



ARE YOU UP FOR A CHALLENGE? THIS WEEKS TUTOR CHALLENGE HAS BEEN SET BY MRS BACHELLERIE

As a bit of fun, to maintain our sense of 'team' as a year group I am setting you a challenge. You may know that I am quite serious about Yoga it has many benefits for our physical and mental well-being.... allow me to explain.....

A common misconception is that Yoga is just about meditation (see Lotus Pose) or being bendy (see Ear Pressure Pose and Tortoise Pose) or balanced (see Sprung-Up Pose) and when I explain Yoga to younger students they often say 'Miss can you do the splits?' Well yes, as demonstrated (see Splits) but then I explain that the splits are not an aspect of any traditional Yoga discipline.

We all depend on that essential word discipline. It is fundamental to Yoga as to every aspect of life. The postures are the most visual aspect of the practice of Yoga but in reality it becomes a lifestyle choice and I am happy for you to email me if you would like this explained.

To set you a challenge and with the emphasis on having a bit of fun please choose a 'safe' yoga posture. Photograph yourself and send me the picture. The primary benefit in taking part will give you an opportunity to reflect on your physicality and connect with your mind through imagination. Secondary benefits are that we can share photos and as your family may have to assist it should provide entertainment!

Anyone who takes part is a winner through having hopefully considered going beyond their initial impulse and reflected on what to send. The simplest, but core Yogic positions and the way in which you have photographed them will impress most fully on the challenge.



Send a photograph of yourself in a Yoga pose to: georginabachellerie@king-james.n-yorks.sch.uk

Post-18 Options

In the coming days we will be launching our Post-18 Options process. So, make sure you continue to check your emails and itsLearning.

As a starter, try this [quiz](#) to help discover your strengths and the type of jobs you may enjoy.

Virtual Open Days

These are just a few universities which we have received information from. Please make sure you check the websites of all the universities you are interested in.

- Northumbria University virtual events
- [Teeside Univesity open days](#)
- [University of Cambridge open days](#) and [HE+ Super Curricula Resources](#)

If you need any information, advice or guidance please contact to contact Lucy Hazelton via
Email : lucyhazelton@king-james.n-yorks.sch.uk

Virtual Talks

These include :

- Robert Peston – Journalist & Political Editor
- David Dein - Former Chairman of Arsenal & the FA
- Josie Rourke – Film Theatre Director
- Your Squiggly Career – practical tools, exercises & actions to help you grow in confidence.
- Prof Bill McCaffery, Uni of Leeds – STEM & Sciences

You can see the schedule of talks [here!](#)

Speakers will appear at set times - 10am and 2pm.

The schedule is updated every Thursday for the following week. Keep looking out for any which may be of interest to you.

Tips on participating in the VTalk

To access the talks, links should be opened in a browser that is not Internet Explorer and you should join the live event anonymously, there is no need to create a login.

Q&A function during the talk which will be made live so you can submit questions

Twitter: #SFSvtalk @speakers4schools
Instagram: @speakers4school



Hear to Help

Do you need a moment to talk?

Hear to Help is a helpline providing support and advice to those who are feeling anxious or struggling with their emotional wellbeing around the COVID-19 outbreak.

Available to children, young people and adults across the Harrogate District from Monday March 23, 8am-8pm, seven days a week.

A service provided by Just 'B', part of Saint Michael's Hospice.

(01423) 856 799

North Yorkshire Hospice Care is a registered charity in England and Wales (510825) with a family of services operating as Harrogate Hospice Homecare, Just 'B', Saint Michael's Hospice and Talking Spaces, North Yorkshire Hospice Care is a company limited by guarantee, registered in England and Wales (2121176). Registered address: Crimple House, Wombwell Park Avenue, Harrogate, HG2 9QL.

Looking after yourself...

We will keep the [wellbeing page](#) on the Sixth Form section of the website updated with information to help you look after your mental health and wellbeing while school is closed.

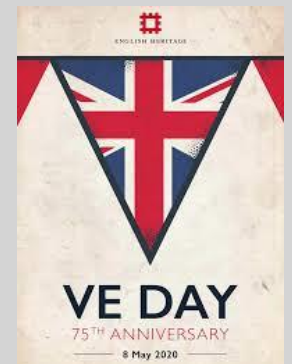
Please check the [main school information page](#) for the latest information.

Friday 8 May 2020

marks the 75th anniversary of Victory in Europe Day.

Even though we won't be commemorating the day as we thought, we can still pay tribute and celebrate it at home.

Click on the images for some ideas on how.



If you're looking for free things to do this weekend, check out HG Community Lockdown Fest on facebook.



Sixth Form Instagram coming soon... watch this space!

#staysafe

