

The Birley Academy Year 9 Weekly

Student Bulletin 3



Hello Year 9, I hope that you have had a great week, enjoying the sunshine responsibly and staying safe.

This week, I have been receiving lots of emails about how creative and productive many of us are being at home, from building things to working on various projects. It's fantastic to hear that many of us are using our time positively.

I wanted to make clear that the guidelines I set last week of 5 hours work per day **does** include exercise, cooking skills, project work and **not just** work from the home learning tab. When we are in school we don't just do written work, so don't feel that this needs to be done for 5 hours on a daily basis. That said, please ensure you are working in an effective and efficient way, use a schedule, have a routine and keep up to date with your teachers and your home learning work.

Finally, I wanted to say that students and parents alike are currently facing difficulties and struggles. Students should be taking responsibility for sticking to their own timetables and schedules, which includes their responsibilities in helping the family out at home. Just like with organising your homework planners, the responsibility is also on you to be doing your bit without being asked. Help your family in any way you can!

Have a fantastic week. Stay safe, enjoy the weather responsibly and keep working hard!

Mr A Hulme

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Joke of the week



Dentist: "You need a crown"
Patient: "Finally someone who understands me!" **Have any jokes? Send them in.**



Exercise of the week

Young or older, we all get lower back pains for sitting down for too long. These basic **stretches** are good to know about as we can do them easily into our daily lives to help us be that little bit stress-free.

<https://www.youtube.com/watch?v=CdCClhtKH2Q>

Skill of the week: Responsibility

I touched upon this key skill in my message, but I needed to make this the key skill of the week; as time has passed, there have been reports in the media of increasing numbers of individuals not doing their bit for society.

Everyone should be:

1. Continuing to stay at home, even when the sun is shining.
2. Not gathering with friends or family as this puts them at risk.
3. Sparingly going to the shops.

Also, Please help out at home (such as with the chores), with self-regulation and being kind to one another! 😊