



CARDINAL HEENAN CATHOLIC HIGH SCHOOL NEWSLETTER SUMMER TERM Ed 1

PE NOTICE:

If you're in need of little challenge then why not follow our **NEW** YouTube channel. We will be posting regular fitness challenges for our boys and staff alongside other content. Here's the channel and our first video courtesy of Mr Townson. [VIDEO CLIP](#) #HealthyHeenan [Challenge 2](#) from Mr Hanwell and 3 will be on there Wednesday and Friday of this week. All are also posted onto the school twitter account. Thanks and stay



CAREERS

Miss McCabe has been very busy uploading Careers tasks each month, as well as revamping the Cardinal Careers pages on the school website.

Keep an eye on class charts and our [website](#) for any useful help and advice.

Remember to continue looking at your dream jobs and your personal skills and competencies.

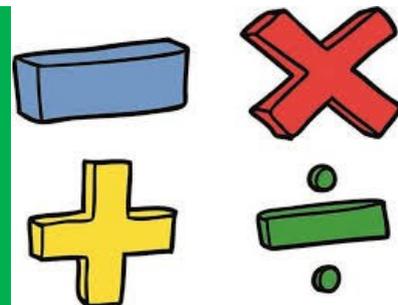
#CollectiveWorshipAtHome

Theme of the Week: Creation

Matthew (School Chaplain) has made all Collective Worship resources available on the school [website](#) and on the school twitter page. Maybe look at the [#TwoPointSixChallenge](#) for Nugent and what we are doing as a school. Feel free to get involved! Please stay safe and stay home.

MATHEMATICS & NUMERACY

The maths teams are uploading daily challenges to the school twitter page to get your brains working hard, as well as providing useful links and resources on their section on the school [website](#). Have a look. #MasteryMaths.



English & Literacy

#LivingThroughHistory

Creative Writing Task; think about this experience of being in lockdown. Write a letter to leave in a time capsule about your feelings and activities that you have been doing. Talk about those who have been going through this experience with you at home. What have you learnt about yourself during this time? Amazon are offering free audiobooks for children during the time that schools are closed ([available here](#)) this might be helpful for the language you use.



Twitter Account
@cardinalheenan



School Website
www.cardinal-heenan.org.uk

SCIENCE

During this time we look at how we take care of our brains and changing our perception of matters. Mr Shillcock has provided some weekly tips to becoming an independent learner. independent learner being key in all subjects but especially in subjects like science where there is lots to remember. **#Learner tip 1**—[Time Management](#). Have a look at this article and try and structure your time wisely.



DRAMA

The National Theatre is offer free theatre events / performances online. Why not have a look and see. Swap your Netflix for world class theatre from home. [Click here](#)

ART

To all of our budding artists and designers, why not try a drawing a day! Keep all work in your sketchbooks and show your teachers when we return back to school. [click here](#)



SPANISH

All students should use [DUOLINGO](#) to help them practise and develop their Spanish for **10-15 mins every day**. The app/website is **FREE** to use and it is really easy to set up an account. With schools closed it is more important than ever to find ways to practise your Spanish. Learning a language is not always easy - especially without a teacher! **DUOLINGO is the perfect answer to the problem.**



[#STAYSAFE](#) [#STAY@HOME](#) [#HOMELEARNING](#)

Keep an eye on any new work added to class charts, as well as the interesting tweets on our twitter page and website updates.



Twitter Account
[@cardinalheenan](#)



School Website
www.cardinal-heenan.org.uk