

# KEEP SAFE, KEEP ACTIVE, KEEP CONNECTED BULLETIN

*Life back in the virtual world*



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**GUEST EDITORIAL  
FROM HEAD BOY JARED**

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JADEN MISTRY**

## Happy New Year!

by LGS Wellbeing Committee

Dear all,

I sincerely hope that you are all well and are managing to adapt to the circumstances in which we find ourselves. The situation during the first period of lockdown was strange and the whole process was new not only to staff, but also students. However, as we enter this third lockdown we are more practised and versed in online learning. We have routines, for example, when I sit down in the morning for Form Time, I always sit down with a hot cup of tea. Humans are creatures of habit and it is important to have structure in our day.

This 'Keep safe, keep active, keep connected' Bulletin will be released weekly and aim to cover a range of different aspects from exercise to reading. The content could encourage families to reflect on the past week and also prepare for the coming weeks, and potentially put into play some of the content they have seen in the edition. As I have shared before, exercise is really the key to keeping a positive mindset.



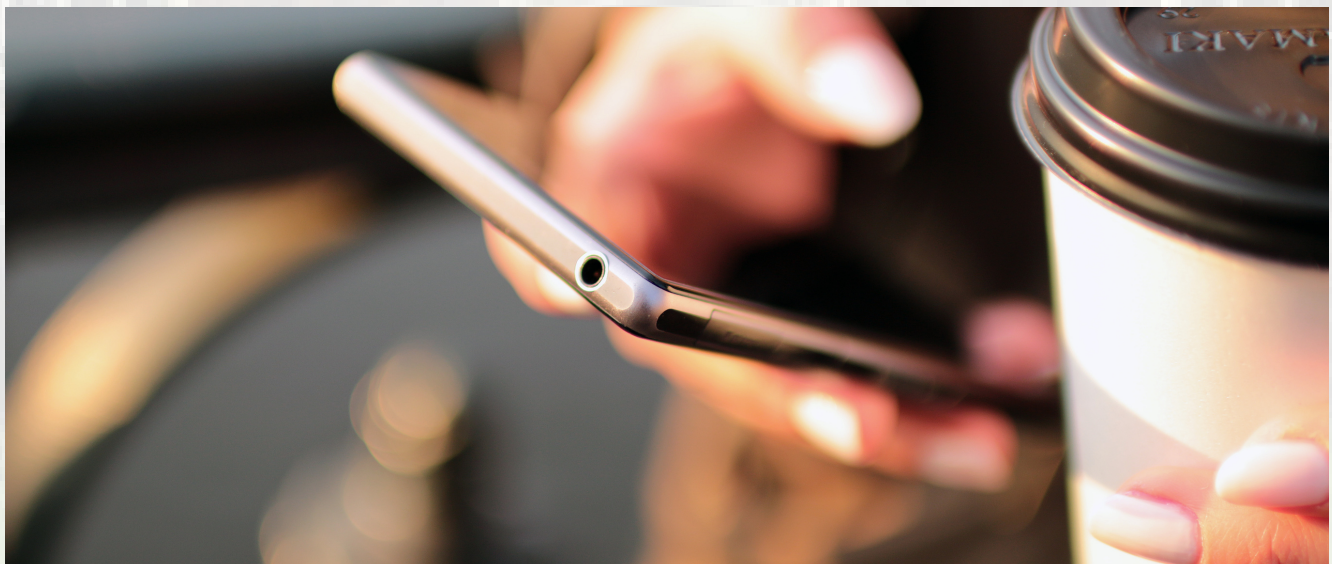
There are many ways in which you can incorporate this important element to your day. You could try the 'Couch to 5k' scheme, or just go for a walk. The fresh air gained from these activities will help to put you into the right mindset for a day of productive study. We are privileged to have a segment from Sgt Hall this week, which details a physical challenge

that could definitely spark some competition between family members and wish you all the best with it.

