



SHS KEEPING CONNECTED



Welcome to the first edition of the weekly 'SHS Keeping Connected' newsletter. Every Monday we will be bringing you top tips on how to keep busy and keep learning whilst the school site is closed. We also aim to make you smile and stay positive throughout this period of uncertainty. Each week we will be setting family tasks using our challenge mats. If you are really keen you can send us photographs from isolation to show us how you are getting on with your weekly challenges. We would also love to hear how you are passing the time at home. Send all correspondence to connected@seahamhighschool.com.

Keep Playing – Game of the week – courtesy of Mr Henderson

Monopoly games have been entertaining families since 1935, and people love the roller-coaster ride to success. Pass Go, take a Chance card, and you might just build the property of your dreams...or you might end up in Jail! Whatever happens, it's fun all the way to the top!

Why not send us a photograph of your journey through the Monopoly board and if you have any suggestions for next week then get in touch.

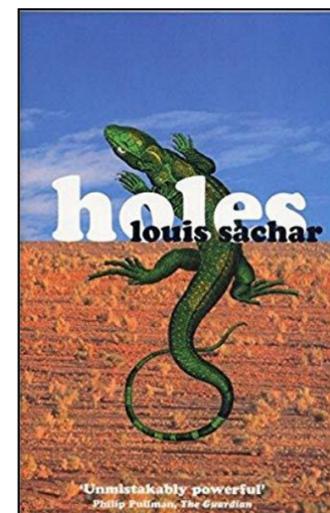


Keep Reading – Book of the week – courtesy of Mrs Whitehead

Holes by Louis Sachar: Still one of my favourite books. It tells the story of Stanley Yelnats whose family has a history of bad luck. Through a series of unfortunate events, he ends up in Camp Green Lake Juvenile Detention Centre (which isn't green and doesn't have a lake). Every day the boys are forced to dig holes that are five feet deep and five feet wide. You'll need to read it to find out why.

If you like a story that is exciting, funny and interweaves several plot lines you will love this. And there's a film version but don't watch it until you've read the book!

Why not send us your own book review to be included in the next edition.



Keep Smiling – Three jokes courtesy of Mr Parker

1. I told a load of year ten girls they were drawing their eyebrows too high... *They looked surprised!*
2. What did the cheese say when it looked in the mirror? *Halloumi*
3. My sister bet me I couldn't build a car out of spaghetti... *You should have seen her face when I drove pasta!*

Keeping Fit – Daily PE Lessons courtesy of Joe Wicks

Personal trainer, Joe Wicks, will be hosting live PE classes at 9am, Monday to Friday, via his YouTube channel. The classes are free and are targeted at children of all ages, including secondary students. The sessions will last for 30 minutes per day, don't require any special equipment and can be done in small spaces from home.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Why not send us a photograph of the whole family getting involved in the PE class from home. You may even appear in the next edition of 'SHS Keeping Connected'.



Keep Cooking – Step by step recipes for all the family – courtesy of Miss Graham

Check out the Technology Faculty's weekly recipe uploads on their Twitter feed. So far this week we have had Mothers Day scrambled egg on toast and raspberry and white chocolate muffins. Don't forget to send us your photos to be in with a chance of being one of our weekly winners.

<https://twitter.com/SeahamDT>

CHALLENGE MAT – WEEK 1

Below you will find 24 challenges to be completed during the course of the week. Some are quick tasks whilst others will take more time and thought. Some are independent tasks and some can involve the whole family. Your challenge will be to gather 150 points each week which means completing 15 tasks below. Please send us evidence of your completed tasks to connected@seahamhighschool.com. Prizes will be made available when school reopens.

Write a letter to a local care home to help cheer up the elderly people who may not have many visitors at this time, then post it.



10 Points!

Read 2 chapters of a book and summarise what you have read in 3 pictures.



10 Points!

'Humans are entirely dependent on technology'. Write points for and against this statement. (10 points! + 10 bonus points if you write a newspaper comment piece, arguing your point of view)



10 Points! + 10 Points

Watch an episode of BBC Newsround each day and write down 3 things that you have learned from it.



10 Points!

Spend 15 minutes learning your times tables. If your school has set you up, you could use the PiXL Timestables app to help you.



10 Points!

Read a non fiction article and write down the 5 most interesting things that you have learned.



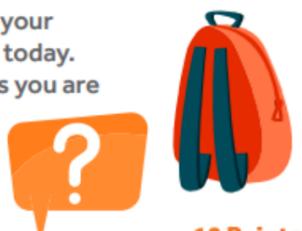
10 Points!

Turn a page of a book into 5 pictures that summarise what you have just read.



10 Points!

Write a diary entry on your thoughts and feelings today. Aim to include 3 things you are grateful for.



10 Points!

Play a board game with a friend or family or an online board game like 'chess'.



10 Points!

Watch an informative video on a topic of your choice and write down 5 pieces of information that you didn't know before you watched it.



10 Points!

Make and send a card to a next door neighbour who may be living alone.



10 Points!

Record the weather for 5 days. You could measure rainfall, sunlight, cloud coverage. Record the information in a table.



10 Points!

Research a river near you. Find out how long it is. How many towns does it pass through?



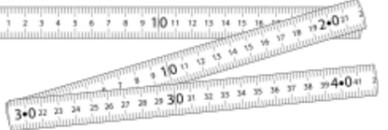
10 Points!

Learn a card trick.



10 Points!

Make a scale drawing of a room in your house.



10 Points!

Play a game of rock paper scissors with someone. Can you find a strategy to win?



10 Points!

Create a coded message for someone. Ask them to crack the code and send you a message back.



10 Points!

Can you calculate how many hours you have been alive?



10 Points!

How long would it take you to walk around the UK?



10 Points!

Design a poster to revise any topic you have learned this year.



10 Points!

Look out of a window and create a tally chart for the different colour cars you see. Represent this information in a graph. If your windows don't overlook a road, you could do the same for birds, or insects in the garden.



10 Points!

Find a recipe and design a menu for you and your friends. How long would it take to make the meal? Can you write a timetable for cooking the meal?



10 Points!

Make a set of loop cards. Each card needs a question and the following card has the answer.



10 Points!

Look at a car number plate. How many different combinations can you make from the digits and letters?



10 Points!