



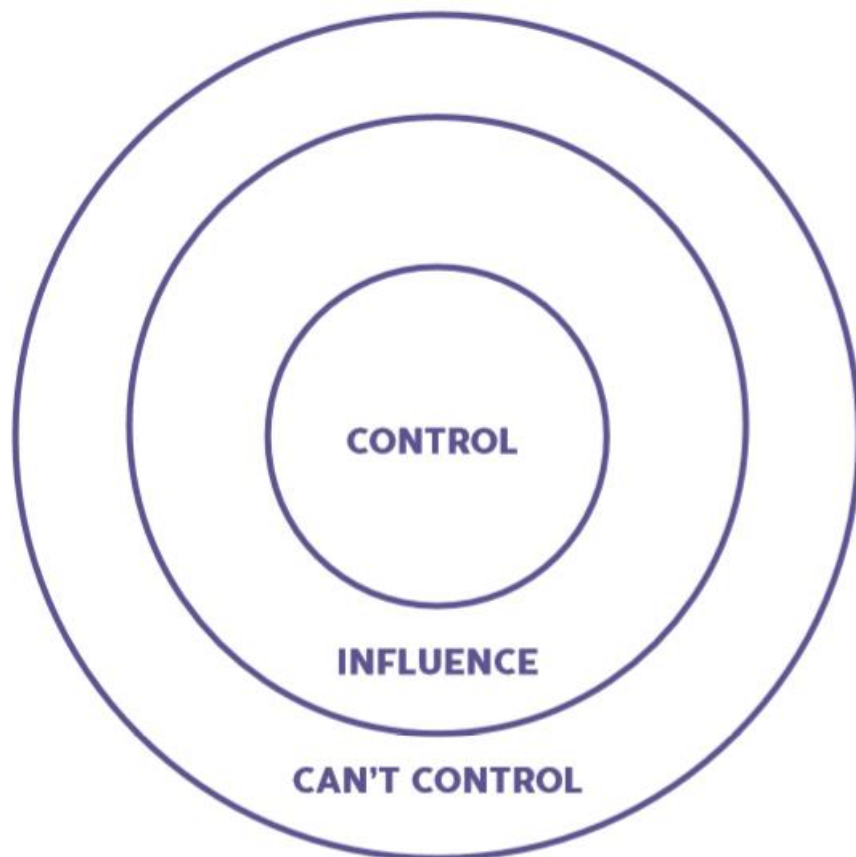
St Wilfrid's RC College

Pupil Newsletter Issue 6

Welcome to our sixth pupil newsletter. Within this newsletter you will find: important mental health and well-being strategies, subject challenges, key deadline information and useful resources and links. A reminder to you all that it is a week 2 timetable this week!

Mental Health and Well-being

As lockdown rules change and we try to move forward, think about your strengths, weaknesses, areas of positivity and anxiety. Plot them on the control circle to set achievable, positive targets, identifying what you can and can't control.



Self-Acceptance

Greater self-acceptance improves emotional well-being

Do you accept yourself?

It might sound like an odd question; after all, what does it even mean to accept yourself and don't we all accept who we are as a regular part of living our day-to-day lives?

As it turns out, self-acceptance is not an automatic or default state of mind. Many of us have trouble accepting ourselves exactly as we are.

Self-acceptance is defined as "an individual's acceptance of all of his/her attributes, positive or negative." It also includes body acceptance. Without self-acceptance, our psychological well-being can suffer.

Some of us are tall, others shorter. Some make people laugh, others are good listeners. There are those good at maths, others great cooks or artists. Some of us share our time with family members, others live very differently.

Be proud of who you are. Recognise and accept what you are not good at, but focus on what you can do well.

Self-acceptance builds resilience and increases confidence, it helps develop the wisdom to change those things about yourself that need changing and the calmness to accept those things that you cannot change celebrate your successes

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else.

Why not create a self-acceptance board or page? Copy and paste personality traits, skills and attributes you like about yourself along with some quotes or statements that encourage or motivate you to love *you* more.



