



STATIONERS' CROWN WOODS ACADEMY

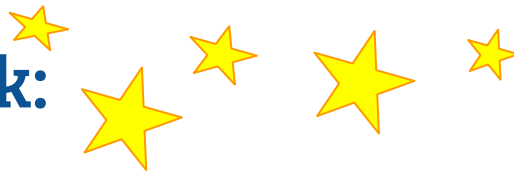
Student Bulletin

Issue 4

01/02/2021

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Tutor Time This Week:



Monday 01.02.21 - Log onto your Tutor Group Google Classroom and Read the Online Safety Friday Fact Sheet posted last week (You will find this under 'Notices'.)

Tuesday 02.02.21 - Log onto your Tutor Group Google Classroom and complete the Literacy Task posted by Ms Root.

Wednesday 03.02.21 - Log onto your Tutor Group Google Classroom and complete the PSHE Baseline Assessment.

Thursday 04.02.21 - Log onto your Tutor Group Google Classroom and work through the posts under notices, making notes of anything that is relevant to you and completing any outstanding tasks.

Friday 05.02.21 - Log onto your Tutor Group Google Classroom to see your Tutor Live on a Google Meet with the rest of your tutor group for a Fun Catch Up!

Last week's Literacy Tutor Time Winners

Were :

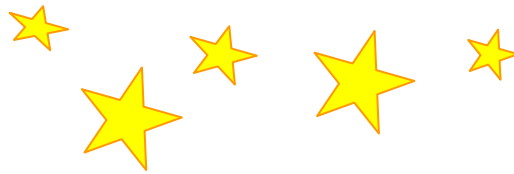
Charlie Willoughby 11GLD

Moses Eko 7RPN

Zakk Cubbage 7HYS

Toby Cook 10ADN

Anna Sorensen 9SWO



WELL DONE!

**A PRIZE
IS ON
ITS
WAY TO
YOU!!**

Year 7 and 8 Accelerated Reader League Table

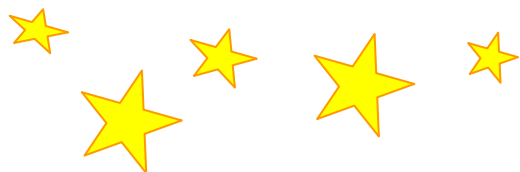


ASHDOWN

**WELL DONE
7LWN !**

7LWN	838,812
8DSS	563,148
7LTS	530,336
7SWY	356,789
8PMT	310,839
8MSR	209,521

Year 7 and 8 Accelerated Reader League Table

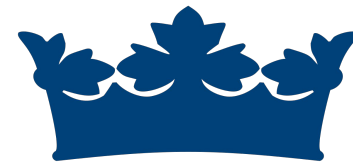
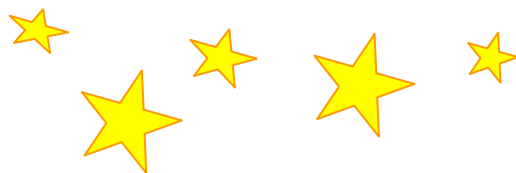


SHERWOOD

**WELL DONE
7ACD !**

7ACD	1,429,095
7CNN	916,985
8GKE	428,243
8HMD	233,650
8TBY	143,389
7HWD	52,101

Year 7 and 8 Accelerated Reader League Table

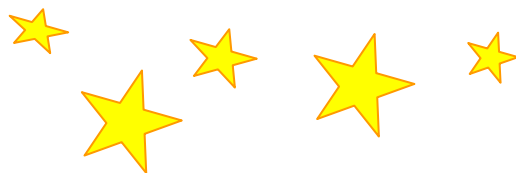


DELAMERE

**WELL DONE
8APA !**

8APA	6,410,035
7HYS	5,144,035
8MPN	4,770,824
8IAN	4,746,518
7SWE	4,128,334
7RPN	3,764,101

Meet An Author

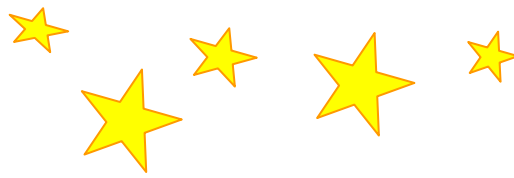


Each week the Oak Virtual Academy are streaming a chance to hear an author speak about themselves, their writing and their 3 favourite books.

