



# CHALLONER CHANNEL

Edition No. 4

Friday 12<sup>th</sup> June 2020

Welcome to the fourth 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.

We hope you all had a great half term break. It has been great to see some pupils back in school from last week and we are extremely pleased with the way you are all coping, whether back at school or continuing with home learning. We look forward to seeing more of you hopefully very soon.

The next edition of Challoner Channel will be our last as we come to the end of term so make sure you get all your news and photos to Miss Ridley by 23<sup>rd</sup> June.

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

14



Year 9 French classes did very well in a French culture kahoot this week. Bravo!



National Cupcake Day

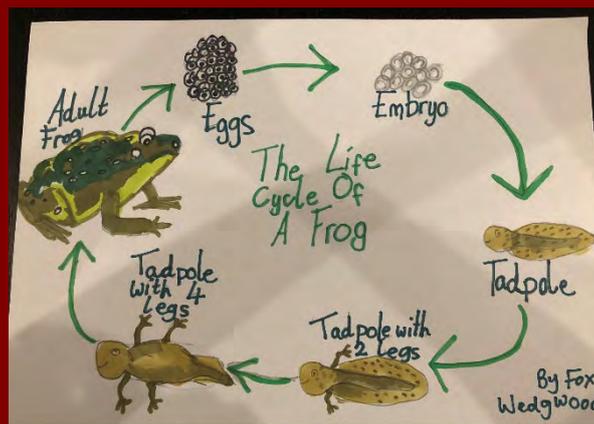
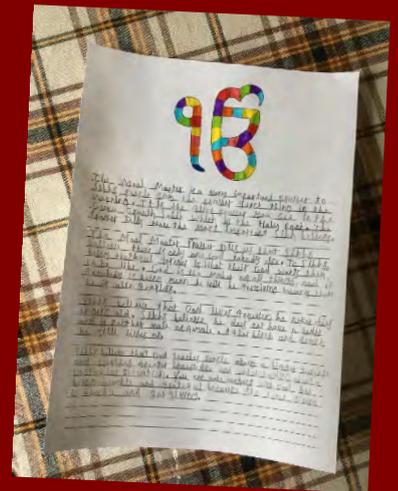
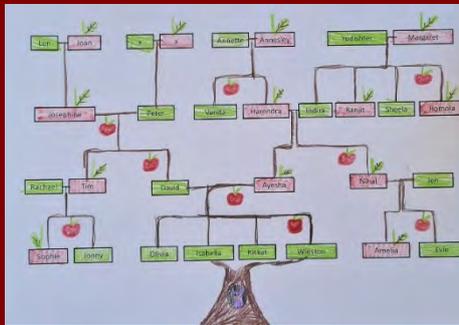
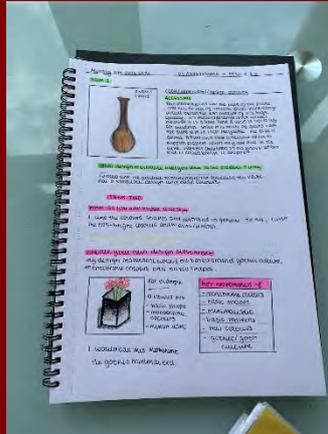
Tomorrow is National Cupcake Day – how about trying some baking? Don't forget to send us your pictures

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 23<sup>rd</sup> June

### LAMDA

When LAMDA exams were cancelled, our pupils were keen to ensure that their hard work and creativity did not go unmarked. Classes switched to online sessions and we forged ahead. We had great fun in class and continued our creative work. We had extra people, a few animals and even a dancing dad joining in! Over the weeks, each pupil was individually assessed, and the standard of work proved to be very high indeed. We saw some great performances; funny, insightful and moving. Students adapted so well to acting on camera, which is a very different skill to stage acting. Pupils have been sent a specially designed certificate to celebrate their wonderful work. As we say in theatre "the show must go on!" Well done to all. I am happy to say there is a strong seam of acting talent at Bishop Challoner.

William (Y9) has passed his Taekwondo grading to progress to 5 Kup (blue stripe). This involves performing 3 patterns (patterns consist of around 30+ defence and attack movements set in a logical sequence to deal with an opponent); sparring; linework; and theory questions where you are tested on the Korean meanings of defence and attack words. He did this remotely being tested via Zoom by the examiner. Well done, William!



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## The impact of COVID -19 on our mental health



The last few months have been challenging times with the onset of COVID-19 bringing significant life changes to our life. During this time of sudden changes, we had to adapt to a new way of living with restrictions to our freedom of movements and choice and how we interact with others. In these stressful times, we have to expend psychological energy trying to cope with these changes.

Some of us have experienced losses through death, illness, work or other factors without having the opportunity to process those endings during lockdown.

Without doubt, there is a significant psychological impact to our mental health and wellbeing. An increased sense of anxiety, anger, uncertainty, fear of illness or of losing a loved one.

There is uncertainty about what our future will look like and many questions to answer e.g. whether or not we will return to what we knew as 'normality'. Many feel anxious about going back to work, school or to be in a public place.

In the next article, we will look at what we can do to improve our mental health. But before looking at ways to cope, it is important to understand what makes us mentally healthy.

