



February 5th 2021

News

This week - 1st—7th of February - sees Children's Mental Health Week take place.

This year, especially, Mental Health and general wellbeing is more important than ever. To mark the event and share ideas to help you over Lockdown, we have designated a section of our website to Mental Health and Wellbeing.

[Mental Health and Wellbeing | Small Heath Leadership Academy](#)

Our Top tips are to eat a nutritious and well-balanced diet, maintain a healthy routine, get plenty of sleep, limit screen-time, undertake regular exercise, and express any concerns you have to someone you trust.



Charity

The Year 7 and Year 9 Charity Teams have been exploring ways to spread fun and joy across Small Heath Leadership Academy, and at the same time raise money for those in need. They have been considering the effects of Lockdown and social distancing on traditional fundraising activities, using SMART goals to plan ahead for Comic Relief in March and creating written summaries of their plans for future tutorials.

Both Teams are planning two activities each. These will to be revealed soon, so keep watching this space!



Puzzle.: Rearrange the letters of
to give three European cities.

VARIABLE PRICES ON CANE

What are they?



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Leadership



Sadly, this week has seen the passing of Sir Captain Tom Moore—the 100 year old war veteran who inspired many this summer by raising £33 million for the NHS. Whilst his actions and achievements are inspirational of themselves, we might, as future leaders, take more inspiration than most.

Sir Captain Tom showed that you are never too old to lead change and make a real difference. But we must remember that one is never too young either. So, I am pleased to reveal that our Year 7 Charity Team will be taking a lead on our Masked Singer event to celebrate Comic Relief on Red Nose Day. It promises to be a memorable occasion.

Literacy

This week we are launching our new Literacy initiative: Bedrock.

Letters containing your username and password should have arrived by now and many of you will already have taken your first sessions.

Bedrock will improve your vocabulary, comprehension and general knowledge by introducing new words through a range of fiction and non-fiction passages.

Each week your Tutors and English teachers will set a Bedrock session for homework. If you want, you can also do one at the weekend.



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