

# STUDENT BULLETIN: MON 11<sup>TH</sup> JAN

## PHYSICAL CHALLENGE



The Body coach is back 😊 Regular exercise during lockdown will be vital – log on to Joe Wicks youtube channel to join in!! Please send in photos of you taking part!!

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

## THOUGHT / QUOTE OF THE WEEK

DO SOMETHING TODAY  
THAT YOUR FUTURE SELF  
WILL THANK YOU FOR

## CREATIVE CHALLENGE

Lots of you got creative in the kitchen during the last lockdown. This week's challenge is to bake your favourite cake or brownies. **Don't forget to send in photos of your baking creations!!**



## CAREERS & NEXT STEPS

**Y9:** <https://targetcareers.co.uk/career-sectors>

**Y10:** <https://targetcareers.co.uk/careers-advice/a-level-choices/315491-what-a-level-subjects-should-i-take>

**Y11:** <https://targetjobs.co.uk/careers-advice/job-descriptions>

**Y12:** <https://targetcareers.co.uk/university-hubs/>

**Y13:** <https://targetcareers.co.uk/careers-advice/choices-about-uni/50-university-tuition-fees-and-funding>

## BRAIN TEASER



A man pushes his car to a hotel and tells the owner he is bankrupt. Why?

Email your answers to address below!!

## ENRICHMENT

### Planning to fail:

It is ok to fail at things. You often learn far more during these experiences. Think of a time you failed at something. What did that help you to learn? Did you overcome as a result or find something new?

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

Ted talk – How do we learn from failure?

## WORD OF THE WEEK

tenacious

“not easily letting go or giving up”

## 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/>

## INCLUSION FOCUS: BOOK / FILM CLUB



Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance.

Please send in any film/book recommendations!!

## KEY MESSAGES:

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

## KEY UPDATES:

- IT Support: email: [teamshelp@wootton.beds.sch.uk](mailto:teamshelp@wootton.beds.sch.uk) or [it@wootton.beds.sch.uk](mailto:it@wootton.beds.sch.uk)
- Live lessons starting this week for Y9, Y10 & Y12. Make sure you check your calendars on Microsoft Teams!!
- Y13:** Parents Evening – Wednesday 13<sup>th</sup> Jan: 1-5pm