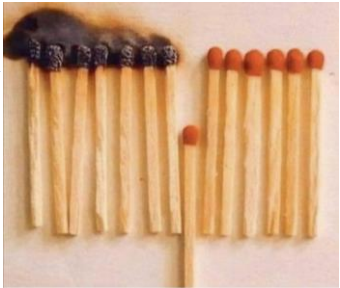


# Haileybury Turnford

Year 9 Student Bulletin  
2nd April 2020

## AMBITION • PRIDE • SUCCESS

**Coronavirus:** it is really important we follow government guidelines during lockdown. This photo has been shared by doctors in Greece which reads, “The one who stayed away saved the rest.” Click on the link to see what the coronavirus does to your body: <https://www.instagram.com/tv/BJzpuXgpku/?igshid=1xtye7mzf1r6m>



### A MESSAGE FROM MS JOHNSON

Hello Year 9,

I hope you are well and keeping safe. I also hope all of your families are keeping well in this difficult time.

I am really proud of you all for staying indoors during lockdown. I am also proud of the work and commitment you have shown towards your studies. Please take ‘me’ time and look after yourself it is important to make sure you are ok as well as others around you.

Please look out for updates from me on Class Charts under announcements and feel free to contact me whenever you wish.

### Acts of kindness during the coronavirus outbreak

Today, Jennifer Haller, a healthy mother of two, became the first person in history to test a potential vaccine for COVID-19. We owe her and 44 other people stepping up for human trials a debt of gratitude – may their bravery save many lives.



This 15-Year-Old Girl Is Giving Away Free Sanitation Kits To The Homeless



Soccer Star Cristiano Ronaldo Is Funding Three New Hospital Wings For Coronavirus Victims



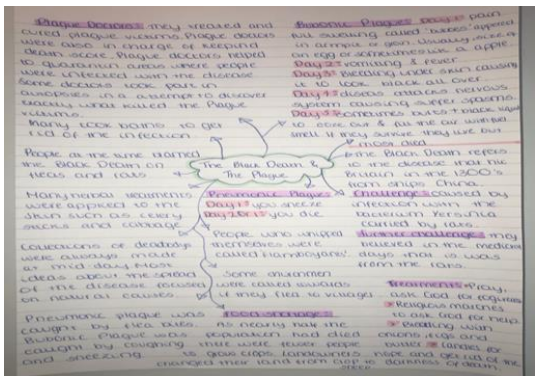
### Student Quiz: Guess the teachers!

Can you guess who these HT staff are as children?



Fantastic History work sent in by Sultan Guzel Year 9

More HT staff will feature in the next newsletter!



### My life during lockdown by Y9 Danny Smith

Whilst I have been off school for 2 weeks isolated in my house, I have obviously been trying to keep up in my subjects by doing all my homework that I get set and keep revising so I don't forget anything when I go back to school whenever that shall be. I have been trying to distract myself by watching a range of movies and have been socialising with my friends over the internet. I have been helping my sister as she works from home for example: making her drinks and food. I have been watching my sister as she responds to e-mails (she works for customer service) to get a better understanding of how difficult work is outside of school. But for a normal day, I wake up, start my homework do about half then talk to my friends then finish the homework then just enjoy the rest of the day.

### A day in the life of being isolated by Y9 Eleanor How

When I first wake up, I instantly go on my phone to see if anyone has texted me and scroll through Instagram. To know what I need to do for the day, I go on my computer to check my emails and class charts preparing websites that I need during the day. From my mum working from home and my dad out of work. I normally do my work in bed listening to music. I do get interrupted by my cat as he's always hungry. This does annoy me, but he can't feed himself. After most of my work is done, I have a break either going on my phone watching YouTube, stretching or going in the garden with my dog. Then I normally do my English quite late (around 7/8.30) as I think I have the best inspiration then due to being a night person. Throughout isolation as well I do tend to annoy my friends a lot from texting them and calling them from being so bored. Isolation is really boring for me as every day is the same, nothing changes and the thought of how much work you're going to get the next day kind of ruins the freedom of working from home. As well as being an only child is the reason of the boredom.

### Top 10 Achievement Point receivers in Year 9 this week – Well done!

- Danny Smith
- Grace Heywood
- Poppy Rooke
- Luke Trinder-Wood
- Reggie Foulkes
- Ruby Gunes
- Sultan Guzel
- Daisy Howard
- Abigail Blunt
- Georgina Davis

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## A message from Mrs Amatruda – HT Mental Health Lead

Dear Year 9s/10s,

I hope you are all well and adapting to your new routines.

As well as staying physically healthy, we all need to think of our mental well-being now that our lives have changed so much. Below are a few ideas that may help you:-

Be kind – feel good about yourself by being kind and helping people. Give your parents a hand with the housework, mow the lawn for an elderly neighbour, phone your grand-parents regularly and help younger siblings with their school work. Perhaps you can make Easter cards for people you can't see at the moment – a great way to practice art or photography. All of these things will give you and others a sense of well-being (and stop you getting bored!).

As well as family and friends, be kind to yourself! Relax more – you have more time on your hands now – get an extra hours sleep. Take some exercise – get jumping on your trampolines/dig out your skipping ropes/bikes/trainers or download an exercise video. Make members of your family join in – I guarantee you will all end up laughing!

Stay in touch with family and friends – social media definitely has it's advantages, and we all need to connect with others for good mental health.

Please email me at [amatrudaj@haileyburyturford.com](mailto:amatrudaj@haileyburyturford.com) with any of your well-being tips so that I can share them with the rest of your year group in our next newsletter (please tell me if you wish to be named or remain anonymous). Also, please let me know if you have any particular worries and I will get you some individual help. Please remember that although you can't pop into the office to see me at the moment, I am still here for you.

In the meantime, stay safe and healthy and enjoy wearing your eyelashes, jewellery and trainers!

From Mrs Amatruda



### Year 9 Pets of the Week

These furry friends are keeping the Years 9s entertained whilst on lockdown this week.

Please keep sending them in!



**Mrs Amatruda sent these scenic photos in, send us some of yours!**