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DEAR PARENTS AND CARERS

Welcome back to the second half of the autumn term; I hope that you are well and the half term break was restful.

We continue with our commitment to keep improving the school and I was very grateful for the parents that attended our parent forum. We will continue to listen to our community and ensure that we provide the best possible education and support for our students. I would also like to draw your attention to the vacancy we have for a parent governor; you will find the details inside the newsletter.

In this edition you will find an update on attendance which continues to be a high priority nationally. We want to work with families and students that might be finding attendance to school difficult so if you have any concerns in this regard, please speak to your child's form tutor in the first instance.

Year 10 and 11 have just completed their first round of assessments and you will see that year 7 and 9 are due to complete their assessments over the next 3 weeks. Can I encourage you to ensure your child prepares well and utilises the revision mats we have provided.

I would also like to remind parents and carers to book appointments before arriving to school. Unfortunately staff are not always able to meet due to teaching commitments and other pre-arranged meetings. Therefore, can I ask that if you need to meet with staff can you call the office to arrange an appointment.

Finally, I hope you all enjoy the bonfire / firework celebrations this weekend.

Best wishes,

Mr I Critchley,
Principal

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PART OF



NATIONAL POETRY DAY COMPETITION



HALEWOOD
ACADEMY

In Year 9 Kasey Hardy has won this year's National Poetry Day school competition. We pass on our congratulations to her for her great efforts in winning the competition.

We had some fantastic entries on the theme of nature and the environment!

Ellie Warrender came second and Chloe Warrender came third.

All will receive prizes today and poems will be shared this week!

Environmental Poem

So, our environment right now. What's up with it?
Ok, this will be hard, but please stick with me.

So, the world's gone to pot.
Wildfires are ravaging the continents, ruling like a fiery god.
And as we all know, hurricanes and storms are destroying livelihoods.
So where are our politicians in our time of need?
They're gone, in a sense of blindness.

They want fame and resplendence.
The money they are engulfed in blinds them with envy,
As trees are bulldozed in their thousands to make them millionaires.
They have lost their common sense and dignity.
Why should they care?
They'll be dead before the Earth burns.

No need to prognosticate,
We need to adjudicate,
The politicians that are drilling our Earth into the situation that it's facing.
Well, David Attenborough was right, **3rd Place**
We as the next generation must fight,
For the futures of the many that we are chasing.
Chloe W, 9NST



Winners of Mrs Athertons Halloween Poetry competition Year 7.
Billy Moran, Gabby Davies, Lottie Quane, Chloe Franchetti

Well done!

Earth's Ruler

Dark clouds
Rain again.
River full of
Pollution.
Wet umbrellas
In the street,
Children running
In puddles.

Walking carefully,
Volcanic ash in
Our lungs.
Colour of heat in
Your eyes,
We're a creation
Of nature,
Born to change
The world.

Ocean mist,
Plastic travels.
Difficult to dive in,
easy to destroy.
Huge waves
Full of life,
Now full of sorrow.

Athazagoraphobia

Google states it's the fear of forgetting or being forgotten.
Replaced by another. Replaced by something else.
Nature is being replaced by Political Greed.
Green paper replacing green leaves
In the eyes of the ambitious.

Children soon grieve for animals they could only see in fiction.
Parents say they did exist, with regret in their eyes.
Governments say they 'do so much more than we do.'
(When you don't take that at face-value, they mean nothing.)

With melting icecaps and burning jungles
We must take back our planet from profit and proceeds.
So, leaves can stay green, changing with our future.
So, we only have to look outside to see the beauty of a home.
A home we can call our Earth.

Ellie W, 9LTR



Competition Winner

Listening closely,
Chainsaws cutting trees.
The sound of crying life, begging to survive,
Trees weeping for
Their creator to help.
Instead, we turn our
Backs on them.

You are a child of nature, a
Ruler of earth,
Dancing with the sky,
Flowing with lava,
Letting the rhythm of
Water set your
Soul free.
Kasey H, 9SMT



2nd Place

HALLOWEEN & BONFIRE NIGHT



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Letter to parents and guardians from Merseyside Police re. Halloween and Bonfire Night

We are writing to all parents and guardians to ask for your help over Halloween, Bonfire Night and the days around it.

We want everyone to have fun and we'll be working hard to keep you safe.

