



TUTOR TIME REFLECTION AND WELLBEING JOURNAL



"It's a beautiful thing for mind, body, and spirit to take some time daily for reflection."

Anonymous

NAME _____

HOW THIS BOOK WORKS

This reflection and wellbeing journal is a way for you to reflect on what is happening in your life and your academic progress as we go through the year. Then at the end of the year you can look back to see your successes and challenges you have over come.

My Week in Pixels

For this activity you colour in the squares for each day. Each colour will determine your thoughts for how that day went, You have been given 9 rankings to choose from, with space to add 3 of your own.

Reflecting on Me

This section aims to get you thinking about the yourself and your future. The questions aim to get you thinking and reflecting. There are no right or wrong answers.

Academic Reflection

These pages focus on your studies and aims to help you identify issues before they become too big as well as how you that you are making progress even if you don't think you are. It is important that you are honest and realistic when filling this out if it is going to help you.

Time to let your mind wander and see where it goes

These pages are about self reflection and your wellbeing. They are not a test but questions to get you thinking about yourself and reflection on where you are and where you are going. Some of the question will repeat as the year goes on, it is okay to have the same answers just as it is okay to change them.

Of the Week...

This page gives a new word each week, A quote for the week, A song of the week and an inspirational person of the week. This can help to widen your horizons. There are QR codes to take you to more information about each of the people or to the YouTube Video for the song.

REFLECTING ON ME

3 adjectives to describe yourself.

5 Facts about you – Thing you think people should know about you.

Your favourite thing about yourself.

--

Something that scares you

--

Bravest thing you have ever done.

--

RECOGNIZING THE GOOD STUFF

One thing you have worked hard to achieve.

--

One thing that is going well in your life right now.

--

Things, people and places you adore.

2 things that you are passionate about.

--	--

3 people you can count on when times are tough.

YOUR FUTURE

What is on your bucket list?		

If you could study one subject for the rest of your life what would it be?

What is your dream career?

How will you know you have had a good life?

3 things that you want to achieve this year.

3 things you would do if you knew you couldn't fail.

WORD OF THE WEEK

ELUCIDATE

/,ɪˈl(j)uːsɪdeɪt/

Origin: mid 16th century: from late Latin **elucidat-** 'made clear'

Verb

To make something clear; explain.

"work such as theirs will help to **elucidate** this matter"

QUOTE OF THE WEEK

"The greatest glory in living lies not in never falling, but in rising every time we fall."

- Nelson Mandela



PERSON OF THE WEEK

Henrietta Lacks

August 1st 1920 – October 4th 1951

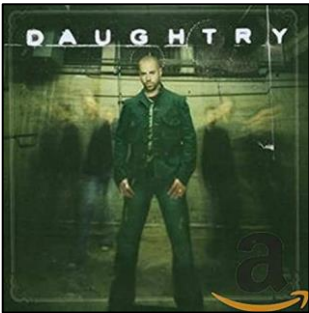


An African-American woman whose cancer cells are the source of the HeLa cell line, the first immortalized human cell line and one of the most important cell lines in medical research, including treatments for Polio, Parkinson's and Leukemia.

SONG OF THE WEEK

DAUGHTRY

"I fight"



Released: 2013
Album release only.

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

***TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES***

This week I....

Talked about	Didn't like
Changed	Enjoyed
Indulged in	Struggled with

2 things that really get on your nerves

Someone who has inspired you this week.

Something that doesn't make sense to you

WORD OF THE WEEK

MALAISE

/ma'leɪz/

Origin: mid 18th century: from French, from Old French *mal* 'bad'

Noun

A general feeling of discomfort, illness, or unease whose exact cause is difficult to identify.

"A general air of **malaise**"

QUOTE OF THE WEEK

"The way to get started is to quit talking and begin doing."

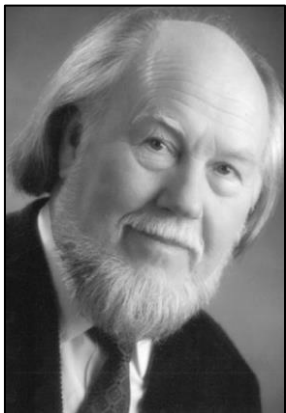
- **Walt Disney**



PERSON OF THE WEEK

Nils Bohlin

July 17, 1920 – September 21, 2002



Nils Ivar Bohlin was a Swedish mechanical engineer and inventor who invented the three-point safety belt while working at Volvo in 1959. It is estimated that at least one million lives have been saved by the three-point seatbelt over the course of its 62-year existence.

SONG OF THE WEEK

SARAH BAREILLES

"Brave"



Released: 2013

UK Singles Chart Position: 48

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Saw

Heard

Felt

Appreciated

Decided

Worked hard on

2 things you've never done but would love
to try.

Someone who has helped you out this week.

Something that made you giggle this week.

WORD OF THE WEEK

OBFUSCATE

/ɒbfʌsket/

Origin: Late Middle English: from late Latin *obfuscat*- 'darkened'

Verb

To make obscure, unclear, or unintelligible.

"The spelling changes will deform some familiar words and **obfuscate** their etymological origins"

QUOTE OF THE WEEK

If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success.

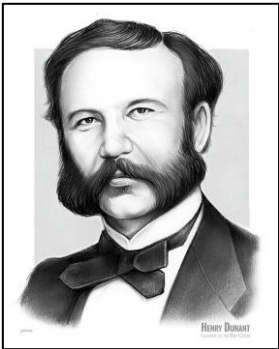
-James Cameron



PERSON OF THE WEEK

Henry Dunant

May 8th 1828 – October 30th 1910



Swiss humanitarian, businessman and social activist. He was the visionary, promoter and co-founder and father of the Red Cross. In 1901 he received the first Nobel Peace Prize together with Frédéric Passy, making Dunant the first Swiss Nobel laureate.

SONG OF THE WEEK

KELLY CLARKSON

"Stronger"



Released: 2011

UK Singles Chart Position: 8

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Played	Asked for help with
Talked about	Learnt
Worked out that	Giggled at

2 things you are curious about.

A sound you find soothing / Calming

Something that made you smile this week.

