



# CHALLONER CHANNEL

Edition No. 1

Friday 24<sup>th</sup> April 2020

## Welcome to the first issue 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.**

**The staff at Bishop Challoner are proud of the way you have been utilising your time remotely and with the dedication, motivation and responsibility you have all shown during this time – keep it up!**

**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

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 6<sup>th</sup> May

### PE Running Challenge - Which form can run the furthest

The PE department have started a competition to remain active and continue to exercise.

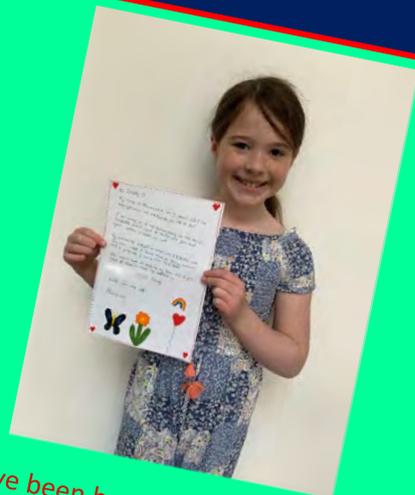
To take part, download the Strava or Map My Run app and use it whilst you are on your run outside (no treadmills!). Please ensure you stay safe whilst out and at least 2 metres away from members of the public. Email your results to Mr Snadden to be counted towards your form's total. Don't forget to encourage your form tutor to run too – their runs count towards your forms points!

Current results:

★ 9& ARE CURRENTLY IN THE LEAD ★



Please see Mr Snadden's email for individual results and new 5K challenge.



Year 4 have been busy supporting the local community by sending letters and pictures to their new elderly penpals at Bromley Park Care Centre in Bromley Road to help them feel less isolated during this time. Here is Maisie with her letter to her penpal, Dorothy D.

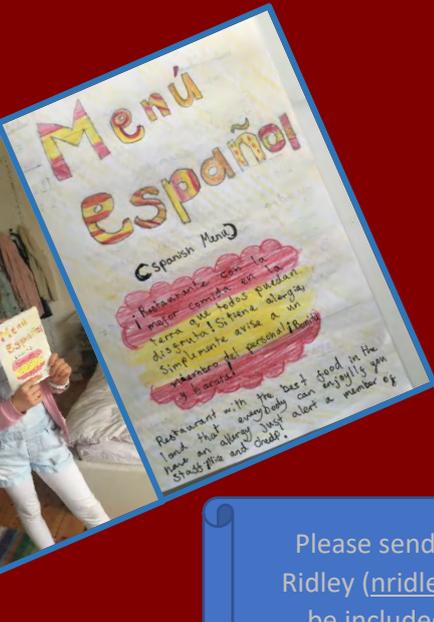
### Music success

Rosie (Y11) and Elizabeth (Y9) both passed Music examinations before Easter.

Rosie passed ABRSM Grade 5 singing and Elizabeth achieved a Merit in ABRSM Grade 5 Music Theory.

Congratulations to you both.





Please send any photos to Miss Ridley ([nridley@bcsweb.co.uk](mailto:nridley@bcsweb.co.uk)) to be included in our next issue.

# In this issue...

A recipe to try

Page 8

Support

Page 7

Junior news

Page 9

**KS3**

**Page 13**

KS4

Page 15

**KS5**

**Page 18**

Senior Art  
Competition

Page 19

Puzzles, quizzes  
and more

From page 20

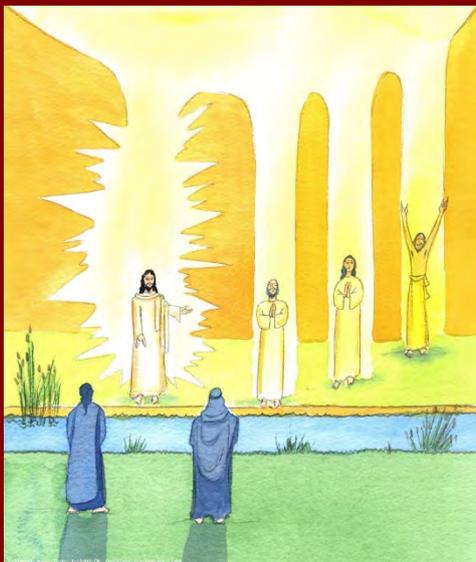
Happy Easter! He is risen! Alleluia!



On Sunday, 19<sup>th</sup> April we celebrated Divine Mercy Sunday. This day concludes the Easter Octave, which began on Easter Sunday, when eight consecutive days are celebrated as one. The reason we have this Octave is because Easter is the most important feast in the Church's calendar, more important than Christmas or any other time of year. This is because if Jesus had not died and risen from the dead, as he promised, our faith would be pointless! So we are invited to rejoice and to give thanks for eight days because Jesus has truly risen from the dead and has conquered death and sin forever.

Divine Mercy Sunday reminds us why Jesus came and was prepared to die that terrible death on the Cross. There is no logical answer apart from the fact that God loves us and was prepared to prove his love to the end, so that we could one day join him in heaven.

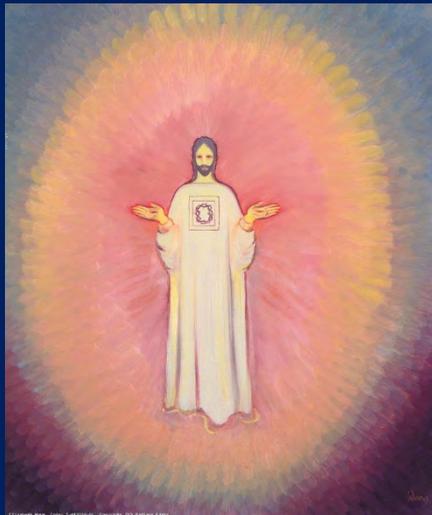
Jesus himself said once to his disciples that, **'Greater love has no man than to lay down his life for his friends'** (*John 15:13*) and St Paul in his letter to the Romans considers this further and writes, **'God proves his love for us, for while we were still sinners, Jesus died on the Cross for us.'** (*Romans 5:8*) It's a mystery why God loves us so much, why God loves you and me so much, but he does, he truly does!



