



# 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**

/,apə'plɛktɪk/

**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"

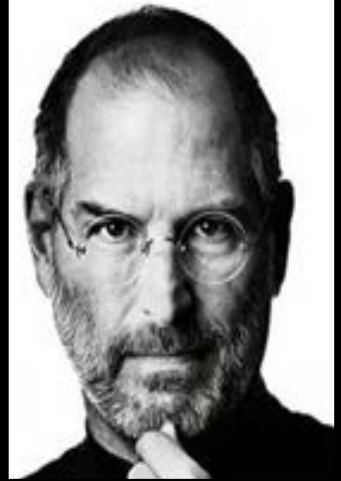
2. Relating to or denoting apoplexy (stroke).

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

<b>3 things you learnt this week that you didn't know before.</b>

<b>2 Challenges you faced this week.</b>

<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Talked about	Didn't like
Changed	Enjoyed
Indulged in	Struggled with

<b>2 things that really get on your nerves</b>

<b>Someone who has inspired you this week.</b>

<b>Something that doesn't make sense to you</b>

WORD OF THE WEEK

**BALDERDASH**

/'bɔːldədɑːʃ/

**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

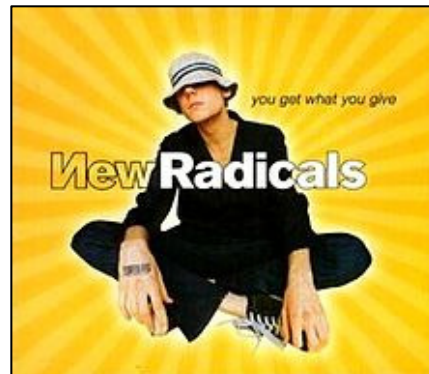


Marsha P. Johnson, was an American gay liberation activist and self-identified drag queen. Known as an outspoken advocate for gay rights, Johnson was one of the prominent figures in the Stonewall uprising of 1969. A founding member of the Gay Liberation Front and modelled for Andy Warhol before her suspicious 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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Time to let your mind wander and see where it goes

<b>This week I....</b>	
Saw	Heard
Felt	Appreciated
Decided	Worked hard on

<b>2 things you've never done but would love to try.</b>

<b>Someone who has helped you out this week.</b>

<b>Something that made you giggle this week.</b>



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


**2 Challenges you faced this week.**


**3 things you accomplished this week.**


**A highlight from your lessons this week.**

--

## Time to let your mind wander and see where it goes

**This week I....**

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

**2 things you are curious about.**


**A sound you find soothing / Calming**

--

**Something that made you smile this week.**

--

WORD OF THE WEEK

**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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**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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<b>This week I....</b>	
Was upset by	Spent time with
Listened to	Struggled with
Enjoyed Eating	Completed

<b>2 buildings you would like to visit</b>

<b>A celebrity that inspires you</b>

<b>Your favourite way to relax after a long day.</b>

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

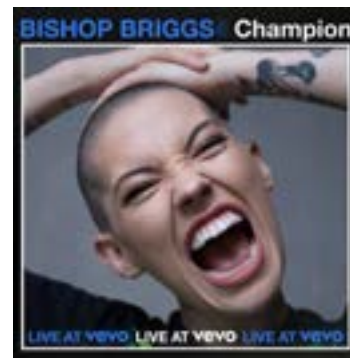


Nikola Tesla was a Serbian-American inventor, electrical engineer, mechanical engineer, and futurist who is best known for his contributions to the design of the modern alternating current electricity supply system.

