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Art by Isabelle Heath Year 10

Committed to Achievement
**Dates for your Diary**

| Friday 17th July | • End of Term 6 |

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**Stars of the Week**

**Year 7** stars of the week are:
Humza Awan and Summer Axten for all their hard work and diligence with each home learning task - well done!

**Year 8** stars of the week are:
Felix Manley for his passion for learning and diligence in producing outstanding work in History, Technology, French and Geography.
Nikki Moore for demonstrating respect and insight into others by researching the Black Lives Matters movement and writing a piece to explain its importance.

**Year 9** star of the week is:
Holly Creak for being a total superstar with her lockdown learning and taking responsibility for her education. Excellent effort!

**Year 10** stars of the weeks are:
Harleigh Sumner for her prolific baking skills (photographs on page 3).
Amy Pollard for her outstanding home learning.
Poppy Cusmans for outstanding effort and being proactive with her learning in Science

**Year 11** stars of the weeks are:
Vlad Teisanu and Milly Gibbins for achieving so highly in the Eton College Resilience course! A fantastic achievement.

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**Return to school**

We are very excited about the return to school for some Year 10 and Year 12.

Students who are returning to school from Monday 15th June will have received an invitation letter with details. Only students whose parents responded YES to the survey will be invited to attend. Students who have not received the letter should not come into school. Please contact the school via enquires at enquiries@coxgreen.com.
Wednesday 10th June 2020

Dear Parents and Carers,

The final preparations are now being made for the return of Year 10 and 12 to a “face to face” provision next week. Thank you for the incredible engagement and feedback from parents which has made this process so positive and we will look forward to welcoming them on site from Monday.

Thanks also to all the students for their positive engagement with the online learning provision. Please do engage with our weekly newsletter which is being used to showcase some of the fantastic work that is being produced whilst in lockdown. Please can I stress how important it is that students continue to engage with the online learning provision via MS Teams and DODDLE. Work can be submitted straight on TEAMS – students do not need to access DODDLE as well. The DODDLE provision is in place to support those students who cannot access MS Teams for any reason and the work on both is exactly the same. As mentioned previously, please do email onlinelearning@coxgreen.com if you have any concerns about the quantity/quality of work being set and a member of the Leadership team will endeavour to resolve your concern as soon as possible.

It has been very positive to engage with the increased number of children of key workers and those deemed to be vulnerable attending school this week. Please do continue to confirm attendance a week in advance to ensure that we can plan appropriately.

This week will see the submission of exam grades to the examination boards. Students from Year 10 to Year 14 have been impacted by the cancellation of the examinations - Year 10 students taking their RS GCSE, Year 11 taking all their GCSE examinations which will impact on their post 16 choices, Year 12 students who were taking AS Level examinations, Year 13 and 14 students taking all examinations which will impact on their University, Apprenticeship and work plans. We know these are very stressful times for students and want to reassure them that we will be working with them as we move forward to ensure that they can access the many opportunities for future study.

A final reminder that we have transitioned to the EDULINK app for our online communication. If you have not yet registered, the information can be found here: http://www.coxgreen.com/d/letter/2019-20/Edulink%20Current%20Pupils.pdf

There has been increasing speculation in the press that schools may not return in September, or, if they do, that some form of hybrid arrangement, with students partly in school and partly online, will apply. The plain fact is that we do not yet know what will happen in September because the government has not confirmed any decisions. That is understandable, as it is still too early to state with any certainty what the prevailing coronavirus conditions will be by the end of this month, let alone the end of August. What I can say is that all arrangements will have the safety of both students and staff as a key priority. When the guidance is published and the national situation is clearer, we will be able to respond and we will inform you immediately.

I hope that you and your families are safe, well and happy.

Yours sincerely

Frances Walsh
Student Home Cooking

Some of our students have been cooking for their families during lock down, we're all very envious!

Harleigh Sumner Year 10

Hugh Hutcheson Year 11

Daisy Jackson Year 8

Lucy Sharpe Year 8

Erin Erskine Year 7

Louise Nicholls Year 7
Aiden McCann created this genius instrument as part of learning about the orchestra in Music, he sent in a video to demonstrate how it worked.

Felix Manley created outstanding work in History, Technology, French and Geography.
Why do Black lives matter?

Martin Luther King – I had a dream speech
“I have a dream today. I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places plains, and the crooked places will be made straight, and before the Lord will be revealed, and all flesh shall see it together. This is our hope.”

In the 1950’s and 60’s a very powerful man names martin Luther King Jr wrote a speech called “I had a dream” and went around all states stating why black lives matter. He protested for what was right and he had a vision of a world that did not exist yet but with courage he persuaded many people and made them believe all lives matter including black lives. After all his hard work we are letting him down. After he spend years and years dedicating his live towards his hard work and his powerful protest we are letting him down massively. Why are we forgetting black lives matter? Why are we letting his work go down the drain? Black lives matter now and always.

