

#Hazel Wood Way



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RESPECT

RESPONSIBILITY

ASPIRATION



Good Morning

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 this if you still need to. A **BIG** thank you to the school staff who are working in school, or at home, every day organising this work and support, including supervision for Key Worker families.

Lunchtime grab bags have been available daily – call school and order yours for today. We will soon have a voucher system for our Free School Meals pupils in place, so watch this space for more details, hopefully tomorrow it will be complete.

If you are eligible for the vouchers you will be contacted by WONDE and will be asked to choose the shop you would like the vouchers for. They will then contact you directly with the vouchers.

No other official scheme is in place, we have alerted you previously of potential scams from groups pretending to be government initiatives for free school meals – if you are unsure please don't open these and contact school for advice.



Story Time

Every Day at 11 o'clock David Walliams will be reading a short story. It may be a time that brothers and sisters can get together and share in an activity, while an older child uses the computer, if families are sharing equipment this could be really helpful.

<https://www.worldofdavidwalliams.com/elevenses>



Morning Yoga for Beginners – a beginners 10-minute yoga session to stretch out to and help you get ready for the day ahead.

This is important as we are not allowed to leave home at the moment and can be combined with the work outs below in your daily timetable.



<https://www.youtube.com/watch?v=T41mYCmtWls>

Every day we will recommend one song for you to listen to.

Today its – Swedish House Mafia, Don't You Worry Child.

<https://www.youtube.com/watch?v=1y6smkh6c-0&list=PLhXOHPqBNAYsiwGQ6e4rxqbO0gGVfKZ2u&index=10&t=0s>

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



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 can be found at –

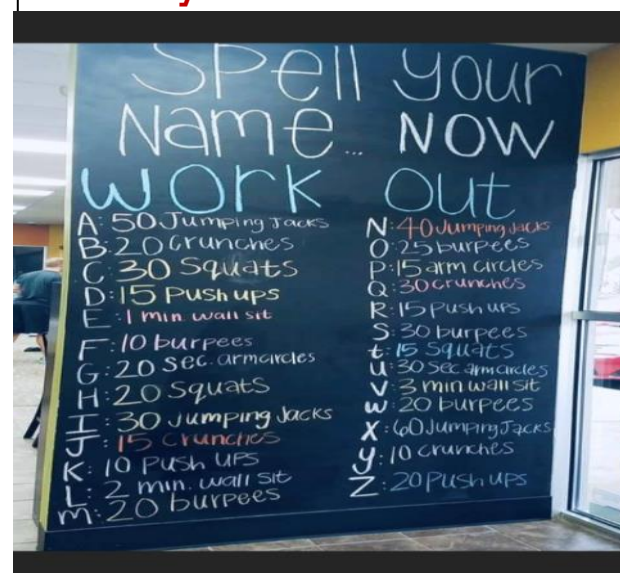
<https://m.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



Make your own workout, 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!



ON LINE SAFETY

As we work at home and learning in your house may be using the internet for lots of activities. It is important that we keep our children safe on the computer.

Please make sure everyone is safely using the internet and families monitor the sites students are using. Check the screens regularly – there is an information page below.

Advice and resources such as Thinkuknow, Safer Internet Centre and Netaware have great advice.

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.rospea.com/Home-Safety>

TOP 10 TIPS TO KEEP YOU SAFE ONLINE

- ### 1 CHECK THE URL

The URL might look okay in a message or email but might take you to a page set up to extract personal information. It is best to type a URL into a web page instead of clicking on a link.
- ### 2 OUTSMART "PHISHING" ATTEMPTS

Never provide your personal & financial information to an unsolicited email, SMS, phone call or website even if they appear to be legitimate. If you are unsure, contact the company directly to see if they sent the message.
- ### 3 ALWAYS CHECK THE SENDER'S EMAIL ADDRESS

Misspellings and other typos that could indicate that they are not the real senders.
- ### 4 LEARN TO SPOT TELL-TALE SIGNS OF A SECURE SITE

Secured sites have URLs that start with https:// and it should have a padlock icon in the browser frame. Sites that use Extended Validation (EV) SSL show a green highlight in the address bar.
- ### 5 SHOP SAFELY WITH REPUTABLE ONLINE RETAILERS AND MARKETPLACES

Online shoppers should feel empowered to do their research about the products and sellers before making a purchase. Online shoppers can learn about a retailer or a seller's reputation from referral through friends or from reviews and comments left by other shoppers found online.
- ### 6 USE A SAFE AND TRUSTED PAYMENT METHOD WHEN SHOPPING ONLINE

For additional security, choose to pay with a payment service that has programs to protect you. Beware of online merchants that only accept unusual requests such as cash-in-mail payment.
- ### 7 USE PRIVACY SETTINGS AND SHARING CONTROLS

Social media platforms offer privacy settings and controls that help you decide who can see your content before you post it. Refrain from posting personal details about family or friends private.
- ### 8 PROTECTING YOUR DEVICES

Protect your devices by locking devices and your screens. Leaving screens unlocked could result in unwanted account hacking.
- ### 9 USE A LONG, UNIQUE PASSWORD

Choose a password that is hard to guess, made up of numbers, letters and symbols for each of your important accounts like email and online banking.
- ### 10 THINK BEFORE YOU REVEAL

Think twice before you post something that could damage your reputation and that someone could use to embarrass or hurt you.

For more information, please head to <http://www.asianinternetcoalition.org/>

Year 10 – Set 1 and 2 Free lesson on line An Inspector Calls Book your place for TODAY!

Conexus Tuition
2 hrs · 🌐

Our fab FREE event tomorrow at 1pm - Book a live lesson of An Inspector Calls - Ideal for Year 10 GCSE
<https://www.eventbrite.co.uk/e/100900831102>

EVENTBRITE.CO.UK

Do you need to make a timetable to help plan your day?



There are lots of ideas on the web – or just make your own and plan how your day will look.

Build in breaks and jobs in the house, including tidying your room!

#HAZEL WOOD WAY FAMILY NEWSLETTER

MINDFULNESS COLOURING TASK – ENJOY!

