



# SIR WILLIAM STANIER SCHOOL BULLETIN 5

Sunday 5<sup>th</sup> April 2020

This bulletin will provide key daily updates regarding the unprecedented COVID-19 virus. Please contact [KS3@sws.cheshire.sch.uk](mailto:KS3@sws.cheshire.sch.uk) for any home learning or general queries relating to Year 7, 8 or 9 and [KS4@sws.cheshire.sch.uk](mailto:KS4@sws.cheshire.sch.uk) for any queries relating to Year 10 and 11.

## Activity Mat Challenge





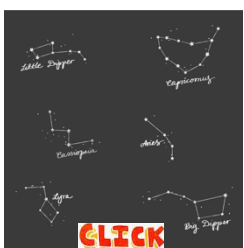




















Today, Sir William Stanier are launching their Easter personal development challenge. Each student and parent/carer will be given a list of 25 challenges with points awarded for each challenge completed.

This is your family's opportunity to compete against not only one another, but also with those in the whole SWS family. The challenges range from beginning to learn a new language to getting fit and improving your mental health. These fun and engaging activities give you the opportunity to put down the workbooks and pens in order to work on yourself.

You can also earn points by collating your achievements into a folder at home, with even more points for emailing your achievements to the school through the given email addresses - [KS3](mailto:KS3@sws.cheshire.sch.uk) or [KS4](mailto:KS4@sws.cheshire.sch.uk). Don't forget to use the links on the activity mat provided to help you with some ideas

We look forward to seeing your personal development over this period where you will never have a better opportunity to reflect on who you are and what you can achieve.

# SIR WILLIAM STANIER PARENTAL CHALLENGE MAT

<p>1. Bake a loaf of bread with the family.</p>  <p>20 points</p>	<p>2. Have a clear out of old toys and clothes for charity.</p>  <p>20 points</p>	<p>3. Go for a family walk around the local area.</p>  <p>20 points</p>	<p>4. Create a rainbow poster to support the NHS and place it in your window.</p>  <p>40 points</p>	<p>5. Teach your children the different star constellations.</p>  <p>40 points</p>
<p>6. Solve a Maths puzzle on Countdown.</p>  <p>20 points</p>	<p>7. Try to make a recipe from the WW2 rationing book.</p>  <p>20 points</p>	<p>8. Hold a household karaoke contest in your front room.</p>  <p>20 points</p>	<p>9. Make a family collage using old photos.</p>  <p>20 points</p>	<p>10. Read a book from start to finish.</p>  <p>80 points</p>
<p>11. Download Zoom and talk with your friends.</p>  <p>20 points</p>	<p>12. Learn and play card games with your family.</p>  <p>30 points</p>	<p>13. Set up a free Audible account to listen to audiobooks and podcasts.</p>  <p>20 points</p>	<p>14. Download a free mindfulness app and complete one mindfulness session a week.</p>  <p>50 points</p>	<p>15. Try and build up a 50-day streak on Duolingo with a language of your choice.</p>  <p>120 points</p>
<p>16. Make a family tree going back as far as you can through your family's past.</p>  <p>20 points</p>	<p>17. Design a flower bouquet out of a plastic bottle, paper and super glue.</p>  <p>20 points</p>	<p>18. Make a kite and fly it with the family.</p>  <p>20 points</p>	<p>19. Create your own exercise workout to do at home</p>  <p>40 points</p>	<p>20. Make your own lemonade.</p>  <p>20 points</p>
<p>21. Make your own papier mâché Easter eggs.</p>  <p>40 points</p>	<p>22. Create an origami Easter rabbit.</p>  <p>20 points</p>	<p>23. Choose and complete a daily brain training exercise.</p>  <p>60 points</p>	<p>24. Complete a 5km run within 9 weeks.</p>  <p>100 points</p>	<p>25. Complete a Pilates beginner session.</p>  <p>20 points</p>

