

Montgomery

House system

Term Two

Week Three

18<sup>th</sup> January – 22<sup>nd</sup> January



# COMMUNITY CHALLENGE

**Thank-you! Thank-you! Thank-you!**

**..To those who created and shared positivity, these messages will be shared with all care homes.**

**This weeks submissions are come from The Beatles song 'BlackBird' and its message of hope and to keep trying.. Read more on the next slide**

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

**We're supporting Breck Lodge Care Home, Conifers Care Home, Thornton House, Amber Court Care Home, Annacliffe Residential Care Home, The Owls Care Home & Rosehaven Care Home.**

**PURPLE HOUSE**

**UPDATE**

Mr Wade would like to share a message to  
Purple House

Please click here for his  
Purple house message



# 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.

**Thursday 11th Feb 10-12pm – Lowering Low Moods**

<https://www.eventbrite.co.uk/e/132988741907>

**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

# CULTURE

## HOUSE CHALLENGE

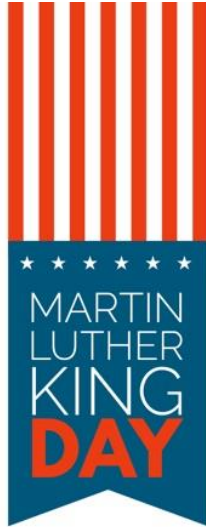
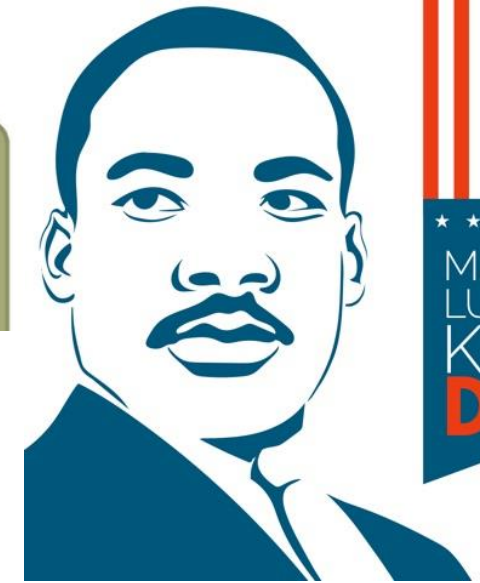
The 18th January celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transport and for racial equality in the United States.

**Watch the 2 clips, have you heard of the song by The Beatles before?**

**Using the positive message of keep trying and keeping hope please submit your own message, photograph, picture, or drawing to share with other students and people in care homes**

**Here is McCartney's full quote :**

- 'I had in mind a black woman, rather than a bird. Those were the days of the civil rights movement, which all of us cared passionately about, so this was really a song from me to a black woman, experiencing these problems in the States: "Let me encourage you to keep trying, to keep your faith; there is hope."



