

Virtual Assembly

22.06.20

Stars of the Week

Mrs Cawston would like to nominate....

Chloe.S – for working really hard throughout the lockdown period.



Stars of the Week – English



Mrs Schwarz would like to nominate..

Amy Foreman and Kara Achilles

Mrs Payne would like to nominate the following for dedication and hard work shown in their English work:

- Daniel C
 - Daniel B
 - Kelvin Y
 - Keeley A
 - Abigail M
- 
- 

Miss Franklin would like to nominate the following students for sending her great story openings:

- Lili-Anne O
 - Chloe R
 - Ben W
 - Ebonie D
- 
- 



Stars of the Week – English



Mr Smith would also like to nominate all of the following Year 8s for reading and completing AR quizzes over lockdown:

85%+ of their target

Hayley D - 81

Kyan G - 81

George L - 81

George M - 81

Grace R - 81

Chloe S - 81

Ethan T - 81

Maisy W - 81

Keeley A - 82

Natasha C - 82

Ebonie D - 84



50-85% of their target:

Riley B - 81

Jacob L - 81

Reece M - 81

Olivia S - 81

Abigail M - 82

Seth R - 82

Amy M - 85



0-50% of their target:

Hannah H - 81

Keisha G - 82








Stars of the Week – English



Miss Ballard would like to nominate the following for their involvement in the live English lesson on Monday....

- Hannah H
 - Reece M
 - Maisy W
 - Grace R
 - Amy M
 - Hayley D
 - Archie A, Charlie B and Aaron E
- 
- 
- 

Mr Smith would like to nominate Callum C, Christian M, Ryan B and especially Daniel B for their continued efforts in English, sending in their work to a great standard every week.





Stars of the Week – Science

Excellent work completing and returning work from the recorded lessons and attending live lesson:

- Chloe.R
- Keeley.A
- Grace.R
- Sapphire.I
- Millie.E
- Ebonie.D
- Tamara.R
- Amy.M
- Daniel.B
- Daniel.C
- Hannah.H
- Hayley.D
- Jack.E
- Maisy.W
- Natasha.C
- Christian.M
- Ryan.B
- Daniel.B
- Amy.F
- Freya.B
- Abigail.M
- Chloe.P
- Ebony.H
- George.L
- Gethyn.H
- Jake.R
- Kelvin.Y
- Seth.R
- William.A

Stars of the Week - Geography

Mrs Brassett would like to nominate the following for completing a good piece of work on the Middle East:

Keeley.A
Freya.B
Ryan.B
Daniel.C
Callum.C
Ebonie.D
Gethyn.H
Rosella.K C
Amy.M
Archie.M
Joshua.O
Chloe.R
Seth.R
Olivia.S
Kelvin.Y





Stars of the Week – ICT

Mrs Melton would like to say well done to:

- Fern.P for completing her Bronze certificate on [iDEA.org.uk](https://www.idea.org.uk)
- Connor.B, Ryan.B, Amy.F, Ollie.H, Gethyn.H, George.L, Archie.M, Madeline.S, Alfie.S and Kelvin.Y for making excellent progress on [iDEA.org.uk](https://www.idea.org.uk)
- Daniel.B, Ebonie.D, Ebony.H, Amy.F, George.L for making excellent progress on Seneca Learning Computing
- Gethyn.H and Ebonie.D for completing all the ICT Home Learning booklet last week to an excellent standard

Mr Feaviour would like to nominate...

Leon H-A for achieving his Bronze Award on [iDEA.org.uk](https://www.idea.org.uk) (ICT),





Stars of the Week



French

Mrs Groom would like to nominate...

- Jake R
 - Grace R
 - Kelvin Y
- 
- 

for coming up with unusual and interesting facts
about the French cities

History

Mrs Norton would like to nominate...

- Natasha C who made some excellent contributions to the live lesson this week for History
- 
- 
- 

Stars of the Week – Maths



Maths

Ms Wagstaff would like to nominate...

Jack Eley for excellent work in Maths

Maths

Miss Waterman would like to nominate...

- Joshua Osbourne, Chloe Rothwell, Jake Randal and Christian Michealides as they are sending all of their work via the classroom for me to look at.
- Also my regular online class attendees, it is lovely to see you every week.

Bar charts and pie charts next week - you don't want to miss it!

Stars of the Week - Citizenship

Mrs Morton would like to nominate...

