

King Egbert School



Inspirational quote of the week by OG Mandino;

"Failure will never overtake me if my determination to succeed is strong enough".

Health and Wellbeing

Bulletin

Week 3



Change it up this week, if you are working from home!

If it is possible, move your work space to a different part of the house. A different outlook/ environment might inspire new ideas and a different approach. Try it!



Can you achieve these 5 things this week?

1. Set up a new lockdown playlist of songs that put you in a good mood
2. Offer to clean the car or another room in the house that isn't your won bedroom.
3. Write a letter or call a family relative you haven't seen in a while.
4. Extra work—select a subject of your choice and do some additional work/ research and send it to your teacher.
5. Keep in touch wit your form tutor! Drop them a message to say hi and ask then how they are?

7 minute workout

Give it a go!

<https://www.youtube.com/watch?v=8MD3FQBxjeo>



Please remember that your teachers are available . Please do get in touch with them by sending them a message. There is no need for you to worry . We are ready and here to help you!

If you have achieved or had a go at any of the things on this bulletin, please do e-mail a brief write up or photo to your head of house. Atlas (jcooke@ecgbert.sheffield.sch.uk), Crucible (Lbailey@ecgbert.sheffield.sch.uk), Henderson (abarker@ecgbert.sheffield.sch.uk), Kelham (cexton@ecgbert.sheffield.sch.uk), Steel (SDabbs@ecgbert.sheffield.sch.uk)