

Halewood Academy THE WEEKLY NEWSLETTER

WB MONDAY 1ST FEBRUARY 2021

Halewood
Academy
Wade Deacon Trust



This week...

- RACER Day information
- Recommended reads
- Future Food Festival
- Friendly February
- Home Learning Heroes
- Remote learning engagement
- Maths Challenge
- TT Rockstars
- Well-being support
- Espanol



www.evertonfc.com/bluefamily



WE SEEK THE BEST

Dear parents and carers,

This week has been 'Children's Mental Health' week. We have put information on our social media platforms and it has been explored within lessons and form time. In the newsletter you will see the 'Wellbeing calendar' where it suggests a variety of different things you can do each day to support your mental health and wellbeing. The MFL department have also translated this into Spanish for all our budding language enthusiasts. Take time to read this. It is important to stop, take time to breathe, before allowing yourself to move forward. To support all staff and students further with this, we are holding a 'Wellbeing Wednesday' on the 10th February. All the information you will find later on in the newsletter. Please get involved.

Reading is such an important part of our every day life. We read newspapers, magazines, notices, signs, text on the television and on social media. To promote the love of reading, we try and encourage students to read as much as possible. Students will be currently reading information provided for them by their class teachers, and reading instructions for assignments which have been set and on Microsoft forms when completing work. How often do you read? Do you read with your son/daughter? What are the barriers in doing this? In the newsletter there are suggested books to read for your son/daughter however, Miss Scarth is setting set up a parental book club to engage more parents in the love of reading. Would you like to be part of this? It will be a virtual one. If so, please get in touch.

Year 11 parents should receive a pack in the post over the next couple of days. Included in the pack is data, a letter explaining the rationale behind the data and information if you would like to speak to your son/daughter's class teacher and how to do this. Please read the information first before booking an appointment.

Our home learning heroes are increasing weekly. Well done to all students whom have been nominated by their class teacher. See if you can find your name. If not, please do not be disheartened, just continue to do your best, be aspirational and strive for excellence. Last night, the maths department launched a maths quiz for Year 7 and 8 at 6.30pm. This was very well attended. It will be a weekly occurrence. Please encourage your son/daughter to participate. I believe there are prizes for the winners!

We have been in contact with Everton in the Community's Blue Family Universal Campaign (BFU). The BFU service provides families who are struggling through this pandemic with a maximum of four lots of support. If a family meet their criteria, they can provide them with a food box on next day delivery. Each food box contains enough food to feed a small family for a week – with plenty of meat and fresh goods. Hopefully as the rate of community transition decreases, they will also be able to complete fuel top ups for families too (which they have been doing throughout the pandemic). They aren't restricted by geographical areas and are able to help right across Merseyside. Indeed, to date they have helped families across all of the Merseyside boroughs, from the Wirral to Halton and Southport.

To receive their support, complete the following referral form (using the web page below) and they will contact you on the next working day. Since March 2020 they have received over 3,600 referrals have provided families with over 100,000 meals.

As ever, if you need anything, please get in touch.

Take care of yourselves and your family.

Ms Gallagher

Interim Principal

'RACER' Day - Wednesday 10th February

4th February 2021

Wellbeing and Core Value 'RACER' Day Year 7-11

Dear Parent/Carer

On Wednesday 10th February, we will be supporting the students' mental health week. The mental, physical and wellbeing of all our students, parents/carers, staff and the community is extremely important to all of us at the Academy. We believe this day is a fantastic opportunity for all of us to focus on ourselves and each other, whilst developing skills in the Academy's Core Values: Respect, Aspiration, Collaboration, Excellence and Resilience.

Having listened to your feedback on the welfare calls we have made, it has become apparent that the five online lessons per day is taking its toll upon us all. Learning online is more challenging than learning in school and teaching is more difficult than in the classroom. As a parent/carer it is also equally as challenging as whether you are at home or at work, trying to balance supporting your child/children whilst trying to balance your own work life can be a strain.


With this in mind, we have planned a Wellbeing and Core Values Wednesday. On Wednesday 10th February, we will press pause on the school timetable. The students across the school will have a bespoke timetable for the day focusing on developing their wellbeing and skills in the Core Value on order to promote positive mental and physical health. This will also reduce the screen time for all students, parents/carers and staff.


