

STUDENT BULLETIN: MON 01st FEB

PHYSICAL CHALLENGE



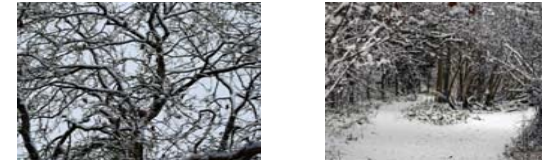
For this week's challenge, you have to play Rock, Paper, Scissors to determine what exercises you do – don't forget to send a picture of you taking part! [Click on the link for more info](https://www.youtube.com/watch?v=RNDVYrViBmQ&ab_channel=FitnessHustleTV)

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THOUGHT / QUOTE OF THE WEEK

★ IT'S A ★
SLOW PROCESS,
BUT QUITTING
WON'T SPEED
IT UP

CREATIVE CHALLENGE



Some of you have been getting creative with the camera – this week's challenge is to capture photographs of your pets – please send your images to studentbulletin@wootton.beds.sch.uk

CAREERS & NEXT STEPS

Unifrog – log activities and skills. Look up careers.

Search for courses and jobs: www.unifrog.org

Virtual Work Experience:

<https://www.speakersforschools.org/experience-2/young-people/take-part/>

National Apprenticeship Show 10th February: <https://nas.vfairs.com/>

Meet the Russell Group – 10th February: <https://russellgroup.vfairs.com/en>

UK University and Apprenticeship Show: 27th January:

<https://ukuniversitysearch.vfairs.com/>

BRAIN TEASER

What has cities, but no houses; forests, but no trees; and water, but no fish?

Email your answers to address below!!

ENRICHMENT



A new month is here. A new month of new opportunities but also new stresses. Make sure you take some time for yourself this month. Try and include some self-care activities into your daily routine.

<https://www.youtube.com/watch?v=ZToicYcHI0U>

INCLUSION FOCUS: BOOK / FILM CLUB



As we start LGBT History Month, we recommend the film **Pride**: Based on a true story, the film depicts a group of lesbian and gay activists who raised money to help families affected by the British miners' strike in 1984, at the outset of what would become the Lesbians and Gays Support the Miners campaign.

WORD OF THE WEEK

magnanimous

generous, forgiving, charitable

GET INVOLVED

Please send any ideas or contributions for the student bulletin to: studentbulletin@wootton.beds.sch.uk
The names of all of those who get involved will go into a draw to win an amazon voucher!!

WELLBEING RESOURCES



Staying Safe Online

https://www.thinkuknow.co.uk/14_plus/

General Student Welfare:

<https://www.woottonupper.co.uk/student-welfare>

Mental Health/ Anxiety: <https://calmharm.co.uk/>

<https://www.clearfear.co.uk/> <https://www.kooth.com/>

Bereavement:

<https://www.cruse.org.uk/> <https://www.winstonswish.org/>

Gender Identity / sexual orientation:

<https://mermaidsuk.org.uk/> <https://www.theproudtrust.org/>

KEY MESSAGES:

Ex Holywell Student? If so, you may remember Mrs Lesley Bennett, the Wellbeing Coordinator for the school. Mrs Bennett is retiring shortly. If you would like to send a message of thanks or good luck, please email: leaving@holywellschool.co.uk
Y11: If you need any support with college applications please get in touch and remember that we are here to help wherever you choose to apply. Some of you are still yet to complete your destinations survey so please check show my homework and get it done as soon as possible.'

Y9/Y10/Y11: Please click on the following link to see this months LiveCast Broadcast: <https://youtu.be/2shc2HFsqAM>

UK Youth Parliament Candidate:



**Y12 Student Jamaal Otieno
needs your votes!!**

Jamaal is listed as **Candidate B**

Voting is running from Mon 1st to Fri 12th Feb
https://www.surveymonkey.com/r/BBMYP2021_VOTE