

# The Bulletin



## Spring term – 26/02/21

### Thought of the week:

#### **‘Fall in love with taking care of yourself’**

The quote above was written by Sylvester McNutt who is an 8-time bestselling author; his most notable books are ‘Care Package: A Path to Deep Healing and Free Your Energy’.

Sylvester also created the ‘Build Your Boundaries’ program where he teaches how to build healthy and effective boundaries. To date, Sylvester has recorded over 100 episodes of the ‘Free Your Energy’ podcast. Sylvester says that it is essential for everyone to fall in love with taking care of themselves. He writes that ‘falling in love with the path of deep healing, falling in love with becoming the best version of yourself but with patience, with compassion and respect is a way of leading a happy and fulfilled life’.

It is really important that we take the time to look after ourselves. Making sure we eat healthily, and exercise frequently will have an important effect on how we feel both physically and mentally. It is also essential that we get the correct amount of sleep. 8 hours rest is the minimum amount of time needed for successful growth of the mind and body. This rest time is a minimum and should be extended to 10 hours for those who need it.

### Doctor’s Diagnosis

Welcome back to the first week, and it seems that the break has had the required effect on us all as we have started the half term in great attendance, determined engagement and a with a real focus on our studies. I am already receiving praise from subject teachers on your first week’s performance, and I hope you all received that praise during Thursdays parents’ evening.

With the announcements from government of the easing of the pandemic restrictions, we will be sharing more information about what that means for us next week. Having a date to aim for gives you a deadline to finish off any outstanding work, clear the decks, ready to return.

WANT TO ADD TO NEXT  
WEEK’S BULLETIN?  
EMAIL YOUR HEAD OF YEAR.



# The Bulletin

I know this may cause some nervousness for a few of you, but rest assured we are taking all necessary steps to make the return as seamless and as safe as possible. Having you back in front of classroom teachers, with easy access to academy resources and support is timely as Year 13 complete their studies over the next few months and Year 12 set up for a strong finish, laying foundations in the summer term for the next academic year.

I am confident that you will deal with the re-integration into the academy in the same manner as you have approached remote learning over the last two months, with great maturity and resilience. Continue to show this in the last week of remote learning, engage, participate and progress.

Stay safe,

Dr. Silcock

## Congratulations

A huge well done to Victoria Bailey and Alix O'Donnell who completed their Community Sports Leader Award course.



# TOGETHER ACTiVE

Staffordshire & Stoke-on-Trent

Not only did they pass the course with flying colours that will positively impact their immediate futures after SUA6, but they were singled out by the course leader for praise in how they conducted themselves and contributed to the wider course...well done both for excelling during the half term break.

WANT TO ADD TO NEXT  
WEEK'S BULLETIN?  
EMAIL YOUR HEAD OF YEAR.



## #350Challenge

Girls join Miss Jukes on the #350Challenge to raise money for women in sport and get active.



### The background:

After 3 years of hard work, Victoria Evans was ready to cast ashore in February 2021 and row solo and unsupported from Tenerife to Barbados in a bid to become the fastest female to solo row across the Atlantic. The purpose of the challenge is to help other women discover sport as a driver for positive change and raise £50,000 for UK Charity in Women in Sport.

Travel bans introduced as a result of the COVID-19 pandemic had caused a postponement to this plan. Never one to quit, her record attempt is now shaping up for early 2022...

### WHAT IS THE #350CHALLENGE ?

Postponements won't stop Victoria and her team from seeking to drive change for women and girls now. We're using the time Victoria should have been on the water to encourage activity closer to home.

The gender gap for women's sport and women's activity levels has widened during the pandemic, with **only a quarter of women meeting recommended daily activity levels.**

Women report being more anxious about exercising outdoors as well as more affected by both caring responsibilities and the reduction in group activities.

Had Victoria been on the water, she would have been rowing over 350 miles a week.

During March I am challenging you all to undertake 350 minutes of exercise in a discipline of your choice.

This is an opportunity to:

- 1) Inspire women, to remain active and motivated during lockdown,
- 2) Raise crucial funds for UK Charity Women in Sport,
- 3) Keep healthy by remaining active.

If you are interested and want to take part in the #350Challenge email Mrs Jukes for an information pack.

WANT TO ADD TO NEXT  
WEEK'S BULLETIN?  
EMAIL YOUR HEAD OF YEAR.

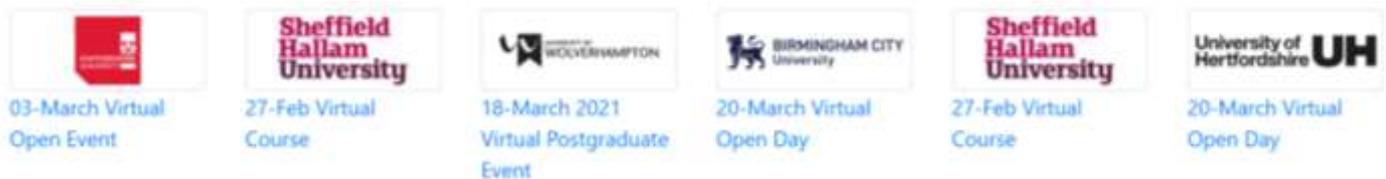


# The Bulletin

## University Open Day Events

It's not too early Year 12s, Year 13s you may want to consolidate your plans...

Hopefully the return of university open days will come very soon, however, universities continue to host virtual open days and events, below are a few that are occurring over the next couples of weeks:

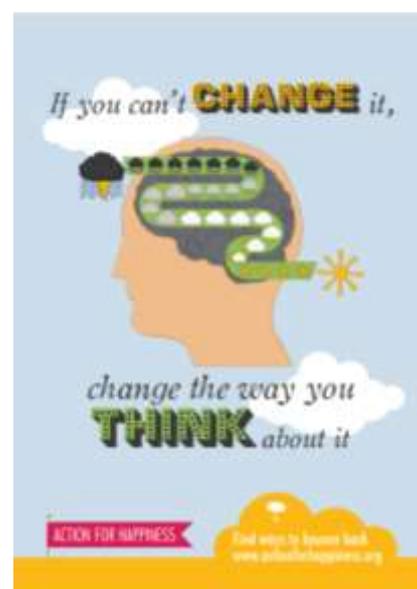


Below is a link to a calendar which outlines when other universities are hosting theirs.

[Search the Opendays.com calendar of university and college open days - search for an open day](#)

## Action for Happiness

It is imperative we continue to look after ourselves physically and mentally, Action for Happiness aims to make this easier by producing coping mechanisms, strategies and inspiration. Hopefully you find the below posters helpful in achieving this:



WANT TO ADD TO NEXT  
WEEK'S BULLETIN?  
EMAIL YOUR HEAD OF YEAR.

