

Park Hall Academy

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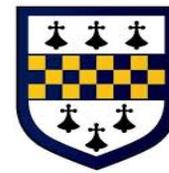
@ParkHallAcademy



It is fantastic that our students are busy working hard on the lessons and resources that teachers have provided. With students increasing their time working remotely from home and online, the following link gives some handy tips for parents and carers to ensure students do this safely.



www.thinkuknow.co.uk



PARK HALL
ACADEMY

[Seneca Starz](#)

Well done to year 8 for being the biggest Seneca users so far, and therefore getting the most learning done!

Biggest Users:

Mia Young (Year 10) has completed (approx.) 14 hours of Seneca work in two days

Taylor Wales (year 9) has completed (approx.) 10 hours of Seneca work

Caitlin Curtis (year 10) has completed (approx.) 10 hours of Seneca Work

Luke Woodward (Year 10) has completed (approx.) 10 hours of Seneca Work

Seneca Leader Board: From next week, we will publish a Seneca leader board for each year group, showing the top users. Can you make it on here? You must complete (that means answer questions and assessments) as many sessions accurately as you can. Good luck and happy learning!

It has been great to see the buy in from our students' during these uncertain times. We know that students are creating some fantastic pieces of work.

[Park Hall Academy Work Hall of Fame](#)

- Madalyn Allcock (Year 7 – Religious Studies)
- Georgia Pike (Year 7 – Performing Arts & Science)
- Myley Beddows (Year 7 – Maths)
- Sumayah Ashraf-Din (Year 7 – Maths)
- Madison Rawley (Year 7 – Maths)
- Ellie Moran (Year 7 – Science)
- Mr East's Year 8 English Class
- Jensen Kilroy (Year 8 – Progress)
- Lily-May Caldicott (Year 8 – Social Education/RS)
- Daniel Clough (Year 9 – Science)
- Jay Smith (Year 10 – Geography)
- Chante Masih (Year 10 – Geography)
- Tom Cresswell (Year 10 – Geography)
- Kobei Moore (Year 10 – Citizenship)
- Angel Taylor (Year 10 – English)
- Lissi Whitehouse (Year 10 – English)
- Millie Normal (Year 10 – English)
- Maddie Daly (Year 10 – English)
- Ramisa Mulholland (Year 10 – Business)

[Commendations](#)

With the announcement on no Summer exams, we appreciate some **Year 11** and **13** students are feeling uncertain about the work they are being set. However, we know that many of these students are continuing to complete such fantastic work.

Storm Powers – English

Sonny McNamara – English

Amber Reeves – History

Georgia Facer – Child Dev

Sophie Tyrell – Child Dev

Rachel Bevan – Geography

Year 12 and 13 History

Advice on Novel Coronavirus (COVID-19) for members of the public



How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze

Catch it with a tissue

Bin it

Kill it
by washing your hands with soap and water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

After breaks & sports activities

Before cooking & eating

On arrival at any childcare or educational setting

After using the toilet

Before leaving home

Try not to touch your eyes, nose, and mouth with unwashed hands

Do not share items that come into contact with your mouth such as cups & bottles

If unwell do not share items such as bedding, dishes, pencils & towels

Stop germs spreading by using the e-Bug resources on hand and respiratory hygiene available through e-bug.eu

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus.

If you think you have symptoms of coronavirus, call NHS Direct Wales on 0845 4647 or NHS 111 if available in the area, for advice. Follow the Welsh Government advice for childcare or educational settings: gov.wales/guidance-educational-settings-about-covid-19

Staff, students and pupils who have returned from some specified countries should self-isolate for 14 days even if they do not have symptoms: gov.uk/government/publications/covid-19-specified-countries-and-areas

LOOKING AFTER YOURSELF WHILST AT HOME

Physical

- Drink plenty of fluids
- Try and get regular exercise
- Try to eat plenty of fruit and vegetables
- Get a good night's sleep
- Wash your hands for 20 seconds

Mental

- Talk about your worries
- Create a routine and structure
- Avoid excessive exposure to media coverage
- Connect with others
- Reframe unhelpful thoughts

Social

- Keep in contact with friends and family through social media, texts and calls
- Be approachable
- Listen
- Laugh

Join Us in OUR Very Own Weekly Challenge

Each week, we will set you tasks to do, as a challenge. Can you do it all? Can you do more? This will range from physical challenges, to mental challenges.

Record what you can do each week. We may even repeat this, so you can see how well you do week on week.

Week 1:

The Press UP

'Press Up Challenge'

Day one – 10 Press ups

Day two – 11 Press ups

You should continue to add 1 rep each day, until you can't get any further.



Being stuck inside all day can be frustrating (but remember it won't last forever). One way you can help yourself is to read. Reading isn't just good for your mind, it's a brilliant way to relax and unwind. Whilst we are meant to be avoiding busy places at the minute, there are plenty of free books online. Have a look at our recommendations below.

These can be read online, or downloaded for free on an e-reader like Kindle. If you don't have one, you can also read them free on the Kindle app on your phone, tablet or computer.

The Secret Garden by Frances Hodgson Burnett – The story revolves around heroine Mary Lenno, an orphan who's shipped off from her colonial India to live in a dingy county estate in Yorkshire. There she learns the healing power of friendship through plant cultivation in her, ahem, secret garden.

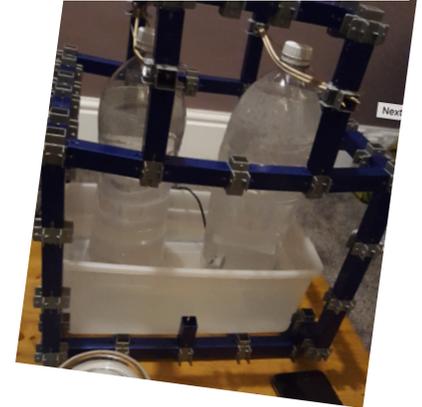
The Wind in the Willows by Kenneth Grahame – Four animals, Toad, Mole, Rat and Badger have various escapades in the English countryside. It's chock-full of adventure, companionship and will make you feel happy and warm inside.

Sent: 19 March 2020 16:34
 To: Josh Hughes <JHughes@parkhall.org>
 Subject: Extra Work

Hi sir!
 It's a shame we aren't in school, i really miss the geography lessons! I'm writing to you to ask for the possibility of receiving extra work over the period that we aren't in school. I think it would really benefit me whilst we aren't in school. If you could, i'd like to do some extra set tasks like exam questions etc.

Anything is appreciated!
 Thanks,

your purrrfect to be a maths teacher



Aleena Kibria, Zara Iftikhar, Charlotte Prior, Ella Forbes, Jayden Berry, Jessica Allatt, Joseph Holloway, Jacob Ameghino and Maisie Coates have created their own online classroom. Headphones on they are all supporting each other through this and working together.

Bursting with pride. Ms Wakefield

Thank you for doing a great job of keeping us informed and getting work set up quickly for them!
 Many thanks for the phone call

