

Year 7 Positive Affirmations PowerPoint

**‘Almost anything will work
again if you unplug if for a
few minutes... including
you’.**



Show My Homework

% of students who have logged from 11/05 to 17/05

Tutor Group	% students who logged on
B1	100.0%
B2	92.3%
B3	100.0%
B4	92.0%
B5	92.0%
B6	95.8%

Tutor Group	% students who logged on
C1	91.7%
C2	95.2%
C3	100.0%
C4	92.0%
C5	80.8%
C6	100.0%



Birthday Celebrations in Year 7 This Week

11/05-17/05

Happy Birthday to ...

**Delal Avcil
Jayda Cogle
Lara Fafe Fernandes
Andor Nagy Buzdera
Alexa Baidoo
Onur Recber**

**Ricardo Muntean
Claudiu Sechei
Michael Afrifa
Nyla Reid
Sude Recber**

Online Learning

1. www.gcsepod.com (Available for ALL year groups)
2. www.educake.co.uk (Science & Geography only)
3. www.senecalearning.com
4. www.pearsonactivelearn.com
5. www.hegartymaths.com
6. <http://www.pinpointlearning.co.uk/> (Y10 Maths only)
7. www.quizlet.com (French & Spanish only)
8. www.bbc.co.uk/bitesize (no log in details required)
9. www.thenational.academy/online-classroom (no log in details required)

Firstly, please complete this short survey about working from home (it will only take 3 minutes)

- <https://www.surveymonkey.co.uk/r/9K38G2V>
Link for Cambridge Students
- <https://www.surveymonkey.co.uk/r/KQGHNP3>
Link for Bury Students



Mindfulness

What is ‘mindfulness’?

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

This is mindfulness.

TO A MIND THAT IS STILL

THE WHOLE UNIVERSE
SURRENDERS

www.meditationrelaxclub.com



How to achieve mindfulness?

To achieve mindfulness you can meditate.

To successfully meditate you need to find a calm quiet place. You need to sit up straight, close your eyes and concentrate on your present feelings and breathing.

The aim of meditation is to clear your mind and to focus on your feelings in that moment.



Worry is as useless as a handle on a snowball.

—
Mitzi Chandler

#DAILYCALM

Calm

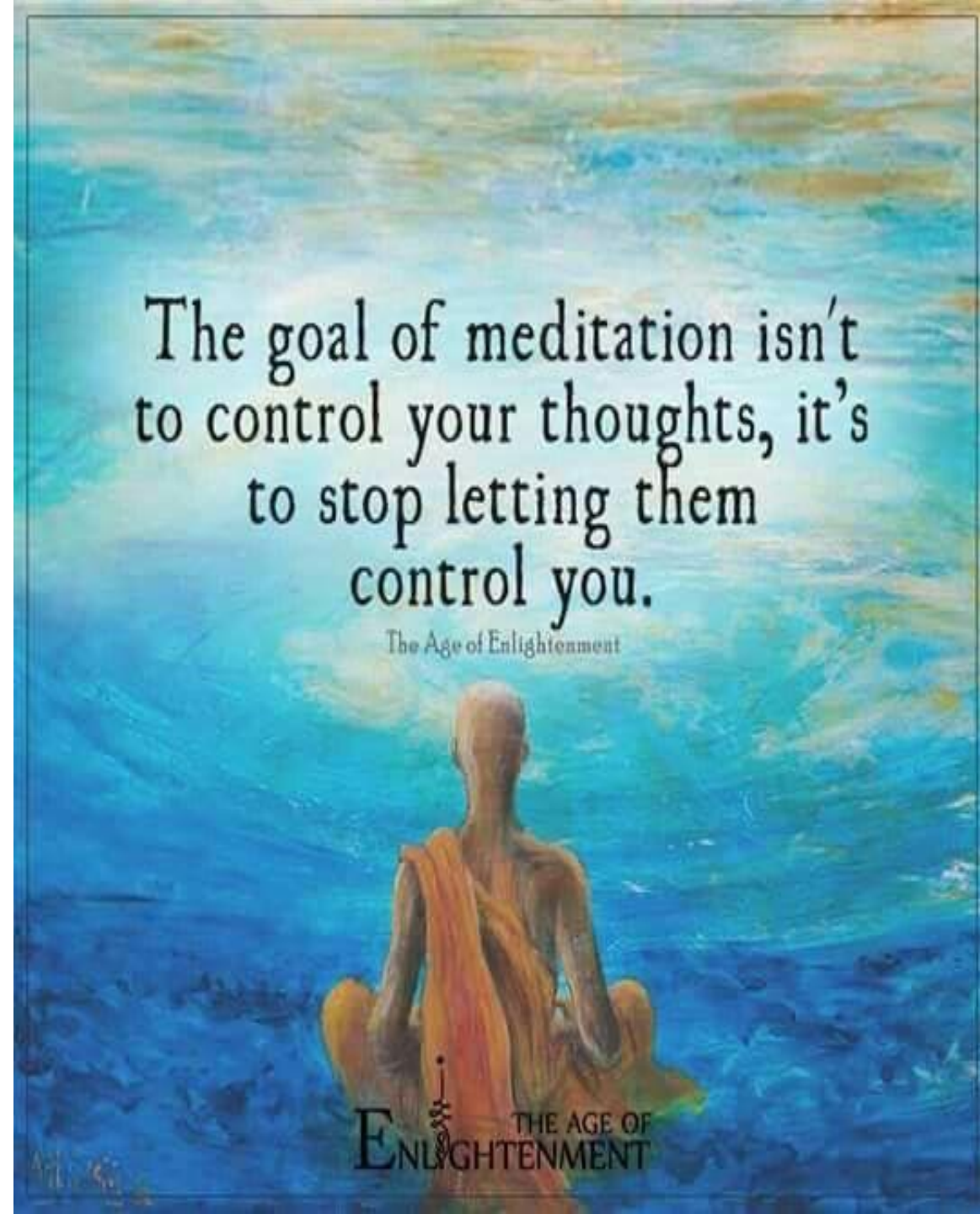
Let's try to meditate...