# SIR WILLIAM STANIER PARENTAL CHALLENGE MAT



Activity	Date started the activity			Date that the activity was fully completed			Placed in my work folder	Picture sent to <a href="mailto:office@sws.cheshire.sch.uk">office@sws.cheshire.sch.uk</a>	Points earned from activities	
	Day	Month	Year	Day	Month	Year	10 points	20 points	My score	Max score
1										50
2										50
3										50
4										70
5										70
6										50
7										50
8										50
9										50
10										110
11										50
12										60
13										50
14										80
15										150
16										50
17										50
18										50
19										70
20										50
21										70
22										50
23										90
24										130
25										50
Total	Number of activities completed:						Number of pictures sent to <a href="mailto:office@sws.cheshire.sch.uk">office@sws.cheshire.sch.uk</a> :		Total	Max total
										1,650



# SIR WILLIAM STANIER YEARS 7 TO 9 CHALLENGE MAT

<p>1. Write and perform a song called 'Isolation'.</p>  <p><b>CLICK HERE!</b></p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>	<p>2. Create a board game and play it with your family.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>3. Start a diary of your time at home.</p>  <p><b>CLICK HERE!</b></p> <p>30 points</p>	<p>4. Design a quiz on the topics you learn each day and test the adults on it.</p>  <p>10 points</p>	<p>5. Master 10 spellings that you always struggle with.</p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>
<p>6. Practise and memorise three different times tables that you struggle with.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>7. Complete a Joe Wicks workout each day with your family.</p>  <p><b>CLICK HERE!</b></p> <p>100 points</p>	<p>8. Download Duolingo on your phone and try to get a 50-day streak in the language you learn at school.</p>  <p><b>CLICK HERE!</b></p>  <p><b>CLICK HERE!</b></p> <p>70 points</p>	<p>9. Draw a family portrait to hang on a wall in your house.</p>  <p><b>CLICK HERE!</b></p> <p>50 points</p>	<p>10. Go bird watching in the garden, see if you can see more than 5 different types of bird.</p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>
<p>11. Cook a meal once a week at home. Try to make the meal different each time.</p>  <p><b>CLICK HERE!</b></p>  <p><b>CLICK HERE!</b></p> <p>70 points</p>	<p>12. Read a book from start to finish.</p>  <p><b>CLICK HERE!</b></p> <p>50 points</p>	<p>13. Have a 'rid-out' of things from your room that you can give away to charity.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>14. Learn calligraphy from Youtube.</p>  <p><b>CLICK HERE!</b></p>  <p><b>CLICK HERE!</b></p> <p>30 points</p>	<p>15. Once a week, teach an adult something from school. You become the teacher and they become the student.</p>  <p><b>CLICK HERE!</b></p> <p>50 points</p>
<p>16. Learn to knit or sew.</p>  <p><b>CLICK HERE!</b></p>  <p><b>CLICK HERE!</b></p> <p>30 points (60 points for both)</p>	<p>17. Try to complete 10 keepy uppies in your garden.</p>  <p><b>CLICK HERE!</b></p> <p>40 points</p>	<p>18. Download Zoom and chat with your friends.</p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>	<p>19. Write a poem about your garden.</p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>	<p>20. Learn to say "Hello, how are you" and "nice to see you, good bye" in 5 languages.</p>  <p><b>CLICK HERE!</b></p>  <p><b>CLICK HERE!</b></p> <p>50 points</p>
<p>21. Create a comic strip about your 'typical day'.</p>  <p><b>CLICK HERE!</b></p> <p>40 points</p>	<p>22. Learn the names of the different cloud types and identify them once a week.</p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>	<p>23. Learn three to ten yoga poses and teach them to an adult at home.</p>  <p><b>CLICK HERE!</b></p> <p>10 points for each pose</p>	<p>24. Make a 'fast food' meal from ingredients at home eg – burger and French fries.</p>  <p><b>CLICK HERE!</b></p> <p>10 points per recipe</p>	<p>25. Try a new piece of fruit or veg that you have never had before.</p>  <p><b>CLICK HERE!</b></p> <p>10 points per piece of fruit</p>














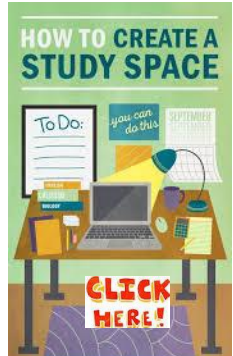











# SIR WILLIAM STANIER YEARS 7 TO 9 CHALLENGE MAT



Activity	Date started the activity			Date that the activity was fully completed			Placed in my work folder	Picture sent to ks3@sws.cheshire.sch.uk	Points earned from activities		
	Day	Month	Year	Day	Month	Year	10 points	20 points	My score	Max score	
1										40	
2										50	
3										60	
4										40	
5										40	
6										60	
7										130	
8										100	
9										80	
10										40	
11										100	
12										80	
13										50	
14										60	
15										80	
16										90	
17										70	
18										40	
19										40	
20										80	
21										70	
22										40	
23										130	
24										280	
25										330	
Total	Number of activities completed:						Number of pictures sent to <a href="mailto:ks3@sws.cheshire.sch.uk">ks3@sws.cheshire.sch.uk</a> :		Total	Max total	2,180



# SIR WILLIAM STANIER YEAR 10 TO 11 CHALLENGE MAT

<p>26. Write a letter to Leighton Hospital thanking them for their lifesaving work.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>27. Read through The Universities guide. See if one catches your interest.</p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>	<p>28. Start a diary of your time at home.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>29. Help an adult maintain the garden or clean the car.</p>  <p><b>CLICK HERE!</b></p> <p>30 points</p>	<p>30. Master 10 spellings that you always struggle with.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>
<p>31. Practise and memorise three different times tables that you struggle with.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>32. Complete a 3-5km jog per week, improving your time each week.</p>  <p><b>CLICK HERE!</b></p> <p>100 points</p>	<p>33. Download Duolingo on your phone and try to get a 50-day streak in the language you learn at school.</p>  <p><b>CLICK HERE!</b></p> <p>70 points</p>	<p>34. Learn how to make three Origami animals.</p>  <p><b>CLICK HERE!</b></p> <p>30 points</p>	<p>35. Watch a Ted talk on Youtube.</p>  <p><b>CLICK HERE!</b></p> <p>10 points</p>
<p>36. Cook a meal from scratch once a week at home. Try to make the meal different each time.</p>  <p><b>CLICK HERE!</b></p> <p>70 points</p>	<p>37. Read a book from start to finish.</p>  <p><b>CLICK HERE!</b></p> <p>50 points</p>	<p>38. Have a fashion show with all of your clothes, make a pile of clothes to give to charity that you no longer want.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>39. Tidy your room and create a study space that is very organised.</p>  <p><b>CLICK HERE!</b></p> <p>30 points</p>	<p>40. Listen to a free podcast or an audiobook on Spotify.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>
<p>41. Make a memory box of your life so far.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>42. Try to complete 10 keepy uppies in your garden.</p>  <p><b>CLICK HERE!</b></p> <p>40 points</p>	<p>43. Download Zoom and chat with your friends.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>44. Create a jar of plans or activities to do after 'stay at home' is over.</p>  <p><b>CLICK HERE!</b></p> <p>20 points</p>	<p>45. Learn to say "Hello, how are you" and "nice to see you, good bye" in 5 languages.</p>  <p><b>CLICK HERE!</b></p> <p>50 points</p>
<p>46. Learn how to meditate or complete breathing exercises to improve your mindfulness.</p>  <p><b>CLICK HERE!</b></p> <p>40 points</p>	<p>47. Create a 'personal statement' to help with college and apprenticeship applications.</p>  <p>20 points</p>	<p>48. Learn three yoga poses and teach them to an adult at home.</p>  <p><b>CLICK HERE!</b></p> <p>10 points per pose</p>	<p>49. Learn how to draw a face.</p>  <p><b>CLICK HERE!</b></p> <p>40 points</p>	<p>50. Try a new piece of fruit or veg that you have never had before.</p>  <p><b>CLICK HERE!</b></p> <p>20 points per piece</p>

# SIR WILLIAM STANIER YEAR 10 TO 11 CHALLENGE MAT



Activity	Date started the activity			Date that the activity was fully completed			Placed in my work folder	Picture sent to ks4@sws.cheshire.sch.uk	Points earned from activities	
	Day	Month	Year	Day	Month	Year	10 points	20 points	My score	Max score
1										50
2										40
3										60
4										60
5										50
6										50
7										130
8										100
9										60
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18										50
19										50
20										80
21										70
22										50
23										60
24										70
25										330
Total	Number of activities completed:						Number of pictures sent to <a href="mailto:ks4@sws.cheshire.sch.uk">ks4@sws.cheshire.sch.uk</a> :		Total	Max total
										1,860