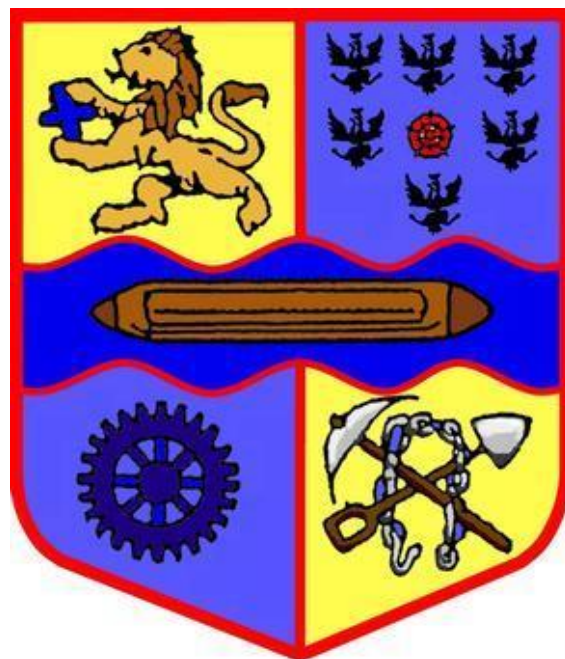


Haslingden High School

Homework Booklet 1



Name:.....

Form:.....

Form Tutor:.....

House:.....

This is your first homework booklet at Haslingden High School. You will usually get a booklet each week to complete. This booklet will need to be handed in to your Form Tutor. Other booklets will be handed in to your subject teachers. All homework will be posted on Edulink. If you are struggling with any part of your homework it is important that you ask your teacher for help.

Task 1

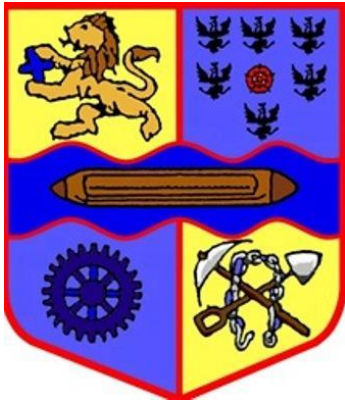
The last year has been tough for us all. Your final year in primary school has undoubtedly been disrupted due to Covid 19. The time when you move from primary to secondary school can make you both excited and nervous at the same time. This has perhaps been made harder by having to stay at home more due to the Covid 19 pandemic. Look at the chart below. Filling it in should help you think about the last few months, both positives and negatives, and give you the chance to ask any questions that you might have about starting school at Haslingden High.

<p>What things have you found difficult or challenging since Covid 19 started to affect our daily lives?</p>	<p>What positives or good things have happened to you over the last eighteen months or so?</p>
<p>What questions do you still have about the Covid 19 pandemic?</p>	<p>What questions do you have about starting school at Haslingden High?</p>

Task 2

Our school is a fantastic community. A community is a group of people with shared aims or goals. Every individual in our community is important and valued equally. Look at our school badge below. It is an important symbol of our community. Research the meaning behind each part of our school badge and explain how it links us as a school, to our wider community. Use the link below to research the symbolism of the badge.

<https://haslingdenhigh.com/2014/10/01/our-badge-is-a-living-history-lesson/>



The blue stripe across the middle symbolises

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The shuttle (tool designed to hold thread or yarn) in the middle of the blue stripe symbolises

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The pick axe, shovel and chain symbolise.....

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The cog symbolise

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The six eagles symbolise

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The red rose symbolises

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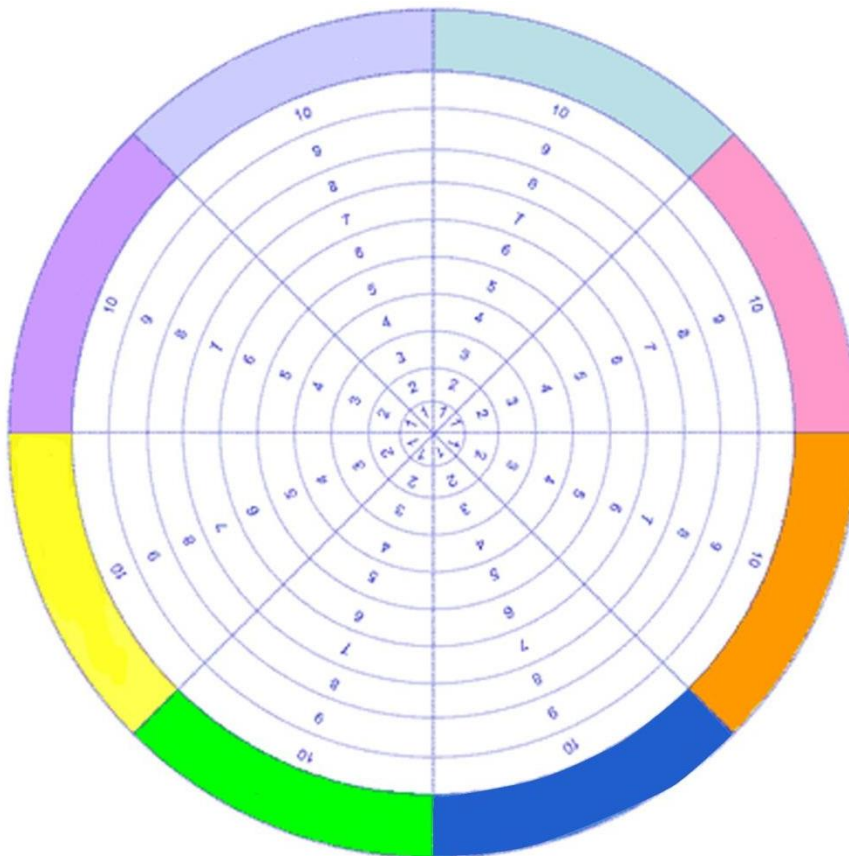
The lion symbolises.....