Blacks lives are no different to any other human on this earth. We are all the same no matter of our race, skin colour, facial features etc. I saw this quote on the Internet and I believe it’s the best quote to describe what we are going through right now. It is: “there is only one race, the human race”

This explains that all lives are the same just because someone may have a different appearance to you doesn’t mean you can make fun of them or threaten them. We all have feelings and emotions. So don’t shatter someone else’s emotions because they have a different appearance to you.

The colour of someone skin should not impact someone right to equality or justice. The colour of someone’s skin does make someone different but not in a bad way. We were all born with different interests and looks so we are interesting. Someone a different race could have the same interest as you but you want to make fun of them because the colour of their skin? What’s different about us? We all have a life; we are all living in the same world. We all have rights. Now is the time to show that black lives really do matter and that we are all equal. When Black lives are equal, we are all equal.

“I had a dream that my four little children will live in a nation where they will not be judged by the colour of there skin, But by the content of their character”
– Martin Luther King Jr
Email address:  cllr.carroll@rbwm.gov.uk
cllr.stimson@rbwm.gov.uk

Headteachers

08 June 2020

Dear Colleague,

Re: Climate Change

We’d like to start by saying thank you for all that you and your colleagues have done during the unprecedented coronavirus outbreak. Officers have kept updated us on your school’s willingness to go the extra mile for children. On behalf of the residents we represent: thank you.

There are other equally important matters at hand, including the climate emergency that was declared by this Council in June 2019. Many young people from across the borough expressed their support for that action and as a result the council is preparing a climate change strategy. This important piece of work comes to the full council meeting on 23 June 2020.

Councillor Stimson and I are very keen to ensure that the voice of young people is heard both in that debate, and that young people can contribute to the future development of the strategy and local solutions. The council report will be accessible via the website at https://www3.rbwm.gov.uk/info/200128/council_publications once the agenda is published, typically a week before the meeting.

To this end we would welcome any written submissions from pupils or groups of pupils to be received by email to Councillor Stimson by 18 June 2020. Councillor Simson and I will reference the content and volume of these letters during the Council proceedings. Of course, anyone can register to speak at Council which will be a virtual meeting and details of how to do this are included at the bottom of this letter.

If any young person wishes to volunteer to be part of the group working to develop local plans should register with Cllr Stimson. This can be done by email from their parent or carer to Councillor Simson, confirming their wish to receive further information about how they can take part.

I appreciate that there are many urgent pressures on you at this time, I’m and I hope you are able to pass this message out to your students so those who are interested are able to participate in this important issue.

Yours sincerely

[Signatures]

Cllr Stuart Carroll
Deputy Chairman of Cabinet, Adult Social Care, Children’s Services, Health and Mental Health

Cllr Donna Stimson
Lead Member Environmental Services, Climate Change, Sustainability, Parks and Countryside

Duncan Sharkey - Managing Director
Town Hall, St. Ives Road, Maidenhead, SL6 1RF
W: www.rbwm.gov.uk   E: customer.service@rbwm.gov.uk   T: 01628 683800
@rbwm    search: rbwm
**Week 2 – Update.**
Your child has now been set the Week 2- Lesson 2 work on Teams and Doddle (the work is the same) to complete in their timetabled slot. Please can all work be submitted on TEAMS so the history teachers can view and mark it? Thank you- Laura Clark.

### What are the students learning this term on Microsoft Teams?

<table>
<thead>
<tr>
<th>Year 7 and Year 8</th>
<th>When will my teacher be on Microsoft Teams to support my child?</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Term 6, the students will be working on weekly tasks to contribute to a project booklet on the French Revolution. The French Revolution was a period of time in France when the people overthrew the monarchy and took control of the government. The French Revolution lasted 10 years from 1789 to 1799. It began on July 14, 1789 when revolutionaries stormed a prison called the Bastille. The revolution came to an end 1799 when a general named Napoleon overthrew the revolutionary government and established the French Consulate (with Napoleon as leader).</td>
<td>Year 7- Thursday period 3 - 11:45-12:45 - with Mr Furkins and Mrs James. Year 8- Tuesday period 4- 12:45-13:45 – with Mrs Clark and Mrs James.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 9</th>
<th>When will my teacher be on Microsoft Teams to support my child?</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Term 6, Students are going to revisit their studies of Germany c1890-1945. Students ultimately will be completing a booklet and weekly tasks will be completed to contribute towards that booklet and to help students manage their time.</td>
<td>Year 9 – depends on which block you are in Block A – Thursday period 4 Block B – Monday period 1 Block C – Thursday period 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 10</th>
<th>When will my teacher be on Microsoft Teams to support my child?</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Term 6, Students are going to start a new topic- Conflict and Tension where students will focus at looking at 7 lessons on the Treaty of Versailles. The first lesson is to consider who are the Big 3.</td>
<td>Year 10- Depends on which block you are in. Block A – Tuesday period 2 Block B – Wednesday period 2 Block C – Monday period 2 Block D - Tuesday period 3</td>
</tr>
</tbody>
</table>
History Newsletter: Term 6 - Week 2 Edition

