

Montgomery

House system

Term Two

Week Ten

15th March – 19th March



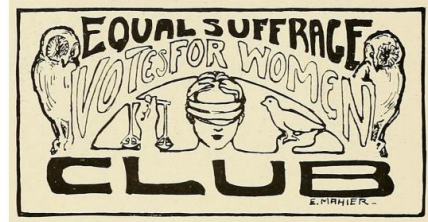
Last Weeks International Women's Day House Challenge Entries

The Queen



The queen has been in power for many years and has helped a lot of people and respects a lot of people and she has been on the throne for 70 years.

International Woman's Day



The Suffragette's are the people that I am celebrating for

because they got us equal rights for women.



th march 2021



Rosa parks

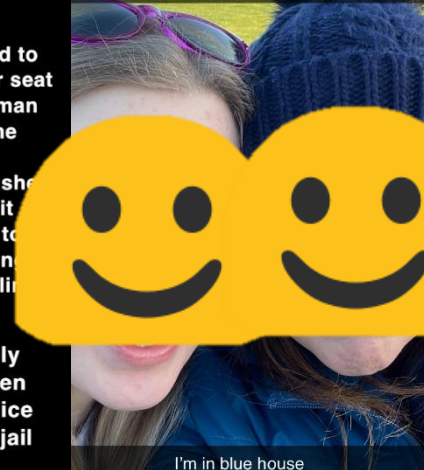
I chose Rosa parks because she stood up to white people and refused to give up her seat on the bus

She will always be remembered for her actions against racism

She refused to give up her seat to a white man because she was in her section so she found that it wasn't fair to keep pushing the colour line back

Unfortunately she was taken away by police and sent to jail

I would like to celebrate my mums achievement of working all the way through the pandemic and lockdown as she is an amazing key worker



I'm in blue house



Amelia Earheart was the first ever woman to fly solo across the Atlantic Ocean as a pilot and championed the advancement of women in aviation.

+90

+10

+60

+70



Random Acts of Kindness in March

CHALLENGE



Scan or Go To
tinyurl.com/MontyRAOK

RANDOM ACT OF KINDNESS MARCH 2021

STUDENT NAME:	REG:
STUDENT HOUSE:	
WHAT DID YOU DO?	

PLACE YOUR RAOK INTO THE BOX IN
YOUR YEAR GROUP PASTORAL OFFICE

What do you think the meaning of the lyrics are?

<https://www.youtube.com/watch?v=L0X03zR0rQk>

How can you treat people with kindness in March?

Complete your RAOK card or Online Entry OR hand in to your year groups pastoral office.

Add your name, your house colour and your random act of kindness to the card or online.

Each entry is worth 10 points for your house

British Values

15th – 21st March 2021

Rule of Law

Some people do not agree with where HS2 will be built and have decided to take action. If people break the law when they protest, there can often be a consequence.



A group have been evicted from a tunnel under Euston Square Gardens after protesting about the building of the new HS2 railway link
Question: How far should you go to stand up for what you believe in?

A group of rebellion protesters in Euston Square Gardens, who built a 100ft (30m) tunnel under the gardens to protest against the HS2 high-speed railway line, have all now been evicted. They are campaigning against the development, which plans to improve transport links between parts of the north of England and London. The issue the protesters have is that the planned route runs through areas of ancient woodlands and wildlife habitats. The final activist, known as Bradley, was the last person remaining underground trying to stop the high-speed rail line going ahead after a 31-day-long demonstration. The activist, from the group HS2 Rebellion, is accused of trespassing and disrupting HS2 construction work at Euston Square Gardens by refusing to leave a tunnel under the site between 27th January and 26 th February.