In the Gospel for Divine Mercy Sunday we read that the disciples were hiding (isolating) in the upper room because they were afraid of the enemies of Jesus. Some had heard stories that Jesus had risen but they had not personally encountered Him. Naturally they were afraid and then, **'Jesus came and stood among them and said: Peace be with you.'** Jesus showed them his hands and his side to prove that it was truly him and they were delighted and full of joy. Then Jesus said to them again:

**"Peace be with you, as the Father sent me I also send you," he breathed upon them and said, "receive the gift of the Holy Spirit, whose sins you forgive they are forgiven, whose sins you retain they are retained."** (John 19-23)

In the Hebrew text the word Rûah (Ruah) is used which means both breath and spirit. Jesus was sharing with them his power and the divine breath of the Holy Spirit to continue his work of love and mercy.



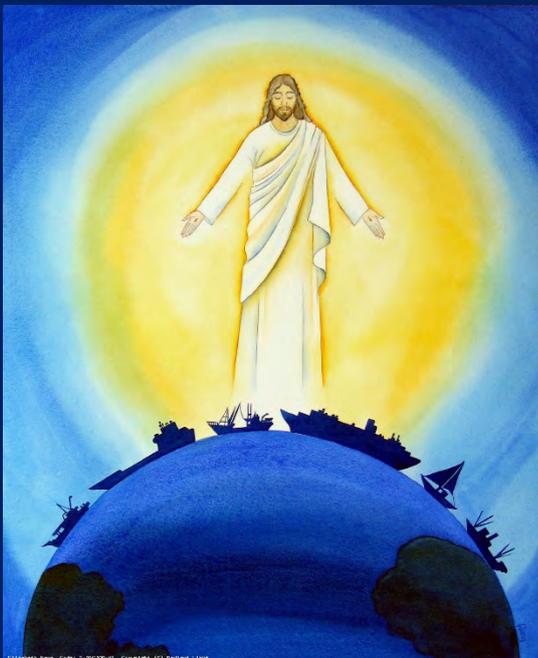
In this Gospel we also read about the disciple Thomas who had not been present when Jesus first appeared. He refused to believe the disciples and told them that unless he saw Jesus and touched the marks in his hands and side he would not believe. Eight days (the Octave) after Jesus first appeared, the disciples were gathered with Thomas and Jesus again appeared and said:

**‘Peace be with you!’** He then said to Thomas **‘put your finger here and see my hands and bring your hand and put it in my side’** Thomas immediately responded: **‘My Lord and My God’** and Jesus said: **‘Blessed are those who have not seen and yet believe’** (John 20 24:29)

Like the disciples in the upper room we might be feeling afraid and isolated, like Thomas we might not have had a personal encounter with the risen Jesus and might doubt whether Jesus has truly risen and whether he really cares about us. At the end of Matthew’s Gospel we read that before ascending into heaven Jesus said to his disciples:

**‘I am with you always even until the end of time’** (Matthew 28:20)

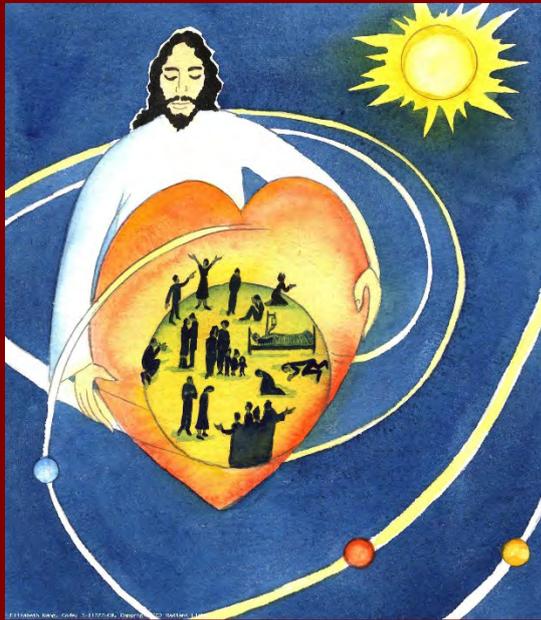
**Jesus does not lie!** If he said that he will be with us until the end of time, then he is truly with us.



Jesus appeared to his disciples because he had a mission for them, to tell the world about God’s love and mercy. Jesus also appeared to many other Saints in history, especially when he had important work for them to carry out, for example, St Francis who founded the Franciscans and St Ignatius of Loyola who founded the Jesuits.

In 1931 a Polish nun, St Faustina Kowalska experienced a number of visions of Jesus, and he asked St Faustina to: **‘Speak to the world about My mercy; let all humanity recognise My unfathomable (bottomless) mercy...let them come to this fountain of My mercy; let them profit from the Blood and Water which gushed forth for them’.** (Diary 848). It’s a powerful message which Jesus repeatedly asked St Faustina to spread and this led to the feast of Divine Mercy Sunday.

I invite you today to pray to have a personal encounter with Jesus, and to allow him to pour out his love, mercy and healing upon you and all those that you love.



### Prayer

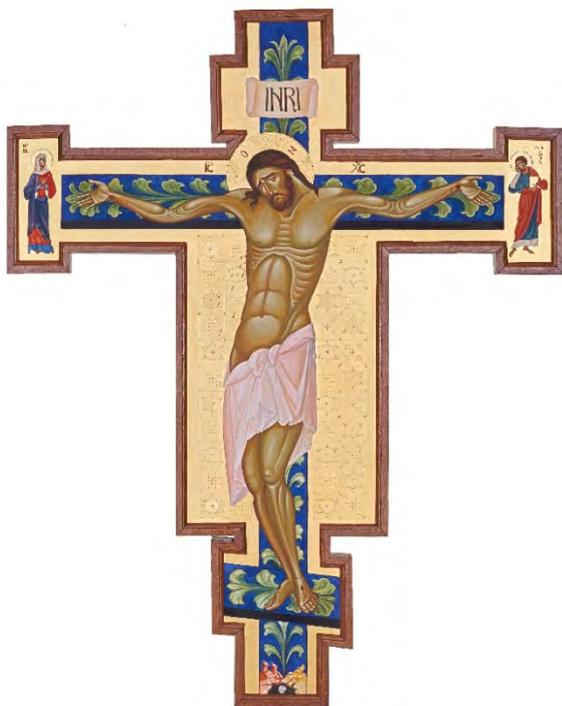
Lord Jesus,

I believe that you are the Son of God and that you died on the Cross for my sins. I believe that you rose from the dead and that you are full of love and mercy. I invite you today into my life Lord Jesus to be my personal saviour. I want to be your friend and I want you to be mine.