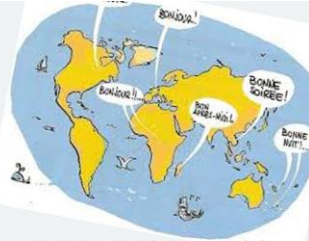
Latest News – Holocaust Survivor Zoom

On Thursday 4th June, thirteen Year 10 and Year 12 students took part in a Zoom question and answer session with Holocaust Survivor Dr Martin Stern. The students listened to Martin whilst he spoke about his story; from being taken from his school by Nazi guards at the age of five, to travelling to Westerbork and then Theresienstadt concentration camps. The students then had the opportunity to ask Martin questions about his experiences, both during and after the Holocaust. Students asked some incredible questions, including 'Although you may not want to remember, do you want to forget?' and 'How do we as a society guard against future atrocities and prevent history repeating itself?' Students listened reflectively as Martin gave his thought-provoking answers. Particular statements from Martin that stood out included 'Everybody's past is part of their present', 'Learning what happened in history is indispensable, but not sufficient' and 'Every second of every minute of every day is influenced by it.' Thank you to the National Holocaust Centre and Museum for organising the session, Martin Stern for sharing his experiences and wisdom and our Year 10 and Year 12 students for their thoughtful questions and engagement in the session.

Whole School Challenge



Challenge20 French: La Francophonie



French isn't only spoken in France. There are 29 countries in the world where it is spoken as an official language.

You are going to see 20 flags belonging to some of these countries.

Your challenge is to identify the country (in English and French) and say where in the world it is.

As an extra challenge, can you create a fact file on one of the countries?

You can email me your fact file: vmasters@st-wilfrids.org and we will post them on our MFL twitter feed.

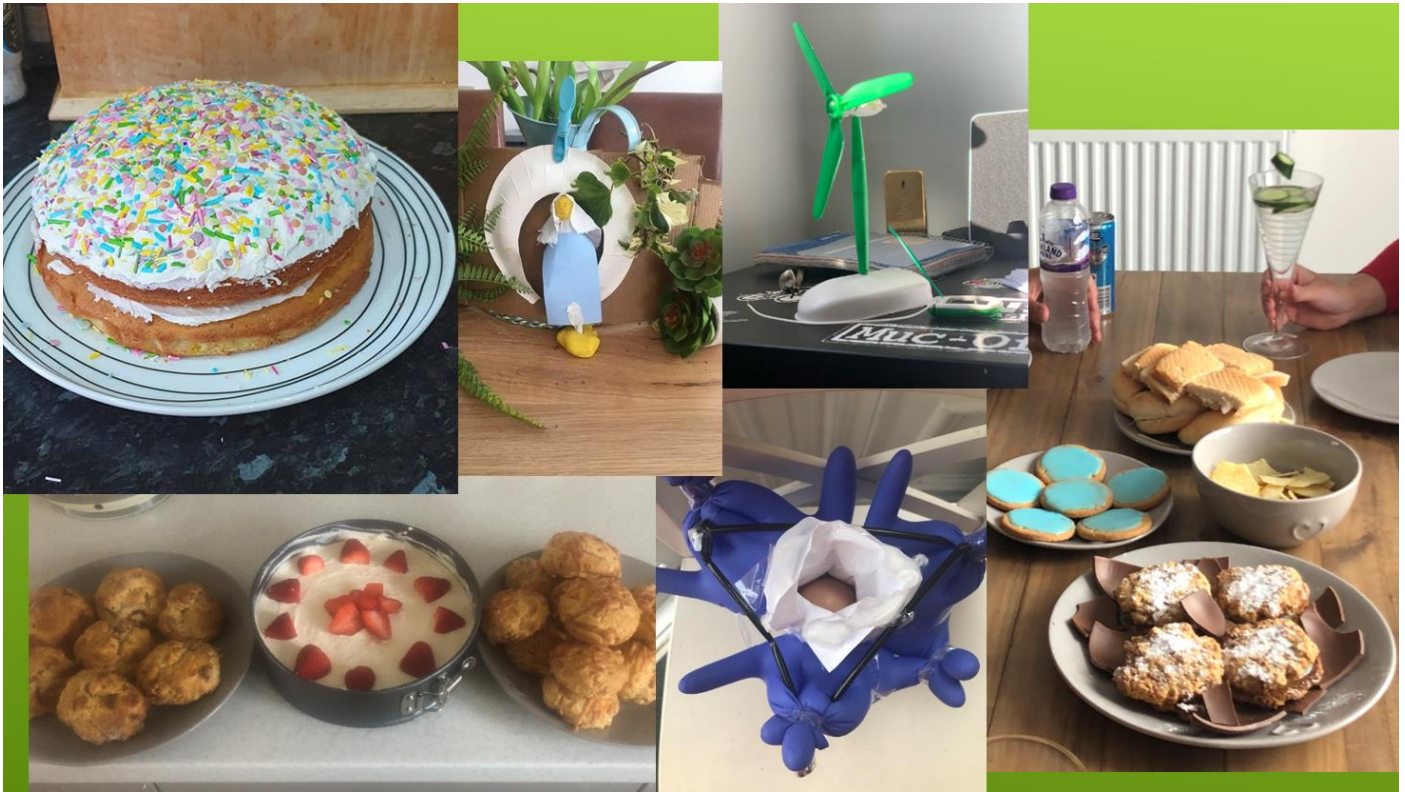
Answers will be posted on Friday. Bonne Chance!

