



Headteacher Update – 8th February 2021

Dear Parents, Carers, Students, Family and Friends of Baines School,

Well we are nearly at half term: Congratulations to everyone for making it to half term, that is to students, parents and school staff, at the end of this week we will have completed six weeks of remote learning. **School will close at 2.50pm on Friday for half term and everyone should enjoy a rest for the half term break.** Students will not be set work for half term, for those students who have not been engaging in work, this is time to catch up on some bits so you can submit to teachers after half term. For those who have been working hard, this is time to have a rest from the screen and enjoy time with family, taking in some fresh air, exercise, relaxing, maybe trying a new hobby.

You will have noticed on our Facebook page that last week was mental well-being week, there are a range of photographs to show how staff relax and enjoy time away from work. I hope all of our Baines families will find ways to relax this holiday, please send photographs in so we can share how our students connect with nature, exercise, hobbies and spending time with your family you live with. Towards the end of this update you will find lots of ideas to try to support positive mental well-being.

School Angel Charity

At the end of every Headteacher Update you will see a section called School Angel. This is a charity and there is a link on our school website to School Angel. If people click on this site first and then the logo for the shop they are wanting to purchase from online, then School Angel will donate a percentage of the purchase price to Baines School. It does not cost you anything but can raise funds for school. **School Angel have donated two new laptops to school** and these have been given to two students to access learning online. I would be very grateful to anyone who shops online if you could remember to click on School Angel first please.

Year 11

Just a little message to year 11 students. Thank you for the way you are responding to this difficult time with maturity and dedication to your studies (and in turn to your future careers). I am hoping to hear from the government about how your GCSE grades will be awarded at the end of February. Early indications are that this will be a mixture of centre-based assessments and some tests that will be set in the summer term. As soon as we know, we will communicate with you. In the meantime, continue with your learning and studies (making sure you do have some time to rest and re-charge your batteries during half term).

Debt on ParentPay

There is no easy way for me to share this next request. I know it is a very difficult time financially for many families but since I last updated you about the debt on ParentPay, the situation has worsened. There is now almost £3,000 owed to school on ParentPay. Phone calls and letters have been sent to parents who are showing a negative balance on ParentPay (for food eaten from the refectory). I never want to be in a situation where a student cannot have food at lunchtime, as it is important that they do not go hungry hence why I have had a little flexibility to allow parents/carers to add credit to their balance. Some of these debts are now getting out of hand and school cannot use public funding to pay for unpaid accounts. Please, please put credit onto your account so that your debts are cleared before

school fully re-opens. This will avoid me having to explore legal action, which I have been so reluctant to do, but feel we are now at a situation where I do not have a choice if these debts are not fully cleared by the end of March.

We are at the start of our year 9 options process. This is a very exciting time for our year 9 students as they learn about all of the subjects we offer and select the subjects they will study over the next two years. We are planning an online process because we are not sure when we will all be returning physically to school. Later in this update, Mr McGrath gives an overview of the stages we are planning.

Over half term, please encourage all of our students to continue following the lockdown rules, to social distance and to **help each other stay safe and happy, there is a lot of sadness in the world so let us all be thankful and kind to everyone. Thank you for being a fabulous community, I look forward to seeing you soon.**

Half Term Stars

Year 7

Annabel-Very positive, excellent work. Mrs Wild her REP teacher said her work has been brilliant

Lottie- Is an absolutely fantastic student. She works hard at all times and Mrs Mycock has said how wonderful her Geography work has been

Caitlin - Is a very hard working student and Mrs James has commented on how excellent her work has been

Kasan- Has been doing very well working independently he has tackled old English with great success

Raisa & Nafisa- For excellent work in maths. They have completed 30+ key skills tasks for the maths challenge in a week which means they answered over 300 questions in their free time.

Year 8

Sophia- Working really hard in lessons despite absences over the year

William- All round excellence and hard work in everything he does

Bethany- Going above and beyond in Personal Development, baking two Victoria sponge cakes for her work on British Values

George Excellent work in PE. He had highest step count in year 8 and made videos of himself exercising and training including an obstacle course of shoes boxes in his street!