Contacting the department - Do you want your child to be in next week’s newsletter?

As a department we can be contacted via email through the Head of History, Laura Clark at l.clark@coxgreen.com or teachers individually through Microsoft Teams.

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosie Brown</td>
<td>Aiden Tarn</td>
<td>Oliver Crucefix</td>
<td>Katie Dixon</td>
</tr>
<tr>
<td>Aidan McCann</td>
<td>Alexander Liszewski</td>
<td>Aimee Munt</td>
<td>Kitty Grayling</td>
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<tr>
<td>Amy Grace-Whiteford</td>
<td>Nina Harris</td>
<td>Theo Hudson</td>
<td>Harry Baines</td>
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<td></td>
<td>Jaskirit Banga</td>
<td>Michael Birrell</td>
<td>Haina Patel</td>
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<td></td>
<td>Daani Purewal</td>
<td>Kerenza Hennah</td>
<td>Poppy Kellet Morris</td>
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<td></td>
<td>Jesse Milne</td>
<td>Madison Thandi</td>
<td>Joe Camplin</td>
</tr>
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<td></td>
<td>Molly Howse</td>
<td>Lily Ann Heard</td>
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<td></td>
<td>Jenna Johns</td>
<td>Charlie Ede</td>
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<td></td>
<td>Eyua Akoun</td>
<td>Issac Butfoy</td>
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<tr>
<td></td>
<td>Aiden Tarn</td>
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<td></td>
<td>Laufner Walker</td>
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<td></td>
<td>Poppy Humphrey</td>
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<td></td>
<td>Caitlin Cunningham</td>
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<td></td>
<td>Megan Turnbul</td>
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<td></td>
<td>Joshua Lawrence</td>
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<td></td>
<td>Sylvia Hussain</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Sofia Pygal</td>
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<tr>
<td></td>
<td>Harrison Edwards</td>
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<td></td>
<td>Matt Kiy</td>
<td></td>
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<tr>
<td></td>
<td>Alfie Poots</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Vaishnavi Vatsavai</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rita Kalra</td>
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</tbody>
</table>

Year 8 are smaiking it! What year group can beat them???
History Newsletter: Term 6 - Week 2 Edition

On this Day: On 15 June 1215 King John signed the Magna Carta at Runnymede, near Windsor.

What is the Magna Carta and why was it created?

Many people believe that King John (r. 1199-1216) was one of the worst kings in history. He imprisoned his former wife; he starved his opponents to death; he allegedly murdered his own nephew, and pulled the beards of the Irish Chiefs. King John imposed heavy taxes on his barons in order to pay for his expensive foreign wars. If they refused to pay, he punished them severely or seized their property. The barons demanded that King John obey the law; when he refused, they captured London and John was forced to negotiate.

The two sides met at Runnymede in June 1215. The result of the negotiations was written down by the king’s clerks in the document we know as Magna Carta. Although most of the charter’s clauses dealt with medieval rights and customs, Magna Carta has become a powerful symbol of liberty around the world.

The Magna Carta established for the first time the principle that everybody, including the king, was subject to the law. The Magna Carta remains a cornerstone of the British constitution.

Three of the original clauses remain part of English law. One defends the liberties and rights of the English Church, another confirms the liberties and customs of London and other towns, but the third is the most famous:

No free man shall be seized or imprisoned, or stripped of his rights or possessions, or outlawed or exiled, or deprived of his standing in any other way, nor will we proceed with force against him, or send others to do so, except by the lawful judgement of his equals or by the law of the land. To no one will we sell, to no one deny or delay right or justice.

Magna Carta has lived on for 800 years, and is echoed in the United States Bill of Rights (1791) and the Universal Declaration of Human Rights (1948). The Magna Carta’s most important legacy is that everyone – including our leaders – must obey the law.

