

#Hazel Wood Way



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RESPECT

RESPONSIBILITY

ASPIRATION



Good Morning

Welcome to the first newsletter from Hazel Wood High during the close down of our school, during this difficult time for us all.

Through this newsletter, which we will update on the website regularly, we can inform our pupils and families of any information we feel is important to share, ideas for learning at home and some links to interesting, fun activities that can be safely completed at home.

Our school website, as you know, is full of work for all year groups and anyone without internet access should have collected a work pack from school. These are still available for collection – please phone us and organise if you still need to. **Lunchtime grab bags have been available daily and we will soon have a voucher system for Free School Meals pupils to use at a local store – watch this space!**

Regular exercise at home is important – here are three ideas for today.

Gentle start to exercise – any time of day.

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

Challenging routine 30-minute workout

<https://www.youtube.com/watch?v=q20pLhdoEoY>

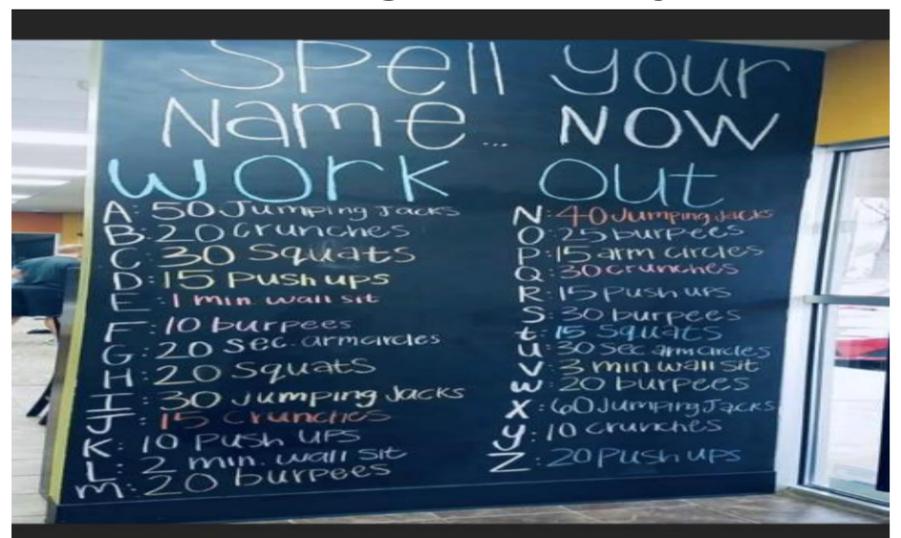
Daily workout each morning at 9am with Jo Wicks



Or ...Make your own work out, based on your name using this chalk board idea.

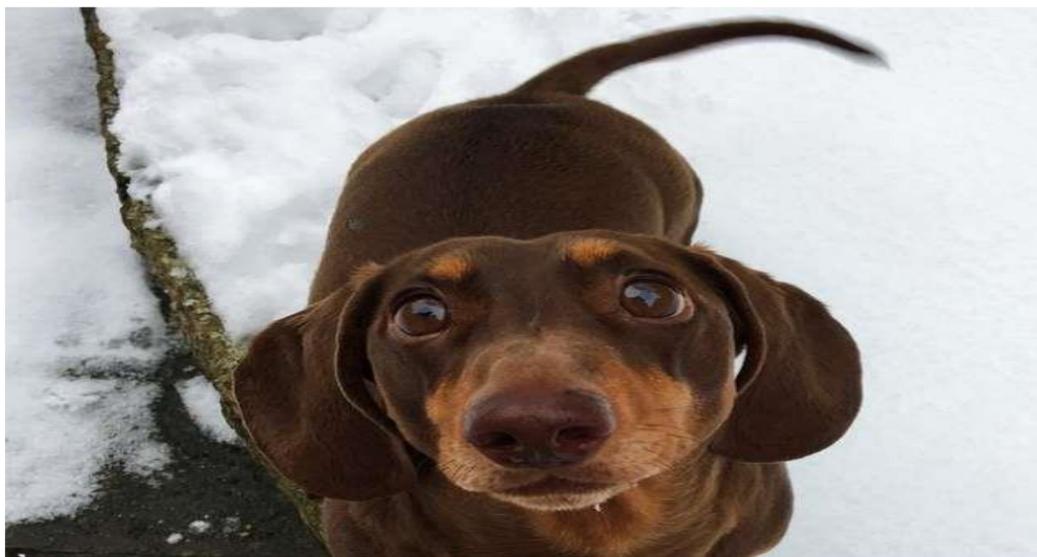
First name at the start of your workout and then add your Surname when you need to really challenge yourself!

Or use the letters from the day of the week!



FOR THOSE WHO LOVE TO COLUR OR DOODLE – TRY THIS OR MAKE YOUR OWN.





DOG SO HAPPY HUMANS ARE ALWAYS AT HOME SPRAINS HIS TAIL FROM 'EXCESSIVE WAGGING'



Every day we will recommend one song for you to listen to – Yesterday it was **PROUD** – because we are so proud of you all!

Today its - We're All in this Together – High School Musical
https://www.youtube.com/watch?v=DykVJl6wr_4

If you would like to recommend a tune / film clip for this part of the newsletter – email school enquiries for the attention of Mrs. Holden

Personal Safety

As usual at Hazel Wood we are always looking to make sure you are safe and that you have someone to talk to if you have an issue.

Please be aware that for families who have children who we already work with on an individual basis a member of staff will call regularly to check on their health and well-being, and this has already started. Pupils who have a concern can contact us using the enquiry email or phone number from this newsletter.

Alternatively, there are national organisations young people can turn to when needed. However, if in doubt at any time call 999.



Social distancing and working from home may feel like an inconvenience for most humans but it's the best possible news for dogs.

Rather than go through the heartbreak of watching you leave the house every day, the doggos now have permanent working, playing and napping partners.

The excitement proved too much to handle for little Rolo the Dachshund, who was so delighted his owners chose to quarantine with him during the coronavirus crisis that he sprained his tail from wagging it so much.

His owner, Emma Smith, became concerned after noticing the sausage dog's tail had 'stopped working'.

She wrote on Twitter : "**So my dog has been so happy that everyone is home for quarantine, that his tail has stopped working, so we went to the vet and the vet said 'he had sprained his tail from excessively wagging it'.**"



HOME SAFETY ADVICE, INFORMATION & RESOURCES

Every year in the UK 2.7 million turn up at accident and emergency departments seeking treatment. As we are all at home more at the moment here is a great website for families to visit over the next few days and just make sure you, and your loved ones are safe at home.

<https://www.rospa.com/Home-Safety>



#HAZEL WOOD WAY FAMILY NEWSLETTER