**Watch Blackbird by The Beatles:**

<https://youtu.be/RDxfjUEBT9I>

**The meaning behind the song is explained here:**

<https://youtu.be/nxwz3OYzqhM>

**HOUSE**

# CHARITIES

**DONATIONS SINCE SEPTEMBER**



**TIPPYTOES BABY BANK**

63

Donations

26

Donations

35

Donations

32

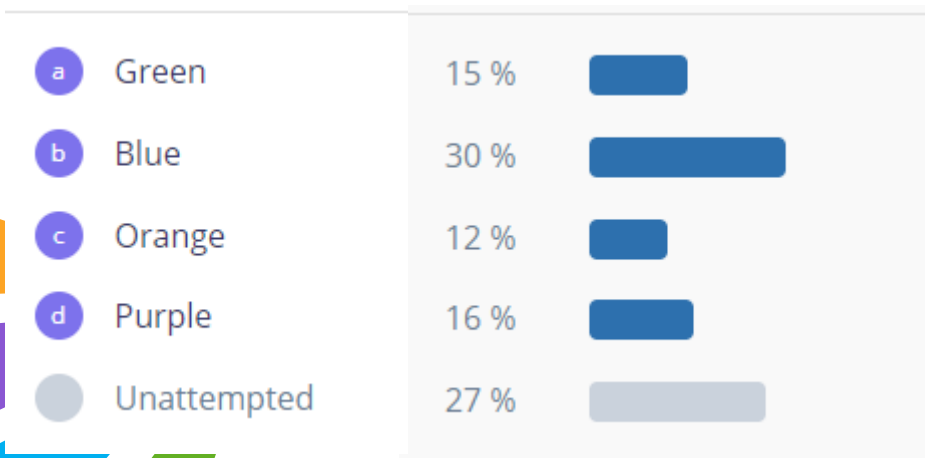
Donations

**Donate 25 Ambition points to your house for a 25p donation!**

# SELF



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





# Health and Wellbeing

- Join using the class code **wrleozx**
- Lots of resources to help support your mental health and wellbeing.
- Join NHS Lancashire Mental Health Family Hour on THURSDAY at 10am the focus this week is on **young peoples mental health.**

<https://www.twitch.tv/mindsetbydave>

Complete the 30 Day wellbeing challenge, Sign up here:

[https://us02web.zoom.us/webinar/register/WN\\_Q83J\\_FeET-m9zDREh\\_O84g](https://us02web.zoom.us/webinar/register/WN_Q83J_FeET-m9zDREh_O84g)



