Park Hall Academy

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Park Hall Academy's **Hard Work Hall of Fame**

- Hollie Warren (Year 7 Textiles)
- Jess Kilroy (Year 7 Art)
- Erin Mole (Year 7 Art)
- D'Arcy O'Brien (Year 7 Art)
- Grace Green (Year 7 Art)
- Harley Byrne (Year 8 English)
- Alfie Hawes (Year 8 Food)
- Joe Jefferey (Year 8 -Food)
- Priya Sandhu (Year 8 Textiles)
- Yusuf Adballa (Year 9 English)
- Bushra Akhtar (Year 9 Science)
- Taylor Dodd (Year 9 Science)
- Georgia Rose Bowen (Year 9 PA)
- Shayma Harboui (Year 9 PA)
- Grace Bithell (Year 9 Textiles)
- Aiden Ryley (Year 10 English)
- Alice Heath (Year 10 History)
- Scarlett Phillips (Year 10 History)
- Elvy Ratcliffe (Year 10 History)
- Libby Harrold (Year 10 History)
- Millie Norman (Year 10 History)
- Liam Peers (Year 10 History)
- Cameron Neish (Year 10 History)
- Renae Gardner (Year 12 English)
- Ty Jarrett (Year 12 First Aid Course)
- Quanna Ashwood (Year 12)





A massive thankyou to the Banks' family, who have put together a table of essential food and resource for families in their neighbourhood. They are providing the local community with the basic essentials if they have nothing! Keep it going guys!

Is there anyone we should **BIG UP** and give a Special Mention to? Are you doing something amazing right now? Let us know! Email your Form Tutor or Miss Bartlett at cbartlett@parkhall.org

Being stuck inside all day can be frustrating (but remember it won't last forever). One way you can help yourself is to read. Reading isn't just good for your mind, it's a brilliant way to relax and unwind. Whilst we are meant to be avoiding busy places at the minute, there are plenty of free books online. Have a look at our recommendations below...

A Monster Calls by Patrick Ness — The plot centres around Conor, a teenager who has the same dream, or nightmare, every night. But this time, when he wakes up, there's an otherworldy creature from his dream, right outside his window. The creature demands on thing... the truth about everything.

Skellig by David Almond – When a move to a new house coincides with his baby sisters' illness, Micahel's world seems suddenly alone and uncertain. But one Sunday afternoon, he stumbles into something magical in the garage of his new home. A strange creature, part owl, part angel. But, it needs Michael's help if he is to survive. With his new fiend Mina, Michael nourishes Skellig back to health,

Park Hall Academy's Top Readers This Week

DRUM ROLL PLEASE...... WE HAVE NEW NAMES ADDED TO THIS WEEKS LIST!

Well done to the following students for reading the most this week! Can you make it in our Top 15 next week?

Student	Word Count
Timothy Jarvis	578,173
Oliver Martin	365,542
Lillianne Wilkes	190,858
Jessica Bell	98,281
Jack Deakin	80,431
Connor Parry-Hawkins	64,215
Alfie Hawes	25,878
Luvleen Purewal	24,099
Alfie Hipkins	11,963
D'Arcy O'Brien	4,255



Join Us in OUR Very Own Weekly Challenge

Each week, we will set you tasks to do, as a challenge. Can you do it all? Can you do more? This will range from physical challenges, to mental challenges.

Record what you can do each week. We may even repeat this, so you can see how well you do week on week.

Week 6:

Current Affairs

It is easy to get caught up in the news, and the constant stories of Covid-19 cases.

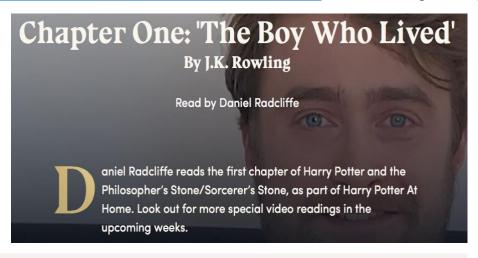
This week, try watching or listening to the news (whether o TV, the radio or online) and find a 'good' news story every day. Share this with your family.

Although we are living in a tough time at the minute, there are good stories out there, nice things are still happening.

