

SIR WILLIAM PERKINS'S SCHOOL NEWS

EASTER EDITION PACKED FULL OF ACTIVITIES FOR A HOLIDAY AT HOME

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TAKE CARE OF YOU



THOUGHT FOR THE WEEK - CONNECTIONS IN A TIME OF CRISIS

MR C C MULLER, HEAD



It seems to me it is, perhaps, a paradox that from our current condition of self isolation, caused by COVID-19, we have been brought together.

The virus has reminded us how inter-connected we all are as a species. The fact that we can all, through contact, be exposed to the virus demonstrates all too clearly that we have a relationship with each other.

We have something in common. Regardless of position or authority (remember that the Prime Minister himself has now confirmed that he has been tested positive), this virus, indeed any virus, knows nothing of status, gender, politics, or wealth. Coronavirus has erased difference or social rank.

This pandemic is a modern crisis which follows in the wake of an ancient tradition. Our Year 11 History students will already know about diseases in history and their impact.

The globalised world has caused the virus to spread quickly and widely across the earth, at an unprecedented speed in human history. But the methods of containment, quarantine and isolation are over 1000s of years old. Indeed the very word quarantine itself is derived from the 40 day period that visitors to Venice were required to wait, moored just outside the city, to demonstrate that they did not have the Black Death. Such was life 700 years ago.

The transmission of the disease has produced the double effect of separation and connection. We seek to be separated from each other, understanding that this is the most effective way to reduce the spread; and yet we feel more connected to each in our common experience of the event itself. Our networked universe, the driver of the spread, is also our saviour – we can feel together under the shared experience.

Although we live in frightening times, I believe that we will see greater, not less human connection and social solidarity.

Yes, the virus limits us visually, as it cannot be seen. Yes the virus limits us due to the unpredictable nature of each and every day. For the moment, our certainties have gone.

But whenever calamity strikes society, we are able to see, practise and receive huge amounts of kindness from others. Our common humanity shines through. Although we may see impregnable traditions and institutions overturned and swept away, it will be the kindness of strangers that endures.

Witness the way in which people are now talking to, and looking out for, their neighbours. Witness the almost instant response to the government's call to arms to volunteer to support the NHS. Witness the way in which hundreds of thousands of people are seeking to play their part to help. To play a part is the duty for all of us.

Perhaps you feel that you can do little – but remember on butterfly morality – the small beating of one act of kindness from each and every of one us can and will lead to a tsunami of good deeds.



[@SWPSOFFICIAL](https://twitter.com/SWPSOFFICIAL)

AT HOME ACTIVITIES FOR EASTER

RESOURCES, ACTIVITIES, CHALLENGES, COMPETITIONS, HELPFUL TIPS AND MORE!

Easter is a holiday and it's so important to get creative and have some fun to ensure you stay energised. Keep in touch with us via [@SWPSOfficial](https://twitter.com/SWPSOfficial), we want to hear about what you're up to, and we'd really like to see your response to our challenges and competitions. Send us a message, forward a picture or a video - we're looking forward to the results!



EASTER PHOTO CHALLENGE

What does Easter mean to you? Take a photograph that represents Easter and upload it to our twitter feed [@SWPSOfficial](https://twitter.com/SWPSOfficial); the photographs with the most likes will be in the next Edition of the SWPS newsletter.

Get as creative as you can... we're looking forward to seeing your bunny ears, scrumptious family lunches... and lots of chocolate (probably!).



LIP SYNC CHALLENGE

'Shantay you stay'. Hairbrush microphones at the ready - for this challenge you need to pick a song and create an epic lip sync routine! Go solo and give it your best diva... or get your family involved as backing singers or in a lip sync battle!

If you want to go the whole hog, edit your videos together with your friends and create something special!

Be as creative as possible - add a dance routine, wig changes - whatever you can think of/find around the house.

Share your photos and videos with us send to acasey@swps.org.uk or post to twitter on [@SWPSOfficial](https://twitter.com/SWPSOfficial)

ISOMETRIC DRAWING

Watch Miss Blackman's [Design Technology Tutorial](#) on Isometric drawing (A 3D drawing set out using 30-degree angles). Learn how to draw a favourite tin can - filled with your favourite food/lunch and share the results with us at twitter [@SWPSOfficial](https://twitter.com/SWPSOfficial).



KINDNESS CHALLENGE

In assembly this week, Mr Muller spoke about the importance of kindness - so for this challenge please make a creative act of kindness - it can be anything you can think of that will spread a little joy and happiness.

A poem to a grandparent or a keyworker, a drawing, a banner to put in your window, a monologue or a short film.

