

Wootton Academy Trust

# Weekly Student Bulletin

Monday 20<sup>th</sup> April

# Thought for the Week

**YOUR LIFE  
IS YOUR  
MESSAGE  
TO THE  
WORLD.  
MAKE SURE  
IT'S  
INSPIRING.**

**Captain Tom Moore, is a 99-year-old army veteran who pledged to walk 100 lengths of his garden to raise money for the NHS, and has become an international sensation.**



**Captain Tom, from Marston Moretaine will celebrate his centenary on 30 April, he initially set out to raise £1,000 for NHS Frontline staff but more than £13m was donated after his story captured hearts and inspired donors around the world.**

# Student & Family Support



## Looking After Your Mental Health



# Student & Family Support



## Useful Contacts

If you are feeling overwhelmed by your emotions there are some organisations that can help.

Organisation		Support for	Contact Details
Think Ninja		COVID-19 Support: Such as fears relating to the virus and Isolation struggles	<a href="http://www.healios.org.uk/services/thinkninja1">www.healios.org.uk/services/thinkninja1</a>
Samaritans		Anything	116 123
Childline		Anything - Online counsellors available	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>
Kooth		Free, and anonymous online support	<a href="http://www.kooth.com">www.kooth.com</a>
Young Minds		Anything - Parent helpline available	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
NSPCC		Advice and support	0808 800 5000 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Calm Harm		<u>Self harm</u> (Mobile App)	<a href="http://www.calmharm.co.uk">www.calmharm.co.uk</a>
Clear Fear		Anxiety (Mobile App)	<a href="http://www.clearfear.co.uk">www.clearfear.co.uk</a>
Anti-bullying		Bullying	0845 225 5787 or 07734 701221
A trusted adult in school		Anything	<a href="mailto:safeguarding@wootton.beds.sch.uk">safeguarding@wootton.beds.sch.uk</a>

# Book Club

A huge library of e-books and audiobooks are available here:

<https://etc.usf.edu/lit2go/>



The screenshot shows the Lit2Go website. At the top is the logo "Lit2Go" with a stylized bird-like graphic. Below the logo is a search bar with a magnifying glass icon and the word "Search" inside. Underneath the search bar is a "BROWSE" button. Below that are navigation links: "Authors · Books · Genres · Collections · Readability". At the bottom of the screenshot is a "Welcome" section with the following text: "Lit2Go is a free online collection of stories and poems in MP3 (audiobook) format. An abstract, citation, playing time, and word count are given for each of the passages. Many of the passages also have a related reading strategy identified. Each reading passage can also be downloaded as a PDF and printed for use as a read-along or as supplemental reading material for your classroom."

	<p><b>The Adventures of Huckleberry Finn</b> by Mark Twain</p> <p>The Adventures of Huckleberry Finn is a first person narrative told by the title character, Huckleberry Finn, as he accompanies a runaway slave...</p>		<p><b>The Adventures of Jerry Muskrat</b> by Thornton W. Burgess</p> <p>The Adventures of Jerry Muskrat tells the story of Jerry, a young muskrat and his adventures in keeping the Farmer and his son...</p>
	<p><b>The Adventures of Sherlock Holmes</b> by Sir Arthur Conan Doyle</p>		<p><b>The Adventures of Tom Sawyer</b> by Mark Twain</p> <p>The Adventures of Tom Sawyer is set in the 1840s in the fictitious town of St. Petersburg, Missouri, where Tom lives with his...</p>
	<p><b>Great Expectations</b> by Charles Dickens</p> <p>Great Expectations follows Pip's life expectations as he attempts to fit in with upper class society, while young for the collection of Estella.</p>		<p><b>The Grey Fairy Book</b> by Andrew Lang</p> <p>This book is a collection of traditional tales. The collection was assembled by Scottish folklorist Andrew Lang although authorship of the stories is...</p>
	<p><b>Grimm's Fairy Tales</b> by Grimm Brothers</p> <p>Grimm's Fairy Tales is a collection of German fairy tales.</p>		<p><b>Gulliver's Travels</b> by Jonathan Swift</p> <p>Gulliver's Travels (1726, expanded 1727), often called Travels into Several Remote Parts of the World, is a novel by Jonathan Swift that is both...</p>

What are you reading?.....Any recommendations? ☺

[studentbulletin@wootton.beds.sch.uk](mailto:studentbulletin@wootton.beds.sch.uk)

# Art

## Googly eye challenge

Can you create funny characters around the home with just a couple of googly eyes?!

