

WE HAVE BEEN SO IMPRESSED AND PROUD OF WHAT YOU GUYS HAVE BEEN PRODUCING DURING LOCKDOWN WE WANT TO SHARE AND **CELEBRATE** YOUR HARD WORK AND CREATIVITY WITH EVERYONE. **LOOK OUT FOR YOUR WORK...**



Artwork

Fabulous Carrier bag painting in progress by Imogen Lee.....



Olivia Savkova year 12 Shall I send you some y12



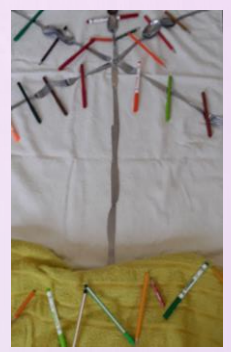
Connor Allen year 9



Amna Iqbal year7



Nicole Luta 7



Charlie Marsh 7



Archie Bond 7

zuzanna Kosowska y7



Maddie Stoica



Caden Berry 7



Darragh O'Kane 7



Busayomi year 7



Bobby Joyce



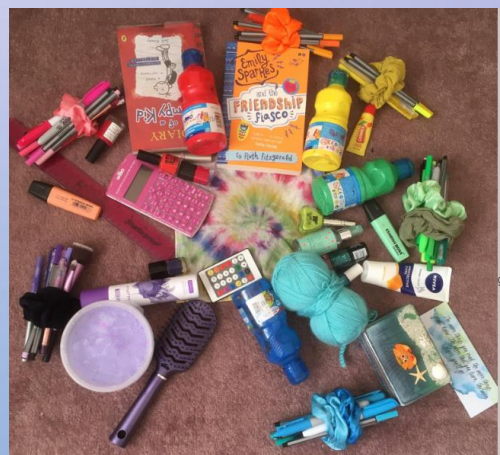
Iwo Wronski 7



Silvia Stoica 7



Anna Jadevicus 7



Banana and Raisin Bread



Year 9 Catering Jacob Timms-Fowler

Catering



Year 7 Celebrity chef portrait by Amna Iqbal

Design and Technology

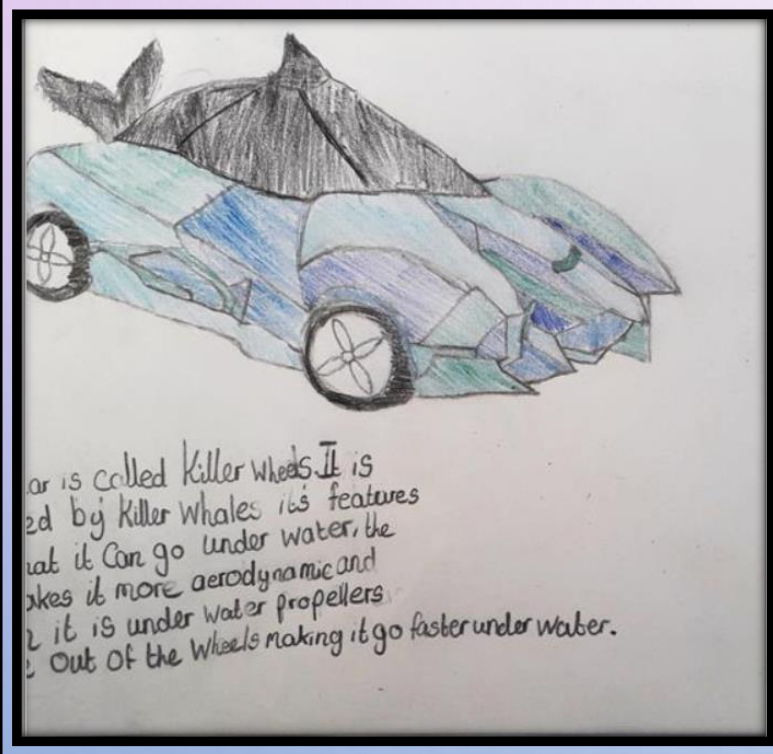


Somnto John- 8,
perspective drawing

