

The Birley Academy Year 9 Weekly

Student Bulletin



Hello, Year 9! I hope that you are staying safe, at home, and beginning to have your new, daily routines in place. You are not alone if you feel unsettled, confused or concerned. These are extraordinary times and it will take a little while to adapt. When your daily routine is in place, I guarantee you will feel much more settled and productive. Please let me know if you need any help or advice in setting up a daily routine!

Please don't hesitate to contact me, or any of your teachers or form tutors at the designated times, if you have any questions, concerns or just want to say hello and want to let us know what you are up to.

Let me take this opportunity to introduce myself. My name is Mr Hulme and I am your new year leader! I had the pleasure to speak to many of you on the final day before we finished. I am an experienced teacher, who knows exactly what you will be going through in the coming years leading up to your final GCSE exams. It is the work and effort you put into your studies **now** which will lead you to academic success **later** on down the line. Make the most of this time away from school, please. You **will** thank yourself later.

I am honoured to work with you all and look forward to hearing from you in the coming days. Every week, you will receive a bulletin from me, sharing with you activities, advice and things I think you'll find useful and interesting. Till then, stay safe, stay home and stay in touch.

Mr A. Hulme
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Joke of the week

Did you hear about the claustrophobic astronaut?

He just needed a little space.



Exercise of the week



Check out PE with Joe. He does a daily workout 9am Monday to Friday, live on youtube. He does fun exercises for everyone in the household – get your family involved!

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

Skill of the week: **Meditation**

Meditation is a skill, which really helps when you feel stressed, frustrated or irritated. You will find a quiet space at home with no phone, tv or electronics present.

Sit up straight, close your eyes and observe your breath. Observe the sounds around you and do this for several minutes. Check out this website, which will guide you in starting out in meditation and 'mindfulness'.

<https://www.mindful.org/how-to-meditate/>

Trust me – it works! You'll feel more relaxed, focused and more in control of your thoughts. Let me know how it goes!