



# Round up: Issue 02

## Secondary

**Welcome** to the 'Easter' edition of our school newsletter which, as you would expect, is jam packed with lots of eggciting activities and an unmissable opportunity for terrible puns and jokes!!

We hope you enjoy reading about all the fun things you have been up to and look forward being kept up to date with news by sending contributions to [events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk)

Next week our theme will be 'How are we keeping fit and healthy?' so 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](mailto: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.

## Tips!

Tips from Tamsin, Abbeyfield Head Girl on how to keep up with school work whilst maintaining a healthy mind and body

- Do your school work at a desk if possible
- Give yourself plenty of breaks
- Drink water while you work
- Don't worry if you can't finish every task
- Send your teachers pictures of your work
- Keep a house plant or do some gardening
- Get plenty of fresh air
- Keep in contact with distant friends and family
- Do some baking
- Help with the housework
- Start a new hobby, eg learn sign language



## Maths puzzle; Making Squares

**You will need:** two sets of cards with the numbers 1-13 on them (you could use two suits from a pack of cards with jack=11 etc).

Lay one set out in order: 1,2,3...13

Lay the other set out underneath so that each column adds up to a square number. You will use some square numbers more than once.

Written by Bradley,  
Abbeyfield School

### Dealing with Shutdown

I thought such a drastic and unexpected change to my routine would be a huge challenge, and it certainly was at first. During the first few days after the cancellation of schools I was largely bewildered and very confused as to what the plan was for the foreseeable future. Yet, over the past week, I have been focusing on the next steps of my education rather than the ones that I have lost. In doing this, I have been using a portion of my free time to complete transition work towards my A-Levels, alongside some research for an Extended Project Qualification which I am planning on starting soon. By completing pieces of work that I am interested in, I have been able to regain my motivation much quicker than I imagined.

It is important to also consider that the school day only lasts until 3pm, and there are plenty of activities that can be done afterwards despite the household confinement. Exercise is a key example here, as I have been spending time outside both before and after working in an attempt to improve at the sports I play outside of school (without being able to participate for a while). In addition, I have taken these circumstances as an opportunity to develop skills that I would not have considered if I had been at school – such as cooking. Above all, I have prioritised staying in contact with the people I would have seen every day. The security and normality this brings has made it by far the most important lockdown activity for me.

Due to this, what I assumed to be a dreadful, never-ending period has become much more enjoyable.

Bradley, Abbeyfield School

### Easter jokes

**Q. Why did the Easter Bunny wear a hat?**

**A.** Because he was having a bad hare day.

**Q. How does the Easter Bunny stay healthy?**

**A.** Eggs-ercise, specifically hare-obics

**Q: What do you get if you pour hot water down a rabbit hole?**

**A:** Hot cross bunnies!

### Celebrity videos

Here are some messages from Lord Andrew Lloyd Webber, Dame Kelly Holmes, Twist and Pulse, Sir Ben Ainslie, David Suchet and Paul O'Grady giving advice on how to find inspiration and confidence during this time spent at home. [Click here](#)

## Boredom Busters

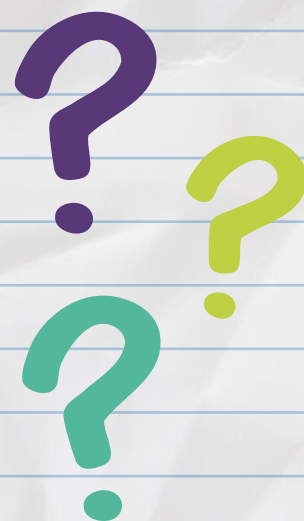
We'd love to hear your ideas for beating boredom while at home. Here are some ideas from **St Joseph's Catholic school in Salisbury** and **Abbeyfield School in Chippenham**. Thank you!

- 1 Freeze your favourite toy and help it to escape by chipping it out with a wooden spoon.
- 2 Watch the International Space Station pass overhead. [Click here](#) and track it passing over your town.
- 3 Visit one of **12 worldwide famous museums** from the comfort of your couch!
- 4 Create an emoji guess the movie quiz to send to your friends.
- 5 With the adults at home, pick 5 ingredients that you have in the cupboards or fridge to create a brand new recipe. If it's nice, write it down and send it in along with a photo!
- 6 Bake a Rainbow....bake or decorate something colourful!
- 7 How many keepy-uppies can you do with a roll of toilet paper?
- 8 Take a selfie everyday, and observe the change in your hair!
- 9 Organise an indoor egg hunt for your family on Easter Day
- 10 Every time that you think about something you wish you could do but can't due to the lock down, write it down on a scrap of paper and put it into a jar. When this is over, you can work your way through them!

### Code-breaker written by a key stage 3 Abbeyfield Student

A	B	C	d	e	f	g	h	i	j	k	l	m	
50	5	60	27	25	20	30	40	110	108	229	364	365	
N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
7	3	1	8	36	28	27	13	19	24	25	89	777	

Where have I been during self-isolation?  
 50% of 10 10% of 25 3% of 40



## Mental Health Support

On your mind [www.onyourmind.org.uk](http://www.onyourmind.org.uk) is the website for young people in Wiltshire, where you can discover more about good mental health and find support when you need it.

Until the end of June, you can also log into [www.kooth.com](http://www.kooth.com) to access free online counselling and read articles.

## Easter egg hunt

A Maths class are going to plan an Easter egg hunt for the teachers. There are several jobs to be done, and not everyone is willing to do every job!

Ben will buy eggs or write clues  
Cameron will buy eggs, wrap the prize or dress up as the Easter bunny  
Taylor will write clues or write invitations  
Quinn will hide the eggs, wrap the main prize or sing spring songs  
George will make a cake or dress up as the Easter bunny  
Lewis will buy a low fat alternative or write invitations  
Beth will hide eggs, buy a low fat alternative or fill plastic eggs  
Elliot will hide eggs or fill plastic eggs  
Sam will only make a cake (but only agreed to that when we nagged him)  
Edie will wrap the prize, make a cake or sing spring songs

Assign each person to a job so that everyone does exactly one job and every job is done!

## Next week...

Next week, we're thinking about how we are keeping fit and healthy so please let us know how you are getting on by emailing [events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk)