



Preparing for the summer term

Dear Students,

We hope you had a good Easter weekend and enjoyed taking our '5-day Kindness & Wellbeing Challenge' in the run up to Easter.

Our advice for the remaining week of the holiday remains the same but this week you do need to be gearing yourself up for the start of the summer term. Therefore, you could still be catching up on any work previously set that you have not completed, completing any homework tasks set for the Easter holiday and reading for pleasure as much as you can.

In addition to your school work, our focus remains providing opportunities to help educate you in how to look after your mental health and wellbeing during this period of lockdown. Amongst other things, this issue gives you the opportunity to:

- reconnect with your subjects by giving you the chance to debate some topical issues
- learn how to prepare yourself for the future and what might come next (Careers Education), and
- develop some useful practical skills (whilst helping others at the same time!)

The thread that runs through this issue is not just that you are connecting with others, which is important, but how you might improve the quality of these connections. One way is to talk to others about all of the issues and activities raised in the 5 different 'ways to wellbeing' sections of this Bulletin, another is talk about the things this Bulletin suggests you try.

We continue to think of you all at this time and hope you are all remaining safe and well.

All the staff at Perschore High School



Be physically active

We know many of you are taking advantage of the encouragement to exercise during lockdown to stay healthy and try to get fitter

As well as being physically fit it is very important to be mentally fit too. NHS's CAMHS (Children and Adolescent Mental Health Services) have created a new App for young people to provide a safe anonymous platform for you combining digital media, instant messaging and games to provide help and support. Go to:

www.camhsbestie.co.uk



Charlie Manning MSAM is running or cycling 5 miles every day for 30 days to raise money for Worcestershire Health & Care NHS Trust Charitable Funds and other related charities.

He is currently on Day 9 (Tuesday 14th April).

If you would like to support him, please go to: <https://gf.me/u/xva7t3>
Good luck, Charlie!

NOTICE

Whilst we may not be able to go out and about at the moment, why don't you visit some of these well-known places, to see and notice some new things, from the comfort of your own home. Here are some of the collections and virtual tours from the best galleries and museums London has to offer. Each have wide-ranging collections covering many unexpected items:



Science Museum Group:

<https://collection.sciencemuseumgroup.org.uk/>

Natural History Museum:

<https://www.nhm.ac.uk/>

Imperial War Museum:

<https://www.iwm.org.uk/collections>

The V&A Museum:

<https://www.vam.ac.uk/collections?type=featured>

The British Museum:

<https://www.britishmuseum.org/collection>

London Transport Museum:

<https://www.ltmuseum.co.uk/collections/collections-online>

The National Museum of Computing:

<https://my.matterport.com/show/?m=Vz8kCqGRJQA>

Keep learning!

There is always time to gain new knowledge or develop a new skill, even during a holiday:

1. **Your future:** Find out what career path you might take, what to study and how to get there. Each area has helpful interviews, advice and links to set you off in the right direction:
<https://successatschool.org/careerzones>
2. **Online safety:** Make sure you are up to date with your knowledge of how to stay safe on your phone, tablet or computer:
<https://www.thinkuknow.co.uk/>
3. **Enter a competition:** *Never Such Innocence* aims to give children and young people across the world a voice on conflict throughout history and today, through art, poetry, song and speeches. Find out more at:
<https://www.neversuchinnocence.com/2019-20-competition> (the deadline is 1st May 2020)
4. **Learn a new skill:** Probably the most useful skill any young person can equip themselves with for the future is an accurate and fast typing speed. Learn to 'touch-type' for free at:
<https://www.typingclub.com/>
5. **Develop an opinion:** Should we...
 - limit screen time during lockdown when it is so important to stay connected?
 - genetically engineer animals & plants?
 - learn non-European languages only now we are no longer in the European Union?
 - say that the microscope or the printing press is the most important invention?
 - get to vote in the US elections if they are the most powerful nation in the world?
 - say the first aeroplane or the latest one is the greatest technological innovation?



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

Connect with other people

Happy Easter from the Geography Department, here having a meeting in very fetching Easter bonnets...



Now that we are all connecting, we should focus on the quality of those connections.... so why not:



Pick one of the issues in this Bulletin and debate them with someone you know. You could each take a side, research as many arguments for your side of the debate as you for can and see who has found the most persuasive arguments

Give to others

Last week we recommended you show a little kindness to others at home. We gave you 5 things to do to be kind; here are 5 more offers you could make:



1. Do some gardening or weeding
2. Clean the windows
3. Do some ironing
4. Clean the oven
5. Watch someone else's favourite film, or listen to their favourite album, together

HM Government

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.

NHS

CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES

Don't forget to join in with the national #clapfourcarers at 8pm on a Thursday night to thank our NHS & Care workers, along with all other Key Workers