I am sure you will agree these are all well deserved.

Year 9

Bella-Consistently outstanding work throughout the year

Matthew- Excellent work throughout all subjects and really improving his confidence

Harrison- Coping very well with his work during lockdown

Louie- Excellent work in Computing and generally working well during lockdown

Dylan- Coping very well with his work during lockdown

Jayden- Brilliant work in REP and making huge improvements in his work

Kelsie- Excellent engagement and work during lockdown





Year 10

Ellie- Work in REP
Lenny - His REP work
Ryley- Brilliant PE work
Akeelah- Maths work
Elliott- Maths work
Jessica- Outstanding work in PE
Domi- His standard and work rate in his new science class

Year 11

Overall Star Leyla- Impressive work ethic across all subjects and approach to learning independently online
Ella- Excellent approach to independent learning across all subjects, especially in Geography
Grace- Excellent approach to independent learning across all subjects, especially Product Design
Kris- Excellent approach to independent learning across various subjects
Martha- Excellent approach to independent learning across all subjects, especially in RE & Business Studies
Ivan- Excellent approach to independent learning across all subjects, especially Maths & Science.
Chloe- Excellent approach to independent learning across all subjects, especially Maths & Science.

The Pod Games Have Begun! - Mr A Mycock

Year 10 and 11 are making great use of GCSEPod through their remote learning and their independent studies. We are currently sitting in position 14 out of 142 schools in the North West region which is a great achievement!

GCSEPod is a great way to consolidate your learning. The short pods summarise chunks of learning that can be used by students in a range of ways using the "Student Learning Activities" ideas at the top of each page. The "Check and Challenge" quizzes also help students to identify what they know, but most importantly, what they don't know! Any gaps in learning are then automatically plugged by watching the "Boost Playlist" that is generated for each student on completion of the quiz.

When students access GCSEPod and all of its features, useful evidence is recorded that support teaching and may also be helpful in providing evidence of engagement!

Keep Podding!



Options 2021 Mr M McGrath

A very exciting time is ahead for Year 9 students as important decisions will be made over the coming weeks that will help to shape possible future career choices. I would just like to give you some reassurance that the options process maybe different due the circumstances we find ourselves are in but every effort will be made to make sure your children have the correct information and guidance to make informed choices for them moving forward into Key Stage 4. There is a brief guide regarding the support that is on offer over the next few weeks below.

We will endeavour to provide you as parents/carers and your children with the information necessary to guide them through the process.

Week beginning	Event
Monday 22 nd February	Recorded form time briefing for students about the support that is on offer and the process that they will be part of: Face book/Website/Email out to parents
	Year 9 options letter home explaining how options will be supported this year.
Wednesday 24 th February	Year 9 Consultation Evening
Monday 12 th March	Year 9 Options Assembly led by Mr McGrath in two halves or 6 x class groups depending on the restrictions of mass gatherings
Monday 12 th March	Year 9 options lesson to be delivered by Personal Development teacher. PD teacher teaches their online lesson with specific activity relating to options.
	Progress Tutor drop in session Week of online discussions with Progress Tutor regarding options Appointments to be given to Year 9 throughout the week e.g. 5 minutes per child over 2 weeks.
Tuesday 16 th March (Moved to a week later than on calendar)	Online live event – Options Evening Live presentation hosted by Mr McGrath
20 th March 2021	Deadline for submission of Options Form

SAM Learning- Mr G Mates

We are pleased to inform you that we have recently purchased **SAM Learning**. All of our students have an account and many have already started to use this great tool.



SAM Learning is an online revision resource for all year groups containing thousands of revision activities, across KS3 and GCSE subjects and is particularly good for quick review checks on learning. Some of these activities are produced by SAM Learning and some have been written by Baines teachers. Whilst SAM Learning is a useful tool during Lockdown it is something we purchased for students' use during a 'normal' term time to support their learning. When we trialled this resource with students in different year groups, the students have fed back really positively, one Year 11 student commented that they thought, "**SAM Learning is great. It's great for**

revision of a topic and the variety of questions means you won't get bored. It works perfectly with the way I learn and I'm so glad we get to use it. I also like the way you can compete with other people as this makes it more enjoyable. I also like how you can gain points to create and update your avatar which makes me want to answer more."

