

The Birley Academy Year 9 Weekly

Student Bulletin 5



Hi Year 9, I hope you have all had a great week!

As ever, I am stunned by the amazing and dedicated hard work you are all putting in at home, including your parents and carers. Keep it up, stay strong and stay positive.

More and more students are now getting in contact with me, and please keep doing so; I always like to hear from you, to see how you are doing and what you are up to.

Enjoy your week, keep up the good work and look after yourselves!

Mr A Hulme

andrewhulme@birleysecondaryacademy.co.uk



Fact of the week

Did you know that according to some studies, the average person looks at their phone at least once every 10 minutes throughout the day?

Skill of the week: **Imagination**

For most people nowadays, daily life involves regularly accessing the internet through mobile phones, computers, tablets, alexas, you name it.

Your imagination, creativity and concentration is stifled, if you are looking at your electronic device very regularly during the day.

One day, turn off the phone, move away from the TV, take yourself away from electronics and see where your mind wanders. You might find yourself doing something creative like a craft, a drawing or something productive or helpful for others. Surely we all can do more things of value, without constantly checking our social media updates!

Give it a try, see what happens!

Recipe of the week

I love mac and cheese. Take a look at this short video – Jamie Oliver making his ultimate mac and cheese. Give it a try, I'd love to see your takes on it 😊

https://www.youtube.com/watch?v=DonJQk9_OBg



<https://www.jamieoliver.com/recipes/pasta-recipes/vegan-mac-n-cheese/> (Vegan version)