



What a great start to the new term!

Dear Students,

We wanted to start by saying how impressed we have been with how you have started the new term; everyone is trying to make the best of our current lockdown circumstances. Just as we as teachers are adjusting to new ways of setting work, marking work, teaching lessons and connecting with you, you are adapting too and meeting the challenges head on.

Our focus at this time remains your safety and wellbeing. Remember to follow the NHS's Five Ways to Wellbeing (*Be physically active, Keep learning, Connect with others, Notice (how you are feeling) & Give to others*); it is probably most helpful to use these as a checklist and try to choose something to do each day that is an example of each of these. We have been enthralled by the variety of ways you are learning new things, relaxing, studying, gaming, connecting with family, baking, finishing projects previously started, being productive, reading, challenging yourself, doing something different, broadening your interests, exercising, helping, supporting, caring, growing as a person and most importantly, looking after yourselves.

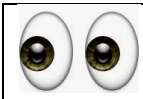
We know learning is possible in a number of ways and not just completing tasks that have been set by your teachers, but you should aim to achieve what you can that has been requested by school staff. We have tried to capture some simple reminders in the 'Keep learning' section as to how to make sure you are up to speed with our new ways of teaching and learning; judging by the numbers of you participating in lessons and amount of work being submitted to teachers, you are getting to grips with following our guidance. Do get in touch with your House Team or teachers should you need to.

We hope you are all remaining safe and well.

All the staff at Perschore High School.



SUBJECT IN FOCUS – HISTORY



Follow us on Twitter for more history updates @historyphs1



Write:

- Create a piece of Historical Fiction, open to all years. There are prizes and guidance on the website. You could pretend to be Elizabeth I, witness the Pendle Witch trials or be a reporter looking at Hitler's rise to power:



<https://www.history.org.uk/secondary/categories/531/news/3451/write-your-own-historical-fiction-competition-2020>



Do:

- Make your own anatomical manikin - you can actually make your own human being! Go to the website for further details: <https://history.rcplondon.ac.uk/blog/make-your-own-anatomical-manikin-human-anatomy-model-inspired-andreas-vesalius>

Watch:

- BBC Bitesize are running 'Daily lessons' for all year groups. They combine their great history videos with activities: <https://www.bbc.co.uk/bitesize/dailylessons>

SUBJECT IN FOCUS - LITERACY

'It is what you read when you don't have to that determines what you will be when you can't help it.' Oscar Wilde

Although you can't visit a library for now, remember that there is still so much available to help you escape through reading. A few sites of the many you could try are:

www.lovereadng4kids.co.uk
www.shakespeareweek.org.uk
www.worldbookday.com

Alternatively, have you:

- Got an ereader such as a Kindle or Kobo? You could download the Kindle app.
- Got a pile of new books waiting somewhere that you never got round to reading?
- Got several favourite books that you could re-read to discover something new in them?

Why not design a book cover or poster, invent another character or follow an author's blog? Remember:



Be physically active

There are so many great ideas of how to keep yourself active; the London Marathon (26.2 miles) would have taken place yesterday (26th April) and Cancer UK came up with the idea of asking people to take part in 'The 2.6 Challenge' to help raise vital funds for UK charities – did you take part? (cover 2.6 miles; exercise for 26 minutes; complete 26 repetitions, etc). Look out for more great ideas like these to get you motivated.

One student combining keeping active with raising money for good causes is Olivia Weaver MLK. She is running 5km, 6 days a week, until we are out of lockdown, raising money in aid of WORCESTERSHIRE HEALTH AND CARE NHS TRUST CHARITABLE FUNDS AND OTHER REALTED CHARITIES – well done Olivia!

You can read more and donate here:

https://www.gofundme.com/f/jxd58g-5k-a-day?utm_source=whatsapp-visit&utm_medium=chat&utm_campaign=p_cp+share-sheet.

Olivia would be very grateful for any donation saying:

'Thank you in advance for your contribution to this cause that means so much to me'.

Keep learning!

Finding out what you need to do:

Check epraise and your school email on a daily basis (Monday to Friday) to see what work you have been set (or ClassNotes / Teams, if appropriate)

Where to go to find the resources you need:

Use the documents or follow any links provided through epraise / ClassNotes, etc. Resources may also be found on the Shared Area in a folder titled: '___Emergency Closure Lesson Resources'.

The folder will be at the top of the list in the shared area.

Within this folder there will be subfolders for each year group and then within that each subject

Saving your work:

You should create a folder within each of your subject folders in your network area with the title:

'School Closure Independent Learning Activities'

All work produced should be saved into the relevant subject folder.

Individual pieces of work should be given a title, which follows this format:

'Subject – Title – Date' (e.g. History – Causes of WW2 - 270420)

Sending work to your teachers:

epraise: Click on the 'Submit online' icon.

Drag your file from your desktop (having put it there first) into the blue box, or 'click to choose' where you upload it from.

Click 'Upload' when the correct document has been selected

Class Notes: You should save work into the allocated 'Student Notebook'

Managing your time:

Use the Planner in epraise (under the 'Me' tab).

Where it says 'Show', click 'By set date'; you can then see what you have been set for that day.

Aim to complete the work labelled as 'Essential' or that you are asked to 'submit online' in the first instance.

When you have finished a piece of work click 'done'. This will make the small square in the corner go green so you can quickly see what still needs to be done.

Connect with other people

Joining in with virtual lessons and Tutor Time

Check your school email every day to see when you have been invited to a virtual lesson; click 'Accept' to let the teacher know you can attend. (these will coincide with your actual timetable – this week is Week 2!)

You can join a lesson by clicking on the 'Join Microsoft Teams Meeting' link in these emails at the time when the lesson is due to start.

The lessons are recorded so you can catch them later if you miss them.

NOTICE

Are you feeling stressed/anxious/low or just need someone to talk to?

THERE IS HELP!

Our School Nurse, Sandra Wakelam, is going to run a Telephone Drop In.

It's easy to access!

Text **your name**, that you attend **Pershore High School**, and that you would like to talk to **Sandra Wakelam**.

The number is: **07507 331 750**.

Sandra will get back to you as soon as possible.

If, on the other hand, you are happy to speak with a different school nurse, then you can text on the same number, just don't mention Sandra's name.

Give to others

Annabel King AKW has been helping people in her street by giving away mint and baby tomato plants for free.

She chose to do this to give other people the chance to grow their own food in case the supermarkets were running out. She started this on 6th April. Along with her younger sister, she made some signs saying they were free and another one to ask for more plant pots so they could keep up giving the plants away (next to her 'thank you' NHS sign out made out of lollipop sticks and pipe cleaners). Annabel explains:

'We had 3 tomato plants last year in our greenhouse and they self-seeded. There are still about 100 tiny tomato seedlings in the greenhouse ready to be given away.'

'On the first day of putting them out on the bottom of my drive, they were all gone by the afternoon! We have been doing it ever since.'

Lots of people on her street have now got one and so have other people in her village. Well done, Annabel!



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



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