Remember to encourage talking, whether that be within your own family or with friends, as it is important; stress can go unchecked whilst we are inside our homes. If you sit down to join the Minecraft server, think about how your peers are feeling and ask them how they are doing. This also goes for family games; although most of us are around our families more than ever, it is always a good opportunity to talk to them and play games - or even help out around the house! My favourite lockdown game has been Bananagrams. I have spent many evenings playing it with my Mother and would highly recommend it to all of you.

I know this situation may not seem like the best way to step into 2021, but we have to keep a positive frame of mind and see the possibilities available to us during this period. Once again, I wish you and your family all the best and I hope you enjoy this week's issue of the **'Keep safe, keep active, keep connected'** Bulletin

Regards,  
Jared Headboy





# BEING CONTROLLED BY MENTAL HEALTH



There's a lie spreading around society that needs to be caught and edited. That lie, is that mental health is a disease or illness. IT'S NOT! We all have mental health, and we are all affected by it. It's what controls what we do, how we do it and when. It controls our moods, behaviour towards other people and care for ourselves. When

we're laughing at something, we're shouting because we're angry and when we're shouting because we're angry, it's our mental health that processes our surroundings and releases our emotions. Without it, we'd be nothing. So, don't go around thinking that people are 'infected' by the 'mental health illness' because, so are you in that case.

However, we can be diagnosed with certain levels of mental. That probably doesn't make any sense so let's explain it. It is very natural to feel happy, sad, angry, lonely and exited. It's part of being human – it's a part of life. But sometimes we may start to feel one emotion than the other and find it difficult to move away from certain emotions. Don't get me wrong, being constantly happy would be amazing, but no one has ever stayed happy for long. Most people, and even yourself, have slide into the negative moods. We've all been agitated, upset, angry and jealous many times in our life but sometimes, we've found it tough getting out of the negative side of mental health.

Now, it's difficult to break the possibilities apart from a teenager's emotions because we naturally have mood swings. However, once we've managed to find the causes, we might notice that the cause is not always a small thing that happened but something larger within ourselves. And that's when we start to contemplate the possibilities of being stuck in in one emotion. It's often a deeper level of mental health than most of us may feel. Welcome to the mental health disorders. It's not the most pleasant of places but if we don't talk about it, then we won't know when we are suffering from a disorder and won't ask for help.

There are many disorders. Anxiety and depression are two common ones. They alone, create many other disorders from food disorders to panic disorders. None of us want to be in this area but some of us do and it's often not our fault. Many things cause us to have depression and anxiety; bullying, exams, abuse, illnesses and gangs. The list is endless. The thing is many people get caught up in the second lie in society. Once you have a disorder, you'll never get out. FALSE! If we work hard, talk to people and get away from the cause, then we stand a strong chance of winning the fight against it. Now, there are many people out there working to

help you out. The police work to reduce gang's involvement and the council provide mental health services. But there are people much closer. The anti-bullying work to reduce bullying in the school. Reverend York is always available for a chat on how you're doing, and the wellbeing committee work continuously to provide new ways for you to build your positive mental health. Furthermore, you have your friends and family who you probably see and talk to the most.

Mental health is extremely important. If we don't work early to protect ourselves from falling into the unknown, then it will be a tough journey climbing out from it. So why not start not and build your positive relationship with yourselves with the ideas Mental Health (.org). Let 2021 be a year of change in ourselves. A change for good. A change for a better journey ahead of us. It starts now.

Invest in yourself by spending 15-30 minutes each day doing something you enjoy  
Write down positive things about yourself when your inner critic finds faults  
Act as if you were your own best friend and be kind and supportive when you stumble or feel you have failed. Take a few minutes each day to appreciate the small wins you have achieved

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## **L G S B U L L E T I N B O A R D**

### Eco-committee

Each week the Eco-committee will be suggesting a way to support the environment; locally, nationally and internationally. New members always welcome.

This week they are asking you to protect the bees by asking you if you agree to sign this Greenpeace petition:

Bee killing pesticides are banned across the country, but the Government have just issued approved an emergency licence for sugar beat crops.

