HaileyburyTurnford

Year 9 Student Bulletin 13th May 2020

Hello Year 9,

I hope you and your families are well and keeping safe in this challenging time.

Last week on the 8th May we saw Victory in Europe Day, the same date in 1945 when WWII came to an end. I hope you managed to spend some quality time with those around you. I have included some VE Day photos taken across Hertfordshire in this week's bulletin.

Take care and stay safe

Ms Johnson

Student Quiz: Guess the teachers!



Y9 top achievement point receivers

Last school week

Helin Yadirgi

Becky Draper

Ciara Keilty

Ruby Gunes

Catrina Kulubya

Ana Hall Alvarez

Toby Sharples

Nazir Charalambous

Dylan Aziz

Since Lock down

Grace Heywood Aimee Jordan Emilia Obarowska Sultan Guzel Imogen Joseph Daisy Howard Lydia Rotsa Megan Giles William Albury Kailey Hampton



Year 9 pet of the week

AMBITION • PRIDE • SUCCESS

Sign Language - A 15year-old student from Birmingham has created a series of videos teaching British Sign Language (BSL) for free during the Covid-19 lockdown.



Acts of kindness during the coronavirus outbreak

Remember WW2 Vet Tom Moore? He Just Turned 100 And Over 140K People Sent Him B-Day Cards



Over 150 Cars Turn Out For Parade Celebrating 5 Year Old's Last Chemo Session After COVID Cancels Her Party



A typical day during lockdown by Tate Lambie

I woke up, made my bed and then went to get something to eat, I had Greek honey yogurt granola and fruit (strawberries, blueberries and raspberry) I also wanted to make my self a smoothie as it has lots of vitamins and keeps you healthy. Then I went and jumped in the shower got dressed and brushed my teeth. So next I started to complete my school work which was my first two lessons. Then, I went on and had a snack for break it was just some crisps which wasn't too healthy. I went on to complete my next two lessons and then I went and had some lunch which was curly fries, chicken nuggets and spaghetti hoops. It was so good. I had my last lesson which felt relieving. Once I had done all of my work, I cleaned up my work space and decided to take my dog for a walk around my block making sure I am keeping my distance (not that anyone was out anyway). When I got back home I went on the running machine because you know me I don't tend to run out of energy very quickly. I then went and relaxed for a little bit. Once I my main parts of the day finished I went down for dinner which was ribs, jacket potato and corn on the cobb it was really good. Lastly I went and had a shower and relaxed some more before it started getting late and went to sleep with some soothing ocean music .

A Day in Lockdown by Jake Mathews

My day starts with me waking up around 9am and watching videos till around 9:30am Then I go downstairs and have breakfast, and after, I go up and have a shower. After my shower I get changed and get on with schoolwork or help one of my family with whatever they are doing; for example, help mum put away the shopping, or help my dad in the garden. At lunch we all eat together and chat. After we all finish what we are doing, we go for a walk as a family, or me and my brother go on PlayStation with our cousins and play with them. When it comes to dinner, we eat from a pre-made meal plan for the week (we sit down on a Sunday evening and each choose a favourite meal for the coming week) and after dinner we usually play cards or a board game. Afterwards, we either watch something as a family or I play PS4 with my friends/brother and cousins, while the rest of my family watch something. Then around 10pm I go to sleep.

Art Work Project

While many of us have the support and company of friends, family members, and neighbours. A vast number of our clients are experiencing lockdown alone. We would love to brighten their day with some lovely paintings and drawings from children across the county.

So if you have a budding artist at home, get involved and send a picture of their creations to <u>comms@hertsindependentliving.org</u>

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A message from Mrs Amatruda – Haileybury Turnford's Mental Health Lead

Hello Year 9,

I hope you are all well and still coping with lock-down. I am so pleased that I have spoken to so many of you and your parents, and it certainly seems that you are showing great resilience and adaptability in these difficult times. Thank you to those of you that have contacted me via email – it's been great to hear from you and I am really grateful that you have made contact. Just remember that you don't need a reason to email me – it'd be great to hear from you even if you just wanted to say hello.

I am especially proud of those students that have contacted me with a problem. It shows great strength of character and often takes courage to reach out and ask for help if you are not managing well. With this in mind, I would like to inform you that from 18th to 24th May it is Mental Health Awareness Week. This is a great opportunity to give yourself a 'mental health check-up' and think about the well-being of those around you.

On the School website (with the Newsletters and Bulletins) you will find a Mental Health & Wellbeing Newsletter. Please use this as a tool to help yourselves and others - it'd be great if you could share your stories with me. For example, what are you doing to maintain good mental health? How have things changed during lock-down? How are you helping loved ones that are struggling? In the meantime, please be kind to yourselves and your families and I hope to hear from you soon.

Mrs Amatruda



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Louis Wood



Callum Hutchinson

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Year 9 work hall of fame Meliha Redzhep

How does nanotechnology in medicine work?

Nanotechnology in medicine works by applications of nanoparticles and Nano-robots to make repairs at the cellular level, but more research is needed for the use of Nanorobots.

The nanotechnology could help detect and treat damage to the human body and diseases in the future. This means that if a disease is detected earlier then there is a higher chance of the patient surviving and not having a lot of damage done.



Emilio Stamatiou

13th May 2020

Caitlin Murphy

Nano-foods



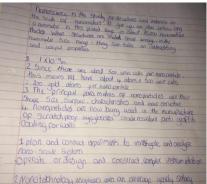
Manipulating food at this scale could help to develop lower-fat foods that still taste great, or allow manufacturers to pack more nutrients into otherwise vitamin-free foods. Nanotechnology is also poised to create better food packaging. It could reduce the amount of plastic used or make containers smarter by building sensors that tell us whether food inside is still fresh and safe to eat.



Toby Sharples



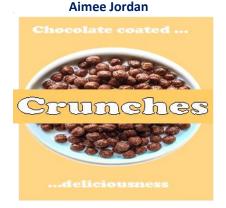
James Drati



Lelde, Poppy and Daniela are looking after an egg baby for the week!







Emily Harrison





Mackenzie Paulding

Michael Clarke

