

Enrichment Time:

On your new, updated lockdown timetables, you will see that you have been assigned some 'enrichment' time. There seems to be no better time than to take some time out and to try some new skills that you otherwise don't have time to do in a traditional style lesson. You never know, the activities might help you to take up a new hobby or skill or find an interest in a topic you never knew you had that you could pursue in the future!

To support your enrichment sessions, the school would like you to sign up to at least 1 of the following Enrichment Google Classrooms. Staff from the relevant subjects will be assigning a range of challenges and projects for you to get your teeth into, with work being celebrated online or even with prizes!

You can sign up for one, two or even more enrichment classrooms to get a taste of lots of different subjects! It's up to you!

Google Classroom codes:

Art 'sticks and stones' project	bojnm2f
Drama – Years 7-9	l4jnyou
Drama – Years 10 -11	hsaxkln
English – Years 7 – 9	4rookqx
English – Years 10-11	eb6soxb
Food Tech Year 7	3kc6h5p
Food Tech Year 8	6apj7xz
Food Tech Year 9	pnlaeb
Geography KS3 and 4	gtoorxx
History – Year 7	6xkzy5q
History – Year 8	m3hvcav
History – Year 9	dgpjpkw
MFL KS3 and 4	lmc7fxa
Science	myrwdxq

Cultural Time:

Once a week, we'd like you to build on your knowledge of other religions and cultures. Activities for these sessions can be found in your appropriate year group 'Cultural' Google Classroom (codes below).

Year 7	4fiyufz
Year 8	ijuiexc
Year 9	3qfi4bj
Year 10	7nc6zdk

Reflection Time:

Let's face it, a global pandemic is a major, historical event. We are all having to adjust to a new way of working and looking after ourselves. Use this time on your timetable to reflect upon your academic and personal well-being. Here are some suggestions of things that you can do to best use this time.

Task	Useful resources
Have you done a piece of work that, on reflection, wasn't your best effort?	Teacher feedback on Google Classroom.

<p>Go back and have another go at it, thinking about what your teacher has told you to work on. Make it a piece of work to be proud of.</p>	
<p>Got behind on a subject? Use this time to catch-up so you feel more positive about school.</p>	<p>See what work you haven't 'turned in' on Google Classroom.</p>
<p>Need some time out to escape from it all?</p> <p><u>Why not use this time to:</u></p> <ul style="list-style-type: none"> • Read / listen to a good book for pleasure? • Do some mindful colouring? • Play a musical instrument? 	<p>Audible have free books throughout lockdown.</p> <p>Teen books + Reviews Books The Guardian</p> <p>Mindfulness Coloring Pages at GetColorings.com Free printable colorings pages to print and color</p>
<p>Are you getting outside enough? Fresh air is so important for our well-being, whatever the weather.</p> <p>If it's throwing it down outside, try out a fun online exercise video.</p>	<p>Mr Kemp on @disshighPE is running daily exercise sessions.</p> <p>Joe Wicks PE lessons / 7 days of sweat challenges.</p> <p>Oti Mabuse's dance classes on youtube.</p>
<p>Celebrate your own achievements: what have you done this week that you feel really proud about? Share this with someone in your family or with your friends.</p>	<p>A little song for some inspiration: Heather Small Proud (2005) Music Video - Bing video</p>
<p>Are you eating healthily?</p> <p>Think about the meals and snacks you have been consuming this week. Are they helping you to keep healthy during lockdown?</p> <p>Why not sit down with a member of your family and help to plan next week's food shop, thinking about how you can help to prepare healthy meals and snacks for your family now and in the future?</p>	<p>Teenagers - British Nutrition Foundation</p>
<p>Mindfulness activities – try out a 'mindful walk' or a 'mindful breathing' activity. We all need time out and to appreciate both ourselves and the world around us.</p> <p>Click on the links and have a read of the articles to see if any of the activities suggested for use in schools are of interest to you.</p> <p>If you find a good one of your own, share it with your tutor group for everyone to try out!</p>	<p>Mindfulness for Children: Fun, Effective Ways to Strengthen Mind, Body, Spirit - Hey Sigmund</p> <p>5 Minute Classroom Mindfulness Activities Mindfulness for Children (teachstarter.com)</p>

Future Aspirations:

To help you feel more motivated about your learning, it's always good to have an idea about what your future goals might look like. During your 'Future Aspirations' timetabled session, work through some of the activities that your tutors have given you in your Careers activity booklets, or explore your year group Google Classroom.

Year 7	Tutor - activity booklet
Year 8	Tutor - activity booklet
Year 9	Tutor - activity booklet
Year 10	itdscg
Year 11	y6qivo2