



## DRAYTON MANOR HIGH SCHOOL

### NEWS FROM THE NEWSROOM

24 April 2020



#### THE GREAT DRAYTONIAN CHALLENGE

Just before the Easter holidays the school was delighted to launch 'The Great Draytonian Challenge', a list of task and challenges for our students and families to take part in during the coming weeks. Don't forget that by completing challenges, students can work towards being awarded Bronze, Silver and Gold status. There are also weekly prizes up for grabs! This 'challenge' is designed to enable students to demonstrate and develop their resilience, determination and other key qualities at this difficult time. Our Head Boy and Head Girl explain in more detail on our website which you can view by clicking [here](#) and the list of challenges are outlined at the end of this news bulletin.

#### PE CHALLENGES

##### Burpees Challenge

It was wonderful to see so many students (and parents too!) participate in our Burpees Challenge set by our PE Department. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress and other illness associated with an unhealthy lifestyle.

Congratulations to the following students on winning in their respective competitions

- Level 1 - 30 seconds - Aliza Malik (12 Burpees)
- Level 2 - 45 seconds - Michele Medrano Moreno (16 Burpees)
- Level 3 - 60 seconds - Bionda Bolganschi (23 Burpees)

## Step-Ups Challenge

The PE Faculty have set another challenge for students and their families this week. How many step-ups can you do in 30 seconds?

You will need a sturdy platform to do your step-ups. This could be the bottom step of your stairs, or a strong bench on a secure surface.

How to do a step-up

1. Stand upright in front of your platform
2. With your arms at your sides and feet pointed straight about hip distance apart, step up onto the platform with the right foot
3. Keep the right heel planted on the platform. Lift your body up onto the platform, by extending the right leg and hip
4. End by placing the left foot next to the right foot on the platform. Keep your torso upright
5. Step down with the left foot and follow with the right to return to the starting position
6. Repeat the entire movement as many times as you can

Click [here](#) to view a video on how to do the perfect step-up as demonstrated by members of our PE Faculty

We will be judging on the quality of the step-ups, and the number of correct step-ups completed in the time.

Remember to choose the level for your challenge

- Level 1 - 30 seconds
- Level 2 - 45 seconds
- Level 3 - 60 seconds

Bonus challenge - choose a song and create a one-minute routine to the beat, incorporating step-ups, dance moves and turns.

Remember before attempting the challenge, you should do a quick warm-up to get your body ready and to avoid injury. And when you are done, a quick cool-down and stretch as well.

You need to record a video of yourself completing the challenge, then email it to AMN@draytonmanorhighschool.co.uk along with your full name, tutor group and which level of the challenge you attempted.

Good luck!

## PERSONAL PROTECTIVE EQUIPMENT (PPE)

Since the coronavirus outbreak in the UK was first identified, the issue of personal protective equipment (PPE) for healthcare workers has never been far from the headlines. It would seem that our healthcare workers have been putting their own lives at risk of catching the virus because of the lack of PPE available to them.

In the true Draytonain spirit, our staff in the Design and Technology Faculty are lending their time and resources to support and protect the NHS by producing Personal Protective equipment which will then be distributed to these key workers. We are incredibly proud of their thoughtfulness and would like to thank them on behalf of the school. Please see below for pictures of what they have been creating.



NEC ASPERA TERRENT



DRAYTON MANOR HIGH SCHOOL

## THE GREAT DRAYTONIAN CHALLENGE

### NEC ASPERA TERRENT

We are very proud to announce the launch of 'The Great Draytonian Challenge', tasks and challenges for our students and families to take part in over the coming weeks. By completing the tasks, students can work towards being awarded Bronze, Silver and Gold status. There are also weekly prizes up for grabs. We will publish a Leader Board at regular intervals to celebrate those who are showing true 'Draytonian' spirit through this work. This 'challenge' is designed to enable students to demonstrate and develop their resilience, determination and other key qualities at this difficult time. It will also give students the opportunity to develop their knowledge and skills beyond the classroom and the usual curriculum content covered.

