



St Wilfrid's Newsletter

Welcome to our school newsletter. We hope that you enjoy the articles included this week. If you would like to write an article for the newsletter, please let your form tutor know.

Ways to wellbeing

Self-expression is a great way to relieve yourself of stress and free your mind. Self-expression can help you to reflect on your life, your actions, decisions, relationships, beliefs and thoughts – rather than keep them buried deep down. By expressing ourselves thoughtfully, we can better communicate, collaborate and build a community with others. At times of crisis, people come together to express themselves individually, and as a group, through the arts.

Grayson's Art Club

(graysonsartclub.com) is a series of online masterclasses to help unleash creativity during the Covid-19 lockdown.



Tip for keeping healthy during lockdown

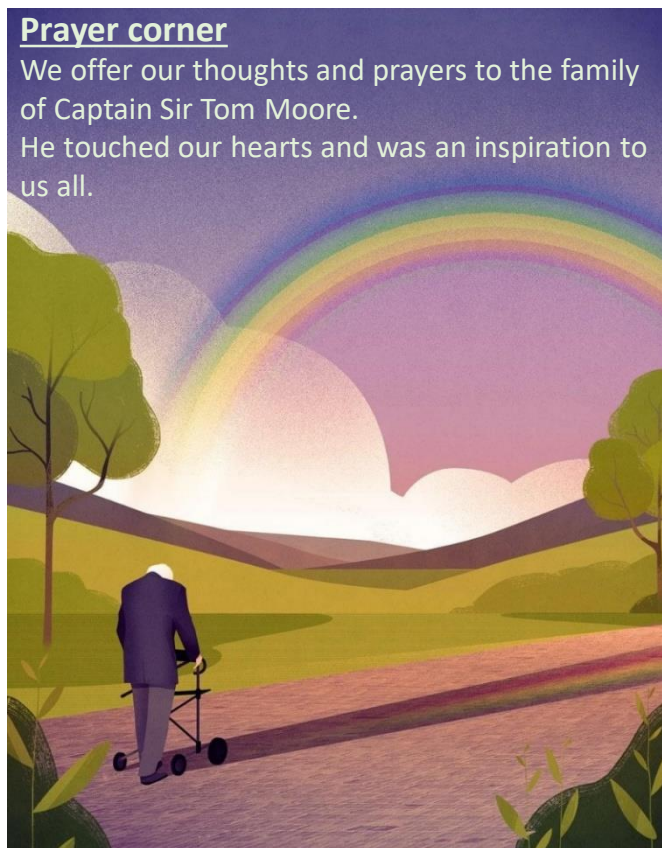
10,000 step challenge

During the first lockdown we were all in awe witnessing Captain Sir Tom Moore complete 100 laps of his garden before his 100th birthday, a significant challenge for a 99 year old man. In honour of that, why not get out and about and aim to complete at least 10,000 steps a day. The benefits of this include weight management, increased concentration, increased mood and an increase in muscle strength and tone. Why not make your 10,000 steps a bit more interesting and attempt to climb a mountain either each day or throughout the full week! Why not team up with some of your family/friends and see if between you, you could climb Mt. Everest in one day!

Virtual mountain	No. of steps	No. of flights
Scafell Pike	6,180	412
Ben Nevis	8,810	587
Mt. Blanc	30,420	2,028
Mt. Kilimanjaro	38,680	2,578
Mt. Everest	58,070	3,871

Prayer corner

We offer our thoughts and prayers to the family of Captain Sir Tom Moore. He touched our hearts and was an inspiration to us all.



Science in the news

Bye-bye batteries?

Piezoelectric materials turn their movements into electricity. Imagine never having to worry about your phone's battery when you're on the Go! A new technology might someday soon allow the fabric in your clothes to charge it.

Many materials can produce piezoelectricity. Crystals and ceramics, bones and even some protein molecules can be piezoelectric as well.

Scientists are looking for ways to use piezoelectricity to do work for us. These materials in clothing could charge our mobile phones while they sit in our pockets. Keyboards with piezoelectric keys could harvest electricity as we type. Devices could even use our movements to power themselves as they keep track of our health and fitness.

Pressing, squashing or twisting such materials produces an electric charge. Add a circuit to capture and store that charge, and you can convert motion into electricity.

Piezoelectric materials are not new. But getting them to make enough electricity to do useful work is. New projects offer a taste of how these unusual materials might power up devices. Who knows what will happen next.....



St Wilfrid's Bingo Challenges

Your challenge for next week is to try and get three activities in a row - horizontal, vertical or diagonal

Submit your entries of you doing each challenge on your tutor page!

