



# CHALLONER CHANNEL

Edition No. 2

Thursday 7<sup>th</sup> May 2020

Welcome to the second edition of Challoner Channel

This is all about you, what's going on, what you are doing and our way of keeping in touch with you and supporting you during lockdown.

This week we celebrated Founder's Day - Bishop Challoner's 70th birthday! If you haven't watched Mrs Anderson's special assembly from Monday, you can find it [here](#).

This Friday is Victory in Europe (VE) Day – let us know what you do if you celebrate.

Do not forget to reach out for any help and support – the Bishop Challoner community is a family and we are all here to support each other.

## This Week's Good News

PE Challenge  
update on page  
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Kweku has been very busy during this lockdown and in his desire to help he has made 3D printed medical visors to help protect NHS staff to stay safe as they treat COVID-19 patients. He has donated 20 of the visors to the staff at St Christopher's Hospice through his Scout group.

Congratulations, Mr Bryson



Mr Bryson has completed his 26 km row for the 2.6 challenge. He is raising money for the King's College Hospital charity and the Bumble Conservation Trust.  
The link is  
<http://uk.virginmoneygiving.com/JonBryson/1>  
if anyone wishes to donate.

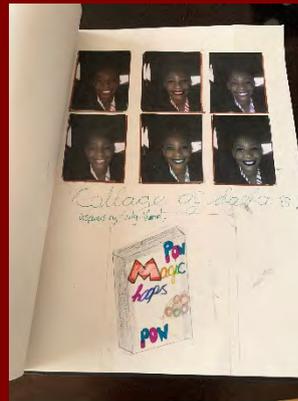
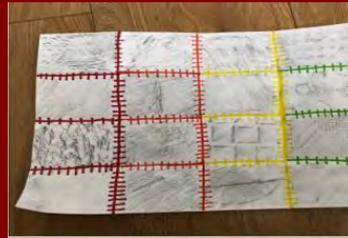
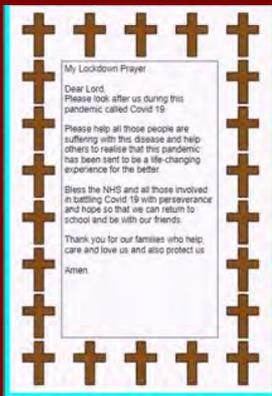


Lego Rainbow Challenge by Megan (Y4) and Ryan (Y3)

We want to hear from you!  
Please send any stories to be featured in the next issue to Miss Ridley at [nridley@bcsweb.co.uk](mailto:nridley@bcsweb.co.uk) by 19<sup>th</sup> May

## Keeping Busy

From online music lessons to art and home-baking, you have all certainly been keeping very busy.



And so have the BC staff...



Ms Ludlam and Oskar



Mr Peck's work station!



Ms Hoyles getting a little help from Bella!



Mrs Koureas and Nina

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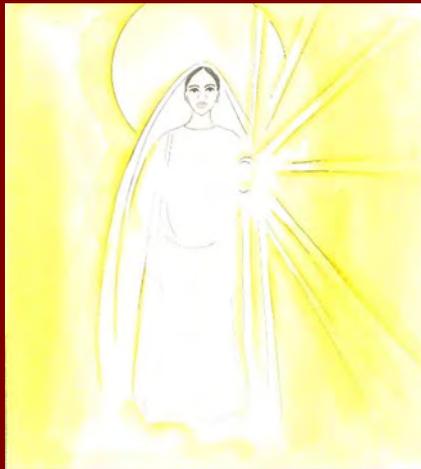
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Puzzles, quizzes  
and more

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## May is the Month of Mary



Traditionally the month of May is dedicated to Mary the mother of Jesus. We do not worship Mary because God alone deserves to be worshipped. However, we show honour to Mary because she is the Mother of Jesus and therefore the Mother of God. It was her unequivocal yes to God's will that brought Jesus, the Son of God (*truly God and truly human*) into the world.

Mary continued to be the most faithful disciple of Jesus and was present at every significant event of his life. The Rosary helps us to meditate upon these key events including, his joys, sorrows, glories and more recently events that cast light upon our faith.