Each student will follow the planned day's timetable and they will select an activity to complete from each of the Core Values during each lesson of the day. There will be a selection of activities and pre-recorded sessions for students to choose from that will support creativity, imagination, provide challenge, whilst also catering for their wellbeing needs. All the students working from home will be able to have the same lunch and break times. We will also have challenges throughout the day for the best work produced and we will publish lots of the work from the day in an online Art Exhibition on the website.

The timetable for the Wednesday 10th February home learning is below and the critical worker and vulnerable group will have their own bespoke timetable for the day also whilst they are in school. The critical worker and vulnerable group will also have a non-uniform day that day in school. We really appreciate all the support you are giving us with remote home learning and we hope this allows you sometime to press pause, join in the range of activities and hopefully, improve your own well-being on the day.


Please look after yourselves and your families. Once again, thank you for your continued support.

Yours faithfully,


Miss J Hayden
Assistant Principal


Miss G Walsh
Interim Assistant Principal


Miss M Catterall
Assistant Principal



RACER Day - Wednesday 10th February

A day focusing on Wellbeing and the Core Values:

Respect, Aspiration, Collaboration, Excellence & Resilience

Time	9:00-10:00	10:15-11:15	11:15-12:15	12:45-1:45	1:45- 2:45
Theme of the hour	Respect Improve your environment	Aspiration What do you want to be?	Collaboration Supporting your bubble	Excellence Promote the Core Values	Resilience Get out of your comfort zone
Activity ideas	<ul style="list-style-type: none">Help your siblings todayHelp with the housework or shoppingLitter pickCheck on a neighbour or send a text to check on family or friendsCreate a poster to promote looking after the environment	<ul style="list-style-type: none">Creative writing - A letter to my idol or who I aspire to be.....Showcase your talents - share them via a picture, video or TIKTOK	<ul style="list-style-type: none">Go for a walk with the family/dogMake food togetherDo an activity togetherEat your dinner together tonight	<ul style="list-style-type: none">Create a piece of work promoting all of the core values through letters, words or drawing using household items. The winning poster will be displayed in school along with other work through an exhibition on the website.	<p>Try something new:</p> <ul style="list-style-type: none">MFL activityDancingMaths problemsLiteracy - new texts

Share your RACER Day on social media:

Instagram - [halewood_academy](#) Facebook & Twitter - [Halewood Academy](#)

Halewood Academy

#HARACERDAY

We Seek The Best



RACER Day – Inschool Timetable

	Period 1 Improve your environment Pre recorded	Period 2 What do you want to be? Pre recorded	Period 3 Teamwork LIVE lesson	Period 4 Promote Core Values Pre recorded	Period 5 Get Out of Your comfort zone Pre recorded
Year 7 S22/21	Respect 9:00-10:00 <i>The environment -JHA</i>	Aspiration 10:15-11:15 <i>What do you want to be?</i> <i>Creative writing task – MCT</i>	Collaboration 11:15-12:05 <i>PE – HSC/DAT Sports Hall</i>	Excellence 12:45-1:45 <i>Core Values -RDO</i> <i>Art- Make or Bake</i>	Resilience 1:45- 2:45 <i>MFL/Literacy/ Numeracy</i> <i>VIB/SSC/NRO/ADE</i>
Year 8 S30	Respect 9:00-10:00 <i>The environment</i>	Aspiration 10:00-11:00 <i>What do you want to be?</i>	Collaboration 11:15-12:15 <i>Science experiment</i> CWO - G37	Excellence 12:15-1:15 <i>Art- - Make of Bake</i>	Resilience 1:45:2:45 <i>MFL/Literacy/ Numeracy</i>
Year 9 F34	Respect 9:00-10:00 <i>The environment</i>	Aspiration 10:00-11:00 <i>What do you want to be?</i>	Collaboration 11:15-12:15 G43 <i>Baking -JQU</i>	Excellence 12:15-1:15 <i>Art – Make or Bake</i>	Resilience 1:45:2:45 <i>MFL/Literacy/ Numeracy</i>
Year 10 F50	Respect 9:00-10:00 <i>The environment</i>	Aspiration 10:00-11:00 <i>What do you want to be?</i>	Collaboration 11:15-12:15 G44 <i>Baking- NKI</i>	Excellence 12:15-1:15 <i>Art- Make or Bake</i>	Resilience 1:45:2:45 <i>MFL/Literacy/ Numeracy</i>
Year 11 F48	Respect 9:00-10:00 <i>The environment</i>	Aspiration 10:15-11:15 <i>What do you want to be?</i>	Collaboration 11:15-12:05 G04 <i>PA – GWA/SOW</i>	Excellence 12:45-1:45 <i>Art – Make or Bake</i>	Resilience 1:45- 2:45 <i>MFL/reading/ Numeracy</i>