This is about bees, but it's also about us. If we keep harming bees, we risk our food supplies. It's estimated that a third of our food is dependent on pollinators, of which bees are some of the most important. A third of bee populations are already shrinking. We can't allow pesticides to destroy our environment and kill any more bees.

Please can you add your name to this petition: <https://secure.greenpeace.org.uk/save-bees-friend>

Thanks for your support on this.

Eco-committee





Sgt Hall is going to regularly provide some exercise tips to keep us fit and healthy

Hello Lads. First one in, and it's a good one:

You may have heard about it before, it's called the Sally up challenge. Basically, you have to download the song flower by Moby. It's roughly 3m22s in length and starts by saying bring Sally up bring Sally down. You have to start in the downward press up position and on the first up come up then down on down etc etc for as long

as you can. Maybe until the end of the song maybe not. Go as far as you can. If you can't do any more stop.

Leave it a few days and go for it again on your knees or something. This is a great challenge and can be done with various exercises.

If you fall behind the up/down you're out, if you put body down your out if press ups are poor you're also out.

Good luck let me know how you do. Here's a video as a demo. Don't send the video outside this group.▯

Sgt Hall

### 525 time capsule INSERT 525 logo

Last year as you are aware, was the 525 anniversary of the school – sadly COVID impacted on many of the planned activities. However, at some point we will re-convene our celebrations.

One activity was the burial of the time capsule.

Before you do too much spring cleaning the 525 Committee ask you to suggest objects or information that should go in the capsule to remember and mark 2020. These will add to the my life in 525 entries completed during the spring lockdown.

Please add your suggestions to this 525 page:

<https://lesgrammar.fireflycloud.net/lgs-525/what-should-go-in-the-525-capsule>

Many thanks





## SCHOLARS' CHALLENGE

EACH WEEK WE SHALL BE ASKING YOU TO GIVE US THE ANSWER TO THIS BRAIN-TEASERS. THE FIRST STUDENT WITH THE CORRECT ANSWER WILL GET A MERIT POINT.

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1. REARRANGE EACH GROUP OF LETTERS TO FORM A WORD.  
WHAT ARE THE FOUR ASSOCIATED WORDS?

**TRACELIN    BLACMY    NETBROOM    GRAUTI**

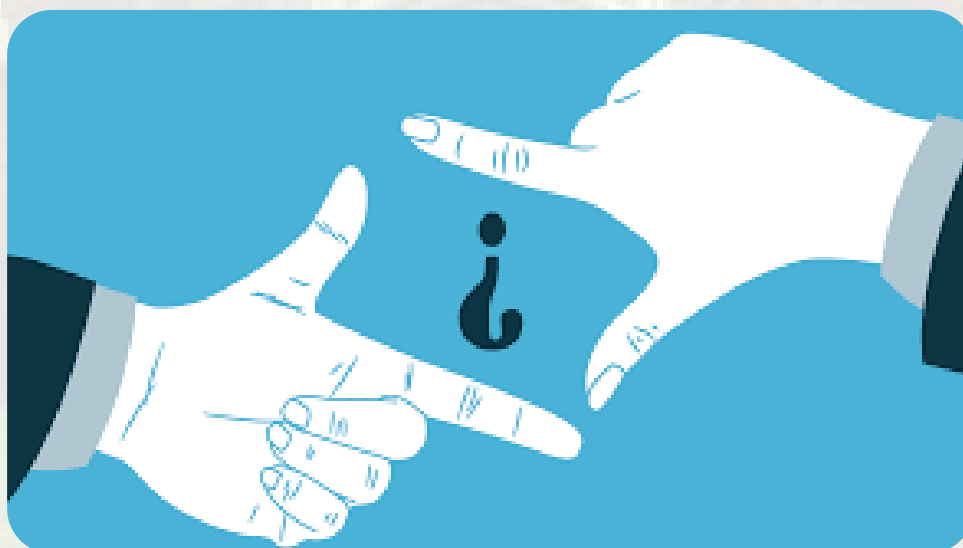
- 
2. WHAT NUMBERS SHOULD REPLACE THE QUESTION MARKS?

