

# Year 7 Positive Weekly Affirmation

**‘It’s okay not to know  
everything’**

# Show My Homework

## % of students who have logged on 08/06 to 12/06



Tutor Group	% students who logged on
B1	88.00%
B2	88.46%
B3	91.30%
B4	84.00%
B5	84.61%
<b>B6</b>	<b>100%</b>

Tutor Group	% students who logged on
<b>C1</b>	<b>87.5%</b>
C2	80.76%
C3	86.36%
C4	84.61%
C5	73.07%
C6	86.95%

Pretty low figures last week for some Tutor Groups. Well done to those of you who are logging in daily and completing lots of work. Everyone should be doing their best to log in every day – let's ensure the figures are better next week.

Well done **7B6** for getting 100% again.

# Birthday Celebrations in Year 7

8<sup>th</sup> June to 19<sup>th</sup> June

*Happy Birthday to ...*

*Deniz Alirizi  
Serwah Yeboah  
Michael Boateng  
Sumayo Sharif  
Sidona Desbele  
Sina Desbele*

*Victoria Clever  
Michali Karasa  
Roshni Mann  
Fouma Cisse  
Ja'Niyah Wynter  
Nakeela Archer*



HAPPY  
BIRTHDAY

# Try this 5 Minute workout with Joe Wickes



<https://www.youtube.com/watch?v=d3LPrhI0v-w>

# Have a Healthy Breakfast



To make a healthy bowl of fruit cereal you'll need just a handful of ingredients, many of which are optional depending on your taste. The main ingredient is fruit (fresh or dried), banana, apple, berries, anything you fancy, cereal and milk. So easy! And will keep you full until lunchtime.

# Have regular breaks during the day

- Do some drawing or painting
- Go for a walk, run or bike ride
- Write about what you have been doing during lockdown
- Sit in the garden if you are lucky to have one
- Do something you enjoy
- This will help you to de-stress and enable you to cope better with your work.



# Ensure you get enough sleep



It is very important that you are getting enough rest and sleep every night.

Some of you are logging in to SMHW in the middle of the night – this is not good for you.

Ensure you log in during the day – keep to a routine.

# Keeping healthy during lock down

All the above are important for keeping our physical health and mental health in check.

Remember:-

- Keep to a daily routine
- Try to have a balanced diet – limit snacking and fatty foods
- Drink lots of water
- Have regular breaks
- Exercise daily
- Get at least 8 hours of sleep a night

It's very important that we keep our body and mind healthy during this time.

# Black Lives Matter



# Black Lives Matter

The images on the previous slides are images you would have seen on the news or on social media over half term. You have might have seen certain celebrities and influencers posting about Black Lives Matter and George Floyd. So why are people protesting and what is Black Lives Matter?

The protests are over George Floyd's killing by a white police officer which have spread from Minneapolis across the US to the rest of the world, revealing the pent-up anger over institutional racism worldwide.

#BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin's murderer. Watch this video to help you further understand: <https://www.youtube.com/watch?v=CSiRKReSNDE>



# Interesting facts about Turtles

- Do you know anything about Turtles? Click on the link below and find out



- <https://www.youtube.com/watch?v=5Rmv3nliwCs>

# Try this fun quiz



- How much did you learn?

<https://www.bbc.co.uk/cbbc/quizzes/shell-or-sham-turtle-quiz>



## Answer to last week's riddle

What belongs to you but is more used by others?

*Your Name*



Have you found a new hobby or talent you didn't know you had? Let us know



My daughter has started baking – and she loves it!

# Have a Great Week

Keep up the good work and remember we are always here if you need us:-

Miss Mustafa (Head of Year 7 Cambridge Campus)  
[ymustafa@edmonton.enfield.sch.uk](mailto:ymustafa@edmonton.enfield.sch.uk)

Mrs Williams (Head of Year 7 Bury Campus)  
[hwilliams@edmonton.enfield.sch.uk](mailto:hwilliams@edmonton.enfield.sch.uk)

**If you haven't done so already, please complete this short survey below, this will help us know how you are feeling. It is anonymous so please be honest**  
*(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

# Online Learning

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



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://youngminds.org.uk/?gclid=EAIaIQobChMIpqbgzf_G6AIVV-DtCh1-MAuTEAAYASAAEgLDbvD_BwE)
- <https://www.kooth.com/>



FOCUSING  
ON PARENTS!

**If you are feeling the strain, please see some of these websites  
for help and advice:**

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

<https://www.gingerbread.org.uk/coronavirus/> A website dedicated to single parents

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>