

# Montgomery

# House system

Term Three  
Week Eleven

6<sup>th</sup> June – 10<sup>th</sup> July



# What will be your resilience move this week?

### Basics

- Good Housing
- Money to live
- Being safe
- Transport and getting to places
- Healthy diet
- Exercise and fresh air
- Enough sleep
- Play and hobbies
- Not being judged

### Belonging

- Find somewhere you feel like you belong
- Find your place in the world
- Spend time with good people and in good places
- Keep relationships going
- More healthy relationships the better
- Take what you can from relationships where there is some hope
- Get together with people you can rely on
- Responsibilities & obligations. For example: looking after your brother/sister or going to school
- Focus on good times and places
- Understand what has happened in your life
- Predict a good experience of someone or something new
- Make friends and mix with other people

### Learning

- Make school or college work as well as possible
- Engage mentors
- Plan out your future
- Organise yourself
- Highlight achievements
- Develop life skills

### Coping

- Understand right from wrong
- Be brave
- Solving problems
- Focus on the good things in life. Put on your Positivity Glasses!
- Find time for your interests
- Calming down and making yourself feel better
- Remember tomorrow is another day
- Lean on others when necessary
- LOL Have a laugh

### Core self

- Instil a sense of hope
- Understand other people's feelings
- Know and understand yourself
- Take responsibility for yourself
- Find time for your talents
- There is existing help and solutions for problems, use them

## Noble truths



Accepting



Conserving



Commitment



Enlisting

Blackpool Council



Adapted from Hart & Blincow with Thomas 2007 [www.boingboing.org.uk](http://www.boingboing.org.uk). Co-designed with Marton Primary's Resilience Committee



## British Values

6<sup>th</sup>-12<sup>th</sup> July

### Individual Liberty

There may be times when we are judged, or opinions are formed based on our external appearance. It is important for us to think carefully about our own judgements and not to judge others solely on how they look.

- Can you think of any occasions where first impressions don't matter at all?
- Do you ever judge people by their initial appearance? Would you judge someone by the transport they use? Is this the same as judging a representative of a country? Why?
- Discuss the phrase 'never judge a book by its cover'. Do you agree? Why?

# How important are first impressions?

A red, white and blue paint job on the Prime Minister's plane has recently been revealed. The RAF Voyager is used by the Prime Minister and members of the Royal Family for official visits around the world and was previously coloured grey. An official spokesperson for the government confirmed that the plane received its makeover in Cambridgeshire in the colours of the Union Jack at the cost of £900,000, taken from public funds. Opposition parties and members of the public have indicted the job as a waste of taxpayer money, but the government has insisted the job is good value for money.

This week's news story: [www.bbc.co.uk/news/uk-politics-53082294](http://www.bbc.co.uk/news/uk-politics-53082294)

This week's useful video:  
[www.youtube.com/watch?v=x7OJmQLkkvY](http://www.youtube.com/watch?v=x7OJmQLkkvY)

# Kindness Calendar. Kindness

<b>Monday</b>	Kind to the world	Be Kind – watch the Kindness video on you tube here: <a href="https://www.youtube.com/watch?v=kAo4-2UzgPo">https://www.youtube.com/watch?v=kAo4-2UzgPo</a>
<b>Tuesday</b>	Kind to others	Set yourself the challenge of doing 5 acts of kindness today, do the washing up or help tidy the kitchen.
<b>Wednesday</b>	Kind to me	Take some time to yourself, this could be just going for a walk or take some exercise. Try to do something that doesn't involve technology.
<b>Thursday</b>	Kind to me	Write a list of things you can do when you think you're bored. Next time you think you have some time on your hands you have a ready made list of things to keep you busy!
<b>Friday</b>	Kind to me	Download the BBC sounds app and listen to a podcast on a category of your choice



# HOUSE

# CHALLENGE

Are you staying active?

Send in your logged activity - every activity helps gain points for your house!

Please send responses to [r.hegarty@Montgomery.fcat.org.uk](mailto:r.hegarty@Montgomery.fcat.org.uk)





## House Points Weekly Totals



1st-40 PTS **Green House**  
2nd- 30 PTS **Purple House**  
3rd-20 PTS **Orange House**  
4th-10 PTS **Blue House**

**199 pts**



**30**

**201 pts**



**40**

**181 pts**



**10**

**198 pts**



**20**

The leader board

UPDATE



5110



3770



3590



3160