



St Wilfrid's RC College

Pupil Newsletter 1 – 30/3/20

Welcome to our first pupil newsletter. This is an incredibly challenging period of time, please make sure you keep yourself and your family members safe by making sure you follow all government guidelines.

Within this newsletter you will find; important mental health and wellbeing strategies, successful working from home strategies, subject challenges, key deadline information and useful resources and links.

Mental Health and Wellbeing

We are excited to announce the launch of our **WELLBEING** health initiative!

Here we will aim to share information, hints, tips and activities all aimed to support your mental health and wellbeing.

We all know to look after our physical health, but we should also be caring for our mental health.

As part of this initiative we would like to invite students to try activities linked to **5 Ways to Wellbeing** each day.

By following 5 simple actions it has been shown that we can improve our wellbeing.

They are easy-to-remember and, as well as making you feel better in the moment, they can also help you build good mental health for the future.

We will be posting ideas and activities for you to try as well as useful web sites, video clips and advice which may be helpful particularly over this time of school's closure and social distancing/ isolation.

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed [Young Minds](#) have some great advice.

For addition please remember to visit our very own [St Wilfrid's Wellbeing page](#)



Successful Working at Home Strategies

Tip 1: Timetable the learning day

Stick to a routine, this will provide structure to the day. We

Create your learning timetables, basing these on your school timetable. Use the following criteria to help you:

- Set achievable but challenging goals.
- Include all subjects across the week.
- Include a range of subjects in one day.
- Space out learning, with subject disciplines interleaved.
- Include breaks and planned rest time.

Set goals at the start of each day so that you know what you are working towards and in order to motivate you. And at the end of the day, get them to review if they have successfully met their aims. This could include a “reward” – such as their choice of film to watch as a family that evening.

Finally, factoring in breaks is key. Do not underestimate the importance of this. It will enable them to avoid cognitive overload and support wellbeing. Remember, this is not school and during the current crisis family time and time for discussion and talking will be essential.

Home Learning Timetable

How to revise tick list:
☐ Quiet environment?
☐ No distractions
☐ Equipment prepared?
☐ Goals set?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LEISURE TIME	SUNDAY LEISURE TIME
Goal for the day							
9-10am							
10-11am							
Break time 15 mins							
11.15-12.15pm							
LUNCHTIME! Stay hydrated - don't forget to drink some water							
1.15-2.15pm							
Break time 15 mins							
2.30-3.30pm							
3.30-4.00pm Exercise break Check out @stwi@idape for their daily challenge!							
Goal achieved? Reward yourself if so!							

Tip 2: Create the perfect learning environment

The learning environment is just as important.

- Create a comfortable but studious space, free from distractions (such as televisions, consoles etc).
- Limit distractions: Put phones away while working. If you are using them for online resources or research then do so for some periods, but then to take a break during other periods.
- Equipment: Make sure you are equipped for study and not having to stop your work to search for stationery.

Whole School Weekly Challenge

20bigpoems

20bigpoems. There will be KS3 and KS4 booklets with 20 big poems to put into Foldr and shared on social media.

Paper copies can also be sent through the post.

Your challenge is to come up with your own poem. The GoogleDoc link will be shared on the 6th April and the closing date will be 16th April.

The winner will then be announced on social media.

Individual Subject Challenges

Most of your subject areas are posting weekly challenges. Try and attempt as many challenges as you can! Where possible take a photo of your challenge attempt and follow the instructions under each subject challenge for where to submit. Challenge attempt photo's should be sent before 15th April. The best photos and challenge winners will make it into the next pupil newsletter!

Religious Education



The poster is titled "30 Day LEGO Challenge" and is framed with a border of colorful LEGO bricks. It contains a grid of 30 daily challenges, each with a specific task related to building or using LEGO bricks. The challenges are as follows:

Follow the instructions for each day. The only rule is to have fun and use your imagination!				Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	
Day 26	Day 27	Day 28	Day 29	Day 30	What was your favorite day?		

