

# THE JLT STUDENT NEWSLETTER

Halewood Academy Junior Leadership Team

**Halewood  
Academy**

Wade Deacon Trust



**Hi Everyone!**

I hope that you enjoy this week's Newsletter. Additionally, I really hope that you are looking forward to a lovely Summer break! However, I wanted to take this opportunity to ensure that students are aware of the Learning Journeys that we have put together for each Year group and to encourage them to continue using them.

Can I also take this opportunity to thank all of the students who have contributed to the newsletter over the weeks.

I look forward to seeing you soon,  
**Miss Catterall.**

## This week...

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# EASY EXERCISE



BY HEIDI O'HARE, YEAR 7

I'm sure that a lot of people are not as active as they were before lockdown. I admit that I myself haven't been as active as I could have been. In the long term, it probably will come back to bite me! Therefore, whether it is in my swimming times or my football performance, I will likely have to work really hard to get back to fitness, and you might too. When I decided to get fit again, I did a 17.5 mile bike ride to Aintree.

You don't have to do a big 17-mile bike ride though, it can just be a simple jog around the block or a stroll around the park. You can re-build up your fitness slowly. You will know when you are working at your maximum potential, but that doesn't mean that you should stop working, it means work harder to maintain it.

You could do some quick 5-minute exercises at home like:

Squats with a sack of potatoes

Sit ups

Burpees

Press ups

# WELL-BEING

## 60 Daily Tasks




MORE



Here is the plan for Days 61 -90



CRE8TIVE CURRICULUM

<b>Day 61</b> Smile and say good morning to everyone in your household. <input type="checkbox"/>	<b>Day 62</b> Take 5 minutes to write down your feelings today. <input type="checkbox"/>	<b>Day 63</b> Do 20 Jumping Jacks and 50 knee ups. <input type="checkbox"/>	<b>Day 64</b> Eat something new today that you wouldn't normally eat <input type="checkbox"/>	<b>Day 65</b> Using paper and some colours create a flower and give it to someone <input type="checkbox"/>	<b>Day 66</b> Tidy your room, maybe re organise the layout. <input type="checkbox"/>
<b>Day 67</b> Visit an art gallery! Go online and explore the collections online. <input type="checkbox"/>	<b>Day 68</b> Reply to a pen pal or to someone you have not spoken to in a long time. <input type="checkbox"/>	<b>Day 69</b> Try another video with:  The Body Coach TV 972K subscribers <input type="checkbox"/>	<b>Day 70</b> Ask a parent or guardian to show you how to make a new meal <input type="checkbox"/>	<b>Day 71</b> Write an acrostic poem for FRIENDSHIP <input type="checkbox"/>	<b>Day 72</b> Do something helpful for a friend or family member today. <input type="checkbox"/>
<b>Day 73</b> Read 20 pages from the book you are reading or start a new book <input type="checkbox"/>	<b>Day 74</b> Try out this podcast..  <input type="checkbox"/>	<b>Day 75</b> Listen to your favourite song and dance around the room. <input type="checkbox"/>	<b>Day 76</b> Stay off social media for >3 hours straight and keep yourself occupied <input type="checkbox"/>	<b>Day 77</b> Write down 10 things you love about your life <input type="checkbox"/>	<b>Day 78</b> Try another yoga video...  <input type="checkbox"/>
<b>Day 79</b> Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow. <input type="checkbox"/>	<b>Day 80</b> Sit down and focus on your breathe for 5 minutes. <input type="checkbox"/>	<b>Day 81</b> Play a card game or board game you haven't played in a while. <input type="checkbox"/>	<b>Day 82</b> Close your eyes and visualise your future life. <input type="checkbox"/>	<b>Day 83</b> Organise your photos on your phone and computer. <input type="checkbox"/>	<b>Day 84</b> Write down 5 things you are thankful for in your life. <input type="checkbox"/>
<b>Day 85</b> Write a letter of appreciation to the NHS and share it with a family member <input type="checkbox"/>	<b>Day 86</b> Draw or paint the most colourful thing in your house. <input type="checkbox"/>	<b>Day 87</b> Write a poem or short story. <input type="checkbox"/>	<b>Day 88</b> Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/>	<b>Day 89</b> Stretch and move your body any way that feels good for 10 minutes. <input type="checkbox"/>	<b>Day 90</b> Do a chore in the house without being asked to do it. <input type="checkbox"/>

