



Happy Easter Holiday!

Dear Students,

Firstly, we wanted to start by saying a big 'well done' for getting yourselves through the last two weeks of the Spring term in what have been the most unexpected and unsettling circumstances for us all. You should also be saying a big 'thank you' to those parents/carers who are helping you through this too.

It is important that we all take a break during the Easter holidays but some structure to your days is still important given the fact we are in lockdown. We suggest you could:

- Catch up on any work previously set you have not yet managed to complete
- Complete any homework tasks set specifically for the Easter holiday
- Read for pleasure as much as you can
- Take our **5-day Kindness & Wellbeing Challenge** – it is realistic and achievable so give it a go!

The **5-day Kindness & Wellbeing Challenge** involves completing the 25 activities listed through this issue of the Student Bulletin across Monday to Friday of this week. Each day you could choose one activity from each of the 'Five Ways to Wellbeing' sections (Be physically active / Notice / Keep learning / Connect with other people / Give to others) meaning you will have completed all 25 activities by the end of the week. These will all be very positive for your mental health and wellbeing, as well as showing kindness to other people, which is good for their wellbeing and mental health too.

Next week will be more of a focus on your subjects in a general sense, in preparation for the start of the new term the week after, the future (Careers Education) and practical skills. We hope you are well and are thinking of you all at this time.

All the staff at Perschore High School

Be physically active

The current guidelines allow us to take one form of exercise per day. You must:

- Maintain a social distance of more than 2m for anyone outside your household, wherever you go
- Exercise alone or with members of your own household
- Gatherings of more than two in parks or other public spaces have been banned
- Stay local and try to use spaces near to your home
- Take hygiene precautions when you are outside, wash your hands as soon as you are back indoors

Need more variety to your physical activity? Consider the following (they will all need to be done within your house/garden or with household members only):



1. **Make your own exercise video**
2. **Try to do 5,000 steps in the day**
3. **Create a new sport & try it out**
4. **Learn a dance**
5. **Play Twister (or similar)**

NOTICE

**For your own wellbeing and mindfulness try to survive one day without:
the internet and/or social media and/or your phone!**

Consider the wellbeing of others by noticing how much they do for you. Help them by doing the following without being asked to, or telling them:



1. **Tidy (all) your bedroom**
2. **Change your bed linen**
3. **Hoover your bedroom**
4. **Do your own washing**
5. **Wash up or load the dishwasher**

Keep learning!

Although it is the Easter holidays, there is no need to stop learning given the fact we are in lockdown this is probably even more important!

Try out at least one thing in each of the categories below from the choices given (for help and information if required go to YouTube or ask family members):

1. Draw/Paint:

Yourself in anime style / A family member's face in the style of Picasso / Stones for the garden or doorstep / Your favourite animal with your eyes closed / A portrait using your non-writing hand / A mask for a Venetian festival

2. Make:

An omelette / A boat / A reading den / A music video / A flower press / A stop motion animation / A picture out of things you have foraged e.g. leaves, sticks, twigs, stones / Your work space more appealing / A Family Tree

3. Design:

A alternative UK flag / A computer game logo / A new skyscraper / A board game / A game character / A piece of clothing / A drone / A new futuristic mode of transport

4. Learn (or start to):

10 useful things to say in a new language / Basic First Aid / Sign Language / 122 times tables (up to 12 x 122) / How to draw in 1-point perspective / How to use tools / How to do a basic 10-point essential checks on a car

5. Write:

A play / A powerful speech about how we can reduce plastic / A menu for a vegan / A poem / A letter to a local care home to cheer up the residents / A letter to yourself for Christmas about self-isolation and how you are feeling / Your own crossword



If you have any helpful examples, ideas or things you have done that could be included in a future issue, please email: studentbulletin@pershire.worcs.sch.uk

Connect with other people

Think about how you can provide emotional support for others who need it just as much as you. Every time you connect with someone you provide this:



1. Send a 'thinking of you' card to Grandparent or loved one
2. Write a 'thank you' letter to a Key Worker you know
3. FaceTime a friend
4. Read a book to a sibling or parent
5. Shout 'Hello' and wave to a neighbour when you see them; ask how they are

Give to others

These can be testing times for everyone, so show a little kindness to others at home. It is surprising how good this will make you feel too:



1. Offer to make a cup of tea coffee
2. Help to prepare a main meal for the family
3. Bake a cake for all to enjoy
4. Pay someone a compliment
5. Create an Easter Egg Treasure Hunt



CORONAVIRUS
STAY AT HOME
SAVE LIVES

The only reasons to leave home are to:

- ✓ shop for basic necessities, pick up medicine, travel to work when you absolutely cannot work from home and exercise once a day – alone or with members of your household.
- ✗ Do not meet others, even friends or family.



CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES

Send a photograph via Twitter of an A4 piece of rainbow artwork you've created for the new Nightingale Hospital in London to:
#RainbowsForNightingale

