

February 2021

Dear Parents/Guardians,

Further to Mr Hawthorne's letter that mentioned 'JOG Wellbeing Day', please find attached a copy of our plans for learning on Friday, 12th February. We hope that students will take the opportunity to have some time to catch up on work and then focus on their wellbeing, as per the schedule.

Thanks for your continued support.

Best wishes



Mrs Jay Morgan
Assistant Vice Principal (T&L)

JoG Wellbeing Day















Friday 12th February














A day for you to take control, catch up and then do something focused on your wellbeing...

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| Tutorial 8:45am – 9:00am | Tutor Time | <ul style="list-style-type: none">• Check in with your Tutor as usual at 8:45 so they can register you, go over the outline of the day and have a chat with you before half term.• Is this optional? No – we do need to register you as normal! |
| Lessons 1-3 9:00am – 12.30pm | Catch Up Time | <ul style="list-style-type: none">• What is 'Catch Up Time'? There will be no live lessons today. No new content will be delivered. However, if you have got behind in any subject, you must use this time to get back on track and take control. This is important for your wellbeing because being organised and having a sense of completion helps you feel more positive. Look back through Class Charts and TEAMS assignments and tick some more things off.• What if I am already all caught up? Some teachers may have set an extension task on ClassCharts. If you are up to date completely, pick a couple of subjects and do the extension task. DO NOT DO THIS IF YOU ARE NOT UP TO DATE. You do not have to do the extension tasks for all of your subjects – it is your choice which ones you do. |
| Lessons 4 and 5 12:30pm – 3:10pm (excl. lunch) | Wellbeing Options | <ul style="list-style-type: none">• Once you have caught up on some key work, please have the afternoon to focus on having some fun with your family, trying something different, doing something you enjoy or connecting with nature or friends. Below are some things to inspire you – we have tried to pick activities that steer you away from a screen as much as we can!• We would also LOVE to have some photographic evidence of what you get up to so that we can share it on the webpage and celebrate your creativity!• Send any photographic evidence to your Tutor on TEAMS but be mindful, that by sending it in, you are also agreeing to have it shared on the webpage and we might use it as part of our follow up in Tutorial time after half term. Any submissions will be rewarded with CC points and we want to celebrate your creativity!• ALWAYS be mindful of Covid Lockdown rules please. |
| Lessons 1-5 | What are your teachers doing today? | <ul style="list-style-type: none">• Catching up with you! Each teacher has been given a group of students/parents to phone. This is a supportive phone call, so that we can see how you are all doing as we go into half term. |

Wellbeing options:

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| <p>Explore it</p>  | <ul style="list-style-type: none"> • Get outside and find a new walk in your neighbourhood – how many steps can you achieve or miles can you walk? • Go for a bike ride... <i>(remember to check with your parents if they aren't coming with you, so they know what time you set off and how long you are planning to be)</i> |
| <p>Capture it</p>  | <ul style="list-style-type: none"> • Do a photo montage – maybe link this up with your daily exercise • Paint or draw a picture; turn how you are feeling into a piece of artwork • Write a reflection on how you feel you are coping with everything |
| <p>Cook it</p>  | <ul style="list-style-type: none"> • Offer to prepare (or help prepare!) the dinner for your family • Bake a cake or some biscuits • Invent a new recipe – beef and banana pie anyone? • Film your own cooking tutorial – don't forget to be hygienic! |
| <p>Read it</p>  | <ul style="list-style-type: none"> • Settle down with a blanket, a nice warm drink, and a good book • Listen to an audiobook – here is a good one if you are Year 7 or 8 – Andy Stanton reads his first Mr Gum book! https://www.youtube.com/watch?v=2DVZbffc2oM • Read a book to a younger sibling – remember to be expressive! Or record your own audiobook to share with a relative |
| <p>Play it</p>  | <ul style="list-style-type: none"> • Spend some time playing music or making music! • Listen to a podcast – go to BBC Sounds for loads or a great one is 'Stuff you should know': https://www.iheart.com/podcast/105-stuff-you-should-know-26940277/ • Create your own playlist of mindful, calming music for when you feel you need a lift • Play a board game or a game of cards (solitaire?) with someone (monopoly?) – avoid the console! |
| <p>Build it</p>  | <ul style="list-style-type: none"> • Dust off the Lego and create something marvellous and ingenious • Go outside and build a den • Make something out of recycled materials |
| <p>Fix it</p>  | <ul style="list-style-type: none"> • You know that thing that broke a couple of months ago? Fix it! |
| <p>Move it</p>  | <ul style="list-style-type: none"> • Make your own fitness, workout or instructional sports video – make Mr McKeivitt proud and get all the 'postures/moves' right though! • Choreograph a dance routine to your favourite piece of music |
| <p>Try it</p>  | <ul style="list-style-type: none"> • You know that thing you've been meaning to try for ages? Try it! |
| <p>Calm it</p>  | <ul style="list-style-type: none"> • Listen to a meditation app • Do some doodling or try some mindful mandalas or colouring: https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html • Have a relaxing bath with lots of bubbles! • Try out some breathing exercises like the 3-4-5 technique: 5 Breathing Techniques to Help Reduce Stress - Dr Rangan Chatterjee (drchatterjee.com) |
| <p>Upcycle it</p>  | <ul style="list-style-type: none"> • Take an old T-shirt and turn it into something new; make a bird feeder out of a bottle; repurpose some old cards into gift tags; create a book shelf out of an old book?! Come on...your ideas will be better than mine! |
| <p>Get on with it!</p>  | <ul style="list-style-type: none"> • You know that thing you have been meaning to do for ages? Get on with it! |
| <p>Create it</p>  | <ul style="list-style-type: none"> • Paint or draw something – observe the world outside your window or wrap up warm and sit in the garden with a paper and pencil. • Plant some seeds and prepare to watch them grow... • Devise a fun activity – quiz, escape room |
| <p>Perform it</p>  | <ul style="list-style-type: none"> • Learn a poem off by heart and perform it to someone – go to https://www.poetrybyheart.org.uk/ • Perform a piece of music and send to a relative |

