

THE GREYHOUND



NOTICES

Half Term Dates
15th Feb – 19th Feb
Return on WEEK 2

After half term, Tuesday's form sessions will be a 'live lesson' you must attend with your form tutor. Your attendance at this will be logged, so you must be there every week!

5 HEALTHY HOME LEARNING TIPS

- 1 MOVE EVERY HOUR**
 Every hour, or in between lessons, try and move around. You could walk a couple of laps around your house, or just jog on the spot for a couple of minutes!
 
- 2 USE THE 20-20-20 RULE**
 Every 20 minutes, look at something 20 feet away for 20 seconds. This will help prevent eye strain.
 
- 3 KEEP HYDRATED**
 Our brain is made up of about 80% water. Try to drink about 4-5 big glasses of water a day.
 
- 4 KEEP IN TOUCH**
 In your break times, make sure you keep in contact with friends and family, just like you would do at school. This is really important for keeping our minds happy and healthy!
 
- 5 SLEEP WELL**
 The quality of our sleep is one of the most important factors in how well our brain and body work. Try and get at least 8 hours of sleep a night.
 

Half-term Challenge!

If you didn't get around to the P.E challenges, take a look in your P.E team's folders. Why not get the whole family involved? If you have already had a go, try and beat your best score!

Mr Scott, Miss Usefina, Mr Edwards, Miss Gunn, Mrs Parker, Mr Galbraith, Mrs Williamson, Mr Coggan

Alderbrook PE Department's @ Home Challenges

MRS MILLER'S PANCAKE RECIPE!

1 teaspoon of oil or tsp of butter to fry each pancake

For the batter:

125g plain flour
Pinch of salt
1 egg
300ml semi-skimmed milk

Method

- 1) Tip flour into a bowl with salt.
- 2) Crack egg into flour and mix together.
- 3) Add milk to mixture while whisking.
- 4) Heat oil/butter in frying pan.
- 5) Pour mixture into the centre and cook for 2-3 minutes. Flip the pancake and cook on the other side for 1 minute.
- 6) Repeat this until your mixture is finished.
- 7) Serve with your choice of toppings.



**TUESDAY
16TH FEB!**

WHAT ARE ALDERBROOKS FAVOURITE PANCAKE TOPPINGS? FILL IN THIS FORM AND LET US KNOW!

[CLICK HERE](#)

REMEMBER, if you need help, please ask for it. We are here to support you. Below, is a mindful activity which you can try over the half term.

ANAGRAMS #1

Unscramble these words. Theme: Mindfulness.

| | |
|-------------|--|
| aid menotti | |
| ace pe | |
| specter | |
| den sinks | |
| dim flun | |
| bale can | |
| deity nit | |
| ions spa | |
| cavity tire | |
| al cm | |
| aid gutter | |
| apiece part | |

TIPS

For some of you, this is a useful tool that appears in Microsoft documents. This icon allows the document to be read to you. This may help you understand your work more clearly.



HOW TO SET UP YOUR WORKSPACE

- 1 SIT BACK**
 Make sure you sit back against your chair, not hunched forwards. Use a pillow to support your lower back if necessary.
- 2 MONITOR**
 The top of your screen should be at eye level. You might want to use books or a stand to raise the height.
- 3 SCREEN**
 Your screen should be about an arms length away. Too close or too far away could cause eye strain.
- 4 DESK**
 If possible, your desk should be at elbow height. If your desk is too high, raise yourself up on your chair with a pillow.
- 5 MONITOR ANGLE**
 Tilt your screen up slightly so that you don't strain your neck.

RIDDLE ME THIS...

What 5 letter word, typed in all capital letters can be read the same upside down?

A BIG well done to all year groups for this half term. Enjoy your break!

LEARNING ON YOUR PHONE?

- Try and keep your phone at eye level as much as possible. Avoid looking down for long periods of time.
 - Stretch your wrists and fingers regularly.
 - When watching a lesson, try and prop your phone up on something so that you don't have to hold it.
-