



George Stephenson  
High School

## Well-Being Bulletin

Welcome to George Stephenson High School's Weekly Well Being Bulletin. We hope that you are keeping safe and well. Attached is a booklet for ways of how you can keep safe during the Coronavirus, a Kindness Diary and some videos from Gemma Oaten to watch about issues such as confidence. Below are different ideas to try out that might be of interest to you. In response to Coronavirus, Smashed Online combines filmed theatre-based episodes from the live programme with interactive activities for KS3 students to complete as a short e-learning course about underage drinking and positive decision making with a downloadable certificate at the end. Well-done to all those that have managed to complete the Online Safety Course from last week. If you haven't already done so please ensure that you complete this as one of your priorities.

### **Why don't you try watching this motivational video?**

Motivational Video: <https://vimeo.com/410091032>

Please stay safe and make sure that you are always a rainbow in somebody else's cloud!

We don't grow when things are easy, we grow when we face challenges.

# Explore



“It always seems impossible until it’s done.”

Nelson Mandela

- Check out [The James Dyson Foundation](#) challenges • Download the [Challenge Cards](#)
  - [Scouts](#) - The great indoors
  - A fantastic resource for consolidating and furthering your learning – <https://www.brainpop.com/>
  - A wealth of documentary programs (at a cost) – <https://curiositystream.com/>
  - Learn to Code – <https://www.tynker.com/>
  - Join online classes – <https://outschool.com/> & <https://www.udemy.com/> (cost for this one)
  - Build your maths – <https://beastacademy.com/> (ages 8-13)
  - Creative & crafty ideas – <https://www.creativebug.com/>

## Power of Kindness

Kindness comes in many forms, and there’s something every single one of us can do to help.

Join the movement and see the difference your kindness can make.



The power of Kindness Calendar  
The Power of Kindness Activities - Secondary The Power of Kindness  
Activities - Primary



# Learn

“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice”

Brian Herbert



Endless hours of entertainment can be found in podcasting

- TED Talks – hours of fascinating talks on fascinating

subjects <https://www.ted.com/about/programs-initiatives/ted-talks/ted-talks-audio>

- A list of 10 podcasts for school age group – [https:// www.common sense media.org/blog/10-must-listen- podcasts-for-tweens-and-teens](https://www.common sense media.org/blog/10-must-listen-podcasts-for-tweens-and-teens)
- Crash course world history with John Green – <https:// www.youtube.com/user/crashcourse>
- Crash course philosophy with Hank Green – <https:// www.youtube.com/playlist?list=PL8dPuualJXtNgK6MZ ucdYldNkMybYIHKR>

Be inspired [https://www.youtube.com/user/ soulpancake](https://www.youtube.com/user/soulpancake)

- Learn British sign language – [https://www.british-sign. co.uk/learn-online-british-sign-language-course/](https://www.british-sign.co.uk/learn-online-british-sign-language-course/)
- Learn another language with Duolingo [https://www. duolingo.com/](https://www.duolingo.com/)
- Learn to play the guitar [https://www.bbc.co.uk/ programmes/articles/mYXGYCXXZnm9hlhKY9T2wP/ radio-2s-guitar-pick-up-lesson-1](https://www.bbc.co.uk/programmes/articles/mYXGYCXXZnm9hlhKY9T2wP/radio-2s-guitar-pick-up-lesson-1)
- <https://www.mooc-list.com/> – MOOC directory, what free courses can they do

# Virtual Tours

Vatican Museums

<http://www.museivaticani.va/content/museivaticani/en.html>



3D Tour Sistine Chapel

<http://www.museivaticani.va/content/museivaticani/it/collezioni/musei/cappella-sistina/tour-virtuale.html>



National Gallery

<https://www.nga.gov/index.html>

British Museum

<https://www.britishmuseum.org/collection>



Hermitage collections

<http://tinyurl.com/hermihermi>

Metropolitan Museum

<http://artsandculture.google.com/explore>

Louvre Museum

<http://www.louvre.fr/en/visites-en-ligne>

Prado Museum

<http://www.museodelprado.es/en/the-collection/art-works>

Archeological Museum Athens

<http://www.namuseum.gr/en/collections/>

## Create



- Cook, bake, draw; tell us what creations you have been working on, take pictures of them.
- This is a great time to unleash the artist/chef in you, and create things that you can be proud of and enjoy, while learning skills for life in the process.
- Grow something from seed – <https://www.gardeners.com/how-to/how-to-start-seeds/5062.html>
- Something to do with leftovers <https://www.lovefoodhatewaste.com/recipes>



## Read, read, read!

Read books that will transport you somewhere else, or stretch and stimulate your mind, or bring you comfort.

- A list of places where you can find free books online can be found here – <https://bookriot.com/2017/08/28/free-books-online/>



Listen to audiobooks for free online – <https://stories.audible.com/> start-listen



**You have free access to Smashed Online, an e-learning programme for Key Stage 3 Students.**

In response to Coronavirus, Smashed Online combines filmed theatre-based episodes from the live programme with interactive activities for KS3 students to complete as a short e-learning course. It is fully linked to the PSHE Association's Programme of Study for this age group.

**You can sign up individually and complete the course at home, downloading a certificate on completion.**

<https://www.smashed-online.com>

The project is GDPR compliant and students only supply a username and password. No contact details including email addresses are required at any stage.

Smashed Online is dedicated to:

- *Increasing knowledge and understanding of the effects of underage drinking*
- *Helping young people understand social influences that may cause underage drinking, particularly*  
*peer pressure*
- *Promoting healthy lifestyles, healthy relationships, and informed decision making*

Smashed Online is free to schools thanks to sponsorship from Diageo GB, as part of their global commitment

to reduce alcohol related harm in society.