- How many different characters can you create?
- Make a collage of your best ones using a free photo app
- Email your collages to Mrs ST 😊

You don't need to have the plastic Googly eyes to join in.

Cut out two white paper circles with a black spot in the middle!



# National Theatre home



Free full-length plays  
Every Thursday

## This week:

Polly Findlay's acclaimed production of *Treasure Island*, featuring Arthur Darvill (*Doctor Who*), premieres at 7pm (UK time) on Thursday 16 April.

Thursday 23<sup>rd</sup> April:

## *Twelfth Night*

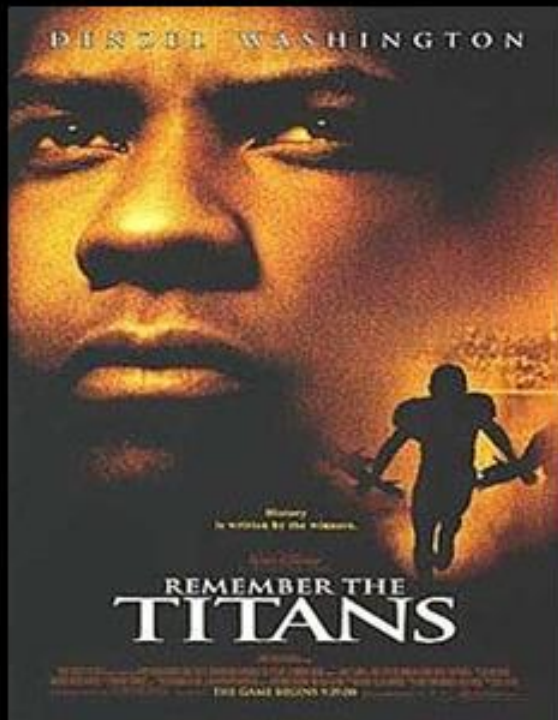
Where music is the food of love, and nobody is quite what they seem, anything proves possible in Shakespeare's classic comedy. Featuring Tamsin Greig as Malvolia.



Search National Theatre at Home or follow the link below:  
<https://www.youtube.com/channel/UCUDq1XzCY0NIOYV/vEMQjqw>

Plays will be available for 7 days to stream so get the family around and settle down for a night at the theatre (in your living room!)

# Film of the week



Based on a true story, "Remember the Titans" is set in Virginia, where in 1971 high school football was everything to the people of Alexandria. But when the local school board was forced to integrate an all-black school with an all-white school, the very foundation of football's great tradition was put to the test. Herman Boone (Denzel Washington), a young black coach new to the community, was hired as head coach of the T.C. Williams High Titans over Bill Yoast, a white man with several years seniority, a steadfast following and a tradition of winning. Although from vastly different backgrounds, these two coaches not only molded a group of angry, unfocused boys into a dynamic, winning team, but also helped guide them into becoming responsible young men. Their determination to work together and win brought together a town torn apart by prejudice and intolerance.

Please share any film  
recommendations with us 😊

[studentbulletin@wootton.beds.sch.uk](mailto:studentbulletin@wootton.beds.sch.uk)



# Workout of the Week

**BATMAN** 2.0  
WORKOUT

10 sets  
or as many as  
you can do

© neilarey.com  
rest between sets  
up to 2 minutes

 <b>20</b> squats	 <b>40</b> punches	 <b>10</b> jumping lunges
 <b>10</b> push-ups	 <b>20</b> shoulder taps	 <b>20</b> climbers
 <b>10</b> cross punch sit-ups	 <b>10</b> leg raises	 <b>10</b> sitting twists

Please share  
any photos  
of you  
taking part 😊

twitter 

@wusPE

studentbulletin@wootton.beds.sch.uk



The Careers Team  
are still here to help you

Careers/next step support is still available.