Once students have logged in, they can compete against friends, working their way up a leaderboard or, if they prefer, remain anonymous from other students. Completing tasks unlocks items for their avatar.

A student's avatar

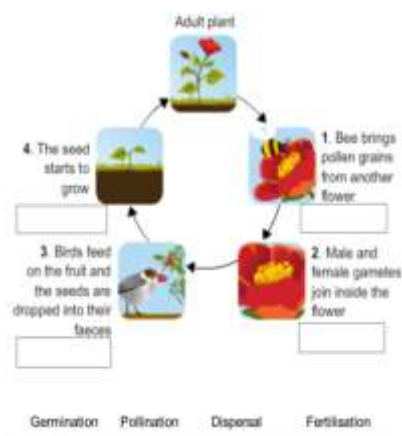


Their password: if they have not yet logged in, is the same as their username.
 Example: 010806DJ is the User ID for David Jones, born 1st August 2006.
 Students should keep a record of their password once created and not share this with anyone else.
 These instructions have also been sent to you and students through a Class Charts announcement.

SAM Learning helps students to learn by asking them questions and marking their work for them, there and then, showing them the correct answer if they get this wrong. Students can then re-try an activity, if they wish, after looking through their notes. Students in Years 9-11 may go back and watch a GCSEPod to revise again before re-trying an activity

Examples of SAM Learning task:

The diagram shows the life cycle of a plant. Label each stage of the life cycle.



Q2: Which of the following does not feature in the life cycle assessment of a product?

- Environmental impact of manufacture
- Disposal of the product after manufacture
- The cost to manufacture
- Environmental impact of obtaining the raw materials
- The energy required

LE PETIT BOULOT DE MARIE

Listen to this recording about Marie's part-time job, then decide whether the following statements are true, false or not mentioned.



- Marie delivers newspapers five times a week.
- She enjoys working in all weathers.
- She finishes work at quarter past five.
- She enjoys being with children.
- She goes babysitting by herself.



SAM Learning also provides really valuable feedback to teachers. In the image on the left, below, teachers see how students performed on their first attempt on an activity. We can then see, on the right hand image, where improvements have been made. This is a really powerful tool for teachers as we can see what has been learned, what needs reinforcing and what hasn't been learned well enough by individual or groups of students and can plan to go over key questions and concepts using this information.

Screen 1 (73%)	Screen 2 (78%)	Screen 3 (81%)	Screen 4 (59%)	Screen 5 (85%)	Screen 6 (79%)	Completion Date	Activity Score
80	100	100	100	100	100	JAN 18	96
100	75	100	75	100	100	JAN 18	93
100	75	100	75	100	100	JAN 26	93
80	75	50	100	100	80	JAN 18	81
60	100	100	50	40	60	JAN 20	67
60	50	100	25	100	60	FEB 1	67
60	25	100	50	100	40	JAN 18	63
40	100	75	0	40	60	JAN 22	52

Screen 1 (83%)	Screen 2 (84%)	Screen 3 (91%)	Screen 4 (72%)	Screen 5 (81%)	Screen 6 (88%)	Completion Date	Activity Score
100	100	100	100	100	100	JAN 20	100
100	100	100	100	100	100	JAN 18	100
80	100	100	100	100	100	JAN 18	96
100	75	100	75	100	100	JAN 18	93
100	75	100	75	100	100	JAN 26	93
80	75	50	100	100	80	JAN 18	81
60	100	100	50	40	60	FEB 1	67
60	25	100	50	100	40	JAN 18	63
40	100	75	0	40	60	JAN 22	52

Students will find that teachers set tasks for on SAM Learning and they can also search topics and activities they want to practise or test them themselves on. Tasks can last anything from 5 minutes to an hour and, already, students across school have started to use this extensively

Leaderboard

Reg Group	Student	Points
1	Lydia T.	15168
2	Clayton T.	10116
3	Charlie M.	8773
4	Thomas B.	6198
5	William W.	5194
6	Eren D.	4453
7	Billy H.	4404
8	Ashleigh H.	4142
9	Grace B.	3970
10	Ella M.	3447

Points scored so far this year

Lydia in Year 11 currently tops our Leaderboard – well done Lydia! – after competing with other Year 11 students but Clayton in Year 7 is catching her up! It's great to see such a range of students devoting time to their independent study and learning more and more!

