



The Student Council newsletter



Hi everyone,

We hope you are all your 'lockdown' best!

Forgive yourself going a little crazy and be kind to yourself and those around you.

We love to hear from you on lgs.council@Laleham.gap.kent.sch.uk

Secondary Student Council 😊



This week's Council Challenge: Decorate a stone or pebble

Send a photo to:
[lgs.council@laleham-
gap.kent.sch.uk](mailto:lgs.council@laleham-gap.kent.sch.uk)



To celebrate Mental Health Week and its theme: **Be Kind**, please **decorate** a **pebble** to create a display at home or school.



Here is an example from **Chloe**:



And from former pupil **Liv**:



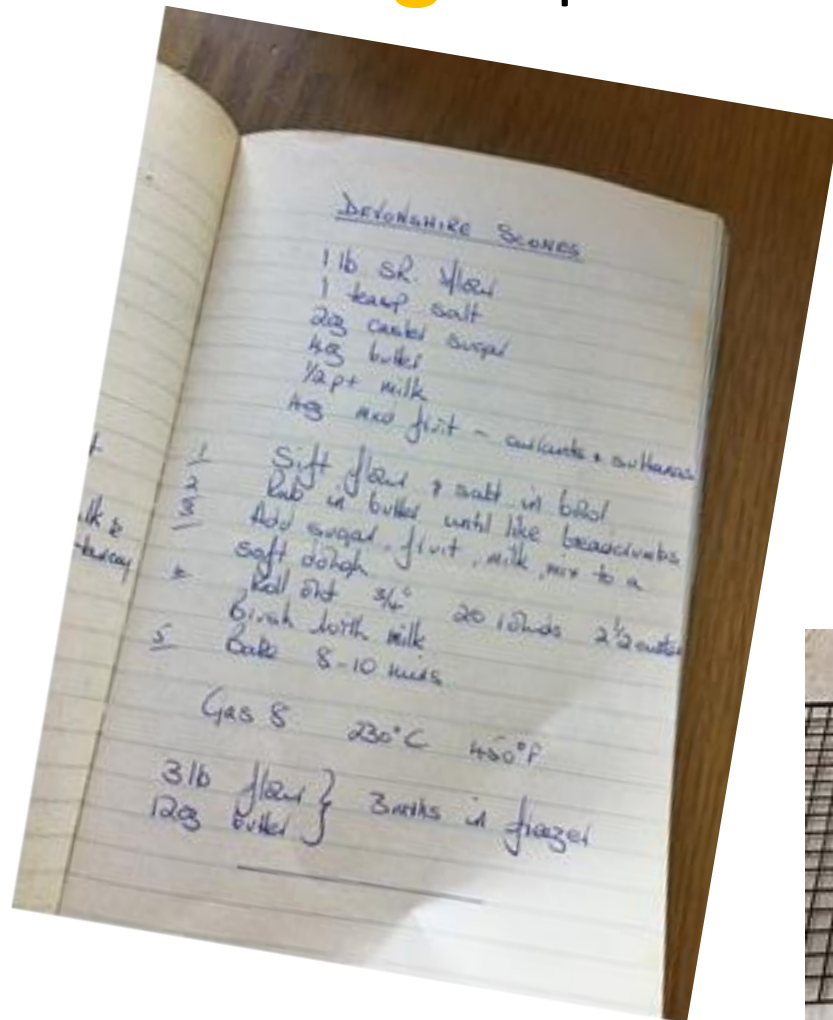
We can **combine** our rocks, or decorate more, when it is right for you and your families to return to school.