I place myself, our school community and all those that we love within the safe refuge of your merciful heart. Lord Jesus send your holy angels and saints to surround us and protect us, fill us with your Holy Spirit and let your blessing be upon us now and forever. Amen

**Oh blood and water which gushed forth from the heart of Jesus as a fountain of mercy for us, I trust in you.** (Jesus gave this prayer to St Faustina, inviting us to say it especially at 3pm, the hour that he died on the cross.)

Gerard Lohan,  
School Chaplain



## School Prayer

Heavenly Father,  
Fill our school  
with your Holy Spirit  
and inspire us  
to use our unique talents  
to live, love and learn  
like Christ, our Teacher.

May your light  
shine within us as we  
play our part  
in your beautiful world.  
Through Christ our Lord.  
Amen



During this challenging time, it can feel overwhelming and you may be feeling a wide range of emotions. Please click on the links and use the resources below to help you.

Stay Safe

Stay Healthy

Stay Happy

[Kooth Support for Young People](#)

[Self-care advice from Anna Freud National Centre for Children and Families](#)

[Getting a Handle on Anxiety](#)

[Helpful information to answer questions from children](#)



[Dave the Dog](#)

Don't forget, although we don't see each other every day, we are all still here and in this together. If you need to speak to any staff, please get in touch and we will do whatever we can to help.

Links can also be found at: [www.bishopchallonerschool.com/about/coronavirus](http://www.bishopchallonerschool.com/about/coronavirus)



### Mindfulness Pizza faces

This activity is one that is good for the whole family. It will give you all an opportunity to take some time out and practice some mindfulness whilst creating some delicious food. A great one for all the family to keep entertained. A good recipe can be found here or if you can get them safely (within the constraints of social distancing), then ready made pizza bases can be used.

<https://www.bbcgoodfood.com/recipes/toddler-recipe-easy-homemade-pizza-veggie-faces>

If you are making your own bases, then the opportunity to knead the dough and feel the texture of the dough can be very relaxing and therapeutic.

The mindfulness aspect of this activity really comes into play in the preparation and eating of these delicious treats. When making the pizzas together as a family take time to slowly examine each of the topping ingredients - how does it feel in your hands? Think then about how the ingredients smell; does it evoke any thoughts to you or memories?

When it comes to eating, we rarely savour the moment and focus entirely on what we are eating. Take time now to try this - we all have lots of time on our hands. What is the texture like now once cooked? How does the pizza feel in your mouth - remember to always breathe deeply and focus when considering these things (closing your eyes can help). When you chew, chew slowly and think of the time and effort you put into this delicious meal. As you swallow, can you feel it going down and into your stomach?

This may seem like a length activity, but it is one that can be enjoyed together as a family and one that when given time really allows you to reflect, be grateful and gives you, as a family, time to chat and share feelings and thoughts.

Do not forget to share your delicious photos to Tapestry (if in nursery or Reception) or please email them in so we can share them with our school community. Bon Appetit!

Ms Ludlam



To our wonderful Junior School children

I want you to know that all of your teachers and teaching assistants are thinking about you and wishing that we could be together as we start the Summer Term. We are immensely proud of the way in which you have settled into learning from home. You are setting us a wonderful example with your positivity and creativity.

However, I know that our world seems like a very different place at the moment and that some of you will be feeling anxious and scared at times, this is to be expected and many adults are feeling exactly the same.

On my daily walks from home, I have seen rainbows in so many windows and, just like the beautiful rainbows that decorate our school dining room, they remind us that after the rain comes the sunshine. Our school looks beautiful with the tulips in bloom and a walk through Horniman Gardens (walking distance from my home!) with the sun shining, proves that Springtime is here, a season of new beginnings and hope!

Try to make the most of this time, I know it is not what we want but it is what we have been given. Use it as an opportunity to spend time with the people who love you, be kind and try to show your special people just how much you appreciate them. This will not last forever and we will be back together as soon as we can.

Stay safe and look after each other. Laugh lots and try to learn new things to share with friends when we return to school.

Remember to keep washing your hands!

With love

Ms Barker



Every two weeks we will publish the new Junior News. Junior News is not about the classwork you will be completing with your teachers online each day. It will contain advice and information on staying safe and well during school closures and provide lots of ideas for interesting things to do to help keep your minds and bodies active until we all meet up again. We would love to share your ideas and please email any photos of activities you have enjoyed or think others might find useful.

### Springtime at Horniman Gardens



### Childline

If you are finding this experience challenging, you may want to have a look at the 'Calm Zone' on the Childline website. There are lots of ways to feel calmer, it's about finding what works for you. The Calm Zone has suggestions for breathing exercises, activities, games and videos to help let go of stress. Remember too that your thoughts and feelings are shared by many people in this country and across the world. You are not alone.

### Lego RAINBOW Challenge



Build a Lego RAINBOW.

Send your photos and we'll share some in the next issue



### Bird bathers

Make a bird bath using a shallow container and stones or gravel. Investigate and observe the birds that visit your bath. What do they do? Can you name and draw your favourite birds? The RSPB has a useful website to help you with identification.

**Match the answers to these jokes...**

- a) Because if they flew across a bay they'd be bagels!
- b) An impasta!
- c) Frostbite!
- d) Nacho cheese!
- e) A cornfield!