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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--

## 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**

/,galɪ'mɔːfri/

**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

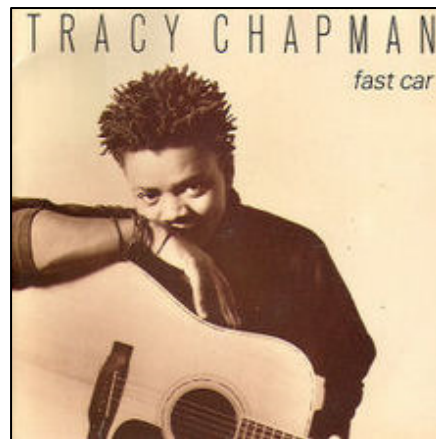


An American author, political activist, and lecturer. She was the first deaf-blind person to earn a Bachelor of Arts degree. A prolific author, Keller was well-traveled and outspoken in her convictions. A member of the Socialist Party of America and the Industrial Workers of the World, she campaigned 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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## Time to let your mind wander and see where it goes

<b>This week I....</b>	
Talked about	Didn't like
Indulged in	Struggled with
Changed	Enjoyed

<b>2 things you would like to learn but aren't currently</b>

<b>A person who has a unique place in your life.</b>

<b>Highlight of your month.</b>

WORD OF THE WEEK

**HARRUMPH**

/hə'ɹʌmf/

**Origin:** 1930s: imitative.

Verb

- To clear the throat noisily.

"He **harrumphed** and said, 'I am deeply obliged.'"

- 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 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**

/,ɪdiə(ʊ)'sɪŋkrəsi/

**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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<b>This week I....</b>	
Struggled with	Visited
Heard	Felt
Watched	Said thank you for

<b>2 things you would put in Room 101</b>

<b>What upset you this week?</b>

<b>What scares you the most?</b>

WORD OF THE WEEK

**JUXTAPOSITION**

/ˌdʒʌkstəˈpəʊz/

**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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**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**

/ˌdʒɪksməˈpeʊz/

**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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**This week I....**

Worried that	Observed
Saw	Helped
Changed	Read

**2 Things that make you happy**


**A habit you would like to break**

--

**Words you need to hear right now**

--

WORD OF THE WEEK

**LUGUBRIOUS**

/lʊ'gu:brɪəs/

**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

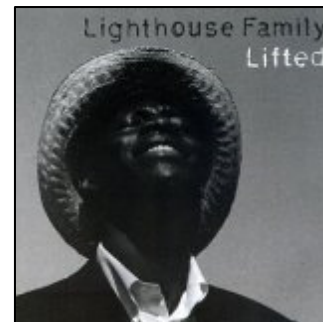


A prominent suffragette in the United Kingdom, and her goddaughter to Queen Victoria. She espoused causes of equality and justice far removed from her royal background, and played a significant role at a crucial point in the history of England and India

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?



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

<b>3 things you learnt this week that you didn't know before.</b>

<b>2 Challenges you faced this week.</b>

<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

## Time to let your mind wander and see where it goes

<b>This week I....</b>	
Asked for help with	Talked about
Indulged in	Listened to
Learnt	Read

<b>2 Things you would take to a desert Island with you</b>

<b>If you could time travel when would you visit?</b>

<b>One thing you would like to achieve in your lifetime.</b>

WORD OF THE WEEK

**MAELSTROM**

/ˈmeɪlstrəm/

**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

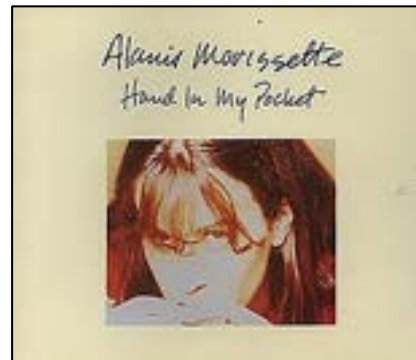


An English polymath and author of varied works which reveal his wide learning in diverse fields including science and medicine, religion and the esoteric. His writings display a deep curiosity towards the natural world. He is best known for his book of reflections, *Religio Medici*.