Why not take a look? The link has been posted in your Tutor Group Google Classroom by Mrs Root.



Reach for the Stars! Information Tech



We'd like to specially congratulate the excellent work that Natalia N B in 7HYS Delamere has been up to in her lessons recently. The class (along with the rest of Y7) have been doing some basic programming and game making, but Natalia has taken this to the next level and used industry standard software to complete some quite impressive game concepts.



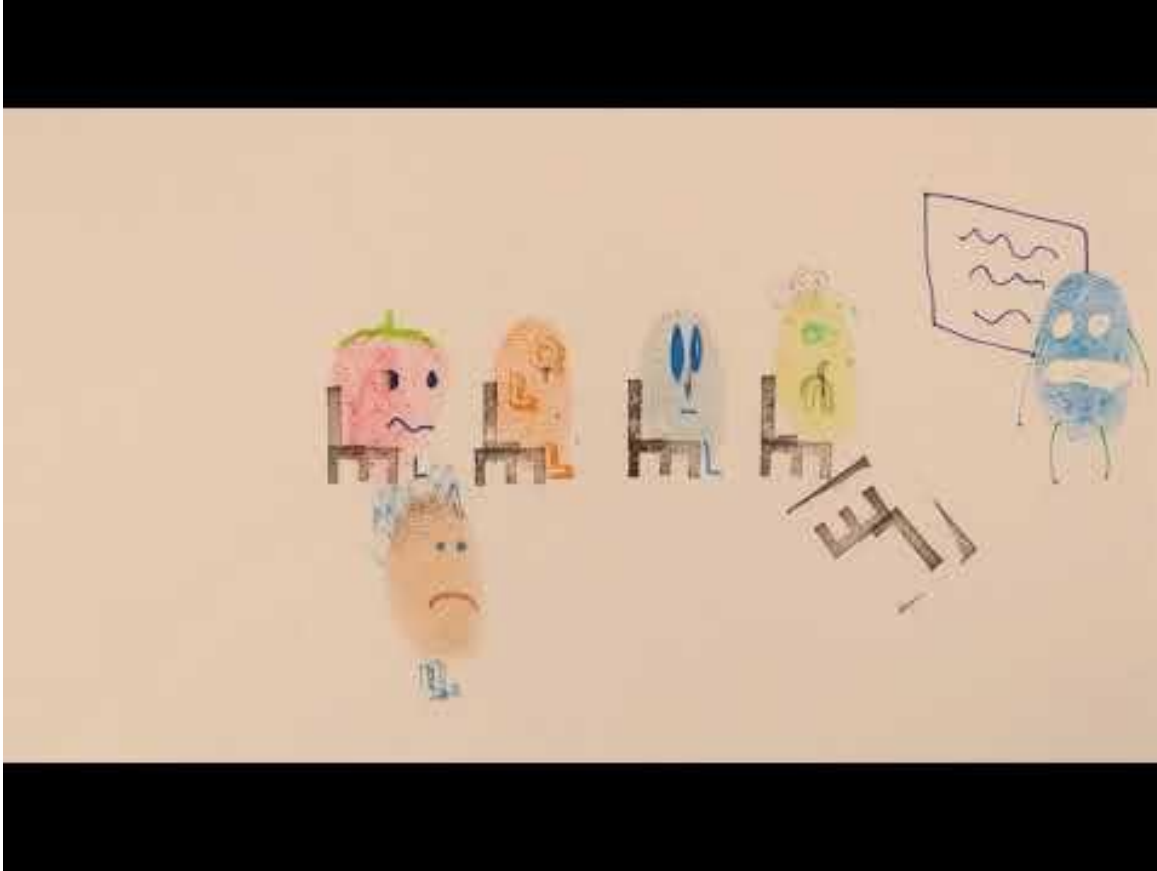
Natalia had a blast demoing her computer game to the rest of the class in our lesson and we can't wait to see what she comes up with next!