This week's news story: www.bbc.co.uk/news/uk-england-london-56209311

This week's useful video: <http://bit.ly/3uRV2sT>

Share how much you are aware of HS2 high-speed railway project. The scheme was officially given the go-ahead by Boris Johnson in 2020. It has been considered quite a controversial project. Whilst some believe it will transform transport times and create jobs, critics believe it will ruin large areas of the countryside and impact on wildlife. Overall, do you think it is a good idea to build a high-speed railway to create better links between London and cities in the north of England? For the weeks they were living in the tunnel, life was difficult. The temperature was cold, and the protesters didn't have mobile phone signal. They made sure there was plenty of food and water before they moved into the tunnels, alongside packs of cards and books to read to keep themselves busy. **What do you think you might have found hardest about living in a tunnel?**

Supporting you on your return to school

- We want to share Free Online Counselling service Kooth with you and the show you the services they offer online.
- Each tutor should join the Gmeet to chat to Ophelia Murphy who works with Kooth to raise their awareness of the online wellbeing support services they offer.

Year 11, 7 on Tuesday 16th = 8:40am-9:00am

Year 11 and 7 Gmeet Code:

<https://meet.google.com/hyj-hkvc-xbo?authuser=0>

Year 10 and 8 Tuesday 16th = 2:45-3:00pm

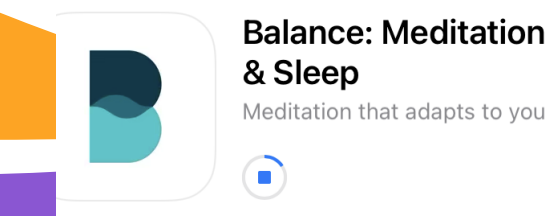
Year 10 and 8 Gmeet Code:

<https://meet.google.com/biu-uvnn-mij?authuser=0>

Sign Posting Support Services

The balance app has been made free for a year- normally £60 to help with you keep calm.

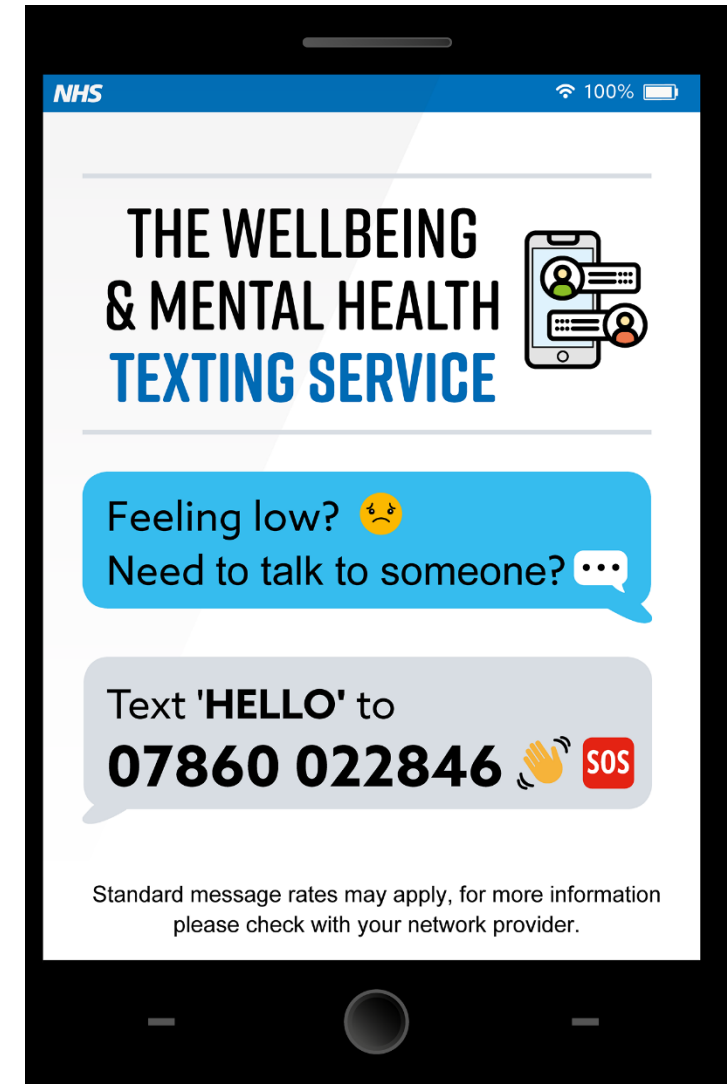
Each day, you answer questions about your meditation experience, goals, and challenges. Using an audio library it send you personalised messages to help keep you Balanced



