

WELL-BEING NEWSLETTER

PUPIL Issue 3



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Welcome to the third issue of our 'Work Hard; Be Kind; Well-being' newsletter!

There'll be an issue of this newsletter at the end of each week, until the end of the academic year (July).

This is your 'one stop shop' for information and resources to support your time out of school.

What is 'self-compassion'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about giving ourselves the same kindness we would give a friend.

Here's a short video which might give you some ideas about what 'self-compassion' means <https://www.youtube.com/watch?v=Ebz30roJz2E>

Support

Directory:

- <https://www.childline.org.uk/>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Activities and resources online

For all

Head space – Head space is an amazing app for mental health, which in turn helps our physical health. A lot the content on Head Space is now free for everyone and could be a really great new app in your life.

Secondary and Post-16

Students should keep logging into OneNote where everyone has links to their subjects. Teachers will set work virtually on here which will be reviewed and teachers will provide feedback where possible.

Visit places online

You can access some of the world's most amazing and famous places, galleries and museums from your house! Links to suggestions for this week:

Andrew Lloyd Webber musicals every Friday at 7pm live on YouTube - Jesus Christ Superstar the Musical is on Friday 10th April

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>

Virtual tours of world famous landmarks

<https://www.theguardian.com/travel/2020/mar/30/10-best-virtual-tour-worlds-most-famous-landmarks>



Getting to know us a little bit better

Student: Amelia Smith-Cowling

Crew: Crew Morris Year 8

If you could visit any country in the world where would you go and why: Kenya because I want to go on Safari or to Amritsar to see the first even Gurdwara.

What might you want to do as a career and why: I'd like to be a doctor as I've always loved helping people and I'm good at my sciences

Favorite movie: Spy.

What is your feel good song for the Easter holidays: Lizzo – Good as Hell.

What is your hidden talent: I can play the violin and some guitar.



Staff: Mr Williams

Started at Newark Academy: August 2019

Job before being a teacher: I worked for the military for over 25 years including as a solo violinist.

Name me 3 different events you have played at: The Royal Tournament, The Royal British Legion Festival of Remembrance and the Royal Edinburgh Military Tattoo.

What is your favorite TV show: I love to watch Only Fools and Horses!

Thing you probably don't know about me: I once performed for the Queen during her Western Isles holiday.



Explorer of the week

Jacques Cousteau 1910-1997 was an underwater explorer. After serving in the Navy he wanted to show the world the amazing sights he had seen whilst diving. In 1943 he and another French engineer invented the Aqua-Lung, the first ever scuba breathing device! He explored the oceans, make films and even turned a ship called Calypso into a floating laboratory.

Designer of the week

Vivienne Westwood 1941 is a British fashion designer and businesswoman who pretty much brought modern punk and new wave fashion into the mainstream. Her fashion is known worldwide and her clothes are now very expensive the things that makes her so creative is that she uses her fashion to make political statements e.g. against climate change, for equality and to get rid of weapons of mass destruction.



Podcast of the week

Podcasts are a great way to learn new things, chill out and get taken on a journey of discovery. This week's podcast is; My favorite murder!

<https://myfavoritemurder.com/>

Cooking from the cupboard

We challenge you to empty out the cupboard and do some cooking; this is great for relieving stress, anxiety and for being mindful. Some of the recipes we will use will be what your great grandparents used during WW2 when they lived in uncertain times and they had to use rations.

Lasagna

Cooking time: 1 hour

Serves: 6

Difficulty: easy

Link: <https://www.bbcgoodfood.com/recipes/classic-lasagne>

Once you have completed please email a picture and the winning one will be included in next week's edition - adaw@newarkacademy.co.uk

Gadgets away

Each week these games will require no technology. This is to give you some down time from your tablets/PC/computers – it's important to limit screen time and also to re-group as a family.