Think hard about the people who may value an act of kindness now and create something positive.

Share your photos and videos with us send to acasey@swps.org.uk or post to twitter on [@SWPSOfficial](https://twitter.com/SWPSOfficial)



SWPS SPRING CONCERT

CLICK, SIT BACK AND LISTEN TO
MUSIC TO DELIGHT AND INSPIRE



AT HOME ACTIVITIES FOR EASTER

RESOURCES, ACTIVITIES, CHALLENGES, COMPETITIONS, HELPFUL TIPS AND MORE!



TED



HARD BOILED HEROES

Miss Blackman and Miss Burdett challenge you to make your own 'Hard Boiled Hero' over Easter.

ABOUT: This competition is run to launch The Female Lead Society at SWPS. We are keen for as many of you as possible to join this community, empowering and inspiring each other, as well as having fun.

The aims of the society are:

- DARE TO BE DIFFERENT
- ASK FOR HELP
- FIND STRENGTH IN SETBACKS
- STAY CURIOUS
- FEED YOUR PASSIONS

CHALLENGE: Use a hard boiled egg to create a tribute to a woman you admire (they can be anyone; from an actress to an astronaut or doctor, to a deep sea diver). Photograph your 'hard boiled hero' in a scene (you could make a set in a shoe box or use a computer screen to display a picture).

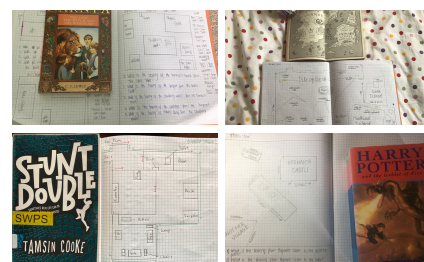
ENTER: Submit your entry photograph to the Firefly task with a brief description of who your inspiring woman is and why you chose them. Prizes: Each entry receives 15 house points. The winner judged by Miss Blackman & Miss Burdett receives **50 house points!**

HOUSE POINTS: Look out on the [@SWPSDesign](#) & [@SWPSOfficial](#) twitter pages, if your creation appears you will receive a bonus 5 house points on top of the 15 you are awarded when you enter!



THANK YOU HEALTH HEROES

Many of our students have been busy making posters to thank those who are working relentlessly to keep us safe during this crisis. These are from Maya in Year 9 and Emi in Year 8. Look out for more [@SWPSOfficial](#)



A ROOM OF THEIR OWN

Our Year 8 Maths students problem-solving abilities know no bounds.

They have taken their favourite novels and made scale drawings of the rooms and locations featured in them! #creativity We've got it covered - well done everyone! Check out more of their designs [@SWPSOfficial](#)

HARD BOILED HEROES

CREATE A TRIBUTE TO A WOMAN YOU ADMIRE - FROM AN EGG!





GEOGRAPHY FROM HOME

OUR GEOGRAPHY STUDENTS TAKE ON THE WORLD

This week in Geography, students across all year groups have been getting creative - utilising their digital and crafting skills.

YEAR 7

Year 7 celebrated Earth Hour by designing their own animations and posters sharing advice and tips on the small steps we can take to reduce our environmental impact. Check out **#SWPSOfficial** on Twitter to view the animations - add yours if it isn't there!

YEAR 8

Year 8 illustrated the impacts of deforestation through the medium of baking and some very visual cake designs! Check out **#SWPSOfficial** on Twitter to view a selection and add your own bake to our showcase!

YEAR 10

Year 10 were immersed in the world of volcanoes, with some creating their own 3D structures.

A-LEVEL

Geographers, as part of their 'Disease Dilemmas' unit of work, have been investigating the Spanish Flu Pandemic of 1918 and drawing parallels to the current Coronavirus pandemic. Here's what the Senior Sixth had to say:

As it is extremely topical, it has been very valuable and interesting to be able to make links between the two pandemic diseases, and to be able to learn about what could happen if certain steps aren't taken to restrict the spread of COVID-19.

It was a huge surprise for us to realise that the Spanish Flu didn't actually originate from Spain, but instead, its origin was and is still unknown (although there are several theories - including one that the virus might have originated from China!).

We also learnt about the importance of maintaining a positive attitude towards diseases such as this and not panicking- something that we could all try to embrace in the current situation!

