

Year 11 Bulletin

Monday 18th May



Registered Charity
No. England 801130
Scotland SC 039714



**MENTAL
HEALTH
AWARENESS
WEEK**

18-24 MAY 2020

#KindnessMatters

@MentalHealthFoundation
 @MentalHealth @MentalHealthFoundation

KINDNESS

Mental Health Awareness Week



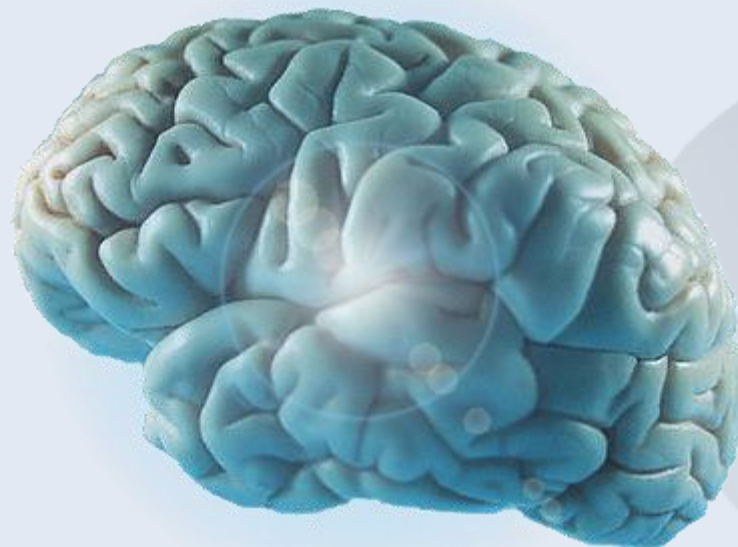
<https://bit.ly/2z6TRO9>

People who are kind and compassionate see clear benefits to their wellbeing and happiness. They may even live longer. Kindness can also help reduce stress and improve our emotional wellbeing.



Mental Health Awareness Week

There is some evidence to suggest that when we help others, it can promote changes in the brain that are linked with happiness.



Mental Health Awareness Week

The benefits of helping others can last long after the act itself, for those offering kindness, and those who benefit. This, in turn, can improve our self-esteem



Kindness during the coronavirus outbreak



Kindness during the coronavirus outbreak



Send a motivational
text to a
friend who
is struggling



Kindness during the coronavirus outbreak



Send someone
you know a
picture of a
cute animal



Kindness during the coronavirus outbreak



Arrange to watch a film
at the same time as a
friend and video call



Kindness during the coronavirus outbreak



Reach out to call a friend, family member or neighbour who is experiencing loneliness or isolation



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Kindness during the coronavirus outbreak

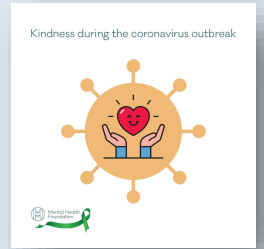


Arrange a cup
of tea and
virtual catch
up with
someone
you know



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Other Ideas...



Call a friend that you haven't spoken to for a while

Tell a family member how much you love and appreciate them

Make a cup of tea for someone you live with

Help with a household chore at home

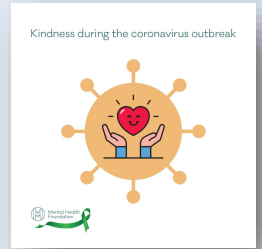
Tell someone you know that you are proud of them

Tell someone you know why you are thankful for them

Send a motivational text to a friend who is struggling

Send someone you know a joke to cheer them up

Other Ideas...



Send someone you know a picture of a cute animal

Send an inspirational quote to a friend

Send an interesting article to a friend

Contact someone you haven't seen in a while and arrange a phone catch up

Spend time playing with your pet

Donate to a charity

Arrange to have a video lunch with a friend

Offer support to vulnerable neighbours

Y11 BOOK CLUB



**Have you been using lockdown as a chance to read more books?
Would you like to read more but don't know where to start?**

Ms Geary would like to start a book club for year 11s who enjoy reading, where we share reviews and opinions and encourage each other to read more.

If you would like to be involved, email lgeary@nottinghamacademy.org, including the following details about your book:

Title and Author
Genre

A short summary (no spoilers!)
A rating out of 5 stars

It doesn't have to be a book you have recently read, perhaps one you have read many times in the past or your favourite book.

Ms Geary will then make us a Book Club Team where we can share any new books we read throughout the next few weeks.

Leavers' Hoodies

Friday Deadline

<https://www.leavershoodies.com/shop/nottingham-academy-2020>

Order yourself

£21.99



CHILD SIZES

All colours are available in adult sizes, only colours in shaded area are available in child sizes

WORD OF THE WEEK

ACADEMIC LANGUAGE

CONTROVERSY



contra- (Latin: against)



vertere (Latin: to turn)

NOUN:

Prolonged public disagreement
or heated discussion

plural noun: controversies

SYNONYMS:

disagreement, argument,
debate, altercation

Who would use this
word? Politician, Historian,
Geographer, Councillor,
Philosopher

ANTONYMS:

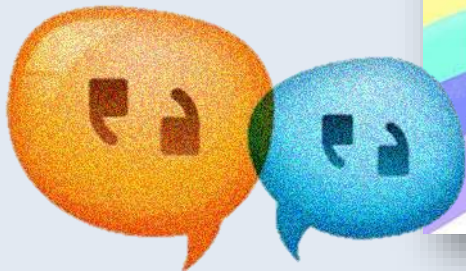
agreement, accord

HISTORY: "His personal
character has been the
subject of unceasing
controversy."

POLITICS: "The MP
refused to be drawn
into the political
controversy."

ARCHITECTURE: "The
design of the building
has caused controversy"

Quote of the Week



Staff Contact

Year 11 Team

Ms Goldby – tgoldby@nottinghamacademy.org

Ms Geary – lgeary@nottinghamcademy.org

Ms Smikle – ismikle@nottinghamacademy.org

Feel free to send us an email if you have a query.
Try to show good email etiquette!