Lateral-thinking – Answers

- 1.** There are 6 eggs in a basket. Six people each take one of the eggs. How can it be that there is one egg left in the basket? **The last person took the basket with the egg in**
- 2.** A cowboy arrives in town on Friday. He stays 3 nights and then leaves on Friday. Explain **The horse was called Friday**
- 3.** A woman had two sons who were born on the same hour of the same day of the same year, but they were not twins. How is this possible? **She gave birth to triplets**
- 4.** A woman was pushing her car. She stopped pushing when she reached a hotel and realized she was bankrupt. Why? **She was playing monopoly and when she landed on the hotel she couldn't pay the fee**

5 coin dash – this game is all about math, forward thinking and keeping a poker face!

- 1.** Everyone playing gets 5 coins
- 2.** You decided how many coins you want to put in your hands 0, 1, 2, 3, 4 or 5.
- 3.** When you say go everyone puts their hand on the table, but closed in a fist so no one can see the coins – keep the other hand hidden under the table, you don't want people to know how many coins.
- 4.** Take it in turn to guess how many coins collectively are on the table.
- 5.** The person who gets it right is the winner.
- 6.** Keep playing until one person is left in and they are the loser of the game.



Recycling



We all understand the importance of recycling and now is a good time to put that recycling to good use. Every week we will have a competition to see who can come up with an ingenious idea to recycle or reuse common household waste:

Have to use: **anything in the recycle bin outside**

Could use: scissors, ruler, string, sellotape

Can't use: blue tak or glue

Once you have completed please email a picture. **Not only will the winning one will be included in next week's edition but you will get to pick the items to use next week** - adaw@newarkacademy.co.uk

Where am I?



Here is a geography riddle, see if you work out where in the world this is. Send in answers to bnelson@newarkacademy.co.uk - last week's answer was Base Camp, at the bottom of Mount Everest in Nepal

I am in a very busy street, many busy streets with yellow taxi's zooming everywhere. I can smell hotdogs and pretzels, I can hear men and women talking about business and tourists being amazed by the cities sights. I want to walk up to the massive park in the middle of the city and go to the Zoo and Metropolitan Art Gallery or maybe I should just go and walk across those famous bridges instead and get a picture for the gram!

Where am I?

Unusual animal of the week

Gharial

This is a species of crocodile that only lives in India. It is a skinny-snouted croc that has a very long nose with 110 teeth, which makes it highly adapted to catching fish. These species are so far that scientists believe there are only around 235 gharials in existence.



Social media stories

A lot of us use social media every day and it's our way of connecting with friends, family and the world. It can take us on wild adventures, provide escapism or sometimes just a really good laugh. Here are some of the posts from this week you might missed.

1. Adopt a grandparent - <https://chdliving.co.uk/adopt-grandparent>
2. Skiing in your house - <https://www.instagram.com/p/B-irDEyA3c1/?igshid=dwgm8hgaofz>
3. 91 year old Gymnast killing it - <https://www.youtube.com/watch?v=o625rylh3bY&feature=youtu.be>
4. Young man making a difference - <https://www.instagram.com/p/B-ntCQygr9K/>
5. People still knowing how to dance, even if just inside - <https://www.instagram.com/p/B-fnS7Tg2G4/>
6. Penguin goes walk about and meets someone new - <https://www.instagram.com/p/B-dhG-MAWB2/>



Student shout outs

Here at Newark Academy we know how hard many of you are working at home, a very unusual situation for you and yet you still show our GREAT values.

This week we wanted to acknowledge some of our students for showing EXCELLENCE and RESPONSIBILITY this past week in different subjects.



The following students have made Mrs. Rae very proud with your resilience and attitude – Grace F, Imyonie W, Sam C and Taylor P.

Shout out from Music – Mr. Williams has noted how amazing the following musicians have been, Mia B in year 8 for your fantastic work on the origins of the flute and Sienna B also from year 8 for her outstanding work on the Sound of Music with the Newark Youth theatre.

A massive well done to the following year 8 students whose work on Euthanasia and Life after death in RS has been outstanding – Grace S, Charlotte P, Aron N, Dylan C and Ben M.

Well done to the following year 7 students from Mrs. Ness who says you have been incredibly resilient when faced with IT issues which were stressful and you kept persevering – Kasey E, Lewis M, Elliot T, Darcie C and Lily S.