#### How does it work?

Students choose tasks from the menu which are aligned with the Drayton Manor values of 'Ambition, Character and Civic Virtue.' Each task is worth a number of points and allows students to achieve points towards Bronze, Silver and Gold status.

Bronze 100 Points

Silver 170 points

Gold 250 points

#### Can I earn bonus points?

Yes, after Easter there will be special super challenges in which students can participate to win bonus points.

#### How will you know I have done the tasks?

Students will be asked to complete a learning log and they will need evidence that they have completed the tasks.

#### What sort of evidence can I use?

Students might:

- Submit a copy of the work or task completed e.g. a game, an essay, a poem etc.
- Take a photo of the task or work completed e.g. a picture of your gratitude jar or of the finished product
- Submit a short video of the activity e.g. a short clip of a workout
- Submit a supporting note or comment signed by a parent, carer or family member
- Anything else you think may be appropriate and we can consider

#### What prizes are up for grabs?

There will be lots of prizes available, from vouchers to a pizza party with friends when we return.

#### How do I submit my work?

Don't worry, we'll let you know when and where to submit. In the meantime, complete the log with your evidence so you are ready for the first submission straight after Easter. There will be lots of opportunities to submit your tasks

#### When will I receive my reward?

We will award this remotely in the first instance, but there will be a celebration when we return to school. If you have left, then we will invite you to return to celebrate with us. We will keep a record of your work on file and make sure you get the credit you deserve in future references for Sixth Form, university and employment too.


Good luck, enjoy  
and  
Nec Aspere Terrent!



## THE GREAT DRAYTONIAN CHALLENGE – MENU OPTIONS

| Ambition  | Character   | Civic Virtue   |
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| <p>1. Write down your ambitions and research how to achieve them.</p> <p>(4 points)</p>                                     | <p>2. Make a 'Gratitude jar' - Every time you wish you could do something that you can't currently do, write it down on a piece of paper and place it into a gratitude jar e.g. visit a family member, invite someone for dinner, visit a new place. When things are better, use this as a 'to do list.' It will help to make us grateful for the small things in life.</p> <p>(4 points)</p> | <p>3. The word resilience comes from the Latin resiliens, meaning to rebound, recoil. Think about what this means – mindmap other words which link to the concept of resilience. Research and make a list of how we can practise resilience ourselves.</p> <p>(6 points)</p> |
| <p>4. Sign-up for and complete a free online 'future lives' course</p> <p>(10 points)</p>                                   | <p>5. Take part in a Joe Wickes PE lesson on YouTube</p> <p>6.</p> <p>(4 points)</p>  | <p>7. Ready Steady Cook - Make a meal for your family from the ingredients in your house.</p> <p>(6 points)</p>  |
| <p>8. Visit the online museum tours</p> <p>(2 points for each tour)</p>   | <p>9. 'The steps challenge' - get your steps in at home. Can you reach 10000?</p> <p>(15 points)</p>  | <p>10. Tidy or clean the house for your family.</p> <p>(6 points)</p>  |
| <p>11. Complete a MOOC Massive Open Online Course<br/><a href="http://www.mooc.org">www.mooc.org</a></p> <p>(20 points)</p> | <p>12. Create some music or a song and share it with your family and/or teachers.</p> <p>(8 points)</p>   | <p>13. Write a letter or an e-mail to a loved one or friend to send your best wishes</p> <p>(5 points)</p>   |
| <p>14. Learn and recite a poem.</p> <p>(5 points)</p>   | <p>15. Family Readathon' - read books and record what and how many you read.</p> <p>(10 points)</p>   | <p>16. Set the table for dinner.</p> <p>(3 points)</p>   |
| <p>17. Sign up for and complete the British Sign Language Course.</p> <p>(10 points)</p>                                    | <p>18. Create a journal - write down your thoughts, feelings, what you said and did.</p> <p>(7 points)</p>  | <p>19. Make a Family Quiz. You be the quiz master and come up with all the questions and answers.</p> <p>(5 points)</p>  |

