

TOPPOINT
Schreibwaren
DU/B8

Tutor Time

Reflection And Wellbeing Journal



*"What we perceive about ourselves is greatly a reflection of how
we will end up living our lives."*

Stephen Richards

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

APOPLECTIC

/,apəˈplektɪk/

Origin: Early 17th century from French **apoplectique**, 'disable by a stroke'.

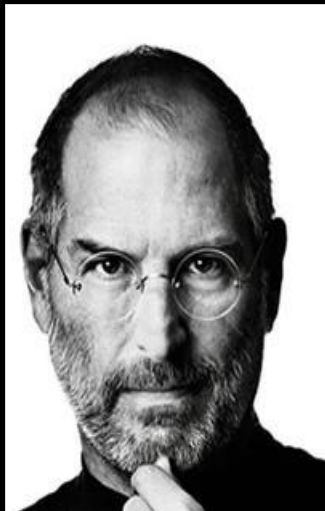
Adjective

- 1. Overcome with anger; furious.
- "They were **apoplectic with** rage at the decision"
- 2. Relating to or denoting apoplexy (stroke).
- "An **apoplectic** attack"

QUOTE OF THE WEEK

"Your time is limited, so don't waste it living someone else's life."

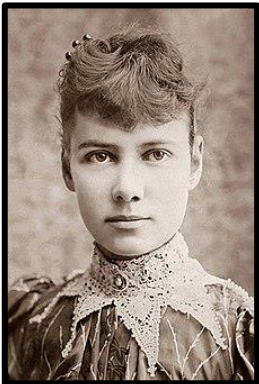
- Steve Jobs



PERSON OF THE WEEK

Nellie Bly

May 5, 1864 – January 27, 1922



An American journalist, industrialist, inventor, and charity worker who was widely known for her record-breaking trip around the world in 72 days and for her expose in which she worked undercover to report on a mental institution from within, starting a new branch of investigative journalism.

SONG OF THE WEEK

Des'ree

"Gotta Be"



Released: 1994
UK Singles Chart Position: 14
UK R&B 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	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

BALDERDASH

/ˈbɔːldədɑːʃ/

Origin: Late 16th century

Noun

Senseless talk or writing; nonsense.

"She dismissed talk of plots as 'balderdash'"

QUOTE OF THE WEEK

"Every villain is a hero in his own mind."

— Tom Hiddleston



PERSON OF THE WEEK

Marsha P Johnson

August 24, 1945 – July 6, 1992

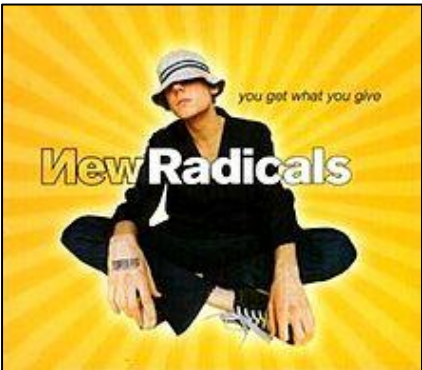


Marsha P. Johnson, was an American gay liberation activist and self-identified drag queen. Known as an outspoken advocate for gay rights, Johnson was one of the prominent figures in the Stonewall uprising of 1969. A founding member of the Gay Liberation Front and modelled for Andy Warhol before her suspicious death in 1992.

SONG OF THE WEEK

New Radicals

"Get what you give"



Released: 1998

UK Singles Chart Position: 5

How much do you like this song?



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2 Challenges you faced this week.

3 things you accomplished this week.

A highlight from your lessons this week.

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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

CACOPHONY

/kə'kɒf(ə)ni/

Origin: From Greek
Kakos "bad" + *phōnē* 'sound'.

Noun

A harsh discordant mixture of sounds.

"A **cacophony** of deafening alarm bells"

QUOTE OF THE WEEK

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

– Maya Angelou



PERSON OF THE WEEK

Percy Julian

April 11, 1899 – April 19, 1975



An American research chemist and a pioneer in the chemical synthesis of medicinal drugs from plants. His work laid the foundation for the steroid drug industry's production of cortisone, other corticosteroids, and birth control pills

SONG OF THE WEEK

NASHVILLE CAST

Claire Bowen, Sam Palladio & Jonathan Jackson

"My Song"



Released: 2005

UK Singles Chart Position: N/A

How much do you like this song?



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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

DIAPHANOUS

/dɪˈɑːf(ə)nəs/

Origin: From Greek
dia 'through' + *phainein* 'to show'.

Adjective

Especially light, delicate, and translucent.
Usually fabric.

"A **diaphanous** dress of pale gold"

QUOTE OF THE WEEK

"Believe and act
as if it were
impossible to fail."

– **Charles Kettering**



PERSON OF THE WEEK

Hedy Lemarr

November 9, 1914 – January 19, 2000



An Austrian-American actress, inventor, and film producer. She was part of 30 films in an acting career spanning 28 years, and co-invented an early version of frequency-hopping spread spectrum, which led the way for Bluetooth technology and Wi-Fi.

SONG OF THE WEEK

ARETHA FRANKLIN

"R.E.S.P.E.C.T"



Released: 1967

UK Singles Chart Position: 10

How much do you like this song?



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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

EPIPHANY

/ɪˈpɪf(ə)ni,ɛˈpɪf(ə)ni/

Origin: From Greek –
epiphainein 'reveal'.

Noun

1. A moment of sudden and great revelation or realization.

"He had an **epiphany** whilst walking the dog"
2. Christian Festival: the manifestation of Christ to the Gentiles as represented by the Magi.

QUOTE OF THE WEEK

"Remember no one can make you feel inferior without your consent."