According to Marie Jahoda (1958), we have good mental health if we meet the following criteria:

- A Positive view of the self and lack of guilt.
- The capability for growth and development
- Being able to be autonomous and independent
- Realistic perception of the world
- Able to cope with stress
- Positive friendships and relationships
- Environmental mastery – able to meet the varying demands of daily activities e.g. work, love and enjoy our leisure time

Marie Jahoda stated that, the more these criteria are satisfied, the healthier the individual is.

COVID-19 has brought up challenges to those conditions. It has affected our relationships. Isolation has brought up for many feelings of loneliness. It has reduced our ability to meet demands of daily activities e.g. work, hobbies and leisure.

Many have reported increased level of anxiety, frustration and anger which have affected our sleeping, eating and physical activities. All of which are vital factors for our ability to cope with stress and to be mentally healthy.

COVID-19 has also had an impact in our body. Faced with a threat the body stays vigilant and looks for danger. Our response to threat affects our mind and body causing an automatic physiological reaction. COVID-19 is perceived as a threat by our society. The perception of threat activates a sequence of bodily reactions which prepares our body to fight or flee what it has seen as a danger. These responses are innate survival responses in a threatening situation which, when intense, are implicated in an increased anxiety level and in a range of mental disorders.

In the next article we will look at what we can do to protect our mental health in these challenging times.

Thanks for reading,

**Mrs Ropkins**

### Recommended Reading:



A fantastic book on how the body is affected during traumatic times.

**The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma** by Bessel van der Kolt

### For children



**For the little ones** – The Huge Bag of Worries Paperback – 6 Jan. 2011  
by Virginia Ironside (Author), Frank Rodgers (Illustrator)

Or you can watch it on You Tube at <https://youtu.be/8QwEOSBjOt8>

**Possible Activity:** Use an empty box. Ask your children to write down or draw their worries and put them inside the box. Discuss its content and listen to their feelings



### **Mindfulness activities - discussing and expressing emotions**

It is important that young children learn to understand feelings and how to manage them. Find some quiet time and use some of the resources on the following pages to use as a basis for discussion about emotions and how to cope with them.

Use the net on page 7 to create an emotions dice and use some of the images from page 8 to stick to the faces of the cube.

You can then, as a family, use this dice to roll and take turns. When it is your turn, it is important to first identify the feeling (you may wish to start with more obvious/simple feelings and work up to those that are a little more complex such as embarrassed or disappointed) and then try to remember a time you felt these emotions. How did they make you feel? Did you like that feeling? What did you do to make yourself feel better? This is a great opportunity to help children realise that all feelings are normal and we all feel them from time to time, but what is really important is how we manage these.

Ms Ludlam

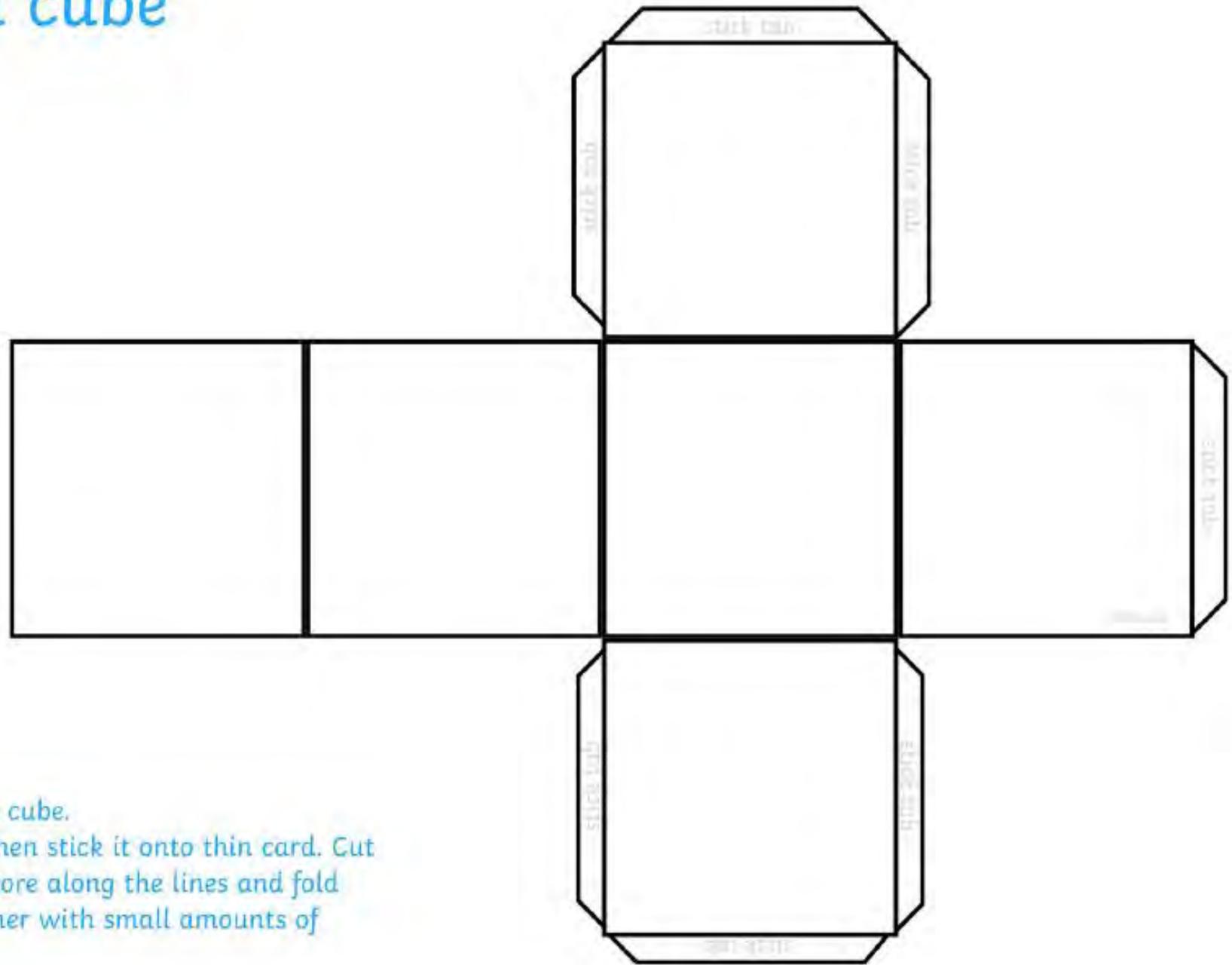
Useful tips on how to help your child stay calm can be found by clicking on the Cbeebies logo below.