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| <p>20. Learn how to count to 10 in 10 different languages.</p> <p>(7 points)</p>   | <p>21. Use a mindfulness APP and undertake a course.</p> <p>(6 points)</p>  | <p>22. Design your own fitness circuit that can be done with limited equipment.</p> <p>(6 points)</p>  |
| <p>23. Grow something edible like an herb or a vegetable.</p> <p>(7 points)</p>  | <p>24. Write a speech, story or blog post which focuses on how important resilience is for us all in the present situation we face.</p> <p>(6 points)</p>   | <p>25. Create a series of puzzles, sudoku, cross number and share with friends. 3 Bonus points if you can get your friends to complete them!</p> <p>(6 points)</p> |
| <p>25. Create a cartoon character or family. (Watch Sheffield artist Pete McKee's guide on YouTube).</p> <p>(6 points)</p> | <p>26. Identify two or three areas that you struggle with in English. Practise resilience by actively working on these to strengthen them. Research the areas online, ask teachers or use materials that have been provided on SMHW.</p> <p>(10 points)</p> | <p>27. Send a teacher a positive message letting them know how much they have helped you during your time at Drayton Manor.</p> <p>(4 points)</p>                  |
| <p>28. Learn how to make an origami animal.</p> <p>(3 points)</p>  | <p>29. Write a thank you letter to a member of your family to let them know how grateful you are for what they do for you.</p> <p>(4 points)</p>  | <p>30. Find out how to become a local councillor/MP.</p> <p>(4 points)</p>   |
| <p>31. Re-cycle an item you don't use anymore in a new way.</p> <p>(4 points)</p>  | <p>32. Learn to juggle.</p> <p>(6 points)</p>   | <p>33. Send a friend a positive message letting them know you are thinking of them.</p> <p>(4 points)</p>  |
| <p>34. Learn how to count to twenty and introduce yourself in a new language.</p> <p>(6 points)</p>                        | <p>35. Make a leaflet for Year 6 children offering them guidance and advice on how to embrace the changes that are ahead of them.</p> <p>(7 points)</p>   | <p>36. Listen to ten famous pieces of classical music and learn the name of each piece and a little about the composer or piece.</p> <p>(10 points)</p>            |

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| <p>37. Find out about a country that you'd like to live in and what life would be like there.</p> <p>(5 points)</p>   | <p>38. (Video) call friends or family you can't visit to check on how they are doing.</p> <p>(4 points)</p>                           | <p>39. Write a thank you card/letter to a nurse/doctor/ police officer/ fire officer/critical worker.</p> <p>(5 points)</p>                            |
| <p>40. Invent a toy/app/product you think lots of people would like to use. Show your plan to someone and get feedback on how to improve it.</p> <p>(15 points)</p> | <p>41. Learn the word 'kindness' in as many languages as you can. Memorise them and teach them to someone else.</p> <p>(3 points)</p> | <p>42. Write a poem for someone in your family who has done a lot for you.</p> <p>(5 points)</p>   |
| <p>43. Make a meal for your family that you have never attempted before.</p> <p>(5 points)</p>  | <p>44. Create a resilience challenge for someone else. - 3 Bonus points if you can get someone to do it!</p> <p>(6 points)</p>        | <p>45. Create an uplifting poster that you can share with others.</p> <p>(6 points)</p>  |
| <p>46. Learn how to play an instrument. Create a quick and simple video blog showing your progress from week 1 – Week 12.</p> <p>(20 points)</p>                    | <p>47. Construct your family tree.</p> <p>(10 points)</p>   | <p>48. Create an action plan explaining your ideas on how to improve how the student body interacts and supports the community.</p> <p>(10 points)</p> |
| <p>49. Have a formal meal with those around you using your best table manners.</p> <p>(4 points)</p>  | <p>50. Create a project that the student body could compete during the Autumn Term to support the community.</p> <p>(10 points)</p>   |  <p><b>DRAYTON MANOR HIGH SCHOOL</b></p>                          |