Please email Mrs Ashby, Head of Careers at  
[yashby@wootton.beds.sch.uk](mailto:yashby@wootton.beds.sch.uk)

# Career of the Week

## Robotics engineer

National  
Careers  
Service



Robotics engineers design and build machines to do automated jobs in industries like manufacturing, aerospace and medicine. This sector is set to grow by **2.8%** creating an extra **2,600** jobs by 2024.



£27,500 - £55,500 per year



Working 37 - 40 hours per week



You'll usually need 5 **GCSEs** at grades 9 to 4 for a level 3 qualification such as **A-levels** (including maths and physics) or a **Level 3 Certificate** in Robotics and Automation. You can do a **degree** in artificial intelligence and robotics or related subject. You could do a degree **apprenticeship** in a robotics specialism such as manufacturing engineering. You'll find it useful to join robotics engineering groups or take part in robotics design competitions to build up your skills and knowledge.

**Useful subjects:** English, Maths, Physics, Computer Science/I.T



To see the full profile click here - [nationalcareers.service.gov.uk](https://nationalcareers.service.gov.uk)

# Interested in Dance?

**DANCERS** – Many dance companies and theatres are broadcasting live dance performances that you can watch at home...

**One of my personal favourites!**

**Ailey On Stage**

We know you can't see the Ailey dancers perform in a theatre, so we wanted to make sure you can still find comfort and joy in the beauty of dance by virtually connecting with their performances. For a limited time, Ailey is thrilled to share full length videos of the Company performing on stage!

<https://www.alvinailey.org/ailey-all-access>



**BALLETBOYZ**



**Sadlers Wells Theatre**

A programme of full-length dance performances and workshops online, to keep you entertained and connected through dance, wherever you are in the world while our live stages are dark

<https://www.sadlerswells.com/whats-on/2020/digital-stage/>



## Cooking with Jamie

Lunch (cooking) with Jamie Oliver.

You may have seen Jamie's Keep Cooking and Carry On show on Channel 4, which shows you how to keep cooking through quarantine conditions, using what you already have in your cupboards.

He also has a whole section on his website just to get kids cooking, so they can rustle up their own lunch.

<https://www.jamieoliver.com/features/easy-recipes-for-kids/>

Send us photos – any recipes to share? 😊

# #woottonlisteningwonders

music  
makes  
EVERYTHING  
better

twitter 

@watmusicdept

What are you listening to?  
Please share your favorite songs of  
the week 😊

[studentbulletin@wootton.beds.sch.uk](mailto:studentbulletin@wootton.beds.sch.uk)

# Year 10 Student INFO



## SENIOR LEADERSHIP



Applications will be available to download from 'Show My Homework'.

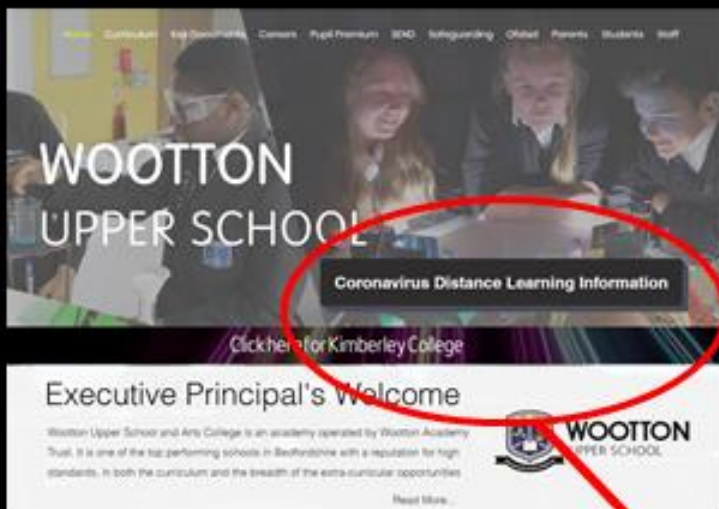
You will need to complete an application which will then be reviewed by the Trust.

If your application is successful you will then be invited to an interview day.

