

THE JLT STUDENT NEWSLETTER

Halewood Academy Junior Leadership Team

Life in Lockdown Newsletter

Hi everyone,
The Junior Leadership Team and Student Council members are missing all of the other students and staff. Therefore, they will be creating newsletter on a regular basis to check in with you, to fill you in with some of the latest news and to let you know what they've been up to whilst in lockdown! The Newsletters will be made available on the school's social media platforms and website.

We really hope you enjoy the first edition!

Most importantly, we hope that you and families are safe and well.

Miss Catterall :)



HALEWOOD
ACADEMY
WADE DEACON TRUST

This issue:

Life in Lockdown Newsletter
PAGE 01

Luis in Lockdown - Ready,
Steady, Cook!!
PAGE 02

What my lockdown life has
been like so far...
PAGE 03

3 Tips to stay organised
without the school structure
PAGE 04

The A-Z of Careers Challenge
PAGE 05

Inspirational Story of the Week
PAGE 05

Crossword Challenge
PAGE 07



Luis in Lockdown - Ready, Steady, Cook!!

BY LUIS EDEN, YEAR 10

With what is unprecedented times, what feels like being locked up in your own home, has become reality for some. However, some of us, including me, has taken this time and invested it into becoming better at a certain subject in school or catching up with baking and I have had the chance to create some new treats to go towards my business.



I've had a rare chance to catch up with some of my followers and showcase some of my previous or new bakes. My favourite thing to bake personally (and not necessarily a favourite that customers order) has got to be stuffed cookies which can be filled with literally anything such as Nutella, lotus biscoff or your favourite chocolate wrapped in a chocolate chip stuffed vanilla cookie dough.

Link to recipe;
<https://www.janespatisserie.com/2019/03/06/nutella-stuffed-cookies/>

"My favourite thing to bake personally has got to be stuffed cookies"

LUIS EDEN



What my lockdown life has been like so far...

BY EVIE JO KENNA, YEAR 10



After schools across the UK were closed and the country was put on lockdown, I thought it was essential to make a timetable that would still work around my home life while also catering to my education. This has helped me a lot to stay in a normal routine of completing schoolwork, while also allowing me to spend time with my family as usual. To keep me busy I have been exercising regularly in my living room and back garden, and going on an occasional run. I have also been looking at different languages in the places I want to travel to when I'm older, and have been trying to learn some of the key phrases in these languages. My family is staying at home to keep healthy and trying to stay positive. We keep in touch through zoom calls, on which we have been having the occasional quiz night! I hope everyone is doing well in these hard times, but to ensure this I am going to suggest some tips on how to keep a normal routine during lockdown.



3 Tips to stay organised without a typical school structure

BY EVIE JO KENNA, YEAR 10

1. Make a personalised timetable- this really helps you keep on task as working from home, there can be many distractions which can completely de-rail your work for the day. If you are particularly struggling with this, make very specific targets like scheduling breaks and times to start and finish work.

2. Work in your school books- if you had the chance to retrieve your school workbooks, it would be very beneficial to use them as it provides a sense of normality to your day. By writing the date and title of the topic you are doing, it stops all the days in lockdown from rolling into one!

3. Clear a space to work on- if you have a desk to use this would be perfect as if you are working from your bed it is really easy to just get tired and fall back asleep for the rest of the day. However, if you have an allocated place to work, whether this is your kitchen table or your bedroom floor, you are more likely to be motivated to complete work.

Our education is important as we rely upon it to give us a brighter future however, we also need to ensure that we are staying in a good mental health space now as it is really easy to feel trapped during lockdown. Here are some tips to upkeep your mental health while staying indoors:

- Try and keep a normal sleep schedule- it is really easy to allow yourself to stay up all night bingeing your favourite show, however getting a good night's sleep and waking up at a reasonable time, will make you feel a lot better in yourself, and more motivated to be keeping busy.
- Get up and ready every day- instead of staying in your pjs all day, getting washed and dressed makes you feel prepared for the day ahead of you, and stops you from allowing yourself to lounge around all day procrastinating school.
- Practice self-care- treat yourself! Being stuck inside can make us all feel a little doom and gloom, but making yourself look nice can boost self-confidence when we need it the most. I suggest making a skincare routine to follow as it is good for you and adds a simple but affective structure to your day however this can be anything from running yourself a nice hot bath, to making sure you're drinking enough water.
- Eat healthy and exercise! - Instead of letting your health deteriorate now, it is the perfect time to work on your body and mind. By going outside for a daily workout, and eating a balanced diet, you will be functioning normally and when lockdown is lifted, you will be able to carry on with life as usual.



THE A-Z OF CAREERS



Can you complete the alphabet with career/jobs you could aspire to.
Send your answers to cjones@halewoodacademy.co.uk or via
Instagram using @Halewood_academy_aspirations.