We are now going to meditate using this video:

<https://www.bing.com/videos/search?q=ofboc+&&view=detail&mid=5C064C4C76F98BBBDAA95C064C4C76F98BBBDAA9&&FORM=VRDGAR>

Follow the instructions in the video. It is only five minutes long.

If you are ever feeling stressed, stop working and come back to this video.



Cyber Safety

Please remember to be safe online.

Now that you are at home and learning online you need to make sure you are aware of the dangers on the internet and how to stay safe online.

Please watch this video for tips on how to stay safe online:

<https://www.youtube.com/watch?v=X9Htg8V3eik>



Healthy Toast Topping of the Week

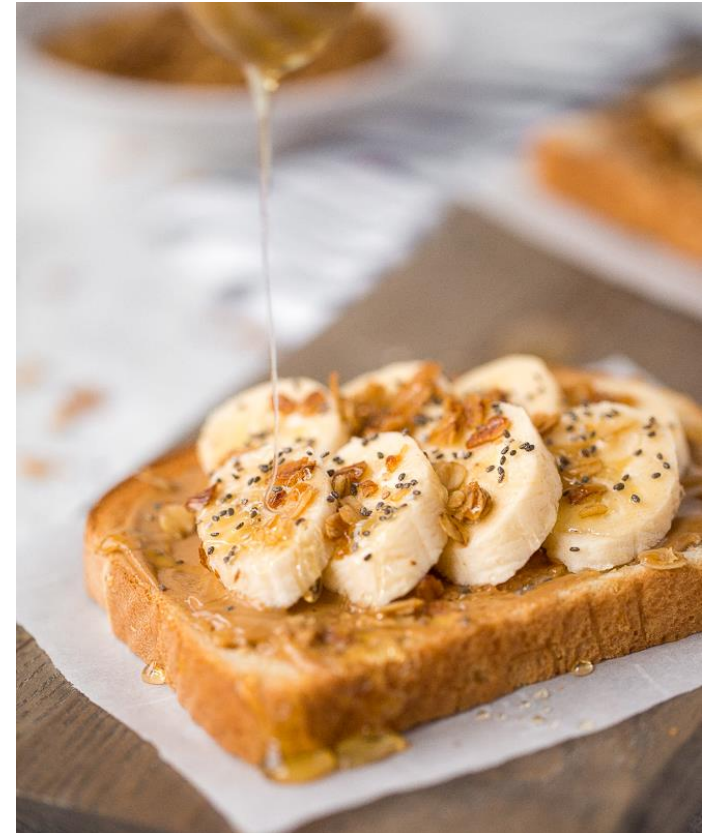
Banana and Honey on Toast

Ingredients

- A slice of toasted bread
- Sliced banana
- Honey

Recipe

1. Toast the bread
2. Once the bread is toasted to your liking spread the honey onto it.
3. Placed your sliced banana on top.
4. Enjoy!



Remember, do not attempt to cook anything you are allergic to and always get your parents permission to try these recipes first



Last week's game was 'Guess the book titles!' ...

Please see the next slide for the answers...

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Book Titles Emoji Quiz Answers

1. Charlotte's Web
2. Goodnight Moon
3. Rainbow Fish
4. The Very Hungry Caterpillar
5. Cat in the Hat
6. The Little Engine That Could
7. Cloudy With a Chance of Meatballs
8. Winnie the Pooh
9. The Three Little Pigs
10. Owl Moon

How many did you guess correctly?

Guess the emoji book titles!

1. 👑 ⚓ 🌴 🍎 🍎 🌴
2. 🐰 🐰 🐰 🐰 🌿 ☕
3. 📖 👧 📖 📖
4. 🟩 🥚 🔍 🐷
5. 👧 👧 👧 👧 👶 🗡️ 🐻
6. 👧 🐰 ⌚ ⬡ 🐛 🐷 ☕ 👧 🐢
7. 👧 👧 👧 🍏 🌳
8. 👧 ☕ 🐅
9. 🏃 🐰 🐟 🏔️ 🦆 ⚓ 👦
10. 🙌 🐟 2 🐟 🟠 🐟 🟡 🐟
11. 📖 📖 🦁 📖 📖
12. 🟩 🐎
13. 🐢 🐰 |

For this week's challenge, you need to guess these book titles...

In the next assembly, the answers will be revealed along with a new challenge!



HM Government

Government Guidance

Remember government guidance for Covid-19 prevention:

Stay safe. Stay at home

Only go outside for food and health reasons - taking part in daily exercise is good for you.

- If you do go out, please stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home for at least 20 seconds
- Do not meet others, this includes friends or family.
- You can spread the virus even if you don't have symptoms.

Safeguarding:

If you need support at home, the school safeguarding team can still be contacted - details are on the school web site.

Student Support Websites

Please take the time to have a browse through these websites – they offer a lot of support for student well being and having a positive mind-set.

- <https://riseabove.org.uk/>
- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- https://youngminds.org.uk/?gclid=EAIaIQobChMIpqbgzf_G6AIVV-DtCh1-MAuTEAAYASAAEgLDbvD_BwE
- <https://www.kooth.com/>

If there are any problems related to Show My Homework please contact...

- Miss Mustafa (Head of Year 7 Cambridge Campus)
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- Mrs Williams (Head of Year 7 Bury Campus)
hwilliams@edmonton.enfield.sch.uk