The challenges are:

- Day 1: You were hired by an amusement park to create a new roller coaster.
- Day 2: NASA needs you to build a new rocket.
- Day 3: Your parents want to build a new home and they want you to build it.
- Day 4: Hollywood hires you to build a movie set for a new Star Wars movie.
- Day 5: You enter a contest to build the world's tallest tower. Will you win?
- Day 6: You are stuck on Mars and need to build a new ship to get home.
- Day 7: Ford hires you to create the toughest pick up truck in the world.
- Day 8: You and 4 friends are stranded on an island. Build a boat to find a way home.
- Day 9: Captain Hook needs a new pirate ship and wants you to build it.
- Day 10: You and your friends decide to build a tree house.
- Day 11: Prince Charming hires you to build a castle for him & Cinderella.
- Day 12: Dr. Who hires you to build a new TARDIS.
- Day 13: You are asked by the President to build a new monument to George Washington.
- Day 14: Mr. Hilton hires you to build a new hotel.
- Day 15: There is a circus in town. Build a place for the performance.
- Day 16: Help your fellow pioneers build a wagon to make it across the country.
- Day 17: Build the fastest car around and join the big car race.
- Day 18: Do you wanna build a snowman? Get in the winter mood and build a snow scene.
- Day 19: The city wants you to build a bridge to connect one side of the town to the other.
- Day 20: Pizza party! It is up to you to make a pizza for all the guests.
- Day 21: You are hired to build a brand new hospital.
- Day 22: The fence is broke and the dog keeps escaping. Build one he can't get out of.
- Day 23: You are now in medieval times. You are commissioned to build a jousting arena.
- Day 24: The local bank keeps getting robbed. Build a safe no one can crack.
- Day 25: Design and build your dream bedroom.
- Day 26: You are elected ruler. Build a flag for your land.
- Day 27: Aliens are invading and you need to build a war robot to defeat them.
- Day 28: The aliens have taken over. They are impressed by your robot. They want you build one for them.
- Day 29: You are hired to build a house entirely out of yellow Legos.
- Day 30: There is blizzard. You will need to build a snowmobile.

The poster also features a small LEGO minifigure icon in the bottom right corner.

Please send pictures of your best creations to Mrs Snaith - nsnaith@st-wilfrids.org

Physical Education



Team PE Weekly Challenge – 1

twitter @stwilfridspe



PE CHALLENGE 1:

Ben Stokes set a challenge on Instagram this week for people to complete a series of exercises in relation to their name.

We would like each of you to complete your FULL NAME based on the activities in the picture below. Once you have completed your name send proof of this to your PE teacher, either via email or tweeting @stwilfridspe, to earn an 'activity point' for your house!

Take a look at Ben Stokes completing his own challenge: <https://www.instagram.com/tv/B-HI73XgJgt/>

A - 45 sec Plank	N - 25 Squats
B - 50 Jumping Jack	O - 25 Burpees
C - 30 Squats	P - 15 Arm Circles
D - 10 Burpees	Q - 45 sec Plank
E - 1 min Wall Sit	R - 15 Push-Ups
F - 15 Push-Ups	S - 30 Burpees
G - 20 Arm Circles	T - 30 Arm Circles
H - 20 Squats	U - 40 Jumping Jacks
I - 30 Jumping Jacks	V - 3 min Wall Sit
J - 45 sec Plank	W - 20 Burpees
K - 10 Push-Ups	X - 60 Jumping Jacks
L - 2 min Wall Sit	Y - 45 sec Plank
M - 20 Burpees	Z - 20 Push-Ups



Athlete Fact File:

Name: Ben Stokes (OBE)

Age: 28

Place of birth: New Zealand

Main sport: Cricket (all rounder)

Greatest achievement: Winning the World Cup in 2019 as part of the England squad

Fun facts: He holds the record for England's fastest ever Test double-century, the fastest ever Test match 250, and the highest ever score for a Test batsman batting at number six. He also holds the record for the most runs scored by an individual batsman in the morning session of a Test match.



Team PE Weekly Reading/Watching – 1

twitter @stwilfridspe



PE READING/WATCHING 1:

Each week Team PE will be providing you with some further sporting reading or a sporting Netflix series/documentary.