**... with the question!**

- 1. What do you get if you cross a snowman with a vampire?
- 2. Why are seagulls called seagulls?
- 3. What do you call cheese that doesn't belong to you?
- 4. What has ears but cannot hear?
- 5. What do you call fake spaghetti?



**Some more things to do without a computer!**

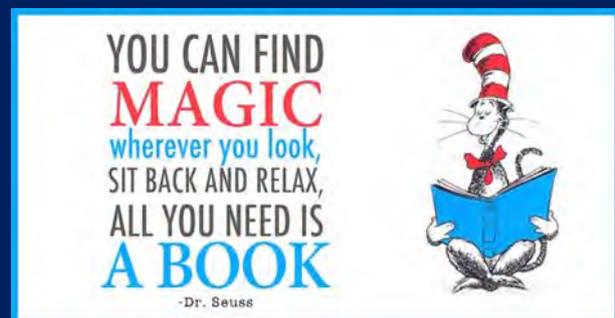
Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

Did you know?



.....Me neither!

# Some photos from the Junior Easter Project

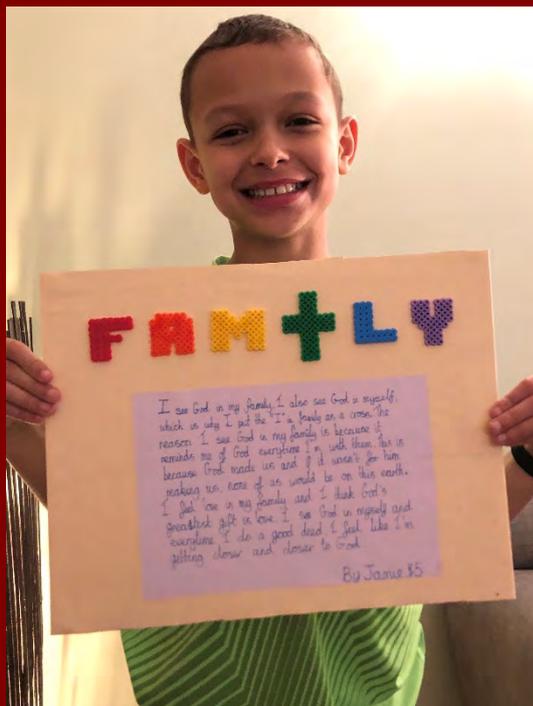
Great work everyone!



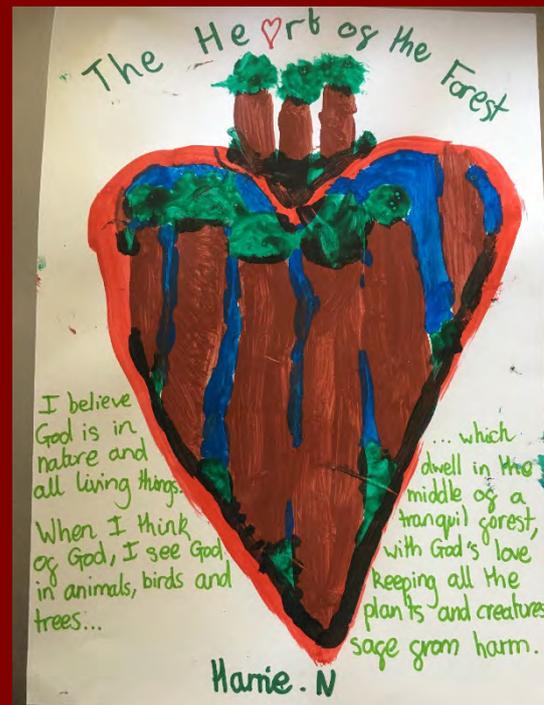
Sula - Year 2



Faith - Reception



Jamie - Year 5



Harrie - Year 6

### Mental Health and Wellbeing

Pupils in Year 7 and 8 have spent time this week working on their wellbeing during PHSEE sessions. Pupils used the Mind website (<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>) to assist them with strategies to stay on top of their mental health and wellbeing which is vital at this challenging time. Pupils in Year 7 produced some fantastic posters with advice and suggestions of things to do while staying at home to ensure they take care of themselves. As part of your wellbeing why not try and learn a new skill. There are so many to choose from and many online sessions of different skills such as sign language, first aid or cooking. Well done to Isabella for learning a new skill during the lock down. Isabella has been practising her hula hooping! Please let me know of any new skills you have been learning, so that I can mention them in the next Challoner Channel.

### Staying Active

The World Health Organisation suggests that remaining active is essential during this difficult time. 'During the COVID-19 pandemic, when we are very restricted in our movements, it is even more important for us to be as active as possible. Even a short break from sitting will ease muscle strain, relieve mental tension and improve blood circulation and muscle activity. Regular physical activity can also help to give the day a routine'. It has been great to see that so many pupils have been taking part in PE Running Challenge organised by Mr Snadden. Well done to 9Alpha who are currently leading this challenge. A huge well done to Ted, Mebin and Rosamund who have all contributed over 50 miles to their classes tally which is a fantastic effort.

Well done to all who have participated so far, please continue to send through your screen shot of your completed exercise to Mr Snadden and record your distance run in miles. Also remember the bonus 100 points 5km timed challenge set this week. When exercising please ensure you are following the government's self-distancing advice. Remember for those in the winning form but do not participate, will not receive any of the prize at the end of the challenge.

### Credit update

Well done to the following pupils for gaining the most credits during the second term (between January and April), these pupils will be awarded their prize when we return to school.

7A Jacob

7Alpha Jannah

8ARosie

8Alpha Isaac F

9A Jonny

9Alpha Oheema

Credits are still being issued by your class teachers and your form tutor will update you weekly in one of your daily good morning emails from your form tutor. Keep up the good work and please continue to send in your photos of remote learning to Mrs Anderson ([head@bishopchallonerschool.com](mailto:head@bishopchallonerschool.com)) and I ([jraveney@bcswb.co.uk](mailto:jraveney@bcswb.co.uk)).

### Weekly Challenge

Each edition there will be a weekly challenge for you to enter. Credits will be awarded for successful responses. This week is the Spot the Ball competition.

