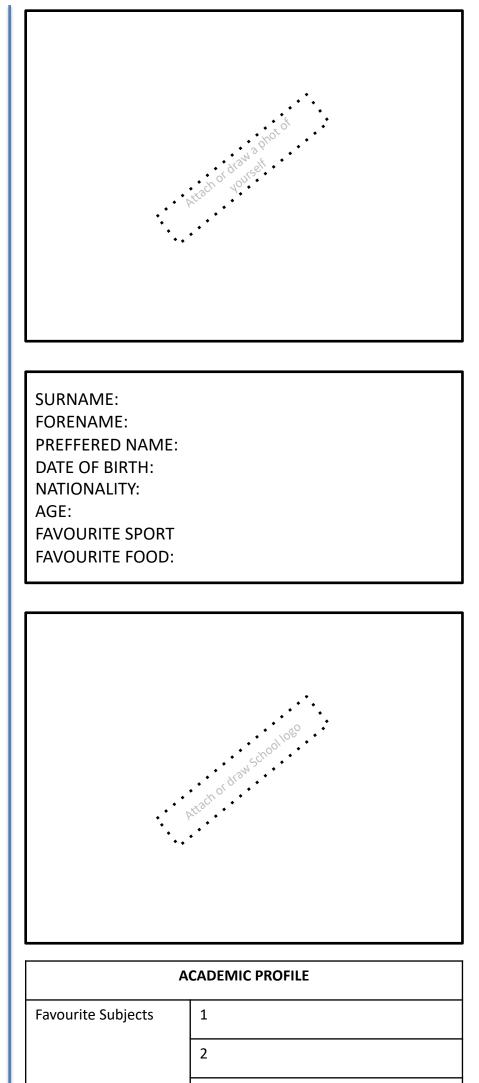


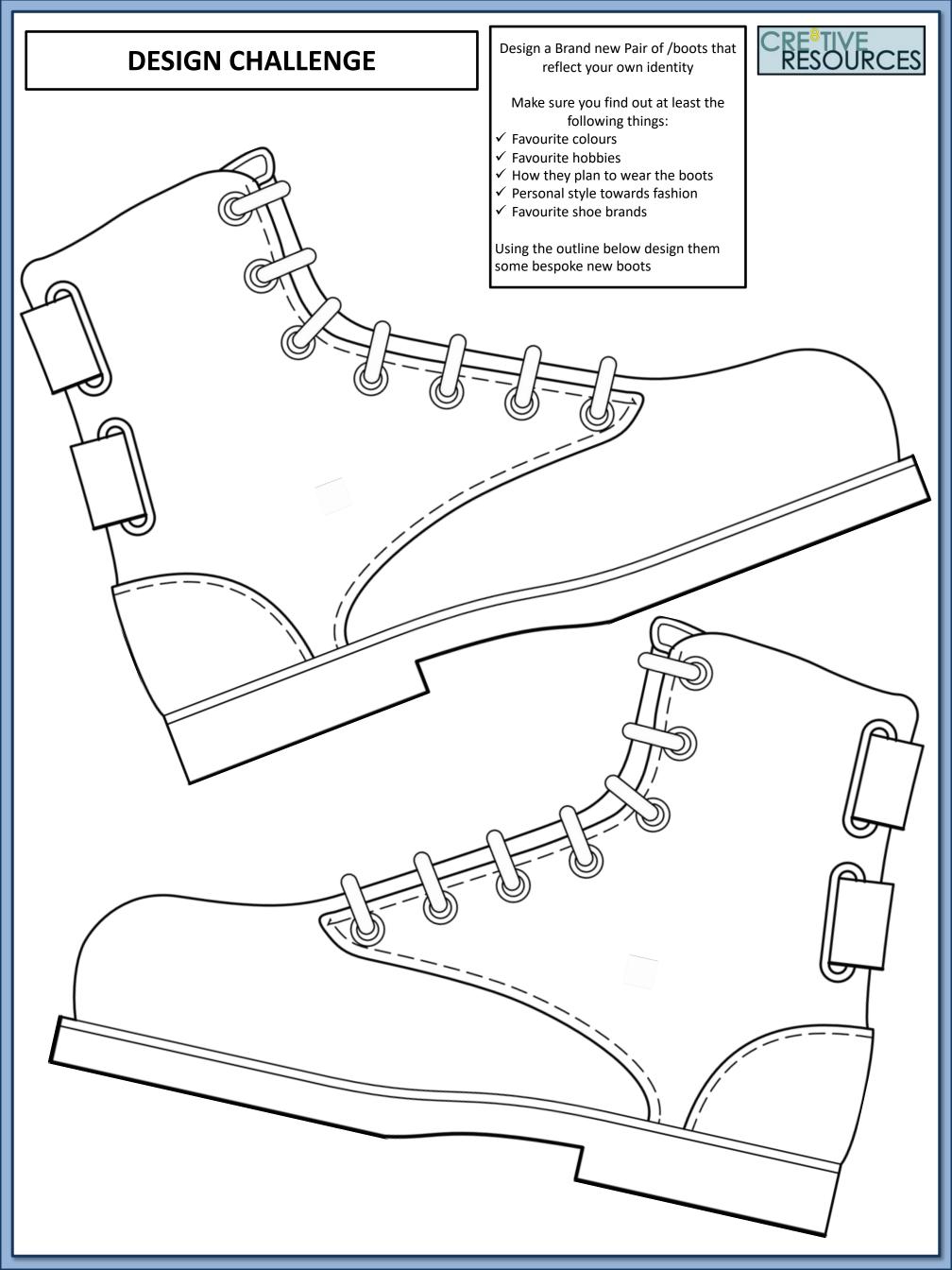
## PROGRESS PASSPORT 2020-2021

SCHOOL:

	TARGET SETTING 2020 -2021		
Target I Target I would like to set myself linked to my school life	E.G I will try to focus more in my Music lesson		
Target 2 Target I would like to set myself linked to my home life	E.G I will try to do more chores around the house or keep my bedroom tidy		
Target 3 Target I would like to set myself linked to my personal wellbeing	E.G I will take time to enjoy watching either the sunrise or sun set once a week		
Who can help you to achieve these targets?			
	How are you feeling?		
What are you n excited about t	his year? 2		
3			
Best friends na	me(s)		
What are you n nervous about?			
	2		
	3		



ravourite subjects	1
	2
	3
Strongest subject	
Subjects you would like to improve	1
	2
	3





# Tips for managing anxiety with Covid-19 (Corona virus)

### Self-care

Introduce activities/times to help you relax and reduce any anxiety/worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, anything that you enjoy and find pleasure in!





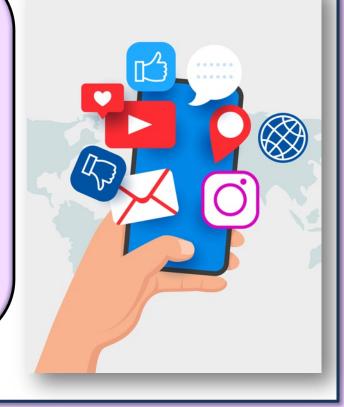


We are all used to routine, be that going to work or school or getting up at particular times. If you are now working from home, in self-isolation or homeschooling children, try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the tv and doing household activities.

### Social media

For some social media is highly important in keeping connected and in touch with family/friends/vulnerable people. But it can also be a source escalating your worry. Consider whether it might be better to reduce social media use, perhaps by time (10 minutes at a time) or only at certain times of the day (when taking work/school breaks).

This is not an exhaustive list but just some suggestions that may be helpful! Please keep up to date with government guidance and take care of yourselves.





# Tips for managing anxiety with Covid-19 (Corona virus)



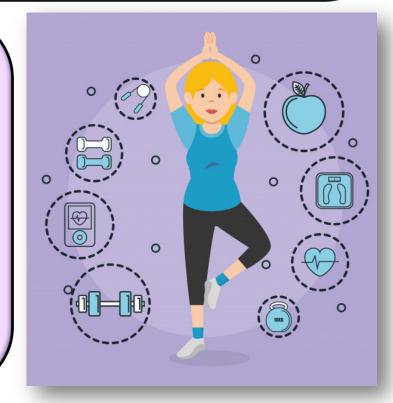


Give yourself a space to worry: It is natural and normal to worry, particularly in times of crisis, however this can get the better of us. You could consider planning small time frames where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all consuming all of the time.