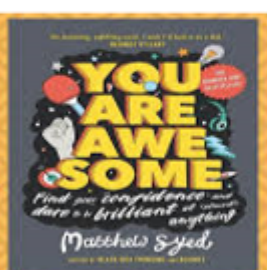
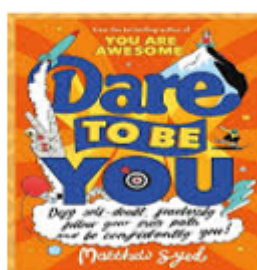
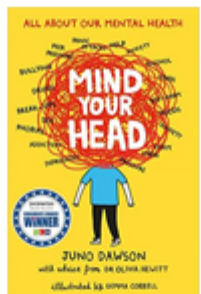
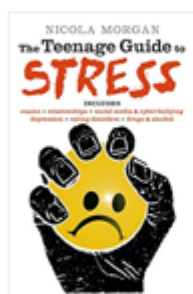
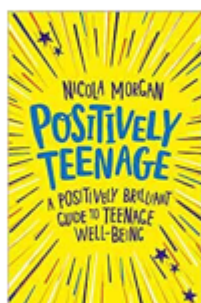
Halewood Academy

#HARACERDAY

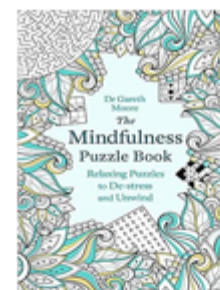
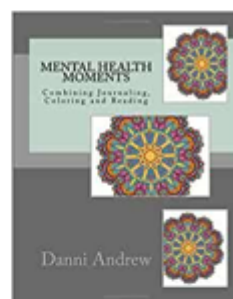
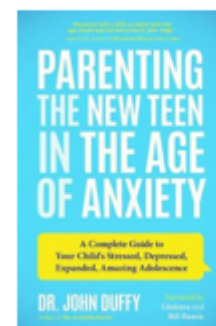
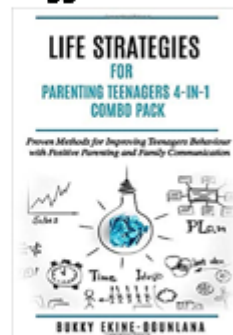
We Seek The Best

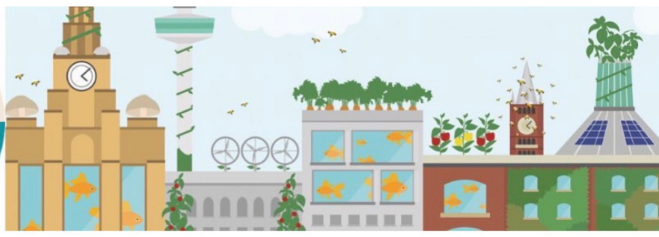
Suggested reads

Suggested reads for students



Suggested reads for Parent/ Carers





Future Food Festival

Bored with lockdown? Looking for a challenge? Fancy winning some vouchers up to the value of £40?

Farm Urban are a Liverpool based food production business. Their aim is to engage and inspire people with sustainable food production, health and nutrition. They want to provide people with the knowledge, skills and resources to produce a healthy and sustainable way to live together.

They want YOU to get involved in this years Future Food Festival. If you are in years 9, 10 and 11 interested in local business, science, food and sustainably. This is for you!!

If you are interested email either agallen@halewoodacademy.co.uk rkendrick@halewoodacademy.co.uk and we will send you the link and log in details to get started.