Please encourage your child to use SAM Learning to support their learning, we don't revise just for an exam. We should revise what we have learned regularly to make learning stick!

Successes

Mathematics-Mr J Harrison

Dr Frost Maths Whole school leader board		
#1	Julia-Year 10	1144
#2	Henry-Year 10	1140
#3	James-Year 10	852
#4	Archie-Year 10	730
#5	Senna-Year 10	648
#6	Benjamin-Year 10	594
#7	Riley-Year 10	583
#8	Jack-Year 10	578
#9	Torah-Year 10	576
#10	Elliot-Year 10	563

Numeracy Update- Mr D Harte

This month, our online resource to help improve basic numeracy skills through TTRockstars is as busy as ever. Our current leader board for overall usage is

1st	Shannon	Year 7
2nd	Kieren	Year 8
3rd	Spencer	Year 7

A big well done to those students!

(I did have to omit a certain Mr J Harrison and Mr E Morgan who have made it into the rankings. We clearly need a separate leader board for staff!)

I would encourage those students in Years 7 - 10 who have access to this site to go on as much as possible. If you require your log in details again or would like an account, please contact your maths teacher. Also, this month I would like to also recommend www.timestables.co.uk. This is an excellent site, with lots of free interactive resources including games to help improve your basic numeracy skills.

UKMT Intermediate Challenge- Mrs G Wiggins

"This week some of our year 10 students have competed in the national Intermediate Mathematical Challenge run by the United Kingdom Mathematics Trust. This year they have completed the challenge online.

The Intermediate Mathematical Challenge is a 60-minute, multiple-choice competition aimed at students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. Well done to those students who took part! We can't wait to share their success with you. "



**United Kingdom
Mathematics Trust**

Numbers Day



"NSPCC numbers day is an annual fundraising event which aims to help students have fun with numbers and raise money for a great cause. This year, due to current circumstances, the event has been pushed back from February to 7th May.

That didn't stop our Baines students from having fun with Maths and this week our students have been set a code breaking challenge by their tutor in live tutor time, any responses can be submitted to their Maths teacher.

We can't wait to get involved in NSPCC numbers day on the 7th May."

PHYSICAL EDUCATION DEPARTMENT

Children's Mental Health Week 1st- 7th February 2021

During Children's Mental Health week our students have been focusing on improving their mental health through physical activity. Alongside this the pupils have completed a wellbeing diary using the resources and links provided by their PE teachers. The students were asked to focus on the following aspects of mental health, and record it in their diaries.



Connected	How have you connected with a friend, family or teacher this week?
Been Active	What activities have you undertaken this week to be active?
Taken Notice	How have you enjoyed this week? Have you noticed how someone is feeling and helped?
Have you Kept Learning	Learned a new skill? why not try some of the activities in your PE lessons and learn some new activities to try out?
Given	How have you helped someone else this week?

Below are the links to some of the physical activities and mental challenges that the pupils have undertaken in their PE lessons.

They have taken an NHS quiz to generate a positive mental health action plan; they've been encouraged to read blogs on "Coping with anxiety about going back to school", and "Coping with social anxiety as lockdown increases", as well as completing physical workouts and relaxation sessions in Yoga and Pilates.

<https://www.sweatybetty.com/workout-videos.html>

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://youngminds.org.uk/>



Safer Internet Day-Mrs E Dawber



Safer Internet Day is this year being celebrated on Tuesday, 9 February 2021, this year the theme is "Together for a better internet".