Mary is our spiritual Mother and like all good mothers she wants what is best for her children, she knows how important it is for us to have Jesus in our lives. Each mystery of the Rosary teaches us something new about Jesus. As we journey through the life of Jesus with Mary and think about their joys and sorrows, we unite our joys and sorrow with theirs and invite them to be with us on our journey.

Let us entrust our school and all of our needs at this time to Mary as we pray:

**Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death Amen.**

Many families pray the Rosary together. If you would like to pray the Rosary or just a decade with us each day, please click [here](#) for a link to the Rosary Presentation which gives the instructions for prayer.

God bless you all,  
Gerard Lohan  
School Chaplain



### Mindfulness Toy Breathing

Try this mindfulness activity at home with your child.

Take a toy - not too heavy - a Duplo brick is great for pre-schoolers, something bigger depending on your/your child's age. When ready and relaxed and quiet (or with some peaceful music such as [https://www.youtube.com/watch?v=HAzUvh99u\\_0](https://www.youtube.com/watch?v=HAzUvh99u_0) ) lie on your back. The toy then needs to balance on your tummy. Talk your child through the idea of slow deep breathing - to help them, watch the Duplo brick rise as they breathe in deeply and move down as they exhale out.

Once you have mastered this, can you make your toy go even higher than before?

This is a great activity to master and you can simply repeat whenever you or your child feel overwhelmed or upset.

Parents may find this activity particularly useful before bed on these lighter evenings in lock down - try with your child's eyes shut rather than watching the toy at these times and see if that sets your child into a more "mindful" state before quality sleep.

Please remember that you can contact Ms Ludlam on [eludlam@bcswb.co.uk](mailto:eludlam@bcswb.co.uk) if you wish to discuss any concerns in regards to your nursery child.

**Don't forget to follow the Nursery on Twitter for news and updates – @NurseryBC**

# Questions to ask your child in self-isolation

**YOUNG**MiNDS

Do you miss Nursery?  
What would help you to miss it less?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?



# Junior

# News



Dear Junior School Children,

I hope that you are all making the most of the extra time you are spending with your families and that our 'new normal' is becoming more familiar to you.

If we had been in school this week we would have been doing lots of lovely things to commemorate the end of WW2 and learning about the huge celebrations that happened on VE Day in 1945. People across the world had lived through five long years of war and we can only imagine the relief and delight that they would have felt to be told that the world was once again a safe place. On a smaller scale, this maybe something that we can relate to now, as we look forward to the days when we can once again be with all our friends and do the things that we choose.

Some of you will remember Jim, who was our Prize Giving guest a couple of years ago. Jim served during the war and is a D Day veteran. He well remembers the events of VE



Day, spent in his home city of Hull. Jim is in his 90s now and happily recalls jazz music playing in the streets and dancing the Jitterbug all night. He says that it was the most joyous and greatest celebration of his lifetime following on from the hardships of war.

Most of you will have followed Captain Tom Moore and his wonderful fund-raising effort for the NHS that has now raised over £32

million!!! In times of great difficulty heroes emerge and remind us that there is so much goodness in our world. Captain Tom has shown us what can be achieved if we are prepared to take the first step!

I hope you have a lovely Bank Holiday weekend.

With love,

Ms Barker

### Can you solve these riddles?

- What gets wetter the more it dries?
- When you look for something, why is it always in the last place you look?
- A cowboy rode into town on Friday. He stayed in town for three days and rode out on Friday. How was that possible?
- One night, a king and a queen went into a castle. There was nobody in the castle, and no one came out of the castle. In the morning, three people came out of the castle. Who were they?
- What has to be broken before you can use it?

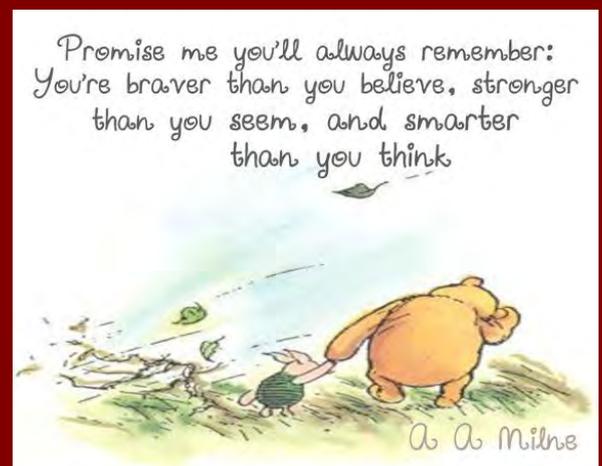
Answers in the next issue.



