



George Stephenson
High School

Well-Being Bulletin

Happy National Diversity Week!



Welcome to Week 10 of George Stephenson High School's Well Being Bulletin. We hope that you are all safe and well.

School Diversity Week is finally here! Though we cannot have our planned School Diversity Games, there are many other ways in which we can celebrate it!

What's on?

Every day this week, broadcast from our [Facebook page](#), we'll have exciting **masterclasses** to view for a variety of ages! Here are today's but there are different ones every single day this week!

Film-making with Fox and Owl

Ages 11-16

12:00 - 12:30

LGBT+ essentials with Olly Pike

Ages 4-11

14:30 - 15:00

In conversation with Linda Riley

Ages 14-16

15:30 - 16:00

Activity of the day

Discover how British social attitudes to LGBT+ people has changed in just the last twenty years

Perfect for KS3-4 pupils, this activity helps your pupils understand the progress made towards LGBT+ equality

Today's challenge!

In our buildup to #RainbowFriday, today's challenge is to take a photo of something **green**, **purple** or **blue**!

LORIC Cards for photos on the theme of diversity, understanding and celebration.

As part of National RSE Day on Wednesday 22nd June:

Can you research local and national support for young people around relationships and emotional wellbeing and design a method to share the information for example as a short poem, a card, as a graphic, as part of a leaflet.

Can you suggest books about love and relationships that could be added to our existing library titles.

Help Us To Help You!

To help understand the true impact of lockdown our police liaison workers have compiled a short youth survey for students aged 14+. Through this consultation we will be able to gather key insight into the challenges ahead and what services you are likely to need over the coming months. This knowledge will help shape how community services and our Violence Reduction Unit can best support young people.

The survey doesn't collect personal information (asks for partial postcode) and has been composed by Northumbria Police insight team with input from our education and safeguarding departments.

Please see the attached flyer for the Youth lockdown Survey. The link to complete the survey is accessible via the flyer or you can complete it on: <https://bit.ly/CovidYouthSurveyNBria> - this will stay open until Wednesday 22nd July

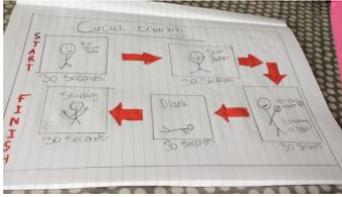
Please take a few minutes to complete the survey if you are a student aged 14 or over. The information is anonymous and will help us to help you! We thank-you for your invaluable support!



Happy Week of Sport!



Check out **Mr O'Dea's** fabulous e-mail for all the exciting activities and challenges that are happening this week and examples of super work that is already happening! You are all Amazing! We cannot wait to hear about all your activities throughout the week!



My circuit (all tasks are timed for a minute)

- Warm Up / stretch
- Squats (squat jumps if you would like a challenge)
- Toe taps (football)
- Lunges (large jumps if you would like a challenge)
- Shuffles (football)
- Burpees
- Russian Twists
- Crunches
- Plank
- Side plank dips (1 min each side)
- Jog
- Sprint
- Cool off stretch



PE circuit
 Stretches 10 seconds
 Jog 30 seconds
 Squat 30 seconds
 Plank 10 seconds
 Push ups 10 seconds
 Lunges 10 seconds
 Jog 10 seconds
 Sprint 10 seconds
 Cool down 10 seconds

Handwritten notes about circuit training, including instructions like 'Warm up for 5 minutes' and 'Repeat the circuit 4 times'.

Ellies Circuit Training

Handwritten notes detailing a circuit training routine with stations like 'Squats', 'Plank', 'Push ups', and 'Wall sit'.

Round 5:
 Frog squats
 Reverse ab crunches
 Leg lifts (on box)
 Chin ups (on bar)
 Plank hold (big weight on back)

Stretch out:
 Full body cool down
 1 min left leg split
 1 min right leg split
 1 min middle split
 30 second bridge

DONE!!!