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.

**Do not forget to follow the Nursery on Twitter  
for news and updates – @NurseryBC**

# Net of a cube



This is a net for a cube.  
Print it out and then stick it onto thin card. Cut it out and then score along the lines and fold them. Stick together with small amounts of glue.

# How do you feel today?



happy



angry



excited



embarrassed



cold



hot



surprised



tired



astonished



upset



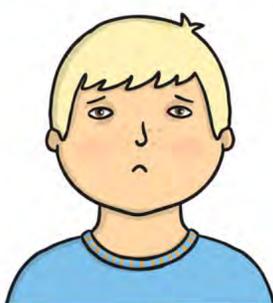
worried



nervous



proud



sad



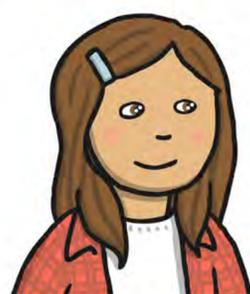
confused



scared



poorly



calm



stressed



disappointed



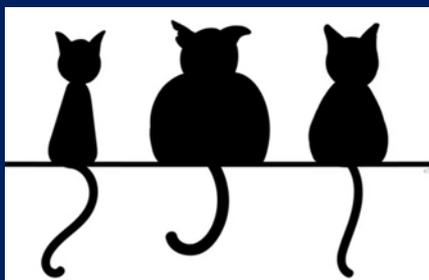
# Junior News

Dear Junior School Children

I hope that you are all happy, well and enjoying the sunshine. I have been trying to share a photo of my three black cats with you for the last few weeks. As they seem to spend most of their days asleep on the garden chairs or expectantly watching the bird feeders, I did not think this would prove too much of a problem. A photo of any one of them would be easy, even two quite manageable, but three, continues to defeat me! Unfortunately, I think they have made a pact and decided that every time I approach with a camera they will disappear in different directions, it certainly seems that way! Anyway, until I manage to capture them all together I thought I would share this picture with you. It made me smile!



It was wonderful to welcome some of you back to school last week and I know that school would have looked and felt very different from the last time you were here. Despite this, you were all absolutely brilliant at following the new rules and we were very proud of you. I hope those of you still at home will be able to join us soon and, in the meantime, thank you for continuing to make so much effort with your work on Purple Mash. Please remember to thank your amazing parents too for all the help and support they are giving you!



On the next page I have included some photos taken in and around our school. How many of the locations can you identify from the photos?

I hope that we are back together soon. Until then stay happy, positive and safe.

With love,

Ms Barker



Identify the location



Identify the location



# You've got mail, Boris Johnson!



## Year 5 were asked to research Laudato Si'

Laudato Si' is an encyclical written by Pope Francis, it was published on the 18 June 2015. Year 5 found out that encyclicals are open letters written by the Pope. It discusses the damage being inflicted on the Earth by humans and calls on 'every person living on this planet' to make urgent changes to our lifestyles and how we consume energy in order to protect the planet. It deals with many environmental issues including pollution; climate change; water; loss of biodiversity and decline in the quality of human life. In his letter Pope Francis implores us to work together to create a better world for future generations and asks us to make the necessary changes in our lives in order to take care of, respect and value our 'common home'.

Pupils were asked to watch the CAFOD video animation and think about the following questions:

Why do you think Pope Francis wrote this letter? Who is suffering because of our actions? How can we play our part to look after our 'common home'? What kind of world do we want to leave for future generations? and What action could we take?

We decided to lobby parliament and so the children wrote their letters to the Prime Minister at Downing Street. We will see if we get any replies?

Dear Prime Minister,

I am writing to tell you about the ways that we can protect our environment and some suggestions that you can discuss in Parliament.