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and more to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote at Baines. All of our students also learn through the curriculum about issues such as cyber bullying, Hacking and the laws surrounding internet. Celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year

Within school we will be running online assemblies, two competitions aimed at KS3 and KS4 and having a special lesson during the week in Computer Science. We look forward to sharing our competition winners with you in a future update.

You can always find safeguarding information on our school website with links to relevant organisations that can help.

Weekly Computing challenges – The Alan Turing Cryptography competition

- Do you like breaking codes and solving ciphers?
- Can you, and your friends, unravel the Tale of the Logical Lockdown?

Now in its tenth year, the Alan Turing Cryptography Competition is aimed at secondary school children in the UK up to Year 11. You don't need to be a computer whizz or a mathematical genius — you just need to keep your wits about you and be good at solving problems! The competition is organised by the **Department of Mathematics** at the **University of Manchester**. Problems are released each Monday at 4pm on the website, this year it is running slightly differently but it means that students can see if they have got the right answer as soon as they upload it.

All students in KS3 have a link on their Google classrooms for the challenges if they want to see whether they can break the codes!

Who was Alan Turing?

In his relatively short life, **Alan Turing** — code-breaker, mathematician and founding father of computer science — made a unique impact on the history of computing, computer science, artificial intelligence, developmental biology, and the mathematical theory of computability.



Why is cryptography important?

Cryptographical techniques are used everywhere in modern everyday life. For example, WhatsApp and many similar programmes use encryption to prevent eavesdropping, many websites use encryption to process credit card payments securely, and banks use it so that people can safely do their internet banking at home.

Art- Mrs L Angell & Mrs E Giles

Year 11- Have been working very hard and have produced some beautiful pieces based on architecture. They have demonstrated fantastic resilience and independent learning. Well done Year 11



Year 10- Have continued to work hard and have been creating sketchbook pages based on bubbles. These bubble drawing skills will feed into their large coursework pieces on our return to school. We are thrilled with the quality of their work and the realism they have captured.



Year 9 have been developing their skills in drawing accurately using the grid method and creating a range of tones for maximum impact. These giraffe pieces have been developed over a number of remote learning lessons. We are so impressed with pupils' patience and determination to create their best pieces.



History-Mr T Paterson

The History Department continues to be impressed with quality of work being produced by our students. Year 7 are currently investigating the importance of the Medieval Church and will then start to delve into the power of Medieval monarchs. Year 8 continue their study of the Native Americans and we will shortly consider their tragic demise at the hands of white settlers. Our Year 9 students are finalising an investigation into the Russian Revolution of 1917 and will then explore the brutal murder of the Romanov family in 1918. The History GCSE students continue to work hard. In Year 10 a study of the Korean War will soon be followed by America's involvement in Vietnam. Our Year 11 pupils have concluded their study of health and medicine in Britain and have embarked on a revision programme that will see them revisit previous units.

Year 8 were recently tasked with designing a new weapon for the Native American tribes based on their study of their warfare. **Pictured is a design by Darcy in Year 8.**

The Bonker

 <p>Metal spear on one end of the weapon.</p>	 <p>Stone war club on the other end.</p>	 <p>Buffalo skin covers the weapon for good grip</p>
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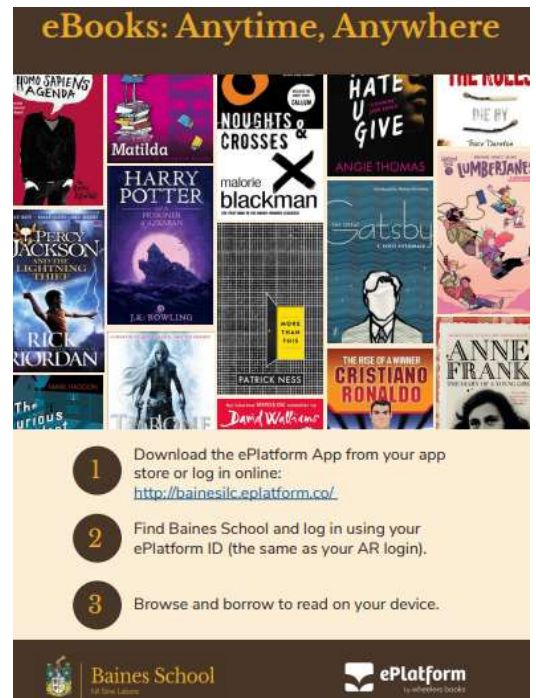
The following students have all worked exceptionally hard recently and are therefore deserving 'stars of the half term'