WORD OF THE WEEK

MIMSY

/ˈmɪmzi/

Origin: late 19th century Old English

Adjective

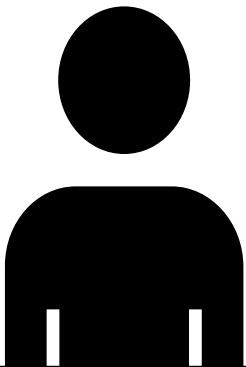
Rather feeble and prim or ineffectual

“The whole situation leaves me feeling a bit **mimsy**.”

QUOTE OF THE WEEK

“The person that you spend the most time within your life is yourself, so you better try and make yourself as interesting as possible.”

– UNKNOWN



PERSON OF THE WEEK

Gertrude Bell

July 14th 1868 – July 12th 1927



An English writer, traveller, political officer, administrator, and archaeologist who explored, mapped, and became highly influential to British imperial policy-making due to her knowledge and contacts, built up through extensive travels in Syria-Palestine, Mesopotamia, Asia Minor, and Arabia. Bell helped support the Hashemite dynasties in what is today Jordan as well as in Iraq.

SONG OF THE WEEK

MONTY PYTHON

“Always look on the Brightside of life”



Released: 1979

UK Singles Chart Position: 3

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

--

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Visited	Started
Wondered about	Observed
Finished	Smiled at

2 people that light up your day.

A little thing that makes a bad day better

--

Your favorite feel good film .

--

WORD OF THE WEEK

CONTUMACIOUS

/kɒntɪʃʻmeɪʃəs/

Origin: late 16th century: from Latin

Adjective

Stubbornly or willfully disobedient to authority.

"The refusal to make child support payments was **contumacious**"

QUOTE OF THE WEEK

"Normal is nothing more than a cycle on the washing machine."

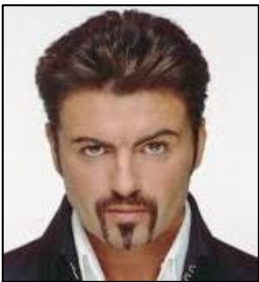
– Whoopie Goldberg



PERSON OF THE WEEK

George Michael

June 25th 1963 – December 25th 2016



George Michael was an English singer, songwriter and record producer. Known as a leading creative force in music production, songwriting, vocal performance and visual presentation, he is regarded as one of the greatest artists of all time and an icon of popular culture. He was an active LGBT rights campaigner and HIV/AIDS charity fundraiser but also gave millions to charity and individuals privately – which was not revealed until after his death.

SONG OF THE WEEK

FOO FIGHTERS

"Learn to Fly"



Released: 1999
UK Singles Chart Position: 21

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Was upset by

Spent time with

Listened to

Struggled with

Enjoyed Eating

Completed

2 buildings you would like to visit

A celebrity that inspires you

Your favourite way to relax after a long day.

WORD OF THE WEEK

ZEALOUS

/ˈzeɪləs/

Origin: early 16th century: from a medieval Latin

Adjective

Having or showing zeal, great energy or enthusiasm

"The council was extremely **zealous** in the application of the regulations"

QUOTE OF THE WEEK

"The hardest choices require the strongest wills."

– Thanos



PERSON OF THE WEEK

Alice Nkom

January 14th 1945 – Present



A Cameroonian lawyer, well known for being the first black female French-speaking lawyer in Cameroon and her advocacy towards decriminalization of homosexuality in Cameroon. In 2003 she founded ADEFHO: the Association for the Defence of Homosexuality

SONG OF THE WEEK

THE TURTLES

"Happy Together"



Released: 1967
UK Singles Chart Position: 12

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Saw	Felt
Read	Helped
Enjoyed watching	Studied for

2 Cities you would like to visit

Something you find beautiful in the world

Something you find extraordinary

WORD OF THE WEEK

ZENITH
/'zenɪθ/

Origin: Late Middle English: from Old French or medieval Latin *cenit*, based on Arabic *samt* (*ar-ra's*) 'path (over the head)'.

Noun

1. The time at which something is most powerful or successful.

"In 1977, punk was at its **zenith**"
2. The point in the sky or celestial sphere directly above an observer. The highest point reached by a given celestial object.

"The sun was well past the zenith"

QUOTE OF THE WEEK

"He who conquers others is strong, he who conquers himself is mighty"

- Lao Tsu



PERSON OF THE WEEK

Billie Jean King
November 22nd 1943 – Present



An American former female World No. 1 professional tennis player. She won 39 Grand Slam titles: 12 in singles, 16 in women's doubles, and 11 in mixed doubles. King is an advocate for gender equality and has long been a pioneer for equality and social justice. In 1973, at age 29, she won the "Battle of the Sexes" tennis match against the 55-year-old Bobby Riggs.

SONG OF THE WEEK

CARRIE UNDERWOOD ft LUDICRIS
"Champion"



Released: 2018
US Singles Chart Position: 47
How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Talked about

Didn't like

Indulged in

Struggled with

Changed

Enjoyed

2 things you would like to learn but aren't currently

A person who has a unique place in your life.

Highlight of your month.

WORD OF THE WEEK

CAPRICIOUS

/Kə'prɪʃəs/

Origin: early 17th century French / Italian

Adjective

- 1. Given to sudden and unaccountable changes of mood or behaviour.
- "It's terrible to feel our livelihood hinges on a capricious boss"
- 2. Changing according to no discernible rules; unpredictable.

"A capricious climate"

QUOTE OF THE WEEK

"Be brave Enough to start a conversation that matters"

– Margaret Wheatley



PERSON OF THE WEEK

Bayard Rustin

March 17th 1912 – August 24th 1987



Bayard Rustin was an African American leader in social movements for civil rights, socialism, nonviolence, and gay rights. Rustin worked with A. Philip Randolph on the March on Washington Movement, in 1941, to press for an end to racial discrimination in employment.

SONG OF THE WEEK

FALL OUT BOY

"Centuries"



Released: 2014
UK Singles Chart Position: 22

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Wondered about	Helped
Laughed out loud at	Worked hard on
Felt	Didn't like

2 things you are grateful for this week

Your favourite way to spend a day

Something that makes you feel powerful

WORD OF THE WEEK

EUPHEMISM

/ˈjuːfəˌmɪz(ə)m/

Origin: late 16th century: from Greek *Noun*

A mild or indirect word or expression substituted for one considered to be too harsh or blunt when referring to something unpleasant or embarrassing.

