

Dear BC Year 7, 8 and 9 Students,

Well the understatement of the century is ... **'this is weird'** ... but it is! Strange times but let's see what we can do together to **make most of what we have got** while still keeping an eye on the future, because **things won't be like this forever**.

So here are some ideas which I'm going to send to you a couple of times a week just so we all **still feel part of the Bramcote College community**.

It's **ironic** (look it up if you don't know what that means...) that on a normal school day, while most of you are happy to bounce out of bed and see your friends and see what interesting things the day brings you in lessons, some people don't ... but now we're closed to most students I'm sure all you want to do it come to school! It's like saying to someone ... "don't think of the colour red" ... and asking them what they're thinking about ... most people will say red! SO ... **try a little trick at home** ... copy this out using coloured felt tips of crayons and see how many people you ask get it right ... there are loads of little **perception**

(look it up if you don't know what that means...) **tricks you can Google** too ... the message is that part of the struggle for some of us in the coming weeks is that we don't

want to have our daily lives restricted BUT it's all about perceptions ... **staying home is the right thing to do** – it keeps everyone safe and gives you time to be creative about how you use your time to avoid getting bored (and stropky!).

Look at the chart & say the **COLOUR** not the word!

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

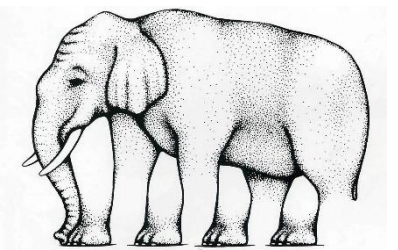
From Left to Right Conflict
Your right brain tries to say the colour but your left brain insists on reading the word.

STAY AT HOME

PROTECT THE **NHS**

save lives

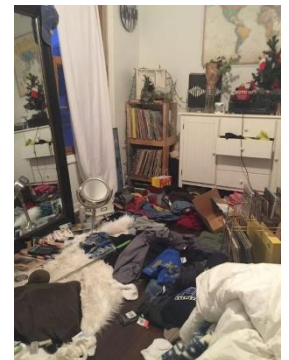
Like a lot of other schools, we are **open for children on Critical Care / Key workers**, but the Government's advice is that kids should **only come to school if staying home is not an option**.



SO ... Remember there are different days in the week – **try to keep a routine**. Weekdays can be a bit different to normal school hours but remember to have a routine. Weekends are weekends for MOST of you ... so ... **think about creating a timetable that fits around the timetable school has given you** ... I've had a go on the next page.

When it comes to the **weekends** ... think carefully ... **you still need to be social distancing** and ideally staying in to keep everyone safe BUT there are things you can do ... **it's fine to watch** TV/YouTube/Netflix/etc. BUT there are **lots of other things to do too** ... SO ... anyone who knows me, knows I like

a tidy space ... Mr Stash's classroom drives me mad 😊 ... SO ... a good thing to do is **tidy the space you are in** ... if your space looks like this room ... → it will be difficult to spend a lot of time in it ... SO have a go at getting it sorted. (Even if your room is really tidy ...) There is a woman called Marie Kondo who has made a fortune showing people how to tidy their space using the **ancient Konmari method** ... **Google it** ... this unexpected time you have on your hands could also be a great chance for you to come up with a clever idea that could make your fortune in the future! If tidying up isn't your idea of fun (!?) then have a go at