You can visit Runnymede (19 miles from Cox Green) where the Magna Carta was signed: https://www.nationaltrust.org.uk/runnymede/features/things-to-see-and-do-at-runnymede

If you want to read more about the Magna Carta click on this link to the British Library: https://www.bl.uk/magna-carta

Where can I see the Magna Carta? Four copies survive: 2 copies in the British Library, London; 1 in Salisbury Cathedral, Wiltshire; 1 in Lincoln Cathedral.
Welcome to our summer term update!
As circumstances have pushed learning online, we’re continuing to provide new super-curricular content for young people during these uncertain times.

Our newest Big Question challenges students to consider what they really know about gender and pulls together knowledge and perspectives from Oxford academics across a wide range of subjects including; history, biology, computer science and politics.

Take a tour of the newest Big Question: [https://oxplore.org/question-detail/does_gender_matter](https://oxplore.org/question-detail/does_gender_matter)

Please Note: There are many websites and companies on offer that you can search for on the internet, here are a few samples of virtual work experience opportunities -any that are chosen by the parent/student and any data shared by yourself is with your consent and not shared by Cox Green School so the parent/student is not covered by the Cox Green School privacy policy.

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**Apprenticeships for School Leavers Webinar**

9 June 2020 recording available here. The password is NextSteps123!

The pre-recorded webinar will cover the following:

2. LMP Education Courses and Employment Opportunities Nationwide this September.
3. Inspire ATA Courses and Employment Opportunities Nationwide this September.
4. Opportunities Available Now.
5. Eligibility & Application Process.
6. Next Steps and more...

Please Note: There are many websites and companies on offer that you can search for on the internet, here are a few samples of virtual work experience opportunities -any that are chosen by the parent/student and any data shared by yourself is with your consent and not shared by Cox Green School so the parent/student is not covered by the Cox Green School privacy policy.

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### HOUSE NEWS QUIZ RESULTS
#### Week 8th June

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Blake Leonard</td>
<td>1st Diana Pascu</td>
<td>1st Agata Kezel</td>
<td>1st Tess Horler</td>
</tr>
<tr>
<td>2nd Sophia Rose</td>
<td>1st Caitlin Cunningham</td>
<td>1st Natasha Sloan</td>
<td>Georgia Addaway</td>
</tr>
<tr>
<td>Luke Turner</td>
<td>Jake Burton</td>
<td>1st Mason Batchelor</td>
<td></td>
</tr>
<tr>
<td>Shae Cunningham</td>
<td>Lucy Sharpe</td>
<td>George Paterson</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lola Harris</td>
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</tr>
</tbody>
</table>

100 *House Points* for the highest scores in each Year Group

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### Puzzle Quiz Results

**Answers**
1. Terry
2. Steps
3. Envelope
4. Stop Imagining
5. All married
6. Water
7. A Cold
8. M

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### Next Week’s 2 House Competitions are...

- **Hold Still Photography Competition**
- **Weekly News Quiz**

Win 50 or 100 House Points for you and your House!
HOUSE PHOTOGRAPHY
“HOLD STILL”
COMPETITION

HOLD STILL
A Portrait of our Nation in 2020

HRH The Duchess of Cambridge and the National Portrait Gallery invite you to enter the Hold Still project

Deadline for entries is 5pm 18th June
Send your photo and a description of how/why it reflects one of the 3 themes to s.bissetgarside@coxgreen.com

Open to ALL Students and Staff

COMPETE in the NATIONAL COMMUNITY PROJECT
Deadline for entries is 5pm 18th June
Online application:
https://www.npg.org.uk/hold-still/form

Spearheaded by The Duchess of Cambridge, Patron of the National Portrait Gallery, Hold Still, a portrait of our nation in 2020, is an ambitious community project to create a unique photographic portrait which captures the spirit, mood, hopes, fears and feelings of the nation as we continue to deal with the Coronavirus outbreak.

Whilst many people’s lives are on hold to help protect our helpers and heroes, there are some that are working harder than ever, and others that are enduring the upheaval of hardship and loss. Hold Still will capture a snapshot of the people of the UK at this time, creating a collective portrait of our nation which will reflect resilience and bravery, humour and sadness, creativity and kindness, human tragedy and hope as we hold still for the good of others, and celebrate those who have continued so we can stay safe.

The Duchess and the National Portrait Gallery invite you to submit your own photographic portrait, taken during these extraordinary times, which responds to one of the following themes:
- Helpers and Heroes
- Your New Normal
- Acts of Kindness

One hundred shortlisted portraits will feature in a virtual exhibition on the Gallery’s website and a selection of images will also be shown across the UK later in the year.

The project is completely free and open to all ages and abilities. Images must involve people, and can be captured on phones or cameras. Each image will be assessed on the emotion and experience it conveys rather than its photographic quality or technical expertise. The closing date for submissions is the 18 June 2020.
HOUSE QUIZ Week 8th June

Congratulations to everyone who entered!