"The jargon has given us 'downsizing' as a **euphemism for cuts**"

QUOTE OF THE WEEK

"I don't judge people on their worst mistakes"

-**Natasha Romanov (Black Widow)**



PERSON OF THE WEEK

Melati & Isabel Wijsen



Indonesian climate activists. The two sisters are known for their efforts to reduce plastic consumption in Bali. In 2013, they began a campaign to rid Bali of single-use plastic bags titled *Bye Bye Plastic Bags*. In order to gain public attention they staged a dawn to dusk hunger strike in 2016, successfully demanding a meeting with Bali's then-governor, I Made Mangku Pastika. The campaign resulted in Pastika signing an order to ban styrofoam, plastic bags and straw from the island effective 2018.

SONG OF THE WEEK

EMINEM

"Not Afraid"



Released: 2010
UK Singles Chart Position: 5

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Struggled with

Visited

Heard

Felt

Watched

Said thank you for

2 things you would put in Room 101

What upset you this week?

What scares you the most?

WORD OF THE WEEK

COLLYWOBBLES

/ˈKɒlɪwɒb(ə)lɪz/

Origin: early 19th century - informal

Noun

1. Stomach pain or queasiness.
- "An attack of **collywobbles**"
2. Intense anxiety or nervousness.
- "Such organisations give him the **collywobbles**"

QUOTE OF THE WEEK

"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."
– **Bruce Lee**



PERSON OF THE WEEK

Bruce Lee

November 27th 1940 – July 20th 1973



A Hong Kong American martial artist, actor, director, martial arts instructor and philosopher. He was the founder of jeet kune do, a hybrid martial arts philosophy drawing from different combat disciplines that is credited with paving the way for modern MMA. He is considered to be the most influential martial artist of all time and is credited with helping to change the way Asians were presented in American films.

SONG OF THE WEEK

BON JOVI

"It's my life"



Released: 2000
UK Singles Chart Position: 3

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Asked for help with

Talked about

Indulged in

Listened to

Learnt

Smiled at

2 people you would like to have dinner with

What is your life motto?

Describe your week in one word

WORD OF THE WEEK

SYCOPHANT

/ˈsɪkəfənt/

Origin: mid 16th century from French *sycophante*, or via Latin from Greek

Noun

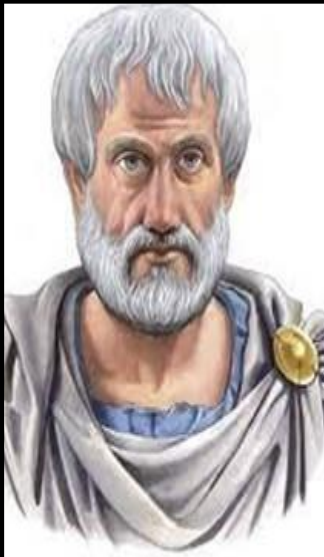
A person who acts deferentially towards someone important in order to gain advantage.

“He was surrounded by **sycophants** who hung on his every word”

QUOTE OF THE WEEK

“It is during our darkest moments that we must focus to see the light.”

-Aristotle



PERSON OF THE WEEK

Amy Johnson

July 1st 1903 – January 5th 1941



A pioneering English pilot who was the first woman to fly solo from London to Australia in 1930. In July 1932, Johnson set a solo record for the flight from London to Cape Town, South Africa breaking her husband's record.

SONG OF THE WEEK

SWEDISH HOUSE MAFIA

“Save the World”



Released: 2011
UK Singles Chart Position: 10

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Worried that

Observed

Saw

Helped

Changed

Read

2 Things that make you happy

A habit your would like to break

Words you need to hear right now

WORD OF THE WEEK

SURREPTITIOUS

/ˌsʌrəpˈtɪʃəs/

Origin: Late Middle English and Latin

Adjective

Kept secret, especially because it would not be approved of.

“Low wages were supplemented by **surreptitious** payments from tradesmen.”

QUOTE OF THE WEEK

“Life is not a problem to be solved but a reality to be experienced”

–Soren Kierkegaard



PERSON OF THE WEEK

Jazz Jennings

October 6th 2000 – Present



An American YouTube personality, TV personality, and LGBT rights activist. Jazz is notable for being one of the youngest publicly documented people to be identified as transgender at the age of 5. She is an honorary co-founder of the TransKids Purple Rainbow Foundation, which she and her parents founded in 2007 to assist transgender youth.

SONG OF THE WEEK

PROFESSOR GREENE ft EMILE SANDE

“Read all about it”



Released: 2011
UK Singles Chart Position: 1

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Asked for help with	Talked about
Indulged in	Listened to
Learnt	Read

2 Things you would take to a desert Island with you

If you could time travel when would you visit?

One thing you would like to achieve in your lifetime.

WORD OF THE WEEK

XERTZ
/zerts/

Origin: Unknown

Verb

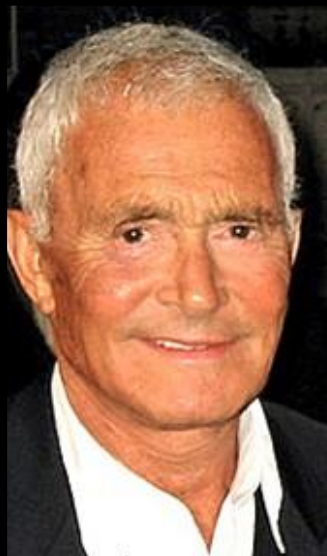
To gulp something down quickly and/or in a greedy fashion.

"As soon as I finished the half marathon, I needed to **xertz** a bottle of water."

QUOTE OF THE WEEK

"The only place where success comes before work is in a dictionary"

- Vidal Sassoon



PERSON OF THE WEEK

Native American Code Talkers



Used during the WW1 and WW2, Native American Code Talkers were used to communicate coded messages. There were two types of code. A cypher code where words from the native language would be used to indicate English letters and Direct Translation Codes where the message was directly translated. They received no recognition until 1968 when their operation was declassified.

SONG OF THE WEEK

THE KILLERS
"Human"



Released: 2008
UK Singles Chart Position: 3

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Laughed out loud at

Spent time with

Wondered about

Appreciated

Worried about

Listened to

2 Things you would buy if you won the lottery?

Who has inspired you this week?