1)  Benin / Le Bénin West Africa	2)  Cameroon / Le Cameroun Central Africa	3)  Haiti / Le Haïti Caribbean	4)  Switzerland / La Suisse Europe	5)  Ivory Coast / La Côte d'Ivoire West Africa
6)  Belgium / La Belgique Europe	7)  Comoros / Les Comores Island off E African coast	8)  Madagascar / Le Madagascar Island off E African coast	9)  Djibouti / Le Djibouti NE Africa	10)  Vanuatu / Le Vanuatu Oceania
11)  Seychelles / Les Seychelles Island off E African coast	12)  Burundi / Le Burundi East/Central Africa	13)  Canada / Le Canada North America	14)  Rwanda / Le Rwanda East/Central Africa	15)  Togo / Le Togo West Africa
16)  Senegal / Le Sénégal West Africa	17)  Luxembourg / Le Luxembourg Europe	18)  Niger / Le Niger West Africa	19)  Monaco / Le Monaco Europe	20)  Burkina Faso / Le Burkina Faso West Africa


Individual Subject Challenges

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 photos should be sent before Wednesday 8th July. The best photos will make it into the next pupil newsletter!

Below are some of the fantastic attempts at challenges from the previous pupil newsletter:



History

The humanities 

1. World changers in history

Take a look at the people listed below. Research each individual and describe how they made a positive impact on the world.

- Alexander von Humboldt
- Malala Yousafzai
- Aneurin Bevan
- Claudette Colvin
- Florence Nightingale
- Sir David Attenborough
- Liz Carr
- Mahatma Gandhi

Can you think of any other people who have helped to change the world in some way? These could be people you know personally or in your community too.

2. Your 'Ultimate World Changer' nomination

Who should be voted the 'Ultimate World Changer' throughout history?

Choose the person who you think should be named the 'Ultimate World Changer'. This can be anyone of your choice, someone from history, someone alive today or someone you know personally.

Write a one minute speech about why they are a world changer and how they have inspired you. You can even film yourself delivering your speech on a smartphone or tablet too!

Pearson will be highlighting the most compelling nominations, so share your written or filmed speech on Twitter with the hashtag **#WorldChangers** or email us at **worldchangers@pearson.com**.

Could all History challenge entries please be emailed to IGoodall@st-wilfrids.org

Maths

Maths Challenge:

Email all answers to harmstrong@st-wilfrids.org

E. Clearway Road Sign



The above diagram shows a clearway road sign. It is used to indicate no stopping on the main carriageway. The sign is a circle of diameter 60 cm. The red border and the red cross are 6 cm wide. The blue parts are four congruent shapes.

1. (a) State the number of lines of symmetry on the sign.
(b) Does the sign possess rotation symmetry? If so, what is the order of the rotation symmetry?
2. Explain why each blue part is not a quarter of the inner circle.
3. Estimate the area of the red region of the sign. State any assumptions you make. Give your answer to the nearest cm^2 .

Business and Enterprise



Business and Enterprise Popcorn Challenge



Part 2

Popcorn sales explosion makes it UK's fastest-growing grocery product

Gourmet brands have prospered, boosted by belief in their health advantages - and food giants are selling bucketloads too



▲ UK popcorn sales have risen by more than 10% this year to £152m. Photograph: KTS Design/Getty Images/Science Photo Library RF

Scenario: You are going to plan to set up your own popcorn business. The next few challenges will be linked to this

Task:

- ✓ Design the packaging for your popcorn.
- ✓ Include the logo, name, flavour and a suitable image.