BUT WE NEED YOUR HELP

Know where your children are

- Encourage kids to go to local events that are being organised, or try a spooky film together
- If your children are going out (particularly on the 30th and 31st of October), make sure you know where they're going. If possible, drop them off and pick them up
- Don't let your children hang around the street
- If they're going somewhere local – walk there with them
- Have an agreed time when they need to be home
- Don't buy fireworks or eggs and flour for them, and don't let them take it out of the house

Know the risks

- Throwing things at cars, buses, shops and houses can hurt people – drivers might swerve if they get distracted and cause a crash, or someone might get hurt by broken glass (and scratched paintwork can be very expensive to fix)
- Getting into trouble with the police can lead to a criminal record, which means not being able to go on holiday to countries like the USA, and not being able to do certain jobs
- Messing around with fireworks is dangerous – some burn as hot as 1,200 degrees - hot enough to melt glass and cause serious or fatal injuries

Know the law

If a young person under the age of 16 commits any of the offences below, the parent/guardian will have to pay the fine.

- A person under the age of 16 can be arrested and fined if found with an unlit firework
- A person under the age of 16 can also be arrested and fined if they throw or light a firework or make a bonfire
- A person under the age of 16 can be arrested and fined for throwing things like eggs, flour, paint or other objects at people, vehicles or property

Thank you for your help and support. By working together, we can keep your children safe this Halloween and Bonfire Night.

Merseyside Police

ATTENDANCE MATTERS

As you will have read in our last newsletter we are having a real focus on improving whole school attendance. Whilst we have seen some improvements in individual pupil attendance there are still too many pupils missing school without a justifiable reason and too many pupils having 'odd days off'. Through our daily and weekly analysis of attendance we have noted that Monday and Friday are typically the days in the week when we have the most pupil absence. Throughout this second half of the Autumn Term we will continue our daily forensic analysis of attendance and if a pupil is absent, depending on their attendance data and the reason given, the most likely outcome will be a home visit from our attendance team to see how we can support the pupil back into school as soon as possible.

In this newsletter our attendance article features information from **Knowsley Council** regarding attendance. This can also be found at www.knowsley.gov.uk/residents/education-and-schools/attendance-in-schools.

Attendance in school's information from Knowsley Council

A good education will help to give your child the best possible start in life. Most children are normally educated at school and regular attendance is of vital importance. Poor school attendance damages educational achievement and the future progress of young people. Promoting and supporting good attendance at school is essential to learning and attainment.

The law

By law, all children of compulsory school age (between five and 16) are required to receive education at school or otherwise. Parents are responsible for making sure this happens, either by registering your child at a school or by making other arrangements to provide an effective education. If your child is registered as a pupil at a particular school, that school must give permission for him or her to be absent. If your child does not go to the school at which he or she is registered, the Local Authority could take legal action against you.

What can parents do to help?

Make sure that your child goes to school regularly, arrives on time and adheres to the school's rules on going to all lessons. It's a good idea to start these positive habits at an early age, while your child is in primary school

DAYS OFF COST GOOD GRADES

9 1

RESEARCH SUGGESTS THAT EACH 17 DAYS MISSED FROM SCHOOL, YOUR GCSE RESULTS WILL GO DOWN ONE GRADE!

Attendance Matters - *Attend Today, Achieve Tomorrow*

If your child starts missing school, we recommend that you work with the school to resolve any issues that may be preventing your child from maintaining regular attendance.

If your child is ill, contact the school on the first day of your child's illness.

If your child is ever off school, you must tell the school why. Do this by following the arrangements put in place by the school

If you want permission for your child to miss school, for example because of a special occasion such as a wedding, you should ask for permission well in advance and give full details. Please take an interest in your child's school work.

Family holidays during term time

From 1 September 2013, the Department of Education changed the regulations regarding requests for family holidays during term time. The changes to the Education (Pupil Registration) (England) (Amendment) Regulations 2013 mean there is no legal entitlement for parents to take their children on holiday during term time. The new regulations also make it clear that headteachers may not authorise leave during term time unless there are exceptional circumstances. Headteachers would not be expected to class any term time holiday as exceptional.

All requests for leave of absence in term time must be made in advance in writing on the leave of absence request form – available from the school.

The approval of leave of absence does not set a precedent for similar future requests and the frequency / duration of such leave periods will be considered as factors in any decision.

