



### Weekly Student Bulletin #4

Hi Year 11 - It's been 8 weeks (I think) since you were last in school. I hope you are all well and finding ways to look after yourselves. Next week is Mental Health Awareness week and the theme this year is kindness. We can't see each other but it is possible to send messages to other people to check in and see how they are doing.

Don't forget to be kind to yourself too!

The Mental Health Foundation has suggested that we all find 30 minutes a day where we are active (non-stop). This could be exercise, walking, baking or dancing. Perhaps you could take on a Tik Tok challenge, although I imagine some of you already have!

There is more information on good mental health at [www.youngminds.org](http://www.youngminds.org) and [www.nspcc.org.uk](http://www.nspcc.org.uk)

There is also a mental health section on the Birley Academy website.

Remember your teachers at Birley are still there for you. You can contact us by email

[teachername@birleysecondaryacademy.co.uk](mailto:teachername@birleysecondaryacademy.co.uk)

e.g.

[angelacalvert@birleysecondaryacademy.co.uk](mailto:angelacalvert@birleysecondaryacademy.co.uk)

Wishing you all the best of luck for the future. You worked so hard and produced some brilliant and creative work. I'm so very proud of you all. Take care xx Mrs Gardiner.

If you are wanting to use this summer as a way to get prepared for September there are resources on the school website under Home Learning, Pre A-Level Learning which you might find useful.

Message to girls PE from Miss Clark

I started my journey at Birley the same year you started and I have to say that you have been such an amazing year group to teach sport to. There have been some fantastic Netball, Football, Rounders players, Athletes and Dancers. However, most recently I have seen a dedicated dodgeball team appear! Friday last lesson there were some fearsome times when you were on the receiving end of a ball thrown by Maddie, Isabel, Chloe, Katie, Lois to name a few.... I have also seen some up and coming dancers following the latest moves from tik tok!

You girls are a great bunch and I will miss teaching you all. Best of luck in your futures.

Sports Coaching award:

I would like to give a special thank you to Chloe Barstow and Charlotte Dale. You two have been fantastic leaders helping with the Y8 Netball team. They will really miss being coached by you and they will be sad to see you leave. You have been excellent role models to these girls and you have shown enthusiasm, commitment and determination. You have helped the team on coaching days but also match days and you have taught them how to work as a team. You both have so many great qualities and I can see you both moving onto doing great things. Please keep in touch, best wishes for your future and thank you once again for all your help it was greatly appreciated.

Miss Clark

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Hope you are enjoying the sunshine. Some of you are probably very glad you have never got to study maths again - others might be looking forward to picking it up again in September. Either way I wish you all the best for whatever you do next and look forward to hearing about it when we see you at the celebration evening in the autumn.

Mrs Kellett