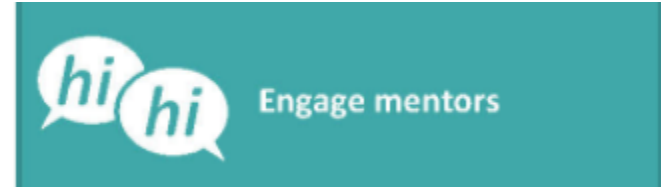
Did you know we have a school counsellor?

Email
NHSChat@montgomery.fcat.org.uk
for an appointment time

Sp Adobe Spark



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



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 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)



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

KS3 Montgomery Health & Wellbeing (Year 7 to 9) -

wrleoqx

KS4 Montgomery Health & Wellbeing (Year 10 to 11) -

zfp4rc



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/>



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

On Kooth you can



Chat to our friendly
counsellors



Read articles
written by young
people



Get support from
the Kooth
community

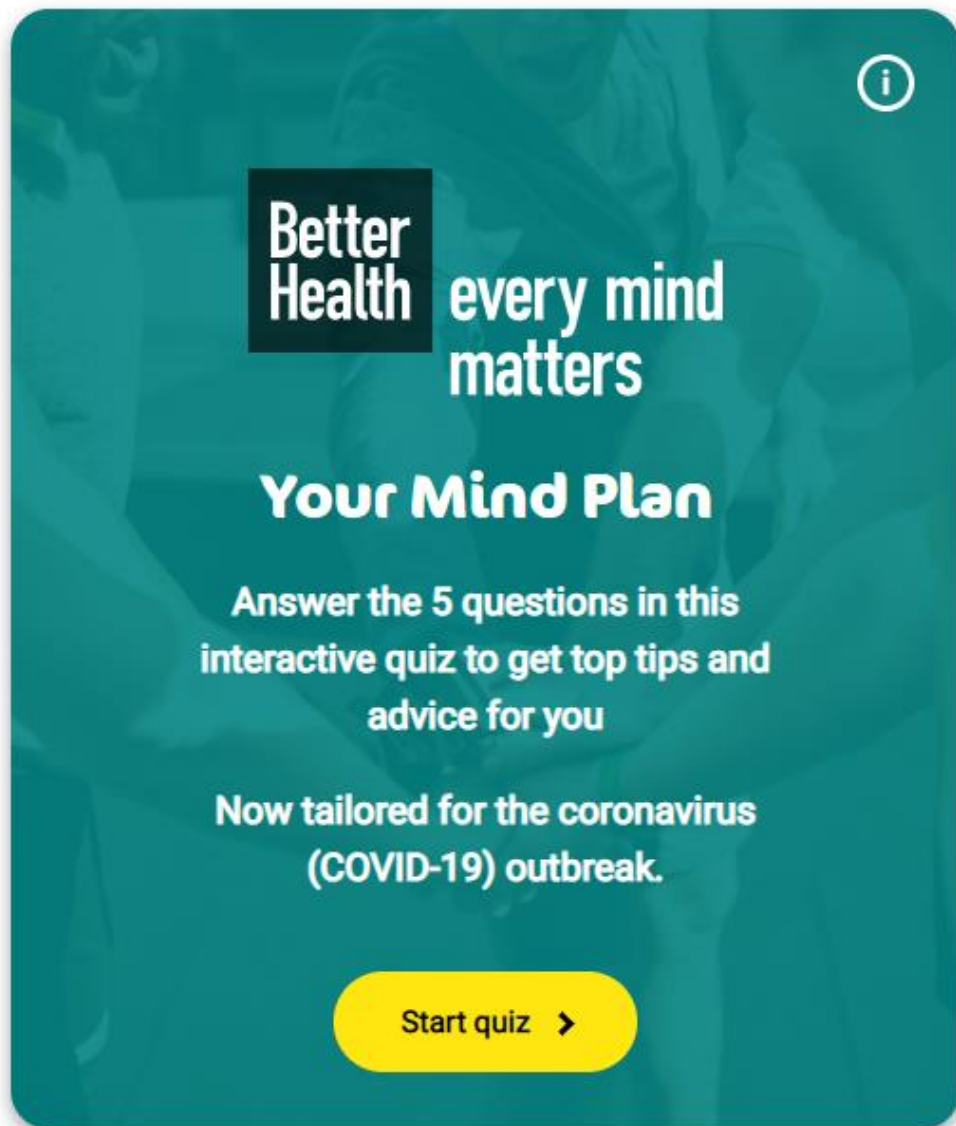


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Every Mind Matters self-care tool

Your Mind Plan can help you to take simple steps to look after your mental health and find a good work-life balance

Google 'Every Mind Matter Self care tool' for your personalised top tips



Better Health every mind matters

Your Mind Plan