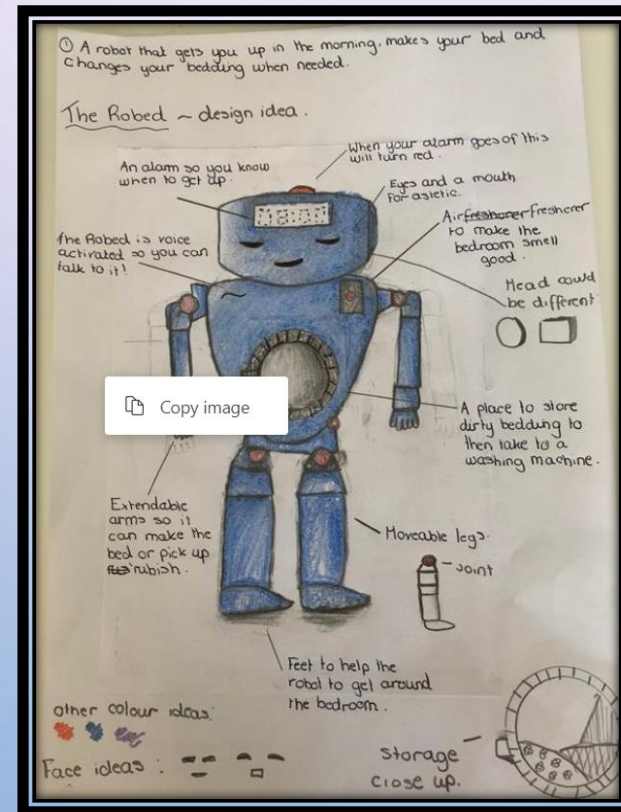
Drama

A robot design with great annotation by
Erin Morrison, Year 7.

Ashton Osborne yr7 set design for Aladdin musical



Car is called Killer wheels. It is
led by Killer Whales. Its features
is that it can go under water, the
makes it more aerodynamic and
it is under water propellers
out of the wheels making it go faster under water.



① A robot that gets you up in the morning, makes your bed and
changes your bedding when needed.

The Robed ~ design idea.

An alarm so you know when to get up.

When your alarm goes off this will turn red.

Eyes and a mouth for a static.

Air freshener/freshener to make the bedroom smell good.

Head could be different.

A place to store dirty bedding to then take to a washing machine.

Extendable arms so it can make the bed or pick up rubbish.

Moveable legs.

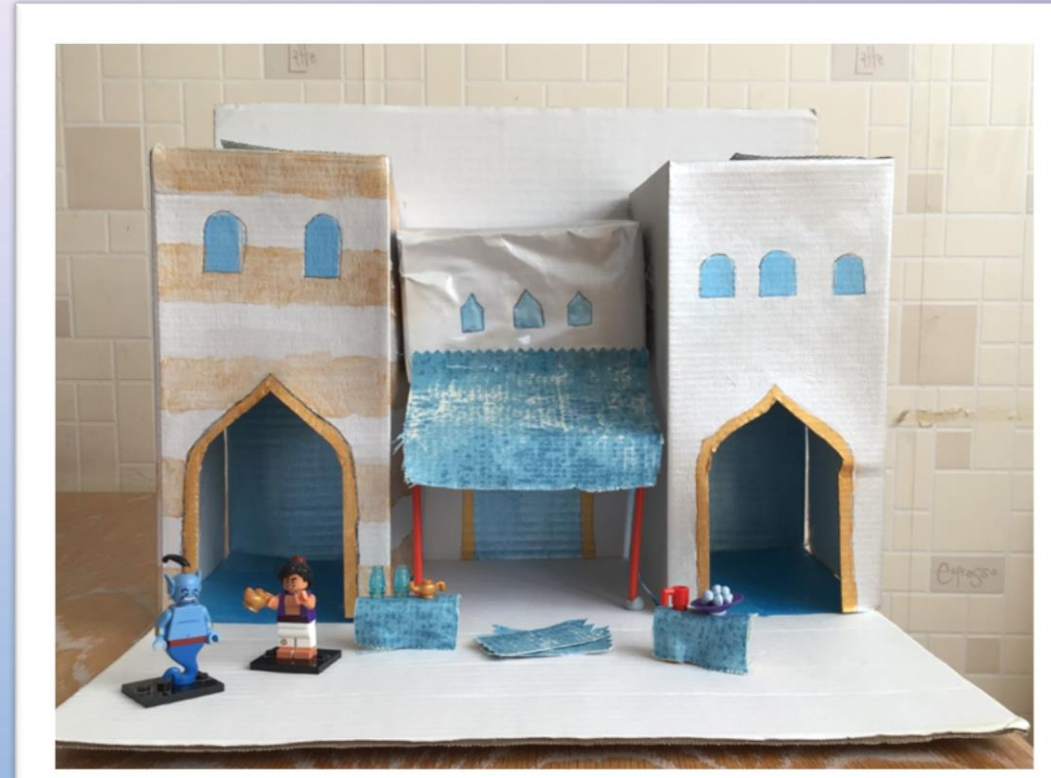
Joint.

