

# Sixth Form Weekly Update

W/B – Monday 18<sup>th</sup> May 2020



Click on the images above for direct access to the Firefly or the AMA Website



Compassionate  
and Empathetic

It's the **AMA** way...

**Think Piece:** This week's update is a **CORONAVIRUS FREE ZONE**. We all know that school is closed. We're all used to the fact that life today looks a lot different to how it did a few months ago. And rest assured **WE WILL BE IN TOUCH** when it's time to drag you back to school! But this week we're celebrating **Mental Health Awareness Week** – and we want you to take a moment to focus on **YOU and YOUR WELLBEING**.

These last few weeks have been tough! We can't do the things we normally would to relax. We can't visit some of the people who we love and care about – and we all want to be with our mates and family who provide banter, that cheeky hug or just chat nonsense when we need it most.

You might even be missing the teachers who you **love** really...but hate to admit it. 😊

So this week we're asking you to take a minute to check-in with yourselves and your mates so –

**Ask:** "Are you ok?" - **Say:** "I'm here if you need anything" – **Show:** **KINDNESS** through your actions

*Use some of the strategies throughout this presentation to take some time for yourselves...*

# Taking some time for yourselves...

Relax – Speak Up – Be Chill – Have Fun



**Been rotting on the sofa for 8 weeks?**

**Then try the 30 Mins Movement Challenge!**

This doesn't involve being an athlete! Just take 30 minutes a day to try something that pulls you out of your comfort zone. It could be: **cooking**; **improving your fitness** or **even unleashing your creative potential**. Whatever it is - do something you enjoy, that keeps you on your feet, for 30 mins a day. The benefits for your mental wellbeing are huge!

*Need some extra motivation? Click the image to sign up to an activity plan!*



**Stuck with the family? Temper starting to boil over?**

**Step away from the smartphone. Assemble your siblings. Attempt the DOODLE CHALLENGE!**

All you need is two people, two pens, two pieces of paper – then get creative and see if your team mate can really appreciate your artistic talents!!

Missing the gym? Joe Wicks is still doing his free PE lessons each morning! If you want something more intense his HIIT classes are free throughout lockdown: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

# Taking some time for yourselves...

## Relax – Speak Up – Be Chill – Have Fun



Wizarding World @wizardingworld

Surprise! We've got a treat for you...From today, amazing friends of the Wizarding World are going to take turns reading Harry Potter book one.

And to start us off with Chapter 1, we think you'll agree we have the perfect narrator... #HarryPotterAtHome  
wizarding.world/6006178ae



**Does a good story help you unwind?**

Celebrities and stars of the film are reading the Harry Potter books on Spotify or free online at:

<https://www.wizardingworld.com/collections/harry-potter-at-home>

# TED

**TED Talks** provide a huge range of inspirational and motivational lectures celebrating a variety of individuals and how they have overcome adversity. Check out their website and **consider taking part in the 5 day gratitude challenge!** <https://ideas.ted.com/your-5-day-gratitude-challenge-from-ted/>

**Headspace** is an app that offers a huge amount of meditation, sleep improvement and mindfulness activities. You usually have to pay – but their ‘weathering the storm’ course is free throughout lockdown! **Get it on your Appstore today and achieve some zen!**

 headspace



**We all deserve a treat sometimes....**

**Get 20% off on Cheeky Tuesdays**

**JUST EAT**

# The serious stuff...

## Don't Suffer In Silence... Reach Out!



# kooth

Free, safe and anonymous  
online support for young people

Monday - Friday 9am - 10pm  
Saturday - Sunday 6pm - 10pm

● online



**Kooth: for confidential and discreet counselling support with your mental wellbeing**

**CALM: for practical advice and resources on managing anxiety and stress**

**Time to Change: See how being a top mate can help to end the stigma of mental health**

**#asktwice <https://www.youtube.com/watch?v=nOkH2jGK4p0>**

**A chat is all it takes to help your pals!**



School may be closed, but we are **ALWAYS** here for you! **Any queries or concerns:**

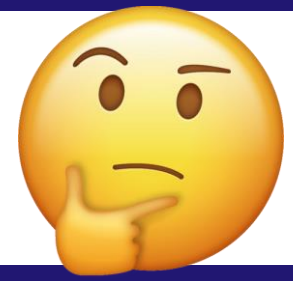
**[dpreston@astonmanoracademy.com](mailto:dpreston@astonmanoracademy.com)**

**[hkaur@astonmanoracademy.com](mailto:hkaur@astonmanoracademy.com)**

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**Click on any of the images above to access support and resources from these wellbeing organisations**





# Last Week's Boredom Buster Answers...

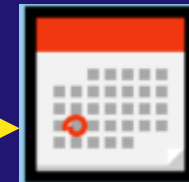
## How did you do?

<p><b>equestrian (adjective)</b> a rider or performer on horseback</p>	<p><b>Country:</b> Kuwait  <b>Capital:</b> Kuwait City</p> <p><i>It's a super rich country due to its oil reserves!</i></p>
<p><b>"Life is 10% what happens to me and 90% of how I react to it.."</b> Charles R. Swindoll (Author)</p>	<p><b>What is wrong with the following sentence?</b> Don't forget to brush <b>your</b> teeth before you go to bed.</p>
<p><b>AM</b> Americium</p>	<p><math>9^2 + 4^3</math> 145</p>
<p>A high or topmost point, as a mountain-peak <b>Eaplncin</b> Pinnacle</p>	<p><b>How can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?</b> Yesterday, Today, Tomorrow!!!</p>



## Any better than last week?

**Grab your green pens!**  
This isn't a holiday...



# Social Distancing? Here are some boredom

busting challenges... *answers revealed next week* 🤔



**Word of the week** – What does it mean? Work it into a sentence...  
**Mendacious (adjective)**

**Where in the world?** Name the country and the capital?  


**Famous Quote** – Who said it? **“Time is what we want most, but what we use worst.”**

**Grammar time**  
**What is wrong with the following sentence?**  
They're too many cars on the road today.

**Name the element...**  
**Mo**

**Mental Maths**  
 **$1.2 \times 0.9 + 5.9$**

**Word Scramble** – Clue: An annual allowance, payment or income  
**nituyan**

**Brainteaser**  
**What do you put in a toaster?**

**‘3 things I achieved in lockdown’**  
- Mr Chajnus edition:

1. Shaved my head...



**Instantly regretted it.** 👎

2. Tried Baking... **They don't taste bad...**



3. Hit a pot hole... **Spent an hour trying to replace a tyre...**