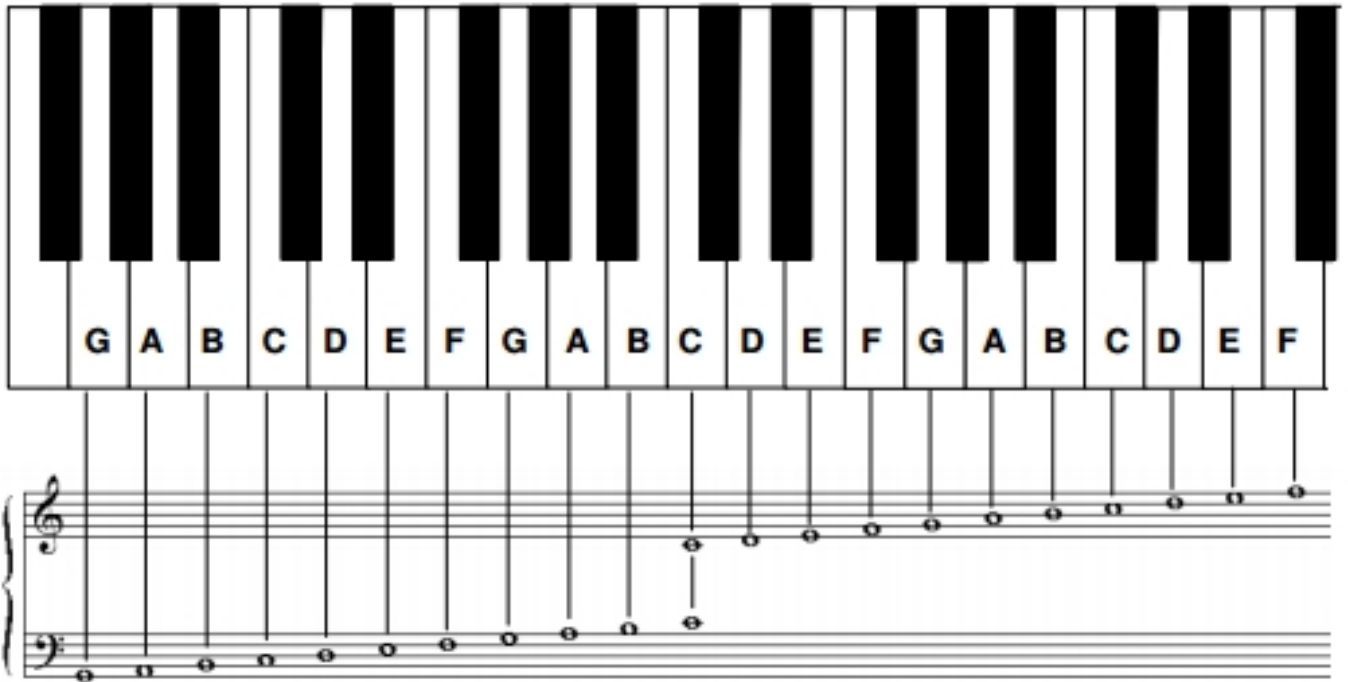


- Collect things together in **categories** ... clothes, books, toys, cosmetics etc.
- Go through each category and look at what you've got ... when did you use it last? **Does it make you happy?** If it's a **'no'** then **recycle** it. If it's a **'yes'** then **keep it**.
- For clothes, check out Mari Kondo's **'folding'** advice ... **it's good for a giggle** ...
- Once you've cracked it, you could do the whole house! One room per day ...

something else ... **Andrew Garrido taught himself to play piano using a paper keyboard** (because his Mum couldn't buy him a real piano) and now he's a famous concert pianist



... Google him ... it's AMAZING ... so I've included a keyboard you could copy and if Piano's not for you try some origami. SO ... **keep doing the school work** you've been set on school days AND **please do stay in** ... boring but life saving **and keep checking your emails!**
X Miss Cooper



Print OR copy this out and then Google some sheet music or some chords to learn ... that way you can WOW Mrs Franklin when you get back to school with your epic keyboard skills ... who knows, you might be the next Alicia Keys or Gary Barlow (as your parents who they are!)

