

Montgomery

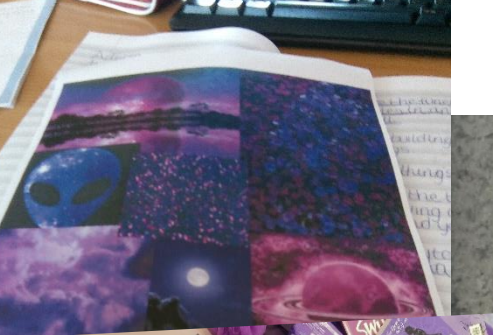
House system

Term Two

Week Seven

22<sup>nd</sup> February – 26<sup>th</sup> February





# CHALLENGE



Taking a moment to be mindful, and looking for something different or unusual in the day were seen to have a positive well-being benefit.

Taking a photo each day and posting it online has lots of benefits say researchers who say it supports improved wellbeing.

The #365 tag on Instagram has millions of tags each day of people sharing their photo of their day.

Taking a daily photo improves wellbeing through:

- Self-care
- Community interaction
- The potential for reminiscence

**Send in your best photo you have taken in the last year this can be of anything, it can be edited or your original photo.**

**Entries will be used to as a display in school**

## British Values

8<sup>th</sup> – 14<sup>th</sup> February 2021

### Rule of Law

When experts discover better ways of protecting our environment, such as planting certain types of trees, the government can consider a change in the law so that planting trees correctly becomes everyone's responsibility.



22nd-28th February

**Do walls divide us or protect us?**



The Egyptian authorities have built a 22-mile long wall around the resort of Sharm El-Sheikh to encourage more tourists to visit.

Egyptian authorities have recently completed a 22-mile wall (36km) around the tourist resort of Sharm El-Sheikh. Anyone entering the city by road will now have to pass through one of four gates equipped with cameras and scanners. The government believe it will help protect tourism at the Red Sea resort, which has faced many challenges over the past 10 years including militant attacks, a plane crash at the airport and most recently, the coronavirus pandemic. The wall is made of concrete slabs with stretches of wire fencing separating the resort from the desert around it and some of the slabs are marked with black peace symbols.

**This week's news story:** <http://bit.ly/3tE8ZtM>

**This week's useful video:** [www.youtube.com/watch?v=1RWwJpOn9Ss](http://www.youtube.com/watch?v=1RWwJpOn9Ss)

Make a list of reasons why walls are built. For each of the reasons, think about who the walls are affecting and how. Do you think all reasons are justified? Make a list of well-known walls from around the world. Do you know why they were built? Are they still there? Did they achieve their purpose? Do you think that walls are more or less effective in modern times? Do you think the benefits of building walls outweighs the negative consequences overall? Imagine a world without any borders or walls, how do you think our daily lives would be impacted?

# Children's Mental Health Week

Here are some services which we would like all students to be aware of and know there are services in Blackpool that can support if you feel you need some support.

Remember you can also email your pastoral manager in school.

YR7 - s.higgs@montgomery.fcat.org.uk

YR8 - l.mcmullan@montgomery.fcat.org.uk

YR9 - d.mcmillan@montgomery.fcat.org.uk

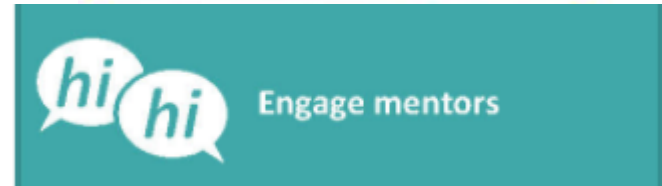
YR10 - d.benson@montgomery.fcat.org.uk

YR11 - r.sharpe@montgomery.fcat.org.uk

Add yourself to the **Mental Health Google Classroom**

using the class code **wrileoxx**

Lots of resources to help support your mental health and wellbeing.



Coronavirus advice and mental health support, use the website if you are struggling with self-isolation and the impact it has on your mental health.  
<https://youngminds.org.uk/>



Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. Free, safe and anonymous online support for young people [www.kooth.com](http://www.kooth.com) Monday – Friday 12 pm – 10 pm Saturday – Sunday 6 pm – 10 pm



If for any reason you are not coping and need to talk to someone you are welcome to attend.

**Wednesday Drop-ins 3.00-5.00pm**  
**1st Floor, 26 Talbot road, Blackpool**  
**0800 1217762 (option 3)**



Lancashire NHS Wellbeing and Mental Health Texting Service, available to

provide emotional support to those who may prefer to communicate via text .

**07860022846**

# Mental Health and Emotional Wellbeing Workshops for Parents and Carers



Are you a parent or carer living in Blackpool, Fylde or Wyre and would you like to know more about children and young people's mental health, emotional wellbeing, and resilience?

Please come along to our Mental Health and Emotional Wellbeing Workshops for parents and carers. All workshops are on-line and are co-produced and co-facilitated by parents, carers and mental health professionals.

**Wednesday 24th Feb 10-12pm – Balancing Behaviour that Challenges** <https://www.eventbrite.co.uk/e/132991700757>

**Wednesday 10th March 10-12pm – Supporting Self harm**  
<https://www.eventbrite.co.uk/e/132992314593>

**Thursday 25th March 10-12pm – Self-Care for Parents and Carers** <https://www.eventbrite.co.uk/e/132992860225>

Book via the links provided, or go to [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search HeadStart Blackpool, or phone/text/e-mail Vicki [vicki@boingboing.org.uk](mailto:vicki@boingboing.org.uk) / 07908860429

# CHARITIES



90  
Donations

42  
Donations

59  
Donations

56  
Donations

**Donate 25 ambition points to your house for a 25p donation**

# House Points Weekly Totals

A  
M  
B  
i  
T  
I  
O  
N  
P  
O  
i  
n  
t  
s

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

**927 Points**



**10**

**1085  
Points**



**30**

**1209  
Points**



**40**

**981 Points**



**20**



# RUNNING TOTALS



**840**



**650**



**530**



**410**