One thing your are really good at (talent).

WORD OF THE WEEK

LIMERANCE

/li-mer-uhns/

Origin: 1979 American Psychology – Dorothy Tennov

Noun

The state of being obsessively infatuated with someone, usually accompanied by delusions of or a desire for an intense romantic relationship with that person.

"Her limerence lasted for around three months before she actually met him."

QUOTE OF THE WEEK

"Light Travels faster than sound. This is why some people appear bright until you hear them speak"

– Alan Dundes



PERSON OF THE WEEK

Stormzy

July 25th 1993 – Present



British musician, rapper and grime star. Founded the Merky Foundation in 2019 to support Anti-racism, racial inequality, justice reform, discrimination and employment and social inclusion within the black community. He has pledged to donate £1 million per year for the next 10 years to Black causes in the UK.

SONG OF THE WEEK

IVANA MULA TCHAKO

"Diva Dance"



Released: 1997
UK Singles Chart Position: N/A

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Talked about	Worked hard at
Enjoyed	Watched
Studied	Visited

2 Things you would never try.

Something you have recently done just for you?

Who can you turn to when you need support?

WORD OF THE WEEK

EXONERATE

/ɪɡˈzɒnəreɪt, ɛɡˈzɒnəreɪt/

Origin: late Middle English: from Latin.
Verb

1. (Of an official body) absolve (someone) from blame for a fault or wrongdoing.

"An inquiry **exonerated** those involved"

2. Release someone from (a duty or obligation).

"Pope clement v **exonerated** the king from his oath to the barons"

QUOTE OF THE WEEK

"Your future hasn't been written yet. No ones has. Your future is whatever you make it. So make it a good one."
- **Doc Brown**



PERSON OF THE WEEK

Rajae El Mouhandiz

March 25th 1979 – Present



A Dutch-Moroccan/Algerian Muslim poet, singer, storyteller, composer and founder of the record label Truthseeker Records. Rajae is also active in a social-politic area. She is a member of the board of the Ethica Foundation, a foundation which focuses on the empowerment of Islamic women in general.

SONG OF THE WEEK

MAROON 5

"Girls Like you"



Released: 2017
UK Singles Chart Position: 7
How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

--

***TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES***

This week I....

Saw	Heard
Felt	Appreciated
Decided	Worked hard on

2 Things you couldn't live without

Something new your have tried recently.

--

Someone who has helped you out this week.

--

WORD OF THE WEEK

REVERE
/rɪˈvɪə/

Origin: mid 17th century: from French

Verb

To feel deep respect or admiration for (something).

"Cézanne's still lifes were **revered** by his contemporaries"

QUOTE OF THE WEEK

"Just try new things. Don't be afraid. Step out of your comfort zones and soar, All right?"

– Michelle Obama



PERSON OF THE WEEK

Amika George
October 4th 1999 – Present



British activist who campaigns against period poverty in the United Kingdom. George was inspired to take action after reading an article describing how many poor British women missed school due to stigma around menstruation and/or being unable to afford sanitary products such as tampons. At the age of 17 she started a popular petition addressed to Westminster, and founded the #FreePeriods organisation in April 2017.

SONG OF THE WEEK

AMERICAN AUTHORS –
"Best day of my life"



Released: 2013
UK Singles Chart Position: 17

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Was upset by

Spent time with

Listened to

Struggled with

Enjoyed Eating

Completed

2 Things you look for in a friendship

The last film you watched

A trend you think should be banned.

WORD OF THE WEEK

BLOVIATE

/ˈbləʊviət/

Origin: mid 19th century English

Verb

Talk at length, especially in an inflated or empty way.

"The minister **bloviated** his way through the debate"

QUOTE OF THE WEEK

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose"

-Dr. Seuss



PERSON OF THE WEEK

Ismail Al Jazari

1136 - 1206



A Muslim polymath: a scholar, inventor, mechanical engineer, artisan, artist and mathematician from Artuqid Dynasty of Jazira in Mesopotamia. He is best known for writing *The Book of Knowledge of Ingenious Mechanical Devices* in 1206, where he described 50 mechanical devices, along with instructions on how to construct them. Known by many as the "father of robotics" and modern-day engineering.

SONG OF THE WEEK

BOB MARLEY

"Get Up, Stand Up"



Released: 1973

UK Singles Chart Position: N/A

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

--

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Wondered about	Appreciated
Laughed out loud at	Spent time with
Challenged myself	Was upset by

2 people you can trust when you need help

What are you most proud of this week?

--

Who would you most like to see in concert?

--

WORD OF THE WEEK

OSCILLATE

/ˈɒsɪleɪt/

Origin: Early 18th century: from Latin

Verb

1. To move or swing back and forth in a regular rhythm.
"The grain pan near the front of the combine **oscillates** back and forth"
2. Vary or fluctuate between two states, limits, opinions, etc.
"He was **oscillating between** fear and bravery"

QUOTE OF THE WEEK

"Once you accept your flaws, no one can use them against you."

– Tywin Lannister



PERSON OF THE WEEK

Dolly Parton

January 19th 1946 – Present



An American singer, songwriter, multi-instrumentalist, actress, author, businesswoman, and humanitarian, known primarily for her work in country music. Since the mid-1980s, Parton has supported many charitable efforts, particularly in the area of literacy, primarily through her Dollywood Foundation including sending out over 100 million books to children in the US, Canada, UK, Australia and Ireland

SONG OF THE WEEK

LINKIN PARK ft JAYZ

"Numb/Encore"



Released: 2003

UK Singles Chart Position: 14

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Worried that	Observed
Saw	Helped
Changed	Read

2 Things that make you happy

Who would play you in the movie of your life?

Where is your calm place?

WORD OF THE WEEK

BOMBAST
/'bɒmbast/

Origin: mid 16th century, from Old French and medieval Latin

Noun

High-sounding language with little meaning, used to impress people.

"The **bombast** of gung-ho militarism"

QUOTE OF THE WEEK

"Who I am and what I should have been are two very different things"

-Tom Hardy



PERSON OF THE WEEK

Mary Anderson

February 19th 1866 – June 27th 1953



An American real estate developer, rancher, viticulturist and inventor of the windshield wiper blade. On November 10, 1903, Anderson was granted her first patent for an automatic car window cleaning device controlled from inside the car, called the windshield wiper. She never made money from the invention as it only became standard on cars in 1922 – 2 years after her patent ran out.