Feet to help the robot get around the bedroom.

other colour ideas:

Face ideas:

Storage close up.



TOP READERS!



First Name	Last Name	Year	Minutes Read
Shayma	McDonald	Year 7	1,968.7
Caine	Stannard	Year 7	1,601.4
Nana	Osei-Boateng	Year 7	1,174.6
Schekinah	Amo	Year 7	421.9
Skye	Smith	Year 8	416.9
Daisy	Kerns	Year 8	320.5
Dhyana	Taylor	Year 8	318.1
Junior	Yeboah	Year 7	306.3
Jodie	Kemp	Year 7	296.9
Freddie	Hillier	Year 7	271.5
Freya	Harris	Year 7	260.0
Richmond	Asamoah Baffour	Year 7	243.7
Teegan-Leigh	Halliwell	Year 7	211.3
Lois	Jennings	Year 7	189.2

YEAR 7 LOCKDOWN POEMS

'I AM' POEM BY FREYA HARRIS, Y7.

I AM A MORNING STROLL BESIDE THE SEASHORE

I AM A SMILE FROM A PASSER BY

I AM A TIGHT HUG FROM A CLOSE FRIEND

I AM A BAR OF MILK CHOCOLATE, JUST WAITING TO BE DEVoured

I AM A WARM SPRING DAY FILLED WITH BEES AND BUTTERFLIES

I AM THE ENDING OF A THRILLING ADVENTURE STORY

I AM THE FINDING OF A LOST, TREASURED ITEM

I AM THE STARS TWINKLING IN THE SKY



**LOCKDOWN POEM!!!!
COVID 19 VS HUMANS**

**LOCKDOWN LOCKDOWN IT SEEMS TO BE A SHOWDOWN,
HUMANS VS COVID 19 WHO WILL WIN,
WE NEED TO PUT COVID 19 IN THE BIN,
WE ARE A STRONG NATION,
THERE IS NO NEED TO SHOW VEXATION,
THIS IS A TEMPTATION,
WE ARE GOING TO SHOW EVERYONE,
WE ARE THE BEST GENERATION,
WE HAVE GOT THE NHS TRYING TO SAVE LIVES,
IT'S TIME TO STRIVE TO OUR GOAL,
TO DEFEAT THE INVISIBLE ENEMY,
WE ARE ALL IN THIS TOGETHER,
TIME TO EAT THE SPICY PEPPER,
NOW WE ARE HYPED UP TO TAME THIS HORRIBLE BEAST,
STAY HOME STAY AND SAVE LIVES.
CONTRIVED BY DANIEL KANGUNI**

ACROSTIC POEM-BRIGITA K
LOCKED INSIDE OUR HOMES
OVER BUYING TOILET PAPER
CORONAVIRUS IS PUTTING THINGS ON HOLD
KICKING DOORS DOWN OUT OFF BOREDOM
DON'T WORRY WE HOPE THIS WILL BE OVER
OVER EXAGGERATING PEOPLE IN THE SHOPS OVER BUYING FOOD.
WORK IN PROGRESS TO FIND A VACCINE
NHS TRYING THERE BEST TO SAVE LIVES.



AND ONE FROM LIVIA CHUNG, Y7.

I AM A THEME PARK,
I AM A ROLLERCOASTER MOVING UP AND DOWN ALL AROUND,
I AM AN EMOTION THAT OVERWHELMS THE WHOLE BODY,
I AM SOMETHING THAT MAKES OTHERS AMUSED,
I AM A PLACE WHERE PEOPLE CAN EXPRESS ANY EMOTION,
RANGING FROM CONTENT TO SORROWFUL.
I AM A SOURCE OF JOY.