1. We must try to use less plastic because plastic is harmful to the environment and to sea life. We must make sure to warn people not to litter on beaches because fish and other sea animals can get trapped in these plastic bags and rubbish thrown away by people. There should be a fine for this behaviour. Could you please discuss in Parliament and pass a law to give warnings and fines to people who litter on beaches.
2. I think we can help the environment by walking or using a bike to get to school at least twice a week to stop pollution. Perhaps we could get a reward for this at school to show how important it is to keep the air cleaner.
3. Thirdly, I feel that we should make a strong effort to stop cutting down forests and trees because it gives the environment less oxygen and it is extremely bad for the animals who live there. For example, every tree that we cut down should be replaced by planting a new tree in better conditions so that it grows into a stronger tree. Perhaps each child can plant a small tree in their back garden to help. Can you ask the Education Minister to organise a tree planting project at schools across the [UK](#).
4. In addition, we can suggest to our parents to use solar panels to heat water in our houses and take less trips by aeroplanes. It would be better to go to local tourist places and enjoy the attractions there instead. Could you please consider giving special discounts for families to visit local [attractions](#). To encourage greater use of solar [energy](#), solar panels and electric cars could you specifically advertise discounted prices for these items on national TV so that more people become more aware of it.
5. Likewise, I am sure that you can help local councils to build more cycle lanes to encourage people to cycle and reduce road traffic and pollution.

I would be grateful if you could please consider my suggestions for protecting our world at your cabinet meeting. It is very important for us to highlight these advantages of being green and reducing pollution.

Yours sincerely,  
[Jshaq](#) (Year 5 pupil)  
Bishop Challoner School

Dear Prime Minister  
You are doing amazing  
Job Keeping our Country  
Safe from Covid-19.  
You're the best Prime Minister  
Since Winston Churchill!

But in my opinion  
we should close all beaches  
because people who have no  
common sense are going  
to beaches and are not social  
distancing, and that isn't fair  
for the people staying indoors

Congratulations on you and your  
Wife's new baby son!

Your Sincerely,  
Iona

Fri 22 May

House of Commons  
London  
SW1A 0AA

Dear Boris Johnson

I am writing this letter to you today to warn you on the effect on what we are doing to the planet and how we can stop it.

Traffic pollution- in 2022 we should aim to reduce on pollution by changing most of the UK's cars to electric. Or even better we should try walking distances instead of using our cars everywhere. Plastic waste- In the UK we should aim to re-use and reduce our plastic more often. Floods overseas- I think when we hear of floods in poor countries you should send a team to help and do their bit. Renewable energy- Well done for installing some renewable energy but I think we can do a lot better than that. We can conserve energy by turning off lights and letting the natural light in rather than using up electricity. Please try and do your bit too!

Yours faithfully Kaela

I hope you all enjoyed a restful half term spent with the family. I am sure it feels like a long time ago already. I have been impressed with how quickly Key Stage 3 pupils have settled back into the remote learning routine. It has been a busy week for Key Stage 3 completing their assignment tasks for each subject this week. Thank you to all those who have stuck to the deadlines and submitted your work; there have been some excellent pieces and fantastic performances. Please do send through any outstanding assignments to your teachers as soon as possible.

Motivation is a key part of the GCSE and A Level PE curriculum and I am sure many of you are finding it difficult to remain motivated at this challenging time. Have a look at this interesting and useful article on the BBC Bitesize website <https://www.bbc.co.uk/bitesize/articles/zvyhpg8>. Karen Foley, a lecturer with the Open University, has provided expert advice on staying motivated when the end goal may look a little different than before.

I always enjoy receiving emails from you about tasks you have undertaken and also messages from teachers praising you for your efforts. Here are several pupils who teachers have asked me to mention for their efforts and excellent work over the last fortnight. Alice produced some fantastic work for her DT prototype piece demonstrating fantastic understanding and an imaginative design. Dr Samuel has asked me to praise the following pupils for their excellent work produced during maths over the last month. Well done to Lucas, Sofia, Alice, Beau, Elizabeth, Laurence, Hannah, Jack, Thomas G and Ohemaa. Mrs Robins has been impressed with pupils' efforts in French from Year 8 and 9. A special well done to Sofia, Marcus, Isaac, Racheal, Rosie, Oliver, Ohemaa and Evelyn for their excellent written work in French over the last month.



Year 7 pupils produced some excellent pieces of work during their French project set by Ms Napier before half term. Well done to Abdul and Isabella for their incredible French town projects. Ms Napier was most impressed by the project you produced and so am I; a super effort.



### Running challenge update

Well done to all those who have added miles for the running challenge over the last couple of weeks. Thank you to Mr Snadden for all your efforts in overseeing the running challenge so far. Well done to Ted who is fast approaching 300 miles. Mr Flanagan is now the leading member of staff in terms of running, clocking up an impressive 185 miles. A special mention must go to 8A who have the most number of pupils who have submitted their distances. It is still very close between the first 3 places so please make every effort this week to submit your screen shots of your completed exercise (runs, cycles and walks) to Mr Oliver from now on.