– Eleanor
Roosevelt



PERSON OF THE WEEK

Harvey Milk

May 22, 1930 – November 27, 1978



An American politician and the first openly gay elected official in the history of California, where he was elected to the San Francisco Board of Supervisors. He was shot and killed in 1978 by Dan White along with Mayor George Moscone.

SONG OF THE WEEK

AVICII

"Wake Me Up"



Released: 2013

UK Singles Chart Position: 1

UK Dance Chart Position: 1

How much do you like this song?



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

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 Challenges you faced this week.

2 buildings you would like to visit

3 things you accomplished this week.

A celebrity that inspires you

A highlight from your lessons this week.

Your favourite way to relax after a long day.

WORD OF THE WEEK

FINICKY

/ˈfɪnɪki/

Origin: Early 19th century English
from **finical** + **-y**.

Adjective

- 1. Of a person: fussy about their needs or requirements.
"The baby is a **finicky** eater"
- 2. Showing or requiring great attention to detail.

QUOTE OF THE WEEK

"We are powerful
because we
survived."

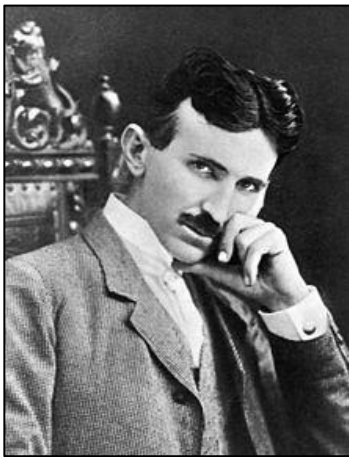
– Audre Lorde



PERSON OF THE WEEK

Nikola Tesla

10 July 1856 – 7 January 1943



Nikola Tesla was a Serbian-American inventor, electrical engineer, mechanical engineer, and futurist who is best known for his contributions to the design of the modern alternating current electricity supply system.

SONG OF THE WEEK

BISHOP BRIGGS

"Champion"



Released: 2019

UK Singles Chart Position: 414

How much do you like this song?



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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

GALLIMAUFRY

/ˌɡalɪˈmɔːfri/

Origin: Mid 16th century archaic French **galimafrée** 'unappetizing dish'
Noun

A confused jumble or medley of things.

"A glorious **gallimaufry** of childhood perceptions"

QUOTE OF THE WEEK

"Named must be your fear before banish it you can."

- Yoda



PERSON OF THE WEEK

Helen Keller

June 27, 1880 – June 1, 1968

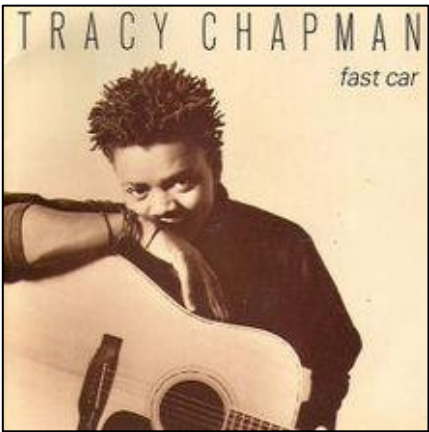


An American author, political activist, and lecturer. She was the first deaf-blind person to earn a Bachelor of Arts degree. A prolific author, Keller was well-traveled and outspoken in her convictions. A member of the Socialist Party of America and the Industrial Workers of the World, she campaigned for women's suffrage, labour rights, socialism, antimilitarism, and other similar causes.

SONG OF THE WEEK

TRACY CHAPMAN

"Fast Car"



Released: 1988

UK Singles Chart Position: 6

How much do you like this song?



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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

HARRUMPH

/həˈrʌmf/

Origin: 1930s: imitative.

Verb

1. To clear the throat noisily.
- “He **harrumphed** and said, ‘I am deeply obliged.’”
2. To grumpily express dissatisfaction or disapproval.
- “Sceptics tend to **harrumph** at case histories like this”

QUOTE OF THE WEEK

Find the good. It's all around you. Find it, showcase it and you'll start believing in it.

– Jesse Owens



PERSON OF THE WEEK

Jesse Owens

September 12, 1913 – March 31, 1980

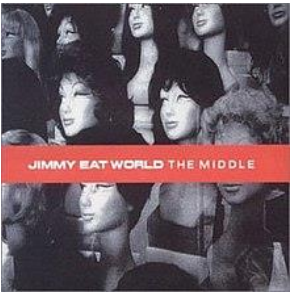


An American track and field athlete and four-time gold medalist in the 1936 Olympic Games where he set three world records and tied another. Owens specialized in the sprints and the long jump and was recognized in his lifetime as "perhaps the greatest and most famous athlete in track and field history".

SONG OF THE WEEK

JIMMY EAT WORLD

“The Middle”



Released: 2001

UK Singles Chart Position: 26

UK Rock Chart Position: 2

How much do you like this song?



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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

IDIOSYNCRASY

/ˌɪdiə(ʊ)ˈsɪŋkrəsi/

Origin: From Greek
idios 'own, private' + **sun** 'with'
+ **krasis** 'mixture'.

Noun

1. A mode of behaviour or way of thought peculiar to an individual.
"One of his little **idiosyncrasies** was always preferring to be in the car first"
2. A distinctive or peculiar feature or characteristic of a place or thing.
"The **idiosyncrasies** of the prison system"

QUOTE OF THE WEEK

"Just because someone stumbles and loses their path, doesn't mean they're lost forever."