<p>Year 7 George Nafisa</p>	<p>Year 8 Leon Emily</p>	<p>Year 9 Bella Harrison</p>	<p>Year 10 Torah Ryley</p>	<p>Year 11 Martha Bailey</p>
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Baines ILC Online-Mrs K Streetly & Miss B Downey (Online library)

This week we were very excited to launch the ePlatform - Baines ILC online! This means that all our students now have access to a wealth of books that they can use on a desktop, tablet or smartphone. All the books are age appropriate given your child's date of birth and there is also the facility to read by Accelerated Reader level if your child is in year 7.

We hope that the ILC online means that all our students now have the chance to read something that they really engage with, especially whilst we are still in lockdown. When we return to school we hope that the online ILC will continue to supplement the books we have in our existing library and give our students flexible ways to enjoy reading.



eBooks: Anytime, Anywhere

- 1 Download the ePlatform App from your app store or log in online: <http://bainesilc.eplatform.co/>
- 2 Find Baines School and log in using your ePlatform ID (the same as your AR login).
- 3 Browse and borrow to read on your device.

Baines School | ePlatform

Please encourage your children to read regularly

Baines Reads- Mrs K Streetly

An announcement was made on Class Charts to all parents this week to launch Baines Reads. Students are beginning to log their reading on Google Forms. It is great to see that 7JHN, 7CDS, 7IBN, 8LAL and 8MMH have already logged lots of reading for this week. David Walliams and JK Rowling have been popular reads this week with Baines students, alongside biographies like the Tyson Fury biography. Please remember that fiction and non-fiction all make great reading!

Bedrock Vocabulary

We have seen some amazing work on Bedrock this week. Our top performer for improvement **Kieran** (8E) has made outstanding progress, closely followed by **Thomas** (8J), **Sophia** (8J), **Tyler** (8J) and **Liam** (8S). Our top points scorers are **Magda** (8N), **Emily** (8N), **Bethany** (8N), **Kaiden** (8I) and **Amelia** (8N). Very well done to all our year 8 students who are working so hard with their vocabulary.

Words of the Week

Acquiesce - submit or comply without protest.

Sporadic - appearing or happening at irregular intervals

Careers@Baines

Baines School Plan For This Term

Year 9 students have now started the careers unit in their Personal Development lessons. It is really important that all Year 9 students take this really seriously. If they have any questions, they can email:

cdo@baines.lancs.sch or

kjin@baines.lancs.sch.uk and we can advise them.

Mrs Johnson is making telephone calls to Year 9 students and parents / carers, and these are an opportunity to ask any questions you may have (about school or even the courses that are available later on for example the new T-Levels which are offered at Blackpool and the Fylde College) and also to discuss the possible career aspirations your child may have. This allows us to match up any opportunities we are sent, to your child. The telephone calls are not being used to make a decision about options. The options process starts after February half term.

National Apprenticeship Week

Week commencing 8th February is National Apprenticeship Week. The students in each year group will be given access to resources to help introduce them to apprenticeships, and in the older years, look at apprenticeship opportunities. I am delighted that we have had some of our current Year 11 students apply for some of the apprenticeships that we have been sharing.

'Meet the Professional' Masterclasses'

We are currently offering students the opportunity to 'meet' a purveyor, someone who has opened their own business (a children's nursery), someone who works with early years' children, a Town Clerk and an Environmental Scientist. If you think your child would benefit from speaking to any of these, please send Mrs Doherty an email.

Last week we had a Year 11 student speak to an architect!

If anyone feels they have the experience and time to support our 'Meet the Professional' programme or as a parent/carer you would like your child to have the opportunity to 'meet' a professional, please contact Mrs Doherty (cdo@baines.lancs.sch.uk).

