

# Montgomery House system

Term Three  
Week Seven  
8<sup>th</sup> – 12<sup>th</sup> June



# Kindness Calendar. Music & Kindness

<b>Monday</b>	Kind to me	Music is a wonderful thing – but it’s very easy to get stuck to listening to the same kind of music. Today, go to <a href="https://www.randomlists.com/random-songs">https://www.randomlists.com/random-songs</a> and give at least five different songs a chance. You may be surprised by what you find!
<b>Tuesday</b>	Kind to others	Do you know the favourite songs of everyone in your household? Today, find out everyone’s favourite song, and then make a playlist out of them! If your household is small, ask everyone for 2 or 3 songs, so that you get a playlist that doesn’t repeat too often.
<b>Wednesday</b>	Kind to the world	Music is an essential part of all cultures. Every country and people around the world have their own type of music. This is usually called a ‘genre’ – and today, go to <a href="https://www.musicgenreslist.com/">https://www.musicgenreslist.com/</a> and find at least two music genres that you’ve never heard of before. Once you’ve found your two genres, try and find songs from that genre and listen to them.
<b>Thursday</b>	Kind to me	We listen to music nearly every day. But we also make music every single day – whether that’s a beat from tapping on the desk when you’re bored, whistling in the shower, or simply breathing out at a certain tempo! Today, record a short song of your own. You can sing, play, or make any kind of noise you want, as long as you have a song around a minute long at the end.
<b>Friday</b>	Kind to others	Today, spend some time looking up and finding songs that you think your friends will like, and send them to them! Sharing music can be an amazing way to connect with other people, and your friends will definitely appreciate it if you send some good music their way!



# What will be your resilience move this week?

Basics	Belonging	Learning	Coping	Core self
Good Housing	Find somewhere you feel like you belong	Make school or college work as well as possible	Understand right from wrong	Instil a sense of hope
Money to live	Find your place in the world	Engage mentors	Be brave	Understand other people's feelings
Being safe	Spend time with good people and in good places	Plan out your future	Solving problems	Know and understand yourself
Transport and getting to places	Keep relationships going	Organise yourself	Focus on the good things in life. Put on your Positivity Glasses!	Take responsibility for yourself
Healthy diet	More healthy relationships the better	Highlight achievements	Calming down and making yourself feel better	Find time for your talents
Exercise and fresh air	Take what you can from relationships where there is some hope	Develop life skills	Remember tomorrow is another day	There is existing help and solutions for problems, use them
Enough sleep	Responsibilities & obligations. For example: looking after your brother/sister or going to school		Lean on others when necessary	
Play and hobbies	Focus on good times and places		LOL Have a laugh	
Not being judged	Understand what has happened in your life			
	Predict a good experience of someone or something new			
	Make friends and mix with other people			

## Noble truths

Accepting   
 Conserving   
 Commitment   
 Enlisting

Blackpool Council

being being  
resilience research and practice

NATIONAL LOTTERY FUNDED

# British Values

8<sup>th</sup>-14<sup>th</sup> June

## Individual Liberty

Some of us like routines, we like structure and consistency, others like to be more spontaneous and find changes in our days exciting!

# How important is it to have a routine?

Since schools closed to most pupils two weeks before the Easter break, many young people have had to completely rehaul their usual routines. While there is a possibility that some, if not all, primary school year groups in England may go back before the long summer holidays, this is unlikely to be the case in Scotland, Wales, Northern Ireland and for most secondary aged pupils. Headteacher, Carl Ward, who's been a teacher for 27 years, says it's important never to underestimate the ability of children and young people to recover from difficulties. "I'm always astounded by children's ability to bounce back," he says. "The quicker we can get them back into the normal swing of things, the better, but it's not the end of the world that they've lost some time."

This week's news story: [www.bbc.co.uk/news/education-52641757](http://www.bbc.co.uk/news/education-52641757)

This week's useful video: [www.bbc.com/ownit/about-us/bedtime-routine-video](http://www.bbc.com/ownit/about-us/bedtime-routine-video)

Make a list of our routine at the moment, how does it compare to our routine prior to the lockdown period? What parts of our routine do we prefer now and what parts did we prefer before?