-Professor X



PERSON OF THE WEEK

Sanna Marin

Born 16 November 1985

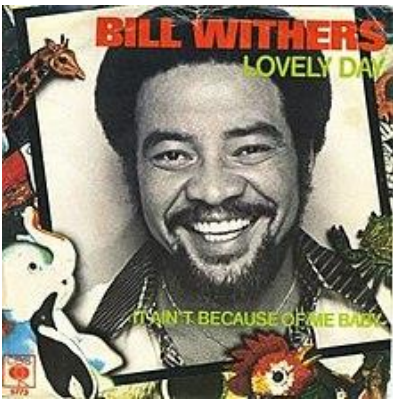


Marin is currently the second-youngest serving state leader, the youngest female state leader, and Finland's youngest-ever Prime Minister when elected in December 2019. A majority of the ministers in her five-party cabinet are women, numbering 12 out of 19 at the time of the cabinet's formation.

SONG OF THE WEEK

BILL WITHERS

"Lovely Day"



Released: 1977

UK Singles Chart Position: 7

How much do you like this song?



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

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 Challenges you faced this week.

2 things you would put in Room 101

3 things you accomplished this week.

What upset you this week?

A highlight from your lessons this week.

What scares you the most?

WORD OF THE WEEK

JUXTAPOSITION

/ˌdʒʌkstəˈpeʊz/

Origin: From Latin *juxta* 'next' +
French *poser* 'to place'.

Verb

To place or deal with close together for
contrasting effect.

"Black-and-white photos of slums were
starkly **juxtaposed with** colour images"

QUOTE OF THE WEEK

"Always forgive
your enemies;
nothing annoys
them so much."

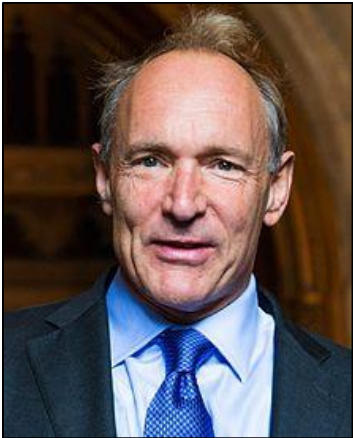
– Oscar Wilde



PERSON OF THE WEEK

Sir Tim Berners-Lee

Born 8 June 1955



An English engineer and computer scientist
best known as the inventor of the World
Wide Web. Berners-Lee published the first
web site, which described the project itself,
on 20 December 1990; it was available to
the Internet from the CERN network.

SONG OF THE WEEK

LADY GAGA

"Just Dance"



Released: 2008

UK Singles Chart Position: 1

How much do you like this song?



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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

KISMET

/ˌdʒʌkstəˈpeʊz/

Origin: From Arabic
qisma 'division, portion, lot'

Noun
Destiny; Fate.

"What chance did I stand against **kismet**?"

QUOTE OF THE WEEK

"I have never
been interested in
being invisible or
erased."

-Laverne Cox



PERSON OF THE WEEK

Laverne Cox

Born May 29, 1972



An American actress and LGBTQ+ advocate. She is the first openly transgender person to be nominated for a Primetime Emmy Award in any acting category. She is also the first openly transgender person to be on the cover of *Time* magazine.

SONG OF THE WEEK

ELTON JOHN

"I'm Still Standing "



Released: 1983
UK Singles Chart Position: 4

How much do you like this song?



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3 things you accomplished this week.

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--

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

LUGUBRIOUS

/lʊ'guːbrɪəs/

Origin: Early 17th century Latin
lugubris 'mourn' + -ous.

Adjective

Looking or sounding sad and dismal.

"his face looked even more **lugubrious** than usual"

QUOTE OF THE WEEK

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

—Ferris Bueller



PERSON OF THE WEEK

Princess Sophia Duleep Singh

8 August 1876 – 22 August 1948

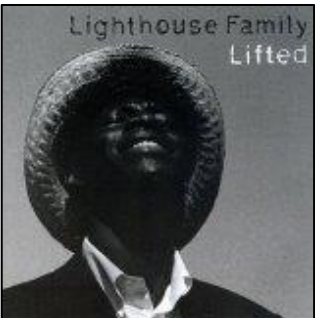


A prominent suffragette in the United Kingdom, and her goddaughter to Queen Victoria. She espoused causes of equality and justice far removed from her royal background, and played a significant role at a crucial point in the history of England and India

SONG OF THE WEEK

LIGHTHOUSE FAMILY

"Lifted"



Released: 1995

UK Singles Chart Position: 4

UK R&B Chart Position: 2

How much do you like this song?



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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

MAELSTROM

/ˈmeɪlstrom/

Origin: From Dutch
maalen 'grind, whirl' + **stroom** 'Stream'

Noun

- 1. A powerful whirlpool in the sea or a river.
- 2. A situation or state of confused movement or violent turmoil.
"The train station was a **maelstrom** of crowds"

QUOTE OF THE WEEK

If you focus on what you left behind, you will never be able to see what lies ahead.

- Remy
(Ratatouille)



PERSON OF THE WEEK

Thomas Browne

19 October 1605 – 19 October 1682

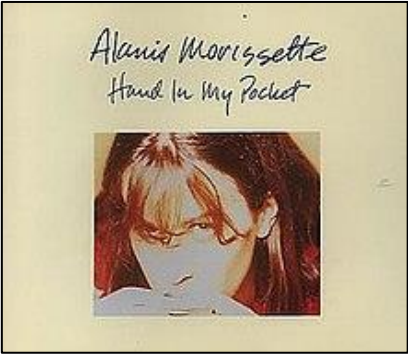


An English polymath and author of varied works which reveal his wide learning in diverse fields including science and medicine, religion and the esoteric. His writings display a deep curiosity towards the natural world. He is best known for his book of reflections, *Religio Medici*.

SONG OF THE WEEK

ALANIS MORISSETTE

"Hand in my pocket"



Released: 1995
UK Singles Chart Position: 26

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

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

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 Challenges you faced this week.

2 Things you would buy if you won the lottery?

3 things you accomplished this week.

Who has inspired you this week?

A highlight from your lessons this week.

One thing your are really good at (talent).