SONG OF THE WEEK

**ALANIS MORRISSETTE**

*"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

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

## Time to let your mind wander and see where it goes

<b>This week I....</b>	
Laughed out loud at	Spent time with
Wondered about	Appreciated
Worried about	Listened to

<b>2 Things you would buy if you won the lottery?</b>

<b>Who has inspired you this week?</b>

<b>One thing your are really good at (talent).</b>

WORD OF THE WEEK

**NOMENCLATURE**

/nə(ʊ)'mɛŋklətʃə, 'nəʊmən, 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

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Talked about	Worked hard at
Enjoyed	Watched
Studied	Visited

<b>2 Things you would never try.</b>

<b>Something you have recently done just for you?</b>

<b>Who can you turn to when you need support?</b>



WORD OF THE WEEK

**OXYMORON**

/,ɒksɪ'mɔːrɒn/

**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

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Saw	Heard
Felt	Appreciated
Decided	Worked hard on

<b>2 Things you couldn't live without</b>

<b>Something new your have tried recently.</b>

<b>Someone who has helped you out this week.</b>

WORD OF THE WEEK

**PANDEMONIUM**

/ˌpændɪˈmeɪniəm/

**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
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Frustrated	Stressed	Sick/Illness

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Time to let your mind wander and see where it goes

<b>This week I....</b>	
Was upset by	Spent time with
Listened to	Struggled with
Enjoyed Eating	Completed

<b>2 Things you look for in a friendship</b>

<b>The last film you watched</b>

<b>A trend you think should be banned.</b>

WORD OF THE WEEK

**QUIXOTIC**

/kwɪk'sɒtɪk/

**Origin:** Late 18<sup>th</sup> Century English

*Adjective*

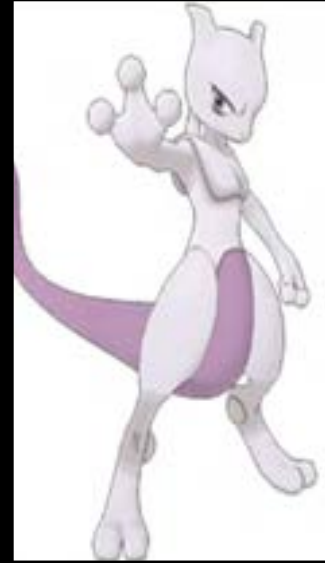
Extremely idealistic; unrealistic and impractical.

"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?



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Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Wondered about	Appreciated
Laughed out loud at	Spent time with
Challenged myself	Was upset by

<b>2 people you can trust when you need help</b>

<b>What are you most proud of this week?</b>

<b>Who would you most like to see in concert?</b>

WORD OF THE WEEK

**RIGMAROLE**

*/ˈrɪgmərəʊl/*

**Origin:** Mid 18<sup>th</sup> Century English

*Noun*

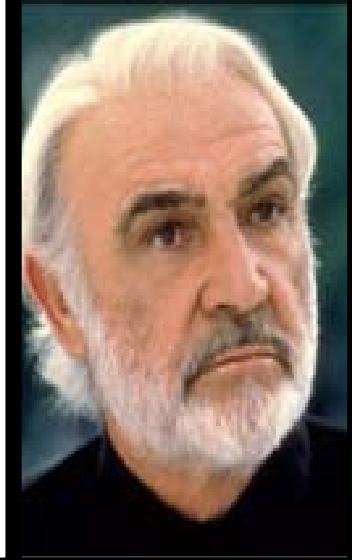
A lengthy and complicated procedure.

"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

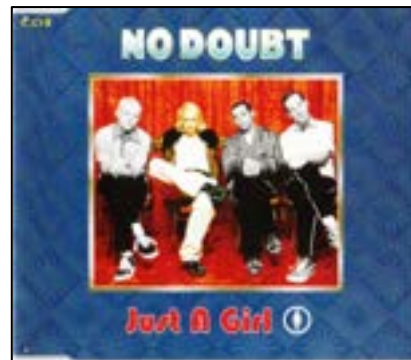


A renowned Kenyan social, environment and political activist and the first African woman to win the Nobel Prize for her "contribution to sustainable development, democracy and peace". She was also the first woman in East and Central Africa to earn a PhD, at the University of Nairobi in Kenya.