The successful candidate will start their role as senior leader in **September**.

Applications can be sent to: [jwilkinson@wootton.beds.sch.uk](mailto:jwilkinson@wootton.beds.sch.uk)

# Where can you find key information?



Home Curriculum English/Maths Careers / Post-16 / SEND / Safeguarding / Ofsted / Parents / Students / Staff


## WOOTTON UPPER SCHOOL

[Coronavirus Distance Learning Information](#)

[Click here for Kimberley College](#)

### Executive Principal's Welcome

Wootton Upper School and Arts College is an academy operated by Wootton Academy Trust. It is one of the top performing schools in Bedfordshire with a reputation for high standards, in both the curriculum and the breadth of the extra-curricular opportunities.



[Read More...](#)



## KIMBERLEY SIXTH FORM COLLEGE

- Exam Results Press Release 2019
- Cranfield Bus Letter
- Shuttle Bus Letter

[Coronavirus Distance Learning Information](#)

[Read more...](#)



Go to either the Wootton or Kimberley website and click on the Coronavirus Distance Learning Information tab.



# Weekly Quiz

## Answers from last week

1. Who is this?



Schoolgirl Climate  
Change Leader  
Greta Thunberg

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

2. Chris Martin, Guy Berryman, Jonny Buckland, Will Champion form which rock band?



Coldplay

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

3. Which athletics race is named after a famous battle?



The Marathon

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

4. How many houses are here at 'Hogwarts school of witchcraft and wizardry'? Can you name them?



4 houses

Gryffindor  
Hufflepuff  
Ravenclaw  
Slytherin

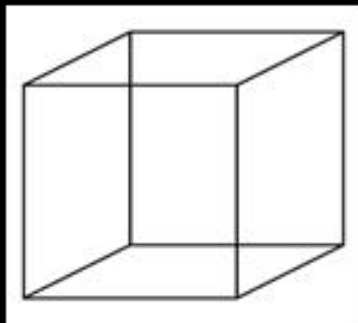
Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

5. What is the surface area of a cube with side 4cm? State the units.

cm<sup>2</sup>



96cm<sup>2</sup>

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

6. How many US States names begin with the letter 'M'?  
Can you name them all?



**8 US states**

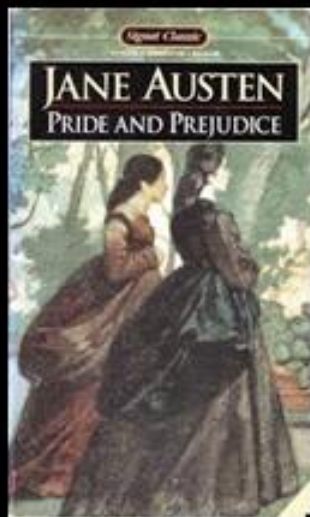
Maryland, Michigan, Montana,  
Missouri, Massachusetts,  
Mississippi, Minnesota, and Maine.

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

7. Which family plays a central role in the Jane Austen novel 'Pride and Prejudice'?



The Bennet family

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

8. The daughter of King Henry VIII and Anne Boleyn, who succeeded Mary I in 1558 and reigned for the next 44 years?



Queen Elizabeth I

Why not get the whole family involved? Answers to be shared next week 😊



# Weekly Quiz

## Answers from last week

9. In which year was the £2 coin introduced? (Allow one year either way).



The coin was introduced on  
**15 June 1998**

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Answers from last week

10. Who hosted the first academy awards (Oscars) ceremony in 1929?



President Douglas Fairbanks

Why not get the whole family involved? Answers to be shared next week 😊

# Weekly Quiz

## Numbers Quiz: (example 7 D in a W = 7 Days in a Week)

1066 B of H	180 D in a T
13 U F S	14 D in a F
W F at 32 D F	64 S on a C B
2 P in a P	57 H V
12 S of the Z	101 D
29 D in F in a L Y	1969 F M on the M
3 B M	180 M S with 3 D
7 W of the W	24 H in a D
1966 E W the W C	147 M B in S

Why not get the whole family involved? Answers to be shared next week 😊



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)