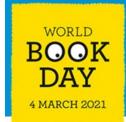


# Tudor Grange Academy Kingshurst Sixth Form



# Sixth Sense



W: Well-being Wednesday

**W**: World Book Day

**W**: Welcome Back!

## Which Week?

This Week: 1st March: Week 1

Next Week: 8th March Week 2

Sun 14th March: Mother's Day!



Interview a member of your family about their life and write it out as a magazine interview.

Bake a cake or cook dinner for your family. Bake some cookies for your neighbour and leave them at their door with a kind note.

you do in 1 minute: Squat, push up, sit up, press up. Then design your own Joe Wicks workout.

How many of these can

Make a lockdown memory box. Use a shoebox to collect items like a rainbow poster for the NHS, a diary entry about your experience, a list of plans you have for the summer...

Go for a walk and take a picture of 10 interesting things you see.

Write a letter or create and write a postcard for someone you haven't been able to see in lockdown. Post it and make their day!

Do something for your family: clean your room. wash the car, write the shopping list, take the dog for a walk...

Learn the lyrics to your favourite song and perform it for your family.

Teach yourself a new skill: whistling, juggling, saying the alphabet backwards, a song in French, 10 new jokes

Create a mood board or collage of all the things you love in life and the things you want from your future.

Upcycle! Make something new out of the recycling - a robot, an animal, an item of clothing...

Steps for your College! How many steps can you make in one day? Tell your tutor on Thursday. Which College will win?!

## Well-being Wednesday

As we near the return back to some degree of normality, and after over half a term concentrating on a bright, rectangular screen, the whole Academy will be taking time to either power-down, close the lid or switch-off their respective

#### devices for Wednesday 3rd March.

The whole idea is for you to untether yourself from your computer and as such, gift you with the time and space to do something a little bit different using the following grid, put together by Beth, to help guide you towards some actions for the day. As such, there will be no online lessons, however, you will need to make sure that attend

form at 8.30am in order to gain your registration mark for the day. I would love to know what you been up to on this day and would appreciate any pictures of brilliant baking efforts or alternative tasks you've been up to.

# VORLD BOOK DAT

It really doesn't matter how old you are. The power of a finding a book that you cannot wait to get back into and read that little bit more of is a powerful thing and one that fosters a love of books and reading. The mission of WBD is to promote reading for pleasure.

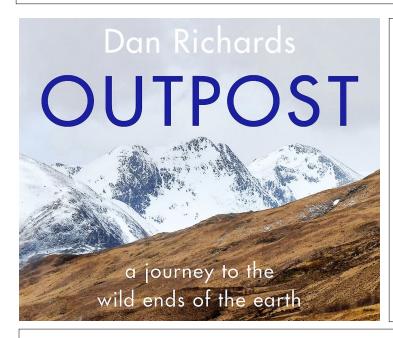
WORLD BOOK 4 MARCH 2021

Reading for pleasure is seen as being the single biggest indicator of a young person's future success:

- More than your family circumstances,
- More than your parents' educational background or income

Quite simply, it can be an incredible leveller and something that is achieved through a process of doing something that brings a simple joy by virtue of reading a story you are already invested within.

The WBD want to see us develop a life-long habit of reading for pleasure and the improved life chances this can bring and as such, WBD is designated by UNESCO as a worldwide celebration of books and reading, and is marked in over 100 countries around the globe.



### What am I currently reading?

Despite being half-Scottish, I'd not managed to properly visit Scotland until just before the pandemic in order to see a member of my family. The scenery was breath-taking and this book featured in some of the remote shops throughout the journey. I'm only a third of the way through this book and tend to alternate between fiction and non-fiction books, however the journeys of the author exploring the appeal of isolated 'outposts' scattered across the globe, including the Cairngorms of Scotland to frozen ghost towns in Svalbard and shrines in Japan to Roald Dahl's writing hut in England. In the absence of being able to travel anywhere during the pandemic, this book has been taking me on my own excursion from mountains, to tundra, deserts and forests and will continue to allow me to beat any 'travel-ban' through the escape that this book provides.

### Welcome back!

Hopefully, you will be aware of us returning next week. Your return to lessons at the Academy will be Tuesday 9th March. This day will follow that of the lateral flow testing (LFT) day on the Monday, the

schedule of which is below.

	Monday 8 <sup>th</sup> March 2021	9
Allotted Time Slot	Y11 and Y12/13	ŀ
8.30am – 9.30am	Newton	\
10.00am – 11.00am	Tull	٤
	13G1 & 13G2	
11.30am – 12.30pm	Pankhurst	L
	13G3 & 13G4	ŀ
13.00pm – 14.00pm	Hawking	•
	Y12G1 & Y12G2	ā
14.30pm – 15.30pm	Bronte	٤
	Y12G3 & Y12G4	١

- Only students that have consented to be tested will be tested on their year group day.
- Once you have had your LFT, at you allocated time, you will then return
- home and continue with your remote lessons. Students who have not consenting to a test will return the day after with

all other students in their year group (Tuesday 9th March). The whole year group will return together.

12G1: Grafton / 12G2: Carrington / 12G3: Grierson / 12G4: John-Crosslin / 13G1: Davis / 13G2: Singh / 13G3: Coleman / 13G4: Curran