Time and space

#### **Exercise**

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the body coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



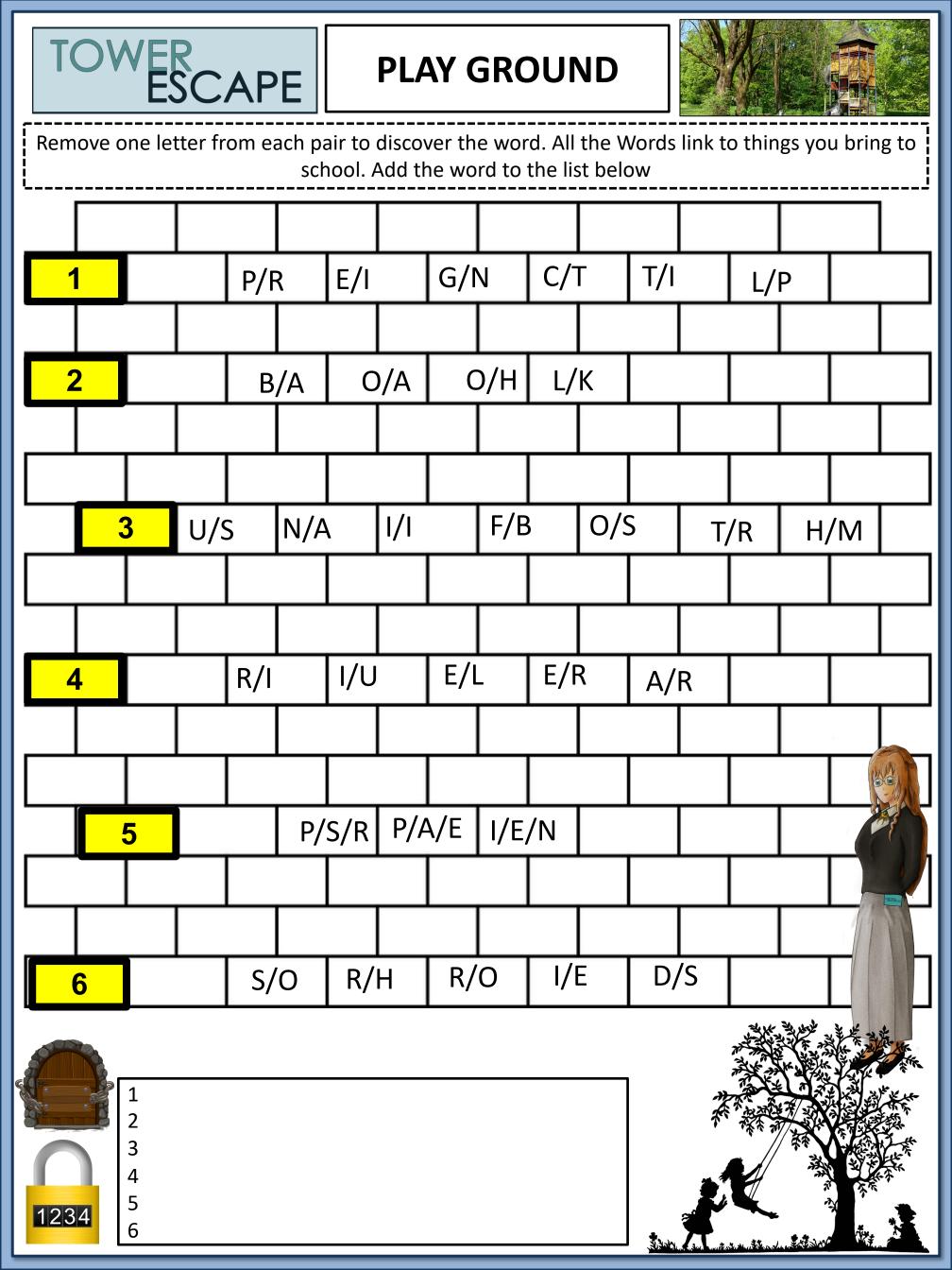




#### <u>Support</u>

If you have existing mental health problems reach out to your support network and professional if you have one. If these feelings are new also reach out to people that you find supportive. Many people are feeling the same way and it will help you to feel less alone. You can share your own tips for staying calm and managing the situation. If you don't feel that you have support you can text SHOUT for free from most UK mobiles, check out their website *"giveusashout.org"* for more information.

This is not an exhaustive list but just some suggestions that may be helpful! **Please keep up to date with government guidance and take care of yourselves.** 

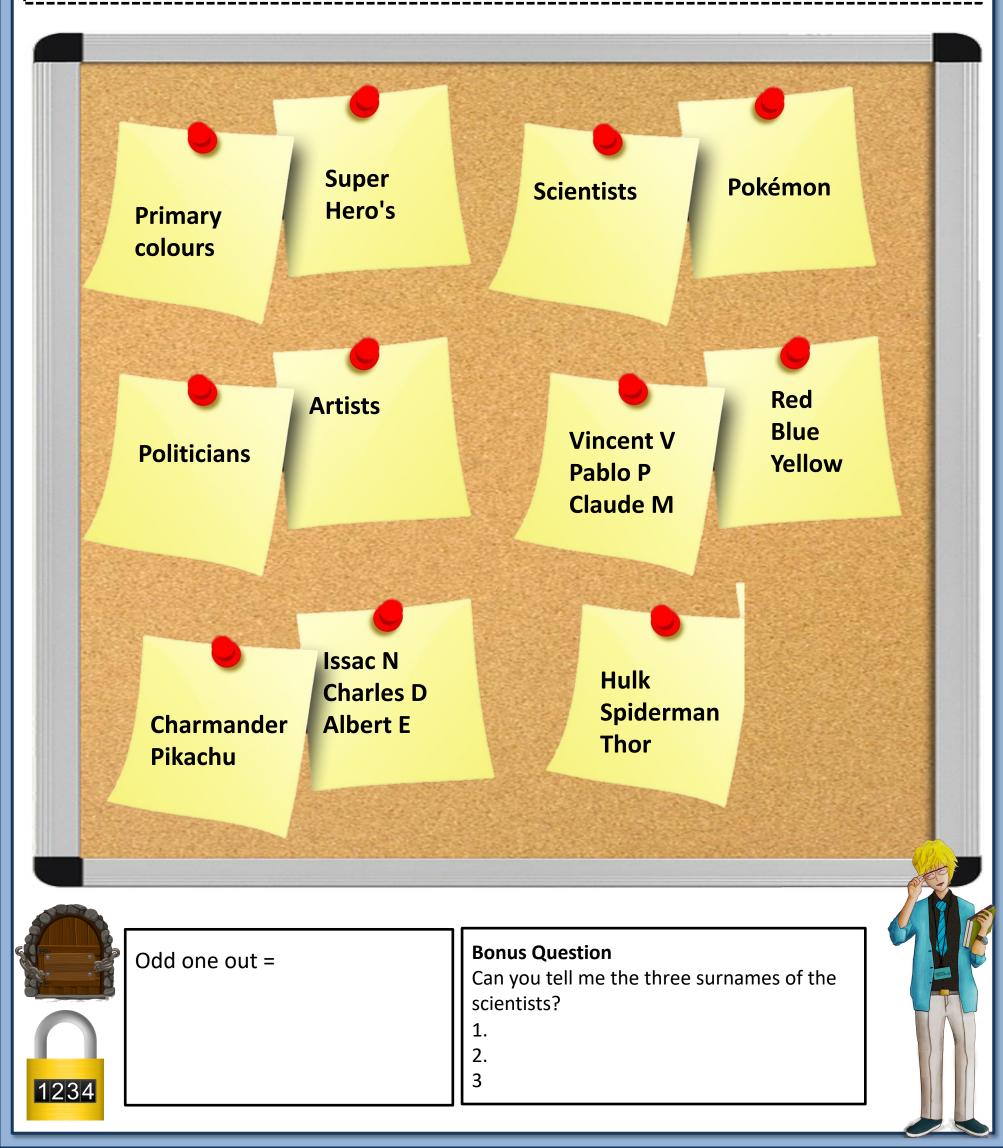




# ENGLISH CLASSROOM



The information below matches up into pairs. Find the correct five pairs to then reveal the piece of information that is an imposter and should not be on the board