SONG OF THE WEEK

WELSHLY ARMS

"*Legendary*"



Released: 2016
UK Singles Chart Position: N/A

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Wondered about	Appreciated
Laughed out loud at	Spent time with
Worked Hard on	Listened to

2 Things you have been thinking about this week

What do you do when you are stressed?

What helps you stay calm in stressful situations?

WORD OF THE WEEK

SCHADENFREUDE

/ˈʃaːd(ə)n,frɔɪdə/

Origin: From German

Noun

Pleasure derived by someone from another person's misfortune.

"A business that thrives on **schadenfreude**"

QUOTE OF THE WEEK

"There are no secrets to success. It is the result of preparation, hard work and learning from failure."

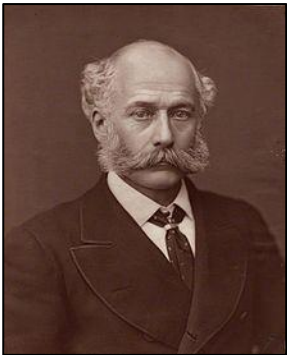
– Colin Powell



PERSON OF THE WEEK

Joseph Bazalgette

March 28th 1819 – March 15th 1891



Chief engineer of London's Metropolitan Board of Works, his major achievement was the creation of a sewerage system for central London which was instrumental in relieving the city from cholera epidemics, while beginning to clean the River Thames. He was also the designer of Hammersmith Bridge.

SONG OF THE WEEK

P!NK

"All I know so far"



Released: 2021
UK Singles Chart Position: N/A

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Talked about

Worked hard at

Enjoyed

Watched

Visited

Didn't Like

2 Things you would change about the world

What would be your superpower?

Who has inspired you this week?

WORD OF THE WEEK

PERFUNCTORY

/pə'fʌŋ(k)t(ə)ri/

Origin: late 16th century: from late Latin

Adjective

Carried out without real interest, feeling, or effort.

"They gave a **perfunctory** nod"

QUOTE OF THE WEEK

"Always remember
that you are
absolutely unique.
Just like everyone
else."

– Margret Mead



PERSON OF THE WEEK

Ruth Coker Burks
March 19th 1959 – Present



Also known as the Cemetery Angel, is a former caregiver of AIDS crisis victims and an AIDS awareness advocate based in Arkansas. During the AIDS epidemic in the late 1980s, she used her salary as a real estate agent to care for AIDS patients whose families and communities had abandoned them.

SONG OF THE WEEK

MARVIN GAYE & TAMMI TERRELL

"Ain't no mountain High Enough"



Released: 1967
UK Singles Chart Position: 6

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Struggled with

Visited

Heard

Felt

Spent time with

Appreciated

2 things you want to celebrate about yourself.

What inspires you to be great?

What language would you like to speak that you don't currently?

WORD OF THE WEEK

COMMINATORY

/ˈkɒmɪnəˌt(ə)ri/

Origin: early 16th century: from medieval Latin

Adjective

Threatening, punitive, or vengeful.

“Both advocated a mild resolution which would head off anything more comminatory from the Soviet Union”

QUOTE OF THE WEEK

“You only live once, but if you do it right, once is enough.”

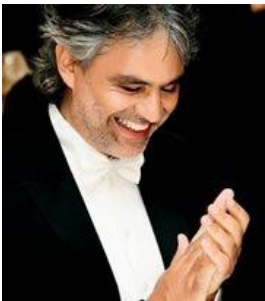
– Mae West



PERSON OF THE WEEK

Andrea Bocelli

September 22nd 1958 – Present



An Italian opera tenor and multi-instrumentalist. He was diagnosed with congenital glaucoma at 5 months old, and became completely blind at age 12, following a football accident. He started piano lessons at age 6 and later learned to play the flute, saxophone, trumpet, trombone, guitar, and drums. He also studied Law at university.

SONG OF THE WEEK

KATRINA AND THE WAVES

“Walking on Sunshine”



Released: 1985
UK Singles Chart Position: 8

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Struggled with	Visited
Heard	Felt
Spent time with	Appreciated

2 things you want to celebrate about yourself.

What inspires you to be great?

What language would you like to speak that you don't currently?

WORD OF THE WEEK

GREGARIOUS

/grɪˈɡeɪriəs/

Origin: mid 17th century: from Latin

Adjective

(of a person) fond of company; sociable.

“He was a popular and gregarious man”

QUOTE OF THE WEEK

“When all think alike, no one thinks very much.”

— Walter Lippmann



PERSON OF THE WEEK

Florance Iloff

September 20th 1913 – May 31st 2002



The first person to run across Westminster Bridge within the twelve chimes of Big Ben at noon on the 14th April 1934 aged 21. Running across the bridge before the clock struck noon means running 353m in roughly 50 seconds

SONG OF THE WEEK

BLUES BROTHERS

“Everybody”



Released: 1980

UK Singles Chart Position: N/A

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Completed

Worked hard on

Decided

Changed

Grateful for

Enjoyed taking part in

2 achievements you have reach so far this year

What animal would you like as a pet?

What is your favourite time of year?

WORD OF THE WEEK

ACQUIESCE

/,akwi'ɛs/

Origin: early 17th century: from Latin

Verb

To accept something reluctantly but without protest.

"Sara **acquiesced** in his decision"

QUOTE OF THE WEEK

"The way to right wrongs is to turn the light of truth upon them"

— Ida B. Wells



PERSON OF THE WEEK

Akala

December 1st 1983 – Present



A British rapper, journalist, author, activist and poet. He founded the **The Hip-hop Shakespeare Company** in 2009, a music theatre production company aimed at exploring the social, cultural and linguistic parallels between the works of William Shakespeare and that of modern-day hip-hop artists. He has also been involved in campaigns to decolonize the national curriculum and promoting anti-racism.

SONG OF THE WEEK

30 SECONDS TO MARS

"Rescue Me"



Released: 2018
UK Singles Chart Position: N/A

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

--

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Let go of	Didn't like
Tasted	Asked for help with
Heard	Enjoyed

2 things you would love to try but haven't yet

Who is the person you most look up to

--

What would your famous quote be?