OVERALL QUIZ LEADERBOARD

HAWKING
CHURCHILL
PARKS
WINTON
NIGHTINGALE
NOVELLO
BANNISTER

EMILIE HALEY 7 Novello
CATLIN CUNNINGHAM 8 Bannister
MASON BATCHELOR 9 Churchill
TESS HORLER 10 Winton

ROOT WORD OF THE WEEK
w/b 22nd June, 2020

Insomnia - inability to fall asleep

Somnolent - feeling sleepy

Somnambulism - sleepwalking

Somnology - the clinical study and treatment of sleep disorders

Somniferous - bringing or inducing sleep, as drugs or influences

Somn (sleep)
LATIN
This week’s Berkshire Virtual School Games challenge is CRICKET!

Click on the link below (attached document) to see what Cricket challenges you need to take on this week. https://getberkshireactive.org/uploads/berkshire-virtual-school-games-activity-card-cricket.pdf

Once you have practiced and recorded your highest scores for each challenge (you are level 3/Key Stage 3 for each challenge!) complete the table below and send results to Miss Anderson on l.anderson@coxgreen.com by Sunday 14th June.

Look forward to seeing your scores!

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Record your best score for each challenge below (you need to record level 3 scores for each only):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batting – Clock Cricket</td>
<td></td>
</tr>
<tr>
<td>Bowling – Bowling Blast</td>
<td></td>
</tr>
<tr>
<td>Fielding – One Stump Shoot Out</td>
<td></td>
</tr>
</tbody>
</table>
Walk, Run or Cycle Challenge:

As part of your PE sessions this week, we have set you the choice of 2 challenges or both if you’re keen!

**Challenge 1:** Walk, run or cycle either a 3K, 5K or 10K and to record your time and distance

**Challenge 2:** Track how far you have walked, ran or cycled in a week (total number of KM/Miles)

Once you have completed any of the challenges then please send your entries to Miss Anderson on l.anderson@coxgreen.com. Check out the leader boards below - Can you challenge these scores??

### Challenge 1: Student – Teacher Leader board ...

<table>
<thead>
<tr>
<th>Distance</th>
<th>3K</th>
<th>5K</th>
<th>10K</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Finlay Moore (Y10)</td>
<td>1. Rory King (Y9)</td>
<td>1. Harrison Edwards (Y8)</td>
</tr>
<tr>
<td></td>
<td>12 minutes 42 seconds</td>
<td>19 minutes 55 seconds</td>
<td>50 minutes and 14 seconds</td>
</tr>
<tr>
<td></td>
<td>2. Harrison Edwards (Y8)</td>
<td>2. Lucy Butler (Y7)</td>
<td>2. Stefan Konig (Y7)</td>
</tr>
<tr>
<td></td>
<td>13 minutes 10 seconds</td>
<td>20 minutes 50 seconds</td>
<td>1 Hour</td>
</tr>
<tr>
<td></td>
<td>3. Miss Anderson</td>
<td>22 minutes 38 seconds</td>
<td>3. Mrs Friend</td>
</tr>
<tr>
<td></td>
<td>14 minutes 28 seconds</td>
<td>3. Mr Aston</td>
<td>1 hour 4 minutes</td>
</tr>
<tr>
<td></td>
<td>4. Anton Kadi (Y8)</td>
<td>4. Harrison Edwards (Y8)</td>
<td>23 minutes 36 seconds</td>
</tr>
<tr>
<td></td>
<td>17 minutes 29 seconds</td>
<td>23 minutes 40 seconds</td>
<td>23 minutes 40 seconds</td>
</tr>
<tr>
<td></td>
<td>5. Emelia Gillard (Y8)</td>
<td>5. Mrs Clarke</td>
<td>23 minutes 40 seconds</td>
</tr>
<tr>
<td></td>
<td>19 minutes 6 seconds</td>
<td>23 minutes 40 seconds</td>
<td>23 minutes 40 seconds</td>
</tr>
</tbody>
</table>