### Fact of the week

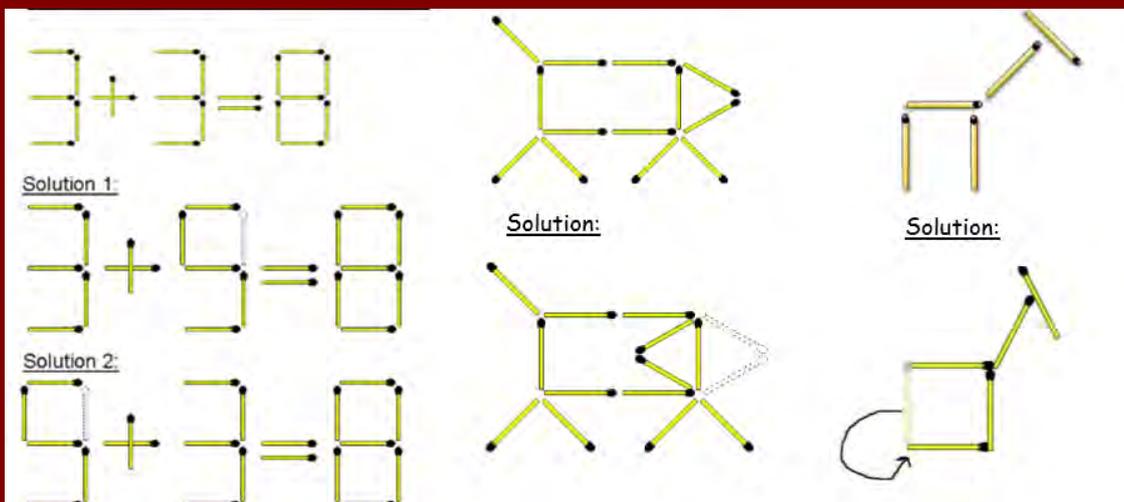
I wonder how many of you were aware that this week between 6th and 14th of June 2020 is Bike Week. Bike Week, delivered by Cycling UK, is an annual celebration to showcase cycling. Thousands of people all over the UK enjoy the simple pleasure of riding a bike. Cycling remains a great way to keep fit and active and is a good way to boost immunity, it is also great for your mental well-being. Check out this website for more information, challenges, virtual events, cycling advice and a chance to win some prizes; <https://www.cyclinguk.org/bikeweek/biking-home>.

### Weekly challenge

Have a go at trying to solve the following riddles. I will inform you of the answers in the next edition. Good luck!

- A. What is full of holes but still holds water?
- B. How many letters are in the English alphabet?
- C. What question can you never answer “Yes” to?
- D. What word is spelled Wrong in the dictionary?
- E. Meggie has 5 girl puppies, and each of these puppies has a brother. How many puppies does Meggie have?

Well done to all those who attempted the matchstick challenge, the solutions can be found below.



## 'No Man is an Island'



I spent a couple of hours this week writing postcards to all of Year 9 and Year 10, I hope you enjoyed receiving them in the post – I certainly enjoyed the therapeutic time away from my laptop writing them. I told you a few weeks ago to take time to think about the simple pleasures in life, the small things that can mean a lot to others – who do you know who may appreciate a postcard from you?

I am so delighted that plans are in place for us to start welcoming some of our senior students back to school, like everything that has happened in the last few months this too will be an unusual time. It will be school but not school in the way that you remember it and that may take some adjustment. In the coming days it may be a good idea to take some time to prepare yourself mentally and physically. For some of you coming to school from Monday may be the first time you have left your home in over 10 weeks. Some of you may be travelling on public transport so will be required to wear a mask – the new normal, except it won't immediately feel normal. Talk to your parents, friends and teachers about how you are feeling and the practicalities of "being alert" and social distancing.

As you prepare to return to school or for some of you continue remote learning please take some time to reflect on the following 4 things:

**Self-efficacy** is the belief that we can make a difference and have strengths we can draw on in times of challenge. It is also a core belief underpinning motivation, and emotional wellbeing. While it is natural to have feelings of anxiety and uncertainty, especially during the current crisis, it is important for you to know that what you feel, say and do matters and your actions can make a difference.

**Faith/Hope** - Research indicates that faith significantly and positively correlates with psychological well-being and coping in the face of adversity. That may be a religious faith or simply a faith in the goodness of humankind and a hope for the future. Higher faith and hope is related to better overall adjustment, while hope has also been described as “a personal rainbow of the mind”. The rainbow, a biblical symbol of the connection between God and his people, has been used as a symbol of hope in many households during the coronavirus pandemic.

**Gratitude** - Understandably our thoughts and feelings may be focused on the challenges of recent events and it is not always easy to find things to be grateful for. However, studies suggest that finding things to be thankful for is important for our well-being. Actively thinking about the good things in your life and the people that you are grateful for can have very positive effects on your physical and psychological well being. Being grateful can in fact be the ‘social glue’ that connects us all.

**Connectedness** - After some time away from each other, humans often have a strong desire to re-connect. Although many of you may have stayed digitally connected with each other, you may have missed being part of a physically connected community, your class, year group and whole school community. This again is when I revert to “research” which interestingly suggest that social support and social groups are essential in combating stress and overcoming adversity. This is why I chose the title of this piece, “No man is an island” – originally the title of a John Donne poem. A short but beautiful poem that connects all human beings, where the poet reminds us that human beings when isolated from each other do not thrive. A human being alone is like a person living on an isolated island. We are only starting to take the small steps towards physically re-connecting but they are steps in the right direction.

Your parents will have received a letter from Mrs Anderson about the arrangements for next week and I have also emailed you as students, but if you have any concerns or questions please contact myself or your form tutor.

We are looking forward to seeing you next week, God bless

*Mrs Shields*

## Sixth Form

We are aware that the cancellation of open days and recruitment events, changes to exams and admission procedures has made choosing your next steps more difficult. To help, over the next few weeks there are a series of new webinars presented by UK University and Apprenticeship Search.

For Year 12: on the 17<sup>th</sup> June there is a virtual open day with over 100 Universities taking place including Cambridge, Warwick, Reading, Kent and Manchester Metropolitan. Given the restrictions on attending open days in person this is a great opportunity to find out about some of the universities you may be interested in. This will be interactive with a Q&A session and will include 10 essential webinars throughout the day. This fair is designed to provide you with everything you need to make the right decisions post 18.