Children's Mental Health Week (1st-7th February)

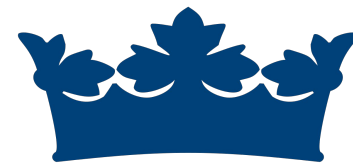
Theme this year: 'Express Yourself'

What is mental health?



time to change

let's end mental health discrimination



#asktwice

Run by



time to change

let's end mental health discrimination

**We asked young people what
small things people have done
that have made a big difference**



Things like not making me feel bad when I have to cancel plans, sending me something kind in the post.

Katie

Through being open with a friend about my mental illness - she then opened up to me about her struggles and how she was coping.

Tasha



Department
of Health &
Social Care

FUNDED
BY

**COMIC
RELIEF**



NATIONAL
LOTTERY FUNDED



Run by





Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

For ages: **11-25**



Sign up for free at **Kooth.com**

Movement breaks



When studying at home and sitting in front of a computer screen for long periods of time, it's important that you take regular movement breaks. Try some of these:

Squat High Knees

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees as if sitting in a chair.
3. Stand up straight.
4. Lift one knee high.
5. Repeat, this time using the other knee



Mountain Climbers

1. Get on your hands and feet.
2. Bend one knee and bring it to your chest.
- 4.. Repeat with your other knee.



Knee Lifts

1. Hold your arms out to the side at about chest height.
- 2V Keep your arms straight.
3. Lift your knee high up to your elbow.
4. Keep your back straight.



Movement Break 4 (45 seconds)

Lunges

1. Start with your feet together.
2. Step back with one leg.
3. Touch your front foot with your hand. 4. Stand up straight.
5. Repeat with your other leg.
6. Keep going!



Lung & Punch

1. Start with your feet close together.
2. Step one foot backwards and bend your knees.
3. Punch out with one hand.
4. Stretch your arm out forwards.



Deep Breathing.

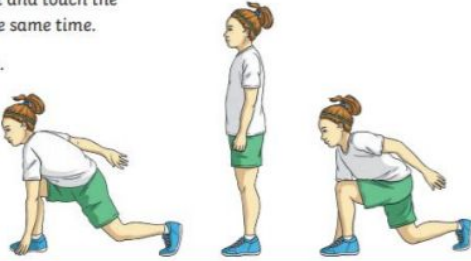
1. Sit completely still
2. Close your eyes
3. Take 10 deep breaths

Movement breaks



Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



Slow Motion Burpees

1. Start with your feet shoulder-width apart.
2. Bend your knees and place your hands down on the floor in front of you.
3. Step back with one leg and then the other so that they are both straight.
4. Step forwards with one leg and then the other leg.
5. Stand up tall, stretching your arms above your head.



How many can you do in 35 seconds? It's you against the clock!

Movement Break 1 (50 - 60 seconds)

Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



Running on the Spot

1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.
3. Try facing different compass directions, such as north, south, east and west.

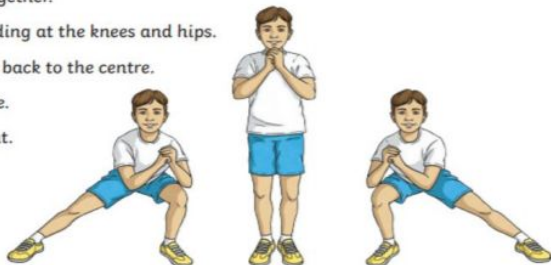


Movement breaks



Side Lunges

1. Start with your feet together.
2. Lunge to one side, bending at the knees and hips.
3. Step your lunging foot back to the centre.
4. Lunge to the other side.
5. Keep your back straight.



Box Push-Ups

1. Start with your arms straight and your hands and knees on the floor.
2. Lower your upper body down towards the floor by bending your arms.
3. Straighten your arms to bring your upper body back up again.

The lower you get to the floor, the harder this exercise will be.