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

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Worried that	Observed
Saw	Helped
Changed	Read

<b>2 Things that make you happy</b>

<b>Who would play you in the movie of your life?</b>

<b>Where is your calm place?</b>



WORD OF THE WEEK

**SERENDIPITY**

/,sɛr(ə)n'dɪpɪti/

**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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## Time to let your mind wander and see where it goes

<b>This week I....</b>	
Wondered about	Appreciated
Laughed out loud at	Spent time with
Worked Hard on	Listened to

<b>2 Things you have been thinking about this week</b>

<b>What do you do when you are stressed?</b>

<b>What helps you stay calm in stressful situations?</b>

WORD OF THE WEEK

**TINTINNABULATION**

/,tɪntɪnəbjʊˈleɪʃ(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?



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Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
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Time to let your mind wander and see where it goes

<b>This week I....</b>	
Talked about	Worked hard at
Enjoyed	Watched
Visited	Didn't Like

<b>2 Things you would change about the world</b>

<b>What would be your superpower?</b>

<b>Who has inspired you this week?</b>

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

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Frustrated	Stressed	Sick/Illness

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<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Struggled with	Visited
Heard	Felt
Spent time with	Appreciated

<b>2 things you want to celebrate about yourself.</b>

<b>What inspires you to be great?</b>

<b>What language would you like to speak that you don't currently?</b>

WORD OF THE WEEK

**VEHEMENT**

*/ˈjuːljʊleɪt, ˈlɪjʊleɪt/*

**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?



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Sat	Sun	Mon	Tues	Weds	Thurs	Fri

Excellent	Good	Focused
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Struggled with	Visited
Heard	Felt
Spent time with	Appreciated

<b>2 things you want to celebrate about yourself.</b>

<b>What inspires you to be great?</b>

<b>What language would you like to speak that you don't currently?</b>



WORD OF THE WEEK

**WIDDERSHINS**

*/'wɪdʒɪnz/*

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

*Adverb*

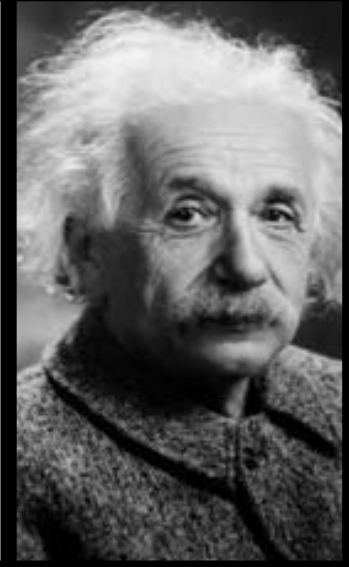
In a direction contrary to the sun's course, considered as unlucky; anticlockwise.

"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
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Frustrated	Stressed	Sick/Illness

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<b>This week I....</b>	
Completed	Worked hard on
Decided	Changed
Grateful for	Enjoyed taking part in

<b>2 achievements you have reach so far this year</b>

<b>What animal would you like as a pet?</b>

<b>What is your favourite time of year?</b>

WORD OF THE WEEK

**XEBEC**

/ 'zi:bæk/

**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

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

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

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


**2 Challenges you faced this week.**


**3 things you accomplished this week.**


**A highlight from your lessons this week.**

--

Time to let your mind wander and see where it goes

**This week I....**

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**

/ˈjɛntə/

**Origin:** 1920s Yiddish

*Noun*

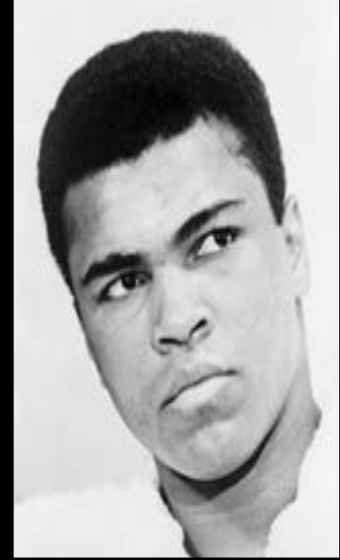
A woman who is a gossip or busybody.