- Seth R
- Corben P
- Grace R
- Gethyn H



Who all produced wonderful Citizenship quiz questions based on some great research

Citizenship Quiz

They were all asked to create a quiz on one of three Citizenship topics, so Mrs Morton has combined the best questions to make a big quiz!

5 Achievement points (The Tutor Award) will be awarded to each student in the form who participated with the highest average points.

This week the form winners are.....

8HCO – 76% (11 participants)

8JBR – 74% (15 participants)

8MSM – 67% (10 participants)

8FME – 74% (13 participants)

8ROS – 78% (12 participants)

Last week's challenge.....

Conquer your
Own "Lockdown
Marathon"!



8MSM total: **57.23 miles**

Grace, Maisy and Mr Smith



Grace, so close to a marathon – 25.76 miles:

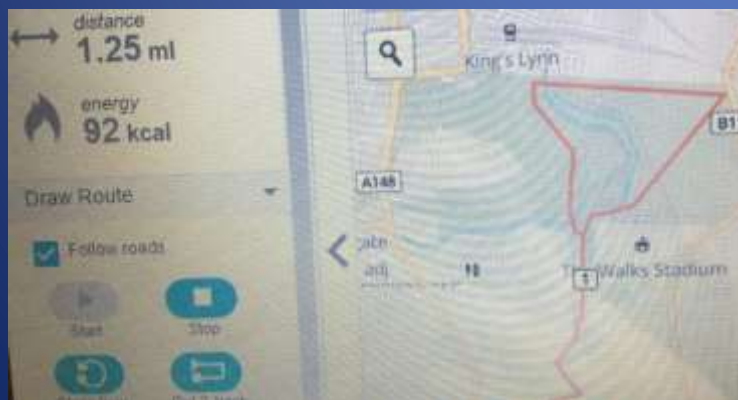
Monday: 1.6 miles (walk)

Tuesday-Friday: 1.25 miles (each
day same walk)

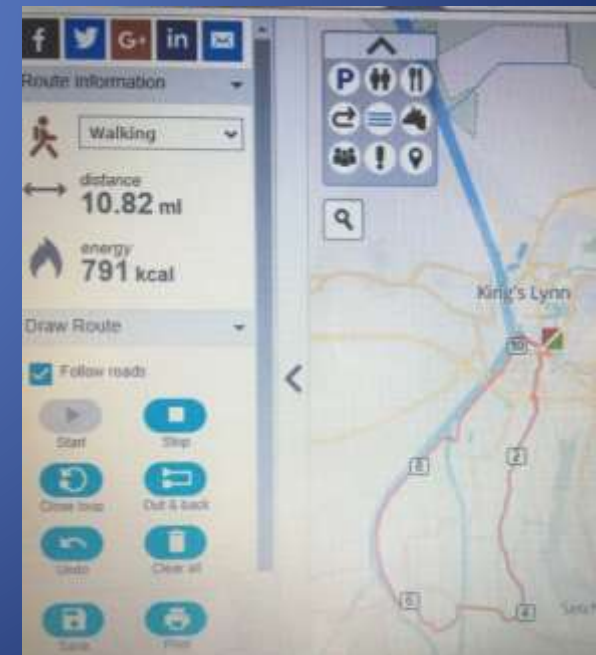
Saturday: 10.82 miles (walk)

Sunday: 8.34 miles (walk and bike)

Daily Walk:



Long Saturday walk:



Maisy, kneeboarding!

So cool – Mr Smith and Maisy estimate a distance of about 5 miles on the water



 **Matthew Smith**
June 16, 2020 at 8:53 PM

Evening Run

Treadmill. Only 10k. Steady. Aiming for 26 miles by Sunday.

Distance	Avg Pace
11.56 km	4:51 /km
Moving Time	Calories
56:06	932 Cal
Avg Heart Rate	Avg Cadence
164 bpm	166 spm

 **Matthew Smith**
June 16, 2020 at 6:52 AM

Morning Run

Wet, wild one before work

Distance	Pace	Achievements
10.25 km	5:21 /km	1

Mr Smith:

Dates: 16-21.6.20

Time: 3hrs 48 mins

Distance: 42.60km/
26.47 miles


 **Matthew Smith**
Today at 7:17 AM

Morning Run

Wet and horrible. Tutor challenge: completed it mate.