Look at the picture and email me the grid reference of square you think the ball is in; one entry per pupil. I look forward to receiving your guesses. I will reveal the answer in the next edition.



Mr Raveney

**Hello KS4 Students,** I hope that you are all keeping well and managed to have some rest and relaxation over the Easter Holidays. It certainly was the strangest Easter Holidays I have ever experienced, watching Easter Mass and services over the internet and seeing empty churches but knowing that I was joining millions of people around the world present on the internet was quite profound. I know that some of you are not religious or follow other religions, I hope that you too have found comfort in prayer or quiet reflection. For me the beauty of lock down has been found in the gift of time, no need to be rushing anywhere or the expectation to do lots of things, we have been blessed with great weather and the time to sit back and watch the season change.

However, there is no escaping the fact that we are living in very uncertain and unprecedented times, and if you are feeling unsettled or anxious, you are certainly not alone. Whilst we cannot predict how long the current situation may last, there are things we can all do to keep ourselves and our brains happy, healthy, and occupied.

Here are some tips for you to focus on this week:

### **It's okay to feel how you are feeling**

It is totally normal to feel sad, stressed, confused, scared or even angry during times of crisis. Acknowledge your feelings the best you can. Whether you prefer to express yourself through writing, drawing or conversation, find a way to express your feelings and thoughts that feels safe and healthy for you. Some of you may even like to keep a diary, these events may well be in History textbooks when your children are at school!

### **Structure your day**

You might not be able to control the world outside, but you can plan and schedule your day – providing you with a sense of structure and routine. Do your best to stick to regular bed and meal times. Schedule school work for specific times of the day, and ensure you schedule regular comfort breaks during these times. Reward yourself with a treat when you have stuck to your schedule and don't forget to include physical exercise.

### **Get in the zone**

Space in your house may well be at a premium, especially if siblings and parents are also working from home but, where possible, try to limit types of activity to designated zones. Set a separate area of your house to work in, exercise in and relax in. Do your best to keep your bed for sleep and relaxation – it is not ideal for working. If space really is limited, then

be a good citizen and respectful to your family members by being tidy and organised.

## Keeping active

Exercise is a fantastic way of reducing your stress levels as it releases endorphins – your brain's feel good chemical. How many of you are participating in the school running challenge? If like me you are not a massive fan of running you can walk or there are some great free resources to help you start running, such as the NHS podcast – [Couch to 5k](#).

If you are unable to get outside during this time, you can find some excellent exercise videos online, such as [PE with Joe Wicks](#)

## Managing moments of intense stress or anxiety

Uncertain times can make us feel anxious or stressed. The key to these moments is recognising that they are happening and trying to put strategies in place to deescalate them. It can feel overwhelming, but there are simple tricks and methods you can use to make the situation feel more manageable.

Simple breathing tricks can help ground you and prevent the 'what ifs' from running away with you. Try breathing in through your nose for five seconds, holding your breath for five seconds and then exhaling through your mouth for a further five seconds. Repeat these five times.

Some people find mindfulness techniques helpful during moments of intense stress. This involves bringing your awareness and attention to the present moment, while acknowledging and accepting your thoughts and feelings. The NHS provides [free audio practices](#) which you may find useful if you are experiencing symptoms of anxiety.

## Reach out

The lockdown may mean physical distance from others but it does not mean you cannot stay in touch. Keep in contact with your friends, family and loved ones through Whatsapp, phone calls and social media. Perhaps you could even re-ignite the last art of letter writing, could you write to a grandparent or relative who would really appreciate your communication? Keep in contact with school, your tutor, your subject teachers and myself – we are all here to help and support you. I have loved receiving your emails, especially when you are telling me about a new skill you have acquired, could now be the time to learn a new skill?

## Be kind to yourself and your family

These are uncertain times, and it is understandable if you are not as productive or as healthy as you usually are. Be kind to yourself, schedule

in treat activities, binge watch that box set, dance around the house to your cheesiest playlist. Do not get annoyed at your parents when they ask you to get on with your work, you must find a healthy balance. Offer to cook dinner or Hoover the house; do something that supports your parents, this time is difficult for them too!

**Most importantly we are here for you!**

**Best wishes and God bless, Mrs Shields**

I was crafting with my children; can you guess which one I made?



# student minds

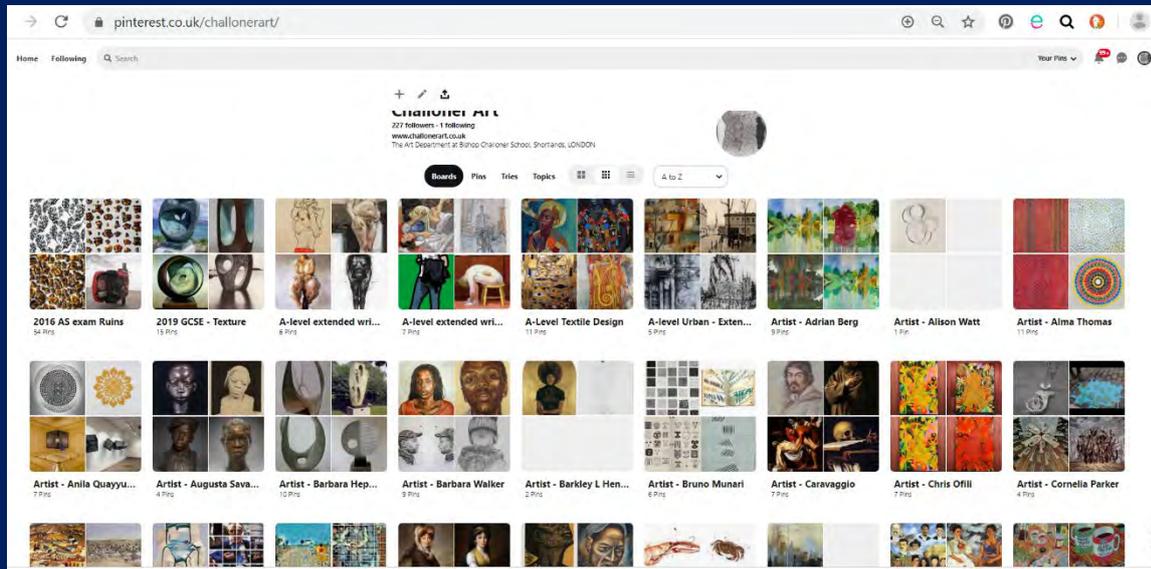
UCAS has teamed up with Student Minds to provide a wealth of information relating to support you may find useful during the COVID-19 outbreak. Click the logo above to be taken to their website.