How many can you do in 35 seconds?

You will feel this in your arms and upper body!



Movement Break 4 (50 - 60 seconds)

Squat Hold with Punches

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

Can you feel it in your legs?



Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



Mental Health Support for Parents



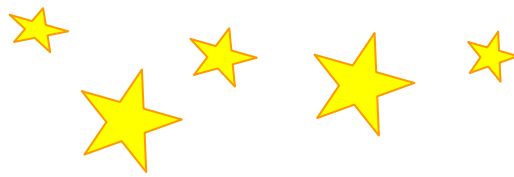
<https://youngminds.org.uk/find-help/for-parents/>

Parents Survival Guide:

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Reach for the Stars!

PSHE



On Wednesdays and Thursdays we post PSHE lessons for students to work on individually. Last week, lessons were about the importance of sleep to keep a healthy mind. The following students submitted their amazing work on the True or False Sleep Quiz and it was great! Well done!

Tiffany O' in 7CNN

Kylan M in 8HMD

Jessica Barnes in 7LWN

Georgie F in 7LWN

Annabella J-B in 9LRO

Ava Hughes in 8GKE

Julia S in 8APA

Mia C in 9LRO

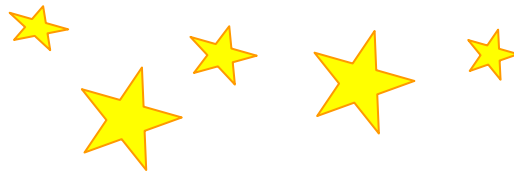
Freddie Hunt in 7LWN

Rhys M in 9PBE

Holly Evens in 7HWD

Charles B in 9PBE

Reach for the Stars! English



Ms Galip in the English Department has nominated Aman D in 8IAN as one of the most exemplar pieces of work on Dystopian Fiction, where close reading skills are really on show! Here is an extract of the work:

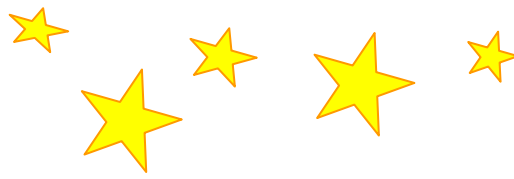
The writer presents love as a disease in this extract by using words and phrases. This is displayed in the quote, “Writhing in my veins like something spoiled, like sour milk (11)”. The verb ‘writhing’ describes the disease as a sort of vermin. It is squirming in her veins and she desperately wants to get rid of it. The verb writhing also means a twisted condition or state. This could be interpreted as love changing her state and modifying her emotions and that is why it must be cured. ‘Something spoiled’ might mean that the character is describing love as expired. It is something that was meant to exist in the ‘dark days’ and now it has passed its expiry date and must be disposed of. The character describes the disease as ‘sour milk’ which suggests it is something to be extinguished. It might also mean that because it has passed its expiry date it might not be good for you and that is why people must be cured from it so they do not fall ill. Furthermore, the author presents love as a disease by using language features and techniques. This is shown in the quote, “diseased girls dragging their nails on the pavement, tearing out their hair, their mouths dripping (12-13)”. In this quote, the author is using the rule of three because they want the audience to remember that specific bit of information.



Well done Aman D in 8IAN, Delamere!



Reach for the Stars! Art

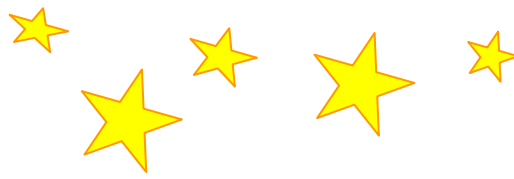


**There are no words to
describe the
absolutely beautiful
pictures created by
the amazing artist,
Libby M in 9PBE,
Sherwood - check
them out!**



Reach for the Stars!