Distance	Pace	Achievements
12.06 km	5:18 /km	1



 **Matthew Smith**
June 16, 2020 at 6:51 AM

Morning Run

Sidewind(er) 18.7/26.22

Distance	Pace	Time
10.29 km	5:11 /km	53m 17s



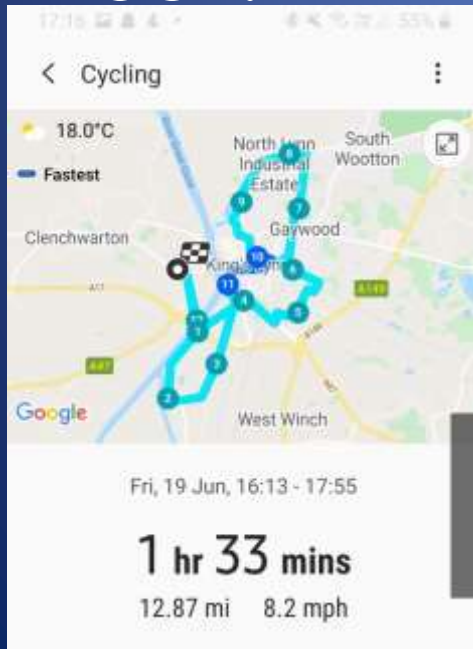
8HCO

Total distance – **108.78 miles**

Special mention for:

- Keeley A
- Archie M
- Seth R

who each did 20 miles + during the week.



Olivia S →



8JBR

Total distance - **132 miles**

Special mention for:

- Logan.W (19 miles)
- Jack.E (25 miles)
- Callum.C – who completed the rest!!!

88 miles!!

St Clement's Marathon!

8MSM – 57.23 miles

8HCO – 108.78 miles

8JBR – 142 miles

8FME – No entries

8ROS – 8.42 miles

This weeks challenge.....



- Enjoy a picnic!
- Submit the photo on Google Classroom
- Prize for the most creative location & most creative food

Entries submitted by Sunday 5pm please

World WellBeing Week

Now in its second year and perhaps more important than last year considering our current way of living.

The 5 Ways to Wellbeing are...

- **Connect,**
- **Get Active,**
- **Be Mindful,**
- **Keep Learning,**
- **Give to Others**

Mrs Cawston's Challenge

Day 1

Go for a 30 minute walk

Day 2

Watch your favourite film

Day 3

Do 20 minutes of exercise

Day 4

Have a lie in

Day 5

Drink at least 2 litres of water today

Day 6

Play a board game or online puzzle

Day 7

Be outside for at least 1 hour today

Day 8

Make a to-do-list of 5 things and do them

Day 9

Have a digital-free night

Day 10

Read 1 chapter of a book

Day 11

Listen to your favourite music

Day 12

Declutter your room today

Day 13

Pay someone a compliment today

Day 14

Write down 3 things you are grateful for

Day 15

FaceTime a friend or family member

Day 16

Eat some healthy food today

Day 17

Do a favour or good deed

Day 18

Try an online yoga session

Day 19

Move as much as possible

Day 20

Write down 2 positives about you

Day 21

Go to sleep one hour earlier

Day 22

Start an aspiration journal

Day 23

Watch your favourite TV show

Day 24

Have a PJ day

Day 25

Practice mindfulness exercises

Day 26

Go on an early morning walk

Day 27

Try meditation for 10 minutes

Day 28

Cook something new

Day 29

Create a mood board representing how you're feeling

Day 30

Find a quote that inspires you

Connect

- Play a board game/online puzzle
- Digital free life
- Facetime* a friend/family member
- Do a favour or good deed

Get Active

- A 30 minute walk
- 20 minutes of exercise
- Be outside for an hour*
- Try an online yoga session
- Actively drink at least 2 litres of water

Be Mindful

- Make a To Do list of 5 things....and do them!
- Listen to your favourite music
- Write 3 things you are grateful for
- Start an “Aspiration Journal”
- Try meditation for 10minutes
- Create a mood board

Keep Learning

- Read one chapter of a book
- Cook something new
- Find a quote that inspires you

- (Attend live lessons)

Give to Others

Pay someone a compliment

Declutter your room (& give to charity)

(Do the washing up!)

Mrs Cawston's Challenge

You will be added to a virtual classroom, any challenge you complete please let Mrs Cawston know through this platform. You could comment on what you did/how it made you feel, or simply add a photo.

Good Luck!!

