

*Hall Cross Academy
& Sixth Form
Doncaster*



HOPE

Student Voice Newsletter

19/03/2021



@hxstudentvoice

Hope

Hope, is a term to express trust or desire for something to happen. We hope for love, laughter and security. This year I want you all to hope and to allow yourself to emerge into everything you do. Feel the energies and vibes of your peers. Allow yourself to be vulnerable with each other and trust in people. As a generation we're losing connection with each other due to social media and of course isolation. This term talk to your peers and express your feelings and trust and hope in them to help you. Always hope in everything you do.



Louise - Head Girl

Living with limits

The Mental Health Foundation indicates around 54% of the UK adult population has reported being worried or anxious over the last couple of months as a result of the current Coronavirus pandemic.

There is no doubt that the ongoing restrictions continue to cause a variety of issues for our teachers and fellow students during this pandemic.

Sometimes it is easy to lose all sight of hope when we are feeling low, but it is important to understand that you are not alone, that others are struggling too and display their anxieties in many different ways. Yes we are in the same boat with regards to the pandemic, but our individual experiences are not always the same. Sharing our experiences is a good way of understanding and helping each other through these dark times.

I thought it would be interesting to see how our own teachers have been coping, not only with their own experiences of the pandemic but the impact on their work and home life. Hopefully, this will inspire you to take up new hobbies, keep motivated and give you reassurance and hope.

This is what some of the teachers have been up to during lockdown to stay motivated and positive:

How are you coping with the restrictions (eg. any new hobbies)?

'I've been trying to find as many creative outlets as possible to get away from the computer screen. Watching live (recorded) theatre from The Royal National Theatre through Drama Online, which all Hall Cross staff and students can do! It might still be on a screen but it is not as intense. I generally like baking but I've found myself branching out into making soup, and I think I have pretty much nailed the leek and potato. I've also been doing some of the craft kits my children have pretty much neglected including building solar powered robots followed by a good long walk especially in the snow, which I love. There's nothing better than getting home and enjoying a steaming hot bowl of leek and potato soup'

How did you keep motivated in lockdown?

'We have two children and as much as it can be exhausting homeschooling them and teaching live for almost all of my lessons, they are also the thing that is keeping me motivated. We've recently invested in Just Dance and Guitar Hero and dug out lots of board games to do together. I know we are very late to the party but they've been good family activities when the weather has not been great and travelling too far from home is a no go.

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Definitely missing our forest and beach walks though! Failing that, there's nothing like a good Nerf battle around the house and then finding the bullets for days after"

Mr Dougherty (Head of Performing Arts)



Interview by Amara K



Recommendation corner

This term: The Crown

Stream on: Netflix

Duration: 4 seasons

The Crown is a multi award winning Netflix original historical drama series that tells the story of the royal family and the longest reigning and current monarch- Queen Elizabeth. Have you ever wondered what the royal family's life was like? Well although this is not an exact historical documentary but dramatized events of their history all may not be as it seems at the house of Windsor with drama brewing around every corner. With exceptional acting from legends such as Helena Bonham Carter, Matt Smith, Claire Foy and Olivia Colman, compelling storylines that delve into infamous political events, the queen's personal and at times troubling life and how the country is influenced by the not so 'royal family' this truly is one of the most intriguing and gripping shows to watch now.

- Noah S (Lower School Head Boy)

6 things you can do to stay happy/motivated during these times

1. Exercise daily to let your mind be focused, this can be a walk or a workout.
2. Connect with other people whether it be in person with family or a zoom every now and then with friends.
3. Keep on top of what work is being set, i find it easier to write a list of what needs doing a setting a certain amount for a day.
4. Boost your own self esteem and confidence- this can be simply done by not wearing too much makeup or going full face depending on what fits best with raising your self confidence.
5. Try learning or picking up a new hobby-I myself have picked up two hobbies and it fills my time up making me think less about my mental wellbeing and how it is being affected right now.
6. Start your day with a pick me up, like a granola bar, cereal, smoothie, coffee or green tea. This will give you a good balanced diet and will allow you to work the full day.

- Ellie R

Entertainment Corner

Quote

"There is no 'I' in team but there is in win."- Michael Jordan

Riddle

"I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?"

ANSWER AT THE BOTTOM

Joke

Two hunters are out in the woods when one of them collapses. He's not breathing and his eyes are glazed. The other guy panics and calls 999.

"I think my friend is dead!" he yells. "What can I do?"

The operator says, "Calm down. First, let's make sure he's dead."

There's a silence, then a shot. Back on the phone, the guy says, "OK, now what?"

Try your luck! DM us your favourite joke on instagram (@hxstudentvoice) to get the chance of having your joke featured on the next newsletter!