Ways to Improve Catching/Throwing/Jumping

Catching:
 • If you don't have a friend or family member to have a catching competition with you can bounce a ball against a wall and move further back every time you catch it to make it more difficult

Throwing:
 • You could try placing a plastic cup on a fence or a chair and practice your aim
 • Playing sports like Baseball will help you increase your accuracy when throwing balls
 • Try out different styles of throwing to see which one feels most natural to you

Jumping:
 • You could try having a jumping competition with a family member or a friend to see how far you can jump and push each other to both get better
 • Do some leg stretches to help your leg muscles relax and therefore improve

Home Work-Out Circuit

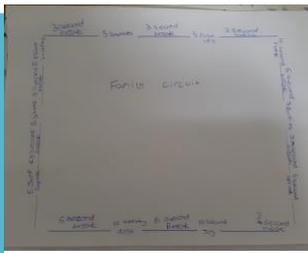
TASK ONE: 2 Minute Stretching Session
 TASK TWO: 15 Minute Physical Session
 TASK THREE: 100 Steps
 TASK FOUR: 30 Pushups
 TASK FIVE: 25 Planks
 TASK SIX: 10 Minute Resting Session
 TASK SEVEN: 15 Minute Physical Session
 TASK EIGHT: 2 Minute Stretching Session



I, me and my dad threw it 56 times without dropping it.
 Cricket catching - we don't have a bat
 Marcus Rashford - very good, I would like to do this more often
 Lone jump - I managed to jump 6 ft
 Ice wicks - very good, was very hot after doing this.

My circuit routine

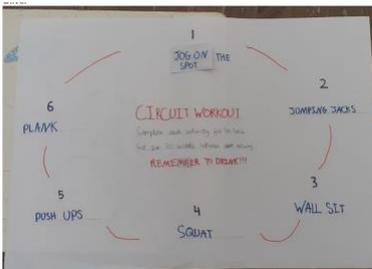
- Warm up:
 Toe touches 10
 High reach 10
 Jog 30 seconds
 Session:
 Squats 12
 Squats 12
 Crunches 12
 Sprint 20 seconds
 Sprint 12
 Plank on 12
 Running and punches 20 seconds
 Squat jumps 12
 Cool down:
 Side crunches 5 on each side
 Toe touches 10
 Jog 20 seconds



Handwritten notes about a circuit training routine, including instructions like 'Warm up for 5 minutes' and 'Repeat the circuit 4 times'.

SWIMMING

Handwritten notes about swimming, including instructions like 'Warm up for 5 minutes' and 'Repeat the circuit 4 times'.



Well done to Grace, winner of the Prestigious MVP award for May 2020.

Grace joined us right at the start 12 months ago as an ice skater but little did we know Grace had a few more sports to add in the mix including rugby.

Grace has worked hard from the start and likes to really understand the movements and how to improve as an athlete.

Grace brings an infectious personality and a huge smile to every session which every coach who has worked with Grace comments on.

Just like any athlete Grace has suffered her own set backs but has not allowed this to effect her future which is incredible.

You may have recently seen Grace getting her parents stuck into the online sessions and supporting her strive to be a healthy athlete.

Well done Grace 🙌



Circuit training

By Finlay Elliott

30 seconds working 30 seconds jogging

PE circuit

7 Burpees
20 star jumps
10 step ups
5 tricep dips
Basketball skill
Save a basket to finish.

PE circuit

10 Burpees
10 Star jumps
Sprint for 20 seconds
5 Burpees

stretches on steps by sockets

10 squats
10 jumps on 2 burpees
5 burpees
Sprint for 10 seconds

PE ILL Circuit Training Ben Foster

Warm Up
Jog on spot for 60 seconds
Arm and Leg stretches
20 sit ups

Circuits
Sprint as fast as possible on spot for 30 seconds
20 jumping jacks
10 second break
20 squats
10 push ups
5 push ups on right hand / 5 push ups on left hand
10 second break
Plank for 60 seconds
10 Burpees
10 second rest

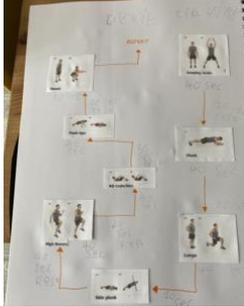
Cool Down
Do the above again, for total of 3 times
10 lunges - 5 on left leg / 5 on right leg
10 Leg stretches - 5 left / 5 right
10 Arm stretches - alternate 5 left / 5 right

Football

Football is a very fun and entertaining sport because there is so much to learn and practice such as shooting, dribbling, kick up and much more.

All you need to play football is a ball and a space to practice. For example a field or your garden. Once you have found a good area you can practice for long on your own or with friends.

After you have practiced enough you can join a football club and play games. One of the best things about it is you will get better and make lots of new friends. There are three main categories of football: shooting, dribbling and heading. There are also three main positions: attack, midfield and defence so you can practice all three and then decide what position you want to play.

