

THE JLT STUDENT NEWSLETTER

Halewood Academy Junior Leadership Team

Hi everyone!

I hope you have had a safe and happy week! This week's newsletter should give you some lovely ideas regarding how to organise yourself and your schoolwork, whilst the home schooling continues.

We are looking forward to welcoming some Year 10 students back soon! I hope you have all been following the learning journeys as we know how important it is to be following the work that is being set. We are thinking of you all constantly and can't wait to see all of your smiling faces again as soon as we can!

Miss Catterall.

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Halewood Academy

Wade Deacon Trust



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Regular Routine

BY HEIDI O'HARE, YEAR 7

During these times of uncertainty, I have found that structure and routine is key to helping your mental health. It is easy to pick up chocolate or sweets instead of a healthy option like an apple or some raisins, so I have been trying to still eat relatively healthily. So, here's my top tips on how I set my routine. Additionally, remember, your own routine can be as detailed or as simple as you need.

1. Pick exactly what you know you want to do each day and prioritise doing what makes you happy. So, mine was to get some homework done; do my daily exercise; read at least 20 pages of a book and spend time with family.

2. Next, you need to consider: when do you want to do it? Does the weather change your schedule? Do certain subjects take longer? Will you spend the same amount of time each day?

3. So, next I set time frames. Here's an example:

9am- Up and breakfast

9:30 - Start Homework

12:30 - Finish up homework

12:45 - Make and eat lunch

1:30 - Get dressed

1:45 - Watch Netflix with Family

3:00 - Go out for exercise 5:30 - Eat tea

6:00 - Chill out for a little bit

9:00 - Begin to settle down and get PJs on

9:15 - Read my book

10:00 - Watch TV in bed

11:00 - Go to bed



LUIS IN LOCKDOWN - READY, STEADY, COOK!!

BY LUIS EDEN, YEAR 10

Hi all,

This week's not been my finest as I think reality has honestly hit for me because I've felt so stressed and uneasy! I'm guessing lots of you will feel the same, but I've had to take some time out from schoolwork and try and relax using baking.

There are always ways to make yourself feel better and as you know, this is mine! I know I'm not the only one who feels this way so you could maybe make something new and explore your creative side, which also involves watching a bit of YouTube. I know most you wouldn't mind doing this and it could also help alleviate stress and unwind and take some time for yourself whilst baking.

This past week or so has been 'mixed treat baking' for me including brownies, cookies, school cakes and much more/. There have been many cupcake orders, which are my favourite. By the way, so is TK MAXX, which is where I'm heading randomly on Monday!

Don't forget to keep to share anything you make or plan with staff from school via email or an Instagram page! Hope you're all keeping well and safe!

Link to recipes and guides on YouTube:

https://m.youtube.com/channel/UCoMum0pwewO8_WtIUQxGHw



A guide to using the Halewood Academy Learning Journeys

Aims:

- To provide 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 7 - 15/6/20**

All topics included in each of the following learning journeys can be found on the:

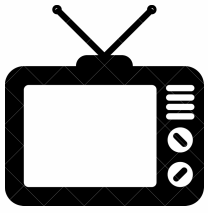
PUPIL SHAREPOINT - SUBJECT - YEAR - WEEK 7

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!

Name
Art
Business Studies
Childcare
Computing
Dance
Drama
DT
English
Food
Geography
Graphics
Health & Social Care
History
Maths
Media Studies
Music
Other activities for all pupils
PE
Photography
Psychology Club
Religious Studies
Science
SEND
Spanish
Sports Science
Statistics
Travel and Tourism

Challenges, Ideas and Tasks



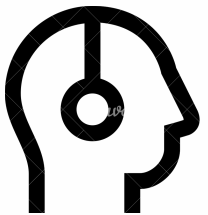
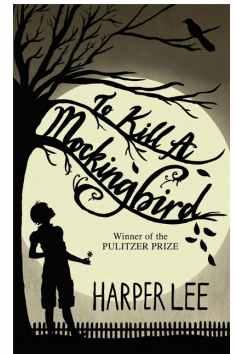
Watch

The Hate U Give - Starr Carter, an African-American teenager, faces pressure from various communities and tries to stand up for what is right after she witnesses the shooting of her best friend by the police.



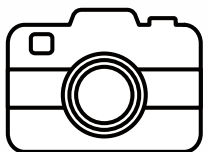
Read

To Kill a Mockingbird by Harper Lee (age 12+) centres on Atticus Finch's attempts to prove the innocence of Tom Robinson, a black man who has been wrongly accused.



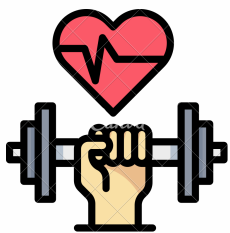
Listen

Dear Hank & John - Real brothers and vloggers John Green (a young adult novelist) and Hank Green (a YouTuber) co-host a lighthearted advice podcast where they answer questions on everything from random thoughts to deep, emotional topics. The advice they give out is mostly good and always entertaining. Their easy camaraderie and self-deprecating charm make you feel like you're in on their inside jokes (of which there are many).



Photography

Now is the time to learn a new skill, and surprisingly there are tons of photography courses online. There are courses in smartphone photography that focus on capturing interesting angles and concepts, and using natural light.



Health, Well-being and Fitness

YOGA! Yoga is for everyone – children, teenagers, and adults can practice for holistic health benefits. You don't need a flexible body to start practicing yoga. Yoga makes your body flexible. Yoga has nothing to do with any religion. All you need is an attitude to learn something new. Yoga is about understanding and accepting your body, and not just learning different postures. Yoga can be practiced for life. The more you practice, the better your mind-body connection is going to be.





COMPETITION...



There will be a
weekly reward for
the best newsletter
entry.

Send your newsletter entries to Miss Catterall or Mrs Jones.