Answer the 5 questions in this interactive quiz to get top tips and advice for you

Now tailored for the coronavirus (COVID-19) outbreak.

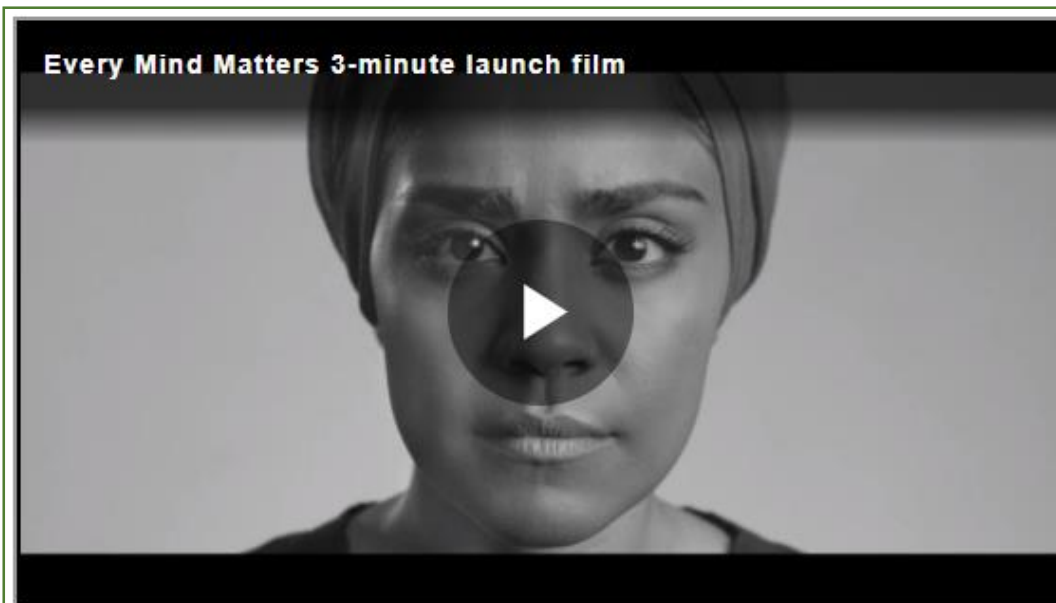
[Start quiz >](#)

What's this for?

Now, at a time when you are busy supporting your pupils and their families through this challenging period, it's important that you look after your own wellbeing.

Our mental health campaign Every Mind Matters offers a free online action plan, approved by the NHS, that offers simple steps we can all take to care for our mental health. The tool can help to deal with stress and anxiety, boost mood, improve sleep quality and take control of our wellbeing.

Whilst you care for others, why not also create your own self-care action plan?



[More about Every Mind Matters](#)

**Updated
Friday 12th
March**

CHARITIES



**100
Donations**



**52
Donations**



**65
Donations**

TIPPYTOES BABY BANK

**66
Donations**

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

House Points Weekly Totals



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

**1801
Points**



10

**1930
Points**



30

**1905
Points**



20

**1943
Points**



40

RUNNING TOTALS



1070



870



700



590