### Cycling Challenge:

<table>
<thead>
<tr>
<th>Distance</th>
<th>3K</th>
<th>5K</th>
<th>10K</th>
<th>15K</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Amelia Staunton (Y8)</td>
<td>1. Mr Gullick</td>
<td>1. Lucy Hodges (Y8)</td>
<td>1. Mr Gullick</td>
</tr>
<tr>
<td></td>
<td>5 minutes 39 seconds</td>
<td>12 minutes 58 seconds</td>
<td>36 minutes 40 seconds</td>
<td>37 minutes 48 seconds</td>
</tr>
<tr>
<td></td>
<td>2. Tess Horler (Y10)</td>
<td>2. Dylan Burnage (Y9)</td>
<td>2. Dylan Burnage (Y8)</td>
<td>2. Ms Bisset-Garside</td>
</tr>
<tr>
<td></td>
<td>5 minutes 48 seconds</td>
<td>14 minutes 4 seconds</td>
<td>37 minutes 46 seconds</td>
<td>50 minutes 3 seconds</td>
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<tr>
<td></td>
<td>3. Filippo D’Orazio (Y9)</td>
<td>3. Aelenor Berry (Y10)</td>
<td>3. Caelen Courtney (Y7)</td>
<td>2. Aelenor Berry (Y10)</td>
</tr>
<tr>
<td></td>
<td>10 minutes 54 seconds</td>
<td>15 minutes 11 seconds</td>
<td>44 minutes 34 seconds</td>
<td>1 hour 1 minute</td>
</tr>
<tr>
<td></td>
<td>11 minutes 35 seconds</td>
<td>16 minutes 16 seconds</td>
<td>48 minutes</td>
<td>1 hour 5 minutes</td>
</tr>
<tr>
<td></td>
<td>5. Blake Leonard (Y7)</td>
<td>5. Filippo D’Orazio (Y9)</td>
<td>5. Lucy Hodges (Y8)</td>
<td>4. Max Elliott (Y10)</td>
</tr>
<tr>
<td></td>
<td>14 minutes 55 seconds</td>
<td>16 minutes 37 seconds</td>
<td>56 minutes 40 seconds</td>
<td>1 hour 14 minutes</td>
</tr>
</tbody>
</table>

### CHALLENGE!! - Mr Gullick clocked 30KM in 1 hour 33 minutes – Can anyone beat him?

### Walking Challenge:

<table>
<thead>
<tr>
<th>Distance</th>
<th>3K</th>
<th>5K</th>
<th>10K</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Lydia Plant (Y7)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>31 minutes 15 seconds</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Challenge 2: (WE NEED MORE ENTRIES!) ...

<table>
<thead>
<tr>
<th></th>
<th>Walking:</th>
<th>Running:</th>
<th>Cycling:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Amelia Staunton (Y8)</td>
<td>1. Rory King (Y9)</td>
<td>1. Harrison Edwards (Y8)</td>
</tr>
<tr>
<td></td>
<td>100.7 KM</td>
<td>19 minutes 55 seconds</td>
<td>50 minutes and 14 seconds</td>
</tr>
<tr>
<td></td>
<td>2. Ms MacKenzie</td>
<td>2. Lucy Butler (Y7)</td>
<td>2. Stefan Konig (Y7)</td>
</tr>
<tr>
<td></td>
<td>27.52 KM</td>
<td>20 minutes 50 seconds</td>
<td>1 Hour</td>
</tr>
<tr>
<td></td>
<td>3. Miss Anderson</td>
<td>22 minutes 38 seconds</td>
<td>3. Mrs Friend</td>
</tr>
<tr>
<td></td>
<td>14 minutes 28 seconds</td>
<td>3. Mr Aston</td>
<td>1 hour 4 minutes</td>
</tr>
<tr>
<td></td>
<td>4. Anton Kadi (Y8)</td>
<td>4. Harrison Edwards (Y8)</td>
<td>23 minutes 36 seconds</td>
</tr>
<tr>
<td></td>
<td>17 minutes 29 seconds</td>
<td>23 minutes 40 seconds</td>
<td>23 minutes 40 seconds</td>
</tr>
<tr>
<td></td>
<td>5. Emelia Gillard (Y8)</td>
<td>5. Mrs Clarke</td>
<td>23 minutes 40 seconds</td>
</tr>
<tr>
<td></td>
<td>19 minutes 6 seconds</td>
<td>23 minutes 40 seconds</td>
<td>23 minutes 40 seconds</td>
</tr>
</tbody>
</table>
Mr Cowd’s Football Challenges:

Mr Cowd has created some football activities for you to try out at home to keep you active. Follow the activity cards below and watch demonstrations of each activity by clicking the link below to watch Mr Cowd’s attempts.

This week’s focus is on dribbling

If you have any questions about these challenges please email Mr Cowd on e.cowd@coxgreen.com

Football Demo Videos: https://drive.google.com/drive/folders/10PAm8LypghjPmWhJ0NthS2tpPc1Yvn

PE In Quarantine – Football Dribbling Session

#stayalertsavelives
#PEatCoxGreen

These 30 minute sessions will help you stay active during these challenging times. These sessions can be completed on your own, but a family member can join in. Adapt this to suit your ability level.

What you need:
Outdoor space, 1 football, 10+ cones (I used socks for this!)