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| <p>Write it</p>  | <ul style="list-style-type: none"> • Set up and start a bullet journal – here's how: https://www.youtube.com/watch?v=ZEWPEpFuaoA&feature=youtu.be • Write an email, a letter, a card to someone you love and miss. • Create your own 'mini-book' – go to the British Library for how to do this: Make a miniature book - The British Library (bl.uk) • Write an encouraging motivational note to someone who needs a boost and send it to them |
| <p>Volunteer for it</p>  | <ul style="list-style-type: none"> • Offer to collect some shopping for a neighbour • Clean a relative's car (with permission!) • Contact your local volunteering service and ask if they need any help • Or anything else that you think might help someone without breaking covid rules... |
| <p>Freestyle it</p>  | <ul style="list-style-type: none"> • Throw caution to the wind and come up with your own activity that makes you feel happy (without making other people sad or affecting lockdown rules!) |
| <p>Be in it to win it!</p>  | <ul style="list-style-type: none"> • Enter a competition and see if you can win something! • Try the Young Writers 'Unsolved' mini saga competition focused on writing a 100 word crime/mystery story... https://www.youngwriters.co.uk/competitions/KS3-4 – deadline 12th February • Or a STEM competition: https://www.stem.org.uk/enrichment/competitions-challenges • For those of you who like writing and poetry, watch the inspiring Sophia Thakur and enter the 'Hants Poetry Slam Competition' with your own performance poem (deadline 5th March) – for more details go to: https://sway.office.com/xBjBJutbGgAq3LTA?ref=email |
| <p>Show it</p>  | <ul style="list-style-type: none"> • Do a random act of kindness for someone – Your parent/carer? Your sibling? Your neighbour (stay covid safe!), someone who has supported you? • Thank someone who has done something for you |
| <p>Love it</p>  | <ul style="list-style-type: none"> • Spend some time with your pet, give them a pamper or some attention • Spend some time with your family – have a chat, do a shared activity • Phone a friend • Spend some time doing a hobby of your choice (avoid consoles!) |
| <p>Share it</p>  | <ul style="list-style-type: none"> • Talk to a friend about how they are feeling or how you are... • Make a gift for someone and send it to them • Write your top 10 tips for how to do something so others can benefit from your wisdom...or mistakes! |
| <p>Spot it</p>  | <ul style="list-style-type: none"> • Go for a walk and do an eye spy trail or a 'tiny nature treasure hunt' – check out for inspiration: Nature Scavenger Hunts for Kids - Woodland Trust • Notice if someone else is struggling, and reach out to them! • Spend 30 minutes or so doing a bird survey – here is some help on what to do from the RSPB: https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/go-birdwatching/ |
| <p>Sort it</p>  | <ul style="list-style-type: none"> • Declutter your life – tidy your bedroom, organise your wardrobe, organise your folders. Get some tips from: https://www.wikihow.com/Clean-Your-Room-(Teens) • Help to spruce up an outside space ready to welcome Spring! (get permission first) |
| <p>Recreate it</p>  | <ul style="list-style-type: none"> • Recreate a scene from a movie, or a famous art work, and take a photograph of it - you can use costume, props, your dog, your cat, your chicken, whatever you like! The more humorous the better! |
| <p>Start it</p>  | <ul style="list-style-type: none"> • Set up your own small support group or club – maybe start a book group or a film group or quiz group that can initially be done online...come up with a logo, some activities, some members! |



#JoGFamily