BLACK EXCELLENCE IN SCIENCE

CELEBRATE BLACK EXCELLENCE IN SCIENCE BY COMPLETING ONE OR MORE OF THE ACTIVITIES BELOW...

CHOOSE
a historical or modern Black Scientist/ Inventor



WATCH
the film 'Hidden Figures' or the video 'Black Scientists and Inventors' on YouTube by 88Brains



RESEARCH & CREATE the work of a Black Scientist / Inventor
a fact file/poster on your findings



DRAW / PAINT
a portrait of your chosen Black Scientist/ Inventor. Let's remember their names and faces!

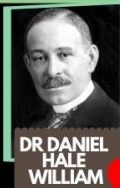


SHARE your work by using the hashtag #BlackExcellenceInScience on Instagram and Twitter.



BLACK EXCELLENCE IN SCIENCE

SHOW YOUR SOLIDARITY AGAINST INJUSTICES FACED BY BLACK PEOPLE GLOBALLY BY CELEBRATING HISTORICAL AND MODERN FIGURES OF BLACK EXCELLENCE IN SCIENCE



He performed the first documented, successful open-heart surgery and founded the first non-segregated hospital in the United States with interracial staff.



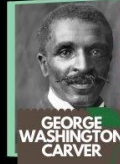
An African American chemist who developed the first successful treatment for those suffering from Hansen's disease (leprosy).



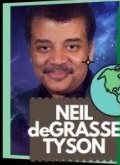
The first African American female astronaut and woman in Space.



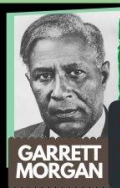
She invented and marketed a line of cosmetics and hair care products for black women. She is recorded as the first female self-made millionaire in America in the Guinness Book of World Records.



An agricultural scientist, inventor and educator famous for many inventions. He devised over 300 products from peanuts, including dyes, plastics and gasoline.



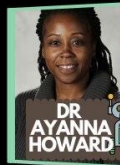
An astrophysicist who hosted 'NOVA Science Now' and makes media appearances to encourage Science and Space exploration.



His inventions include the modern, three light traffic signal, and the Safety Hood and Smoke Protector which provided the blueprint for gas masks used by the US Army during World War I.



She worked as one of NASA's 'human computers', performing the complex calculations that enabled humans to successfully achieve space flight.



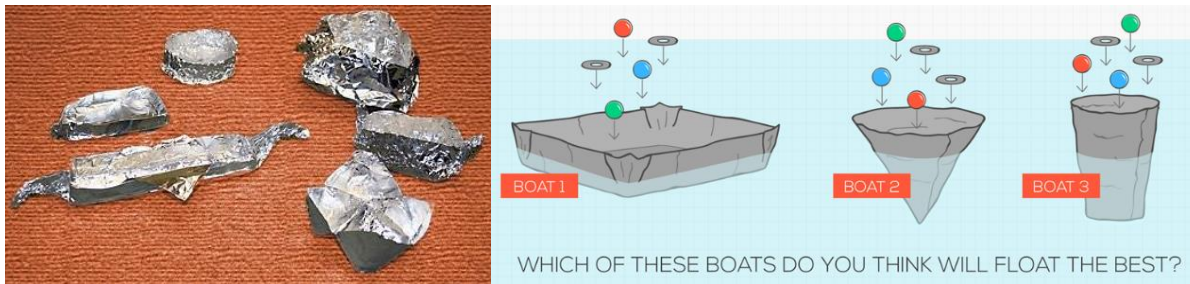
A robot engineer who has contributed greatly to the fields of artificial intelligence, robotics, and computer vision.

Design Technology

Design Technology - Making boats float

You will need kitchen or tin foil and some weights. Pennies are a great to use but marbles, blue tac or small stones are fine too.

Cut a piece of tin foil 5 x 6 inches. Fold up the sides of the boat so it will not sink and hold a cargo of pennies. Place the boat in the bowl of water, sink or bath. ... See how many pennies your boat can carry before it sinks. Ask your adult to have a go and try this experiment with them. Now create different designs thinking about shape and sizes.