Warm Up - Box Runs (x5)
- Create a box with each cone 15 large steps away from each other.
- Move around the cones using this motion: (R = Run, W = walk, J = Jog). Complete this circuit 5 times, resting before a 2nd set.

Activity 1 – Figure of 8’s
- Set 2 cones out at least 1 large step away. This should allow a figure of 8 motion.
- Complete each type of activity for 1 minute. Allow for adequate rest.
- 1 – Front toetaps. 2 – Backwards toetaps. 3 – R foot dribble. 4 – L foot dribble. 5 – Freestyle dribble

Make this easier by reducing the distance!

PE In Quarantine – Football Dribbling Session

Activity 2 – Dribble Patterns
- Set out 5/6 cones at least 1 step away from each other in a line. Complete each activity for 1 minute with adequate rest in between.
- 1 – Fake shot, then touch on instep. 2 – Touch around cone with outside of the foot. 3 – Drag backs

Activity 3 – Ronaldinho Drill
- Set out a starting cone, with a random range of cones in front of you.
- You need to be creative and confident during this drill, so take your time if you need it.
- Go in and out of the set cones in a creative order as many times as possible for 1 minute. When you get to the end, sprint out for 5 metres.
- Complete this 3 times in total.

Cowd’s Challenge – Sit Down Keep Ups’
Try to find your record for sit down keep ups. You must always have your bum on the floor. My total is 15!

Watch my video, then give it a go. Send your best attempt to e.cowd@coxgreen.com

Stay safe & good luck!
Online Wellbeing Sessions:

General Whole Body:

◊ **Pure Gym** – Free workouts on the pure gym website (includes abs, arms, legs, glutes and total body) [https://www.puregym.com/free-workouts/](https://www.puregym.com/free-workouts/)

◊ **The Body Coach (Joe Wicks)** – A variety of workouts ranging from absolute beginners to intermediate levels [https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)

◊ **MadFit** – Lots of workouts specially targeting different body parts as well as some dance and cardio [https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ/videos](https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ/videos)

◊ **Group HIIT** - More intense workouts including cardio, strength and tone and group sessions [https://www.youtube.com/channel/UC_aLZ9YxRrGmCe1Zd3GSkEA/featured](https://www.youtube.com/channel/UC_aLZ9YxRrGmCe1Zd3GSkEA/featured)

Yoga / Stretching / Mindfulness:

◊ **Sarah Beth Yoga** – Includes a variety of different yoga styles for every level as well as meditation [https://www.youtube.com/user/SarahBethShow/playlists](https://www.youtube.com/user/SarahBethShow/playlists)

◊ **Shona Virtue** – Yoga, stretching and mobility sessions as well as some full body workouts [https://www.youtube.com/channel/UCw3_asTSehMF-MbF1cluGCw/featured](https://www.youtube.com/channel/UCw3_asTSehMF-MbF1cluGCw/featured)

◊ **Meditation with Adriene**
  Focuses on meditation for learning - [https://www.youtube.com/watch?v=8YDd8Wgjj28](https://www.youtube.com/watch?v=8YDd8Wgjj28)
  Focuses on meditation for self-care - [https://www.youtube.com/watch?v=d4S4twjeWTs](https://www.youtube.com/watch?v=d4S4twjeWTs)
Pure Gym are offering lots of great free online resources

Free live classes on Instagram – See this week’s timetable. This information is available on their Facebook and Instagram page.

![Instagram Live Timetable](image-url)

**Monday**
- 10am: HIIT Workout
- 6:30pm: Absolute Abs Class *

**Tuesday**
- 10am: Body Tone Class

**Wednesday**
- 10am: Aerobics Class *

**Thursday**
- 10am: Legs, Bums and Tums Class
- 10am: Absolute Abs Class

**Friday**
- 11am: Burn It Class *

**Saturday**
- 11am: Yoga Flow *

*This session is not recorded live, but you can tune in to the pre-recorded session on our feed.*

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Mr. Gullick's Sport Watch & Read Recommendations

- **The English Game (The history of Football)**
  - Ronda Rousey's First Documentary Film (MMA) [https://www.youtube.com/watch?v=BooRIxKbr4](https://www.youtube.com/watch?v=BooRIxKbr4)
  - Youth Sport Trust Physical Challenges [https://www.youthsporttrust.org/50-second-physical-activity-challenges](https://www.youthsporttrust.org/50-second-physical-activity-challenges)

- **The Game Changers (Diet and Nutrition)**
  - The Body Coach 30 minute circuit session [https://www.youtube.com/channel/UCaW1k0E0o7YRhn6k8Y](https://www.youtube.com/channel/UCaW1k0E0o7YRhn6k8Y)
  - Tyson Fury 3 Part Documentary [https://www.channel5.com/show/tyson-fury](https://www.channel5.com/show/tyson-fury)

- **Dawn Wall/Free Solo (Real life stories)**
  - Tyson Fury Behind the Mask Autobiography (Boxing Book)

- **Supersize Me (Diet documentary)**
  - Thierry Henry Football Documentary [https://www.youtube.com/watch?v=Eouyh5c27 aggregfeature=youtu.be](https://www.youtube.com/watch?v=Eouyh5c27 aggregfeature=youtu.be)
  - Alex Ferguson My Autobiography (Football Book)

- **Katie (Female boxing)**
  - Jessica Ennis: Unbelievable (Athletics Book)

- **Coach Carter (Basketball movie)**
  - Is Professionalism Killing Sport? (Documentary) [https://www.youtube.com/watch?v=hl8KmHwag8](https://www.youtube.com/watch?v=hl8KmHwag8)
  - Bradley Wiggins: My time (Cycling Book)

- **Losers (Adversity in Sport)**
  - Born to Run – Jamaican Sprinting Documentary [https://www.youtube.com/watch?v=IBM7hIqAtbp4](https://www.youtube.com/watch?v=IBM7hIqAtbp4)
  - Mathew Syed: Bounce (Talent in Sport)

- **Stop at Nothing (Doping in Sport)**
  - Kobe Bryant – The Black Mamba Mentality [https://www.youtube.com/watch?v=7zI6d1tbp4](https://www.youtube.com/watch?v=7zI6d1tbp4)
  - Michael Phelps: No Limits (Swimming Book)

- **Ronaldo (Sports Biography)**
  - Serena Williams Tennis Series Documentary [https://www.youtube.com/watch?v=L9mTqyDmb9](https://www.youtube.com/watch?v=L9mTqyDmb9)
  - Playing the Game: Nelson Mandela and the Game That Made a Nation (Rugby Book)

- **Million Dollar Baby (Boxing movie)**
  - Lance Armstrong – Cycling’s Greatest Fraud in History [https://www.youtube.com/watch?v=CNPTCefK0c4](https://www.youtube.com/watch?v=CNPTCefK0c4)
  - The Running Dream: Wendelin Van Draanen (Running Book)

- **The Blind Side (True American Football movie)**
  - No No: A Dockumentary (Baseball, Free on Amazon)
  - Booked: Kwame Alexander (Football Book)
Mr. Gullick’s Tower Climb Challenge

Can you climb some of the tallest towers from around the world?

How do I play?

- You must choose one of the towers to climb
- You must use a timer to record how long it takes you to climb the tower
- Using your stairs at home, you must walk up them to climb the tower (please ensure you ask someone to check the area is safe first!)
- Every three stairs is the equivalent of 1 metre
- Walking down the stairs does not count, only walking up, walking down is your recovery
- If you don’t have stairs, find a box you can use to step on to (ask somebody to check that it is safe!)
- Record your time and send me the result with the tower you climbed – you can send pictures as evidence
- I will add all names onto a Leaderboard and update weekly – all staff and students welcome to play!
- Can you also tell me what muscles you’re using whilst doing this challenge?
- Final note, please warm up and stretch before starting! Good Luck!
Recent Letters

- Changes to KS3 Provision - June 2020
- New provision for children with special educational needs - June 2020
- Letter to parents 8th June 2020

These letters have been sent to parents via text or email. They can also be found on the Cox Green School Website.

Library News

The Summer Reading Challenge 2020

The Summer Reading Challenge has landed for 2020 and with it, of course, comes a brand new creative theme. This year, it’s ‘Silly Squad’: a celebration of funny books, happiness and laughter!

Due to the Covid-19 pandemic, however, many libraries have had to close their doors to the public; which is why The Reading Agency has decided to go digital for 2020. That’s right, this year’s Challenge will take place online rather than in public libraries.

Whilst this is a little different to normal, the new online platform will help participants keep track of their books and reviews. It will be free to access and will also feature lots of games, quizzes and downloadable activities to incentivise and encourage children to take part in the Challenge. It should be a lot of fun!

Join the Challenge— https://summerreadingchallenge.org.uk/

How we’re supporting the Challenge

Although our libraries are currently closed, we will still support the Challenge through our social media channels and e-lending platforms (OverDrive and RB Digital), where you will be able to find lots of exciting content: eBooks, Audiobooks, book recommendations AND online author events, for example.

We’ve managed to recruit an amazing group of authors and illustrators to help promote this year’s Challenge - Michelle Harrison, Abi Elphinstone and Martin Brown from 'Horrible Histories' to name but a few - so make sure you’re following us to get the latest updates and information from them.

Our social media channels are listed below.