



Top Tip:

If you haven't yet watched it, click [here](#) to see local vascular surgeon Barney Green's message to parents and students about the importance of social distancing, and the role that we all have to play in stopping the spread of the virus.

Word of the week	Elaboration - an elaboration is a statement that adds more information
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Riddle of the week	It's shorter than the rest, but when you're happy, you raise it up like it's the best. What is it?
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App of the week	Apps such as Colorfly and Color Therapy are great if you're looking for something to do to relax. You can create some amazing artwork to impress your family and friends, and feel totally chilled out in the process!
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Remember that we have access to the online newspaper [The Day](#) so that you can keep up to date and engaged with the news. The Day are also currently offering The Day At Home, a daily newsletter aimed at families living and working together during lockdown. To sign up for this great resource, follow the link [here](#).

Department	What great ideas do they have?
PE	<ol style="list-style-type: none"> 1. The Athletics Season: using an appropriate app e.g. strava/fitbit, why not plan/walk/cycle a safe route which is equal to 800m/1500m. You could then run this route to get an indication of the time that it takes you to complete it. Always check with parents that they are happy for you to do this. Top tips: avoid roads and try to stay on flat ground. 2. This week is National Sports Week (20th-26th June) and it is supported by Sky Sports and run by the Youth Sport Trust. This link will allow your parents to register in the parent/carer register section. Once registered, you will receive further information and various activities to participate in at home. No excuses! 3. Here are some fantastic and easy to do workouts provided by our wonderful NHS during the COVID crisis.
Philosophy and ethics	<ol style="list-style-type: none"> 1. With this A to Z Religious Beliefs, explore the many aspects of different beliefs and investigate ultimate questions. 2. What's the meaning of life? Have your say on a variety of ethical questions and read through other students' views. 3. A is for Atheism. what does it mean to be an atheist and what links does it have to Humanism?
History	<ol style="list-style-type: none"> 1. Hands on history: get creative by making your own historical props. Try some ideas from English Heritage for projects to make: 2. Enter this competition by devising your own historical investigation and writing it up. 3. Become a spy with this WWII D-Day themed game from the BBC:

Getting through this time is about everybody doing their bit. Why not email your suggestions for future bulletins to Mrs Fox (l.fox@stokesleyschool.org) and then next week everyone can be doing it!