



# SIR THOMAS BOUGHEY BULLETIN



15<sup>th</sup> January 2021

## HAPPY NEW YEAR

We would like to take the opportunity to wish you all a happy and safe new year.

It has not been the start to the year we had all hoped for, and there's certainly a case of déjà vu in terms of remote education, but we are once again delighted with the resilience and adaptability of our students as they find themselves engaged in remote learning again. We are really pleased with the level of attendance to the lessons since returning in January, and we would like to thank you for your support with this.

**ACTION CALENDAR: HAPPIER JANUARY 2021**

**MONDAY**    **TUESDAY**    **WEDNESDAY**    **THURSDAY**    **FRIDAY**    **SATURDAY**    **SUNDAY**

**"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi**

<b>4</b> Write a list of things you feel grateful for in life and why.	<b>5</b> Look for the good in others and notice their strengths.	<b>6</b> Take five minutes to sit still and just breathe.	<b>7</b> Learn something new and share it with others.	<b>8</b> Say positive things to the people you meet today.	<b>9</b> Get moving. Do something physically active (ideally outdoors).	<b>10</b> Thank someone you're grateful to and tell them why.
<b>11</b> Switch off all your tech 2 hours before bedtime.	<b>12</b> Connect with someone near you - share a smile or chat.	<b>13</b> Be gentle with yourself when you make mistakes.	<b>14</b> Take a different route today and see what you notice.	<b>15</b> Eat healthy food which really nourishes you today.	<b>16</b> Get outside and notice five things that are beautiful.	<b>17</b> Contribute positively to a good cause or your community.
<b>18</b> Focus on what's good, even if today feels tough.	<b>19</b> Get back in contact with an old friend you miss.	<b>20</b> Go to bed in good time and give yourself time to recharge.	<b>21</b> Take a small step towards an important goal.	<b>22</b> Try out something new to get out of your comfort zone.	<b>23</b> Plan something fun and invite others to join you.	<b>24</b> Put away digital devices and focus on being in the moment.
<b>25</b> Decide to lift people up rather than put them down.	<b>26</b> Say hello to a neighbour and get to know them better.	<b>27</b> Challenge your negative thoughts and look for the upside.	<b>28</b> Ask other people about things they've enjoyed recently.	<b>29</b> Use one of your personal strengths in a new way.	<b>30</b> Count how many people you can smile at today.	<b>31</b> Write down your hopes or plans for the future.

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
Happier · Kinder · Together

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

## TEAMS GUIDE

We have had one or two questions about live learning sessions, so please find a link to a Student Teams Guide to live learning sessions, which can be found on our school website.

<http://www.stb.academy/wp-content/uploads/2021/01/Student-Guide-Teams-Live-Lessons.pdf>

In order for students to access all of their work they need to use Teams on a PC, Laptop or tablet device. If they are working on a phone they can not see all of the documents. Any problems please contact your son's or daughter's house leader.

## CAREERS

Miss Carter is available to speak to any student or parent who would like advice or information on careers. To arrange a telephone interview or receive support via email, please contact Miss Carter at [rebecca.carter@uetrust.org](mailto:rebecca.carter@uetrust.org)

## STBA UPDATES

The school website will provide you with any updates during this school closure. Please keep a check on updates by visiting [www.stb.academy](http://www.stb.academy)

This week we have added an update to the Privacy Policy.

[Coronavirus \(COVID-19\) rapid-result testing in school – Sir Thomas Boughey Academy \(stb.academy\)](#)

## ENGLISH FACULTY



The Bedrock Competition is running again during remote learning. To be in with a chance of winning an Amazon voucher in our monthly draw - get Bedrocking!

**Stars of the Week** – Year 7 Seth E, Anna B, Year 10 Erin GJ, Isobel C Year 11 Maddie L, Max B

## MATHS FACULTY

Mr Mason would like to say how impressed he is with Year 11 in this uncertain time, and their continued commitment to their maths it is fantastic. Well done!

**Stars of the Week** - Year 7 Elysia M, Lewis D Corey J Year 8 Adam T, Alfie CW Year 9 Billy J, Year 10 Niamh R, Ewan M, Year 11 Maddie L

## SCIENCE FACULTY

The science faculty would just like to thank all pupils for their tremendous efforts this week under the current circumstances. We have loved seeing so many pupils in lessons making excellent use of the time. We wish you all well and have a good weekend.'

**Star of the week** - Year 7 Lucas H, Year 9 Emily N, Reece C, Sam C, Aiden M, Year 10 Jayden K, Isabelle G, Nakisha E

## HUMANITIES

### Geography

Year 7, will soon start a project called Wonderful Waterfalls. As part of this task they can select to draw a poster, create a model, share a PowerPoint, or complete a piece of creative writing. Mrs Biddulph would like to share photographs of the work in future newsletters and on our Facebook page.

### MFL

Year 7 & 8 "Maths meets MFL Optional Activities in time for Burns' Night!" Please check Teams for instructions and submit photos of your efforts to [s.bridgewater@stb.academy](mailto:s.bridgewater@stb.academy)

**Star of the Week** - Hannah G for helping other students access lessons when they had technology issues - done in a calm, pleasant way. Year 11 Geography Joe B, Max B, Ben S and Eleanor O'C.

## PERFORMANCE & HEALTH

PE have set a challenge for all students to do during this lockdown; it is the Virtual Three Peaks Challenge. Ask your child about and get involved. It is a great family activity.



In Core PE lessons students will be set weekly challenges. This week's challenge is the Speed Bounce Challenge

16<sup>th</sup> – 22<sup>nd</sup> Weekly challenge is Speed Bounce.

How many times can you bounce over a pillow in 60 seconds?

(both feet must land over the pillow for the jump to count)

You will have the whole week to practice the challenge, hopefully this will encourage you to practice daily. Please post your best score on or before Friday on the Google form

[Newcastle Secondary Speed Bounce Challenge \(google.com\)](https://www.google.com)



PE will also set a fortnightly challenge the first is –  
[Tutorial - How to Juggle 2 Balls in 1 Hand - YouTube](#)  
Don't forget to let your PE teacher know how you get on.

**Stars of the Week** – Year 7 Music Michael H, Year 11 PE Macey S Year 11 Health & Social Care Lewis C

## TECHNOLOGY

**Stars of the Week** – Year 10 Lola.C-Enterprise, Yea 7 Riley.D-Computer Science

## CARDIAC RISK IN THE YOUNG UPDATE

In the last news Bulletin, we let you know that Miss Hughes' daughter would be doing a sponsored walk to raise money in memory of her uncle Dan. We are really pleased to report that Miss Hughes' daughter Frankie completed her 8 mile walk from the BET 365 stadium to Bignall End on Saturday 19th December. Frankie has raised £2,433.00 which means that more heart screening can be funded for the local community and ensure that more lives are saved.

Thank you to everyone who has supported Frankie, she is now planning her next fund raiser.



**Star of the Week** – Frankie H

## **CONTACT**

Although the school is closed to all but students of key workers and vulnerable students, we would like to remind you that we are very much here for all of our students, so if you need anything at all, please do get in touch, which will initially be through your son's / daughter's House Leader.

**Take care and please stay safe.**