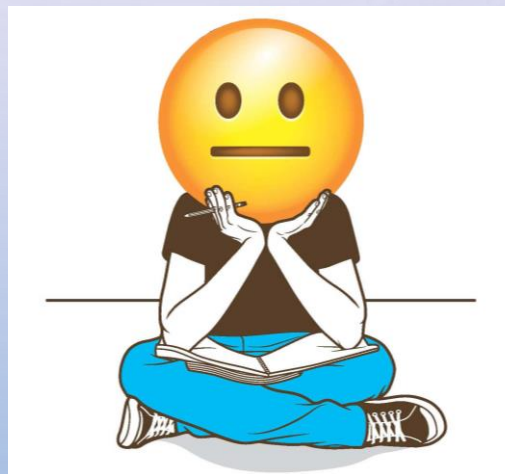
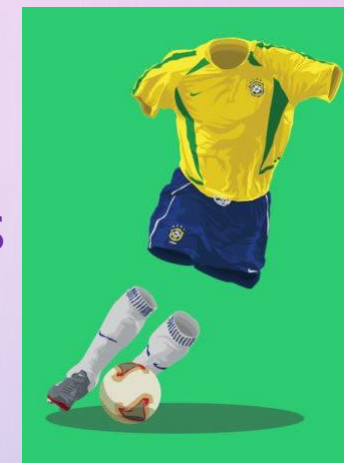
My isolation poem

As we hit day 25 of lockdown boredom has finally hit, as I sit and hit the plain walls for another white day. As shops get out of stock, I begin to think the world is at a stop, we then start seeing more cops nothing seems to be getting brighter, but we are all fighters.

As we stand and clap for the front-line workers our NHS are trying to support us, but we try not to let anything hurt us.

As another day ends in this pandemic it all a bit hectic. I hope this all ends soon so we can go back normal like playing football with friends and family.

Stay safe, stay home!~Justin



POEM

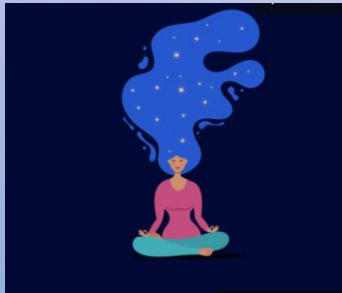
I Inside all day not much to do
S so bored might lose our minds
O on a role with the homework but its
L late due in and sleeping till noon
A A sly smile smothered across the face
T tired appearance approaches
I in the house 24-7 m
O open mindset spreads out in the child's brain but..
N no still stuck inside

Lots of homework,
Outside no more,
Cooking with whatever's in the house,
Killer workouts with Joe Wicks,
Duolingo is my new french teacher,
Only talking to friends by phone,
Walking round the block for the one hundredth time,
NHs saving lives.

Its never to late to start a new challenge or do something good for yourself!

Email ewalker@westonfavellacademy.org or keep sending your teachers more examples of the brilliant stuff you are up to, there will be a PART TWO next week...

Maybe you been trying some new exercise you want to share?



 YouTube



WATCH

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=KZ0MHoe-m9E&FEATURE=YOUTU.BE](https://www.youtube.com/watch?v=kz0MHoe-m9E&feature=youtu.be)

Heather our yoga instructor has made another video for anyone needing some 'DOWN TIME' check it out.

HELPFUL LINKS! WFA IS HERE FOR YOU...

no matter what happens,



I'll always be here for you.

CHECK OUT OUR WEBSITE WWW.WESTONFAVELLACADEMY.ORG FOR HELPFUL INFORMATION FOR YOU AND YOUR FAMILY....



to develop opportunities for such activities and extend the range of residential trips le.



- GCSEPod
- Healthy body, healthy mind - COVID STYLE!
- Library resources
- Show My Homework
- Staying Safe
- Student Voice
- Timings of the Day
- Trips and Events
- Wellbeing and Support

areyouokcampaign

1. Start reading that book you've been meaning to...
 2. Spring clean your phone...
 3. Do something crafty...
 4. Learn something new...
 5. Make your favourite breakfast...
 6. declutter your wardrobe...
 7. sing nostalgic music...
 8. watch a first, fall with pillows and watch a movie...
 9. Call a loved one...
 10. Take a long walk or bike ride...
 11. attempt to recreate a childhood favourite...
 12. do something nice for someone special...
 13. Call a loved one...
 14. Take a nap...
 15. watch an interesting documentary...
 16. have a pampering day...
 17. follow a Bob Ross painting tutorial...
 18. use your imagination! write a story...
 19. Do three acts of kindness...
 20. Take a small step towards an important goal...
 21. Immerse yourself in a new book...
 22. Try to grow your own herbs...
 23. do something you enjoyed as a child...
 24. write someone a letter...
 25. unfollow people who make you feel bad...
 26. Change your sheets...
 27. make a collaborative playlist...
 28. Try something new...
 29. do a good deed...
 30. Treat yourself to something special...

areyouokcampaign it's one day late (in some places) but fitting 2 self care ideas into 1 day can never be a...

