

Educake online homework update

An excellent start to the use of Educake online homework. We have now achieved over 233,000 questions completed, with over 60% of these questions answered correctly.

Geography has completed the most questions at 63,974 and English with the highest correct percentage at 66.2%. Well done to all the pupils and keep up the hard work.

Any problems please email on homeworkhha@midlandat.co.uk

Truancy

We expect all pupils to arrive on time, attend all lessons, remain in lessons and ensure the focus is on learning and progress every minute of every lesson, every day. *HART Learning* begins with a *Strong Start* to the lesson. A pupil is late for a lesson if the teacher has taken the register. Pupils who truant will be supported to attend lessons through the use of a *Truancy Report* and recording on Class Charts.

Week beginning 21st November This week in History....



22nd November 1963 US President John F. Kennedy was shot dead in Dallas.

An event which shook the world and has created many conspiracy theories.



Our HART values help us to Be Kind, Work Hard and Achieve

House Competitions

Here are this week's current standings for our inter House competition. Congratulations to the Drayton Deer's who are on an amazing 4307 points!



Whole School Total	4271 points	4307 points	3887 points	4231 points
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RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Bouncing Back

When a bouncy ball reaches the floor it bounces back! A word we often use for being able to 'emotionally' bounce back is 'resilience'. Resilience it's our ability to bounce back (keep going) after tough times.

Some people just seem to bounce back right away, but the truth is none of us are born with or without an ability to bounce back, but the good news is it is a skill we can learn!

Tips for bouncing back:

- Spend quality time with family and friends, perhaps try a new activity which everyone can enjoy.
- Take deep breaths and count to ten
- Write or draw a list of all the people that care about you.
- Listen to your favourite music playlist.
- Eat well, drink enough water, and get enough sleep and rest
- Do some exercises you enjoy
- Think of all the positives you have in your life

**Movember -
Men's Health
Awareness
Month**

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: cwptr.thankskids@nhs.net and we'll do the rest!!

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.