Do you think it's important to have a routine?

Do you think that people are more or less productive if they have a routine that they consistently stick to?

Do you think having a routine is more or less important during this period of time? Why?

Do you think that some personality types are better suited to routines than others?

Psychologist, Brianna Wiest, believes that the most successful people in history, the ones many refer to as 'geniuses' in their fields, masters of their crafts, had one thing in common, other than talent, most adhered to rigid (and specific) routines. Do you agree? Why do you think she might say that and why might a routine help people to become more successful?

Brianna also believes that for children routine gives them a feeling of safety and for adults it gives them a feeling of purpose. What do you think she means by this and do you agree?

# HOUSE

# CHALLENGE

Can you name the locations or describe what these are?  
Responses to [r.hegarty@Montgomery.fcat.org.uk](mailto:r.hegarty@Montgomery.fcat.org.uk)



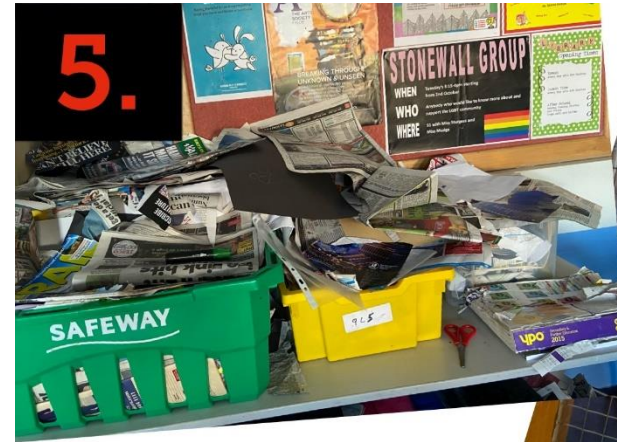
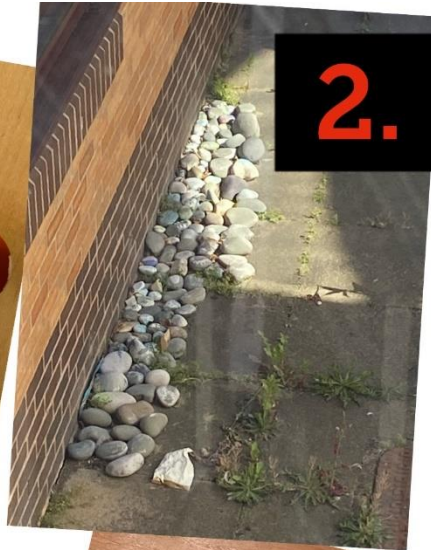
# HOUSE

# CHALLENGE

Can you name  
Where or What  
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Responses to:

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PIC•COLLAGE

PIC•COLLAGE

**HOUSE**

# CHALLENGE

## School Games Virtual Competition Programme

Closing date of Friday 12 June

**Passing a rugby ball accurately into a wheelie-bin from the greatest distance!**

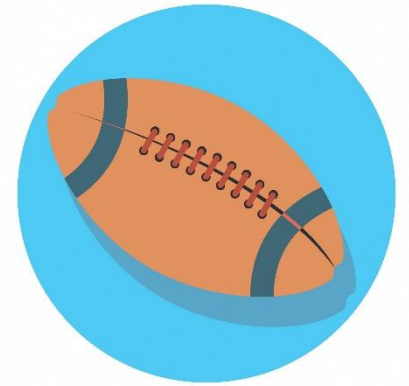
You're allowed to tilt the bin to make it easier!

Also **'keep a ball up with a hockey stick the longest'**

Use a bigger ball to help make it easier!

The school with the most entries wins **the Lancashire School Games Prizes** and the individuals who can keep it up the longest and with the best trick videos will also win a prize.

Send a video clip to Mrs Campbell on [M.Campbell@Montgomery.fcat.org.uk](mailto:M.Campbell@Montgomery.fcat.org.uk)



# House Points Weekly Totals

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

**177 pts**



**10**

**272 pts**



**40**

**250 pts**



**30**

**225 pts**



**20**



The leader board

UPDATE



5030



3650



3450



3100