The council will use the full range of sanctions available where leave of absence is taken without the permission of the school. The council will regularly monitor school absence during term-time and will work with headteachers to ensure parents adhere to the new legislation.

ATTENDANCE MATTERS

Knowsley Council



The local authority is responsible, by law, for making sure that registered pupils of compulsory school age attend their school regularly

We employ school attendance service staff to monitor school attendance and to help parents meet their responsibilities. School attendance staff work closely with schools.

If your child is not attending school regularly, the school attendance service may visit you

It is important that you cooperate with the Local Authority to make sure your child overcomes his or her attendance problems and receives the best from their education

If you do not do everything you can to cooperate with the school and the school attendance service, we may have no choice but to consider instigating legal action. This could result in parents being issued a penalty notice of up to £120, fined up to £2,500 for each child who is not going to school and/or a possibility of imprisonment for up to three months.



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Struggling with Behaviours that Challenge?



ADDvanced Solutions
Community Network
Supporting you to find the answers

The Supporting Behaviours that Challenge offer is open to families in Knowsley whose child/young person is presenting with behaviours that they don't always understand. ADDvanced Solutions Community Network will be working alongside other Knowsley agencies and services to offer families training and support.

For more information check out our Knowsley newsletter at www.addvancedsolutions.co.uk

NEURODEVELOPMENTAL CONDITIONS FAMILY LEARNING PROGRAMME

Our Neurodevelopmental Conditions Family Learning Programme provides an opportunity for parents and carers to gain understanding and skills about neurodevelopmental conditions including autism and ADHD (pre, during and post-diagnosis) with strategies to support the difficulties that may present.

SUPPORTING BEHAVIOURS THAT CHALLENGE FAMILY LEARNING PROGRAMME

Our Supporting Behaviours that Challenge Family Learning Programme is for parents and carers who wish to gain understanding and skills about their child/young person's behaviours that challenge in order to identify what's really going on, whilst learning strategies to support them.

Following attendance of either of these programmes your child/young person will be eligible to register for our children/young people's offer to help them better understand themselves.

ME AND ME/UNDERSTANDING ME

Small group work for children aged 8-11 to help them to better understand themselves and manage the behaviours they present with.

COACHING FOR YOUNG PEOPLE 12-25

To better understand themselves, promote positive decision making and manage difficulties than may affect their behaviour. Young people aged 12-25 who are presenting with behaviours that challenge can register their interest to attend without their parents/carers attending either of the learning programmes beforehand.

PROFESSIONALS TRAINING OFFER

Training for professionals working with families struggling with behaviours that challenge and any possible neurodevelopmental conditions.

To find out more, contact us:

0151 486 1788

E: info@advancedsolutions.co.uk
www.addvancedsolutions.co.uk

Company No: 08251733. VAT Reg No: 233 4393 19.



YEAR 10 PROGRESS EVENING - THURSDAY 17TH NOVEMBER 4PM-7PM

Halewood Academy are holding their Year 10 Progress Evening which is to take place on Thursday 17th November 2022 from 4pm-7pm. Please add this date to your diaries.



HALEWOOD ACADEMY

YEAR 10 HEALTH & SOCIAL CARE & YEAR 11 CHILD DEVELOPMENT HALLOWEEN ACTIVITIES

The year 10 Health and Social Care class and year 11 Child Development classes planned and designed numerous Halloween activities to promote Holistic development in the Early Learning Life Stages.

Students produced a number of activities to enhance Physical, Intellectual, Emotional and Social development.

They then produced Powerpoint presentations and presented them to the rest of the class.



POLITE REMINDER TO PARENTS/CARERS



Please could we remind parents/carers that if you wish to discuss any concerns with your child's Progress Leader or Form Tutor that you ring school and make an appointment. If parents/carers arrive at school to speak to a member of staff, it will not always be possible for school to accommodate this, and we cannot guarantee that the member of staff will be available to meet in person without prior arrangement.

If parents/carers do arrive without an appointment, then admin staff in Reception will take details of the concern and the relevant member of staff will contact the parent/guardian at the earliest opportunity.

Can we also take this opportunity to remind parents/guardians to provide school with at least 3 working emergency contact details and if you change your contact details that you inform the school office so that we can update our records.

PARENT GOVERNOR VACANCY



HALEWOOD ACADEMY

We currently have a vacancy for a Parent Governor and welcome applications from parents who are keen to make a positive contribution to our school.