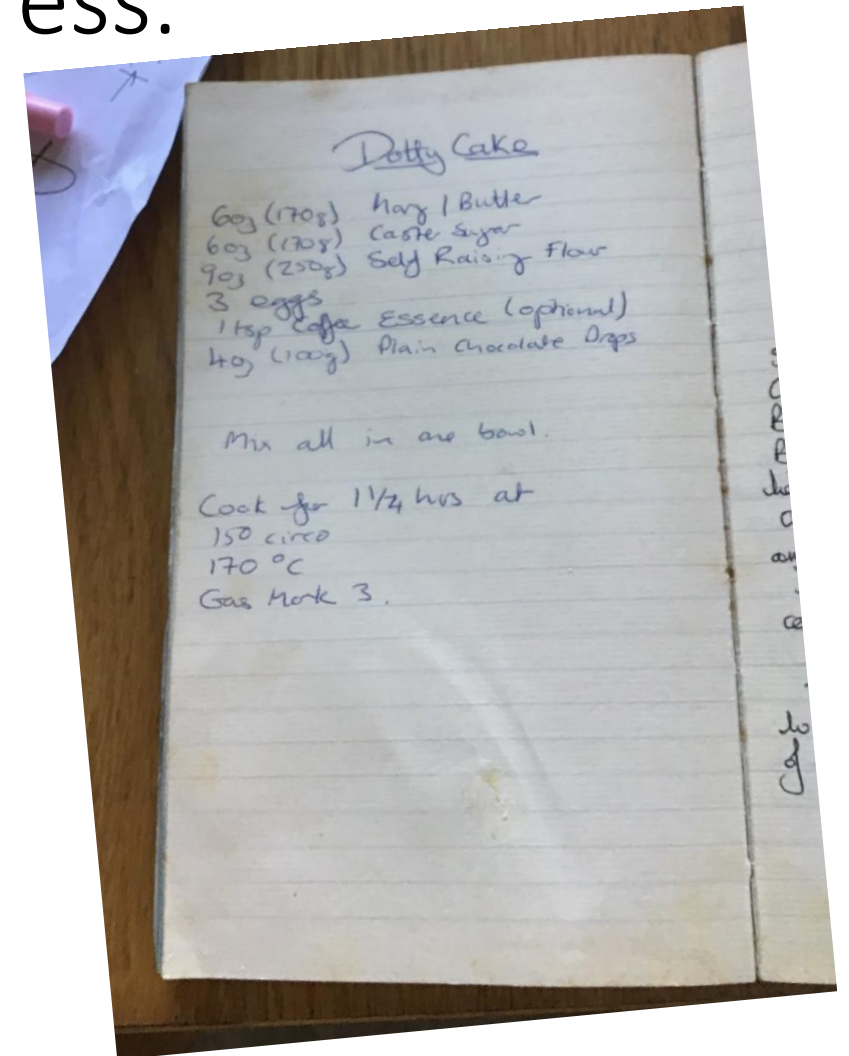
Why not **bake** yourself **happy**?

(According to Karen on Facebook)

Baking is proven to help reduce stress.



Chloe has been using this time to try out some of her Grandma's recipes!



Mrs *'homesick'* Coe made Cheese Scones:

Neighbour: Hello Mary, how are you?
Mary: I'm homesick.
Neighbour: But this is your home.
Mary: I know, I'm sick of it!



Mrs Phillips has been very busy **baking posh bread:**



Sour dough

Red onion, sundried tomato and fresh herb campagne.



Grandma's (child-proof!) easy chocolate chip cookie recipe to try:

- 3oz or 85g butter
 - 3oz or 85g demerara sugar
 - 1 egg
 - 6oz or 170g self raising flour
 - 1 bag of chocolate chips
-
- Preheat oven to 180 degrees or Gas Mark 4.
 - Mix sugar and butter.
 - Add egg.
 - Add flour until it forms a dough.
 - Add choc chips and form into balls.
 - Cook for 10 minutes.





Concerns for the Council

The Student Council are here to listen and help find answers to questions or worries you may have.

Just email us at: lgs.council@laleham-gap.kent.sch.uk

Concerns for the Council



“I am worried that my best friend and I aren’t getting along as well as normal.”

