

# The Birley Academy Year 7 Weekly

## Student Bulletin



The Birley Academy  
A.L.E.A.D. Academy

Hello Year 7, Parents and Carers,

I hope you are safe and well.

We have seen some slight changes with lockdown, so hopefully some of you might have had the chance to see a friend or a family member from a safe distance.

I have had some lovely work and messages sent in, please keep them coming.

I am hoping to go on a lovely walk with Amber and find somewhere new for her to explore and find dirty water to play in, she has had all her fur cut off this week and a bath, so she is looking like a puppy at the moment.

I am missing you all and hope we can all be together soon.

Mrs Parlett

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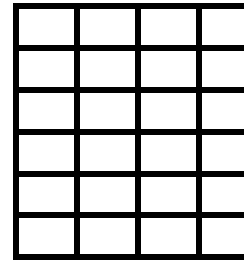
### Ideas to help with lockdown

- It's ok to not have a good day. Where you can talk about it, write it down etc just try not to keep those feelings to yourself.
- Create distractions- watch a film, do some school work, read or listen to a book, make a new playlist of feel good songs, tidy your room, offer to cook a meal.
- Find new ways to keep connected- join a Tik-Tok challenge, plan a fancy dressed House Party, or create a quiz for your mates. Teenagers are the most creative minds on the planet- use it.
- Focus on you-learn something new, make a bucket list of everything you want to achieve by the time you are 16/18/20.
- Be kind to yourself and others. Don't allow those around you to make others feel insecure. Now is the time to protect our emotions but respect and protect others too. Don't be a bystander to any kind of bullying.

**A big well done to Leon Samuels who is trying so hard with his work even though he has injured his hand.**

### The milk crate problem

This is a milk crate with 24 spaces. Can you place 18 bottles into the crate so that there is an even number of bottles in every row and every column? Is there only one way of doing it?

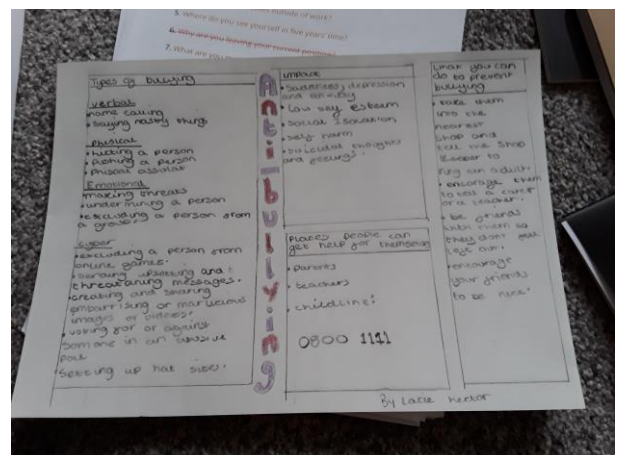


*It might help to draw the grid on paper and use 18 pennies to help to try to find an*

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Here is Evie Bradford showing Archie and Buster how well she is doing on Hegarty Maths!



Well done to Lacie Hector who has sent me this work. Lacie has also enjoyed learning about Volcanoes and Tsunamis, going for walks and doing lots of cooking.