WORD OF THE WEEK

NOMENCLATURE

/nə(ʊ)ˈmɛŋklətʃə,ˈnəʊmən,kleɪtʃə/

Origin: From Latin

nomen 'name' + **clatura** 'calling, summoning'

Noun

The body or system of names used in a particular specialist field.

"The students found it hard to decipher the **nomenclature** of chemical compounds"

QUOTE OF THE WEEK

"Be a first rate version of yourself, not a second rate version of someone else."

– Judy Garland



PERSON OF THE WEEK

Ruby Bridges

Born September 8, 1954



An American civil rights activist. She was the first African-American child to desegregate the all-white William Frantz Elementary School in Louisiana during the New Orleans school desegregation crisis on 14 November 1960.

SONG OF THE WEEK

THE LOVIN' SPOONFUL

"Summer in the City"



Released: 1966

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)				
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	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.

Time to let your mind wander and see where it goes

This week I....

Talked about

Worked hard at

Enjoyed

Watched

Studied

Visited

2 Challenges you faced this week.

2 Things you would never try.

3 things you accomplished this week.

Something you have recently done just for you?

A highlight from your lessons this week.

Who can you turn to when you need support?

WORD OF THE WEEK

OXYMORON

/ˌɒksɪˈmɔːrən/

Origin: From Greek
oxus 'sharp' + **mōros** 'foolish'.

Noun

A figure of speech in which apparently contradictory terms appear in conjunction

e.g. *faith unfaithful kept him falsely true.*

QUOTE OF THE WEEK

"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress."
- **Barack Obama**



PERSON OF THE WEEK

Mary Wollstonecraft

27 April 1759 – 10 September 1797

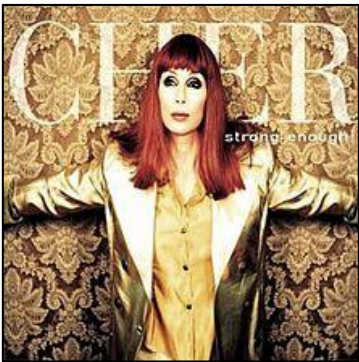


An English writer, philosopher, and advocate of women's rights. She is regarded as one of the founding feminist philosophers, and she is best known for *A Vindication of the Rights of Woman* (1792), in which she argues that women are not naturally inferior to men but appear to be only because they lack education.

SONG OF THE WEEK

CHER

"Strong Enough"



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

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

Time to let your mind wander and see where it goes

This week I....

Saw

Heard

Felt

Appreciated

Decided

Worked hard on

2 Challenges you faced this week.

2 Things you couldn't live without

3 things you accomplished this week.

Something new your have tried recently.

A highlight from your lessons this week.

Someone who has helped you out this week.

WORD OF THE WEEK

PANDEMONIUM

/ˌpændɪˈməʊniəm/

Origin: From Latin **pan-** 'all' +
Greek **daimōn** 'demon'.

Noun

Wild and noisy disorder or confusion; uproar.

"There was complete pandemonium—
everyone just panicked"

QUOTE OF THE WEEK

"Sometimes it is
the people who
no one imagines
anything of who
do the things that
no one can
imagine."

—Alan Turing



PERSON OF THE WEEK

Lise Meitner

7 November 1878 – 27 October 1968



An Austrian-Swedish physicist who
contributed to the discoveries of an
element protactinium and nuclear fission.
Meitner received many awards and honours
late in her life, but did not share in the
1944 Nobel Prize in Chemistry for nuclear
fission, which was awarded exclusively to
her long-time collaborator Otto Hahn.

SONG OF THE WEEK

PHARRELL WILLIAMS

"Happy"



Released: 2013

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)				
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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

QUIXOTIC
/kwɪkˈsɒtɪk/

Origin: Late 18th Century English

Adjective

Extremely idealistic; unrealistic and impractical.

"A vast and perhaps **quixotic** project"

QUOTE OF THE WEEK

"I see now that the circumstances of one's birth are irrelevant. It is what you do with the gift of life that determines who you are."

-Mewtwo (Takeshi Shudo)



PERSON OF THE WEEK

Empress Wu Zetian

17 February 624 – 16 December 705

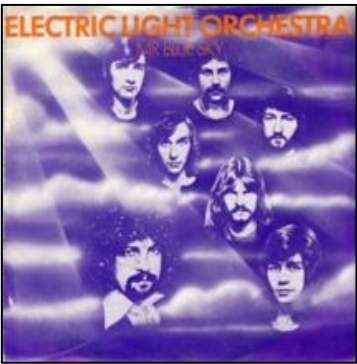


The only woman in more than three millennia to rule China in her own right. Renowned for her beauty, political acumen and tenacity, she was also manipulative, ruthless and outright murderous. Her ascendancy and reign were steeped in blood and terror, yet she remained overwhelmingly popular.

SONG OF THE WEEK

ELECTRIC LIGHT ORCHESTRA

"Mr Bluesky"



Released: 1978

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

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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

RIGMAROLE

/ˈrɪgmərəʊl/

Origin: Mid 18th Century English

Noun

A lengthy and complicated procedure.

"He went through the **rigmarole** of securing the front door"

QUOTE OF THE WEEK

"We walk away from our dreams afraid we may fail, or worse yet, afraid we may succeed."

–William Forrester
(Finding Forrester Movie)



PERSON OF THE WEEK

Wangari Maathai

1 April 1940 – 25 September 2011

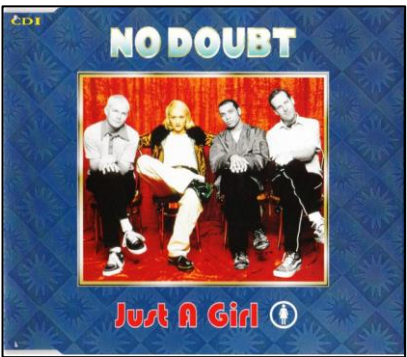


A renowned Kenyan social, environment and political activist and the first African woman to win the Nobel Prize her "contribution to sustainable development, democracy and peace". She was also the first woman in East and Central Africa to earn a PhD, at the University of Nairobi in Kenya.

