

# STUDENT BULLETIN: MON 25<sup>TH</sup> JAN

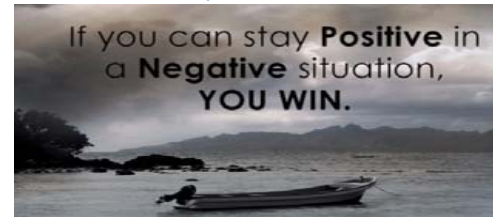
## PHYSICAL CHALLENGE

### SNAKES & LADDERS FITNESS CHALLENGE

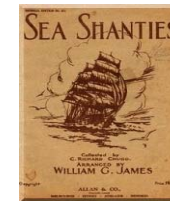
**Rules:**

- Place with the least amount of letters in their first name goes 1<sup>st</sup>
- Close UP ladders
- Slide DOWN snakes
- If you land on a ladder or snake you must perform the exercise BEFORE moving on or down
- If you roll a 6 you get an extra turn
- You must land DIRECTLY on the finish square 7-6
- If your final roll takes you past 7-6 then you skip where you are and perform the exercise again
- Wrong player picks a forfeit from the board for the letters given to perform
- If there are any exercise you are unsure on, look at the exercise book provided or use google/youtu be to help!

## THOUGHT / QUOTE OF THE WEEK



## CREATIVE CHALLENGE



We've all seen latest craze on TikTok – can you be creative with your friends and come up with your own sea shanty song? Please share with: [studentbulletin@wootton.beds.sch.uk](mailto:studentbulletin@wootton.beds.sch.uk)

<https://youtube.com/watch?v=UgsurPg9Ckw&feature=share>

## CAREERS & NEXT STEPS

Unifrog – log activities and skills. Look up careers.

Search for courses and jobs: [www.unifrog.org](http://www.unifrog.org)

Virtual Work Experience:

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

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

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

UK University and Apprenticeship Show: 27<sup>th</sup> January:

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

## BRAIN TEASER

Your parents have six sons including you and each son has one sister. How many people are in the family?

Email your answers to the address below!!

## ENRICHMENT



Did you know that smiling is contagious?



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

One thing that never fails to make me smile is a nostalgic Disney film – click the link to watch my favourite part of my favourite Disney film, because who could not smile at singing teapots! **Do something every day this week to make you smile.**

## WORD OF THE WEEK

# SUPERFLUOUS

unnecessary, unneeded, excess

## INCLUSION FOCUS: BOOK / FILM CLUB



The Peanut Butter Falcon is an adventure story set in the world of a modern Mark Twain that begins when Zak (22), a young man with Down syndrome runs away from a nursing home where he lives to chase his dream of becoming a professional wrestler and attending the wrestling school of The Salt Water Redneck.

Please send in any film/book recommendations!!

## WELLBEING RESOURCES



Staying Safe Online

[https://www.thinkuknow.co.uk/14\\_plus/](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:

We are continuing to get 'spam emails' this week, **you must think twice before you click on a link sent to you** – hover over it first, then **DELETE** the email if it looks suspicious. If you have been blocked, you need to contact [it@wootton.beds.sch.uk](mailto:it@wootton.beds.sch.uk) from a personal email to get your account back up & running.

- **Y12&Y13:** Student leadership meeting on Teams – Wed 27th Jan 3pm

## KEY DATES:

**Wednesday 27<sup>th</sup> Jan:**

Holocaust Memorial Day

**Thursday 28<sup>th</sup> Jan:**

Buddhist Mahayana New Year