Food Tech - No Bake Biscuits

175g Digestive or plain biscuits, 100g Dried fruit, 50g Chocolate, 2 tablespoons golden syrup and 75g butter or cooking margarine.

Lightly grease foil dish or shallow tin, crush biscuits – ether with a rolling pin or in food processor. Place crushed biscuits in mixing bowl. Add dried fruit and stir into the mix, break chocolate into pieces and place in saucepan. Add syrup and butter to pan and melt slowly – stir with a wooden spoon. Stir liquid into biscuit crumbs and mix thoroughly. Press mixture into foil dish, score surface and leave to set. Cut into squares to eat! Enjoy (ask for an adult to help with the melting and always wash your hand before and after).



Take a picture and send it to us at lbyth@st-wilfrids.org

Geography



What do you think it means to be a World Changer?

Can you name three people in the field of Geography who you think are world changers?

Why are they world changers in your opinion?

Are you a world changer already, or can you become a world changer?

Submit your answers to the Geography Twitter Page @GeogStWilfrids.



Team PE Weekly Challenge – 6



twitter @stwilfridspe



PE CHALLENGE 6:
 With the Premier League starting again this week, Chelsea FC have set a 5 minute workout challenge on Twitter.
 We would like each of you to try and complete Chelsea FC's workout, completing as many reps of each exercise as possible! Once you have completed the challenge, 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 Chelsea FC completing their own challenge:
<https://twitter.com/ChelseaFC/status/1252625197078806531>

5 Minute Workout Challenge
Warm Up: Jog
Exercise 1: Squats
Exercise 2: Lunges
Exercise 3: Press ups
Exercise 4: Upper Cuts
Exercise 5: Up-down plank
Exercise 6: Reverse plank with leg lifts
Exercise 7: Russian twists
Cool Down: Stretching



Team PE Weekly Reading/Watching – 6



twitter @stwilfridspe

PE READING/WATCHING 5:
 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!

The past week has seen the eagerly anticipated return of Premier League football after a 100 day absence, albeit in a very different way to what we are accustomed to. As lockdown restrictions are gradually lifted, the return of football may provide a timely rest bite and an opportunity to enjoy live sport once again. Please find below a link to an article focusing on the return of the English Premier League, and an all you need to know guide of how football will look for the foreseeable future.

<https://www.bbc.co.uk/sport/football/53009593>

CHALLENGE:
 Please find below an online quiz for you to try, where you have to identify all of the current Premier League managers. Good luck!

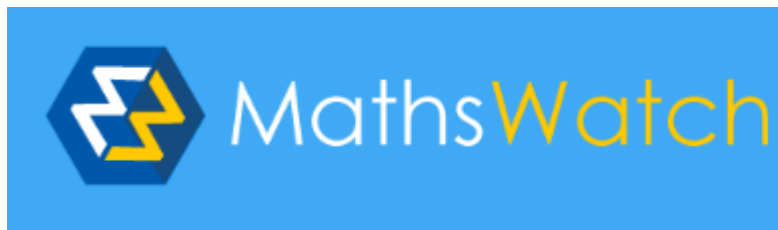
https://www.sporcle.com/games/g/premierleague_managers

Research a Saint and create a fact file on them including: name, DOB, where they lived, what they did, when they became a Saint.

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.

Also go on the school folder, where you go for all other subjects, as your teachers set you additional work and provide help for the MathsWatch solutions on 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 for MathsWatch, email Mrs Armstrong harmstrong@st-wilfrids.org

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:

English

The Wilfie's English department Goodreads page has over 100 book recommendations on it!

Give us a follow and check out what we're reading and recommending!

<https://www.goodreads.com/user/show/115261654-st-wilfrid-s-english-dept>

This week we're LOVING...

Mrs Vasey – *Uglies* – Scott Westerfield

I found this really interesting! It's not a simple hero and villain divide... It's an example of how trying to do something good, when taken to the extreme, can lead to something terrible. It's set in a world where everyone grows up as an "ugly" until their 16th birthday when they have an operation to transform them in to an aesthetically beautiful "pretty". It's described as a way of preventing war and inequality as everyone looks the same and is treated the same... Of course if everyone is the same, how can you be you? The main character, Tally, is the last of her group of friends to have the operation and so is forced to live a totally different life until her turn - she can't wait for her 16th birthday! But then she makes a new friend who is less keen and Tally is faced with an awful ultimatum: betray her friend or never reach her desired status of being a "pretty" and re-joining her society.