Link :<https://ukuniversitysearch.vfairs.com/>

For Year 13: there is a webinar available for you on student life and preparing to head to university this September. On the 1<sup>st</sup> July join in a talk about freshers' week, what to pack, moving in with new housemates and dealing with home sickness. Plus, it will consider what the first term could look like under social distancing, and how online learning could be the "new normal". There will also be a Q&A Session with the panel answering your questions live.

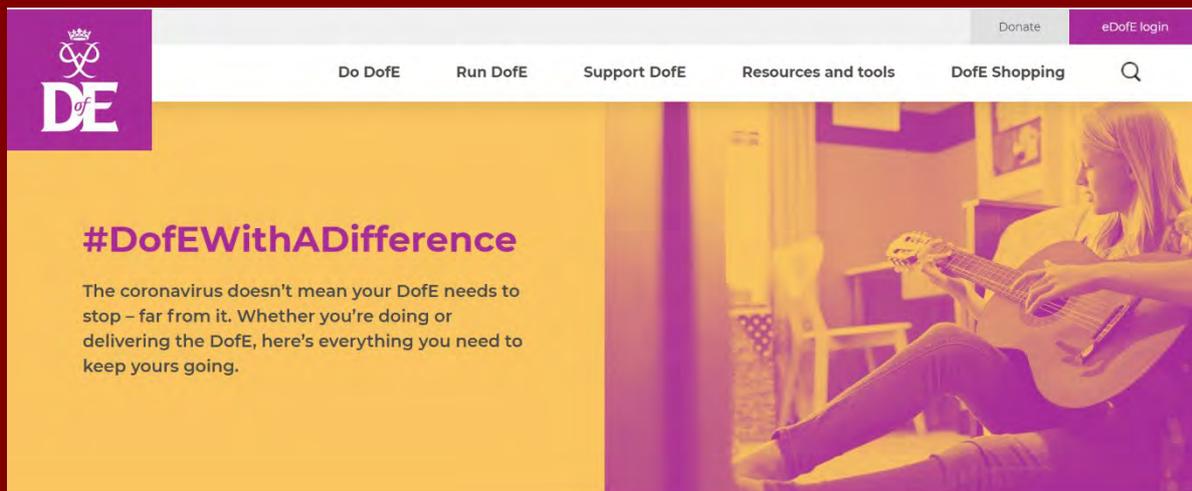
Link: [https://zoom.us/webinar/register/WN\\_s1pwUqpcReC\\_HOzpvVGOoQ](https://zoom.us/webinar/register/WN_s1pwUqpcReC_HOzpvVGOoQ)



The image is a promotional banner for the UK University Search Virtual Fair. It features a central purple circle with white text that reads: "Welcome to the UK University Search Virtual Fair", "Wednesday 17 June 2020 | 12:00 - 18:00", and "Explore universities and colleges from across the UK, chat directly to ambassadors, download prospectuses, and take part in live webinars - completely free of charge, and all in one place!". To the left of the circle is a pink button labeled "Student Registration", and to the right is an orange button labeled "Parent/Teacher Registration". The background shows a virtual fair stand with various university brochures and a cityscape at night. Below the main banner is a purple bar with the text "UK University Search Virtual Fair" and a larger graphic at the bottom with the "UK university & apprenticeship search" logo.

### Duke of Edinburgh Award

The good news is that students who have started their D of E can still carry on with the award. The various sections have been changed to allow you to complete them during lockdown. Information about this can be found on D of E Award Scheme with a difference, see below. If you complete your skill, physical and volunteering sections you will get a certificate of achievement and when you do your practice expedition for Silver, this will count as your assessed Bronze expedition so you will get your award at this stage.



The screenshot shows the DofE website homepage. At the top left is the DofE logo. The navigation menu includes 'Do DofE', 'Run DofE', 'Support DofE', 'Resources and tools', and 'DofE Shopping'. A search icon is also present. The main banner features the hashtag '#DofEWithADifference' and the text: 'The coronavirus doesn't mean your DofE needs to stop – far from it. Whether you're doing or delivering the DofE, here's everything you need to keep yours going.' The background of the banner is a photograph of a young woman sitting on the floor and playing an acoustic guitar.

If anyone is struggling for a skill perhaps try the photography course highlighted below. I would suggest if you are interested that you enrol as soon as possible as there are limited spaces. The link to this course is below.

### [Webinar D of E Award Scheme skills course](#)



The screenshot shows the website for SHARP SHOTS photo club. The header includes the club's logo, 'Supported by Nikon School' and 'DofE APPROVED ACTIVITY PROVIDER'. The navigation menu has 'INFO', 'COURSES & VENUES', 'ONLINE COURSES', 'SCHOOLS, CLUBS & PARTIES', and 'COMPETITIONS'. The main heading is 'Duke of Edinburgh's Award Online Photography Course'. Below the heading is a row of five photographs showing students using cameras and binoculars in various outdoor settings.

Other than that, we are enjoying meeting with you on Teams every Friday morning to catch up and keep things feeling as 'normal' as possible.

### Mrs Anderson's Baking Challenge

Send me your ★★★★★ for this recipe with your reviews and share your muffin photographs with me. Why not make a variation on this recipe and add, chocolate chips, walnut or pecan nuts (provided you have not got a nut allergy). Come up with a new name for your muffins. I look forward to receiving lots of photographs to post in the next Challoner Channel.