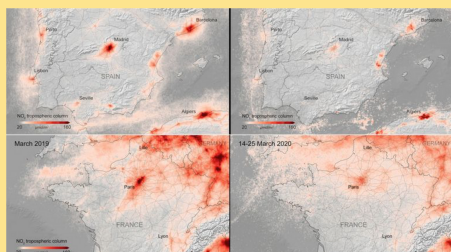


EMILY - Y7

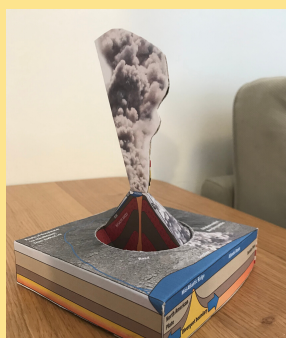
A GEOGRAPHICAL PERSPECTIVE ON THE CORONAVIRUS PANDEMIC

We are always looking at the impact humans have on the environment. An interesting aspect of the current lockdown we are seeing across Europe is the significant decrease in air pollution. In particular, the drop in Nitrogen Dioxide (NO₂) emissions which are strongly linked to vehicle emissions.

Many scientists, however, note that the lockdowns won't necessarily have long-term benefits for climate change. This is because, unlike air pollutants such as NO₂, carbon dioxide exists in the atmosphere for around a hundred years. This means a short-term drop in emissions won't cause a decrease in its atmospheric concentration.



MIRANDA - Y10



DROP IN NO₂ EMISSIONS



13 MINUTES TO THE MOON

Fancy something new to listen to? Starting with the Apollo 11 story, this BBC collection of podcasts explores humankind's greatest adventure - in space.



INVESTIN

InvestIN

InvestIN run live career experience programmes online for 12-18 year olds in industries including Law, Filmmaking, Computer Science, Banking and more. SWPS students qualify for a 10% discount with the code SWPS19.



NO DRAMA!

Don't forget to check our [new Drama Firefly page](#) to watch free live theatre online.



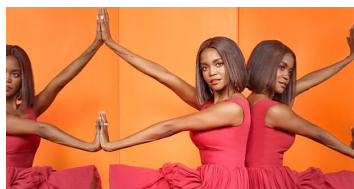
NHB PLAY GROUP

Access a free play each week, first up is Yen by Anna Jordan, exploring a childhood without boundaries.

PHYSICAL ACTIVITY

PHYSICAL, SOCIAL AND MENTAL HEALTH SITES TO MOTIVATE AND UNWIND

It is so important that we all look after our physical, social and mental health. Guidelines recommend 30 minutes of physical activity every day, and we aim to provide resources to assist students in this. Lots more to choose from this week. as well as plenty of fun stuff to ensure your Easter break still feels like a holiday!



OTI MABUSE DANCE

The Strictly Come Dancing Pro is offering daily dance lessons via her YouTube channel - tune in at 11.30



DARCY BUSSELL DANCE

Tune into the former Strictly Come Dancing Judge at 1.30 daily on the Diverse Dance mix FB page



DAVINA MCCALL

Access 100s of workouts, HIIT, yoga, pilates, dance and much more with 30 day free membership.



2oDV DANCE STUDIO

Lift your mood with Ashley Banjo and Diversity's Digital Dance Studio - free to join until May.



THE BODY COACH

The Body Coach TV posts weekly HIIT workouts and his NHS fundraising daily PE lesson - fitter and stronger.



THE GAME CHANGERS

Sit down with some of the biggest names in women's sport as they talk about their historic careers.



FIRED UP SPORT

Changing the conversation around the rise of women's sport around the world. #ThisGirlCan



NETBALL NATION

A weekly fix of all things netball. Knowledgeable presenters tackle all of the current issues and latest events



THE REVERSE STICK

Global hockey podcast by hockey lovers, for hockey lovers - relive lots of live action.



MEDALS & MORE

The inside scoop on what it's really like being an Olympic or Paralympic athlete.

ESCAPE WITH A GOOD BOOK

SOMEWHERE TO GO, WHEN YOU HAVE TO STAY

If you're searching around for something to do, pick up a good book, in one well-crafted sentence you can be transported from your home into a new world of magic, intrigue and suspense. Check out some of our recommended reads, and let us know your favourites via twitter [@SWPSOfficial](https://twitter.com/SWPSOfficial).

THE JOURNAL OF THE PLAGUE - DANIEL DEFOE

MR C C MULLER, HEAD

In 1665 London was suffering an outbreak of plague. Daniel Defoe, the author of Robinson Crusoe and Moll Flanders, wrote, in 1722 a short book called The Journal of the Plague. You won't be surprised to learn that it is fast becoming a surprise bestseller.

In this book, the author describes how the people of London reacted to and behaved during the plague that swept the great city in the latter half of the 17th century. Vivid and audacious, the journal is a remarkable read, especially today.