UCAS also has provided lots of information in relation to the pandemic. Click the logo to be taken to their information hub.

## The Challoner Art Lockdown Challenge

Go to the Challoner Art Pinterest site at <https://www.pinterest.co.uk/challonerart/>



You will see this screen. Scroll down to see numerous boards. Click on a board to see the content.

Have a look through them, choose any picture and, on a piece of A4 paper, draw a frame and inside it, make a detailed copy of the image you choose. Use any materials you have available.

Outside the frame, label your picture with your name, your class, the name of the board and a description of the piece.

Take a photograph of your work, upload it and send it to [ccoulart@bcsweb.co.uk](mailto:ccoulart@bcsweb.co.uk)

Take your time to make it excellent. You have until Friday 22<sup>nd</sup> May. That is the day before half term.

Happy creating!

Mr Coultart

# Junior Wordsearches

## Spring Wordsearch



E F B M W Z R S T H R C J Q O F Y Z  
 J T J Q A C U A G R S Z A S S B X D  
 R E G K Y Q P R R X A R V V L X C F  
 W Y T O D A U O M U V C R O C U S C  
 R L B U T T E R F L Y W S F R I N G  
 V Z F L E G O K A R X S Q M K B F L  
 X R U A G A I J G T O A C N U N D H  
 Z T Y W N E S T B M Z G M D N L U S  
 W K Z B I N A T N C O G S M J I V K  
 R N D L N D W S E C H Q P P A H M O  
 B G T W P C A T E R P I L L A R R L  
 F R D O M X E F U E V S C T H W Q W  
 D S L Z U V C A F R D U C K L I N G  
 E E G S Z U F G E O M H Y F O T T F  
 L N Z H M L H F H B D O I B N N F L  
 A O P Q N W T Q T U L I P G P D D Y  
 F U O F B L U A P O L K L A M B A C  
 U E H R B N N C K N K T H M P Z L X

spring	chick	tadpole
blossom	duckling	daffodil
buds	lamb	crocus
hatch	caterpillar	tulip
egg	butterfly	seed
nest	frogspawn	Easter



Can you find all 18 words?



## Spring Challenge

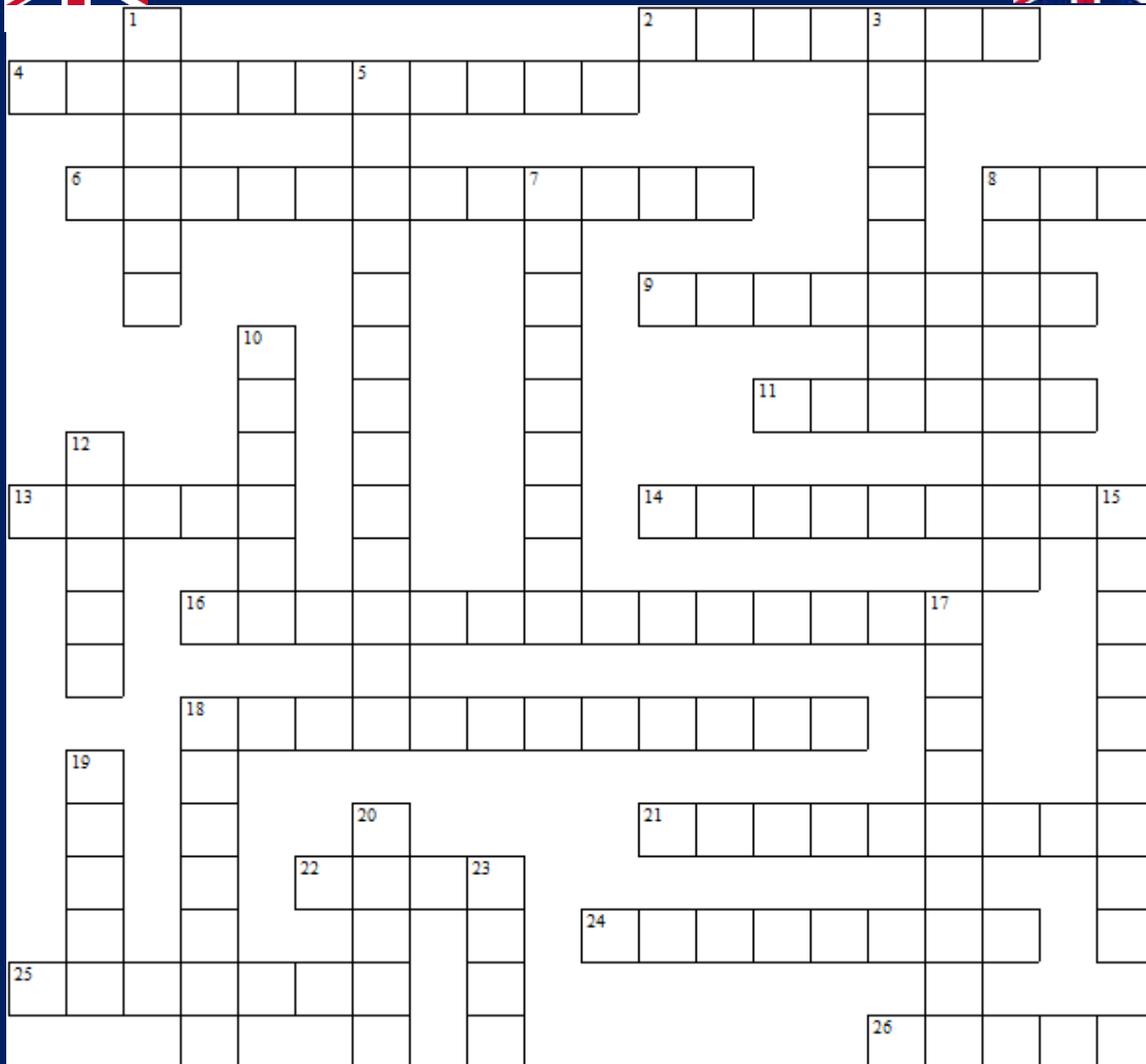
Q X P U D D L E T R S I S B M L T U O R P S T E  
 W L E V O H S O H J S N X U Y U G H W Y J W H E  
 A Y M R O W E T I K A S P T G A R D E N A R U B  
 T N D U C H I C K E R E I T M O Y T W R T P N S  
 E I U M Y G U B F J G C L E M Q S A M E A Y D E  
 R A C T A O C N I A R T U R S E L S D S E E E E  
 C R K K L T E O N R C F T F N P H L S R M D R D  
 E R L H I L G H C R A M A L L O R O A E O R E L  
 F Y I B O O G O F L A M B Y W N V I R B Y B I D  
 O A N N S C B L O S S O M E H E X G N A E G R B  
 Y D G D A N D E L I O N R O R K E S M G H S L A  
 A H Z X Y Y A D S L O O F L I R P A T T N U A X  
 M T L C V B B S L F V G Q R G H L R N O B C N B  
 E R T C H I A I B Q L G C R A H B I B G O O C Y  
 D A E L A I O B R D W O E I H L N H O L S R A B  
 O E L I F L L L N D A E W C N G L S T A O D S U  
 C K G L R A F D E O N F T E A C L I E R L O O N  
 N W I A Q C E X R T O A F L R I I S P A A R M N  
 I O P C N K T L X E H C L O N P L P I R E E R Y  
 C B S U N S H I N E N E O G D I L R D H E E N C  
 G N D Z E D I G M I R S F C R I O A T N T T L K  
 R I N E K A W A R B H O D P M M L A N S I O A L  
 O A T H A W K I M Y G M A A E I E N A T U W G C  
 W R C Y P G S U S T O R M M Y W A E S D M E T S