"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**

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Frustrated	Stressed	Sick/Illness

# Academic Reflection

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

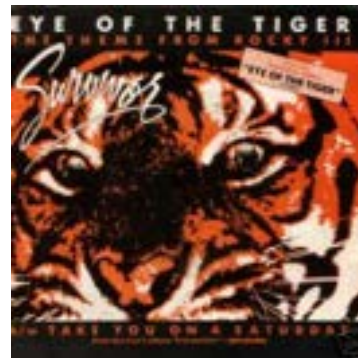


An English proprietor and founder of Cadbury, the chocolate business based in Birmingham. He campaigned against animal cruelty, forming the Animals Friend Society, a forebear of the RCPA. The town of Bourneville was set up for the Cadbury's workers is the only town in the UK that is completely dry with 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

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Frustrated	Stressed	Sick/Illness

# Academic Reflection

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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
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**

/ə'vʌŋkjʊlə/

**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

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Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Completed	Worked hard on
Decided	Changed
Enjoyed taking part in	Challenged myself to

<b>2 things you are grateful for this week?</b>

<b>What is your ideal evening</b>

<b>Your Favourite meal</b>

WORD OF THE WEEK

**BORBORYGMUS**

/,bɔːbəˈrɪgməs/

**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

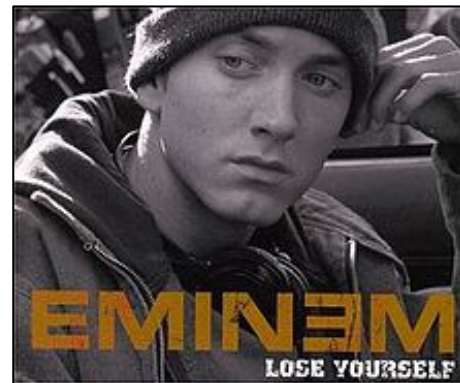


A queen of the British Celtic Iceni tribe who led an uprising against the Roman Empire in AD 60 or 61. She addressed her army with these words, "It is not as a woman descended from noble ancestry, but as one of the people that I am avenging lost freedom, my scourged body, the outraged chastity of my 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
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# Academic Reflection

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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....**

Talked about	Worked hard at
Enjoyed	Watched
Appreciated	Listened to

**2 things you have done this week to help others**


**What has inspired you this week?**

--

**Your favourite colour**

--

WORD OF THE WEEK

**CONNIPTION**

/kəˈnɪpʃ(ə)n/

**Origin:** mid 19th century American

*Noun*

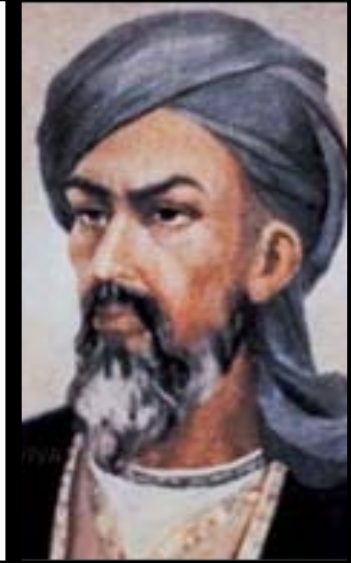
A fit of rage or hysterics.