Art

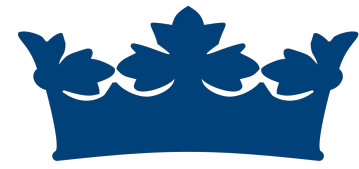
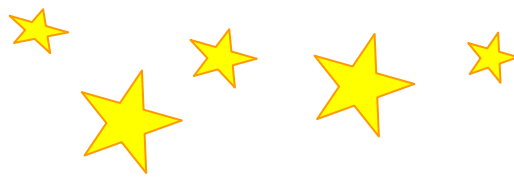


**And another one by
Libby M in 9PBE,
Sherwood.**



Reach for the Stars!

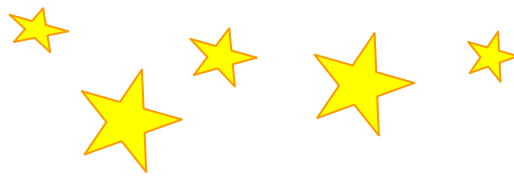
Art



Chloe R in 8MPN Delamere has been nominated by Mr Preston for her amazing Art lockdown project! Absolutely beautiful work!



Reach for the Stars! Remote Learning



See a message for Ms Khan who is so pleased with the entire class of 8MSR and the engaged, hard working attitude they are displaying in all Remote Lessons! Well Done 8MSR students!

'I just wanted to take some time out to let you know how fantastic 8MSR as a whole have been with online learning and live lessons.

They are engaging well in lessons and producing a great quality of work across all their subjects I have been seeing their work and am really pleased, they have good behaviour, and sometimes finish tasks before the end of the lesson they are ahead in geography and are doing very well in ICT, all their teachers are pleased with them as am I.'

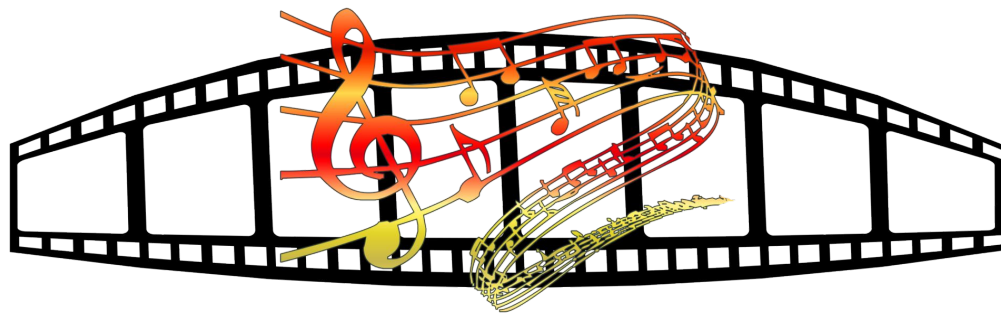
Miss Khan

Notices:



WORK *FROM* HOME* LEARN* FROM* HOME*
SING * FROM *HOME

Join the VIRTUAL CHOIR! We will send out a song for you to learn and record at home, then we create one big virtual choir by putting all the voices together... easy-peasy! Join the Google Classroom to get the materials and the dates for recording.



Notices:



National Oak Academy & The National Literacy Trust Free Remote Library for Students

Click on the link here to access the Free Virtual Library, where students will get a video from a famous author and a copy of their book to read online!

<https://library.thenational.academy/>

Try something new!



THE AMAZING SCWA LOCKDOWN SONG WRITING COMPETITION!

Check out the following pages for more info!

**You don't even need to be a singer! Songwriting is about
expression! With words! And we can all use them! So do it!
What's there to lose?**



Are you a budding songwriter?

The music department is setting you a challenge to write your own song about lockdown life.

The winning song will be recorded in our music studio as part of our 'Lockdown Project'.



So how do I submit my song?



-Your song could be about home learning, missing your friends or it could be motivational to help others get through this time.

-Your song can be in any style, but must be appropriate.

-You can use your own instruments at home or use the attached backing track. (see next slide)

Send a recording of your song to joanna.doyle@scwa.org.uk by 22nd February



E MINOR

This is also available on Spotify and Apple music without the channel name spoken towards the end.

Search for 'emotional backing track in E minor alive' to find the track by Tom Bailey.