### Wellbeing

Last week I mentioned The Calm Zone on the Childline website. They have some brilliant yoga videos that you might want to try. Remember all exercise will help you to feel better, build fitness and keep you active so, whether it's Joe Wicks, yoga or a daily walk, enjoy!! *I would love to see pictures of any exercise that you are enjoying - You may be able to inspire someone else.*

**Things to do** *,,, Making a den.* Inside or out, there are lots of ideas online, so be creative.



# VE Day

v i c t o r y v b d e l  
f c e e v b h j n f u i  
f h l s w f v h j b r b  
i v e a u h j n m c o e  
g o b p a r v r v b p r  
h p r f v b r a g b e a  
t r a a v b n e e v b t  
i g t r a v b h n b n i  
n f e s t i v a l d o o  
g p v b n y v e f v e n  
a f v n j k l a o a n r  
g e r m a n y v b q d k

victory  
europe  
liberation  
end  
surrender

fighting  
party  
festival  
germany  
celebrate



I have been so impressed by KS3 pupils' efforts over the last couple of weeks. The pupils have really taken the remote learning in their strides and I have had some really positive feedback from teachers about how you are getting on. It has been lovely to meet with almost all of you during your Teams meetings and I have been so pleased to hear that you have been enjoying the online lessons.

Congratulations to the following pupils for their efforts and excellent work over the last fortnight.

Well done to Tiffany from Yr 7 who scored a fantastic mark in her end of topic Science test on waves and sound and has also been praised for the lovely PowerPoint about French activities.

Congratulations Luke, Oliver and Emmanuel in your excellent effort in maths.

Dr Samuel

Congratulations Deborah, Anya, Jacob, Taye and Kwekufor producing excellent work during your science lessons.

Mrs Lau

There have been some excellent pieces of artwork and Mr Coultart has been really impressed by your efforts:

**Year 9**

William Elizabeth  
Ohemaa Jonny  
India Kittie  
Twaine Luke

**Year 8**

Sofia Shayara  
Fleur Daniel  
Max Jonah  
Emily

**Year 7**

Isabella  
Yasmeen  
Joanna

One piece that really stood out was this one Eddie produced which can be seen below. Well done Eddie!



Please remember to try to follow the school day timetable. It is vital that you have a balance. Please ensure you spend your allocated lesson time on your subject. If you find you have not completed the work in this time, then just send your work to your teacher and inform them you have spent 50 minutes completing the task but not been able to complete it.

### **Mental Health and Wellbeing**

At this current time looking after yourself and staying positive is vital. I have found this section of the NHS website most useful <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>. It suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. I hope you find this useful and can apply these 5 steps over the coming weeks.

### **Running Challenge update**

It has been great to see that many more pupils have now contributed to their class tally during the past fortnight. 9Alpha are still in the lead but it is good to see many new faces contributing this week. Well done to Mr Snadden and Mr Flanagan who completed the new 5km challenge and gained their class an additional 100 points. Remember to try and keep active. A special well done to Ted who has run a very impressive 140 miles since lockdown began.

### **Weekly Challenge**

During the last edition there was a spot the ball competition. The correct square was B2. Well done to all those pupils who submitted their guesses. Unfortunately, no one managed to guess the correct square.

This week I challenge you to complete the 2.6 challenge. The Virgin Money London Marathon alone, which should have taken place on Sunday 26 April, is the world's biggest one-day fundraising event, which raised more than £66.4 million for thousands of charities in 2019. All you need to do is think up an activity based on 2.6 or 26 that suits your skills. Examples could include run or walk for 2.6 miles, 2.6km or for 26 minutes, go up and down the stairs 26 times, 26 keep ups, do a 26 minute workout – anything you like. You can then head over to <https://twopointsixchallenge.justgiving.com/donate> where you can donate to a charity of your choice if you wish to. Please send me through any photos of you completing the challenges. Good Luck. Well done to Mr Bryson for completing his 2.6 challenge rowing 26km which was a fantastic effort.