The Year 11 career interviews are continuing each Monday. If your son / daughter has a virtual appointment, they must remember to log on in time for it please. Please discuss this with them. If you are worried about your son/daughter in terms of the post 16 application, again please contact either Mrs Johnson or Mrs Doherty at school, as we encourage all students to apply for a place at one of our local colleges for September.

Year 10 Virtual Work Experience

We are looking to support our Year 10 students with a virtual work experience this year. This would entail the students completing pre-activities for the work experience, before embarking on a virtual day's work experience with an employer, and then completing a task set by the employer.

For this to be successful, it is important that all Year 10 students have informed their progress tutor of their career aspirations or interests. If your son / daughter has not yet done this, they must do it as soon as possible. We still have quite a few missing.

If you or someone you know could support a virtual work experience please contact Mrs Doherty (cdo@baines.lancs.sch.uk).

Student Council

The Year 9 student council met to discuss how they are managing in lockdown, what was going well, and how we could support the students more. The feedback from the students was incredible and was shared with staff.

The Year 7 Student Council are meeting Monday 8th February for a similar discussion.

The Year 9 Student Council are meeting again to discuss something very close to their hearts – the refectory and the food on offer! This should be an exciting meeting.

Design the new Baines Tracksuit

This year students have been coming to school in their PE kit on the days that they have PE. We have found so many advantages to this, so would like to take it one step further...

From September we would like to launch a new Baines Tracksuit which the students will wear over their usual PE kit on the days when they have PE (we will do a full consultation about this once we have designs and proposed costs).

We thought it would be a fantastic opportunity for students to get involved in this and have a go at designing their very own tracksuit!

If your son / daughter would like to try their hand at this, they should sketch out their design (front, back and side view), include any colours and patterns and email either the sketch or a photograph of the sketch to Mrs Doherty at cdo@baines.lancs.sch.uk.

The closing date is Monday 22nd February 2021.

Safeguarding and Wellbeing

Just a reminder that if you or your son / daughter has any safeguarding concerns, please contact a member of the safeguarding team:

Mrs Doherty (Deputy Headteacher and Safeguarding Lead)










Miss Harkins (Pastoral Manager and Safeguarding Person)












Mr Shilitoe (Head of Creative Arts and Safeguarding Person)

Themes of the Week

Week commencing 25th January- Mrs Wild organised the sharing of some very moving videos and discussions for the students in form time regarding Holocaust Memorial Day.

Week commencing 1st February- Was Children's Mental Health Week, where students spent time in form watching an assembly and discussing mental health and strategies to support them during lockdown. Staff shared how they support a positive mental health with photographs on Facebook. Below are other suggestions to support our students and families with their mental health.

Talk!	Get Thinking!	Create!	Move and Listen!	Write!
<p>Share some happiness!</p>  <p>Find a time to turn off all devices and talk. Share the best bits of your day, or your favourite memories.</p>	<p>What things make you feel happy? Sad? Angry? Excited?</p>  <p>How do you show these different emotions? Track your emotions by creating: Create a book of faces of how you may be feeling - happy, sad, excited.</p>	<p>Dress to Express Day!</p> <p>Create or choose something to wear on 'Dress to Express' day this Friday. You could decorate something you already own or make a hat or accessory to express yourself. Use your favourite colours, patterns and shapes!</p> 	 <p>Put on your favourite music and dance around the room! How does it make you feel? What sort of movements do you enjoy making?</p>	<p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write both positive and negative things in a diary - it's totally up to you!</p>
<p>What's on your mind?</p>  <p>Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through!</p>	<p>How do you let off steam? Think about what you do when you are feeling sad or angry. What helps you to feel better? What other ideas could you try? Remember this advice for when a friend might need it!</p>	<p>Take your pen or pencil for a walk around the page without taking it off. What shapes can you see? What could your lines represent?</p> 	<p>Sing along to a song you like. What do the lyrics mean to you? How do you feel when you sing them?</p> 	<p>How many emotions?</p> <p>Write down all the emotions you have felt today! Some days, you may feel lots of emotions but other days, maybe just one or two. Choose a different colour to express each one and decorate them.</p>
<p>Catch up with a friend you haven't spoken to for a while. This could be someone from school who you cannot see at the moment. Check in and see how they are. Let them know how you are feeling too.</p>	<p>A-Z Emotions</p> <p>How many different emotions can you think of? Can you name an emotion for each letter of the alphabet?</p> 	<p>Splash some paint in the colours that show your emotions! (Make sure you check with an adult and use an apron/table covering.)</p> 	<p>Happiness Playlist</p> <p>Create a playlist of songs that make you feel good! Share it with friends and family so they can use it too. Which songs have you included and why? How do they make you feel?</p>	<p>Write a letter to yourself about how you are feeling and why!</p> <p><small>I letter about how I'm feeling</small></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