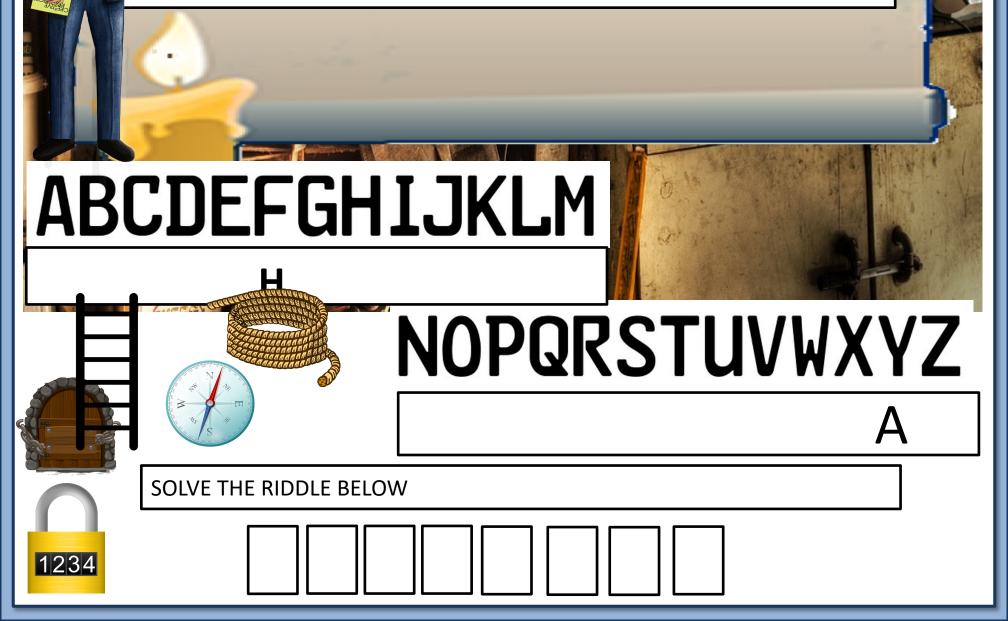


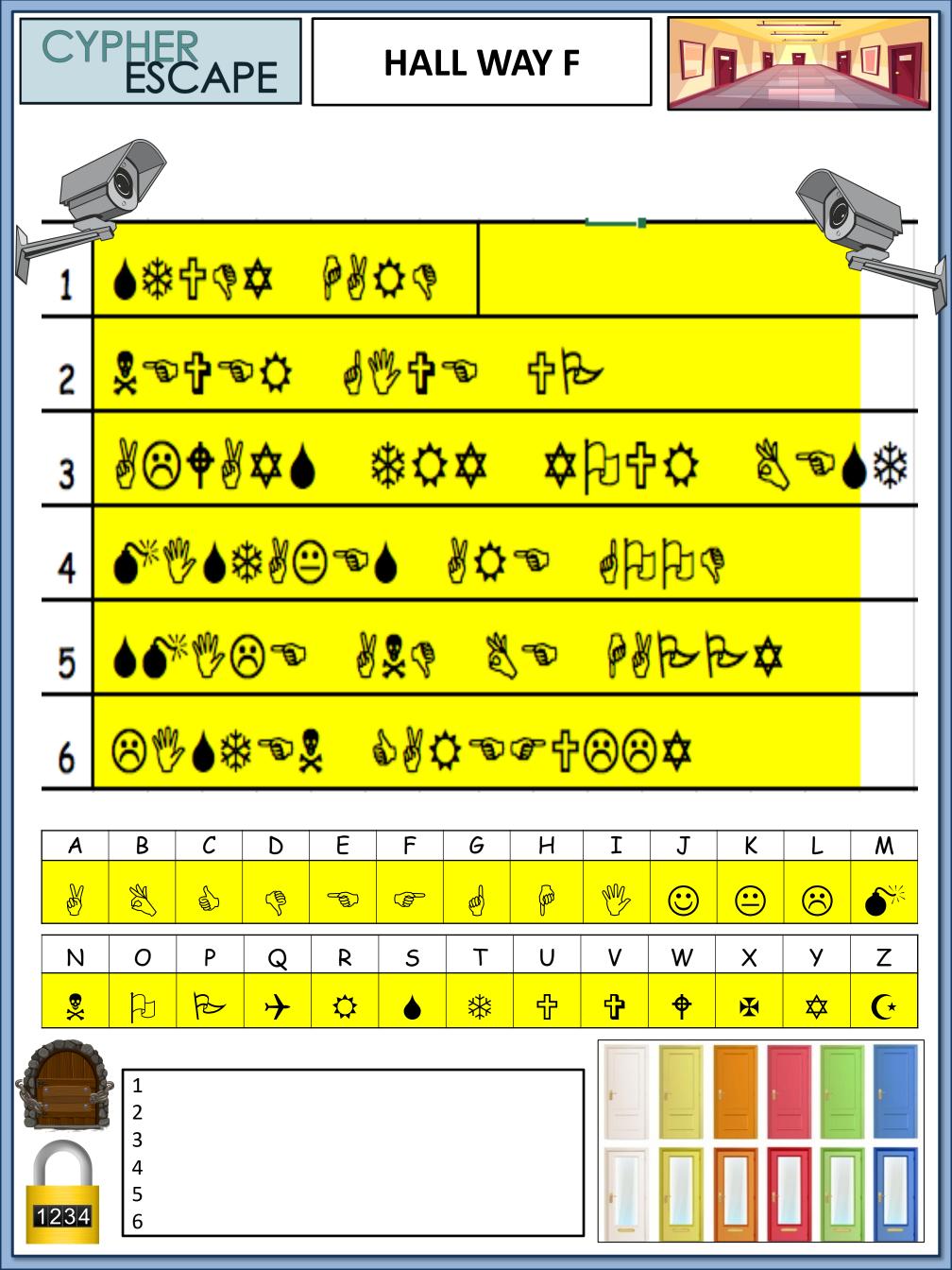


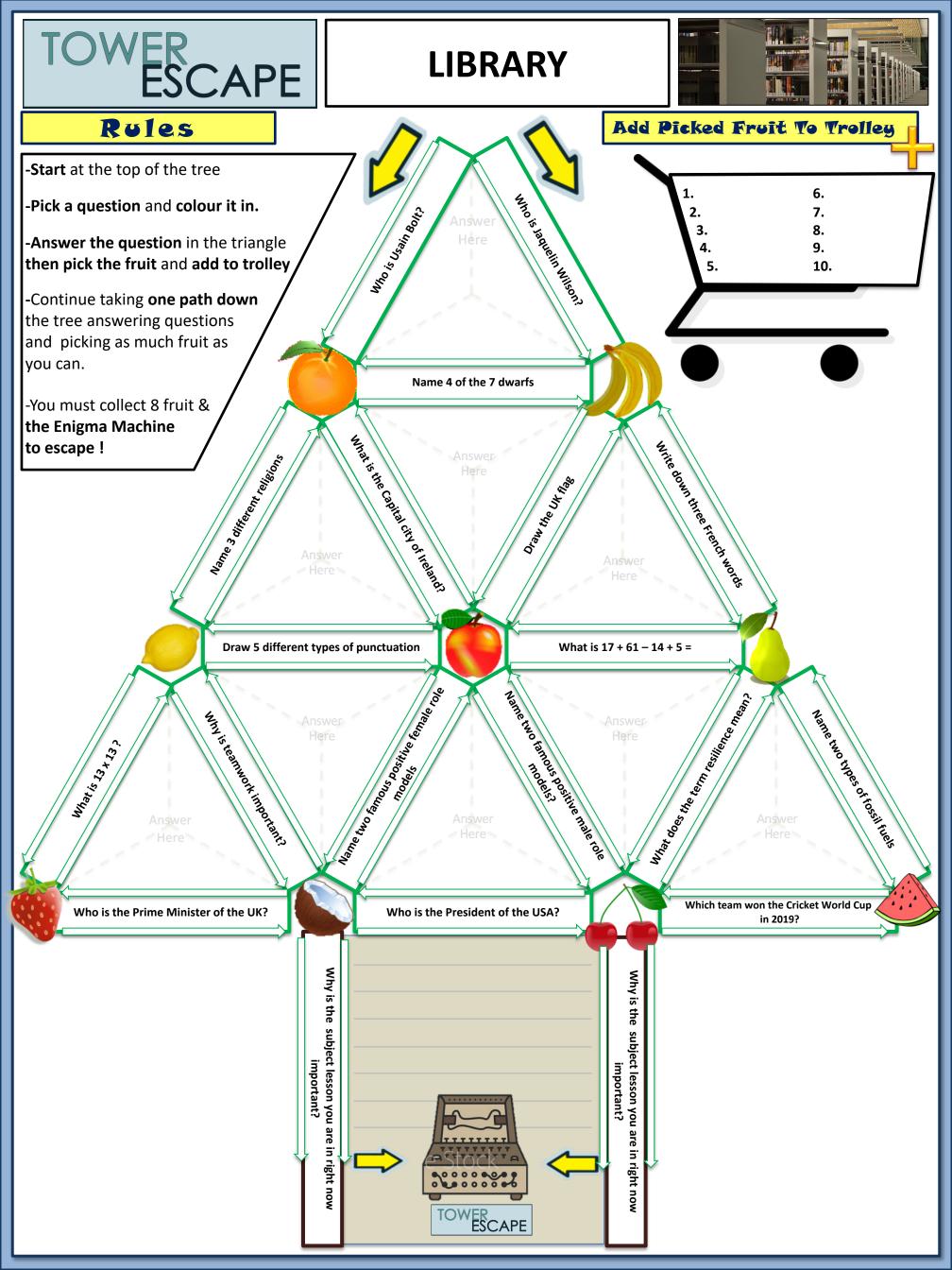
# NEVER ENDING BASEMENT

Solve the secret message which has been scrambled using a shift cypher. Once this message has been unscrambled you will know how to escape the basement

# Rm cqaync rfgq zyqckclr wms ugjj lccb rm qmjtc rfgq pgbbjc. Cglqrcgl'q dyrfcp fyq rfpcc qmlq Bpyasjy, Kypw ylb?

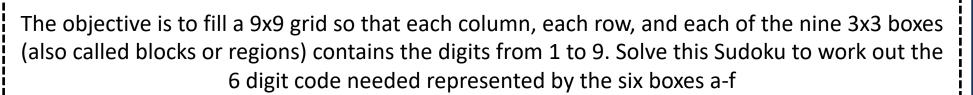








# OFFICE OF HEADMASTER



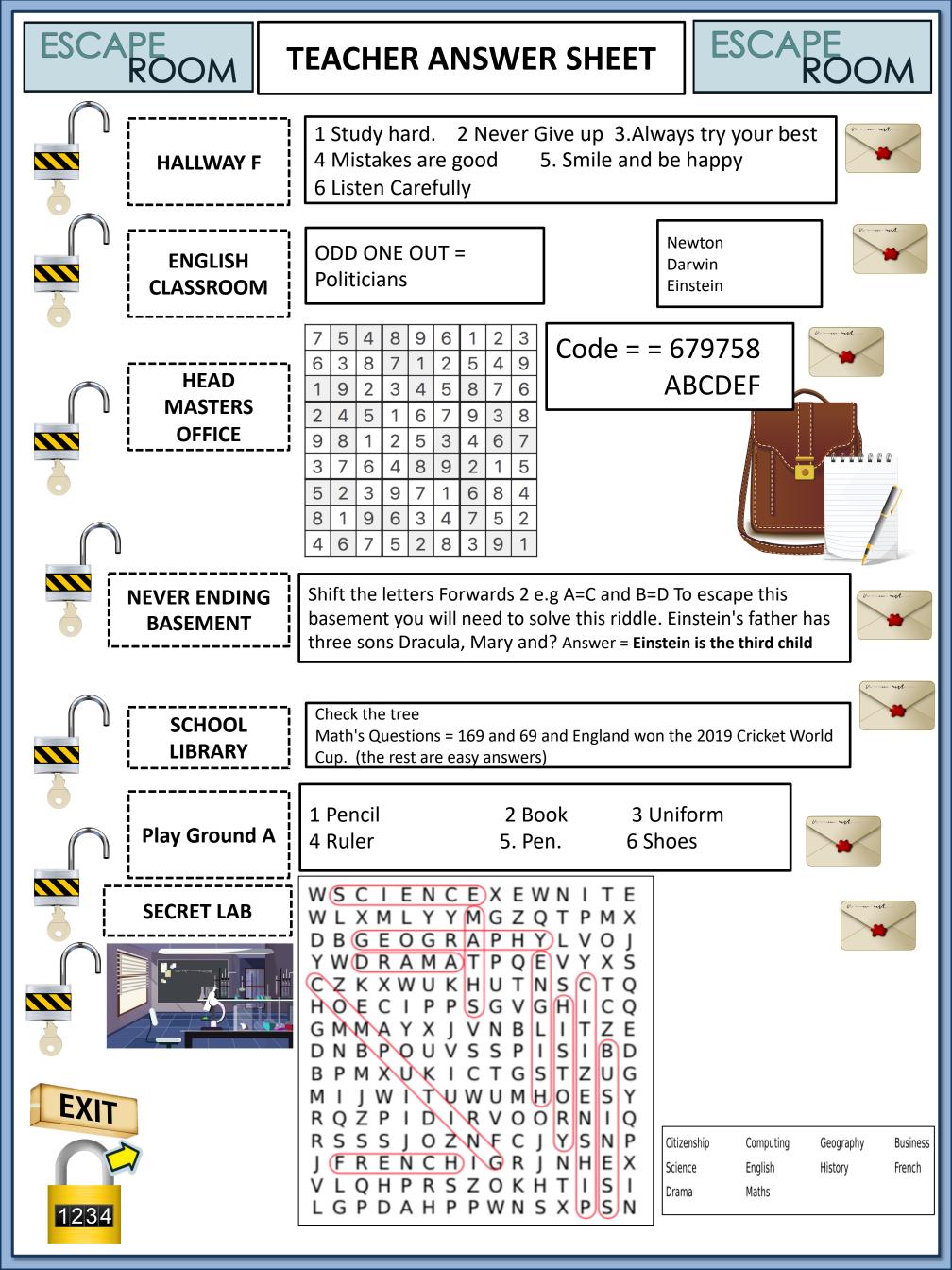
7	5	4	8		A=	1		3
			7	1				9
1	9			4		8	B=	
2	4	5	1			9	3	8
C=	8				3		6	7
	D=		4	8	9	2		
5	2			7		6	8	
8		9	6			7	E=	
4	6			2	F=		9	1



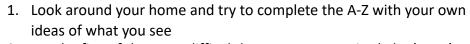
1234







### **I SPY WITH MY LITTLE EYE**



2. For the five of the most difficult letters you can write 'I don't spy' instead

3. Extension: Once you have completed your own ideas can you find a second item for each letter

Letter	Inside the House	Second item	In the Garden
А			
В			
С			
D			
E			
F			
G			
Н			
J			
К			
L			
Μ			
Ν			
0			
Р			
Q			
R			
S			
Т			
U			
V			
W			
Х			
Y			
Z			