.....
.....

Task 3

Our school motto is 'Achievement for all'. As a school, we want each and every student to achieve their goals in life. At the beginning of your time at Haslingden High it is useful to take some time to think about what things are important to you and how you might improve in areas which you find more challenging. Complete the wheel and target setting below:

1. Think of 8 things that are important in your life e.g., friends, family, sport, schoolwork, hobbies...
2. Label each section with your 8 categories
3. Shade in your section e.g. 10/10 would be fantastic, 1/10 would mean you are not happy with that category
4. Have a look at your wheel, are there any areas you want to improve. How will you do that?



Targets – Set yourself at least two targets below to help you develop over the coming months in the areas you have highlighted as needing some attention.

- 1.
- 2.

Task 4

Look up the meaning of the word **respect** in the dictionary. Write the meaning below:

Respect:

.....

At Haslingden, respect lies at the heart of everything we do. Respect covers a number of areas linked to school life, how we treat other people, our school and ourselves.

For each of the four expectations mentioned, explain why it is important and how you can show you are following that expectation:

1. Speak and behave respectfully to staff

2. Respect your learning and the learning of others

3. Respect the school environment

4. Respect the wider community

Task 5

You may have started Haslingden High School with a number of your friends from primary school. However, starting a new school is a great opportunity to meet new people and make new friendships that could last a lifetime. You may not get along with everyone that you meet, however it is important to show all people kindness and respect.

Look at the words and phrases below. Pick three that you think are really important if you are to be a good friend and explain why you think they are important.

Honesty	Thoughtfulness	Having things in common	Being reliable and not letting you down	Being positive about what can be achieved
Kindness	Ability to listen	Good sense of humour	Confidence	Fun to be around

1.

2.

3.

Look at the situations below where people may not be being a good friend or showing respect to others. For each one explain clearly why behaving in this way is unacceptable and how you might deal with it if you see people behaving in this way.

Behaviour	Why it is unacceptable to behave in this way? How might you deal with this situation if you saw it or experienced it?
Whilst in the lunch queue, someone deliberately trips up another student who is walking past.	


<p>One student pushes another at break time as the other student took their tie.</p>	
<p>One student has become the focus of gossip and others keep talking about them behind their back. The group keep looking over and laughing at this student.</p>	
<p>A new student has started our school without knowing anyone else. After initially being friends with them your friendship group has now started to deliberately ignore them and leave them out of conversations as one of your friends doesn't like them.</p>	
<p>Some of your friends have been using both racist and sexist language on social media.</p>	
<p>There is a spare seat at your table at lunch. A student asks if they can sit there. They are told that the seat has been reserved for someone else in the queue so they can't sit there. They spend lunch alone.</p>	

Task 6

Staying happy and healthy is really important. Looking after both our physical and mental wellbeing means we can make the most of our time in school and enjoy all aspects of our daily lives. However, keeping everything in balance isn't always easy. It is important that we take regular opportunities to reflect on how we are feeling and manage our feelings and emotions successfully. **Click on the Mindfulness App on your iPad and go to the section 'Homework Booklet' to give these a try.**

What is mindfulness?

It just means paying attention to what is happening, while it's happening, without judging our experience as we find it. You can be mindful sitting or lying down, but also when you're moving or even eating! Here's some ideas, why not give them a try!

<p style="text-align: center;">.b</p> <p style="text-align: center;">Stop Breathe Be</p>	 <p style="text-align: center;">Mind Full, or Mindful?</p>
<p>Doing a .b is really easy!</p> <ol style="list-style-type: none"> 1. Stop whatever you're doing and sit up straight 2. Drop your attention into your feet and take a few deep breaths 3. Notice how you feel and just be! You can close your eyes if it helps. 	<p>What do you think is happening in this picture? Being mindful could be described as being present, with whatever is happening. You can use all your senses to really experience the present moment fully, like the dog!</p>
<p style="text-align: center;">7/11</p>	<p style="text-align: center;">Mindful eating</p>
<ol style="list-style-type: none"> 1. Sit up straight, close your eyes and take a few deep breaths 2. As you breathe in, silently count up to 7 3. As you exhale, silently count up to 11 <p>Make the numbers fit the natural speed of your breath.</p> <ol style="list-style-type: none"> 4. Repeat this for 1-2 minutes and notice how you feel afterwards. It can help slow down your breathing and heart rate. 	<p>Next time you eat or drink something, can you be fully present with your experience?</p> <p>Slow down the process and notice each mouthful more. Try eating a meal without distractions - put your phone away, turn the TV off.</p> <p>Enjoy and savour the experience of eating.</p>
<p style="text-align: center;">Feet On Floor Bum On Chair</p>	<p style="text-align: center;">Count your breaths</p>
<p>The "Fofboc" practice is really relaxing and can help you to fall asleep. Simply sit or lie in a comfortable position and drop your attention into the lower half of your body.</p> <p>Take your attention to your breathing and feel your stomach or chest gently rising and falling. Keep your attention here and just bring it back every time your mind wanders off.</p>	<p>This is a nice easy practice you can do with your eyes open or closed any time you feel a bit stressed or anxious.</p> <p>Simply count 1 as you slowly inhale and exhale, then 2 as you take another breath in and out.</p> <p>Keep going up to 10 - if you lose count just start from 1 again!</p>

Want to learn more?

Click on the Mindfulness link on your iPad to listen to a recording
 Download the app MyLife Meditation
 Follow @mindfu_HHS on Twitter

Task 7

The Importance of Sleep



Sleep Facts – Read the following:

A good night's sleep has a positive impact on the brain and body, improving performance and productivity. (You do things better and can do more if you are not tired)

It is recommended not to use any screen technology at least one hour before bed.

11-16 year olds are recommended to get 8-10 hours sleep each night

When it is dark, our bodies produce a hormone called melatonin which tells our bodies it is time to sleep. Screen time can disrupt the production of this hormone.

Physical activity during the day improves your sleep.

Sleep or lack of it affects your physical appearance as well as your mood, mental health and your memory.

On a scale of 1-5 (1 being excellent and 5 being very poor) rate your average night's sleep. Circle one of the numbers below:

Rating: 1 2 3 4 5

Explain in the space below why you have selected the number you have. Consider things such as hours slept on an average night, sleeping environment and use of technology etc. If you sleep well, why do you think that is? If you sleep poorly, why do you think that is?

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Are you getting enough sleep?

All people have slightly different sleep requirements. It is often easy to just keep going even if tired, especially if there are lots of distractions. Choose one day during the week to carry out a sleep survey with those you live with. You do not have to fill all columns 1-4 as it will depend upon how many people live with you. Complete the following sections.

	Me	Person 1	Person 2	Person 3	Person 4
Age					
Time you went to bed					
Time you actually went to sleep					
Did you wake up in the night? Why do you think that was?					
Time you got up?					
Total hours sleep					
How many electronic gadgets or other distractions are there in your bedroom?					

Look back at your original sleep rating. Are you really getting enough sleep? Is your sleep environment as good as it could be? If yes, well done! If not, what improvements could you make? Mindfulness activities such as the ones above, can also help improve sleep quality.

Task 8

Rose, Thorn & Bud (Mindful Reflection)



Starting a new school is both exciting and challenging. Now you have spent some time with us, it is important to reflect on how your first few days have gone. Please complete the three sections below:

Rose – Highlight a success or something positive that has happened.

Thorn – A challenge you experienced, or something you would like more support with.

Bud – New ideas or something you are looking forward to learning or doing at school.

Random Acts of Kindness



As a school, we are rightly proud of the many acts of kindness that our students carry out. No matter how small an act, showing kindness to other people or animals is incredibly important. We want our students to be compassionate and thoughtful in all aspects of their lives, both in and outside of school. The following suggestions for random acts of kindness should not be viewed as a checklist but rather as ideas by which you

might be able to make someone's day. Try to carry out some of the actions below if you can or any other act of kindness that you can think of.

In School Kindness	Out of School Kindness
<ul style="list-style-type: none"> ● Smile at everyone you see today and brighten up their day ● Write a kind message for someone in school or send them a kind e mail ● Write a positive message to someone who is feeling down to cheer them up ● As a form or a group of friends, make a card with a kind and positive message in it and send to a person who would really appreciate it ● Surprise someone you know with a treat such as a small chocolate bar or a cake ● Give a compliment to a teacher or friend to make them smile 	<ul style="list-style-type: none"> ● Offer to help a friend or family member with a job that needs doing ● Donate some clothes or toys to a charity shop ● Donate some food to a local foodbank ● Offer to take the bins out at home or for a neighbour ● Give a compliment to a family member to make them smile ● Turn off your mobile phone and spend time with your family ● Offer to help make dinner or do the washing up ● Clean and tidy your room without being asked ● Sort the recycling

<ul style="list-style-type: none">● Make sure you always say thank you to people who help you eg dinner ladies, teachers or bus drivers● Pick up a piece of litter in school and bin it – keep our school clean● Help a teacher carry their books or offer to do a job for them● Hold doors open for others● Help a friend with their classwork or homework● Introduce yourself to someone new at school and chat with them	<ul style="list-style-type: none">● Make a homemade gift for someone● Ring grandparents or other relatives you may not have spoken to in a while to say hello and tell them about what you have been doing at school● Support a small local business eg café or shop● Have a no complaining or moaning day
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