In this voluntary role, you will work as part of a team and play a vital role in ensuring the Local Governing Body is connected with parents and the community of **Halewood Academy.**

To express your interest in the role please contact:

Admin@halewoodacademy.co.uk



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WE SEEK THE BEST

'TWELFTH NIGHT'

Halewood Academy Performing Arts Department are proud to announce the up-and-coming production of Shakespeare's 'Twelfth Night'.

The play is to be performed as part of the Schools Shakespeare Festival at the Shakespeare North Playhouse, Prescot on Wednesday 16th November 2022 from 7.00pm.

Tickets are on sale now from the box office only!

Call for more details

T: 0300 303 4204

<https://shakespearenorthplayhouse.co.uk/event/coram-shakespeare-schools-festival/>

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Please show your support for our hardworking and talented pupils! Play on!

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HALEWOOD ACADEMY SUSTAINABLE SHOP

We need you...

At Halewood Academy we recognise the current economic climate is tough for families. The cost of school uniform, revision guides, PE Kit and other general necessities for school can be difficult in terms of cost. Children can grow out of their uniform or PE kit before it reaches the end of its life and revision guides are used for a certain time period and then sit on a book shelf surplus to requirements.



A poll by Sainsbury's revealed that a child will often wear an average of 480 items of uniform over the course of their primary and secondary education; and this equates to a considerable amount of money.

Therefore, in order to support our community, we would like to begin the process of building our own **Halewood Academy** sustainable and preloved school shop. Not only will this support during the cost of living crisis, it will ensure perfectly suitable items of clothing are kept out of landfill.

Should you be in a position to donate clothing, books and non-perishable food items to the

school shop we would also like to begin collating stocks so we can support families in our local community when they are in need. We are also asking should you require any additional support during this challenging financial period, would you please contact us as we may be able to help. This will be handled sensitively to your needs and your child.

If you have any of the following items, that are in good condition and you would like to donate to the **Halewood Academy Sustainable Shop**, please could you leave them at school reception:

- Halewood Academy Blazer
- Halewood Academy School Tie
- Halewood Academy PE Kit
- Winter Coats
- Trainers
- School Shoes
- Non-Perishable Food Items – dried pasta, tinned food, rice etc.
- GCSE Revision Guides or Study Books

The aim of our shop is to support our local community through sustainable measures and will be organised by our Student Leadership Team. Once established items will be available for free or for a donation to a charity of choosing by Halewood Academy students.

I would like to thank you for your continued support of Halewood Academy and look forward to promoting this in future editions of the newsletter.

Thank you,
G Harrison
Vice Principal





REVISION MATS YEAR 7



Year 7 P2S1 Revision Mat

Your P2S1 assessment window opens **WB 7th November**.

Use the information to guide your revision. You should make sure that you understand each topic listed for each subject area. See your class teacher for more support. Good luck!



Maths

- Averages and Range
- Understanding grouped data
- Drawing and interpreting charts
- Solving problems with the four operations
- Four operations with directed numbers
- Factors, Multiples and Primes

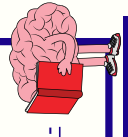


English

For this assessment you will be tested on your ability to write analytically (PEE) through a 'what impressions...' style question based on a fiction text.

For revision, complete the Oak Academy lessons:

<https://classroom.thenational.academy/units/language-skills-fiction-reading-52c6>



Geography

- Regeneration
- Challenges in the UK
- Halewood Now and Then



Science

- Food Webs and the Environment
- Food Chains/Webs
- Interdependence
- Changes of State
- Physical Changes
- Properties of Solids, Liquids and Gases
- Forces
- Calculating Forces
- Forces and Investigative Skills

History

- Norman Invasion and Medieval Religion



Computer Science

- Digital personality
- Online grooming
- Online coercion
- Online radicalisation
- Online reputation and cyberbullying



For revision go onto teams for subject knowledge organiser or pick up paper copy from your computer science teacher.

Dance

- Students will learn an African dance and perform using mental, expressive and physical skills.
- Students will develop the movement and demonstrate an understanding of how to evaluate dance work.



Spanish

Me presento-

- Greeting people and introduce yourself
- Numbers up to 30
- Saying and understanding dates
- Colours and giving basic opinions
- Classroom items and language

RE

- Judaism - Is there a God
- Creation
- Story of Abraham



Art

- Roll-a-Picasso
- Artists presentation page and project.