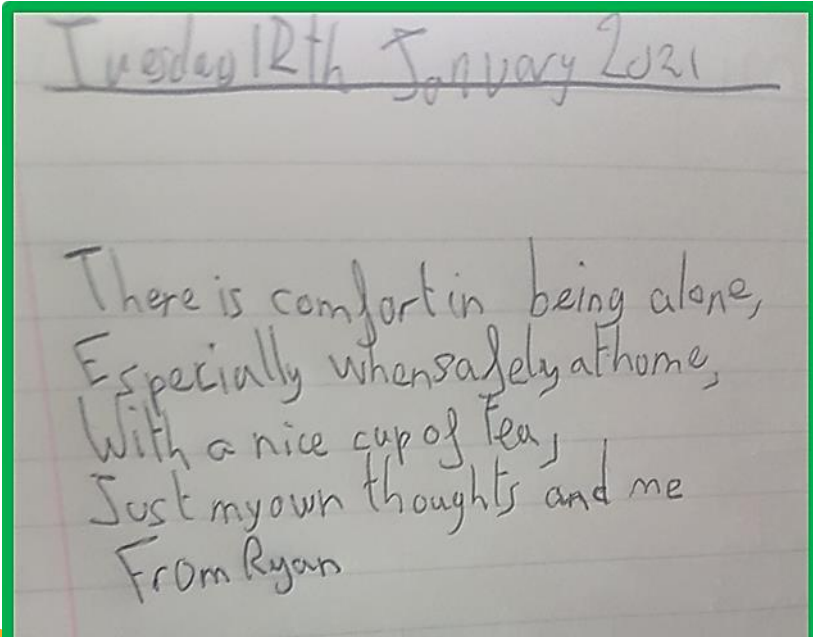
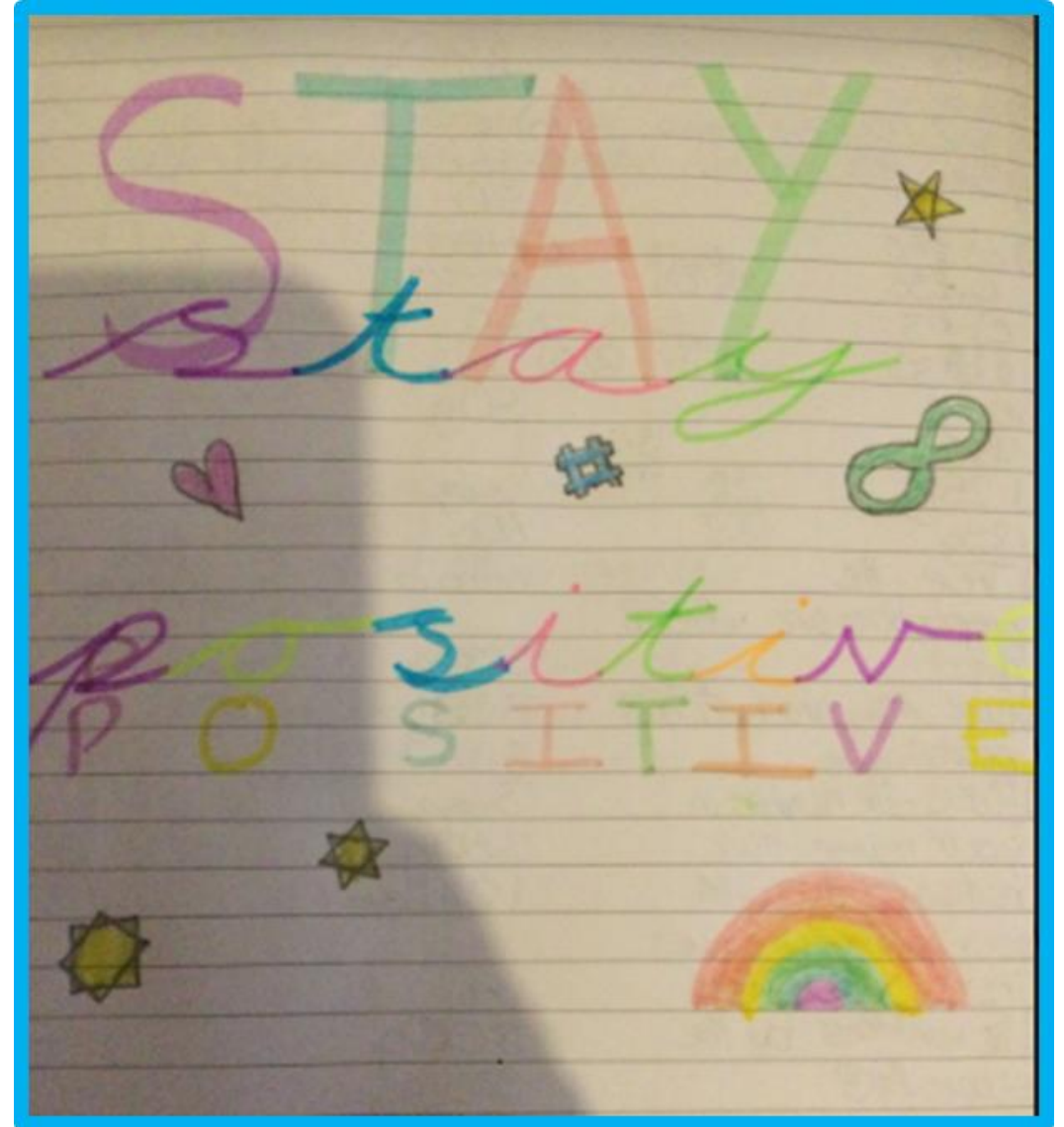
