

STUDENT BULLETIN: MON 18TH JAN

PHYSICAL CHALLENGE



Download the Geocaching App and challenge yourself to reach as many markers as you can in your 1hr of exercise per day. Take a family member along with you or complete while walking the dog!

<https://www.geocaching.com/play/mobile>

THOUGHT / QUOTE OF THE WEEK

IF YOU GET TIRED
learn **TO REST.**
NOT TO QUIT.
—BANKSY

BRAIN TEASER

Find a word to fit the first clue, then add one letter to give a word to fit the second clue. What are the two words?

GREENISH BLUE GAIN ILLEGALLY

Email your answers to address below!!

CREATIVE CHALLENGE



Do you fancy performing alongside a West End star?

We're raising the curtain with BBC One for a very special West End show and we want you to be a part of it by joining our virtual choir for one huge sing-a-long led by Jacy Arrow.

<https://www.instagram.com/p/CKCEqP1luWG/?igshid=1dz7os0uhy55w>

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/>

ENRICHMENT

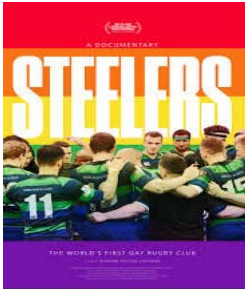
Life is an adventure- we all have our own paths to walk down. Listen to Robert Frost's poem 'The road less travelled'

<https://www.youtube.com/watch?v=vrBHd41YqTc>

Why not get outside this week and explore local nature?

Photograph something new & send in your images!

INCLUSION FOCUS: BOOK / FILM CLUB



Steelers: The Worlds First Gay Rugby Club:

Following the journey of three people in the club: the lesbian coach fighting against misogyny, the semi-pro player who spiraled into a depression after his coming out didn't go as planned, and the prop who discovered he was a drag queen.

<https://www.bbc.co.uk/news/entertainment-arts-51734341>

Please send in any film/book recommendations!!

WORD OF THE WEEK

benevolent

friendly, generous, helpful.

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/>

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 have had a lot of '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 from a personal email to get your account back up & running.
- Y12&Y13:** Student leadership meeting on Teams – Wed 13th Jan 3pm
- Y11:** Just a reminder to engage with the careers curriculum being delivered through PSHE and to get in touch if you need any support with applications.
- Y10:** Well done for engaging in the live lessons and completing your assessments last week.