These are the muffins I made during half term!

#### Banana Muffins

- 200g flour (100g plain and 100g self-raising)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 large ripe bananas (about 1 and 1/2 cups mashed)
- 85g margarine
- 135g dark brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 tablespoon milk



1. Preheat the oven to 200°C/Gas Mark 6.
2. Place 10 muffin cases in a muffin tin.
3. Place the flours in a bowl with, nutmeg, cinnamon, salt, bicarbonate of soda and baking powder.
4. In a separate bowl cream the margarine and sugar and add the egg to make this easier to cream.
5. Add the vanilla extract to the creamed mixture.
6. Sieve the flour and other dry ingredients into the creamed mixture.
7. Add 1 tablespoon of milk (The mixture should be a soft spoon consistency).
8. Use a dessertspoon and spoon two dessertspoons of the mixture into each muffin case.
9. Place the tray in the oven and bake for 5 minutes at 200°C. Reduce the heat to 170°C and bake for a further 16 minutes- 18 minutes.
10. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

One of the best things about this lockdown period is the amount of time available to read and get involved in creative projects.

### Junior school ideas

#### **Journalism**

In a world of social media, fake news and amateur reporting, spotting the signs of a trusted news story is more important than ever.

Learning how to write a great news report will equip you with lots of skills. It will build your news literacy and boost your writing skills too. Plus, if you film some pretend news reports, it can be great fun as well!

To get some inspiration, head over to [Twinkl NewsRoom](#) for a daily news story for kids.

#### **Create your own little reading nook**

It's always nice to use the corner of a room for your little reading nook. Make it as cosy and comfortable as possible; comfy pillows and a blanket should certainly be part of the design. And then snuggle into your little haven and read, read, read...



### Senior school ideas

#### **Fan fiction**

Those who do not know what fanfiction is are in for a treat. It is a story set in a preexisting fictional world by fans rather than the original author. It adds all levels of imagination to a masterpiece and can take the story where the author never would have gone. It is easily available online and some popular franchises like Harry Potter and Star Wars have whole websites dedicated to their fanfiction. The best part is fanfiction is not limited to books, it can be written on anything from TV shows to video games so you can find a literary side to anything you are a fan of. It is nicer sometimes to read fanfiction on things other than books for not all writers can maintain the original writer's style, which feels wrong. Keep in mind

though that many writers are teenagers trying their hand at writing so some may be terribly written, but the good ones are worth the hunt.

**Why not listen to an audiobook free of charge?**

When you are on a walk or just want to sit in your room and relax, listening to an audiobook is fantastic.

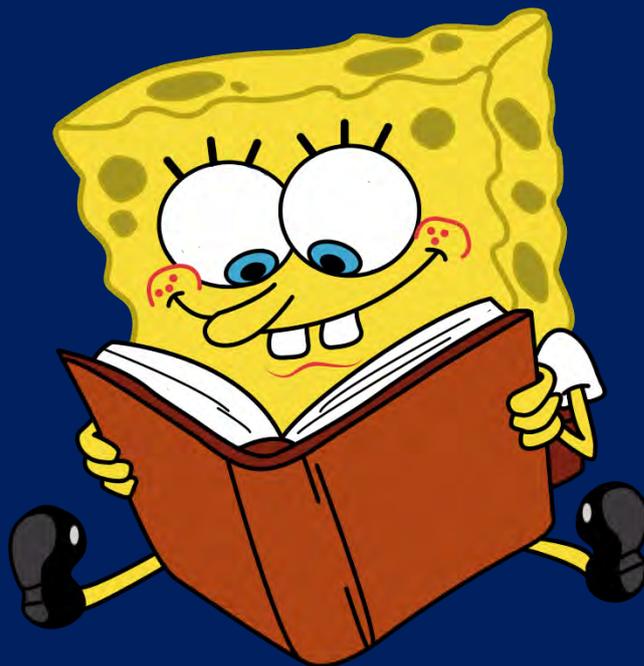
Audible currently has lots of work available for free on:

[https://stories.audible.com/discovery/enterprise-discovery-21122353011?ref=adbl\\_ent\\_anon\\_ds\\_ds\\_dml\\_cntr-4](https://stories.audible.com/discovery/enterprise-discovery-21122353011?ref=adbl_ent_anon_ds_ds_dml_cntr-4)

These are all available for you:

- Jane Eyre
- Frankenstein
- Pride and Prejudice
- Brave New World
- My Antonia
- Ethan Frame
- The Picture of Dorian Gray
- The Age of Innocence
- The Metamorphosis
- Wuthering Heights
- The Yellow Wallpaper and Other Stories
- The Jungle

Thank you to those of you who have emailed me to tell me what you are reading. Please continue to do this - sharing a love of literature and discussing the plot/characters is always fun! In the meantime, I hope everybody is keeping safe and well, and finding many positive things to do during these unusual times.

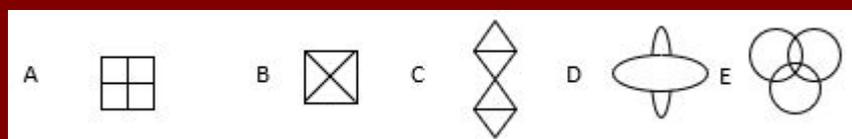


### Fascinating Maths: Puzzles and Riddles

In the last Challoner Channel, I set some themed puzzles which I hope you found enjoyable solving. As promised, below are the solutions to the puzzles that were set in the last edition of the Challoner Channel. The puzzles set this week all come from a past paper set by the UK Mathematical Trust, which is based at the University of Leeds. No calculators, measuring equipment, squared paper or lined paper are allowed. To solve the problems, all you need is a pencil and a blank piece of paper. Happy solving!