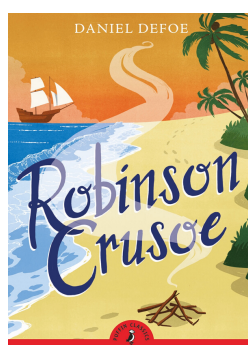
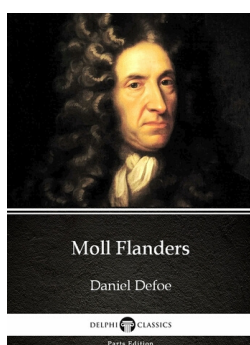
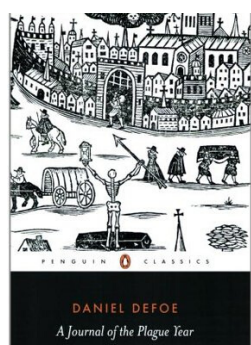
Defoe's book does have heroes – it is the ordinary person. He tends to ignore the wealthy, who are able to escape London, but rather focus on the effect the disease had on the day to day life of the London poor. In his book, shops and markets close, trading has stopped and little money is exchanged. The Lord Mayor tries to maintain social order and Defoe is sympathetic to his attempts. But with goods frozen and work suspended, there is time for mayhem and even murder.

Defoe also examines in detail what the city has to do to survive at a time such as this. There are the Orders (Defoe provides eight pages of them!) which show new kinds of jobs, such as watchmen and searchers, as well as new types of tasks, such as the Shutting up of the House. At every stage the life of the individual began to be regularly and intricately monitored. The instance of social order and policing became, perhaps for the first time, a crucial role of the state.

It is a compelling piece of writing: at times gruesome in its detail and shocking in its exposure of behaviour. For Defoe, the plague revealed much about the nature of the society and of the people who dwell in it. Habits and newly acquired customs are noted; strategies for survival are commented upon. Gloves become the garment of choice, whilst walking upwind from people is part of the everyday experience and conduct.

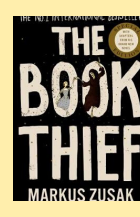
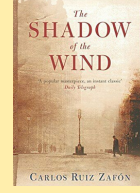
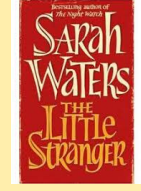
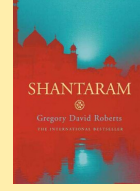
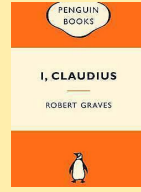
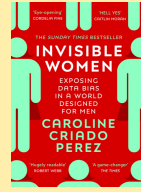
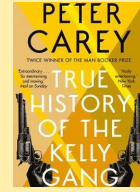
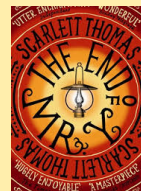
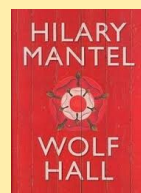
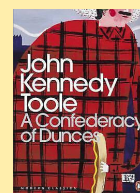
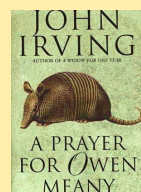
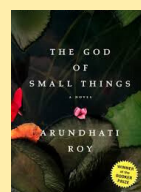
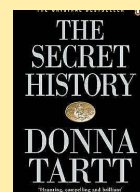
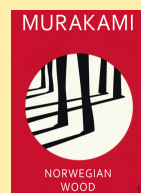
Inevitably the oldest response is soon implemented: quarantine. All those houses which are infected are shut up and guarded by the Watchman. There are fines for non compliance but corruption soon becomes the norm. Defoe sees all this. He is fearless in his approach and unrelenting in his search for understanding. His motive is to bear witness but he calls it curiosity.

There is light in his book – he sees bravery, ingenuity and companionship. He highlights the extraordinary ability of people, with little if any resources, to surmount huge odds and to survive. Human freedom and the community are drivers of hope and progress.



SOME STAFF FAVOURITES

Check out our Library pages on Firefly for more recommended reads! Share your favourites at [@SWPSOfficial](https://twitter.com/SWPSOfficial)



"Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers..."

Charles W Eliot



[@SWPSOFFICIAL](https://twitter.com/SWPSOFFICIAL)



[@SWPSLIBRARY](https://twitter.com/SWPSLIBRARY)

TAKE CARE OF YOU

LOOKING AFTER YOUR OWN HAPPINESS

Adjusting to being at home can be difficult and stressful, but take time in your day to take care of yourself and find you calm happy / space. On this page we have compiled some ideas to help you.



DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

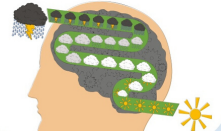
26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind