

# THE KEY STAGE 3 POST

Issue 1

Year 8

## This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,

I hope you are well and keeping safe. I am delighted to share with you the first issue of the KS3 weekly newsletter! It is our way of staying in touch and sharing our successes during these unfamiliar times that we find ourselves in.

There are people everywhere that are still finding ways to go above and beyond to support those who currently need our help the most; the elderly, healthcare workers, the sick, the vulnerable, the unemployed. Only recently I saw in the news that Margaret Payne, aged 90, is climbing the equivalent of a Highland mountain (731m/2398ft) by repeatedly taking trips up and down her stairs (282 trips to be precise!) to raise money for the NHS. At present, she has raised over £250,000 – a phenomenal achievement I'm sure you'll agree! This is just one example of the many great efforts people are undertaking. It reminds us that "hope can be found in even the darkest of times if we only remember to turn on the light". I wonder what you can do, on a smaller scale, to make a difference to somebody else's day and put a smile on their face? Perhaps the random acts of kindness overleaf will inspire you to accept the challenge..... Remember, "In a world where you can be anything, be kind".

In next week's issue I would love to share some more images of your attempts at the Joe Wicks workout (I've not missed one yet!) or of your random acts of kindness.

Take care and keep safe.

Miss Munns.

## Why not try this week...

The Joe Wicks workout - 9AM YouTube



## This week's home share!

Anna Marie (8CRC) has been cooking up a storm in the kitchen over Easter. She made these cakes with her sister and delivered them to her neighbours who may not have been as fortunate to receive any Easter eggs this year. A really thoughtful gesture Anna Marie – well done! I hope they tasted as good as they look!



## SHOUT OUTS Wall of Fame

- Taranveer D  
Art
- Diana P  
Art
- Joseph K  
RE
- Lena B  
RE
- Skye G  
Art
- Katerina N  
Art
- Somto M  
RE
- Belle N  
RE
- Nicola O  
RE

Well done to you all, keep up the good work!

Bringing the community back together...

## Top good comments!

- Marie-Faustina A - 8CRC
- Jasmeen A - 8GOC
- Yaseen A - 8CCA



# Well-being Tasks

“We have learnt that amid the fear, there is also community, support and hope!”

## Where do we start?

Can you pick one thing from the list and complete it to the best of your ability?

Think about any others you feel you can do in the coming weeks.

### Get involved with random acts of kindness

#### Easy

- Make a cup of tea for someone you live with.
- Help with a household chore at home.
- Arrange to watch a film at the same time as a friend and video call.
- Tell someone you know that you are proud of them.
- Tell someone you know why you are thankful for them.
- Send a motivational text to a friend who is struggling.

#### Medium

- Call a friend that you haven't spoken to for a while.
- Tell a family member how much you love and appreciate them.
- Send someone you know a joke to cheer them up.
- Send someone you know a picture of a cute animal.
- Send an inspirational quote to a friend.
- Send an interesting article to a friend.
- Contact someone you haven't seen in a while and arrange a phone catch up.
- Spend time playing with your pet.

#### Challenge

- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation.
- Donate to a charity.
- Lend your ear – call a colleague and ask how they're finding the change in routine.
- Send an inspirational story of kindness people around the world are doing for others to someone you know.
- Donate to food-banks.
- Offer to skill-share with a friend via video call - you could teach guitar, dance etc.



Kindness during the Coronavirus outbreak

## Jack needs your support!

Jack was diagnosed with Leukaemia in early 2018; in the beginning he was very sick and was hospitalised for 5 months. Jack needed intense chemotherapy every day for a long time. In order to make life as comfortable as possible for Jack, The Ellenor Hospice were able to come out to his home and deliver this treatment to Jack every day, so that hospital visits were kept at a minimum. The Ellenor offer this invaluable service free; they get no government funding and rely on the generosity of the community. However, unfortunately, in this current COVID-19 crisis, all fund-raising events have been cancelled. Ellenor urgently needs our help to keep hospice nurses and front-line clinical staff safe and able to treat and support our sick and vulnerable patients. They have launched an Emergency Fighting-fund, please help them today and donate <https://ellenor.org/emergencyfund> so that they can continue to help children like Jack.



Link to TV appeal - <https://www.itv.com/news/meridian/2020-04-07/sue-ryder-could-shut-hospices-in-lockdown-cash-crisis/>

Bringing the community back together...