If you enjoy this, there are a further three books in the series to keep you going!

Recommended this week!

****Please make sure you have permission from a parent or guardian before buying any of the books!****

For Key Stage 3 we recommend...



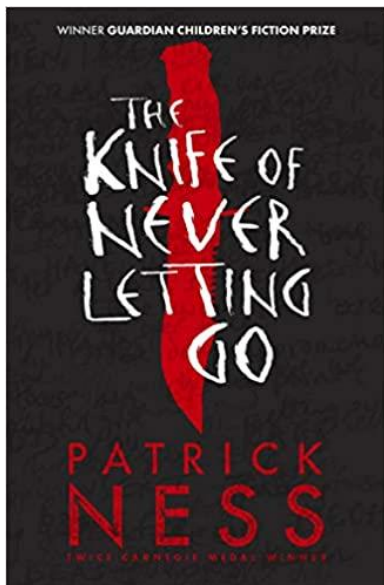
The Dark Is Rising – Susan Cooper

It's Christmas-time in the Stanton family house: presents, carol singing, good cheer. But for eleven-year-old Will Stanton, something sinister has begun, inching round his subconscious, shouting silent warnings he can't decipher. Then on Midwinter Day, Will wakes up to a different world: silent, covered in snow and ancient forest, a world of another time. A world where evil lurks.

Because Will is not the ordinary boy he always thought he was. He is the last of the Old Ones and the power to vanquish the evil magic of the Dark lies within him.

This book is available on Kindle store, Amazon, and Waterstones.

For Key Stage 4 we recommend...



The Knife of Never Letting Go (Chaos Walking Series) – Patrick Ness

Prentisstown isn't like other towns. Everyone can hear everyone else's thoughts in a constant, overwhelming Noise. There is no privacy. There are no secrets. Then Todd Hewitt unexpectedly stumbles on a spot of complete silence. Which is impossible. And now he's going to have to run...

This is being turned into a film very soon starring Tom Holland (Spiderman) and Daisy Ridley (Star Wars).

This book is available on Kindle store, Amazon, and Waterstones.

***NEW* For Key Stage 5 we recommend...**



The Kite Runner – Khaled Hosseini

Amir and Hassan grow up together in Kabul. Amir in the beautiful house his father built, filled with marble, gold, tapestries and mosaics; Hassan in the modest mud hut in the servants' quarters.

The two are inseparable, and when twelve-year-old Amir is desperate to win the local kite-fighting tournament, his loyal friend promises to help him. But neither boy can predict what will happen to Hassan that afternoon - as the kites soar over the city - and how it will change their lives forever.

This book is available on Kindle store, Amazon, and Waterstones.



National book tokens have several competitions going on right now!

Whole School Competition: Do you want to help St Wilfrid's win £5000 in book tokens?!

Join in the effort to put Wilfs at the top by nominating here: <https://www.nationalbooktokens.com/schools>
(Why not ask EVERYONE you know to also nominate us too?!)

Individual Competition: Do you want to DESIGN a national book token?

Imagine, St Wilfrid's not only WINS the bigger competition, but YOUR design is on the tokens! What a claim to fame. For more information have a look below or contact Miss Suljic at msuljic@st-wilfrids.org

<https://www.nationalbooktokens.com/create-a-national-book-token-for-your-class>

Creative Writing Competition – Ages 11-19.

From their website:

If you are aged between 11 and 19 and interested in history and writing, the Young Walter Scott Prize is ready to take you on an adventure. We are the UK's only creative writing prize specifically for budding historical fiction writers! If you are at home on lockdown, this is the perfect time to flex your writing muscles and get a story down on paper. The competition closes on 31st October 2020, but we are looking forward to receiving your entries as soon as possible!

If you would like to enter, please contact Miss Suljic at msuljic@st-wilfrids.org or your English Teacher.

<https://www.walterscottprize.co.uk/young-walter-scott-prize/>

SEND Toolkit

There is a new SEND Parent's toolkit which is available on BBC Bitesize - <https://www.bbc.co.uk/bitesize/articles/zh9v382>

This contains resources, activities and support to help you and your family during lockdown.