- |                  |                |           |              |          |
|------------------|----------------|-----------|--------------|----------|
| April            | chick          | fog       | Memorial Day | spring   |
| April Fool's Day | Children's Day | garden    | nest         | sprout   |
| Arbor Day        | Cinco de Mayo  | gosling   | Passover     | stem     |
| awaken           | cloud          | grass     | picnic       | storm    |
| baby             | cocoon         | green     | piglet       | sunshine |
| baseball         | colt           | grow      | plant        | thaw     |
| bee              | daffodil       | hatch     | puddle       | thunder  |
| bird             | dandelion      | insect    | rainbow      | tulip    |
| bloom            | dig            | iris      | raincoat     | umbrella |
| blossom          | duckling       | kite      | rainy        | violet   |
| bug              | earth          | lamb      | roots        | warm     |
| bulb             | Earth Day      | leaf      | season       | water    |
| bunny            | Easter         | lightning | seed         | weather  |
| butterfly        | egg            | lilac     | shovel       | weed     |
| calf             | emerge         | March     | shower       | wind     |
| caterpillar      | flower         | May       | soil         | worm     |

# Senior Crossword



## How well do you know Britain?



**Across:**

- 2 A London football team
- 4 Most famous playwright
- 6 The area represented by an MP
- 8 The state television channel
- 9 The most westerly point of English mainland
- 11 London stands on the river .....
- 13 Unit of currency
- 14 Large county in northern England
- 16 The water between England and France
- 18 Right-wing political party
- 21 Prince William's wife
- 22 South-eastern county
- 24 One of London's airports
- 25 Capital of Northern Ireland
- 26 Glasgow's river

**Down:**

- 1 Left-wing political party
- 3 The water between Britain and Holland
- 5 He's heir to the throne
- 7 Capital of Scotland
- 8 Highest mountain in Britain
- 10 Capital of England
- 12 A channel port
- 15 The Queen
- 17 City on the Mersey
- 18 Capital of Wales
- 19 There are 100 of them in a pound
- 20 City on the Tay
- 23 River at Newcastle

Answers will be revealed in the next issue.



**Did you know?**

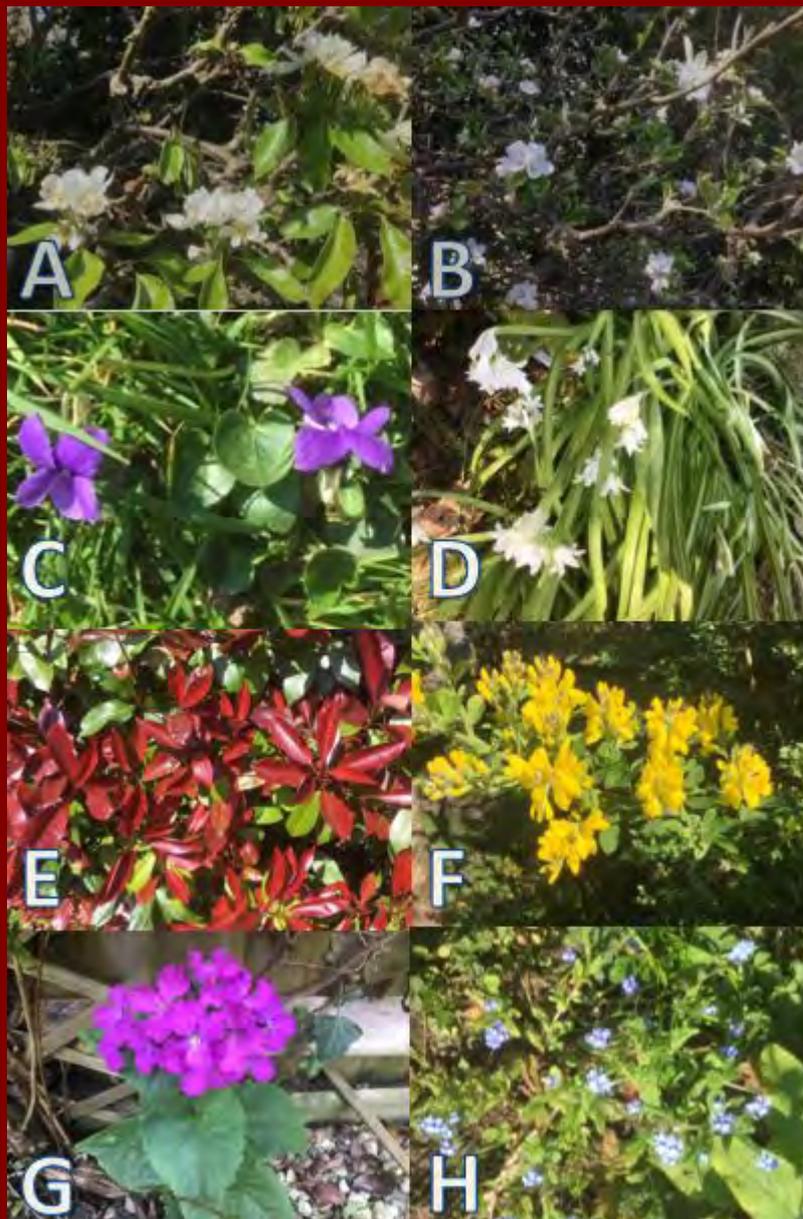
The Queen turned 94 years old this week.