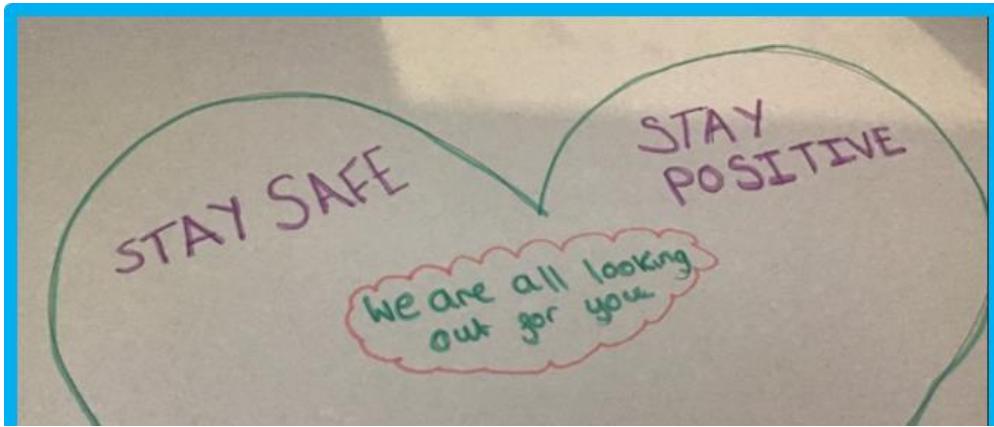