--

WORD OF THE WEEK

CORPULENT

/ˈkɔːpjʊl(ə)nt/

Origin: Late middle English: from Latin

Adjective

(of a person) fat.

"A short, somewhat **corpulent** man"

QUOTE OF THE WEEK

"No matter what anybody tells you, words and ideas can change the world."

– Robin Williams



PERSON OF THE WEEK

Autumn Peltier

September 27th 2004 – Present



An Anishinaabe Indigenous clean water advocate from the Wiikwemkoong First Nation on Manitoulin Island, Ontario, Canada. She is Chief Water Protector for the Anishnabek Nation and has been called a "water warrior". In 2018, at the age of thirteen, Peltier addressed world leaders at the UN General Assembly on the issue of water protection.

SONG OF THE WEEK

LADY GAGA

"Born this way"



Released: 2011
UK Singles Chart Position: 3

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Wondered about

Helped

Laughed out loud at

Worked hard on

Felt

Didn't like

2 things you are most proud of this academic year.

What is causing you stress at the moment?

How do you like to relax?

WORD OF THE WEEK

ESOTERIC

/,esə'terɪk,ɪ:sə'terɪk/

Origin: mid 17th century: from Greek

Adjective

Intended for or likely to be understood by only a small number of people with a specialized knowledge or interest.

"**Esoteric** philosophical debates"

QUOTE OF THE WEEK

"Keep smiling, because life is a beautiful thing and there's so much to smile about."

- **Marilyn Monroe**



PERSON OF THE WEEK

Enheduanna

2286 BC – 2251 BC



The earliest known poet first named author in world history. She was the High Priestess of the goddess Inanna and the moon god Nanna. She lived in the Sumerian city-state of Ur. Enheduanna's contributions to Sumerian literature, definitively ascribed to her, include several personal devotions to Inanna and a collection of hymns known as the "Sumerian Temple Hymns".

SONG OF THE WEEK

CHUMBAWAMBA

"*Tubthumping*"



Released: 1997
UK Singles Chart Position: 2

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Saw	Felt
Read	Helped
Tried	Was grateful for

2 things you have failed at recently

What worries you about your future?

Who would you ask for advice from?

WORD OF THE WEEK

ACNESTIS

/ak-NEES-tis/

Origin: From ancient Greek

Noun

The part of skin that it cannot reach to scratch itself - usually the space between the shoulder blades.

“She had an itch right in the **acnestis**, that she asked someone to reach”

QUOTE OF THE WEEK

“I am always analysing myself; I am always critical of myself and always trying to improve”

– Raheem Sterling



PERSON OF THE WEEK

Dr Joseph Murray & Dr David Hume



Dr Murray and Dr Hume performed the first living related Kidney transplant in 1954 at Brigham Hospital in Boston. 8 years later in 1962 they performed the first successful transplant from a deceased donor.

SONG OF THE WEEK

DAFT PUNK

“Harder Better Faster Stronger”



Released: 2001
UK Singles Chart Position: 25

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Completed	Worked hard on
Decided	Changed
Enjoyed taking part in	Challenged myself to

2 things you are grateful for this week?

What is your ideal evening

Your Favourite meal

WORD OF THE WEEK

NEFARIOUS

/niˈfɛːriəs/

Origin: early 17th century: from Latin

Adjective

(Typically, of an action or activity) wicked or criminal.

"The **nefarious** activities of the organized-crime syndicates"

QUOTE OF THE WEEK

"Life is trying things to see if they work"

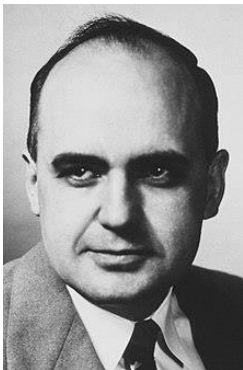
— Ray Bradbury



PERSON OF THE WEEK

Maurice Hilleman

August 30th 1919 – April 11th 2005



A leading American microbiologist who specialized in vaccinology and developed over 40 vaccines, including Measles, Mumps, Hep A, Hep B, Chickenpox, Meningococcal Meningitis, and Flu. According to one estimate, his vaccines save nearly 8 million lives each year.

SONG OF THE WEEK

QUEEN

"Don't Stop me now"



Released: 1977
UK Singles Chart Position: 9

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Talked about	Worked hard at
Enjoyed	Watched
Appreciated	Listened to

2 things you have done this week to help others

What has inspired you this week?

Your favourite colour

WORD OF THE WEEK

JEJUNE

/dʒɪˈdʒuːn/

Origin: early 17th century: from Latin

Adjective

Naive, simplistic, and superficial.

"Their entirely predictable and usually **jejune** opinions"

QUOTE OF THE WEEK

"If you can let go of passion, and follow your curiosity, your curiosity might lead you to your passion"

– Elizabeth Gilbert



PERSON OF THE WEEK

Roald Amundsen

July 16th 1872 – June 18th 1928



A Norwegian explorer of polar regions. From 1903 to 1906, he led the first expedition to successfully traverse the Northwest Passage and in June 1910 he began his trek to the South Pole, reaching it in December 1911. Making him the first man to reach both the North and South Poles. Amundsen disappeared in June 1928 while flying on a rescue mission for the airship *Italia* in the Arctic, his body was never found.

SONG OF THE WEEK

IMAGINE DRAGONS

"Thunder "



Released: 2017

UK Singles Chart Position: 20

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

--

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Worried that

Observed

Saw

Helped

Changed

Read

2 goals you would like to achieve in the next
12 months.

When do you feel most confident?

--

Who have you helped this week?

--

WORD OF THE WEEK

DISCOMBOBULATED

/ˌdɪskəmˈbɒbjʊleɪtɪd/

Origin: Late 19th century (originally US)

Adjective

Confused and disconcerted.

"He is looking a little pained and
discombobulated"

QUOTE OF THE WEEK

"Conformity is the
jailor of freedom
and the enemy of
growth."

- John F Kennedy



PERSON OF THE WEEK

Steve Biko

December 18th 1946 – September 12th 1977



A South African anti-apartheid activist. Ideologically an African nationalist and African socialist, he was at the forefront of a grassroots anti-apartheid campaign known as the Black Consciousness Movement during the late 1960s and 1970s.