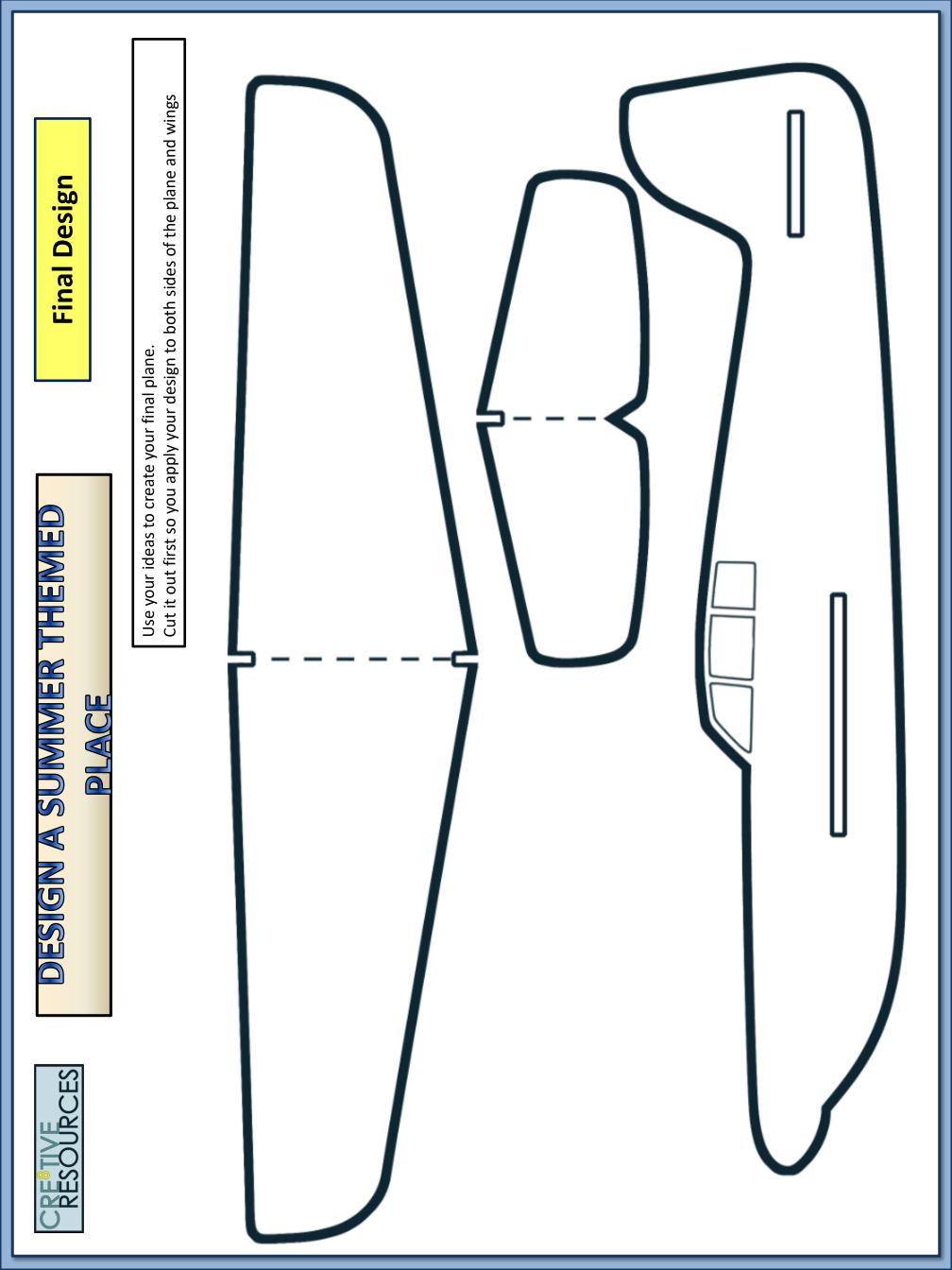
Clue: Think about names of people in the room, displays on the wall, what you see on TV