"Let your smile change the world, don't let the world change your smile"

**To All the Carers**  
Roses are red  
Violets are blue  
With gratitude  
I say THANK YOU !!

Care Home Passage  
I know times are hard right now but I also know we can all get through this and also even if you can't see your family or friends in person, they are always with you in heart.



Wishing you well from Montgomery High school, the vaccine is already here and we can see the light at the end of the tunnel. Not long till we are all back to normal, Stay safe.





Each day of **Life**  
is special, so are you.  
**Keep Living**  
every moment of it and  
**Take Care** of yourself.



Care Home  
Community  
submission

Even though the people closest to you can't visit you right now, they are hoping that they will soon be able to see you and this horrible virus will go away

I've sent you a picture of my dog to try and make you smile as every day he brightens up my day



Care home community

"Every day may not be good  
but there is always something  
in every day"

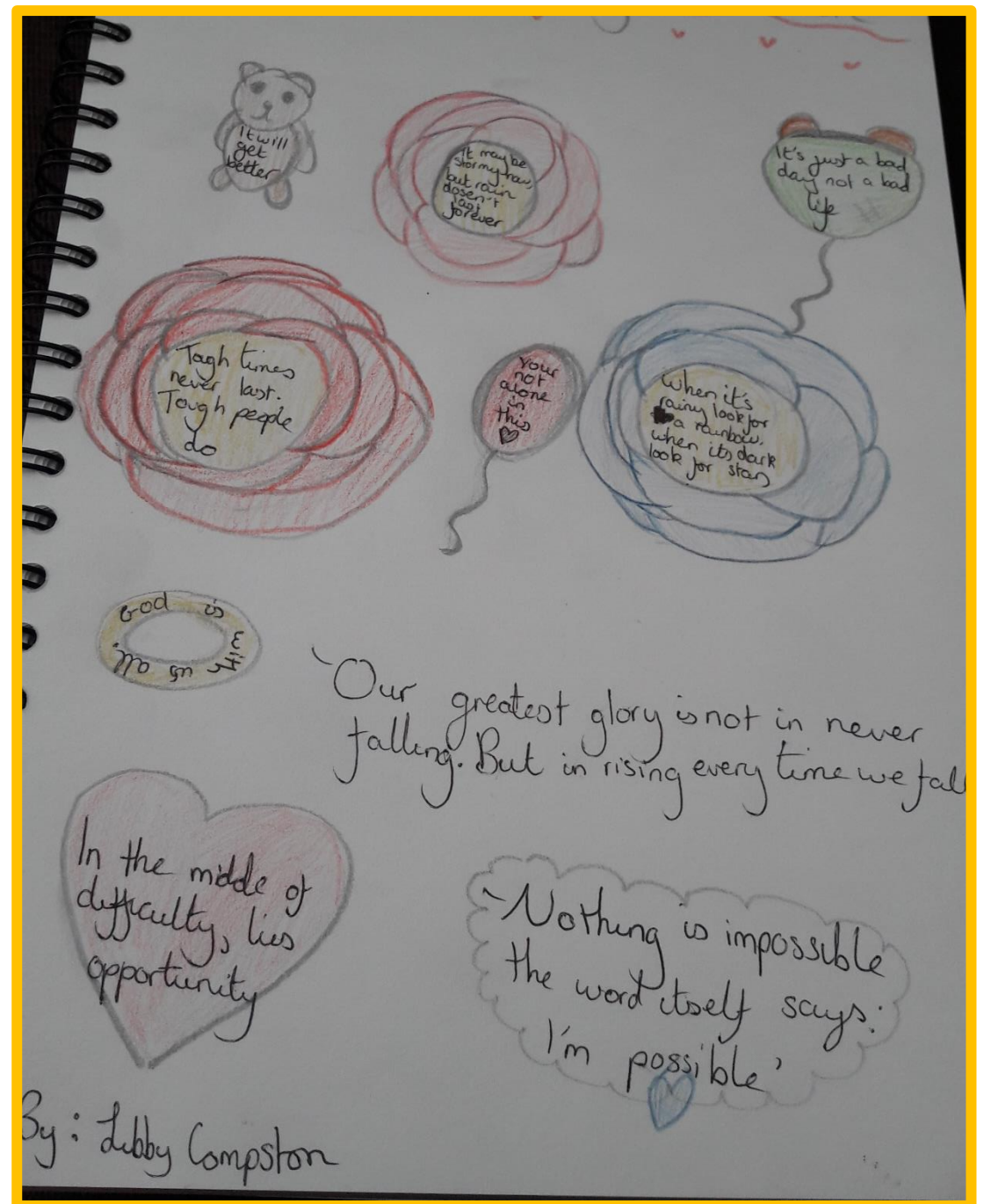
An arrow can only be shot  
by pulling it backward.  
So when life is  
dragging you back  
with difficulties,  
it means that it's going to  
launch you into something great.