SONG OF THE WEEK

LESLEY GORE

"You Don't Own Me"



Released: 1963
US Singles Chart Position:2

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

--

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Talked about

Worked hard at

Enjoyed

Watched

Tried

Giggled at

2 people you know you can trust to help you
in an emergency.

What are you most proud of this week?

--

What is your favourite take away / Junk
food?

--

WORD OF THE WEEK

HUMDUDGEON

/hʌm'dʌdʒən/

Origin: 18th Century Scottish

Noun

An unnecessary outcry or complaint or imaginary illness

"Harold won't be in the office for the next two days because of the flu or some such **humdudgeon**."

QUOTE OF THE WEEK

"The human race has one really effective weapon and that is laughter."

- Mark Twain



PERSON OF THE WEEK

Aung San Suu Kyi

June 19th 1945 – Present



A Burmese politician, diplomat, author, and a 1991 Nobel Peace Prize laureate who served as State Counsellor of Myanmar from 2016 to 2021. She played a vital role in Myanmar's transition from military junta to partial democracy in the 2010s. On 1 February 2021, she was arrested and deposed by the military during the 2021 Myanmar coup d'état after it declared the November 2020 Myanmar general election results fraudulent.

SONG OF THE WEEK

BOBBY McFERRIN

"Don't worry be happy"



Released: 1988
UK Singles Chart Position: 2

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Wondered about

Helped

Laughed out loud at

Worked hard on

Felt

Worried about

2 things you have improved on this year

What is your favourite place to travel to?

What would be your entrance song?

WORD OF THE WEEK

FORTITUDE

/ˈfɔːtɪtjuːd/

Origin: Middle English: via French from Latin

Noun

Courage in pain or adversity.

"She endured her illness with great **fortitude**"

QUOTE OF THE WEEK

"Nature hath given men one tongue but two ears, that we may hear from others twice as much as we speak."

– Epictetus



PERSON OF THE WEEK

Elizabeth Garrett Anderson

June 9th 1836 – December 17th 1917



Elizabeth Garrett Anderson was an English physician and suffragist. She was the first woman to qualify in Britain as a physician and surgeon. She was the co-founder of the first hospital staffed by women, the first dean of a British medical school, the first woman in Britain to be elected to a school board and, as mayor of Aldeburgh, the first female mayor in Britain.

SONG OF THE WEEK

NAS

"I can"



Released: 2002

UK Singles Chart Position: 19

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that
you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this
week.

A highlight from your lessons this
week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Worried that

Observed

Saw

Helped

Enjoyed

Didn't like

2 people you would like to thank this week.

What have you done just for yourself this
week?

What has made you laugh out loud this
week

WORD OF THE WEEK

LETHARGIC

/lɪˈθɑːdʒɪk/

Origin: Late Middle English: via Latin from Greek

Adjective

Affected by lethargy; sluggish and apathetic.

"I felt tired and a little lethargic"

QUOTE OF THE WEEK

"Nature hath given men one tongue but two ears, that we may hear from others twice as much as we speak."

– Epictetus



PERSON OF THE WEEK

Guru Nanak

April 15th 1469 – September 22nd 1539



One of the greatest religious innovators of all time and the founder of the Sikh religion.

Nanak's religious ideas draw on both Hindu and Islamic thought, but are far more than just a synthesis. Nanak was an original spiritual thinker and expressed his thoughts in extraordinary poetry that forms the basis of Sikh scripture.

SONG OF THE WEEK

SISTER SLEDGE

"We are Family"



Released: 1979

UK Singles Chart Position: 8

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES

This week I....

Visited

Started

Wondered about

Observed

Finished

Helped

2 personality traits you admire in others.

What is your biggest strength?

What have you struggled with this week?

WORD OF THE WEEK

RESPLENDENT

/rɪˈsplend(ə)nt/

Origin: late Middle English: from Latin

Adjective

Attractive and impressive through being richly colourful or sumptuous.

"She was **resplendent** in a sea-green dress"

QUOTE OF THE WEEK

"It is not our abilities that show what we truly are... it is our choices"

– Dumbledore



PERSON OF THE WEEK

Mary Kom

November 24th 1982



An Indian amateur boxer, politician, and incumbent Member of Parliament, Rajya Sabha. She is the only female to win the World Amateur Boxing Championship six times, the only female boxer to have won a medal in each one of the first seven World Championships, and the only boxer (male or female) to win eight World Championship medals.

SONG OF THE WEEK

FLEETWOOD MAC

"Go your own way"



Released: 1977

UK Singles Chart Position: 38

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

--

**TIME TO LET YOUR MIND WANDER
AND SEE WHERE IT GOES**

This week I....

Played	Asked for help with
Talked about	Learnt
Googled	Was grateful for

2 TV shows you would recommend to others.

What Olympic sport would you like to compete in?

--

What would you like to be remembered for?

--

WORD OF THE WEEK

VICARIOUS

/vɪˈkeɪrɪəs, vʌɪˈkeɪrɪəs/

Origin: mid 17th century: from Latin

Adjective

1. Experienced in the imagination through the feelings or actions of another person.
"This catalogue brings **vicarious** pleasure in luxury living"
2. Acting or done for another.
"A **vicarious** atonement"

QUOTE OF THE WEEK

"It's not who I am underneath, but what I do that defines me"

- Batman



PERSON OF THE WEEK

Kamala Harris

October 20th 1964



An American politician and attorney who is the 49th and current vice president of the United States. She is the first female vice president and the highest-ranking female official in U.S. history, as well as the first African American and first Asian American vice president.

SONG OF THE WEEK

BARENAKED LADIES

"One Week"



Released: 1998
UK Singles Chart Position: 5

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Saw

Heard

Felt

Appreciated

Enjoyed Eating

Spent time

2 things that made you smiled this week.

Something new that entered your life this week.

Ideal holiday destination

WORD OF THE WEEK

SCURRILOUS

/ˈskʌrɪləs/

Origin: late 16th century: from French or Latin

Adjective

Making or spreading scandalous claims about someone with the intention of damaging their reputation.

“A **scurrilous** attack on his integrity”

QUOTE OF THE WEEK

“After a while, you learn to ignore the names people call you and trust who you are.”

