

The Birley Academy Year 8 Weekly Student Bulletin

Hi Year 8 Students, Parents and Carers I am so pleased that I can say a big hello to you all and spend a bit of time reflecting on the last 8 weeks with you. I really hope you and your families are coping and finding positivity in this really testing and challenging time. You all need to know that we miss you and as teachers, we are desperate to have school life back to some form of normality.

I want to say an extra special hello to my amazing 8H and let you know the fantastic news that Mrs Gardiner now has a beautiful and healthy baby girl. She wanted you to know she is thinking of you all.

Life over lockdown has taken some getting used to but as a family we have embraced every opportunity to get outside and I have loved being able to be with my little girls more. We are crafting, baking, practicing our phonics, doing virtual drama and dance classes and Mr Burnham is very patiently trying to teach my eldest to ride her bike!

It can be really hard at times to find time to be alone and relax as a home with two under 5s is very loud and busy. I am finding my moments of peace by going for runs with my dog and exploring areas around me and doing lots of Joe Wicks. I really find exercise helps me remain relaxed and livens me up if I am having one of those 'mehh' moments.

I have discovered a whole new world of media-podcasts! It's a brilliant way to escape and there is so much out there to educate, entertain and inform you. I would definitely recommend them for all ages-bitesize have a fantastic secondary podcast and there are loads of free audio books available too.

I am desperately missing not being able to see my family and my best mates but we are finding ingenious and silly ways to stay in touch. My family that live further away have all made a pact that after this is over we will keep up our zoom family fun time. It's helped us all so much and provided endless fun during the week rehearsing silly performances ready for the big Sunday show!

I just want to end this with a really important reminder.....this won't last forever and it is absolutely ok to feel worried, anxious, angry, bored, restless and isolated. We are here for you all and if we can help with anything then please get in touch. Use this time to focus on you and your loved ones being as well and as happy as you can be.

If some of these ideas can help in any way. It's got to be worth a try.....

- 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.

Take care of yourselves and each other. Miss Bannister xxx



If we can't go to zoo's and farms then we find our own animal fun!



Can you see the fear in my smile! Be brave Miss Bannister and don't show your fear!



Find something to smile about every day. We can do this Y8!