"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

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

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

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Talked about	Worked hard at
Enjoyed	Watched
Tried	Giggled at

<b>2 people you know you can trust to help you in an emergency.</b>

<b>What are you most proud of this week?</b>

<b>What is your favourite take away / Junk food?</b>



WORD OF THE WEEK

**EPHEMERAL**

/ɪˈfɛm(ə)r(ə)l,ɪˈfi:m(ə)r(ə)l/

**Origin:** From Greek  
*ephēmeros*

Adjective

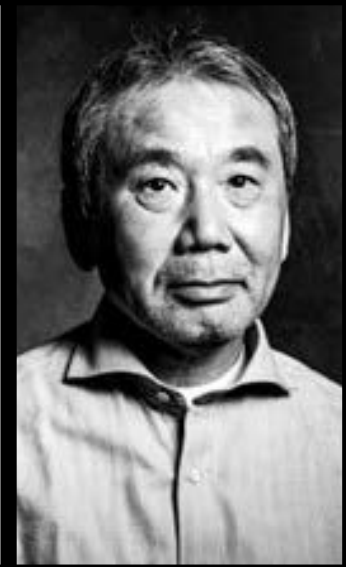
Lasting for a very short time.

"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 29<sup>th</sup> 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

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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	Worried about

**2 things you have improved on this year**


**What is your favourite place to travel to?**

--

**What would be your entrance song?**

--

WORD OF THE WEEK

**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

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Worried that	Observed
Saw	Helped
Enjoyed	Didn't like

<b>2 people you would like to thank this week.</b>

<b>What have you done just for yourself this week?</b>

<b>What has made you laugh out loud this week</b>

WORD OF THE WEEK

**GIBBERISH**

/ˈdʒɪb(ə)rɪʃ/

**Origin:** 16<sup>th</sup> 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

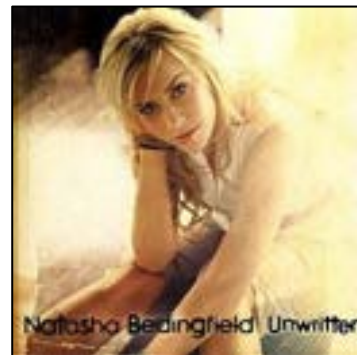


An English fossil collector, dealer, and paleontologist who became known around the world for important finds she made in Jurassic marine fossil beds in the cliffs along the English Channel at Lyme Regis. Her findings contributed to important changes in scientific thinking about prehistoric life and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

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Excellent	Good	Focused
Normal	Anxious	Tired
Frustrated	Stressed	Sick/Illness

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<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Visited	Started
Wondered about	Observed
Finished	Helped

<b>2 personality traits you admire in others.</b>

<b>What is your biggest strength?</b>

<b>What have you struggled with this week?</b>

WORD OF THE WEEK

**HAPHAZARD**

/hap'hazəd/

**Origin:** Late 16<sup>th</sup> 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
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**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

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Time to let your mind wander and see where it goes

<b>This week I....</b>	
Saw	Heard
Felt	Appreciated
Enjoyed Eating	Spent time

<b>2 things that made you smiled this week.</b>

<b>Something new that entered your life this week.</b>

<b>Ideal holiday destination</b>

WORD OF THE WEEK

**BERSERK**

/bə'zə:k,bə'sə: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

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

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

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


**2 Challenges you faced this week.**


**3 things you accomplished this week.**


**A highlight from your lessons this week.**

--

## Time to let your mind wander and see where it goes

**This week I....**

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 your read.**

--

WORD OF THE WEEK

**ZUGZWANG**

*/ˈzʌgzwɑŋ, ˈzuːgzwɑŋ/*

**Origin:** From German  
**Zug** 'move' + **Zwang** 'compulsion'.

Noun

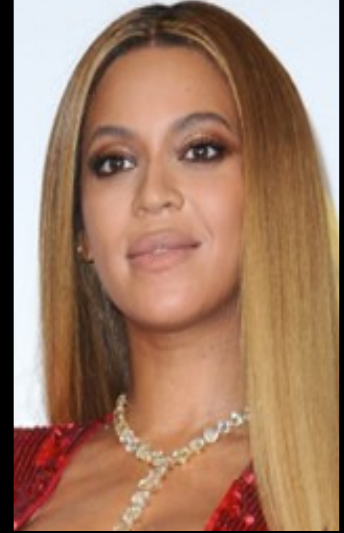
A situation in which the obligation to make a move in one's turn is a serious, often decisive, disadvantage.