Everyone is getting fed up with the people they are spending lots of time with or spending lots of time talking with. This is simply because Lockdown is limiting what we have to talk about!

Try talking to a range of people: family, friends, people from school. Make sure you are taking time to relax so you are less likely to be irritable. Things that have helped us are laughing at comedy, walking, art, time with pets, playing games...sometimes excess screen time can make adults and children grumpy. We all need to as patient and understanding as we can.

Concerns for the Council



“I know I should exercise but I can’t be bothered.”

Music! Everyone in the council has used music to help lift their mood or motivate them to go for a walk, run or exercise at home.

So try sticking your headphones on.

If stuck, have a listen to: Moana, The Beatles, Boston, Elton John, Madness...

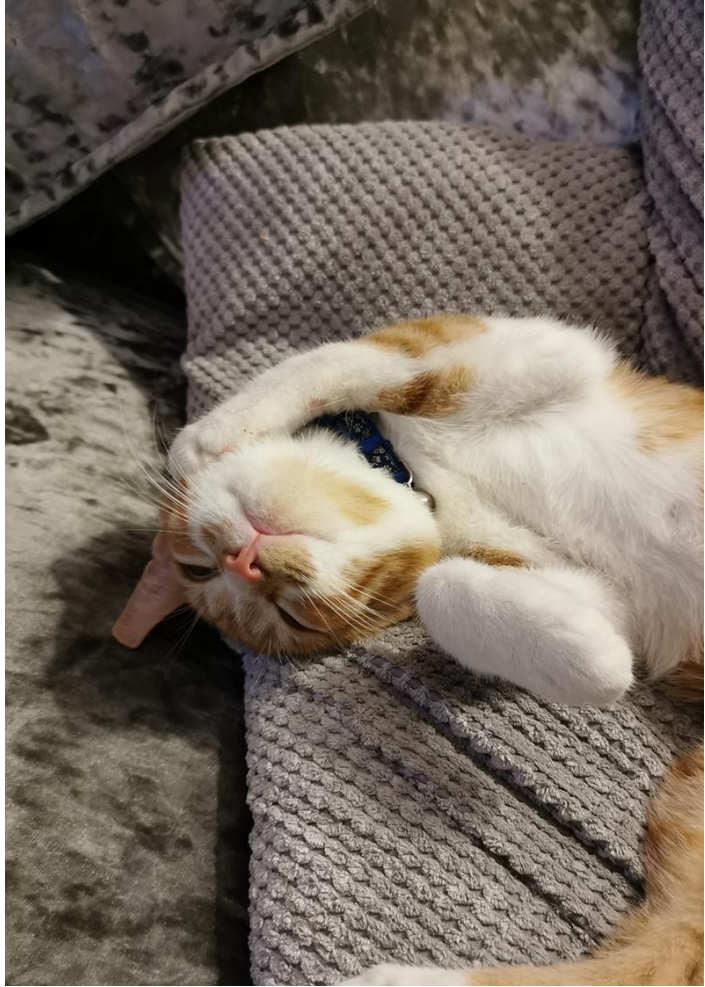


Maybe you/your family could simply walk around the block to wave at a friend or family member?

There is always Joe Wicks' **Monday-Friday workouts** at **9am** on YouTube!



Pets' Corner: Cat Special!



Will's cats pretending to be purrrfect....

How shall I pull down my human's blind today?





“Look into my eyes,
look into my eyes,
the eyes,
the eyes,
not around the eyes,
don't look around the eyes,
look into my eyes.”

Mrs Williams (7MW)



“The breath taking grace and beauty of cats.”