Hello Key Stage 4,

Happy Founder's Day to you all, for the 4<sup>th</sup> of May – 70 years ago this week our school opened its door for the very first time – who could have know that we would be celebrating this occasion from our homes and not physically in the school building. The thing that warms my heart is that we are no less of a community even though we are physically apart, all of the qualities, values and evocative words we may have used to describe our school are still there just “socially distanced”. Reflecting on Founder's Day, I found myself thinking about Fr Patrick Byrne and the brave steps he took when he started our school. It would have been very easy for him to do nothing and let the grounds of Shortlands House be sold and flats be built – but he took action, and the brave decision to do something that would benefit others (including ourselves).

Since the arrival of Covid-19 I have been struck by just how many online companies (mainly educational) have kindly made their product freely available, to name a few I have been on a virtual museum tour of The Metropolitan Museum of Art in New York, A live Kenyan Safari, I have watched a performance of the Phantom of the Opera and even today with my children, I have participated in a live lesson from the Arctic. What have you been doing to make the most of this time you have, particularly Year 11? Have you heard of MOOC – Massive Open Online Course, a collection of free online courses from some of the top worldwide universities and companies. Topics include things like Astronomy, Chinese Language, Mechanical Engineering, Geology, in fact there are over 2900 to choose from.

Again, I have loved receiving your email contact, hearing all of the things that you are doing – one student is writing a screenplay, and another has been perfecting their baking skills. Please do keep me updated, I am receiving so many emails at the moment, but my favourite ones are from you guys!!

I will finish now by sharing some inspirational words of Pope Francis that although were written in 2017 seem to fit so well with our current situation. *“Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is...Life is good when you are happy; but much better when others are happy because of you.” Let us all remember then that every changing colour of a leaf is beautiful and every changing situation of life is meaningful, both need very clear vision. So do not grumble or complain, let us instead remember that Pain is a sign that we are alive, Problems are a sign that we are strong and Prayer is a sign we are not alone!! If we can acknowledge these truths and condition our hearts and minds, our lives will be more meaningful, different and worthwhile!!*

Take care and God Bless

Mrs Shields

Check out page 23 for a useful Coping Calendar!



### Mrs Shield's Bible puzzle

There are 30 books of the Bible hidden in the text below – Can you find them all?

There will be a prize for the first person to email me with a full set of 30 books (highlighted or underlined)  
You may find it useful to print the text or at least use a large screen.

This is a most remarkable puzzle. It was found by a gentleman, in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends. One friend from Illinois worked on this while fishing from his john-boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist, was so intrigued by it, she mentioned it in her newspaper column.

Another friend judges the job of solving this puzzle so involving; she brews a cup of tea to help her nerves. There will be some names that are easy to spot. That's a fact. Some people, however, will soon find themselves in a jam; especially since the books names are not necessarily capitalized.

Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which features this puzzle, the Alpha-Delta-Phi lemonade booth set a new sales record.

The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, The books are all right here, in plain view, hidden from sight.

Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also keep in mind, that punctuation & spaces in the middle are normal.

A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus. There really are 30 books of the Bible, lurking somewhere in this paragraph, just waiting to be found.



*"Do what you can, with what you have, where you are" – Theodore Roosevelt*

Dear Sixth Form

Firstly, I would just like to wish you all the best in these unprecedented times (I sound a bit like the Prime Minister there). This is a unique experience for all of us, having to cope with lockdown and all the changes this has caused us to make to our everyday lives. For me, it is having to cope with more technology, things you take in your stride. For you, it is having to cope with a new way of learning, one where you are more responsible. This will be valuable experience for university where independent learning is the norm.

I have noticed that people are doing incredible things, Colonel Tom, concerts, Zoom parties, raising money for charities, all from behind closed doors. When we do go out, we clap for the NHS and perhaps take the opportunity to talk to neighbours we barely know. Has this experience changed us? Only time will tell. I thought this poem by Tom Roberts sums things up brilliantly:

[The Great Realisation: Hindsight 2020](#)

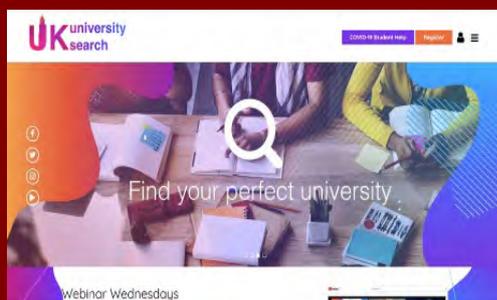
Things to do during lockdown:

If you search under 'Arts' in iPlayer, there are many Shakespeare plays to watch, as well as other programmes to enrich your cultural heritage. This is an excellent version of Frankenstein from the National Theatre:

<https://www.nationaltheatre.org.uk/shows/nt-at-home-frankenstein>

Of course, you should be reading lots, and there are many free audio books available on audible at the moment. I know some of you have been sharing what you are reading with us, so please continue to do so.