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together

WE SEEK THE BEST

HOME LEARNING HEROES



Geography- Miss Hayden

Adam Low
Corey Rees
Evie Jo Kenna

Geography- Mrs Reynolds

Elliott Howe-Consistent effort

History - Mr Ellis

Heidi O'Hare

History - Mrs Tamm

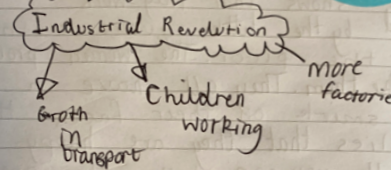
Cayden Cookson

Henry III and Parliament

- 1 The magna Carta was rules set by king John that are still enforced today
 - 2 King John is sitting down discussing magna Carta rules.
 - 3 Because today our Queen still abides by those rules.
- Complaints against king Henry III
- He doesn't take advice he just listens to family and relatives
 - Henry spend enormous amounts of money for luxury and their paying for it and taxes rise
 - He interfere with religion or his wife is she begged to marry her uncle archbishop of Canterbury

History → Mr Ellis

How Peoples lives were affected
How useful are the two sources when studying the Victorian



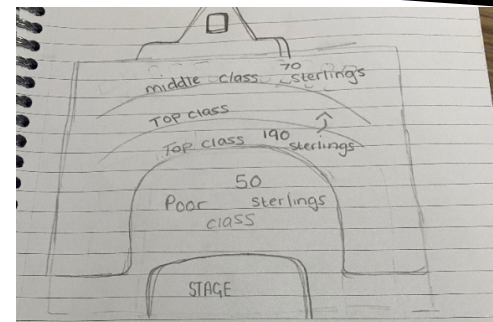
Army attacking men, women and kids for peacefully protesting. People fighting for better conditions and a vote.

Task 1

The enquiry is that all working class men should have the right to vote, but they didn't. Working class people lived in bad conditions, couldn't vote so their only option was take to the streets and protest.

Drama

Evie O'Hare
Hollie Millican
Ruby Threlfall
Mia Jacobs
Alfie Hannah

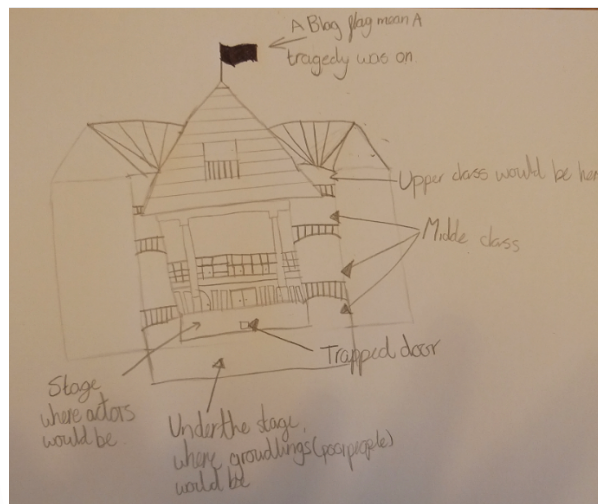


Script

Tour guide - Today I will be showing you around the globe

Tourists - We have been waiting to come here

actor 1 - * Practising



Macbeth

Thursday 4th February

Macbeth meets 3 witches who promise him he will be king. Macbeth kill loads of people even his friends to become king. He can only be killed by a man who was born with a dagger. A man who was born with a dagger killed him and put his head on a spike

- 1) Oliver twist personality is kind and curious
- 2) The awful dodger is a thief and a master of mischief

- A) The stage would be in the centre for everyone to see
- B) The actors would be anyone. Since this is modern day there are no restrictions
- C) they can sit on the seats above in the building or the seats on the floor
- D) All kinds anywhere we will have multiple kinds of plays and acts.
- E) There will be a sign showing the show and the genre

Tour guide: Hello welcome to are globe theatre remastered! or as some call it "globe theatre 2.0"

Tom: This looks amazing!

Guide: We have 3 actors here today Tomson, William and... Jim

Tom: who acts who?

Guide lets go to actor Tomson

They walk to the actor. Tom looks at the probs. Red clothes swords and a balcony prop

Tomson: Hello I'm Tomson actor of Romeo and hamlet!

guide: looks like there all here

William: I act McBeth

Jim: and I act Juliet's brother

Tom: how is acting

all of them: Amazing

to Thursday 4th February 2021
Blood Brothers
No two brothers are separated
Because their mother is to a friend
Ho "I wish I was like Sammy!"
for he comes in riding a horse
he then sits down and stresses
how much he wants to be
ve Sammy
Ho "I've got two worms and a cat
and a underground den"
for Ho "I've got that he is going
to be a house because Sammy
has a underground den and
all kids would have that"
Ho "I'm nearly eight!"
for Ho "he stresses that he is nearly
8 due to the fact he thinks
it shows his getting older he
says this in a high pitch voice
because he thinks he can do
what he wants because he is
older"
L/O- Today we are
• About Shakespeare and the Globe Theatre
• To understand some of the works of Shakespeare.
• Understand how to create a soundscape, draw a stage design and write a script.

