



Friday Note

St Bede's & Byron

Staying home. Staying learning. Staying in touch.

Our Return to School: the Plan

We are very much looking forward to welcoming back our full St Bede's & Byron community to our school site next week.

In order to do this safely and efficiently, a number of procedures are in place, including the **staggered return** (in year groups) over three days (details on right). Consenting students shall also be **tested**, for a third time, during their first day back to maintain the COVID security and integrity of the school site.

The central change for pupils compared to the first term shall be regarding masks: most pupils now have to wear a **mask** during the full school day, apart from when eating or taking part in physical activity. **Hand washing** and sanitisers shall continue before and after the school day and between lessons.

The UK government is also advising students **walking or cycling** to school where possible.



Reminders & Announcements...

Next Week: **Week A**

Return to School:

Monday 8th: Y11, Y12 & Y13

Tuesday 9th: Y7 & Y8

Wednesday 10th: Y9 & Y10

W/c 15th March: Home-testing of pupils shall be available and commence to those families who consent

Prayer for the Week...

O Christ, our Morning Star,
Splendour of Light Eternal,
shining with the glory of the rainbow,
come and waken us
from the greyness of our apathy,
and renew in us your gift of hope.
Amen.

(Bede the Venerable)



Weekly Creative Challenge...

This week, we are making homemade tissue box guitars!

Instructions:

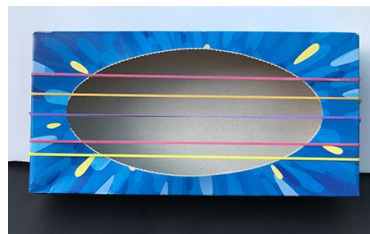
1. Empty your tissue box
2. Take off the plastic covering
3. Take 4-6 rubber bands and wrap them over the box
4. Separate the rubber bands so there is at least one inch between each one
5. Try to play your guitar!

***** You can also decorate your tissue box before putting on the rubber bands to make this even more of a creative task *****



Materials

- Tissue box
- 4-6 rubber bands



CHALLENGE: Send in a picture of your guitar! Can you plan any songs?

Well-Being & Looking after ourselves...

In the last issue we looked at exercises to help calm anxiety in the classroom. This week we are going to look at two more you can use specifically when you do not feel calm enough to do a 5-4-3-2-1 or breathing exercises. These are called sensory exercises and they can help you release extra energy.

Bear Hugs

Steps:

- +Wrap your arms around your chest and squeeze for 10 seconds
- +Repeat 5 times, squeezing tighter with each repetition



Chair Push Ups

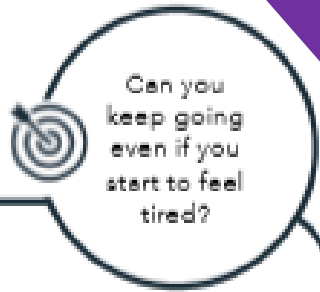
Steps:

- +Sit upright in your chair and place your hands on the side of the seat
- +Lift and hold yourself off the seat for 3-5 seconds
- +Slowly lower yourself back down into the chair
- +Repeat 5 times

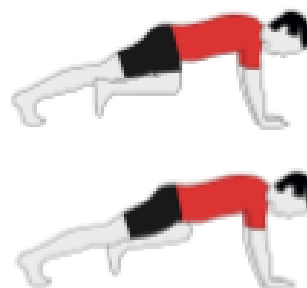
CHALLENGE: Practice each of these exercises twice this week. Of the four exercises introduced over the last two weeks, which has worked best for you?



Climb the Mountain 60 Second Challenge



How many mountain climbers can you complete in 60 seconds?




Make sure you bring your knees up as you move, do not just flick your legs up and down.



Achieve Gold
50 mountain climbers



Achieve Silver
30 mountain climbers



Achieve Bronze
20 mountain climbers