"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

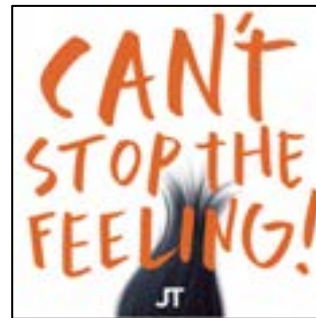


A British inventor and mining engineer from Cornwall. His most significant contribution was the development of the first high-pressure steam engine. He also built the first working railway steam locomotive.

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
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# Academic Reflection

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

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

<b>3 things you learnt this week that you didn't know before.</b>

<b>2 Challenges you faced this week.</b>

<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>


## Time to let your mind wander and see where it goes

<b>This week I....</b>	
Asked for help with	Talked about
Indulged in	Listened to
Learnt	Smiled at

<b>2 historical figures no longer living that you would like to have dinner with</b>

<b>Favourite song so far this year</b>

<b>A social trend you are currently enjoying.</b>

WORD OF THE WEEK	QUOTE OF THE WEEK
<p style="text-align: center;"><b>HYPERBOLE</b> /hɪˈpɜːbəlɪ/</p> <p><b>Origin:</b> late Middle English</p> <p><i>Noun</i></p> <p>Exaggerated statements or claims not meant to be taken literally.</p> <p style="text-align: center;">"He vowed revenge with oaths and hyperboles"</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p>The more you know who you are, and what you want, the less you let things upset you.</p> <p>- <b>Sofia Coppola</b> (In the film <i>Lost In Translation</i>)</p> </div> <div style="width: 35%; text-align: right;">  </div> </div>
PERSON OF THE WEEK	SONG OF THE WEEK
<p style="text-align: center;"><b>Lewis Latimer</b> September 4, 1848 – December 11, 1928</p> <div style="text-align: center;">  </div> <p>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.</p>	<p style="text-align: center;"><b>TAYLOR SWIFT</b> "Only the Young"</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Released: 2020</b> <b>UK Singles Chart Position: 57</b></p> <p style="text-align: center;">How much do you like this song?</p> <div style="display: flex; justify-content: space-around; text-align: center;"> <div style="border: 1px solid black; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 40px; margin: 5px;"></div> </div>

### 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

<b>3 things you learnt this week that you didn't know before.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Talked about	Worked hard at
Enjoyed	Watched
Appreciated	Listened to

<b>2 Challenges you faced this week.</b>

<b>2 things you have done this week to help others</b>

<b>3 things you accomplished this week.</b>

<b>What has inspired you this week?</b>

<b>A highlight from your lessons this week.</b>

<b>Your favourite genre of film.</b>



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

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# Academic Reflection

SUBJECT	DIRECTED LEARNING (IN CLASS)					INDEPENDENT LEARNING (OUT OF CLASS)				
	1	2	3	4	5	1	2	3	4	5
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	1	2	3	4	5	1	2	3	4	5
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1 – Outstanding    2 – Confident    3 – Developing    4 – Approaching    5 - Unsatisfactory

<b>3 things you learnt this week that you didn't know before.</b>

<b>2 Challenges you faced this week.</b>

<b>3 things you accomplished this week.</b>

<b>A highlight from your lessons this week.</b>

Time to let your mind wander and see where it goes

<b>This week I....</b>	
Laughed out loud at	Spent time with
Wondered about	Appreciated
Worried about	Listened to

<b>2 things you are grateful for this week</b>

<b>Who has inspired you this week?</b>

<b>Which city would you live in if you could live anywhere?</b>

WORD OF THE WEEK

**PERFIDIOUS**

/pə'fɪdɪəs/

**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

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# Academic Reflection

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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
	1	2	3	4	5
	1	2	3	4	5

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

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

3 moments from this year that will stick with you

3 biggest achievements from this year

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

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

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

The biggest lesson I learnt this year was...

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

The hardest part of this year was....