SONG OF THE WEEK

NO DOUBT

"Just a Girl"



Released: 1995

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)				
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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

SERENDIPITY

/,sɛr(ə)nˈdɪpɪti/

Origin: 1754: coined by Horace Walpole

Noun

The occurrence and development of events by chance in a happy or beneficial way.

"A fortunate stroke of **serendipity**"

QUOTE OF THE WEEK

"At the end of the day, we can endure much more than we think we can"

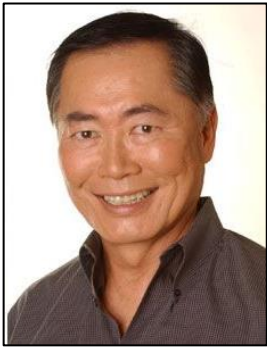
-Freida Kahlo



PERSON OF THE WEEK

George Takei

Born April 20, 1937



An American actor, author, and activist. He is best known for his role as Hikaru Sulu on Star Trek. Takei is a proponent of LGBT rights and is active in state and local politics. He has won several awards and accolades in his work on human rights and his work highlighting his experiences in the Japanese internment camps during WWII.

SONG OF THE WEEK

THE MONKEES

"I'm a Believer"



Released: 1966

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
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Academic Reflection

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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

TINTINNABULATION

/ˌtɪntɪnəbjʊˈleɪʃ(ə)n/

Origin: From Latin
tintinnabulum 'tinkling bell'

Noun

A ringing or tinkling sound.

"The tiny **tintinnabulation**, faint as fairy bells"

QUOTE OF THE WEEK

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

– Harriet Tubman



PERSON OF THE WEEK

Harriet Tubman

March 1822– March 10, 1913



An American abolitionist and political activist. Born into slavery, she escaped and subsequently made some 13 missions to rescue approximately 70 enslaved people, using the Underground Railroad. During the American Civil War, she served as an armed scout and spy for the Union Army. In her later years, she was an activist in the struggle for women's suffrage.

SONG OF THE WEEK

CHRISTINA AGUILERA

"Fighter"



Released: 2003
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)				
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3 things you learnt this week that you didn't know before.

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 Challenges you faced this week.

2 Things you would change about the world

3 things you accomplished this week.

What would be your superpower?

A highlight from your lessons this week.

Who has inspired you this week?

WORD OF THE WEEK

ULULATE

/ˈjuːljʊleɪt, ˈɹljʊleɪt/

Origin: From Latin
ululat- 'howled, shrieked'

Verb

To howl or wail as an expression of strong emotion, typically grief.

"They were **ululating** as the body was laid out"

QUOTE OF THE WEEK

"In complete darkness, it is only knowledge and wisdom that separates us."

– Janet Jackson



PERSON OF THE WEEK

DarkMatter



DarkMatter was an art and activist collaboration between Janani Balasubramanian and Alok Vaid-Menon, known for their spoken word performances and queer/trans South Asian themes. They met as students at Stanford University in 2009. In 2017, they announced they were "bringing DarkMatter to a close as a collaboration in order to dedicate ourselves wholly to our solo art practices."

SONG OF THE WEEK

TOPLOADER

"Dancing in the Moonlight"



Released: 2000
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

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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

VEHEMENT

/ˈjuːljʊləɪt, ˈɹljʊləɪt/

Origin: From French **véhément** or Latin **vehement-** 'impetuous, violent'

Adjective

Showing strong feeling; forceful, passionate, or intense.

"The voice was low but **vehement**"

QUOTE OF THE WEEK

"Live in the sunshine, swim the sea, drink the wild air."

– Ralph Waldo Emerson



PERSON OF THE WEEK

Sojourner Truth

1797 – November 26, 1883



An American abolitionist and women's rights activist. Her best-known speech "Ain't I a Woman?" was delivered extemporaneously, in 1851, at the Ohio Women's Rights Convention in Akron, Ohio and demanded equal human rights for all women as well as for all blacks.

SONG OF THE WEEK

BLACK EYED PEAS

"Where's the Love?"



Released: 2003

UK Singles Chart Position: 1

UK R&B 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
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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

WIDDERSHINS

/ˈwɪdəʃɪnz/

Origin: Middle High German
wider 'against' + *sin* 'direction'

Adverb

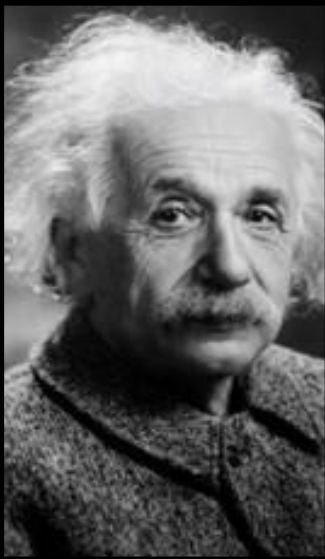
In a direction contrary to the sun's course,
considered as unlucky; anticlockwise.

"She danced **widdershins** around him"

QUOTE OF THE WEEK

Life is like riding a
bicycle. To keep
your balance, you
must keep moving.

— Albert Einstein



PERSON OF THE WEEK

Ajay Bhatt

Born 6 September 1957



An Indian-born American computer
architect who defined and developed
several widely used technologies, including
the USB

SONG OF THE WEEK

HAILEE STEINFELD

"Most Girls"



Released: 2017
UK Singles Chart Position: 34
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

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

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 Challenges you faced this week.

2 achievements you have reach so far this year

3 things you accomplished this week.