And if you're about as musical as I am ... try some origami ... you can Google some more instructions ... or go to this nice web site <https://myfirstorigami.weebly.com/>

7 Make another fold as shown, folding the bottom right edge to meet the fold you made in Step 4.

8 Flip paper over.

9 Fold down the 2 flaps, as shown. Crease well and unfold.

10 Flip paper over again. Tape or glue area A to area B. (Take a peek at the next picture to get the hang of it.)

11 Now you've completed one petal for the flower. You can use a paper clip or binder clip to hold while the glue dries.

12 Repeat Steps 1 to 10 three more times so you have a total of four petals. (You can also make a five-petal flower if you want.) Then join one petal to another by taping or gluing area A to area B.

13 Continue taping or gluing the petals together. Here's the finished flower, shown from the side and the top.
















14 To make a stem, lay a sheet of green origami paper on the table. Roll one corner to the opposite corner. Tape or glue the opposite corner to hold in place.

15 Tape or glue the stem to the flower. That's it -- an easy DIY Mother's Day craft for kids! You can keep making more flowers to create a lovely, big bouquet or simply present Mom the beautiful single flower. Happy Mother's Day!

Melissa & Doug

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467.

| To Do ... | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-----------------|-----------------|------------------|--------------------------|
| Get Up by 8:00 ... | Personal hygiene is important ... even if you're not going out ... have a shower, wash your hair, wash your face, brush your teeth and get properly dressed ... don't spend all day in your PJs otherwise what are you going to sleep in? | | | | |
| 9:00 do some exercise | Week days Joe Wicks is doing a free school work out ... Joe said: 'Starting from Monday, every single day from Monday to Friday, I'm going to do a live workout called "PE with Joe" on my YouTube channel The Body Coach TV. Get everyone in the house to join in ... | | | | |
| Morning Session 1 | 30 mins maths | 30 mins maths | 30mins maths | 30 mins maths | 30 mins maths |
| Break ... about 15 minutes ... | Get up and move about ... don't just stay sitting down ... go into a different room ... have a stretch ... text a friend to see how they're doing ... have they done some work too? | | | | |
| Morning Session 2
Break this up into 2 x 30 mins if you need to ... | 1 hour English | 1 hour Science | 1 hour English | 1 hour Science | 1 hour English |
| Lunch ... about 45 minutes ... | Think about where you eat ... don't eat where you work ... go into another room if you can and have a chat with someone ... remember you're not lunching in a restaurant so have a think about sharing ideas and preparing lunch together ... and washing up afterwards. Go out into the garden if you can & get some fresh air ... have a go at a couple of the circuits below ... | | | | |
| Afternoon session 1 | 30 mins reading | 30 mins reading | 30 mins reading | 30 mins reading | 30 mins reading |
| Break ... about 15 minutes ... | Get up and move about ... don't just stay sitting down ... go into a different room ... have a stretch ... text a friend to see how they're doing ... have they done some work too? | | | | |
| Afternoon session 2
Break this up into 2 x 30 mins if you need to ... | 1 hour Current Affairs / Citizenship | 1 hour History | 1 hour Spanish | 1 hour Geography | 1 hour Creative Projects |
| After 'work' relaxation | Music / sport / dance / hobbies practice ...
or have a go at some of the things suggested in this email ...
Have a conversation with someone ... family and friends ...
help round the house ... cooking, tidying, washing up, hoovering, dusting, make the beds ...
TV/YouTube/Netflix/etc. ... but try not to do it too much ... | | | | |

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|------------------|---|---|---|---|---------------------------|------------------|--|---|--|---|
| Circuit 1 | Mountain Climbers
20 Seconds
 | 10 Second Rest
 | Push Ups
20 Seconds
 | 10 Second Rest
 | Pick 2 circuits, repeat x | Circuit 3 | High Knees
20 Seconds
 | 10 Second Rest
 | Jumping Jacks
20 Seconds
 | 10 Second Rest
 |
| Circuit 2 | Skaters (Side Lunge)
20 Seconds
 | 10 Second Rest
 | Squats
20 Seconds
 | 10 Second Rest
 | | Circuit 4 | Burpees
20 Seconds
 | 10 Second Rest
 | Flutter Kicks
20 Seconds
 | 10 Second Rest
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