#### UKMT Problems:

1. Which of these diagrams could be drawn without taking the pen of the page and without drawing along a line already drawn?



2. All of the Forty Thieves were light-fingered, but only two of them were caught red-handed. What percentage is that?  
 A. 2    B. 5    C. 10    D. 20    E. 50

3. King Harry's arm is twice as long as his forearm, which is twice as long as his hand, which is twice as long as his middle finger, which is twice as long as his thumb. His new bed is as long as four arms. How many thumbs length is that?  
 A. 16    B. 32    C. 64    D. 128    E. 256

4. What is the value of  $\blacktriangledown$  if each row and each column has the total given?

	$\blacktriangledown$	$\odot$	$\clubsuit$	Total
	$\clubsuit$	$\blacktriangledown$	$\blacktriangledown$	12
	$\odot$	$\odot$	$\clubsuit$	11
Total	12	11	13	

- A. 0    B. 1    C. 2    D. 32    E. 24





**Answer to Themed Puzzles from the last edition.**

1. What gets wetter the more it dries?  
**A Towel**
  
2. A man walks into a bar, asks for a glass of water. The barman pulls out a shotgun, the man thanks the barman and walks out of the bar. What happened?  
**A The man had hiccups which is why he wanted a glass of water. Instead, the barman decides to scare the man to help him get rid of his hiccups.**
  
3. If you look in water, you may see me, but I never get wet. What am I?  
**A Your reflection**
  
4. What does an island and the letter T have in common?  
**A Both are in the middle of water.**
  
5. What runs but never gets tired?  
**A Water coming out of a tap.**

**The Link? All the riddles involve water.**



## Put your thinking caps on



Have a go and test your family at some of these puzzles and riddles! Answers will be in the next edition.

1. What has to be broken before you can use it?
2. What can you break - even if you never touch it?
3. A woman dies of old age on her 25th birthday - how can that be possible?
4. Name something you can hold in your left hand and not your right.
5. What has just one eye - but still cannot see?
6. What 4-letter word can be written backwards, forwards AND upside down, and can still be read from left to right?
7. I am tall when I am young, and I am short when I am old. What am I?
8. What has lots of keys but cannot open a single lock?
9. There are two dads and two sons in a car - yet there are only three people. How can that be?
10. Lots of people have saved me, some have made me and some have even tried to change me. What am I?
11. What has a mouth but never talks and a bed but never sleeps?
12. Every year you will see me in June, twice in November, once in October and never in May. What am I?
13. What has a bottom at the top?
14. Name something that has lots of teeth - but never, ever bites.
15. I do not have any leaves, I do not bear fruit and yet I have many branches. What am I?
16. What goes up - but never comes down?
17. If there are seven apples and you take away three how many do you have?



# JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



## MONDAY

**1** Decide to look for what's good, even on the difficult days

**8** Write a letter to thank someone for what they did

**15** Rediscover a fun childhood activity that you can enjoy today

**22** Share a happy memory with someone who means a lot to you

**29** Take time to do something that makes you happy today

## TUESDAY

**2** Re-frame a worry and try to find a positive way to respond

**9** Find the joy in music today: sing, play, dance or listen

**16** Ask a loved one what they feel grateful for at the moment

**23** Look for something to be thankful for where you least expect it

**30** Make a list of the joys in your life (and keep adding to them)

## WEDNESDAY

**3** Think of 3 things you're grateful for and write them down

**10** Take a photo of something that brings you joy and share it

**17** Be kind to you. Treat yourself the way you would treat a friend

**24** Thank a friend for the joy they bring into your life

## THURSDAY

**4** Show your appreciation to those who are helping others

**11** Say positive things in your conversations with others today

**18** Send a positive note to a friend who needs encouragement

**25** Eat food that makes you feel good and really savour it

## FRIDAY

**5** Smile and be friendly, even while you're social distancing

**12** Make a plan with friends to do something fun together

**19** Create a list of favourite memories you feel grateful for

**26** See the upside in a difficult situation you learnt from

## SATURDAY

**6** Notice the upsides during the lockdown, however small

**13** Appreciate the joy of nature and the beauty in the world around

**20** Make time to do something playful today, just for the fun of it

**27** Watch something funny and enjoy how it feels to laugh

## SUNDAY

**7** Find a joyful way of being physically active (indoors or out)

**14** Do three things to bring joy to other people today

**21** Enjoy trying a new recipe or cooking your favourite food

**28** Create a playlist of your favourite songs and enjoy them



**"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle**

**ACTION FOR HAPPINESS**



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

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

**Keep Calm · Stay Wise · Be Kind**

Under

his

Wings

Shalt

Thou

Trust

*Psalm 91:4*



Do not forget to send us your stories, news and photographs for the next edition of the Challoner Channel. The next edition will be the last Challoner Channel as we come to the end of term.

Please email Miss Ridley ([nridley@bcsweb.co.uk](mailto:nridley@bcsweb.co.uk)) by Tuesday 23<sup>rd</sup> June.