So, this week, I challenge you to find them!

Have you seen this? https://www.wizardingworld.com/chapters/reading-the-boy-who-lived it's free reading of Harry

Potter chapter by chapter with challenges, further reading and guidance. You can even make your own Hogwarts passports and listen to the whole book for free! If you don't have the time to read, then you can download it on Spotify to listen to!



Mental Health Awareness Week

Hosted by the Mental Health Foundation, Mental Health Awareness Week will take place from 18-24 May 2020. The theme is kindness.



Why kindness?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times.

Next week is Mental Health Awareness Week. This years theme is **KINDNESS**. Can you create a poster to showcase this years' theme?

Tag us in your social media, or send them to cbartlett@parkhall.org to feature in next week's newsletter or on the schools social media!

Go follow @ParkHallAcademy Twitter and @citizenshippha Instagram for daily reminders of how to keep your mental health as good as your physical health.



Let's Bake! Hi everyone, it is Mrs. Salter here from the Park Hall Food Department, wishing you all good health in these unprecedented times. Well done to everyone who had ago at the Lemon Tart last week there were some fantastic results. This weekend was a weekend of Indian cooking, and one of the recipes I cooked was Masala Potatoes which I served with a roast chicken that I marinated in a Tikka Marinade. These potatoes worked really well with the dish and made for an Indian inspired Sunday roast.

INGREDIENTS

- 500g potatoes cut into 3cm chunks
- 3 tbsp sunflower oil
- 1 tsp cumin seeds or 1 tsp ground cumin
- 1 tsp mustard seeds
- 1 onion Finely sliced
- 1 Chilli finely chopped
- 1/4tsp turmeric
- 1tsp ground coriander
- 1tsp salt
- 4 tsp lemon juice
- hand full fresh coriander

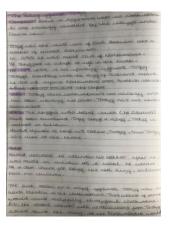
EQUIPMENT: GREASED OVEN PROOF DISH

METHOD

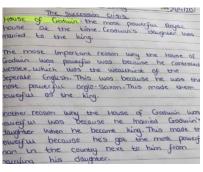
- 1. Peel the potatoes and cut them into chunks. Place into a pan of cold water and bring the potatoes to the boil. Turn down to a fast simmer and simmer for 8 10 minutes until the potatoes are just soft.
- 2. Drain the potatoes in a colander and leave to stand and cool.
- 3. Whilst the potatoes are cooling add the sunflower oil to a large frying pan and sauté the cumin and mustard seeds until they begin to pop. Add the onions and the chilli and cook for 2 minutes stirring occasionally.
- 4. Add the potatoes to the onion, chilli and spice mix sprinkle over the turmeric and ground coriander and fry for 3 5 minutes until the potatoes are coated in the spice blend, and they begin to soften around the edges. Drizzle with the lemon juice and garnish with fresh coriander.

Send pictures to dsalter@parkhall.org or TAG us in your photos on Social Media!

Some Fantastic Work



In History Year 10 have started learning about Anglo-Saxon England, and how the Norman Conquest in 1066 changed life in England forever. In recent lessons, they have been examining the reign of Edward the Confessor and looking at the rise to power of Harold Godwineson as he prepared to seize the throne in 1066. Below are some examples from Mr Rowland's class of the brilliant work that has been going on.





- Godwineson. In 1055 he was made Earl of Northui
 - he was a southerner and struggled to adapt to life in the north In October 1065, there was an uprising against him by Northumbrian Thegns.

- WHAT SHOULD EDWARD THE CONFESSOR DO TASK

 1. When the Scottish king invaded and destroyed large parts of
 Tostig's Earlsom in 1061. Tostig did not retaliate, he just asked
 for peace. Edward the confessor should just leave him to sort it
 himself- it was Tostig's Earldom, there wasn't much he could
 do.
- do. Totals has been taxing Northumbria too harshly and he was abusing his power to get rid of rivals. Northumbrian Thepsis as abusing his power to get rid of rivals. Northumbrian Thepsis are not heir way to complain to folward the Confessors he should just allow them to keep travelling: theres a lot of them, and not much they cand be compared to the compared to