What animal would you like as a pet?

A highlight from your lessons this week.

What is your favourite time of year?

WORD OF THE WEEK

XEBEC
/'zi:bək/

Origin: Mid 18th century Spanish

Noun

A small three-masted Mediterranean sailing ship with lateen and square sails.

QUOTE OF THE WEEK

The most important thing is to enjoy your life – to be happy – it's all that matters.

— **Audrey Hepburn**



PERSON OF THE WEEK

Audrey Hepburn
4 May 1929 – 20 January 1993



A Belgian/British actress and humanitarian. She starred in over 25 films including *Breakfast at Tiffany's* and *Funny Face*, but later in life she devoted much of her time to UNICEF. She worked in some of the poorest communities of Africa, South America, and Asia between 1988 and 1992. In December 1992, she received the Presidential Medal of Freedom in recognition of her work as a UNICEF Goodwill Ambassador.

SONG OF THE WEEK

RAG N BONE MAN
“Human”



Released: 2016
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

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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

YENTA
/'jɛntə/

Origin: 1920s Yiddish

Noun

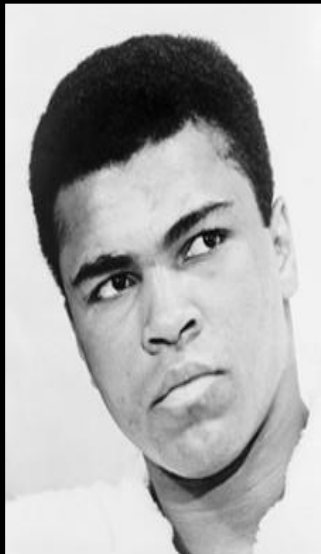
A woman who is a gossip or busybody.

"She acts like a nosy **yenta**"

QUOTE OF THE WEEK

What you're
thinking is what
you're becoming.

– **Muhammad Ali**



PERSON OF THE WEEK

Emmanuelle Charpentier
Born 11 December 1968



A French professor and researcher in microbiology, genetics and biochemistry. Charpentier is best known for her role in deciphering the molecular mechanisms of the bacterial CRISPR/Cas9 immune system and repurposing it into a tool for genome editing.

SONG OF THE WEEK

BILLY JOEL

"We didn't start the fire"



Released: 1989
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

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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

ZEITGEIST

/ˈzaɪtɡaɪst/

Origin: From German
Zeit 'time' + *Geist* 'spirit'.

Noun

The defining spirit or mood of a particular period of history as shown by the ideas and beliefs of the time.
"The story captured the **zeitgeist** of the late 1960s"

QUOTE OF THE WEEK

"Your story is what you have, what you will always have. It is something to own,"

- Michelle Obama



PERSON OF THE WEEK

John Cadbury

12 August 1801 – 11 May 1889



An English proprietor and founder of Cadbury, the chocolate business based in Birmingham. He campaigned against animal cruelty, forming the Animals Friend Society, a forebear of the RCPA. The town of Bourneville was set up for the Cadbury's workers is the only town in the UK that is completely dry with not alcohol sold anywhere within its boundaries.

SONG OF THE WEEK

SURVIVOR

"Eye of the Tiger"



Released: 1982
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....

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

AVUNCULAR

/əˈvʌŋkjʊlə/

Origin: From Latin
avunculus 'maternal uncle'

Adjective

Kind and friendly towards a younger or less experienced person.

"He was **avuncular**, reassuring, and trustworthy"

QUOTE OF THE WEEK

"To know what you know and what you do not know, that is true knowledge."

– Confucius



PERSON OF THE WEEK

Baroness Valerie Amos

Born 13 March 1954



Baroness Amos has been a trailblazer for Black Women in higher education and politics of the United Kingdom. She was a United Nations under secretary, the first black Leader of the House of Lords, the first black woman to lead a university school in the United Kingdom and will become the first black women to head of an Oxford college, University College in 2020

SONG OF THE WEEK

PANIC AT THE DISCO

"High Hopes"



Released: 2018

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)				
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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

BORBORYGMUS

/ˌbɔːbəˈrɪgməs/

Origin: From Greek
borborugmos

Noun

A rumbling or gurgling noise made by the movement of fluid and gas in the intestines.

QUOTE OF THE WEEK

"Sometimes people are beautiful. Not in looks. Not in what they say. Just in what they are."

— Markus Zusak, *I Am the Messenger*



PERSON OF THE WEEK

Boudica

Died c60 – 61 AD

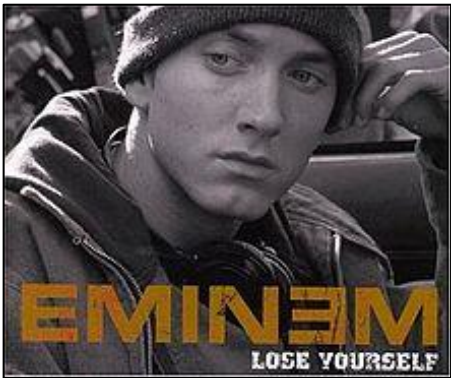


A queen of the British Celtic Iceni tribe who led an uprising against the Roman Empire in AD 60 or 61. She addressed her army with these words, "It is not as a woman descended from noble ancestry, but as one of the people that I am avenging lost freedom, my scourged body, the outraged chastity of my daughters," and concluded, "This is a woman's resolve; as for men, they may live and be slaves."

SONG OF THE WEEK

EMINEM

"Lose Yourself"



Released: 2002

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

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

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 Challenges you faced this week.

2 things you have done this week to help others

3 things you accomplished this week.

What has inspired you this week?

A highlight from your lessons this week.

Your favourite colour

WORD OF THE WEEK

CONNIPTION

/kəˈnɪpʃ(ə)n/

Origin: mid 19th century American

Noun

A fit of rage or hysterics.