When reading the articles or watching the Netflix series or documentaries, we would love to hear your thoughts and opinions.

Send your reflections to your PE teacher, either via email or tweeting @stwilfridspe, to earn a 'reading/viewing point' for your house!

Due to the ongoing coronavirus pandemic, the sporting industry across the world has been massively affected. Sporting events have been suspended, major competitions cancelled and questions of uncertainty within a number of sports remain unanswered.

Please find below a link to an article discussing how individual sports have been affected by the current outbreak:

<https://www.telegraph.co.uk/sport/0/coronavirus-cancelled-premier-league-six-nations-london-marathon-2020-postponed/>

If the link is not accessible, please follow the step by step guide below:

1. Go to 'Google'...
2. Type in 'The Telegraph – Coronavirus impact on sport'...
3. Click on the first article that appears as a result of the search.

Follow Team PE on Twitter via @stwilfridspe, for Miss Trotter's daily workouts and any updates, messages or hints and tips from members of the department! You can also turn on notifications from Team PE by clicking on the bell icon in the corner of our page!

Design Technology


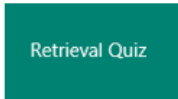



Planter Project



Open to all year groups. Please send photos of your creations to lblyth@st-wilfrids.org

Geography

The seven days of Geography Y7-9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Review your learning. Look at your topic page/knowledge organiser and choose three key questions to go over. Do some extra research and try and answer them. If you're happy with everything do a challenge task. 	Retrieval Quiz Do the retrieval quizzes that Mr Howcroft has set for you. If you are in Year 8 and 9 try and do the quizzes from previous topics you have learnt over the years. 	Film Day Watch a film/ documentary from our recommended list in the 'Geog Box' document. Facetime a friend/ family member and tell them all about it. 	Travel the World Go onto Google Earth and explore the world. Google Earth- Voyager. Tell us on Instagram where you've been and we will post it. Follow us @STW_geography 	South Shields? Facetime/ring a family member and ask them the following questions: Do you like living in South Shields? Why? What has changed over the years? How do you feel about the changes? Record your answers and see what new information you have discovered about South Shields. Resources: Mobile Phone	TED Ed TED Ed has lots of interesting video clips. Lots of them link your subjects together. Watch a TED Ed. Think about~: <ul style="list-style-type: none"> • What new vocabulary you now know? • What key facts you now know • How does it link to other subjects? • Text a friend recommending a video for them to watch https://ed.ted.com/ https://www.ted.com/talks	Read At school we believe that reading takes you places. What is the geography of the book you are currently reading? <ul style="list-style-type: none"> - People - culture - Places - Ecosystems - climates  DEAR reading Prisoners of Geography National Geographic The Day- lots of articles here. Horrible Geographies.
Resources: Find your knowledge organisers in the correct Year group folder	Resources: Find your retrieval Quiz in your relevant year group folder	Resources: Use the 'Geog Box' Word Document on Foldr to find documentaries to watch.	Resources: https://www.google.com/earth/education/explore-earth/	Resources: Mobile Phone	https://ed.ted.com/ https://www.ted.com/talks	DEAR reading Prisoners of Geography National Geographic The Day- lots of articles here. Horrible Geographies.

Science

Are you missing science experiments? How about you try these science experiments at home! Send an e-mail to your science teacher with pictures of you in action, or of your results – the best selfies might feature in next week's Newsletter!



Download more Marvin and Milo activities at iop.org/marvinandmilo

© Institute of Physics 2019



Download more Marvin and Milo activities at iop.org/marvinandmilo

© Institute of Physics 2019

MFL

Welcome to our MFL International Cuisine Challenge!

We want to see your cooking creations from France, Spain and China.

Cook a dish from any French- Spanish- or Mandarin-speaking country.

Send us a photo and a short review of the finished dish on Twitter @stwmfl

This can be in English, or you could use the target language if possible (but no Google translate please!)

Tell us why you chose that dish, what ingredients are needed and what it tasted like.

We'll announce a winner from each language and each year group.

Bon appétit, Provecho and Zhù nǐ hǎo wèikǒu!

