

The Birley Academy Year 8 Weekly Student Bulletin

Hello Y8 Students, Parents and Carers

As we head into our seventh week of lockdown how is everyone getting on? We actually saw some rain last week which, whilst stopping us from getting out to do some exercise, was really good for the gardens. I did still manage to get out in between the showers as I find it really does you good to be in the fresh air. Has anyone learnt any new skills this week, if so please let me know and forward any pictures you may have.

I tried Yoga this week – something I have not done for a long time. I really enjoyed it as it was something different for me to try, this is an exercise that I am going to try and keep up.

Just to remind you all, if you are struggling with any work that has been set please do not hesitate to contact school, by email. There are three email addresses listed below for you to use.

Until next week, take care, stay safe.

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FUN FACT ABOUT MAY

One of my favourite Marvel films:

2002 - Spider-Man was released and became the fastest movie ever to earn more than \$100 million at the box office, raking in \$114.8 million.

Yoga for Beginners

This is the Yoga I tried – the hardest part, I think, is clearing your mind. Give it a go and let me know what you think!

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Easy Recipe to Bake – Mars Bar Cake

- | | |
|------------------------------|---|
| 100g softened Butter or Marg | 1.Melt 3 mars bars, golden syrup and butter or marg in a large bowl |
| 4 Mars Bars (Chopped) | 2.Add the rice crispies |
| 1 ½ tbsp. Golden Syrup | 3.Pour the mixture into a lined baking tray and press down firmly |
| 150g Rice Crispies | 4.Melt the chocolate in a separate bowl and pour over the crispie mixture |
| 350g Milk Chocolate | 5.Let it set in the fridge |

This only lasted one day in our house!!



Hello Y8, it's my turn this week to tell you what I have been up to...

I have...

Set up a weights gym in the back yard and have been pumping iron

Made biscuits, scones, fairy cakes, banana bread (watch out 8G, you are next on the tasting list)

Started gardening- much to my husband's surprise

Watched lots of YouTube videos of people unsuccessfully cutting their fringes

Done lots of circuit training, challenged by our neighbour who is in the Navy (tough stuff)

Won lots of Zoom pub quizzes with my friends

Been for lots of walks on the streets of S11 with 2 unruly children

Become very interested in astronomy and satellite spotting. Did you see SpaceX Starlink satellites last week?

I haven't...

Run that 5k challenge that Miss Mason set me...oops

Succeeded in making sourdough bread

Started learning German, the book has been next to my bed for weeks

Finished my 875 page historical novel -on page 585 though!

Cut my own hair

Astronomy tip: last of four Supermoons in 2020 on May 7, looking larger and brighter than usual !

Mrs Woffenden



Milk
Carton
T-Rex

This has been an
"art jumpstart"
by Darrell Wakelam



* You will need a sharp pair of scissors
and maybe some adult help
for this project.

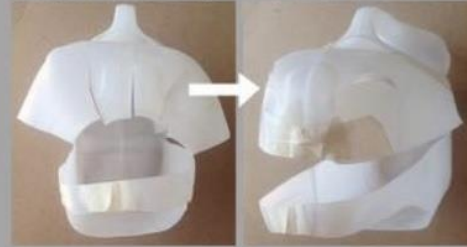


1 - Cut a milk carton down each side
leaving the base intact like a hinge.



2 - Cut off
the ends.

4 - Cut some slits in the front of the 'snout'
and push them together to make nostrils.



7 - Cut this section
from underneath
and use it to
reinforce the
front of the
bottom jaw.



3 - Cut around
the handle in
an oval shape,
then fix this on
top of the other
side of the
carton, like this . . .



Cut slits along
the top of this
oval shape to
help it to make
it easier to fix
onto the head.

5 - Fill in the
'handle hole'
with tape
on both
sides.



6 - Cut the
'bottle neck'
pieces in
half and
use for
the nostrils and the eyelids.



8 - Cut the lid in half, cut slits in each
half like this and use them for eyes.



9 - Cut teeth 'strips' from the back
and then re-stick them at the front.



Milk Carton T-Rex

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