



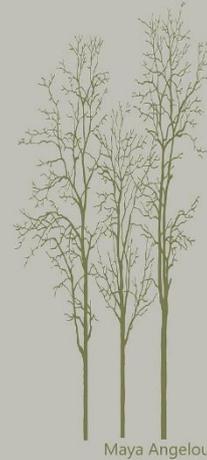
Our half term focus is **Me, Myself and I**. All subject staff will be using this theme as a springboard for their lessons. Our students will learn more about themselves – their strengths and areas that they wish to develop.

"What's your best discovery?" asked the mole.



"That I'm enough as I am," said the boy.

**YOU ALONE  
ARE  
ENOUGH  
YOU HAVE  
NOTHING  
TO  
PROVE TO  
ANYBODY**



Maya Angelou



### Why do we celebrate Bonfire Night?

Celebrated with fireworks as Guy Fawkes Day, the 5<sup>th</sup> November marks the anniversary of the Gunpowder Plot, when Roman Catholics led by Robert Catesby tried to blow up Parliament, the king, and his family in 1605. They tried to do this because they wanted to bring about an end to the persecution of Catholics in England.

## A less stressful firework season for dogs



Make sure your house is secure



Give comfort if your dog seeks reassurance



Walk your dog before dark

Build a cosy den for your dog



Let your dog hide away or play as they please



Never force a dog outside



# As we head into winter... ways to stay positive:



Remember how far we've come - the majority of UK adults have now had a dose of the Covid-19 vaccine



Take time to go outdoors or get natural light



Take up a new hobby



Keep in touch with loved ones



Listen to your favourite music



Do something nice for others (why not try volunteering?)



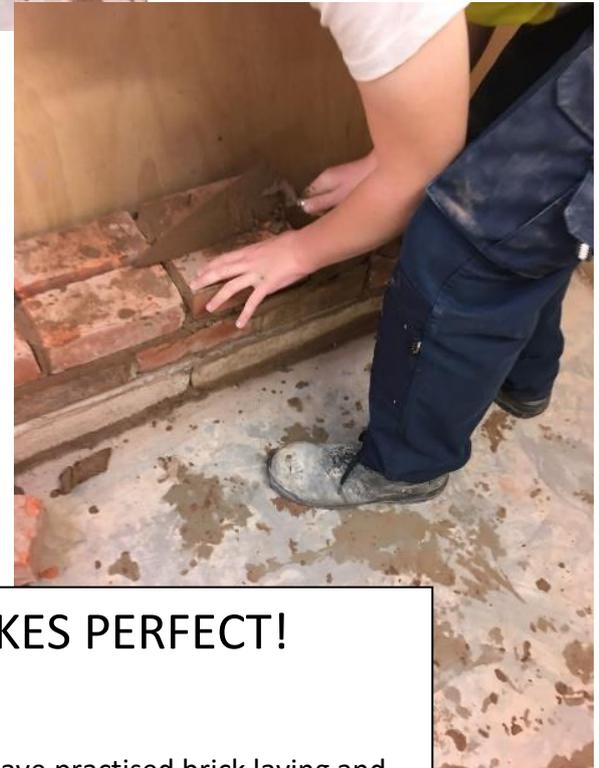
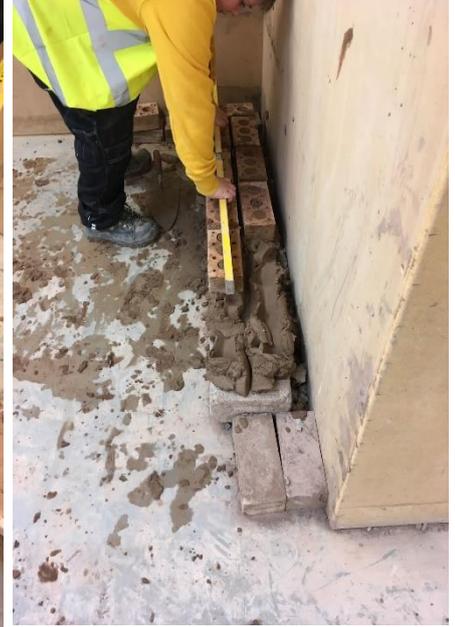
'I breath fire,' said the Dragon in the Canteen....

Confused? So were we!

## Did You Know?

Babies have around 100 more bones than adults.





## PRACTISE MAKES PERFECT!

At TORC the students have practised brick laying and have gradually improved their skills.



# Mr Hall's Health & Fitness

Welcome back to school! I hope you had restful break. Make sure that you get a restful night every school night by not making any of the following mistakes.

**9 Common Sleep Mistakes**  
by @Inner\_Drive  
www.innerdrive.co.uk

- Watching TV right up until bedtime
- Killing time online
- Long naps in the day
- Different bedtimes each night
- Drinking tea, coffee, cola or energy drinks late at night
- Waiting to fall asleep before going to bed
- Being on your phone in bed
- Overthinking tomorrow
- Staying in bed when unable to sleep

**A teenager should sleep for 8-10 hours every night.** How many hours of sleep do you get each night?