Year 12 can be watching the University search webinars on choosing a university to get



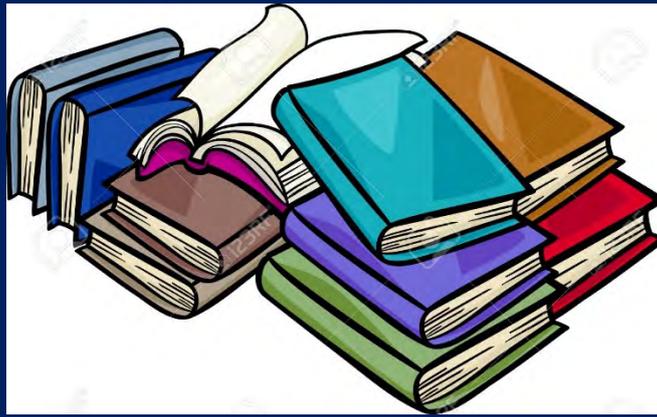
themselves ready to complete their UCAS forms. There are a series of them on Wednesdays at 12.00, so they have the catchy title of 'Wednesday Webinars'. Last week it covered choosing a university, this week it covers how you complete the UCAS form, so you should all be watching this one and taking notes. Future ones cover Student Finance and University life which year 13 may find useful.

Gresham College offer a whole series of lectures on a wide range of topics. These are presented by renowned lecturers and business people. They will enhance your studies and will help you when completing UCAS forms and get you ready for university. Whilst you cannot attend, most lectures are now live streamed and many are archived for later viewing.



On a final note, all keep well and as Dame Vera Lynn said 'we will meet again', which reminds me it is VE day this Friday so you can all have a Bank Holiday!

Mr Bryson  
Head of Sixth Form



Hello everybody,

I hope you are all keeping safe and well. I thought this a good opportunity to let you know about some of the many wonderful reading resources that have become available online:

- For those of you with younger children, David Walliams is releasing an audiobook to listen to at 11am every morning: <https://www.worldofdavidwalliams.com/elevenses>

- Audiobooks are also available for free on: [https://stories.audible.com/discovery/enterprise-discovery21122356011?ref=adbl\\_ent\\_anon\\_ds\\_ds\\_dpsh\\_cntr-1](https://stories.audible.com/discovery/enterprise-discovery21122356011?ref=adbl_ent_anon_ds_ds_dpsh_cntr-1)

Please feel free to take advantage of this helpful resource.

- Award-winning book illustrator Rob Biddulph is sharing draw-along videos daily on his Twitter feed

- For some current non-fiction, The Week Junior: <https://www.funkidslive.com/podcast/the-week-junior-show/#> takes you behind the scenes of the award-winning news magazine for kids.

Please also encourage your children to continue reading physical books - only 20 minutes a day is enough to develop and improve vocabulary and comprehension skills.

- <https://www.booktrust.org.uk/books-and-reading/our-recommendations/best-new-books/> gives advice and ideas of good book choices from babies to age 14.

- For older students (most of whom I know well), I am happy to give personal recommendations over email of what I think you might enjoy. Just drop me (or any member of the English Department) a message.

Stay safe, and happy reading!

Mrs F. Miotti  
Head of English



# Fascinating Maths

To distract the mind, particularly under the current circumstances, it is often useful and therapeutic to think about something completely different. To that end, I thought I would set some puzzles and lateral thinking problems that I hope you find enjoyable and provides a distraction from the current situation. There should be something here for everyone. Answers will be given in the next Challoner Channel.