Review task

1. Vocal Skills, Expressions, Still Image.
2. Timid, Shy.
3. Cheeky, helpful, full of himself.
4. Oliver is very quiet, whereas Artful dodger is Cheeky and Full of himself.

Advance task

Challenge 1 or 2?

Challenge 1:
Twelfth Night, Romeo and Juliet, Measure for Measure, Merchant of Venice, Macbeth, Henry VIII, Richard III, Anthony and Cleopatra, Julius Caesar, As you like it, Hamlet, King Lear, Mid summers Night Dream, Much you do about nothing, Troilus and Cressida, Othello, Winter's Tale, Tempest.

1. Who was William Shakespeare?

Shakespeare was a famous actor and playwright born in Stratford upon Avon. He retired at age 49 and died 3 years later.

Who was the Globe Theatre first built?

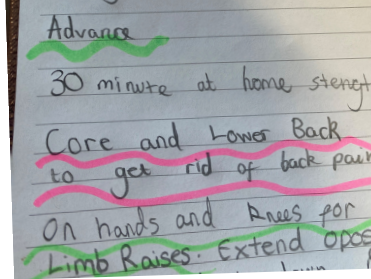
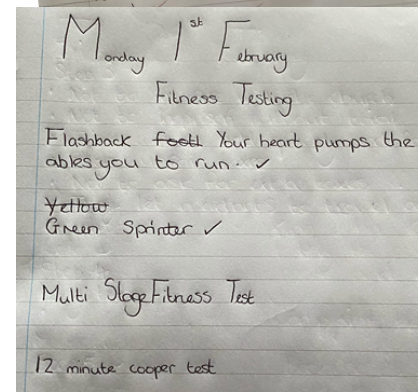
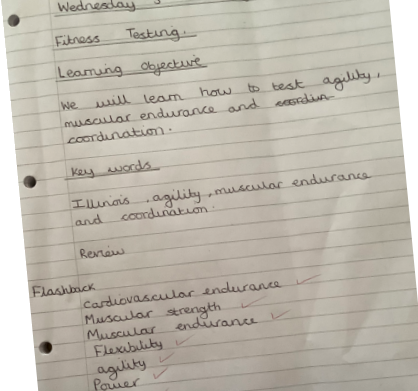
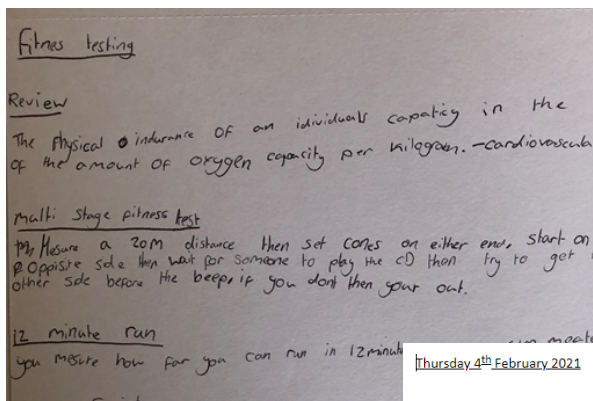
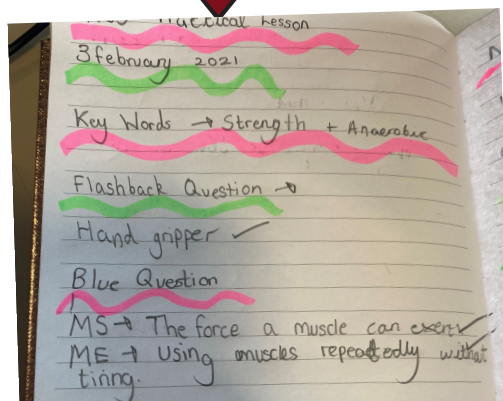
WE SEEK THE BEST



PE

Phoebe Shaw
Emmie Brake
Ruby Burns
Lexie Harris
Paige Cross
Emmy Farrell
Heidi O'Hare

Kara Turner
Sophie Houghton
Freya Kaufman
Hanna Walker
Joe Clifton



Section 1c - Assessment of Strengths and Weaknesses

Strengths	Weaknesses
• Dribbling	• Shooting
• Long Passing	• Heading
• Marking	• Short Passing
• Decision making	