Accountant (for example)

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

INSPIRATIONAL STORY OF THE WEEK

BY EVIE JO KENNA, YEAR 10

Captain Tom Moore's NHS appeal topped 31 million pounds on his 100th birthday! He is a war veteran who walked 100 laps of his garden to raise money for the NHS. He only initially set out to raise 1 thousand pounds and has now reached this astronomical amount. He is truly inspirational and the utter epitome of all British values he is such an inspiring man, providing hope that our country will have solidarity through this pandemic.



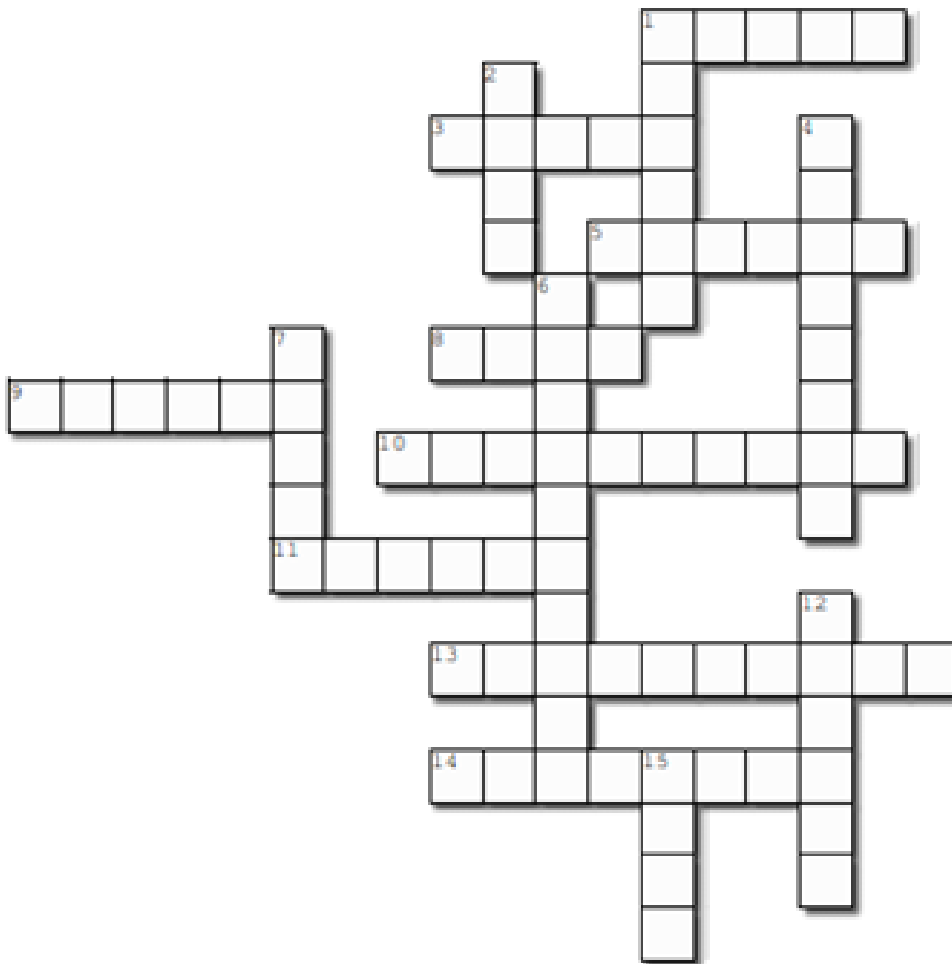
This Week's Crossword

BY AGNE SENKEVICIUTE,
YEAR 10

Name: _____

crossword

Complete the crossword puzzle below



Created using the Crossword Maker by TheTeacher'sCorner.net

Across

1. what country did covid-19 affect first?
3. what is h₂o?
5. where do we do school work?
8. what is $10+2-2(1+3)$?
9. name of a building that people didnt enjoy going to but now want to go back
10. what is the name given to a scientific instument to magnify particles?
11. what famous person was sitting under a tree when an apple fell on his head which led to a huge disscovey?
13. what do teachers write on in school?
14. most didnt enjoy this but know look forword to it once a day

Down

1. what virus is most popular now?
2. most trendy face accessory at the moment
4. what will small businesses become if lockdown lasts a long time?
6. restriction name that slows movement of people and goods
7. what is a tricky homophone for plane?
12. masks are a form of...
15. what is the spanish word for the place we have to stay in to be safe?

WOULD YOU LIKE TO
CONTRIBUTE SOMETHING FOR
THE NEXT NEWSLETTER?



GET IN TOUCH WITH MISS
CATTERALL OR MRS JONES!

mcatterall@halewoodacademy.co.uk

cjones@halewoodacademy.co.uk