## River Crossing

A farmer is taking a wolf, a goat and a basket of cabbages to market and he comes to a river where there is a small boat. He can only fit one of the items with him at any time. He cannot leave the wolf with the goat, or the goat with the cabbages for reasons that should be obvious. Fortunately, the wolf detests cabbage. How does the farmer transport all three items across the river?

## Digital Century

Place *exactly* three common mathematical symbols between the digits

1    2    3    4    5    6    7    8    9

so that the number equals 100. The same symbol can be repeated if you wish, but each repeat count towards your limit of three. Rearranging the digits is not permitted.

## Spelling Mistakes

'There are five mistakes in this sentence.'  
*True or false?*

## A Room with No Windows

A man is in a room with no windows, doors or any exit. To make things worse, the room is in the middle of a desert. The only items in the room are a mirror and a table. How does he escape?

## Bankruptcy

A man pushed his car. He stops outside a hotel and realises he is bankrupt. Why?

Credits: River Crossing, Digital Century and Spelling Mistakes come from Professor Stewart's Cabinet of Mathematical Curiosities.



The topic in Year 8 RE at the moment is Hinduism and they are looking at how Hindus use meditation.

Hindu sages say that when you learn to meditate and make your mind completely quiet it will help to empty your mind of all your worries and restless thoughts fill you with the infinite peace and happiness of God.

Year 8 pupils had a go at meditating and here is some of their responses:

I felt all of my body calm down and my system relaxed

I felt really rested and it was great that I was thinking about how much I have and how I am so so so grateful for it and it was just amazing

I felt relaxed and at peace. I could hear the rain outside which is weird as I didn't realize it was raining before then

During the meditation, I felt something I had never felt before. I felt calm relaxed and peaceful

I felt very relaxed and peaceful. I didn't worry about thoughts that were occupying my mind and I focused on being still. I think we can all talk to God if we find a quiet place to relax and review it/pray

The exercise seemed to help demonstrate how important prayer and meditation is as it relieves us of our worries and restless thoughts.

### Try it for yourself!

Sit in silence for a few minutes, just feeling what it is like to be you.

Feel the warmth of your body where one part of your body rests against another.

Feel the weight of your body as it rests on the chair or on the floor, pressing down and connecting you with the earth.

Watch the thoughts just passing through your mind like birds flying across the blue sky. See if you can just watch your thoughts and not be inside them.



## Quiz Time!

As we were unable to do a House Quiz in the Spring Term, we are bringing the House Quiz to your house! Kindly supplied by Mr Peck, please see below for 40 questions to quiz with your family.

Answers will be revealed in the next issue.

1. Which continent would you not find bees?
2. A Lion is an herbivorous animal? True or False?
3. In Aladdin, Rajah is the pet tiger of whom?
4. Who was the oldest man in the Bible who died at the age of 969?
5. Who is the patron Saint of Italy?
6. How many times does the word 'Christian' appeared in the Bible?
7. Cain and Abel were the children of?
8. In the nursery rhyme, Jack and Jill went to fetch?
9. In an American sport what does QB mean?
10. How many animals of each type did Noah bring to the Ark?



11. Which kind of animal is Pedro in the television series Peppa Pig?

12. Who created the children's book character Charlie Bucket?

13. What is the national sport of Canada?



14. What is currently the tallest building in the world?

15. Olaf, Hans and Sven are characters from which film?

16. What are the small orange men in Charlie and the Chocolate Factory known as?

17. What sport is depicted on the logo for the fashion house Ralph Lauren?



18. Which 2016 Disney film was shot in the islands of Polynesia?

19. Which sculpture, by Antony Gormley, is famous for being in Gateshead?

20. Which fictional family live at 4 Privet Drive, Little Whinging, Surrey, UK?

21. On a farm a calf is a baby what?

22. What do you call a group of fish?



23. Who is the Prime Minister of England?

24. Which is the largest city in Scotland?

25. Into the Wild is a fantasy novel written by?

26. "Dance Monkey" is a song by Australian singer?