Dribbling is a part of the game which I use frequently and is something I would consider myself advanced in. As a full back, I like to make runs through channels on each side of the opposition's defenders on my wing, dribbling is a key aspect of football which I need to be good at to be successful in something which is a way I can contribute to my team. When speaking to my managers for the clubs I play in, they consider me the best dribbler in the team, with the quickest feet when on the ball. Speed dribbling is crucial for my attacking positions. Bearing in mind that I am a wide player, 85% of the attacking opportunities I create are by me dribbling up the line or overlapping my teammates. Once I get to these high, wide positions, my options are to cross the ball or play it back. With dribbling being a strong point of mine this opens up another window, being able to take on the defender

Thursday 4th February 2021

Fitness testing

LO: We will learn how to test agility, muscular endurance and coordination.

Review:

All the components of fitness are:

- Balance
- Flexibility
- Muscular endurance
- Agility
- Coordination
- Speed
- Strength
- Power

The Illinois test:

1. The athlete lies on the floor.
2. The assistant then shouts 'GO'. As soon as they have shouted that they start the stopwatch.
3. The athlete jumps to their feet and negotiates the course around the cones following the red line route shown below to the finish.
4. The assistant stops the stopwatch and records the time when the athlete passes the



Spanish Superstar:

A huge well done to Mrs Carden's form - 7H4. Their attendance in the live lessons and their participation have been amazing!

Year 11 students Faith, Holly and Diana have been impressing us with their stunning Spanish in their extended writing tasks.

Holly was also the first to start the Spanish GCSE revision challenge!

Connor your commitment throughout the year and the lockdowns has been outstanding. You have always worked with maturity, interest and enthusiasm.

In year 10, Isla and Poppy have been great at sending in their work promptly through Teams.



In year 9, we are impressed with Kiera for the effort she is putting in to all of her Spanish lessons. Dominic and Ellie have been very quick in the AFL races at the end of our lessons too.

In year 8 Skye, Johnny, Mia and Alex have been fantastic in their Spanish live lessons. Archie and Tasha have sent in excellent remote learning work to us.

In year 7 Josef, Harry and Ellie W have been really trying hard with all of their Spanish work. Frankie was definitely the quickest on the AFL races in his class too.

COLLABORATION!!!

The biggest thank you this week goes to all the students who have helped other students and teachers with technical problems. Alfie H, Jemima, Dylan S, Josh Mc, Paige, Caitlin H are just a few of them.



REMOTE LEARNING ENGAGEMENT



Class Charts remote learning engagement rewards. This shows the top 5 form groups and students for each year group for engagement in remote learning from the **last 7 days**.

Keep up the good work everyone!

YEAR 7

Top 5 Forms

- 1.7SSC
- 2.7NHI
- 3.7EBB
- 4.7CSA
- 5.7MWL/KCL

Top 5 Students

- 1.Hollie Millican
- 2.Louise
- 3.Sienna Moore
- 4.Jack Parkinson
- 5.Amelia Clarke

Top 5 Students

1. Paige Cross
2. Joshua Kavanagh
3. Mia Jacob
4. Archie Heath
5. Johnny Wilkes

Top 5 Forms

- 1.8ABA
- 2.8LPA
- 3.8SJO
- 4.8ADE/NSV
- 5.8KHO

YEAR 9

Top 5 Forms

- 1.9JKL
- 2.9AGN
- 3.9HRE
- 4.9JKE
- 5.9JCA

Top 5 Students

- 1.Dominic o'Rourke
- 2.Keira Cannon
- 3.Jakub Ratajski
- 4.Evie Lalley
- 5.Ellie Cunningham

Top 5 Students

- 1.Shay Fong
- 2.Isla Cannon
- 3.Olivia Beardsmoore
- 4.Callum Klausen-Jones
5. Zack Parnell

Top 5 Forms

- 1.10LON
- 2.10JMA
- 3.10DOL
- 4.10PRY
- 5.10SRL

YEAR 11

Top 5 Forms

- 1.11KDA/HS
- 2.11SOW
- 3.11KHE
- 4.11RDO
- 5.11CCO

Top 5 Students

- 1.Holly Harding
- 2.Connor Newby
- 3.Faith Waldron
- 4.Alex Hodge
- 5.Rebecca Waters Jones

Maths Challenge of the Week

Calculating Savings

You're saving up for a course of driving lessons that will cost £400. You have a part-time job five hours a week which pays £4.20 an hour.