Circuit Challenge

Warm Up
Gentle jog on the spot for 60 secs
Squat forward & large (5 on each side)
Running toe touches (5 on each side)
Waist twists (20 on each side)
Static toe touches (gently hold 10 secs)
Thigh stretch (gently hold 10 secs each side)



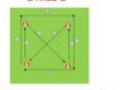
Choir
Each round has 3 sets of legs / Arms / Abs focused exercises. Do as many reps as possible in 30 seconds. Take no more than 10 secs after each exercise.
Each round should be completed 3 times - try to beat the number of reps as you can in 2 minutes rest between rounds.

1. 1000 Jump Lunges (alternating legs)
2. 4000 Press Ups
3. 4000 Air squats
4. 4000 Air squats (try to lift of the ground a few inches after each rep)
5. 4000 Pike Press Ups
6. 4000 Mountain Climbers
7. 4000 Mountain Climbers
8. 4000 Side lunges - left, right knee, left knee, upper cut (front)
9. 4000 Side lunges (from lying position, cut up legs & move side to side)
10. CHALLENGE: Plank (how long can you hold the position?)

Exercise Diary / Challenges

Monday	Tuesday	Wednesday	Thursday	Friday
Exercises • 45-minute walk (5000 steps) • 30-minute HIIT workout (5000 steps) • 30-minute walk (4000 steps)	Exercises • 30-minute HIIT workout (5000 steps) • 30-minute walk (4000 steps)	Exercises • 45-minute HIIT workout (5000 steps) • 30-minute HIIT workout (5000 steps)	Exercises • 30-minute HIIT workout (5000 steps) • 30-minute HIIT workout (5000 steps)	Exercises • 30-minute HIIT workout (5000 steps) • 45-minute walk (5000 steps)
Challenges Who can do the most press ups? Dan: 80 Mum: 29 Ryan: 8 Ryan: 10 Winner: Dan	Challenges Who can hold a plank the longest? Dan: 2:05 mins Mum: 0:47 mins Dad: 29 mins Ryan: 10 mins Winner: Dan	Challenges Cricket catch challenge for 15 mins. Dan: 200cm Mum: 172cm Ryan: 110cm Dad: 180cm Winner: Dan	Challenges Who can standing jump the furthest? Dan: 200cm Mum: 172cm Ryan: 110cm Dad: 180cm Winner: Dan	Challenges Who can do the most sit ups? Dan: 80 Mum: 29 Ryan: 8 Ryan: 10 Winner: Dan

DRILL 1



Roll the Ball from number 1 to 7 following the arrows. Repeat 5 times. See yourself: what's your best time?

DRILL 2



Jump between the mini hurdles, seat the full length 5 times and time yourself, what's your best time?

Football Circuit Drills

Patrick Dolan

DRILL 3



Label the cones 1-8. Start in the centre and get a friend to call out the numbers 1-8 at random, you must run from the centre to the number when it is called out and back again. Do for a minute and rest for a minute. Do 5 times.

DRILL 4



Catching skills, sit on the floor and catch the ball a friend throws to you to practice your goalie skills.

SOCIAL
PHYSICAL
OBSERVATION
RESILIENCE & RESPONSIBILITY
THINKING

YOUTH SPORT TRUST

NATIONAL SCHOOL SPORT WEEK 2020

AT HOME

supercharged by **sky sports**

WE'RE TAKING PART!

Saturday 20 - Friday 26 June

#NSSWtogether

George Stephenson High School

PE DEPARTMENT

Choose

Choose activities from:

- Track and field
- Aiming sports
- Team sports
- Adventure sports
- Artistic sports



Challenge

Challenge yourself to complete:

- An activity a day for the week
- As many activities as you can in one day
- Activities with as many people as you can at the same time



Consider the five ways to wellbeing throughout your chosen activity:



- Take part in individual skills challenges / events. Can you go faster, higher, stronger?
- Encourage each other to improve your Personal Bests (PBs)
- Show your acts of kindness through support for each other
- Make a note of the progress and improvement you each make
- Learn new skills and see self-improvement through preparation and practice

Choose > Challenge > Capture

Choose your event, these are just a few ideas:

- Quick Start** How fast can you react from different starting positions to sprint a set distance?
- Speed bounce** this will certainly get your heart racing. How many times can you jump side to side in 60 seconds?
- Right Way Wrong Way** in 60 seconds, can you challenge someone to turn everything the right way, as you turn everything the wrong way? You could play this in teams, or as a relay.
- Wacky races** can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock? Challenge someone in your home, or virtually to take part too.
- Running cards** race against the clock and an opponent to reveal the Ace to the King in a suit of cards. How quickly can you complete the challenge? Can you improve your time?
- Nutty squirrels** as a team or individually, how many items can you collect before they are all gone?