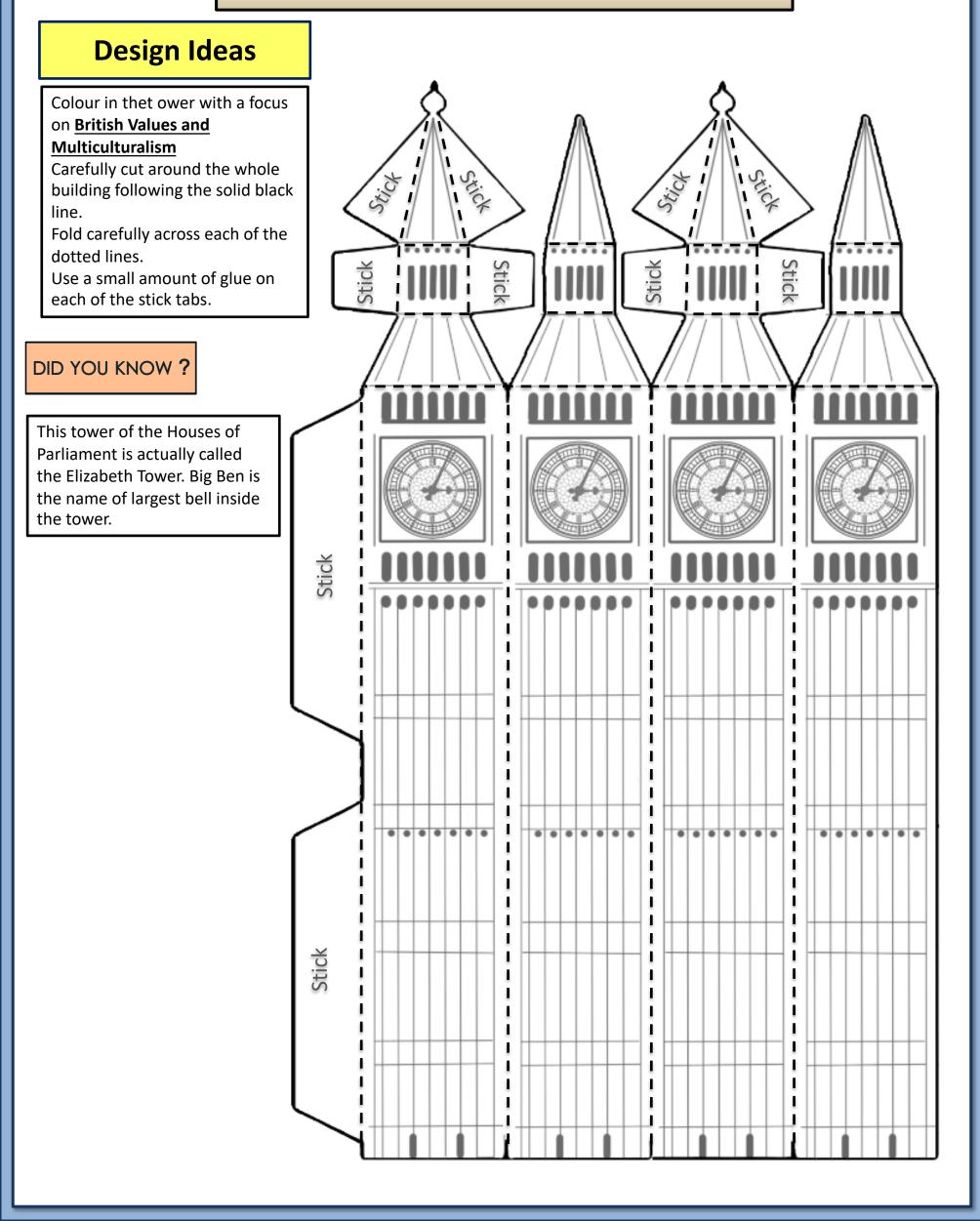


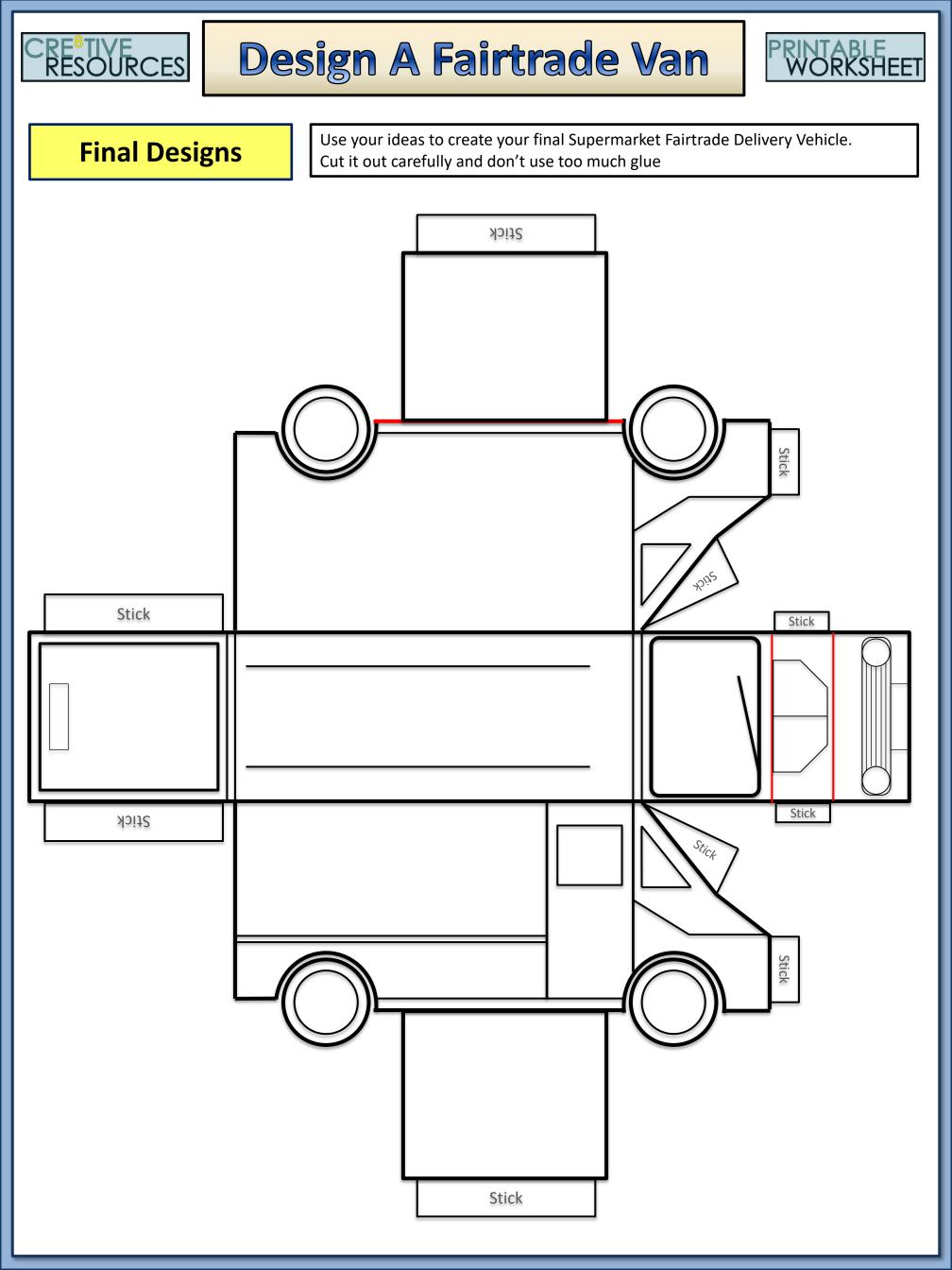






# **Build Big Ben**







**OBSERVATORY** 



#### **Instructions**

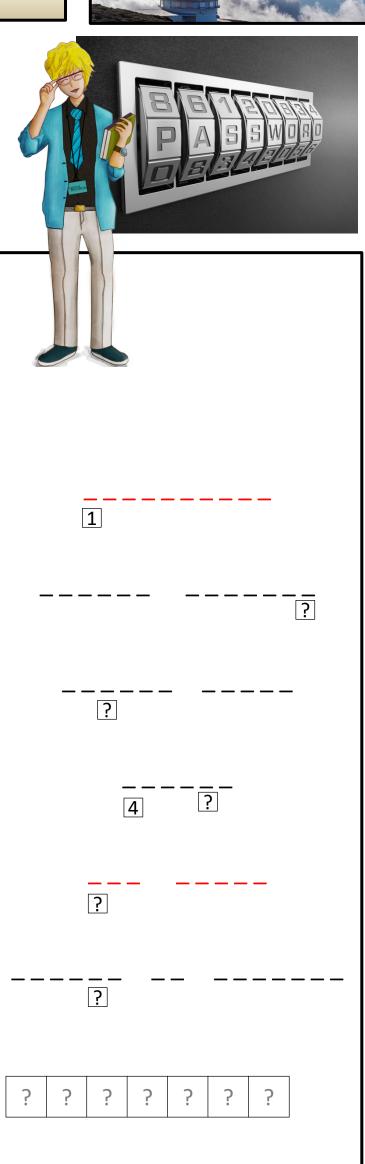
IDENTIFY ALL THE IMAGES BELOW

FILL IN THE BLANK SPACES WITH THE ANSWERS

TAKE THE LETTERS WITH A ? Or a Number

SOLVE THE ANAGRAM







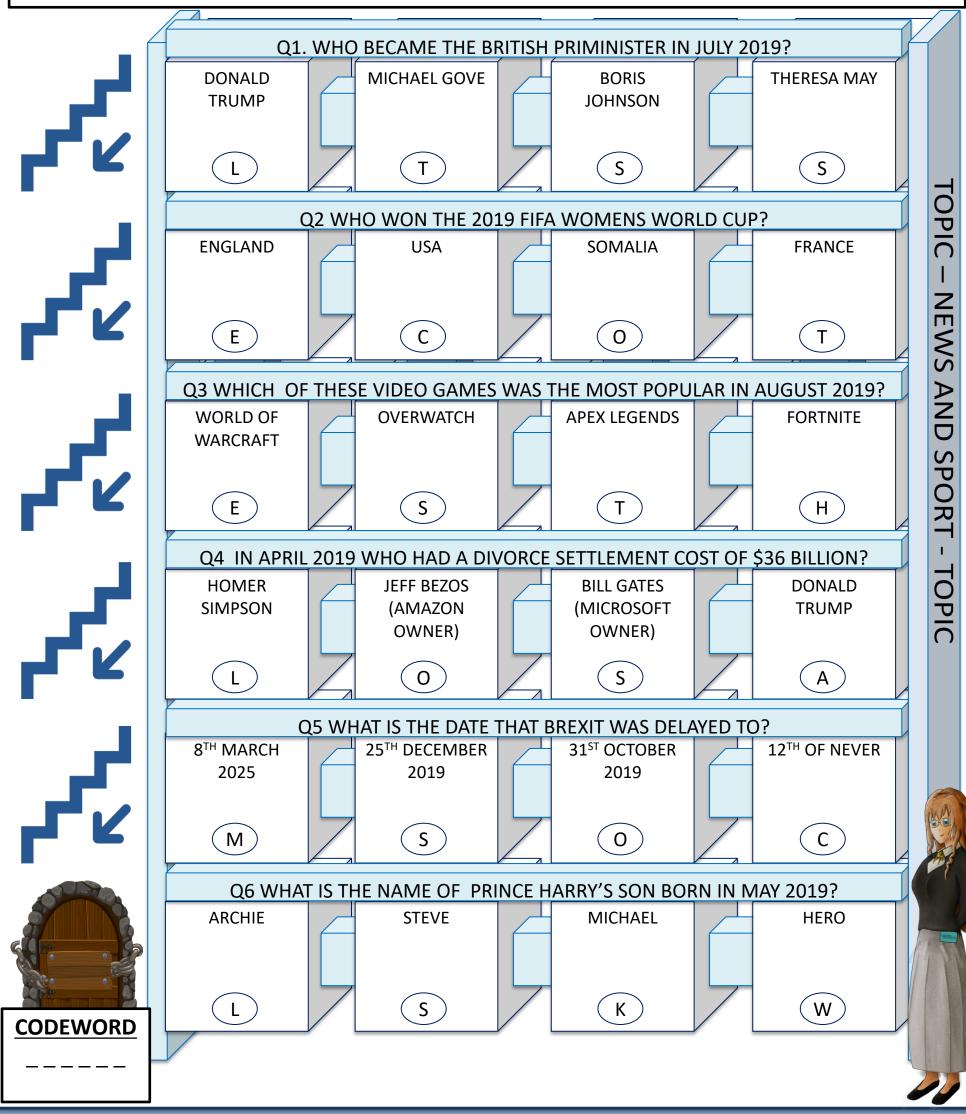
TOWER

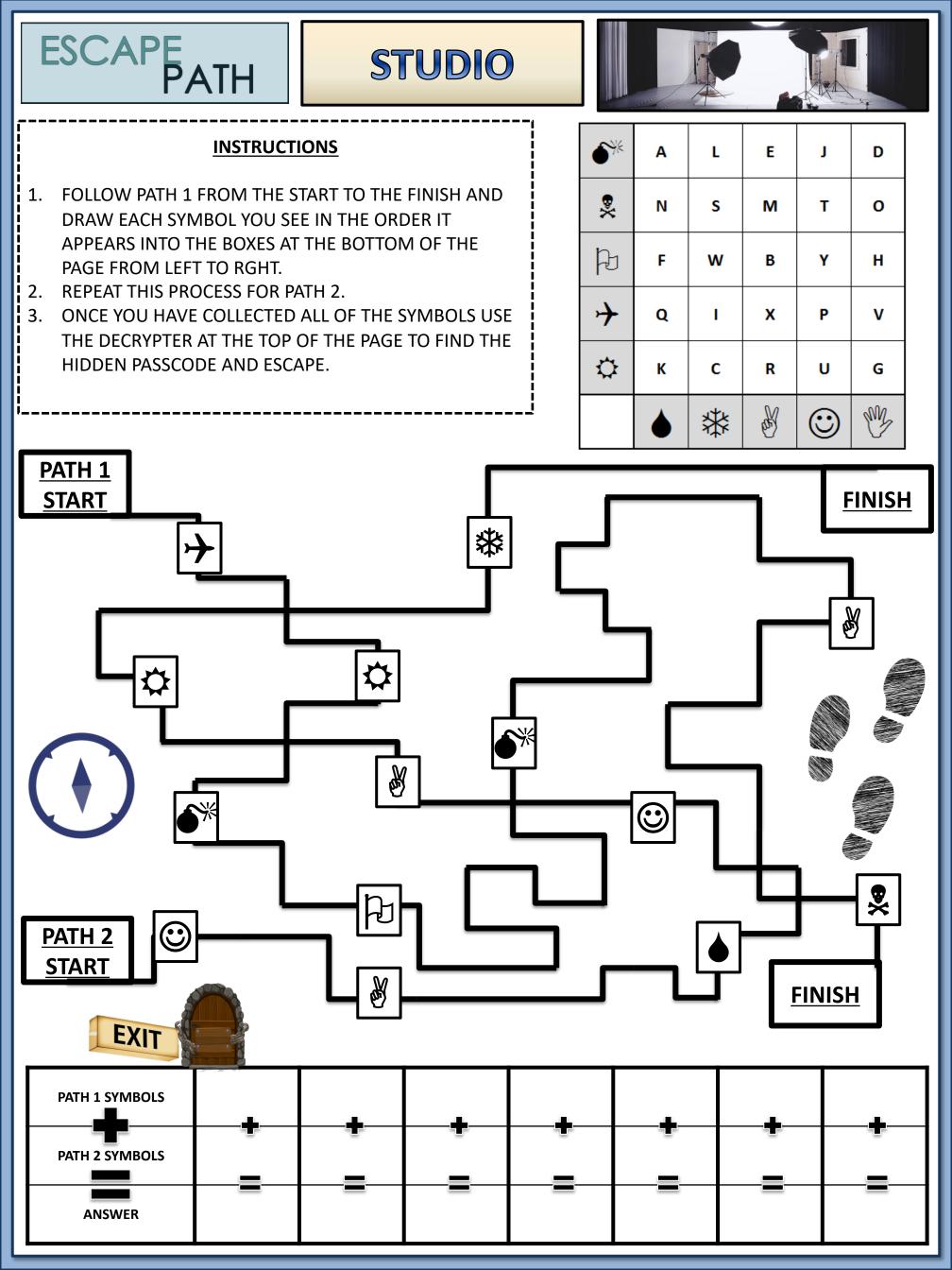


#### Instructions;

Start at the top of the tower and answer each of the multiple choice questions on your way down the floors. Colour in the letter inside the circle of each correct answer

