

# Haileybury Turnford

Year 9 Student Bulletin  
16th April 2020

## A MESSAGE FROM MS JOHNSON

Hello Year 9,

I hope you are well and keeping safe. I also hope that you had a restful Easter holiday. Please continue to spend sometime each day doing something you enjoy, it is really important you do this for yourself.

The work being set on Class Charts is project based now so this will hopefully give you more freedom and independence in your studies. I would love to see some of your projects once you've completed them so feel free to email me.

Finally, please look out for updates from me on Class Charts under announcements . You are welcome to contact me whenever you wish.

Take care and stay safe!

## AMBITION • PRIDE • SUCCESS

**Coronavirus:** I wanted to take this opportunity to thank our key workers for all they are doing. It is really important we stay home to protect not only the vulnerable but to keep our keyworkers safe and to protect the NHS.

Rio's Christ the Redeemer statue was lit up to look like a doctor on Easter Sunday.

Click on the link to see the UK paying tribute to our carers and NHS staff: <https://www.youtube.com/watch?v=iy01iYyk-rc>



## Acts of kindness during the coronavirus outbreak

Tyler Perry Picks Up The Tab For Seniors At 73 Grocery Stores In Atlanta And New Orleans



Maine Musher And Her Team Of Siberian Huskies Deliver Groceries To Those In Need



Smash That Like For Twitter Founder Jack Dorsey, Who Pledged \$1 Billion To COVID-19 Relief



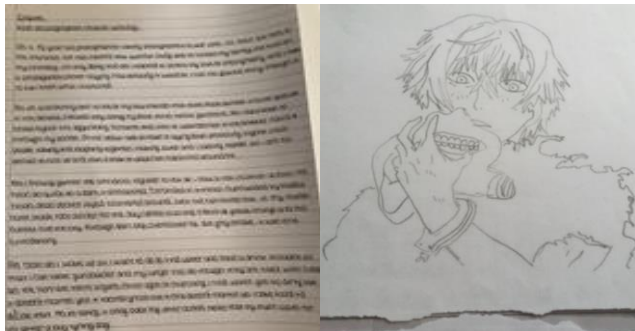
## Student Quiz: Guess the teachers!

Can you guess who these HT staff are as children?

### Year 9 work hall of fame

Megan Giles

Mark Sinclair Parsons



More HT staff will feature in the next newsletter!



## Top 10 achievement point receivers in Y9 last school week – well done!

- William Albury
- Imogen Joseph
- Grace Heywood
- Emilia Obarowska
- Sultan Guzel
- Daisy Howard
- Arda Bulmus
- Eren Deniz Goztas
- Lydia Rotsa
- Eleanor How

### My Lockdown Blog By Emilia Obarowska

During this hard time I have not felt happy or confident in myself. I didn't like the way I look and I would overthink a lot. Then a famous singer that I love recommended a meditating app to his fans. I never thought that I would begin meditating but I do now. Every day at 18:30 I sit on my bed and listen to my daily meditating course. When I finish this course (which is a 7 day course) I may be able to start meditating on my own with some calm music or just in silence. (The app I use is called 10 Percent Happier, in case you would like to try). I would recommend attempting to meditate as it made me feel more confident in myself and I feel more loved in a way. My friends and I have been doing a daily facetime call at 7pm every day ever since we were in lockdown. They have also helped me feel more confident and we always give love and support to each other on a group chat. My mum and I have completed 2 puzzles and are working on a new one. My dog (Koda) and I were playing outside and on the stairs a lot. I would have a tennis ball and tennis racket and would bounce the ball against the wall at the top of the stairs. Koda would then attempt to catch it.

### My life during lockdown by Mark Sinclair Parsons

My day in being self-isolated is great as I can do work while listening to music, eat whenever and I can work on multiple things at a time. Though it's also boring as we can't go out to see family and go out to do things you would normally do. The people who keep me company is my mum and my little brother. We spend a lot of time with each other watching things as there is nothing else to do. And I have been drawing to,



Year 9 pet of the week Koda

## A message from Mrs Amatruda – HT Mental Health Lead and Y9 AYAC

Hi Year 9s

I hope you had a good Easter and that you have been looking after yourselves and your families. You will probably have noticed on the TV that health care professionals are regularly talking about looking after our mental health during the Coronavirus pandemic. Below you will find a poster called “Five Steps to Mental Well-Being” which is a tool used to maintain and improve our mental well-being. Please give an example from each speech bubble of ways that you are looking after your mental health during lock-down. If you email Ms Johnson and me we can publish some of your ideas in our next bulletin. Are you doing things differently in isolation or are you practicing the same techniques?

To help you get started please see Mr Newman’s example below:



**Connect** – I have kept in touch with family and friends through WhatsApp video - this has proved a great way to keep connected!

**Active** – I am running regularly to stay active: this is important for physical and mental wellbeing.

**Take Notice** – I have spent more time with my children, and really noticed how they are growing and learning as I have spent much more time with them.

**Give** – I am checking in on our elderly neighbours to ensure they are OK and have offered to shop for them if required.

**Keep Learning** – I have enjoyed reading work from a friend’s son, who is currently studying Geography at Durham University. I have also enjoyed learning more about Central and South America too by watching Race Across the World on BBC iPlayer.”

Take care and stay in touch!

Mrs Amatruda