ACTIVE COPING CALENDAR: APRIL 2020

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" - Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Get active. Even if you're stuck indoors, move & stretch.	6. Contact a neighbour or friend or offer to help them.	11. Share what you are feeling and be willing to ask for help.	16. Take five minutes to sit still and breathe. Repeat regularly.	21. Call a loved one and really listen to them.	26. Get good sleep. No screens before bed or when waking up.	31. Notice five things that are beautiful in the world around you.
2. Immerse yourself in a new book, TV show or podcast.	7. Respond positively to everyone you interact with.	12. Plan a game that you enjoyed when you were younger.	17. Make some progress on a project that matters to you.	22. Discover your favourite music that really fills your spirits.	27. Learn something new or do something creative.	1. Find a fun way to do an extra 15 minutes of physical activity.
3. Take a walk or bike ride.	8. Make time for self-care. Do something kind for yourself!	13. Send a note or message to someone you can't be with.	18. Make a list of things you're grateful for and share these with others.	23. Have a tech-free day. Stop scrolling and turn off the news.	28. Put your worries into perspective and try to let them go.	2. Look for the good in others and notice their strengths.
4. declutter your wardrobe, and donate the clothes you don't use.	9. Do three acts of kindness to help others, however small.	14. Make a plan to meet up with others again later in the year.	19. Connect with nature. Breathe and notice life continuing.	24. Take some time at the end of the day to acknowledge the things that you get done instead of the things you don't.	29. Make time to CONNECT with co-workers informally. Ask how they are doing, and really listen to what they say.	3. Write down ten things you feel grateful for in the and why they do for you!
5. Make your favourite breakfast and eat it in bed.	10. Take a small step towards an important goal.	15. Make a plan to meet up with others again later in the year.	20. Create a routine. Get up and go to sleep at a regular time.	25. Take BREAKS throughout the workday. Stand up, stretch, move around and even go for a short walk.	30. Remember that all feelings and situations pass in time.	4. Stay hydrated, eat healthy food and boost your immune system.

ACTION FOR HAPPINESS 30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org Keep Calm - Stay Wise - Be Kind

10 Hacks for WFH

#DudukRumah #StayHome #TechMalaysia

Stages of WFH

1. I've got to work from home.
2. It would be nice to talk to people.
3. I hope I'll be the person comes to visit my window today.

Communication & Collaboration

Communication is key to collaboration in a remote working scenario. Email alone is insufficient... Here's a roundup of our favorite tools to stay connected.

- Confluence
- Google Docs
- zoom
- slack
- Dropbox

Tips To Stay Efficient & Keep Your Spirits Up

- 1. Create a routine. Get up and go to sleep at a regular time.
- 2. Keep your body and mind refreshed. Try home workout videos.
- 3. Set Up Dedicated Workspaces that you only INTERACT with when you're on the CLOCK.
- 4. Don't try to completely CLONE your in-office work routine.
- 5. Take BREAKS throughout the workday. Stand up, stretch, move around and even go for a short walk.
- 6. Create DEFINED Work Hours, so YOU DON'T BURN OUT.
- 7. Make time to CONNECT with co-workers informally. Ask how they are doing, and really listen to what they say.

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And follow us on twitter... <https://twitter.com/WestonFavellGAT>

Weston Favell Academy
@WestonFavellGAT

Weston Favell Academy caters for pupils aged 11-18. The Principal is Lorna Leventhal. Part of Greenwood Academies Trust.

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Where to find support

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works
(covering Kettering & Corby)
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:
Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



Service Six
Changing Lives • Creating Futures

If you worried about anything or need to talk to someone, please contact us on

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219
Email: referrals@servicesix.co.uk
Facebook: Service Six @servicesix123 or @ClaudiaSSix
Twitter: @ServiceSix1
Instagram: @servicesix
LinkedIn: Service Six



Everything will be better soon, just keep believing!



You can also talk to staff on teams or school email...



IT'S OKAY TO TALK



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Samaritans UK
Tel: 116 123
samaritans.org
email jo@samaritans.org
Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope

Papyrus
HOPELINEUK - 0800 068 4141
papyrus-uk.org
Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.

Kooth.com
Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

YoungMinds Helpline:
0808 802 5544
Parents information service
youngminds.org.uk

SHOUT
Text Shout to 85258
giveusashout.org
Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind
MindInfoline:
0300 123 3393
The MindInfoLine offers thousands of callers confidential help on a range of mental health issues
mind.org.uk



CALM
0800 58 58 58
thecalmzone.net
The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.