Put the letters together to create the code word





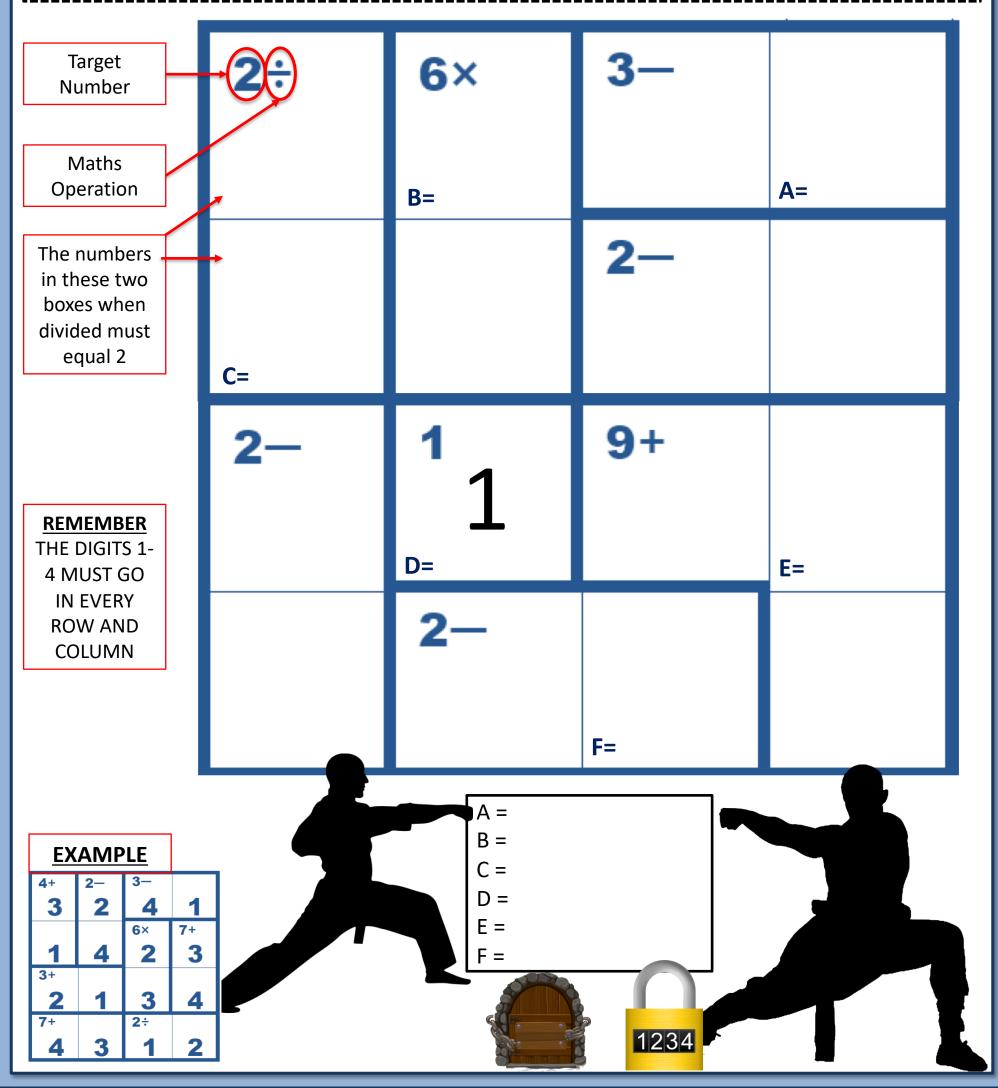


DOJO



This is a Maths Puzzle. The objective is to fill a 4x4 grid so that each column and each row contains the digits 1 to 4. (Like a Sudoku)

The numbers in the corners of the outlined areas tell you a target number followed by a math operation. The numbers you put within each outlined area <u>must</u> equal the target number by using the math operation Solve this puzzle to work out the 6 digit code needed represented by the six boxes a-f