27. How many years are there in a decade?

28. Which fruit fell on Newton?

29. Who discovered America?

30. Which player holds the record for the most goals in consecutive Premier League games?

31. What was the primary occupation of Mary Seacole?

32. What is the largest continent?

33. What colour are Minions?

34. Which country is the Catholic pilgrimage site, Lourdes located?

35. Who developed the game Fortnite?

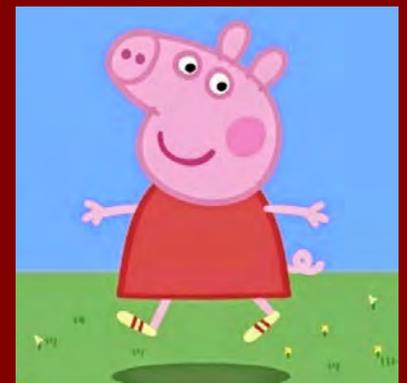
36. In-game purchase in Fortnite battle Royale is called?

37. Name the largest mammal in the world?

38. What colour is Peppa Pig's family car?

39. Which musician wore a Union Jack stab-proof vest during his headline set at Glastonbury festival?

40. Who wrote and illustrated the childrens book the Monkey Puzzle?



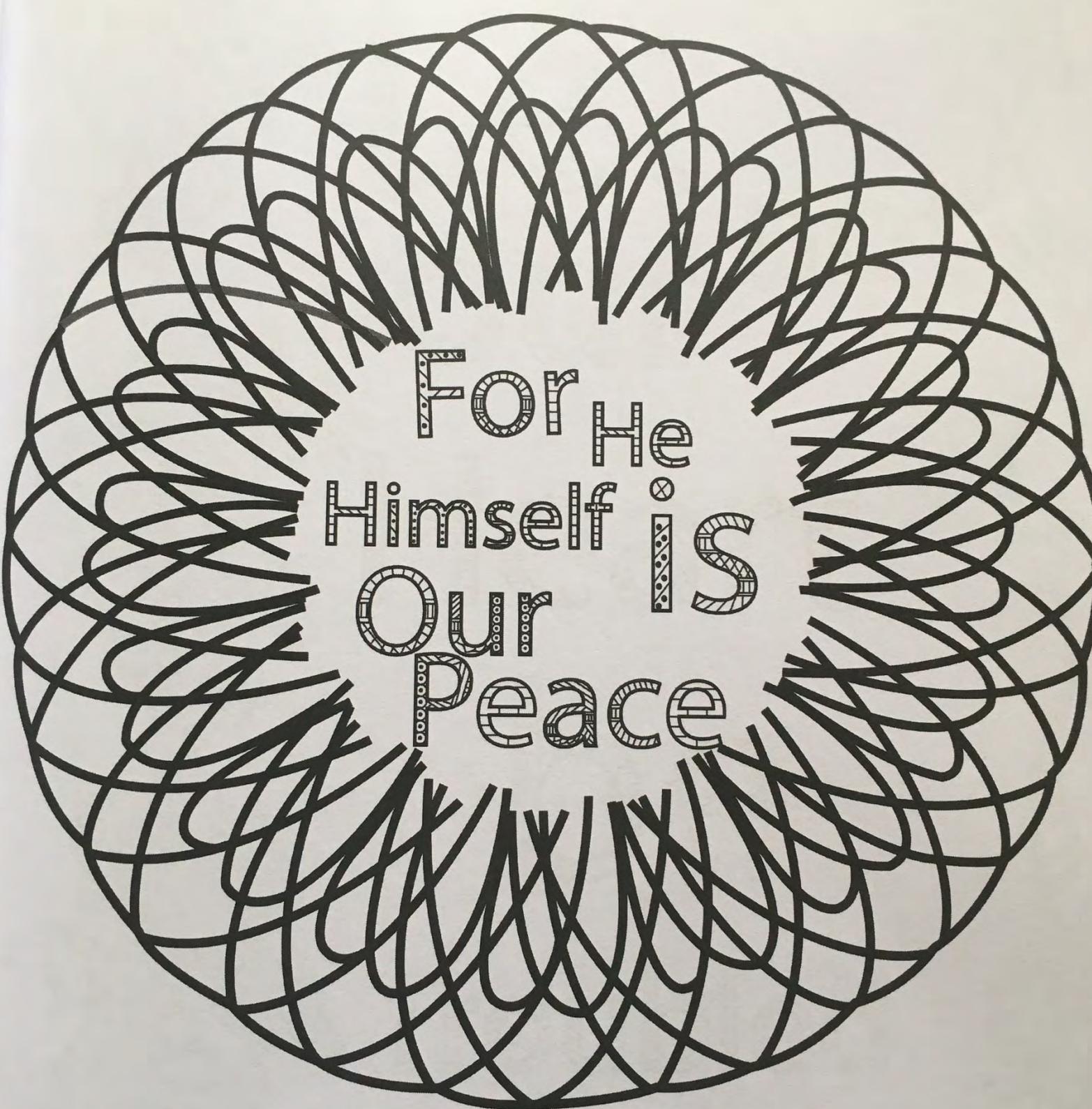
### Mrs Anderson's Pond

Can you spot the nine fish in Mrs Anderson's pond? Have you also seen the amphibian?

Answers will be provided in the next edition.



The next page needs your colour!



For He  
Himself is  
Our  
Peace

*Ephesians 2:14*



# ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.  
Do What You Can" ~ Arthur Ashe**



**4** Focus on what you can do rather than what you can't do

**5** Send friends a photo of a time you all enjoyed together

**6** Take a step towards one of your life goals, however small

**7** Let someone you love know how much they mean to you

**8** Set yourself a kindness mission. Give your time to help others

**9** Look out for positive news and reasons to be cheerful today

**10** Tell someone about why your favourite music means a lot to you

**11** What are your most important values? Use them today

**12** Be grateful for the little things, even in difficult times

**13** Today do something to care for the natural world

**14** Show your gratitude to people who are helping to make things better

**15** Find out about the values and traditions of another culture

**16** Look around you and notice five things you find