### Mrs Anderson's Garden

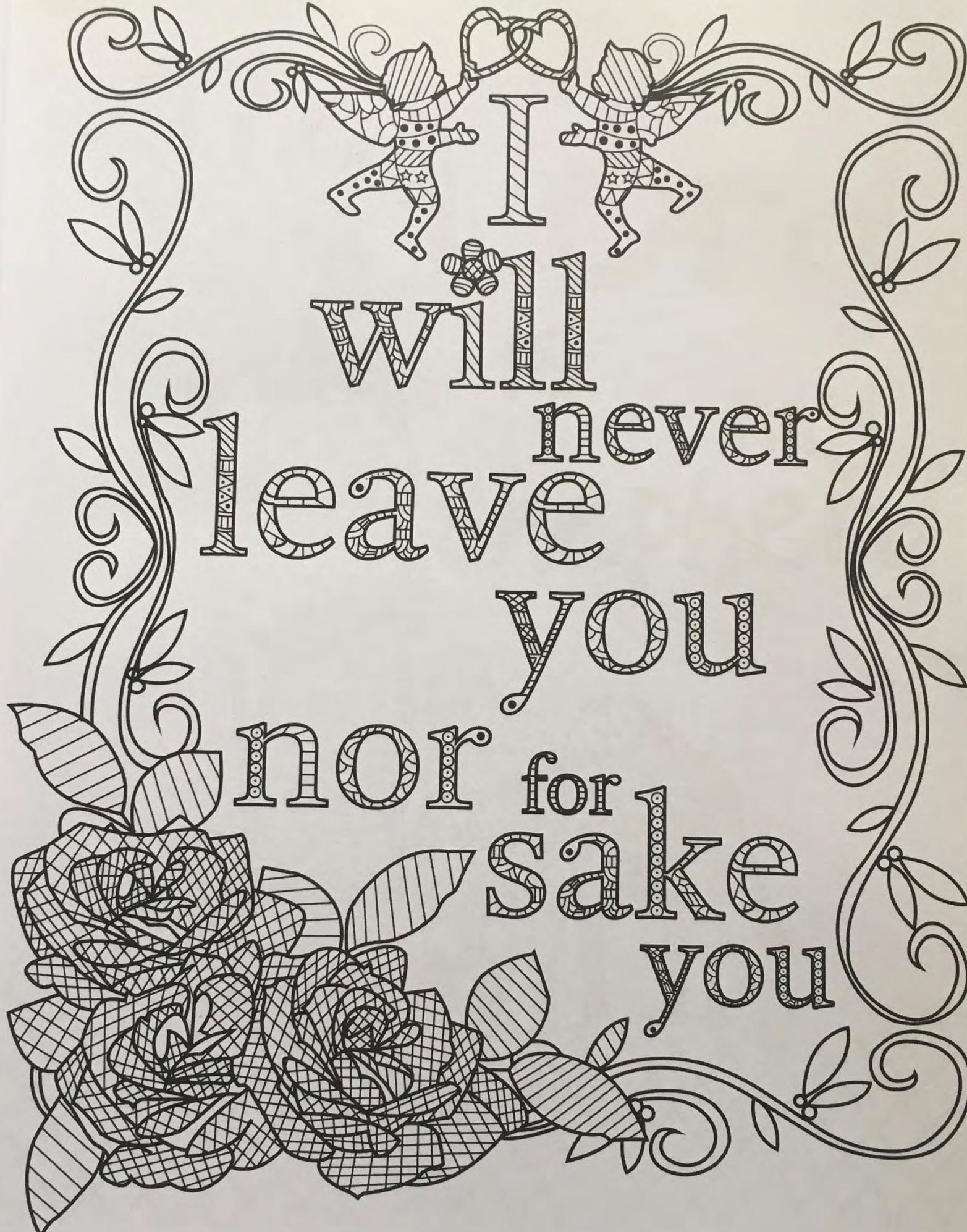
Over the Bank Holiday Easter Weekend I was able to spend some time in my garden and enjoy the beautiful sunshine. It is very easy to lose sight of what is around us and to appreciate the flora and fauna. I am setting you the task of identifying some of the flowers and trees from my garden.

Answers will be in the next edition.

(Clue: One of the below shares the same name as one of our Catholic Christian Values).



The next page needs your colour!



I will never  
leave you  
nor for  
sake  
you



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



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

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



Don't forget to send us your stories, news and photos.

Please email Miss Ridley ([nridley@bcsweb.co.uk](mailto:nridley@bcsweb.co.uk)) by Wednesday 6<sup>th</sup> May to be included in the next Challoner Channel due out on Friday 8<sup>th</sup> May.

Stay safe, stay well, stay connected.