Frank Zappa

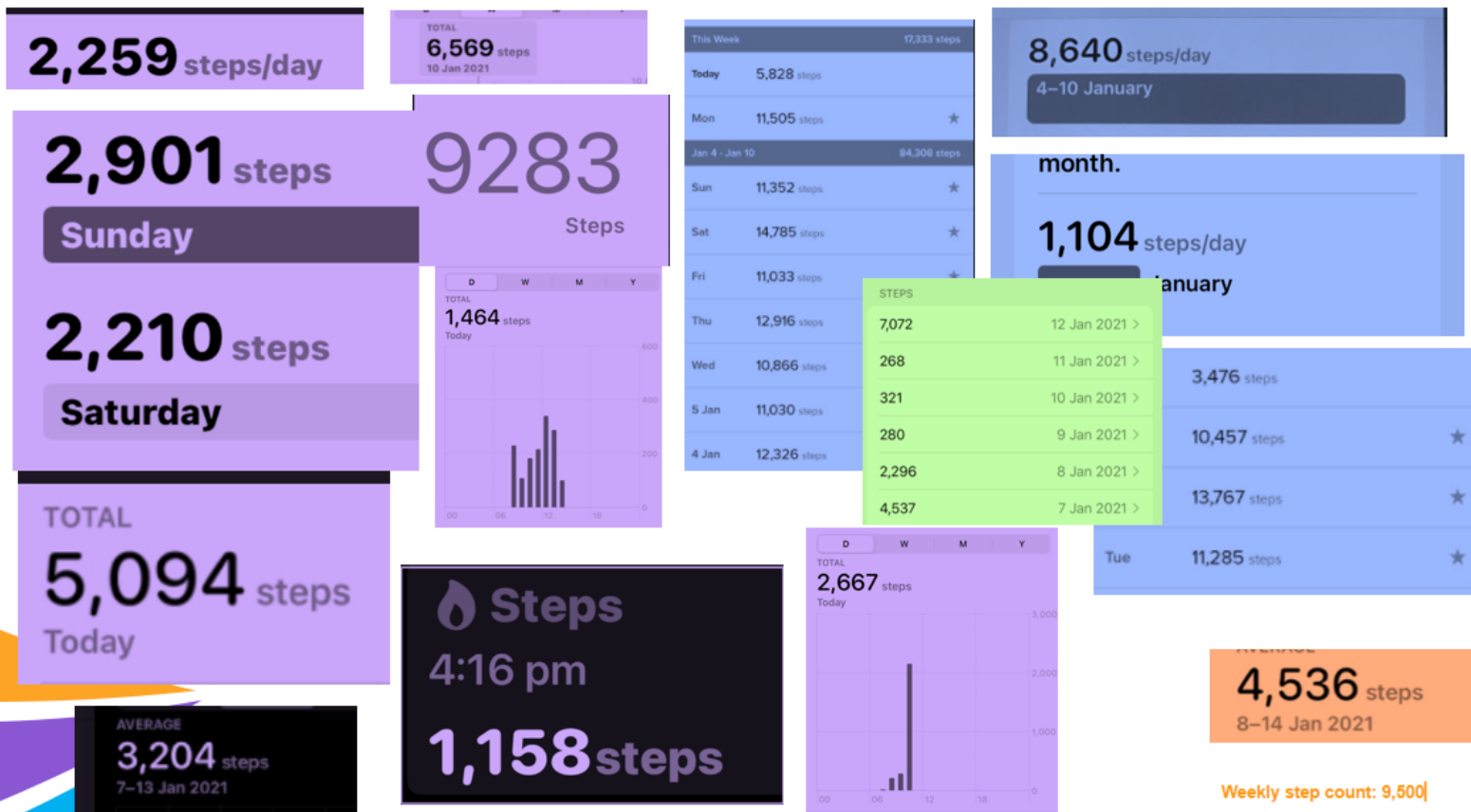


We are all in lockdown.  
Because of this pandemic.  
Some worse off than others.  
It really makes me sick.  
I am lucky I am able.  
To do the things I like.  
Such as walking our dogs and riding my bike.  
I love baking cakes  
With my mommy Leanne  
She helps me with my homework  
Whenever she can  
So to all you lovely people  
In care homes far and wide  
I pray that before too long  
Family and friends will be by your side  
Memories of the older generation  
Are of war as a rule  
But all I shall remember is  
We couldn't go to school

Poem by Imogen 7A4



# CHALLENGE



Although we had lots of entries from Purple house the amount of steps from Lucas won it for **Blue House!**

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

# British Values

18<sup>th</sup> – 24<sup>th</sup> January 2021

## Mutual Respect and Tolerance

Every individual has their own idea about how to say thank you to others. I respect the fact that their ideas may not be the same as mine.



## How can we show our thanks to those who help us?

The celebration for NHS staff, formally known as 'Clap for Carers', returned under the new name of 'Clap for Heroes' on the 7th of January, announced by the initiative's founder, Annemarie Plas. The weekly applause for front-line NHS staff and other key workers ran for 10 weeks during the UK's first coronavirus lockdown last spring. This time, the initiative is celebrating not just NHS and key workers but also extends to home-schooling parents, those who are shielding and all who are pushing through this period. Annemarie Plas hopes the initiative will "lift the spirit of all of us including all who are pushing through this difficult time".

**This week's news story:** [www.bbc.co.uk/news/uk-55561108](http://www.bbc.co.uk/news/uk-55561108)

**This week's useful video:** [www.youtube.com/watch?v=odI7PrJCIE8](https://www.youtube.com/watch?v=odI7PrJCIE8)

The Queen referred to the 'Clap for Carers' campaign as an 'expression of our national spirit.' What do you think she meant by this and do you agree?

Can you think of any other ways that you can show your appreciation and thanks to those who help us in times of need?

Who do you think the clapping campaigns benefit more, the people who are clapping or the people who are being clapped for? Why?



# House Points Weekly Totals

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

**540 Points**



**10**

**698 Points**



**30**

**825 Points**



**40**

**695 Points**



**20**



# RUNNING TOTALS



**610**



**510**



**360**



**330**