FRIENDS

SUMMER

UNIVERSITY



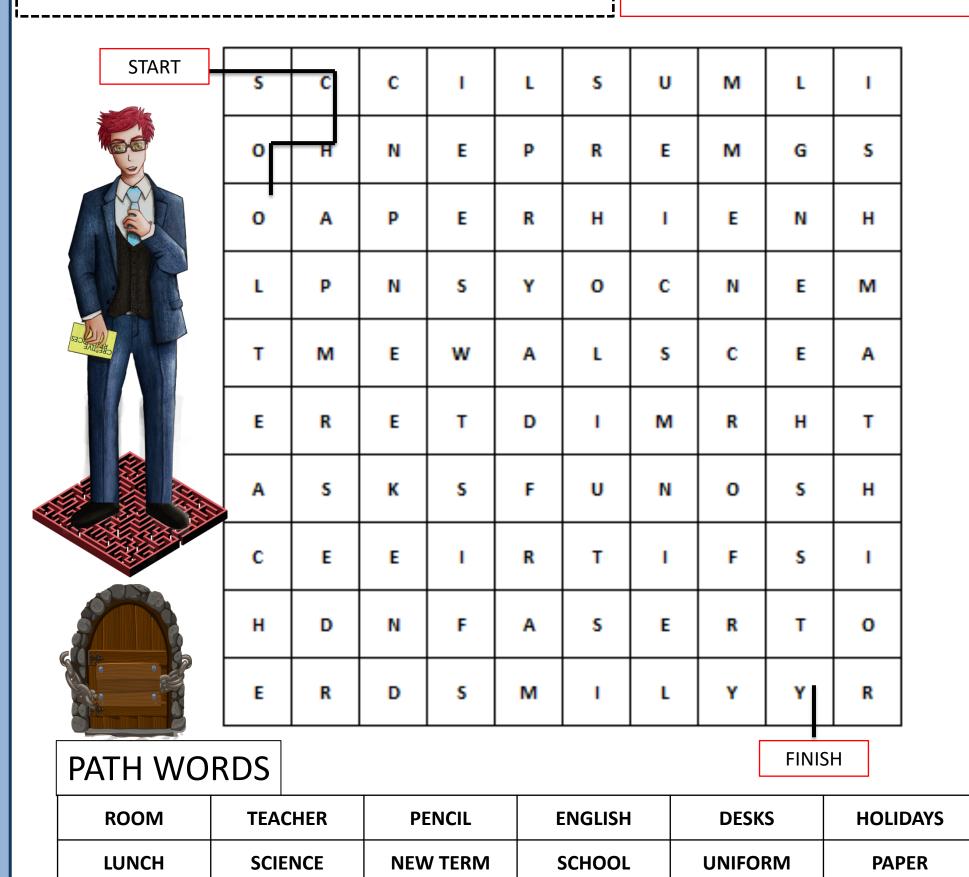
#### **INSTRUCTIONS**

- 1. EVERY LETTER ON THE GRID BELOW BELONGS TO A WORD
- 2. DRAW A PATH FROM THE START TO THE FINISH FINDING THE WORDS ALONG THE WAY.
- 3. THE NEXT WORD WILL ALWAYS CONTINUES FROM WHERE THE LAST ONE FINISHED
- TWO OF THE WORDS LISTED ARE NOT FOUND ON THE GRID THIS IS YOUR <u>PASSWORD</u>

#### **IMPORTANT INFORMATION**

EVERY LETTER IS USED ONLY ONCE THE PATH DOES NOT CROSS ITSELF

WORDS CAN SNAKE UP DOWN LEFT AND RIGHT

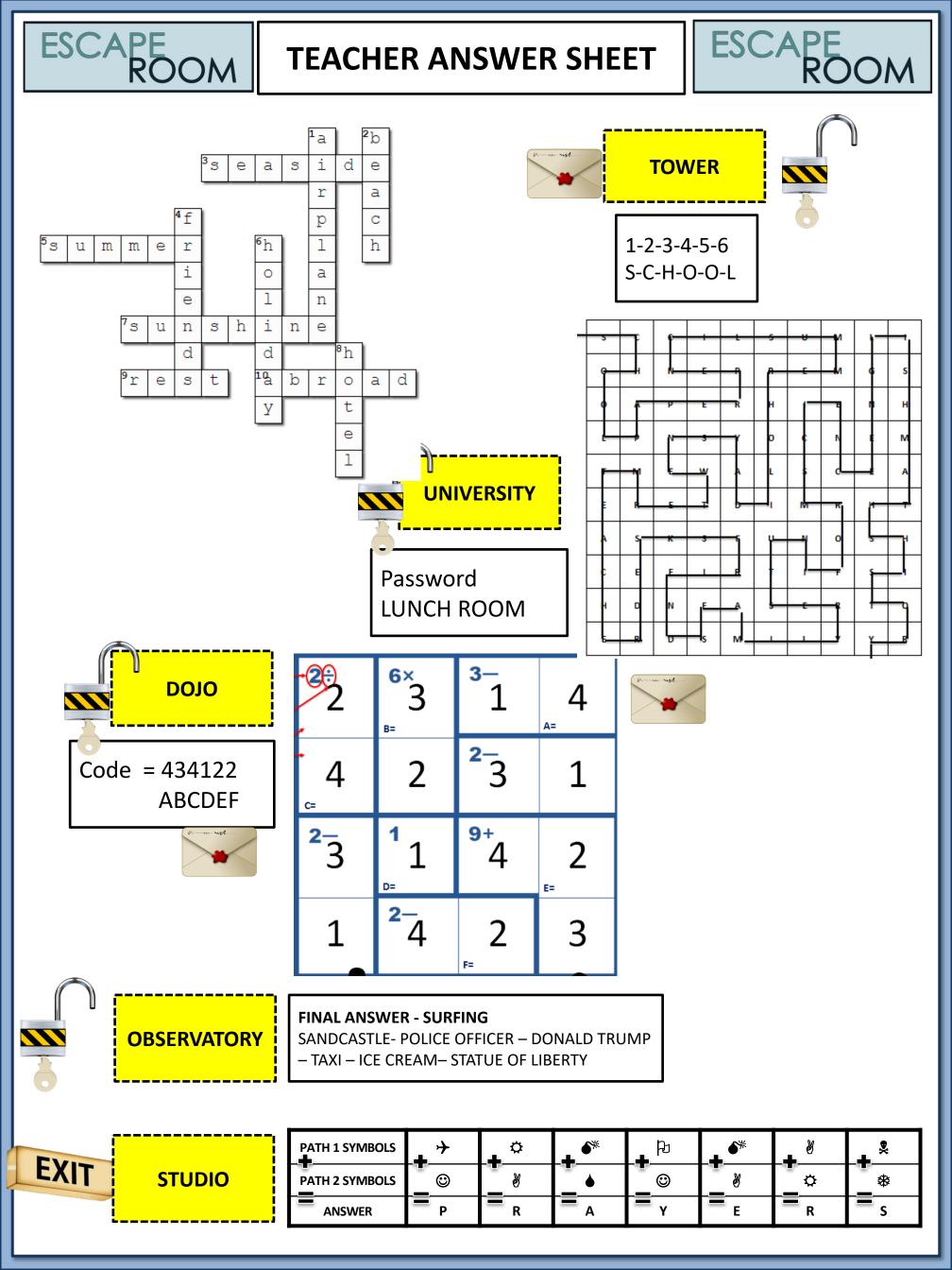


MATHS

FAMILY

REST

HISTORY



MY BOOK REVIEW		Fiction CRE <sup>8</sup> TIVE
Title: Author: Illustrator:		Non-fiction RESOURCES   Reviewers Name:: Image: Control of the second sec
Write a quick text message explaining what the book was about		Describe the setting of the story
	Who would this book be most st for? ✓ ✓ ✓ Four hashtags to summarise th	Suitable
Fiction: Think about the plot	#   Create a quick mind map of the and how they link with each ot	
<image/> <text></text>	How many stars would you give	this book?

MY BOOK REVIEW		Fiction CRE <sup>8</sup> TIVE
Title: Author: Illustrator:		Non-fiction RESOURCES   Reviewers Name:: Image: Control of the second sec
Write a quick text message explaining what the book was about		Describe the setting of the story
	Who would this book be most st for? ✓ ✓ ✓ Four hashtags to summarise th	Suitable
Fiction: Think about the plot	#   Create a quick mind map of the and how they link with each ot	
<image/> <text></text>	How many stars would you give	this book?









### CORE THEME 5



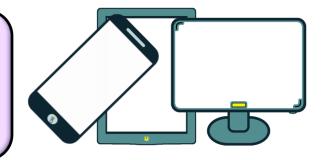
# What is positive wellbeing?

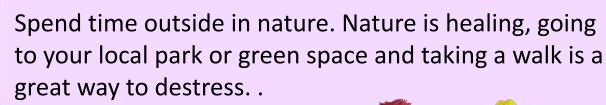
It is a state of overall good health in both body and mind and can include:

- Intellectual (cognitive stimulation such as problem solving puzzles),
- Spiritual (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- Social (building relationships and community support through friends and family and neighbours etc.)
  - Physical (Movement, whether in sports or walking, movement that brings joy.)

11 TOP TIPS FOR POSITIVE WELLBEING WHEN YOU ARE OFF SCHOOL

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



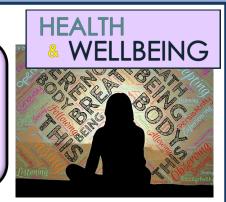


Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills





Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily. Breathing exercise. Practice breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.





Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

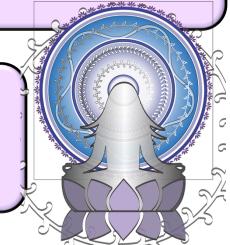
Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.

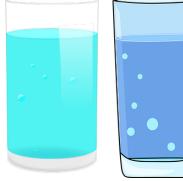


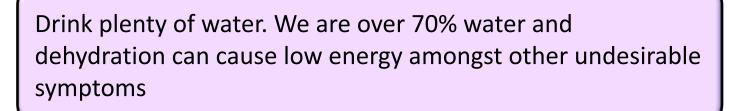


Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to anything else but witness your thoughts and feelings.







Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.