



Round up: Issue 03

Secondary

Welcome to our school newsletter where this week's theme is 'How have we been keeping fit and healthy?' You certainly have been very active and we have really enjoyed hearing how you have been getting on – lots of creative approaches in these really unusual circumstances!

Do keep sharing your activities, thoughts and work with us and, next week, we will look forward to hearing 'How have you been getting on with home learning?' Whether it's driving you mad, giving you something positive to do or something in between, we would love you to share it with us. You can email contributions to events@wiltshire.gov.uk

Please ask your parent/carer to share with us any pictures (attach the picture as a jpeg to your email) and a few words on what you've been up to during the current times and we'll do our best to put them in the next edition. You can email your contributions to events@wiltshire.gov.uk but please do so by 5pm each Tuesday. Any pictures sent over will only be used in the newsletter but photos are stored for two years and then deleted.

What are Wiltshire students doing to stay fit and healthy during lockdown?

A key thing that you need to do is to stay fit and keep exercising during lockdown. A couple of weeks ago my mum and dad bought an exercise bike so that we can all become healthier and fitter. We are taking it in turns to use it. I try to go on it every day and I do between 5 and 7 miles. My mum is able to work from home so she can go on it anytime, but my dad still has to go to work as he is a keyworker so he goes on it when he can.

We also all like to play Pass the Pigs outside in the sunshine, it is great fun!

I hope this has given you some ideas to stay active while in lock down.

Stay safe.

-S. Middleton (student)

You can keep active by playing fun sports with family and maybe some nice walks around your area.

- L. Cooper (Student)

I have been doing Joe Wicks and Cycling every day.

- R. Thomson-Easter (Student)

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I've been doing Joe Wicks every morning and my parents drag me on long tiring walks resulting in a lot of pain. I've also done a 400m sprint because I miss athletics but miss school even more.

- E. Dyson (Student)

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We have been playing badminton at home and we think everyone should have a go (if they can) as it encourages you to get some fresh air and some exercise."

- L. Flyod (Student)

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Jokes

Parallel lines have so much in common... it's a shame they'll never meet!

There are three kinds of people in the world: those who can count and those who can't!

What lights up a football stadium?
Punchline - a football match!

When is a baby good at basketball?
Punchline - when it's dribbling!

Why is tennis such a loud sport?
Punchline - the players raise a racquet!

What's a sheep's favourite game?
Punchline - Baa-dminton!

Puzzles

- Mary has twice as many brothers as sisters, while her brother John has twice as many sisters as brothers. How many children are there in their family?



- A man has to get a fox, a chicken, and a sack of corn across a river. He has a rowboat, and it can only carry him and one other thing. If the fox and the chicken are left together, the fox will eat the chicken. If the chicken and the corn are left together, the chicken will eat the corn.

Challenge

Taskmaster Challenge #HomeTasking #StayHome

[Click here for YouTube video.](#) Turn your bed into something that isn't a bed!

The Corsham School

Two students from The Corsham School have written this article to share their thoughts on how the days at school are shaped during lockdown.

Normally the school is thriving with @1300 students that creates a noisy atmosphere but now there are just a few of us. It feels like we are on an unusual journey.

For us, school has been hugely beneficial in providing a routine and somewhere familiar to go. Having a safe and secure environment helps us to continue with our studies whilst providing us with the support that we need for our well-being. Although it has been challenging to not see friends, having daily contact (ensuring social distancing) with others has sparked new friendships that wouldn't normally occur due to the different year groups we're in.

Fortunately, this period has allowed us to develop our independence and resilience as we have to carry on with our studies. Despite the challenges, we feel we are making progress with the help of teachers' support and on-line resources. We are constantly learning new skills that will stick with us for life!

Recently, we have spent time having fun away from our school work, lots of fun! Firstly, we have been keeping fit with a regular kick about with the football, have undertaken some Joe Wicks workouts and played 'Just Dance.' Then, we spent time in the music rooms experimenting with different instruments, including drums, violins, ukuleles and keyboards. We often play 'Kahoot' quizzes on random topics which brings out the competitive side of us! Over the Easter break we have watched a couple of films including 'The Incredibles 2', which has allowed us to take a well-deserved break from virtual lessons.

One of the highlights of this time has been watering our 210 saplings planted just prior to the lockdown. We are keen to look after them as they are a part of Corsham Town Council's project to help with the carbon reduction targets both locally and nationally. It gives us something different to do, the opportunity to go outside, helps the environment and we know it will be there for students for many generations to come.

Through this experience we are becoming more aware of others, and our surroundings making us more empathetic towards different workers, different people and different life challenges. We really appreciate everything that people are doing to support us in allowing schools to remain open, despite the strange circumstances. It is key to us that school stays open and we want to show our heartfelt appreciation to everyone.

Thank you.

Abbi (yr12) and Imogen (yr7)

Get arty!

Brighten your day by colouring in our Wiltshire Wellbeing Hub poster then pop it in your window so everyone can see the number to call if they need support. If you don't have a printer then you can always design your own picture. Send photos of your creations in your windows to events@wiltshire.gov.uk for us to share on social media.

[Download the drawings here](#)



Confidential Support

A new service of FREE and confidential support for ALL in Wiltshire aged 11 – 25 has been launched by a local charity called 'Young Melksham'. It is tough coping with Lockdown and many of you may be finding it hard. Please don't think you are alone as this is one of many places you can go to for support.

Depressed • Lonely • Afraid
• Angry • Not Coping

Free and **confidential** support for young people aged 11-25

01225 667328

Next week...

Next week we are asking you, 'How are you getting on with **home learning**?' so please let us know by emailing events@wiltshire.gov.uk