## 60 Daily Tasks

MORE



Here is the plan for Days 91 -120



CRE8TIVE CURRICULUM

<b>Day 91 -</b> Try out this cool podcast  <input type="checkbox"/>	<b>Day 92</b> Organise files and documents on your computer. <input type="checkbox"/>	<b>Day 93</b> Write a fun synopsis (introduction) for a short film. <input type="checkbox"/>	<b>Day 94</b> Create scenery and props for your short film. <input type="checkbox"/>	<b>Day 95</b> Act out and film your short movie. <input type="checkbox"/>	<b>Day 96</b> Go on YouTube and try...  <input type="checkbox"/>
<b>Day 97</b> Draw but listen to your favourite music. See what flows naturally <input type="checkbox"/>	<b>Day 98</b> Do something nice for a sibling or parent/carer. <input type="checkbox"/>	<b>Day 99</b> Run on the spot for 3 minutes then do 3 Star Jumps <input type="checkbox"/>	<b>Day 100</b> Get a fun history fix with podcast  <input type="checkbox"/>	<b>Day 101</b> Ensure you have >5 fruit and veg today – Write them all day <input type="checkbox"/>	<b>Day 102</b> Do something helpful for a friend or family member today. <input type="checkbox"/>
<b>Day 103</b> Write down five positive things about yourself on Post-It-Notes <input type="checkbox"/>	<b>Day 104</b> Tag your family in a pic that brings you happy memories <input type="checkbox"/>	<b>Day 105</b> Ask your parent/ caregiver about happy things in their life <input type="checkbox"/>	<b>Day 106</b> Research places you would like to travel to in your life time. <input type="checkbox"/>	<b>Day 107</b> Google the yoga position <i>Viparta Karani</i> and try it for 5-10 mins. <input type="checkbox"/>	<b>Day 108</b> Draw around your hand and create a henna design. <input type="checkbox"/>
<b>Day 109</b> Do the washing up today for at least 2 meals. <input type="checkbox"/>	<b>Day 110</b> Write down anything that comes to your mind for 5 minutes without stopping. <input type="checkbox"/>	<b>Day 111</b> Draw your favourite animal using geometric shapes. <input type="checkbox"/>	<b>Day 112</b> Use 10 French or Spanish words today. <input type="checkbox"/>	<b>Day 113</b> Clean a room in the house that is not your bedroom. <input type="checkbox"/>	<b>Day 114</b> Design a pair of trainers or shoes. <input type="checkbox"/>
<b>Day 115</b> Learn a new dance sequence. <input type="checkbox"/>	<b>Day 116</b> Give a hand massage to someone in your household. <input type="checkbox"/>	<b>Day 117</b> With permission take a bath or run one for a family member. <input type="checkbox"/>	<b>Day 118</b> Make a scrap book of last years adventures. <input type="checkbox"/>	<b>Day 119</b> Organise your wardrobe. Give away what you don't need or want. <input type="checkbox"/>	<b>Day 120</b> Try finishing that booked you started ;) <input type="checkbox"/>