Challenge yourself, your family, your friends:

- How far could you run with all your quick start attempts
- How many people could you challenge to do speed bounce at the same time?
- Can you support each other to improve your personal best?

Capture it, create memories and celebrate. Why not...

- Create and stage your own 'old school' sports day using multiple activities
- Have fun with it - you could wear fancy-dress
- Have a parents'/guardians' race
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether



Sky Sports Scholar

Samantha Kinghorn, wheelchair racing

"Sport is amazing!
Give everything your best, try new things and never give up."

Plan your NSSW at Home 2020 – What will you choose to do?

	Example	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
Choose	What activity will you try?	<i>Egg and spoon race</i>				
	How will you play?	<i>Outside, in teams of two, best of three races</i>				
	Who is playing?	<i>My family</i>				
Challenge	Who will you challenge?	<i>My Auntie's family</i>				
Capture	How will you capture the memory?	<i>Photos, videos, and timing the races</i>				
Reflect	What did you learn?	<i>My sister and I make a great team</i>				

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?

#NSSWtogether



What is your Personal challenge?

My Personal challenge scorecard

		EG	Monday	Tues	Wed	Thurs	Fri
Chosen activity		Right Way Wrong Way					
My scores	Attempt 1	33					
	Attempt 2	35					
	Attempt 3	38					
My personal best		38					
Who I played with		My sister Katie					
Our collective challenge		To improve our score each time					

Ensure your activities result in **SMILES**:

Safe

Everyone feels physically and emotionally safe to take part

Maximum participation

Everyone is fully involved all of the time

Inclusive

Everyone can take part; activities are designed to suit and develop their abilities

Learning

Everyone can develop personal, social, creative, thinking and/or physical skills

Enjoyment

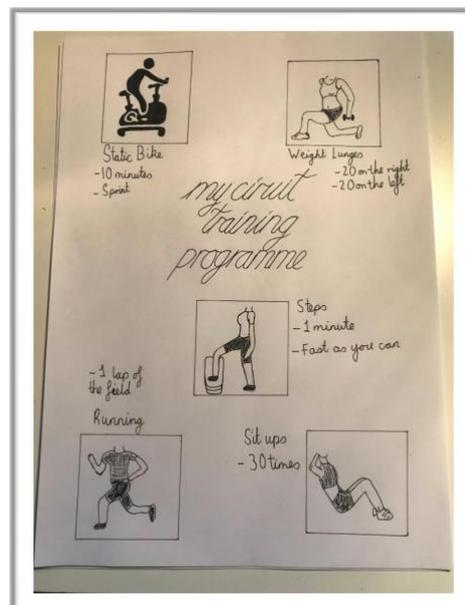
Activities recognise everyone's personal needs and interests

Success

Everyone feels they are making progress



Why not challenge a family member like **Kajsa Berglof-Morales** has? Well done to all family members, this looks like a great competition!



1 minute as fast as can of steps



1 lap of the field



30 sit ups



20 each leg of weight lunges



10 minutes of static bike



Friday 19th June 2020

I did my intense circuit workout

Saturday 20th June 2020

Athletics

First event – Standing Long Jump

Dad 1- 1m 50cm Kajsa 1- 1m 70cm

Dad 2- 1m 47cm Kajsa 2- 1m 72cm

Dad 3- 1m 67cm Kajsa 3 – 1m 73cm

Second event – Rock throw

Dad 1 – 8m 20cm Kajsa – 4m 30cm

Dad 2 – 8m 14cm Kajsa – 4m 67cm

Dad 3 – 6m 67cm Kajsa – 5m 28cm

Third event – Sprint

Kajsa won



A MASSIVE Shout Out has to go to **Lucy Olds Year 8** for her INCREDIBLE workout diaries and series of videos of each workout. You are a true legend! Keep it up Lucy!

Shout Out From Joe Wicks!

Yahooooooooooooo! As you all know we love Joe Wicks at George Stephenson High School! Mrs Patrick even managed to feature in his video, though blink and you might miss it! A massive Well-Done to all those who are continuing to do his workouts! You have got to love the Silly Billy! If you want to check it out, go to:

<https://www.instagram.com/tv/CBnWJIPjL4Y/?igshid=1hx37vbh84m8>



Sexual Health Advice

The One to One Centre remains open and the current service provision is **Mon-Thursday 9am-6pm, Friday & Saturday 9am-5pm**. A telephone triage service is in operation seeing patients for sexual health emergencies, however details of provision seems to be changing on a weekly basis and operating hours are likely to extend. Therefore you may want to use the website for the most up-to-date information www.northumbria.nhs.uk/sexualhealth