<p>The Nike Living Room Cup Welcome to the #teamwilfrids version of Nike's #thelivingroomcup! Your #Week3 challenge... https://docs.google.com/forms/d/e/1FAIpQLSdMESYPn0yzBwoUvgX08Lh_YoJPLqNGXmBnVyVvk7XxhL33Fng/viewform</p>	<p>Wellbeing Activity Helping hand Think about people around you who you could talk to if you were feeling stressed. Draw around your hand and write their names in each finger. You can refer to this when feeling stressed and ask one of them for help. <i>Share how this helped you with your tutor</i></p>	<p>Assembly This week your assembly is about Our Lady of Lourdes <i>Share your assembly reflections with your tutor</i></p>
<p>Free Reading Book – Oak Academy Check out the link to see what the free book is this week: Virtual School Library Oak Academy (thenational.academy) <i>Share a review of the book with your tutor!</i></p>	<p>Aim Higher An excellent range of talks next week - particularly relevant for any budding linguists, mathematicians or anyone interested in digital media, film or tv https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/ <i>If you can't make it live, check out the recording afterwards</i> <i>Share your reflections with your tutor</i></p>	<p>Digital Literacy Using Word Online https://www.loom.com/share/3e7e204b338e48f1baff7953e8fdded5e <i>Upload an image or example of a piece of work where you have met this challenge</i></p>
<p>Interesting Fact of the Week Post your interesting fact of the week! It could be an event that happened on a day that week or a general knowledge fact. <i>Send your fact to your tutor</i></p>	<p>YouTube Song List for the Week Create Theme for this week is: Journeys <i>Create a YouTube playlist which reflect this week's theme. Share the link with your tutor</i></p>	<p>Documentary of the Week Review Tudor Monastery Farm Monday 3-4pm BBC2 <i>Share a review of this with your form tutor and history teacher!</i></p>

Facebook

Our Facebook feed is regularly updated with news for our school community.

Make sure that you are not missing out.



Joke of the week

What do you say to make an English teacher feel better?

There. They're. Their.

How we learn

Three Myths about how we learn

Throughout time, we have assumed many things to be true when they are in fact false. We now know the earth is not flat, whales are not big fish and burying a cat isn't the best remedy for toothache, yet some myths prevail within society. Here are some of the common myths about learning and the truth behind those misconceptions!

1. We only use 10% of our brains.

This is an old myth and one that suggests that if we could just use that other 90% of our brain we'd all be geniuses. In fact, brain imaging studies have found that although not all parts of the brain are used at once, but over the course of a whole day, just about all the brain is used!

2. We can multitask and learn whilst multitasking

Our brain can't pay equal attention to two tasks simultaneously. That is, focusing on two tasks at the same time with no loss of speed or accuracy is impossible! Studies show that completing one task then moving on to the next task is more effective for learning.

3. Making mistakes means you aren't learning effectively

A common myth is that if a learner is making mistakes they aren't learning properly. In 2014, a study found that our brain has reserved a specific space for the mistakes we make when completing a task. From there, we can recruit those memories and do better the next time we perform this task. Meaning our mistakes help us to improve and learn effectively!



Celebrating our work

Well done to all of our students – we are proud of all of your home learning ☺



Miss Hume: Year 12 Spanish yesterday each prepared a presentation on a different Hispanic festival and presented it live to their classmates via Meets and then took part in a Q&A afterwards - all in Spanish, of course.



Miss Hume: 'Our year 13s this week were also amazing! They took part in a live webinar with an academic professor from UNAM, Mexico's most prestigious university on Tuesday evening to discuss the novel we're studying, Como Agua Para Chocolate. They all took part in the Q&A and the professor was particularly impressed by the intuitive questions from our fabulous students.'

Miss Fairlamb: Some outstanding revision material creation by a student in 10B2.

