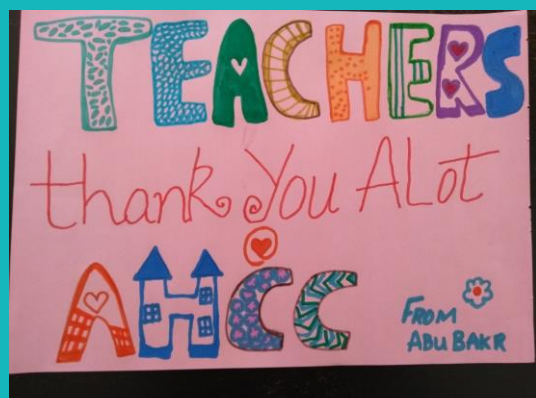
Another fantastic model of DNA by Nicola (7C) - Keep up the amazing work!

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@al1hallows.org.uk Please find the challenges on the school website under the 'working from home' link.

Star of the Week

Abu (7B) made a wonderful poster celebrating national thank a teacher day - It is really appreciated, thank you!


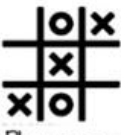






Looking After yourselves. . .

With things starting to ease with regards to lockdown, hopefully seeing our loved ones at a distance will do wonders for our wellbeing and mental health. We still need to remember to be safe and social distance, but most importantly we need to maintain our mental health - You would not stop exercising once you feel healthy? It is the same with your mental health!


Please have a go at the wellbeing bingo below for the week and see if you can get a full house!

Wellbeing Bingo!

 Listen to music	 Play a game	 Get some fresh air
 Watch a Disney movie	 Clean your room	 Quiz with family or friends
 Send a thank you message	 Read a book	 Make someone smile

Alongside your daily staples of completing your home learning and keeping active, how many wellbeing activities can you complete today?

Can you get a full house?!



Stay safe, and stay at home 😊

On the school website there is lots of resources to you with looking after your mental health and keeping 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!



Just Drop-in



Visyon



YoungMinds



Guide to Zoom



Well-being



Letter for Parents of Macclesfield Schools



Useful Links



Practical Exercises to help your Mental health



Teaching your Teen Online



Bereavement support during coronavirus



Covid-19 Awareness



Mental Health Awareness Week

Celebrating the gift of the Holy Spirit

How the Church marks Pentecost



This week marks Pentecost - The Birthday of the Christian church. We remember the time when the Apostles filled with fear went into a period of isolation but filled with the Holy Spirit found the comfort and strength to emerge into a different world

To find out more watch this video on <https://www.youtube.com/watch?v=MtTjgm1Utps>