– Shrek



PERSON OF THE WEEK

Elliot Page

February 21st 1987 - Present



A Canadian actor, producer and active LGBTQ+ and Environmental activist. He publicly came out as a gay woman in February 2014 and subsequently as transgender in December 2020. In March 2021, Page became the first openly trans man to appear on the cover of *Time* magazine

SONG OF THE WEEK

BRUNO MARS

“Lazy Song”



Released: 2010
UK Singles Chart Position: 1

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Talked about	Didn't like
Indulged in	Struggled with
Met	Enjoyed

2 things that really get on your nerves – irrationally so.

Who inspired you this week?

The last book you read.

WORD OF THE WEEK

MISANTHROPE

/ˈmɪz(ə)nθrəʊp, ˈmɪs(ə)nθrəʊp/

Origin: mid 16th century: from Greek

Noun

A person who dislikes humankind and avoids human society.

"Scrooge wasn't the mean-spirited **misanthrope** most of us believe him to be"

QUOTE OF THE WEEK

"There are only two tragedies in life: one is not getting what one wants, and the other is getting it."

-Oscar Wilde



PERSON OF THE WEEK

Bethany Hamilton

February 8th 1990 – Present



An American professional surfer who at 13 survived a 2003 shark attack in which her left arm was bitten off. One month after the attack, she returned to her board and competed in her first major competition in January 2004 just 3 months after the attack and coming 2nd in the 2008 World Junior Championships.

SONG OF THE WEEK

MICHAEL JACKSON

"Man in the Mirror"



Released: 1987
UK Singles Chart Position: 2

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Asked for help with

Talked about

Indulged in

Listened to

Learnt

Smiled at

2 historical figures no longer living that you would like to have dinner with

Favourite song so far this year

A social trend you are currently enjoying.

WORD OF THE WEEK

UMBRIDGE

/ˈʌmbɪdʒ/

Origin: late Middle English or from Old French, or Latin

Noun

Offence or annoyance.

"She **took umbrage at** his remarks"

QUOTE OF THE WEEK

"Remember,
today is the
tomorrow you
worried about
yesterday"

- Dale Carnegie



PERSON OF THE WEEK

Paul Ruseabagina

June 15th 1954 – Present



A Belgian/Rwandan politician. He worked as the manager of the Hôtel des Mille Collines in Kigali, during a period in which it housed 1,268 Hutu and Tutsi refugees from the Interahamwe militia during the Rwandan genocide. None of these refugees were hurt or killed during the attacks.

SONG OF THE WEEK

HAMILTON

"One Shot"



Released: 2019
UK Singles Chart Position: N/A

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Talked about	Worked hard at
Enjoyed	Watched
Appreciated	Listened to

2 things you have done this week to help others

What has inspired you this week?

Your favourite genre of film.

WORD OF THE WEEK

TREPIDATION

/,trɛpɪ'deɪʃ(ə)n/

Origin: late 15th century: from Latin

Noun

A feeling of fear or anxiety about something that may happen.

"The men set off in fear and **trepidation**"

QUOTE OF THE WEEK

"A laugh can be a very powerful thing. Why, sometimes in life, it's the only weapon we have"

– Roger Rabbit



PERSON OF THE WEEK

Dr Edith Eger

September 29th 1927 – Present



Born to Hungarian Jewish parents, is a psychologist practicing in the United States. She is a Holocaust survivor who was rescued by an American soldier from Gunskirchen Camp, she went on to marry and have 3 daughters. She gained her PhD in 1978 in clinical psychology from University of Texas and specializes in the treatment of post-traumatic stress disorder.

SONG OF THE WEEK

DEE-LITE

"Groove is in the Heart"



Released: 1990
UK Singles Chart Position: 2

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Laughed out loud at

Spent time with

Wondered about

Appreciated

Worried about

Listened to

2 things you are grateful for this week

Who has inspired you this week?

Which city would you live in if you could live anywhere?

WORD OF THE WEEK

LATITUDE

/ˈlætɪtjuːd/

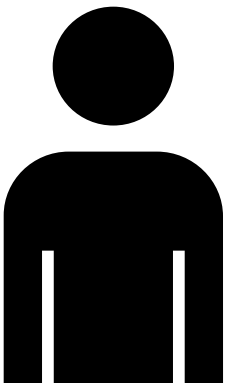
Origin: Late Middle English

Noun

- 1. The angular distance of a place north or south of the earth's equator, or of the equator of a celestial object, usually expressed in degrees and minutes.
"At a **latitude** of 51° N"
- 2. Scope for freedom of action or thought.
"Journalists have considerable **latitude** in criticizing public figures"

QUOTE OF THE WEEK

"Worrying is like a rocking chair. It gives you something to do but doesn't get you anywhere."
— **Unknown**



PERSON OF THE WEEK

Desmond Doss

February 7th 1919 – March 23rd 2006



A United States Army corporal who served as a combat medic with an infantry company in World War II. He was twice awarded the Bronze Star Medal for actions in Guam and the Philippines. Doss further distinguished himself in the Battle of Okinawa by saving 75 men, becoming the only conscientious objector to receive the Medal of Honor for his actions during the war.

SONG OF THE WEEK

GEORGE EZRA

"Listen to the Man"



Released: 2014
UK Singles Chart Position: 41

How much do you like this song?



MY WEEK IN PIXELS

Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

ACADEMIC REFLECTION

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5
	1	2	3	4	5	1	2	3	4	5

1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

3 things you learnt this week that you didn't know before.

2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

TIME TO LET YOUR MIND WANDER AND SEE WHERE IT GOES

This week I....

Talked about	Helped
Indulged in	Struggled with
Googled	Enjoyed

2 things you would like to learn but aren't currently

A person you would like to meet but haven't yet

Highlight of your month.

END OF YEAR REFLECTION

SUBJECT	How well do you think you have worked in each of your subjects?				
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

Overall, how would you rate this academic year?	1	2	3	4	5
---	---	---	---	---	---

1 – Outstanding 2 – Confident 3 – Developing 4– Approaching 5 - Unsatisfactory

3 moments from this year that will stick with you

3 biggest achievements from this year

3 skills you have developed this year that have helped with your studies?

3 words that would sum up this year are...

This year, I learned the following about myself...

The biggest lesson I learnt this year was...

The nicest thing someone did for me this year was...

The hardest part of this year was....