<p>Check-In</p> <p>Let people around you know how you are coping with lockdown. What is difficult about being in lockdown? Are there any silver linings that you are enjoying? Send a letter to someone you miss?</p> 	 <p>What are your proudest achievements and how did they make you feel? Try to think of a small goal to work towards each day so you can feel that same sense of achievement.</p>	<p>Happy Box</p> <p>Make yourself a box of all the things that make you feel happy and safe. You could use an old shoe box and decorate it. You can look at this when you are feeling scared or worried.</p> 	<p>Be a Dance Teacher!</p> <p>Plan a dance routine to a song you love and try to teach it to someone else. This could be someone in your house or even someone you can contact on Zoom.</p>	<p>The Story of You!</p> <p>Write a story with you as the main character. You can be anything you want to be - a superhero, a spy, or simply your amazing self! Where will you go? What will you see?</p> 
<p>Talking Mental Health</p> <p>What does mental health mean to you? Talk to someone at home about what good mental health looks like and what you can do if you have any mental health worries.</p>	<p>How will you be kind today? Acts of kindness are always a great idea for our own and others' mental health. Try to think of at least 5 kind acts to do!</p> 	<p>Nature Art</p> <p>Whilst out on a walk, collect some items along the way that interest you. Take them home to create a piece of natural artwork.</p> 	<p>Find something energetic to do for at least 30 minutes. Try to make sure that you increase your heart rate. You could try running, practising some sporting skills, trampolining or testing your fitness.</p> 	<p>Write a poem to express your feelings. It could be about an experience and how you felt, about a particular emotion or about all the different feelings you have at different times.</p>
<p>Talk to someone about what it means to be a good listener. You could create a poster with some top tips!</p> 	<p>What do you see?</p> <p>Look at yourself in a mirror. What do you see? Study your reflection and think about how you express yourself to others every day. What changes do you notice on your face when you smile or frown?</p> 	<p>The Island of You!</p> <p>Design an island all about you, full of your favourite things and favourite people. Build a model of your island using whatever you can find - recycling, Lego etc.</p> 	 <p>Create your own song, rap or tune to show how you are feeling! You can use your voice, an instrument, or even a household object to create interesting sounds to use in your piece of music.</p>	<p>Who are you?</p> <p>Draw your thumbprint in as much detail as you can. Write about yourself between the lines to express who you are... I am creative... I am a kind... Use your favourite colours!</p> 

Week commencing 8th February is both National Apprenticeship Week and E-Safety week.

Please keep an eye on Facebook and also Google Classroom for activities. Children will be reminded about E-Safety and also be introduced to the role of apprenticeships in further education.



Thank you to everyone who has been clicking on our School Angel link on our website before purchasing online. It is an easy way to raise money for the school without it costing you anything. As spring approaches, it would be wonderful if you could remember to click our link before buying online. During lockdown, there are lots of online purchases so please do help us

a little. Any online purchases you make through the link on the Baines website will earn the school a small percentage of the money you spend. This does not cost you any additional money but the companies make a charitable contribution to our school.

<https://www.schoolangel.org.uk/baines-school.html>

Forthcoming Events:

School closes for half term on the 14th February-End of Day 2.50pm

School re-opens on the 22nd February

24th February-Year 9 Consultation Evening (Virtual)

Nil Sine Labore

Alison Chapman, Headteacher

ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

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