<b>12</b>	<b>17</b>	<b>85</b>
<b>15</b>	<b>19</b>	<b>76</b>
<b>18</b>	<b>21</b>	<b>63</b>
<b>21</b>	<b>?</b>	<b>?</b>

- 
3. FIND A WORD TO FIT THE FIRST CLUE, THEN ADD ONE LETTER TO GIVE A WORD TO FIT THE SECOND CLUE. WHAT ARE THE TWO WORDS?

**GREENISH BLUE**

**GAIN ILLEGALLY**



## BLUE MONDAY

BLUE MONDAY IS SAID TO BE THE MOST DEPRESSING DAY OF THE YEAR, AND IT IS ANNUALLY ON THE THIRD MONDAY OF EACH JANUARY

THE IDEA WAS INITIALLY CONCEIVED BY A FORMULA WHICH TOOK MANY DIFFERENT THINGS INTO ACCOUNT, SUCH AS WEATHER CONDITIONS, DEBT LEVEL AND EVEN TIME SINCE PEOPLE ARE LIKELY TO HAVE FAILED THEIR NEW YEARS RESOLUTIONS

A LOT OF PEOPLE EXPERIENCE DEPRESSION, EVEN IF YOU ARE NOT AWARE OF IT FROM SOMEONES APPEARANCE, AND OFTEN THESE FEELINGS ARE AMPLIFIED AT THIS TIME OF YEAR GIVEN THE EXISTENCE OF SEASONAL DEPRESSION

DOCTORS SAY THAT A GOOD WAY TO TRY AND COMBAT THE FEELINGS OF BLUE MONDAY IS TO EXERCISE AND KEEP A HEALTHY LIFESTYLE, AS THIS CAN HELP TO COMBAT THE FEELINGS OF FAILURE THAT CAN COME FROM ABANDONING NEW YEARS RESOLUTIONS.

THIS CAN BE ESPECIALLY HARD AT THIS COLD AND DARK TIME OF YEAR, BUT IF YOU CAN BEAT THIS HURDLE, THE ACCOMPLISHMENT OF THIS WILL FIGHT THE BLUES.

WE IN THE WELL-BEING COMMITTEE SUGGEST YOU TRY OUT SOME OF THE SUGGESTIONS WE HAVE MADE AND TALK TO SOMEONE IF YOU FEEL AFFECTED.

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### EXERCISE / FITNESS

COUCH TO 5K [HTTPS://WWW.NHS.UK/LIVE-WELL/EXERCISE/COUCH-TO-5K-WEEK-BY-WEEK/](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

PE WITH JOE WICKS - [HTTPS://WWW.YOUTUBE.COM/USER/THEBODYCOACH1](https://www.youtube.com/user/thebodycoach1)

MILLIONAIRE HOY - [HTTPS://WWW.YOUTUBE.COM/USER/YABOYMILLHOY](https://www.youtube.com/user/yaboymillhoj)

FITNESS BLENDER - [HTTPS://WWW.YOUTUBE.COM/USER/FITNESSBLENDER](https://www.youtube.com/user/fitnessblender)

DOWN DOG (YOGA) - [HTTPS://WWW.DOWNDOGAPP.COM/](https://www.downdogapp.com/) (FREE UNTIL MARCH WITH SCHOOL EMAIL)

SLEEP:

CALM - [HTTPS://WWW.CALM.COM/ /](https://www.calm.com/)

[HTTPS://WWW.YOUTUBE.COM/USER/CALMDOTCOM](https://www.youtube.com/user/calmdotcom)

HEADSPACE - [HTTPS://WWW.HEADSPACE.COM/](https://www.headspace.com/)

THE HONEST GUYS (MEDITATIONS) -

[HTTPS://WWW.YOUTUBE.COM/USER/THEHONESTGUYS](https://www.youtube.com/user/thehonestguys)

IMPORTANCE OF SLEEP - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=](https://www.youtube.com/watch?v=TWXSYNZKVY&ab_channel=Doctormikehanzen)

[TWXSYNZKVY&AB\\_CHANNEL=DOCTORMIKEHANSEN](https://www.youtube.com/watch?v=TWXSYNZKVY&ab_channel=Doctormikehanzen)

EMOTIONAL SUPPORT:

CHILDLINE - [HTTPS://WWW.CHILDLINE.ORG.UK/ /](https://www.childline.org.uk/) 0800 1111

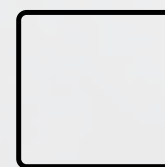
YOUNG MINDS - [HTTPS://YOUNGMINDS.ORG.UK/](https://youngminds.org.uk/)

SAMARITANS - [HTTPS://WWW.SAMARITANS.ORG/ /](https://www.samaritans.org/) 116 123

COUNSELLORS' EMAIL: [GRAMMAR.COUNSELLOR@LSF.ORG](mailto:GRAMMAR.COUNSELLOR@LSF.ORG)

WE CAN OFFER REMOTE SESSIONS VIA TEAMS DURING SCHOOL HOURS (VIDEO, PHONE OR IM).

# CHECKLIST 1: GAMES



The Player:

**Dobble.** You think you're too old for a bit of snap but, Dobble is more than just matching symbols. It's a game of speed and observation that requires quick reactions and an eye on the cards.

**Voice Banking Monopoly.** Yes, you read that right. You're probably remembering the last time you played Monopoly and how many days it took you to finish. Well guess what, you now have plenty of time to finish a nice long game while everyone's at home.

**Exploding Kittens.** A very high-strategic game for all the family that's easy to grasp and very enjoyable. Have a go at this new version of Russian Roulette as you compete for the winning title. (No animals are used or injured in this game)

**Pandemic.** The world has been gripped by one as we speak and many countries are struggling to take control of it so why not have a go at seeing how good you are at fighting a pandemic? A colour and shape matching game that holds the world at stake.

**The Game of Life.** Does it feel like some hit the pause button? Well, don't let your imagination stop just because life did. Let's see how well you do with this game. From your graduation to wedding day, who will do better in your household and who'll reach retirement first?

**Scrabble Go.** Bored of playing games with the same people every time? Why not download the online Scrabble and play against others to test your knowledge around words. We remind you to be safe when playing online games with those you don't know.

Why not scroll through you App Store to see the best games they have to offer or search online for some board games for all the family.



# CHECKLIST 2: ART

The Artist:

**Painting.** Yes, we're not all Van Gogh's or Picasso's but, that doesn't mean that we can't do some painting. Maybe try painting a picture of your favourite holiday destination or the sunset. Or if you don't like that, paint some clay or a rock.

**Colouring.** For those who aren't the painting type, colouring is also fun. You can do your own colouring or buy a colouring book with pictures and images already made for you. Or even simpler, download a paint-by-number app.

**Puzzles.** Now, before you say that puzzles are not a form or art, you're still creating something so technically it is. There are many forms of puzzles you can make from the traditional board puzzles to standing object puzzles.

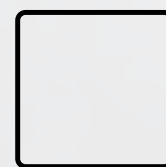
**Dot-2-Dot.** And if you're looking for an easier activity than colouring, then here it is. It couldn't get simpler. There are many adult and teenager appropriate dot-2-dots out there for you to pick from such as landmarks and animals.

**Paper Mache.** How many of you have tried this awesome way of arts and crafts? You can do so much with paper and create some cool stuff. Why not make the planets of the solar system or a famous landmark? DO NOT USE YOUR SCHOOLBOOKS!!!

**Broadway's YouTube Channel.** Missing the theatres? Well, they're not that far away from you anymore. Check out the free full production musicals on Broadway's YouTube Channel. From Legally Blonde to Hairspray, there's bound to be an act for you.

**Homemade Lockdown Cards.** Many people are on their own in this current climate. Some have lost loved ones and others have been split from their closest family in order to keep those who are vulnerable safe. So why not make some cards with a kind word or 2 for your neighbours and relatives.

