



Strangford College

In hoc signo vinces

COLLEGE CONNECTION

30 DAILY TASKS



30 challenges to keep yourself occupied!

Day 1 Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.	Day 2 Enter the Kindness Competition & submit by 13 th April – see slide 2 https://www.ditchthelabel.org/choose-kindness-competition/	Day 3 Call a relative or friend who is far away and have a chat with them.	Day 4 Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.	Day 5 Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.	Day 6 Look at the resources and information available on the Young Minds website https://youngminds.org.uk/
Day 7 Visit a virtual museum! Go online and explore the collections. http://www.britainonweb.org.uk/	Day 8 Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.	Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.	Day 10 Create an information booklet about the importance of hand washing and hygiene.	Day 11 Make your own riddle and see if anyone can guess what it is.	Day 12 Do something helpful for a friend or family member today.
Day 13 Find out all of the Fundamental British Values and create an informative poster on one of them.	Day 14 Send a positive message to all of your friends.	Day 15 Listen to your favourite song and make up a dance routine or a backing track.	Day 16 Explore the Titanic as an online tour. http://titanicrivis.io/	Day 17 Make a card for someone's birthday/celebration coming up.	Day 18 Play a game that you haven't played in a while with someone else in your house.
Day 19 Hoover the stairs or a room in your house.	Day 20 Learn how to cook a meal and eat together.	Day 21 Leave a thank you note for someone else to find in your house.	Day 22 Research and produce a mind map and fact file about all the places in the world you would like to go.	Day 23 Write and illustrate a comic book or story to uplift people's spirits.	Day 24 Go on an online tour - parks https://artandculture.withanapple.com/en-us/online-tours/visit-the-royal-horticultural-society-in-london/visit-the-royal-horticultural-society-in-london/visit-the-royal-horticultural-society-in-london
Day 25 Read a book and plan a theme park around the main places, themes and characters.	Day 26 Find out which animals are soon to be extinct and create an advert to save one.	Day 27 Watch a film with someone at home and make sure you turn your phone off.	Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.	Day 29 Draw a picture of what you see in your garden or out of your window.	Day 30 Write down 5 things you are thankful for in your life.

ARTICLE OF THE MONTH - MARCH

ARTICLE 7

'YOU HAVE THE RIGHT TO A NAME AND NATIONALITY'

REMOTE LEARNING

Thank you for your patience whilst we have worked hard to organise remote learning packs and Google Classrooms for our students. Google Classroom codes were sent out through Parent Pay.

If you are having problems with Google Classroom please get in touch but remember there are lots of websites that you can use to keep busy e.g. BBC Bitesize.

A Home Learning tab has been added to our website. There are lots of useful documents there, including an overview of where to find work located for each

subject per year group, Summer revision guides and Curriculum Maps for each subject.

FREE MICROSOFT OFFICE

Microsoft Office is free to all C2K users. Anyone who has a C2K username, all staff and students have one. This can then be used on up to five personal devices.

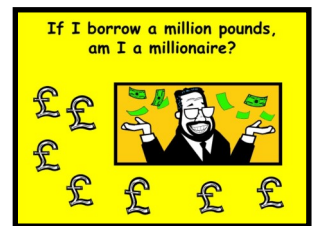
Please follow the link on our website to allow you to install Microsoft Office for free.

<https://www.strangfordcollege.net/cmsfiles/items/downloads/doclett-20190310210921-3172/EN082%20-%20Downloading%20Microsoft%20Office%20for%20students.pdf>

30 DAILY TASKS

Have a look at the 30 daily tasks above. You may want to set yourself the challenge to complete all or some of these tasks for fun!

THINKS: Unusual Questions to make you think!



WELL-BEING



Exercise is key to having a positive mood and good mental health. Encourage your child to resist the temptation to spend too much time on the sofa or at their desk and to have daily exercise, for example a brisk walk or cycle in the fresh air.

The Body Coach—Joe Wicks is offering free PE lessons to students on You Tube each day at 9am!

<https://www.youtube.com/user/thebodycoach1/videos?app=desktop>

CHECK OUT "ZOOM"



A GREAT WAY TO STAY CONNECTED!!!

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Strangford College



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#bettertogether