

# Montgomery House system

Term Three

Week Ten

29<sup>th</sup> June – 3<sup>rd</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

29<sup>th</sup> June – 5<sup>th</sup> July

### Democracy

Peaceful protests can provide an opportunity for people to collectively voice concerns, often these protests can raise wider awareness and lead to positive change for all.

- What do you think is the main purpose of statues?
- Do you think they are important to many people? Why? Are they important to you?
- Do you think that there should be a review of all statues in the UK, thinking about who the person was and what they represented, and if the statue should still stand? Why?
- What parts of towns and cities do you think statues should be placed and who do you think should decide?

# Why do we have statues?

Following protests against racial inequality, campaigning for Black Lives Matters demonstrators in Bristol pulled down a statue of a former slave trader, Edward Colston, and threw it into the harbour. It is likely that the statue will now be placed in a museum. Many other famous statues have been in question in other parts of the UK, with issues regarding what they represent and if they should be given such prominent positions in towns and cities. Earlier this month, a statue of noted slaveholder, Robert Milligan, was removed from where it stood outside the Museum of London Docklands. London Mayor, Sadiq Khan, has since asked for a review into the capital city's statues.

This week's news story:

[www.bbc.co.uk/newsround/52965665](http://www.bbc.co.uk/newsround/52965665)

This week's useful video:

[www.bbc.co.uk/newsround/48224610](http://www.bbc.co.uk/newsround/48224610)

# Kindness Calendar. Kindness Poems

<b>Monday</b>	Kind to the world	This week is about poems. Take a look at some of our favourite Kindness Poems and choose the one you like the most: <a href="https://www.kindness-school.org/kindness-poems">https://www.kindness-school.org/kindness-poems</a> What makes the poem unique? What do you like most about it?
<b>Tuesday</b>	Kind to others	To get inspiration for your own poem, think about a moment when you experienced an act of kindness. This can be as trivial or significant as you want! Make sure you take notes about the act of kindness itself, but also how it made you feel and why it is important to you.
<b>Wednesday</b>	Kind to me	Today, write a first draft of your poem. It can be any length, but it must be about kindness. It doesn't need to rhyme, or be written in any particular way – the most important thing is the kindness within the poem itself. Ask a member of your household for support if you need it. You can also watch this video for more information about different kinds of poems: <a href="https://www.youtube.com/watch?v=JmkgAWAGtbE">https://www.youtube.com/watch?v=JmkgAWAGtbE</a>
<b>Thursday</b>	Kind to me	Read the draft of your poem alongside the experiences you wrote down on Tuesday. Try to think about kindness and about writing – your poem is fictional, the experiences are real; are they different? How would your reader feel?
<b>Friday</b>	Kind to me	Today, read your poem again. Do you feel like making any changes? Are you happy with your poem? There is no right or wrong – as long as you are happy with it, it is a good poem! If you feel like it, share your poem with us!



# HOUSE

# CHALLENGE

June is Pride month, you may have seen lots of company logos change to Rainbow colours for it.

Create something that explains, highlights what and why we celebrate Pride in June. Research Stonewall Riots to help your research.

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



# HSBC



**HOUSE**

# CHALLENGE

Here are some of last weeks house challenge baking creations!





## House Points Weekly Totals



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

**190 pts**



**10**

**211 pts**



**30**

**191 pts**



**40**

**220 pts**



**20**

The leader board

UPDATE



5090



3760



3550



3130