# CHECKLIST 3: READING



The Reader:

Take a break from the screen and get your head in a book. There are many books out there that are great for spending time reading in the lunch breaks and weekends so here's a selection of book collections from a list of genres for you to choose from. If you've already read them, then search the author up for some fresh recommendations.

## Action:

Alex Rider | Maze Runner | Bodyguard (book series not film) | The Hunger Games | The Book of Dust | Maximum Ride

## Thriller:

One of Us Is Lying | Five Total Strangers | Virals | Nemesis | The Inheritance Games | Genuine Fraud

## History:

The Boys Who Challenged Hitler | The Diary of Anne Frank | A Little History of the World | Fever | Lincoln At Gettysburg | Narrative of the Life of Frederick Douglass, an American Slave

## Society:

Business For Beginners | I Am Malala | Prisoners of Geography | Talking To Strangers | The New Complete Book of Self-Sufficiency: The Classic Guide for Realists and Dreamers

## Authors to check out:

Anthony Horowitz

David Williams

Philip Pullman

Malorie Blackman

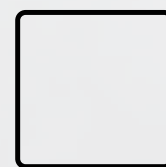
Stephenie Meyer

Patrick Ness

Chris Ryan



# CHECKLIST 4: FOOD



The Baker:

**Brunch.** Ever cooked an English breakfast for your parent? Well, why not surprise them with one this weekend. Or create a continental breakfast dish for all the family. You could try making pancakes, paninis, or a fruit selection.

**Dinner.** Who makes the cooked meals for you at home? How many times has it been you? Challenge yourself at cooking one meal a week for your family and show off your cooking skills. Put your chef hat on and make a bake or pie.

**Drinks.** Are you a smoothie taker or milkshake taker? Create your own ones using simple recipes online that make your mouth water. All you need for a smoothie is some frozen/fresh fruit, yogurt, oats, milk, and a blender.

**Snacks.** We all enjoy invading the snack cupboard when our parents face the other way so why not shut the cupboard and open the baking one instead for a change. Make a batch of flapjacks or cupcakes for you to enjoy in your lunch breaks.

There are many recipes available online for you to use at home for simple ways to cook, bake and create your delicacies and favourites. Many supermarkets have their own free newsletters and catalogues with excellent recipes hidden inside. So, get hunting and get to your kitchen station.

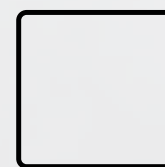
## Nice snacks to fill you up:

- Flapjacks
- Blueberry Muffins
- Cupcakes
- Oat Bars
- Cookies
- Rice Pudding
- Granola Bars





# CHECKLIST 5: SPORT



The Athlete:

Stick to national and local government guidelines for exercising when attempting to do an activity.

**Running.** When was the last time you went for a run? Well, fitness is important and since we're all at home, it crucial that you spend some time doing some sports before or after school to keep your fitness up. Why not go for a jog around your local neighbourhood before the start of school.

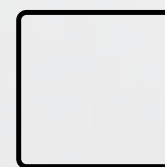
**Cycling.** Have a leisurely cycle around after the end of school to get your legs active. Get your bike out and give it a spin around the block – or a bit more. It's not only relaxing to cycle but great fun when you find a hill. {Remember that it is illegal to cycle on the path unless there is a bike sign saying so. Be aware of traffic when cycling on the road}

**Gym.** The school has closed so there's no gym available but there are some great videos on YouTube to help you with your fitness. No need for weights and machinery unless you have it. The traditional press ups and pull ups work just as well. Search for exercise with no equipment online or download a fitness app.

**Walking.** There are lots of places to go for walks. You could go for one around your local neighbourhood or find a woodland area nearby. Walking is not only the simplest of sports, but also great when you need some quick fresh air.

**Strava.** Join the Loughborough School Sports Club on Strava and compete to be the top athlete of the week. With over 50 athletes with the LSF, it's going to be lots of fun to see who wins. Strava is an app to help you record your running, cycling, swimming and walking among many other sports activities that you can choose from every day. Complete their weekly challenges and push yourself to do you very best.