You spend half and save half.

How long will it take you to save for enough lessons?



ANSWERS IN TO MISS DEVONSHIRE OR YOUR PROGRESS LEADER

Last week's answer

If Martyn had £100

Using compound interest formula:

$$100 \times 1.045^{15} = \text{£}193.53$$

No he would not double his money



Bank of Maths

Double your money in 15 years.

The average annual growth for your investment is 4.5%



Well done to everyone who took part in the TT Rockstars Battle last week – the results are in

H Band	16,022
W Band	13,900



Top 3 players:

1st – Joshua H W Band

2nd – Mateo D H Band

3rd – Liam C H Band



H Band have made a come back so the battle now stands at 1-1. Its all to play for in round 3 this week

Monday 1st February – Sunday 7th February



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1

Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



You can look after your mental and physical wellbeing in Spanish too. Take a look.




CALENDARIO DE ACCIÓN: FEBRERO AMISTOSO 2021




LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
1 Envía un mensaje a alguien para decirle lo mucho que significa para ti	2 Pregúntale a un amigo cómo se ha sentido ultimamente	3 Haz un acto de bondad para facilitarle la vida a otra persona	4 Organiza una 'pausa para el té' virtual con tus colegas o amigos	5 Muestra un interés activo, haciendo preguntas cuando hables con otros	6 Retoma el contacto con un viejo amigo al que no has visto desde hace tiempo	7 Haz un esfuerzo para tener una charla amistosa con un vecino
8 Comparte lo que sientes con alguien en quien confías de verdad	9 Da las gracias a alguien y dile De qué manera marcó una diferencia para ti	10 Busca lo bueno en las personas, incluso cuando te frustran	11 Enviar una nota de aliento a alguien que necesita animarse	12 Concéntrate en ser amable en lugar de centrarte en tener razón	13 Envíe un mensaje amistoso de apoyo a una empresa local	14 Dile a tus seres queridos por qué son especiales para ti
15 Sonríe a las personas que veas y alégrales el día.	16 Mira si alguien puede estar pasándolo mal y ofrécete a ayudarle	17 Hoy, contesta amablemente a todas las personas con las que hables, incluido tú mismo	18 Valora las cualidades positivas de una persona importante en tu vida	19 Comparte un video o mensaje que te parezca inspirador o útil	20 Hacer un plan para conectar con otras personas y hacer algo divertido	21 Escuchar activamente lo que la gente dice, sin juzgarla
22 Hoy, da cumplidos sinceros a las personas con las que hables	23 Se amable con alguien a quien te sientas inclinado a criticar	24 Dile a un ser querido cuales son sus puntos fuertes que más valoras en él/ella	25 Da las gracias a tres personas con las que te sientas agradecido y diles por qué	26 Hoy, haz comentarios positivos al mayor número de personas posible	27 Llama a un amigo para ponerte al día y escúchale de verdad	28 Busca un tiempo sin interrupciones para estar con tus seres queridos



"La mejor manera de animarse es animar a otra persona" - Mark Twain



"La única manera de tener un amigo es ser uno" - Ralph Waldo Emerson



ACTION FOR HAPPINESS







www.actionforhappiness.org

Obtén más información sobre el tema de este mes en www.actionforhappiness.org/friendly-february

Más felices · Más amables · Juntos

Year 11 Spanish Revision Challenge

<https://spanishgcseonthenet.co.uk/spanish-gcse-revision/#tab-con-30>



Remote Learning

All pupils should now be completing tasks in [Duolingo](#) and on www.senecalearning.com each week as part of their remote learning.



Class	Class Names	Codes
Year 7 Spanish	El Año Siete de Halewood Academia	JUMXPX
Year 8 Spanish	El Año Ocho de Halewood Academia	WGNBKZ
Year 9 Spanish	El Año Nueve de Halewood Academia	SCCXSN
Year 10 Spanish	El Año Diez de Halewood Academia	AYFJMY
Year 11 Spanish	El Año Once de Halewood Academia	PGFYZF



Seneca Learning

Class	Class Codes
Year 7 Spanish	dqp6h0cz9m
Year 8 Spanish	a2a97ydaou
Year 9 Spanish	2hoa6rv6n5
Year 10 Spanish	p5cz3j9jqb
Year 11 Spanish	uh5elq6drh