Drama

Performance of Oliver Twist Scene:

- Using a range of physical and vocal skills
- To show your understanding of the character by learning your lines



Music

- Musical Symbols in Dance Monkey Body Percussion
- Learn the meaning of the 8 elements of music on the Knowledge Organiser
- Understand how pictures can represent musical sound



Design and Technology

- Health and Safety
- Hygiene
- Tools
- Equipment
- Machinery and processes

REVISION MATS YEAR 8



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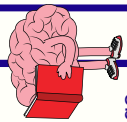
Year 8 P2S1 Revision Mat

Your P2S1 assessment window opens **WB 14th November**. Use the information to guide your revision. You should make sure that you understand each topic listed for each subject area. See your class teacher for more support. Good luck!



English

For this assessment you will be tested on your ability to write analytically (PEE) through a 'what impressions...' style question based on a non-fiction text.



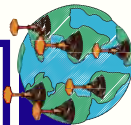
For revision, complete the Oak Academy lessons: <https://classroom.thenational.academy/units/language-skills-non-fiction-reading-665d>

History

- Transatlantic Slave Trade and the British Empire 

Geography

- Tectonic Hazards
- Plate Boundaries
- Types of Volcanoes



Computer Science

- Positive self promotion
- Privacy and security issues involving searching the internet for effective information (Boolean)
- Privacy and security settings, malware and how to protect yourself online from malware



For revision go onto teams for subject knowledge organiser or pick up paper copy from your computer science teacher.

Maths

- Calculations
- Divisibility
- Negative numbers
- Powers, roots and brackets
- HCF and LCM
- Area of triangles, parallelograms and trapezia
- Volume of cubes and cuboids
- Surface area 2D and 3D representations
- Measures



Drama

- Performance of your Melodrama piece.
- Ensure you have practiced your lines, stage, and use exaggerated physical and vocal skills.



Art

- African Art, developing our drawing skills using symmetry and tone.



RE

- Islam -
 - What is Islam?
 - Who is Muhammad?
 - 5 Pillars



Music

- Study and be able to explain the layout of the orchestra and role of the conductor.
- Categorise instruments into the 4 instrumental families and be able to identify instruments from their sonority.



Science

- Human Reproduction
- Movement
- Inheritance
- Properties of Elements
- Elements and Compounds
- Elements and Compounds and Investigative Skills
- Forces and Investigative Skills
- Motion
- Distance-Time Graphs



Spanish

- **Mi ciudad-** Describing different places in a town
- The verb "ir"
- Directions
- Talking about future plans
- Describing your city in the past



Dance

Creation and performance of your Mission Impossible dance including your breakout of jail, laser beam and battle section.



REVISION MATS YEAR 9



HALEWOOD
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Year 9 P2S1 Revision Mat

Your P2S1 assessment window opens **WB 21st November**.

Use the information to guide your revision. You should make sure that you understand each topic listed for each subject area. See your class teacher for more support. Good luck!



Maths

- Indices
- Calculations and Estimates
- Standard Form
- Solving Equations
- Substituting into expressions
- Writing and Using Formulae
- Using and Rearranging Formula
- Index Laws & Brackets
- Expanding Double Brackets

English

For this assessment you will be tested on your ability to write analytically (PEE) through a 'how does the writer' style question based on a fiction text.

For revision, complete the Oak Academy lessons: <https://classroom.thenational.academy/units/language-skills-fiction-reading-52c6>

Music

- Learn the extended vocabulary for the Elements of Music (Building Bricks Knowledge Organiser)
- Be able to justify the use of element within a piece of film music for a specific character or emotion, using specific musical vocabulary

History

- Age of Extremes and WWII

Geography

- Types of Rock
- Geology
- Sub-Aerial Processes

Spanish

Mis vacaciones-

- Present / past / future tense
- Means of transportation
- Activities you usually do on your holidays / activities you did in your last holidays/ activities you will do in your next holidays.
- Opinions to describe holidays and describing the weather.

Computer Science

- SSL
- Scamming
- Protect ourselves from scamming
- Phishing
- Connecting to the internet – risks and how to protect
- Online sources
- Copyright act
- Data protection act and Computer misuse act

For revision go onto teams for subject knowledge organiser or pick up paper copy from your computer science teacher.

