



**Strangford College**

In hoc signo vinces



ARTICLE OF THE MONTH -  
MARCH

ARTICLE 7  
'YOU HAVE THE RIGHT  
TO A NAME AND NATIONALITY'

### RAINBOWS OF HOPE

Have you created your 'Rainbow of Hope' to be displayed in your house window? These are being used as a giant "eye spy" in your area for children and young people to spot during their daily exercise. Mrs Beattie, our Art teacher has hers proudly on display!



Strangford College



@StrangfordIC

#bettertogether

# COLLEGE CONNECTION

**COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	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	<p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				

**ACTION FOR HAPPINESS**

www.actionforhappiness.org

## COMPETITIONS

Keep an eye on the College Website and Facebook pages to stay up-to-date with House Competitions.



The Maths department have released a numeracy video on the College Facebook page. Why not challenge yourself and submit your answer to your Maths teacher in their Google Classroom.



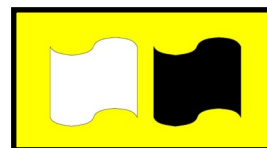
Media and Film are looking for entries into the short story film script competition launched by the BBC about self isolation. Why not submit an entry to Mr McCartney and the BBC for a chance for your script to be selected and created into a short film!

### COPING CALENDAR

Have a look at the Coping Calendar above. You may want to do some of the 30 actions to look after yourself during this challenging time!

### THUNKS: Unusual Questions to make you think!

**"Is a white sheet of paper more blank than a black sheet of paper?"**



## PRINCIPAL'S MESSAGE

Dear boys and girls,

This completes your first week of online learning and I hope you have enjoyed it as much as we have. Your teachers are being extra creative and inventive in coming up with lots of exciting tasks to keep you learning. We would love to share some of your pictures, poems and stories in College Connections so send them through to us and we will publish a selection.

We miss you all and hope everyone is keeping safe and following all the advice and guidance we are getting from the medical experts to stay at home, not have friends round and keep washing your hands. This will help to keep all of us and the people we love safe.

Take care,  
Mrs Foster.

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