"His client was **having conniptions** on the phone"

QUOTE OF THE WEEK

"The knowledge of anything, since all things have causes, is not acquired or complete unless it is known by its causes."

– Avicenna



PERSON OF THE WEEK

Helen Sharman

Born 30 May 1963



A chemist who became the first British astronaut as well as the first woman to visit the *Mir* space station in May 1991. The programme was known as Project Juno and was a cooperative Soviet Union–British mission co-sponsored by a group of British companies, she was selected for the mission live on ITV, on 25 November 1989, ahead of nearly 13,000 other applicants.

SONG OF THE WEEK

ONE REPUBLIC

"Rescue Me"



Released: 2019

UK Singles Chart Position: 52

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)				
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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

DRACONIAN

/drə'kəʊniən/

Origin: Late 19th century English

Adjective

Excessively harsh and severe.

"They destroyed the independence of the press by a series of **draconian** laws"

QUOTE OF THE WEEK

"This world would be a whole lot better if we just made an effort to be less horrible to one another."

- Elliott Page



PERSON OF THE WEEK

James Arthur Baldwin

August 2, 1924 – December 1, 1987



An American novelist, playwright, essayist, poet and activist. His essays, as collected in *Notes of a Native Son* (1955), explore intricacies of racial, sexual, and class distinctions in Western society, most notably in regard to the mid-twentieth-century United States.

SONG OF THE WEEK

NIRVANA

"Come as you are"



Released: 1992

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)				
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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

EPHEMERAL

/ɪˈfɛm(ə)r(ə)l,ɪˈfi:m(ə)r(ə)l/

Origin: From Greek
ephēmeros

Adjective

Lasting for a very short time.

"Fashions are **ephemeral**: new ones regularly drive out the old"

QUOTE OF THE WEEK

"Whatever it is
you're seeking
won't come in the
form you're
expecting."

- Haruki Murakami



PERSON OF THE WEEK

Tenzing Norgay

29 May 1914 – 9 May 1986



He was one of the first two individuals known to reach the summit of Mount Everest, which he accomplished with Edmund Hillary on 29th May 1953, but he never received the same level of recognition the Hillary did.

SONG OF THE WEEK

GLORIA GAYNOR

"I will survive"



Released: 1978
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)				
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1 – Outstanding 2 – Confident 3 – Developing 4 – Approaching 5 - Unsatisfactory

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

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 Challenges you faced this week.

2 things you have improved on this year

3 things you accomplished this week.

What is your favourite place to travel to?

A highlight from your lessons this week.

What would be your entrance song?

WORD OF THE WEEK

FLOTSAM

/ˈflɒts(ə)m/

Origin: from Anglo-Norman French *floteson*

Noun

People or things that have been rejected or discarded as worthless.

"The room was cleared of boxes and other
flotsam"

QUOTE OF THE WEEK

"Real integrity is
doing the right
thing, knowing
that nobody's
going to know
whether you did it
or not."

– Oprah Winfrey



PERSON OF THE WEEK

Stephanie Kwolek

July 31, 1923 – June 18, 2014



An American chemist who is known for
inventing Kevlar. She was of polish heritage
and her career at the DuPont company
spanned more than 40 years. She
discovered the first of a family of synthetic
fibers of exceptional strength and stiffness:
poly-paraphenylene terephthalamide.

SONG OF THE WEEK

UNCLE KRACKER

"Follow Me"



Released: 2001

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

Time to let your mind wander and see where it goes

This week I....

Worried that

Observed

Saw

Helped

Enjoyed

Didn't like

2 Challenges you faced this week.

2 people you would like to thank this week.

3 things you accomplished this week.

What have you done just for yourself this week?

A highlight from your lessons this week.

What has made you laugh out loud this week

WORD OF THE WEEK

GIBBERISH

/ˈdʒɪb(ə)rɪʃ/

Origin: 16th Century English

Noun

Unintelligible or meaningless speech or writing; nonsense.

"He talks **gibberish**"

QUOTE OF THE WEEK

"None can destroy iron, but its own rust can! Likewise none can destroy a person, but its own mindset can!"

– Ratan Tata



PERSON OF THE WEEK

Mary Anning

21 May 1799 – 9 March 1847

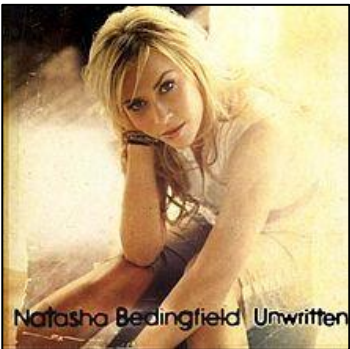


An English fossil collector, dealer, and paleontologist who became known around the world for important finds she made in Jurassic marine fossil beds in the cliffs along the English Channel at Lyme Regis. Her findings contributed to important changes in scientific thinking about prehistoric life and the history of the Earth.

SONG OF THE WEEK

NATASHA BEDINGFIELD

"Unwritten"



Released: 2004

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

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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

HAPHAZARD

/hap'hazəd/

Origin: Late 16th Century English

Adjective

Lacking any obvious principle of organization.

"The music business works in a **haphazard** fashion"

QUOTE OF THE WEEK

"Everybody has goals, aspirations or whatever, and everybody has been at a point in their life where nobody believed in them."

– Eminem



PERSON OF THE WEEK

The Gulabi Gang

(The Pink Gang)



A vigilante group. The group first appeared in Banda district, Uttar Pradesh, as a response to widespread domestic abuse and other violence against women. It was previously commanded by Sampat Pal. The group consists of women between 18 and 60 years old.