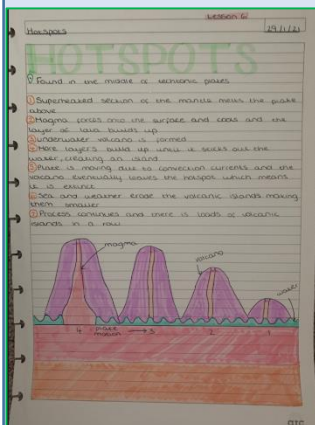
Topic 3&4 Revision		
	C18-19th	Modern
Causes of Disease	<ul style="list-style-type: none"> Miasma - Still believed in miasma. British government thought miasma caused cholera in India. Spontaneous generation - New 18th century belief that decay creates microbes. Germ theory - Pasteur - Germ experiments 1861 - Proved spontaneous generation wrong - was instead microbes in the air caused decay. Theorised that microbes caused disease in the body as well. Published work in Germ Theory of Infection 1876. Work inspired Lister to discover carbolic acid as an antiseptic. First to identify microbes which caused disease e.g. bacteria for TB (1882) and cholera microbe (1883) - proof for Snow's theory. Published methods in identifying microbes e.g. take microbes from the body and reproduce in a pure culture, reproduced in test animals then taken out of test animals. 	<ul style="list-style-type: none"> DNA/Genetics - 1900 Mendel theorised genes come in pairs and are inherited 'fundamental laws of inheritance'. 1953 new microscopes meant DNA discovered by Watson and Crick. 1980 Human Genome Project launched, 18 teams of scientists worked to map human genome. 2000 published findings - mapped genome and could find mistakes in DNA which caused illness. Now can be used to prevent illness but not treat yet. Lifestyle causes - Smoking causes lung cancer, tanning causes skin cancer, drug use/alcohol causes cirrhosis of liver, diet causes heart disease. Electron microscope - 1931 electron microscope developed by Ernst Ruska and Max Knoll. Optical microscopes could magnify 2000 times, but electron microscopes could magnify up to 10,000,000 times. Allowed to see DNA.
Treatments	<ul style="list-style-type: none"> New hospitals appeared (only 5 in the country in 1700) using donations from wealthy people. Not many, mainly still based in the South. Hospitals treated patients. Had doctors, surgeons and apothecaries on site. Became less sanitary, more infectious patients allowed. Diseases spread quickly. Nightingale - Crimea. Nightingale and 38 other nurses changed care of wounded soldiers; 300 scrubbing brushes, clean bedding, good meals. Mortality rate dropped from 42% to 2%. Changed nursing in Britain with the pavilion plan. Changed nursing into a profession. Opened Nightingale school for nurses in 1860. Surgical treatment - Anaesthetic - Uses chloroform to put patients to sleep. Reduces ether and laughing gas. A 14 year old girl dies because of it. Army and church oppose its use. Antiseptic - Lister - Carbolic acid stopped wounds becoming infected. Used Pasteur's knowledge. Death rate fell from 46% to 15%. 	<ul style="list-style-type: none"> Better diagnoses - X-Ray - discovered by roentgen in the 1890s. MRI - Internal images of the body. Endoscope - Internal image of the body created by a camera attached to a long tube. Medical treatments - Magic bullets - A chemical cure that attacked microbes in the body causing disease but leaving the body unharmed. Silvanus 606. Cured syphilis. Promised. Damage discovered it. Cured septicemia (blood poisoning). It prevented bacteria from multiplying - called bacteriostatic antibiotics. M&B 693. Cured pneumonia. Used to treat Chubbitt. Antibiotics - Anything that destroys or limits the spread of bacteria. Penicillin (1928) - made from microorganisms. Discovered by Fleming. Turned into a viable treatment by Florey and Chain. 1941 got funding from US pharmaceutical.

Mathematics Probability 03/02/2021. Evangelina

- 1a. 7
1b. 2
1c. (i) 2/36 (ii) 4/36 (iii) 5/36 (iv) 6/36
1d. (i) 2/36 (ii) 15/36 (iii) 6/36 (iv) 25/36
1e. (i) 18/36 (ii) 7/36 (iii) 15/36

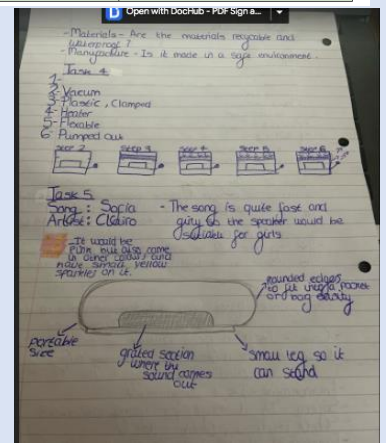
x	1	2	3	4	5	6
1	1	2	3	4	5	6
2	2	4	6	8	10	12
3	3	6	9	12	15	18
4	4	8	12	16	20	24
5	5	10	15	20	25	30
6	6	12	18	24	30	36

Mr. Fuller: Evangelina Johnson's (7RN) work from our live lesson yesterday. Not only was the content very tricky – looking at all the possible outcomes of two separate events – she also managed to conquer the formatting issues with the worksheet I uploaded and created her own table within to show her work.



Mrs Blyth: Rosie Tuck (8LS) completed the vacuum forming task to a high standard and designed a speaker that was fully annotated!

Miss Dunn: an example of outstanding work from Maisie Poulter in 9LS. Excellent poster on the formation of hotspots last week!



Top tip for learning at home

Each morning make sure that you plan out your day so that you are prepared for your live lessons and know which lessons will require you to work independently. Remember that if you follow your timetable, your teachers will be available via the typed chat function on Google Classroom – ask them for help if you need it!