RE

- Ethics - morality
- Death penalty
- Euthanasia and hospice care

Art

- Drawing skills - using the mannequin to understand proportion and scale.
- Looking at the work of Tim Burton to inspire our ideas and drawing style.

Drama

Performance of Blood Brothers:

- Using a range of physical and vocal skills to demonstrate your character.
- To show an understanding of how to use a script and the use of stage directions.

Design and Food Technology

- Bacteria and the danger zone
- Food safety
- CAD and CAM

Science

- Muscles and Movement
- Respiration
- An antagonistic Pairs of Muscles
- Joint Tissues
- Changes of State
- Density Practical Investigation
- Conduction, Convection, and Radiation
- Distance Time Graphs
- Calculating Speed



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Year 7 Revision

Scan the code to go to BBC Bitesize for revision.

The Year 7 science P2S1 will be just one paper, taking place on **Thursday 10th November:**

- P1- 7H1, 7H2, 7H3, 7H5.
- P5- 7H4, 7W1, 7W2, 7W3, 7W4

Biology Revision



Physics Revision



Chemistry Revision



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Year 8 Revision

Scan the code to go to BBC Bitesize for revision.

The Year 8 science P2S1 will be just one paper, taking place on **Tuesday 22nd November.**

- P2- 8W1, 8W2, 8W3, 8W4.
- P4- 8H3.
- P5- 8H1, 8H2, 8H4.

Biology Revision



Physics Revision



Chemistry Revision



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HALEWOOD
ACADEMY

Year 9 Revision

Scan the code to go to BBC Bitesize for revision.

The Year 9 science P2S1 will be just one paper, taking place on:

- **Monday 21st November P3:** 9H2, 9W1, 9W2, 9W3, 9W4.
- **Tuesday 22nd November P1:** 9H1, 9H3, 9H4, 9H5.

Biology Revision



Physics Revision



Chemistry Revision



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CREATIVE WRITING CLUB

Ms Callaghan is starting a Creative Writing Club at Halewood Academy.

The club will be in **F56** on Wednesdays after school from 2:45pm-3.45pm.

The club is for KS3 only.

For more details on the club speak to Ms Callaghan



10 TICK THURSDAYS

Halewood Academy are holding a 10 Ticks Thursdays Exam Practice session.

10 Marks of Questions Foundation and Higher papers to be practiced every Thursday in **S39**. Year 11 only.

Come along and give it a go!





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ACADEMY

NEW WAYS NOVEMBER 22

ACTION FOR HAPPINESS



New Ways November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7 Be creative. Cook, draw, write, paint, make or inspire</p>	<p>1 Make a list of new things you want to do this month</p>	<p>2 Respond to a difficult situation in a different way</p>	<p>3 Get outside and observe the changes in nature around you</p>	<p>4 Sign up to join a new course, activity or online community</p>	<p>5 Change your normal routine today and notice how you feel</p>	<p>6 Try out a new way of being physically active</p>
<p>14 Find a new way to help or support a cause you care about</p>	<p>8 Plan a new activity or idea you want to try out this week</p>	<p>9 When you feel you can't do something, add the word "yet"</p>	<p>10 Be curious. Learn about a new topic or an inspiring idea</p>	<p>11 Choose a different route and see what you notice on the way</p>	<p>12 Find out something new about someone you care about</p>	<p>13 Do something playful outdoors - walk, run, explore, relax</p>
<p>21 Learn a new skill from a friend or share one of yours with them</p>	<p>15 Build on new ideas by thinking "Yes, and what if..."</p>	<p>16 Look at life through someone else's eyes and see their perspective</p>	<p>17 Try a new way to practice self-care and be kind to yourself</p>	<p>18 Connect with someone from a different generation</p>	<p>19 Broaden your perspective: read a different paper, magazine or site</p>	<p>20 Make a meal using a recipe or ingredient you've not tried before</p>
<p>28 Discover your artistic side. Design a friendly greeting card</p>	<p>22 Find a new way to tell someone you appreciate them</p>	<p>23 Set aside a regular time to pursue an activity you love</p>	<p>24 Share with a friend something helpful you learned recently</p>	<p>25 Use one of your strengths in a new or creative way</p>	<p>26 Try out a different radio station or new TV show</p>	<p>27 Join a friend doing their hobby and find out why they love it</p>
<p>29 Enjoy new music today. Play, sing, dance or listen</p>	<p>30 Look for new reasons to be hopeful, even in tough times</p>					



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