



## Year 7 Brilliant Home Learning Projects



## Headteacher's Introduction

**ACTION CALENDAR: NEW WAYS NOVEMBER 2020**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word 'yet'	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own Christmas cards	30 Look for reasons to be hopeful, even in difficult times	"You never know what you can do until you try" ~ C. S. Lewis				

**ACTION FOR HAPPINESS**

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

Keep Calm - Stay Wise - Be Kind

**Compass Buzz YES November Pledge**

THIS NOVEMBER, JOIN US IN OUR YESVEMBER PLEDGE: Say YES to things that make you feel good, opportunities and positive moments:

- CREATING MEMORIES
- FRUIT AND VEG
- EXERCISE
- HELPING OTHERS
- ACCEPTING HELP
- ME TIME

YES you can!

**Compass Buzz YES November**

Join us in saying YES more as part of YESvember. Say YES to things that make you feel good, building connections, new opportunities and positive moments. Take a minute to self reflect:

What do I need or want more of in my life right now?

With that in mind, what could I say YES to more often?

What could saying YES potentially lead to? What are the benefits of saying YES?

Dear Parent / Carer

As this month is likely to hold challenging times ahead and there may well be plenty of negative news around, we want to do our best to keep focusing on positive news here. Our Year 7 students have made a really positive start with 99% positive Classcharts score and nearly 7000 positives awarded! Some of their brilliant home learning projects are pictured in this newsletter. Most of our newest recruits to Team Nidderdale have also demonstrated great resilience in their House Team Outdoor Education challenges conquering the 3 Yorkshire Peaks of Ingleborough, Wharfedale and Pen-Y-Ghent with Mr Couldwell and their Form Tutors.

Year 7 parents please look out for our special welcome to Year 7 newsletter and video messages that replace the traditional settling in Parents' Evening.

If you haven't already seen our Twitter feed, please make use of the Action for Happiness 'New Ways November' calendar and consider turning **November** into **Yesvember**.

Kath Jordan, Headteacher

## Covid-19 Reminders

National lockdown restrictions came into force on Thursday 5th November you can find the [full information here](#).

Please see the letter from the Headteacher sent via School Comms yesterday providing the latest updates on risk assessment measures in school during lockdown.

The updated risk assessment can be found on the school website.

If your child is self-isolating or absent for any other reason, all work can be accessed via MS Teams. All students have been shown how to access this, please contact school if you need further support. If your child is in school then they do not need to complete the work on Teams unless it has been set for homework. All homework will continue to be set on Classcharts but we may, on occasion, direct students to work set on Teams.

## Student Safety and Dark Nights

Now that the clocks have gone back and summer has ended we are into increased hours of darkness. The resources below will help remind students about road safety and safe cycling.

[Teaching Road Safety: A Guide for Parents](#)

[Safety First – Cycling at Night](#)

[Road safety teaching resources for children](#)

## 5 top tips on how to BE BRIGHT & BE SEEN

- 1 Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.
- 2 If you're out and about when it's dark, wear reflective gear to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!
- 3 Don't forget to accessorise! Even small items such as clip-on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.
- 4 If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.
- 5 Of course, 'Being Bright' isn't the only way to stay safer. If you're out at night, choose routes and crossing places that are well lit and remember to always use the Green Cross Code.

For more road safety tips, games and videos, visit the Tales of the Road website at [www.direct.gov.uk/talesoftheroad](http://www.direct.gov.uk/talesoftheroad)

Be Bright,  
Be Seen

THINK

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HM Government

We must keep on protecting each other.

NHS

HANDS FACE SPACE

STAY ALERT CONTROL THE VIRUS SAVE LIVES



Earlier this week, Year 7 student Harry Peel and his family were involved in filming for an episode of 'The Yorkshire Dales and Lakes' for Channel 4 / More 4. The episode focuses on Harry's great grandfather Curtis Walker who died as a POW during WW2 at the age of 23. Harry and family laid memorial crosses for him at Cracoe Fell in the run up to Remembrance Day. What a beautiful day in the Dales and a lovely memory for the family. Harry was fascinated by all of the processes and the drone used for 6 hours of preparation and filming to produce a 3 minute segment for the programme. Thanks to the Peel family for sharing these lovely photographs. We will let you know when the programme is due to air in 2021.