meaningful

**17** Take a positive action to help in your local community

**18** Hand-write a note to someone you love and send them a photo of it

**19** Find a way to craft what you are doing to give it more meaning

**20** Reflect on what makes you feel really valued and appreciated

**21** Share photos of 3 things you find meaningful or memorable

**22** Ask a loved one or colleague what matters most to them and why

**23** Share an inspiring quote with others to give them a boost

**24** Do something special today and revisit it in your memory tonight

**25** Give your time to help a project or charity you care about

**26** Recall three things you've done that you are really proud of

**27** Today link your decisions and choices to your purpose in life

**28** Tell someone about an event in your life that was really meaningful

**29** Think about how your actions make a difference for others

**30** Find three good reasons to be hopeful about the future

**31** Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

We all know that we do not get on with everyone all the time. Yet we also do not want to upset other people, when all we want is some time out.

How to get some quiet time when you are about to explode!

step 1 - arrange a codeword with family (Warning: not a word that is used everyday)

step 2 - explain this means 'I need time out and do not want to explain'

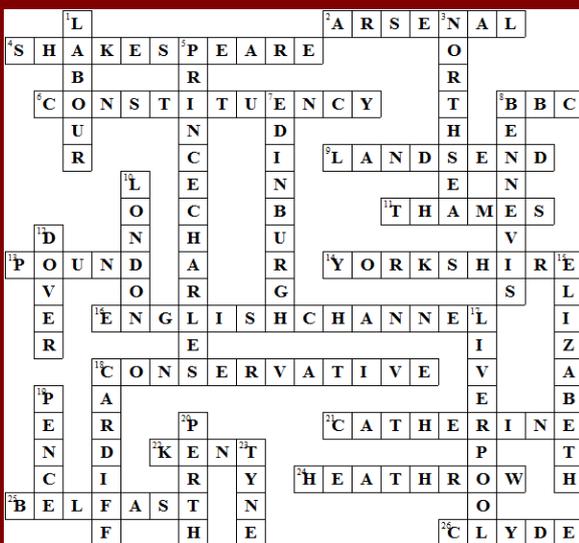
step 3 - after taking yourself away for 10 minutes return to talk through if needed

Mrs Bastin



Answers from Edition 1:

Senior Crossword



Mrs Anderson's Garden

- A= Pear tree
- B=Apple tree
- C= Violet
- D=Wild garlic
- E= Round robin
- F=Broom
- G=Honesty (Catholic Christian value)
- H=Forget-Me-Not



Do not forget to send us your stories, news and photographs for the next edition of the Challoner Channel.

Please email Miss Ridley ([nridley@bcsweb.co.uk](mailto:nridley@bcsweb.co.uk)) by Tuesday 19<sup>th</sup> May.

Stay safe, stay well, stay connected.