SONG OF THE WEEK

THE SCRIPT ft WILL I AM

"Hall of Fame"



Released: 2012

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

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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

INDOMITABLE

/ɪnˈdɒmɪtəb(ə)l/

Origin: From late Latin
in- 'not' + *domitare* 'to tame'.

Adjective

Impossible to subdue or defeat.

"A woman of **indomitable** spirit"

QUOTE OF THE WEEK

"In order to be
irreplaceable one
must always be
different"

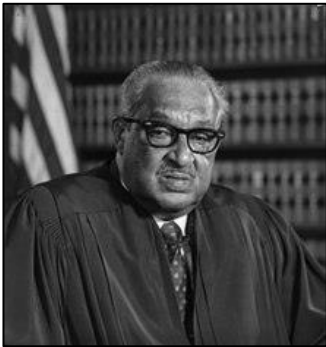
- Coco Chanel



PERSON OF THE WEEK

Thurgood Marshall

July 2, 1908 – January 24, 1993



An American lawyer and civil rights activist
who served as Associate Justice of
the Supreme Court of the United States.

Marshall was the Court's first African-
American justice. Prior to his judicial service,
he successfully argued several cases before
the Supreme Court, including *Brown v.*
Board of Education.

SONG OF THE WEEK

JESS GLYNNE

"Thursday"



Released: 2018

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)				
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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

BERSERK

/bəˈzə:k,bəˈsə:k/

Origin: From Old Norse
birn-, *bjorn* 'Bear' + *serkr* 'coat'

Adjective

Out of control with anger or excitement;
wild or frenzied.

"A man **went berserk** in the shop when they
wouldn't serve him"

QUOTE OF THE WEEK

"Accept no ones
definition of your
life. Define
yourself."

-Harvey Fierstein



PERSON OF THE WEEK

Andree Borrel

18 November 1919 – 6 July 1944



A French woman who served in the French
Resistance and as an agent for Britain's
clandestine Special Operations
Executive in World War II. She allied herself
with resistance groups and supplied them
with weapons and equipment parachuted
in from England. She is considered to be the
first female paratrooper.

SONG OF THE WEEK

EAGLE EYED CHERRY

"Save Tonight"



Released: 1997

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

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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

ZUGZWANG

/ˈzʌgzwɑŋ, ˈzuːgzwɑŋ/

Origin: From German

Zug 'move' + **Zwang** 'compulsion'.

Noun

A situation in which the obligation to make a move in one's turn is a serious, often decisive, disadvantage.

"Black is in zugzwang"

QUOTE OF THE WEEK

"If everything was perfect, you would never learn and you would never grow."

– Beyoncé



PERSON OF THE WEEK

Richard Trevithick

13 April 1771 – 22 April 1833



A British inventor and mining engineer from Cornwall. His most significant contribution was the development of the first high-pressure steam engine. He also built the first working railway steam locomotive.

SONG OF THE WEEK

JUSTIN TIMBERLAKE

"Can't stop the feeling"



Released: 2016

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)				
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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

HYPERBOLE

/hʌɪ'pəːbəli/

Origin: late Middle English

Noun

Exaggerated statements or claims not meant to be taken literally.

"He vowed revenge with oaths and hyperboles"

QUOTE OF THE WEEK

The more you know who you are, and what you want, the less you let things upset you.

- Sofia Coppola
(In the film *Lost In Translation*)



PERSON OF THE WEEK

Lewis Latimer

September 4, 1848 – December 11, 1928



An American inventor and patent draftsman for the patents of the light bulb and telephone. He improved Thomas Edison's original invention by patenting the use of a carbon filament which made possible the widespread use of electric light in public and at home.

SONG OF THE WEEK

TAYLOR SWIFT

"Only the Young"



Released: 2020
UK Singles Chart Position: 57

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)				
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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

INEFFABLE

/ɪn'ɛfəb(ə)l/

Origin: Latin
in- 'not' + **effabilis**

Adjective

Too great or extreme to be expressed or described in words.

"The **ineffable** mysteries of the soul"

QUOTE OF THE WEEK

I have discovered
in life that there
are ways of
getting almost
anywhere you
want to go, if you
really want to go.

– Langston Hughes



PERSON OF THE WEEK

Gertrude Benham

July 1867– February 1938



An English explorer and mountaineer. Also an intrepid hiker and walked from Chile to Argentina, across Kenya, and Africa on foot. As she traveled, she also drew, and her drawings were later used in mapping the countries she explored. Benham always traveled alone or with native guides, spending less than 250 British pounds a year.

SONG OF THE WEEK

FALL OUT BOY

"Immortals"



Released: 2014

UK Singles Chart Position: 84

UK Rock 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....

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

PERFIDIOUS

/pə'fidɪəs/

Origin: Latin

Adjective

Deceitful and untrustworthy.

"A **perfidious** friend"

QUOTE OF THE WEEK

"Sometimes our strengths lie beneath the surface ... Far beneath, in some cases."

— **Moana**



PERSON OF THE WEEK

Srinivasa Ramanujan

22 December 1887 – 26 April 1920

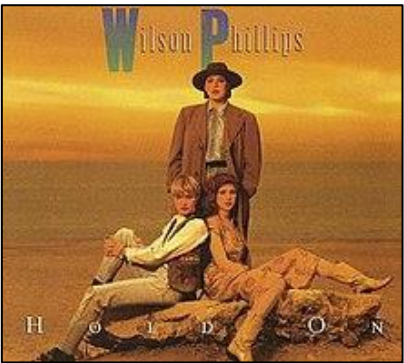


An Indian mathematician, Though he had almost no formal training in pure mathematics, he made substantial contributions to mathematical analysis, number theory, infinite series, and continued fractions, including solutions to mathematical problems then considered unsolvable.

SONG OF THE WEEK

WILSON PHILLIPS

"Hold On"



Released: 1990

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
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Academic Reflection

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
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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
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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....