# CHECKLIST 6: ENRICH



The Learner:

**VTBA.** Just because we're at home, doesn't mean that we can't work on improving ourselves as a person and exploring new areas of life. The Virtual Thomas Burton Award is making a re-appearance and is only getting better. So, be ready to challenge yourself, and get your Head, Hands & Heart ready for action again.

**Vinspired.** Volunteering is great for all of us to learn social skills and interaction. It develops us into an aware and enriched person. Vinspired is a charity that connects you to charities looking for volunteers. Sign up is free and there is lots to choose from for all ages even for things to do at home.

**IDEA.** You've probably done it in Computing but, it's not just for CS. There are many tasks for you to do that will help you to create an awareness for safety online, finance and business. IDEA is an online charity-based organisation that is highly respected so by completing it, you'll be developing a very good CV for the future.

**Open University.** Yes, none of you are in university yet probably but that doesn't set you apart from this one. In fact, it only connects you closer. There are many great selections of courses open to everyone whatever your age. The OU has courses from Forensic Psychology to Banking Awareness. So, go check them out and learn something new {Select your course appropriately}. Search: Free Courses on Open Learn.

**Future Learn.** Another online website with many courses is Future Learn. Choose from even more courses that catch your eye from Genetics in Medicine to Digital Marketing. These courses come straight from universities such as Coventry University, St George's University of London, and University of Michigan. So, they're insured to be top quality and worth the take. Why not start today.

**Zooniverse.** Want to be involved in real-time research in STEM? How about getting involved in the research yourself. Well, Zooniverse is exactly that. Get stuck in with research of the future that is beyond this 'Zooniverse' and choose from over 50 active online citizen science projects.

**Volunteer.** Why not help those in your local community who needs some assistance? Is there someone who needs their shopping done for them? Could you help a primary school child with their reading and writing? Or does a charity need someone to look after their social media profile? There are many ways you could help around and many people who would be delighted if you offered. Why not create some lockdown packages to give to every neighbour in your area to brighten up their day? Even just something small can be something big to the person you help. So, go do something selfless and make someone's day.



Take things into your own hands. What you do now can and will help you in the future. If you sit back and let the world go by, then chances are, you'll be wasting your youthhood on doing nothing to help yourself out and won't be as prepared as everyone else is when it comes to leaving home, getting a job, and living the adult life. If you get up and get active, volunteering,

learning about how to look after your money and get involved with cadets, then you'll have a great CV to show off to your employees and an excellent knowledge on how to look after yourself. So, don't waste the short time you have now. The greatest saying by youth is 'there's nothing to do'. Well, that is far from the truth. There are more than a Handbooks' worth amount of things to do online to help you learn new skills and create a knowledgeable conscious.

Don't let these chances and opportunities go to waste. Universities, organisations, companies, and authorities have worked to create clubs, cadets, courses, and workshops free for the sole purpose for teenagers to use them and gain the knowledge they need. If they are not used, then they'll slowly fade away and the chance will be lost so don't let it slip away. We are lucky to have these resources available to us. The government is investing more into supporting you all through your transition into the adult world. This is because they see the importance in helping you and see it as a key priority. You have more available to you than your parents had when they were growing up.

You need to grasp these opportunities and use them to develop you as a person. From DofE and Open University to Cadets {Police, Army, Sea, Air} and brigades {Boys, Scouts, Brownies, Girls} there is more than enough for you to pick from. Many countries such as America don't have this endless number of opportunities for their youth to choose from so you are extremely lucky to have a government and society that cares so much about their youth.

So, here is a task for you: We ask you to sign up for one online activity portal and one offline organisation. Get yourself active and get into the big wide world before it's too late. Adults don't have this endless list of opportunities and trust us when we say that the list only gets more boring the older you get and requires a lot more from you than it does now. When you're an adult, you'll be juggling jobs, finance, family, and legal stuff. depending on where you take yourself, the only free time you'll have is the weekend and the odd day in the week. So, do something now that will help you in the future, grow your constantly developing mind and build your awareness and self-belief.