Business and Enterprise



Business &
Enterprise

'Pop-Up' Business Challenge

Time to put your entrepreneurial skills to the test. Your task is to plan for a new' **pop-up business'** that will come to South Shields for 10 weeks only. A pop up business is a temporary business, they are often used to test whether an idea will be successful.

You should decide on the following:

- A business idea
- What you will sell
- Where you will set up your pop-up business
- How you will advertise your business
- Who your main customer type will be.



You can display your planning in any format you like, you could use

PowerPoint

or simply create a poster to illustrate your thoughts. Send your ideas to fmckenzie@st-wilfrids.org.

Travel and Tourism

Travel and Tourism Challenge



Draw a poster of your favourite or dream travel and tourism destination. Include things there are to see and do, famous landmarks, culture, food, the country flag and interesting facts about the destination.

Send your completed posters to fmckenzie@st-wilfrids.org

History

Follow @HistoryStWilfr1 for History department updates.

Competitions

The Schools History Project has an amazing Essay Competition – write an essay answering the following question:

“If 1066 is said to be the most important date in English history, what is the equivalent in another country?”

Simple? Yes and no – we want to widen the scope of students’ historical studies and so you should bear in mind that **essays that do not deal with Western Europe and North America post-1492 and will be more generously marked by assessors.**

Also, **extra credit will be given for geographical and chronological ambition.**

Essays should be submitted to Miss Goodall by email, then Miss Goodall will submit the best to the Schools History Project. The Short List will be recorded by professional actors and presenters and shared online, and the eventual winner will be chosen by public vote on social media.

<http://www.schoolshistoryproject.co.uk/schools-history-project-essay-competition-in-association-with-professor-peter-frankopan-and-no-more-marking/> For more information.

Write your own Historical Fiction Competition 2020 from the Historical Association

Students can set their stories in **ANY*** period or place in the past, so the story can fit in with and extend any historical topic you may be studying. Winning students will each receive a cash prize of £25 and an engraved Bath Aqua Blue glass paperweight.

1. Across Years 7, 8 and 9 there will be three prizes for the best individual story. Individual stories indicate a story written by an individual student who is part of a whole class or year group who are all writing historical stories.
2. Across Years 10,11, 12 and 13 there will be three prizes for best individual story.
3. There is also a prize for the best fictional historical character in a convincing historical setting. Three prizes will be on offer here across all year groups.

What are the judges looking for?

Stories in each category are shortlisted by panels of student readers. The shortlist is then judged by our primary and secondary expert panels. Judges are looking for:

- **Historical accuracy** – even down to the choice of names characters are given and any props additional to the historical setting
- **A riveting read** with a good plot!
- **A convincing story** - i.e. is it plausible that these events and/or this character could have existed at the time?
- **Use of historical knowledge** to feed the plot, context and character
- **Effective use of historical vocabulary and literary conventions**, including where dialogue is included in the story
- **Creative and interesting perspectives of story-telling.** In the past we have received an entry telling the story of a siege from the perspective of the castle!

Entries must be received by **Friday 26 June 2020.**

Entries can be submitted to Miss Goodall via email igoodall@st-wilfrids.org or can be submitted by a parent/carer on behalf of their child directly to the Historical Association. Further details on the following link:

<https://www.history.org.uk/primary/categories/530/news/3451/write-your-own-historical-fiction-competition-2020>

English

If you enjoy a novel, why not submit a book review to be published in the newsletter.

As for those looking for an extra challenge... you could try writing their own sonnet!

All submissions to cvasey@st-wilfrids.org

Computer Science

Minecraft: Hero's Journey

"Do you like Minecraft? Why not link Computer Science and Minecraft and complete the Hero's Journey? By going online and accessing: <https://studio.code.org/s/hero/stage/1/puzzle/1> (make sure you press the cross in the top right corner to close the video down first). You can play with Alex or Steve as your chosen character and by learning and developing coding skills you can create your own Minecraft World and take your character on an epic quest. Good luck! Mr Dann"

St Wilfrid's Book Club

A book club for staff, students, and parents/carers.

This week's book club read is:

The Angel
By **Aminatta Forna**

Read the book and explore the wider knowledge themes on the next page.

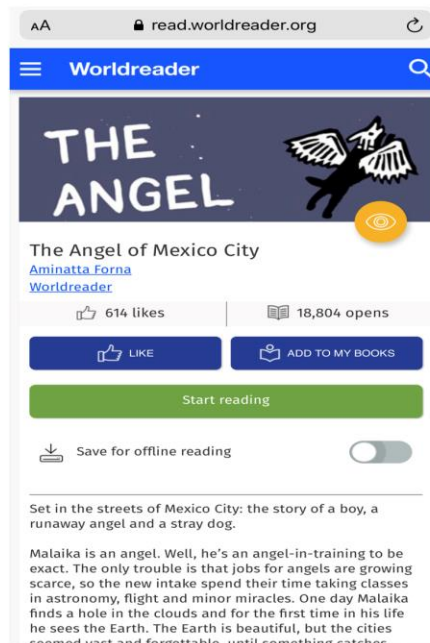
Join the private St Wilfrid's Book Group on Twitter:

[@StWBookClub](https://twitter.com/StWBookClub)

A weekly chat about the book/chapters being read will take place at 5.30pm each Monday for half an hour.

Send your reviews of the book to:

virtuallearning@st-wilfrids.org



Set in the streets of Mexico City: the story of a boy, a runaway angel and a stray dog.

Malaika is an angel. Well, he's an angel-in-training to be exact. The only trouble is that jobs for angels are growing scarce, so the new intake spend their time taking classes in astronomy, flight and minor miracles. One day Malaika finds a hole in the clouds and for the first time in his life he sees the Earth. The Earth is beautiful, but the cities seemed vast and forgettable, until something catches Malaika's eye amid the streetlights and apartment buildings: a young boy feeding a homeless dog.

Aminatta Forna's *The Angel of Mexico City* is the story of a young boy facing loss, lies and the perils of growing up in the bustling capital of Mexico. When Ben's policeman father dies, Ben's mother stops singing and hardly ever smiles. It's up to Ben to take care of them both. To make matters worse, the bullies at school have begun to pick on him. Now, more than ever, Ben needs help. Will Malaika find a way to reach Ben from beyond the clouds? Do you believe in guardian angels?

YA FANTASY, OTHER YA

Share on



- MFL**
Although Spanish is the official language of Mexican there are 68 families of indigenous languages spoken in the country but they're at risk of dying out! Lucky the project 68 voces, 68 corazones (68 voices, 68 hearts) has been set up to help to bring pride to indigenous communities and break down discrimination. Check out the [website](#) and click on the images to watch the stories and hear them narrated in different languages
- Mexico also has some really cool slang. Some of Miss Hume's favourite Mexican phrases are, "no manches" (No way!), "qué chido" (How cool!) and "órale" (amazing!)



Geography

- Estados Unidos Mexicanos (United Mexican States) – made up of 31 states
- Country of south North America
- Third largest country in Latin America
- It is the 14th largest country in the world.
- Approximate population of 129.2 million
- Mexico City is the 5th largest city in the world



Music

Mexican's love to party! And every party needs good music. It's really typical to hire a mariachi band who will come to your party to play songs like [this](#) for you.

[Julieta Venegas](#) is a popular singer in Mexico, as are [Maná](#) and [Jesse Y Joy](#).



Art

Frida Kahlo is one of Mexico's most famous artists

- 1907-54
- Folk art style
- Questions of: identity, gender, class, race and postcolonialism

History

Mexico has a rich and diverse history and that's what makes it the fascinating country it is today. From the Aztecs who founded what is known as modern day Mexico City to the Mayan's in the south with their beautiful temples at Tulum and Chichen Itzá. When the Spanish conquistadors arrived in the early 1500s, and brought with them the Spanish language, Catholic religion and foreign diseases Mexico changed forever. Mexico gained its independence from Spain in 1810 and they celebrate their Independence Day with big celebrations and parties every 16th September. More recently (!) the Mexican Revolution revolution of 1911 also brought about change. Rebels led by Emiliano Zapata, known as the Zapatistas, were able to overthrow autocratic dictator Porfirio Diaz bringing in social change.

Religion

- There is no official state religion
- 4/5 of the population are affiliated with Roman Catholicism
- Our Lady of Guadalupe is the Mexican patron saint and her Saint Day is celebrated on the 12th December.

Key Deadline Information and Instructions

Maths

How to complete your maths work:



Go on the website: <https://vle.mathswatch.co.uk>

Log in with your username and password.

All your maths work will be here.

If you get stuck on a question you can leave a comment on the website for your teacher to help you.

If you have forgotten your log in details, email Mrs Armstrong harmstrong@st-wilfrids.org

Cambridge Technicals – Level 3. Single and Double Award (Y12/13)

“All Year 12 and 13 Cambridge Technicals Students – Single and Double, must make sure that all coursework tasks are being complete at home. Mr Dann is sending instructions and guidance through email on a daily basis. Tasks timings must follow the tracking sheets and all work submitted by the deadline through email or the Google Drive. Any questions or issues must be emailed to pdann@st-wilfrids.org”

BTEC Digital IT (Y10/11)

“All Year 10 and 11 students studying BTEC Digital IT must check their school emails as Mr Dann is emailing instructions on coursework tasks to complete. These tasks are added in the Revision folder and also added to the email content. Remember, you can access your school files by visiting Foldr at **Foldr.st-wilfrids.org** and using your school login details. If you do not have access to Microsoft Office (e.g. Word, PowerPoint etc), you can use the web version of the software at www.office.com and login using your school login and password. If you have any queries regarding work or access issues, please email pdann@st-wilfrids.org”

Health and Social Care

- Deadline for year 10:

Component 1 learning aim B Friday April 3rd

- Deadline for year 11:

Component 2 learning aim A and B Friday April 3rd

- Deadline for year 12:

Unit 7 Monday 20th April

- Deadline year 13:

Unit 5 Monday 20th April

Unit 10 Monday 27th April

Unit 6 Friday 3rd April

Useful Resources and Links

We have a 'Free Online Courses and Resources folder' on Foldr where it has: free online courses, free online resources, free immersive work experience, virtual university tours and careers guidance.

In addition to those there are also:

History

Online videos and resources

Holocaust Educational Trust Film Club #HETFilmClub – was live on Wednesday 25TH March discussing Schindler's List <https://www.facebook.com/HETcharity/videos/1520008338149375/> Follow HET for further dates of future live discussions about holocaust related films.

Timeline – World History Documentaries have many fantastic documentaries to watch about a range of topics. <https://www.youtube.com/channel/UC88lvjJe7aHZmcvzvubDFRg>

History Hit Live - Timeline have teamed up with **Dan Snow's History Hit** to make a Live broadcast on Friday 27th March about the Black Death. Follow History Hit on Facebook or Twitter for more information.

Five brilliant history resources for home schooling from **Historic Royal Palaces**

<https://www.hrp.org.uk/schools/five-brilliant-history-resources-for-home-schooling/#gs.1c83h8>

Imperial War Museums – You can explore their collections online, listen to their podcasts and watch their latest videos on YouTube. <https://www.iwm.org.uk/history/iwm-closed>

Search the #MuseumFromHome on Twitter to find virtual tours and exhibitions for many museums.

Podcasts

<https://www.bbc.co.uk/podcasts/category/history> - Many BBC history podcasts to choose from! Intrigue: Tunnel 29 is a fantastic podcast about tunnelling under the Berlin Wall.

Dan Snow's History Hit

History Today

History Extra

Not What You Thought You Knew

English

There's lots of exciting performances and texts being made available for English

This week, Audible have made a large number of their texts free to anyone for as long as schools are closed.

Patrick Stewart is also reading a sonnet a day on Twitter - particularly useful for those studying or interested in studying A Level Literature at A Level.

Maths

Carol Vordaman's maths factor – free membership

Next Pupil Newsletter:

The next pupil newsletter will be available after the Easter break on Monday 20th April.