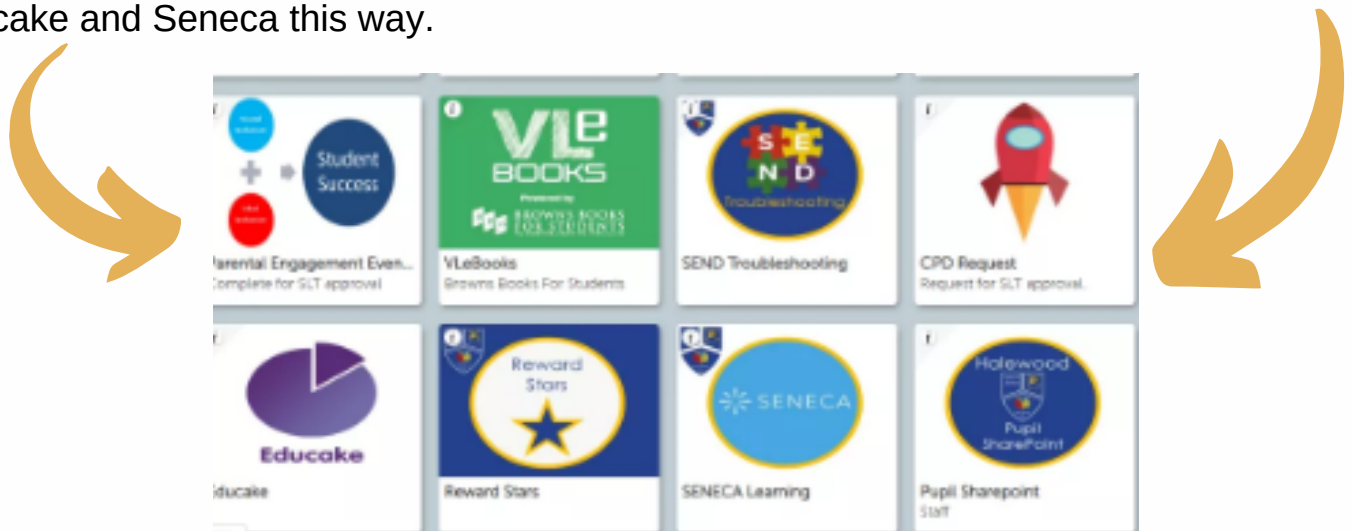


# HOME LEARNING SUPPORT

It has been great to see so many students online on our Sharepoint work folder, Seneca, Hegarty, Educake etc. Work will be added regularly to the Sharepoint folder.


By far the easiest way to access this is through RM Unify with your usual school username (don't forget to add @halewoodacademy.co.uk) and password. Students log into this most days in school.

When they log on there is a page of 'tiles' - see picture below. The one to click one is PUPIL SHAREPOINT. Click on that and you go straight to the folder. You can also open Educake and Seneca this way.



We are getting several messages about forgotten passwords for Seneca etc. Students can email their teacher using RM Unify for guidance. Please be aware that just one person mans all social media platforms so it may take time to reply to some queries.

Please make sure you are checking the weekly Learning Journeys via the school website. The Learning Journeys provide recommended learning hours and information on what students should be studying at home. We will be providing Summer Learning Journeys which will coincide with weekly interactive lessons and tasks. Please see next week's newsletter for copies of the Summer Learning Journey or they will be available via the school website.



## Halewood Academy Year Group Learning Journeys

A guide to using the following Learning Journeys

Aims:

- To provide a structure to your learning
- To recall and consolidate previous learning
- To learn new information


There is a morning and afternoon learning plan with guided learning hours for each subject per week.

This week is classed as **WEEK 11 – 13/7/20**

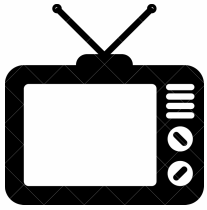
All topics included in each of the following learning journeys can be found on the:  
**PUPIL SHAREPOINT → SUBJECT → YEAR → WEEK 11**

Please note, this is only a guide and can be adapted to suit the needs of the individual.

**Also, ensure you are taking time out for self-care!**



# Challenges, Ideas and Tasks



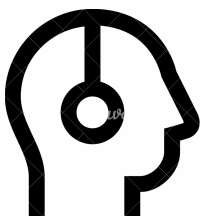
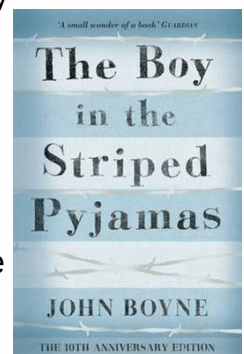
## Watch

**Mrs America (BBC iPlayer)** - "Mrs. America" tells the story of the movement to ratify the Equal Rights Amendment (ERA), and the unexpected backlash led by a conservative woman named Phyllis Schlafly, aka "the sweetheart of the silent majority." Through the eyes of the women of the era -- both Schlafly and second-wave feminists Gloria Steinem, Betty Friedan, Shirley Chisholm, Bella Abzug and Jill Ruckelshaus -- the series explores how one of the toughest battlegrounds in the culture wars of the '70s helped give rise to the Moral Majority and forever shifted the political landscape.



## Read

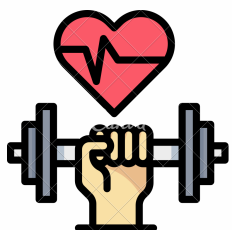
Bruno has a happy life in Berlin, so is shocked when he learns his family are moving to 'Out-With'. One day Bruno is out exploring the bleak surroundings of his new home and befriends a boy of his own age: Shmuel, who lives on the other side of a fence which surrounds a large camp in the grounds. Their friendship sustains them both but ultimately ends in tragedy when Bruno crawls underneath the fence to help Shmuel search for his missing father. Suitable for readers older than the book's nine-year-old protagonist, the story serves as a compelling and shocking symbol of the futility and horror of the holocaust.



## Listen

**Looks aren't everything. Believe me, I'm a model -**

This talk is a great reminder that it's what's on the inside that counts. Amelia Browne, a student in San Francisco, writes about why it inspired her: "Her story allowed me to further my understanding of the privilege and opportunity I've been given by today's society."



## Health, Well-being and Fitness

Try the 60 Daily tasks or create some home workouts.

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