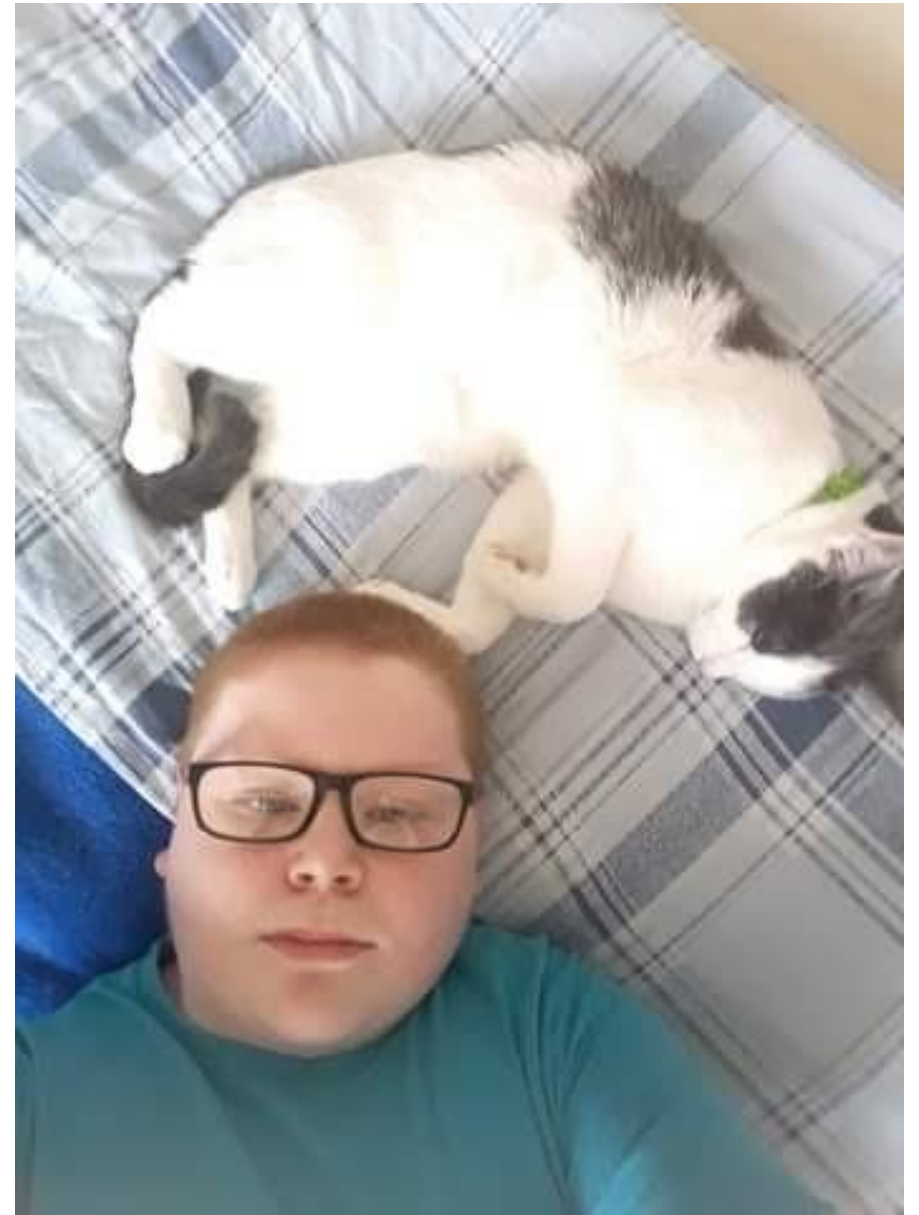
Ted's cats:



Experts in lounging!



If you would like to share a photo of your pet(s) or story about your pet(s) just email the Secondary School Council: lgs.council@laleham-gap.kent.sch.uk



Kieran and his cat PJ

Send in your favourite memes or photos that have made you laugh and kept you sane!

Lockdown Laughs!



When you find out your normal daily lifestyle is called "quarantine"



when the self care and crafting and
cooking ISNT curing your anxiety



Celebrities: were all in the same boat
Their boat:

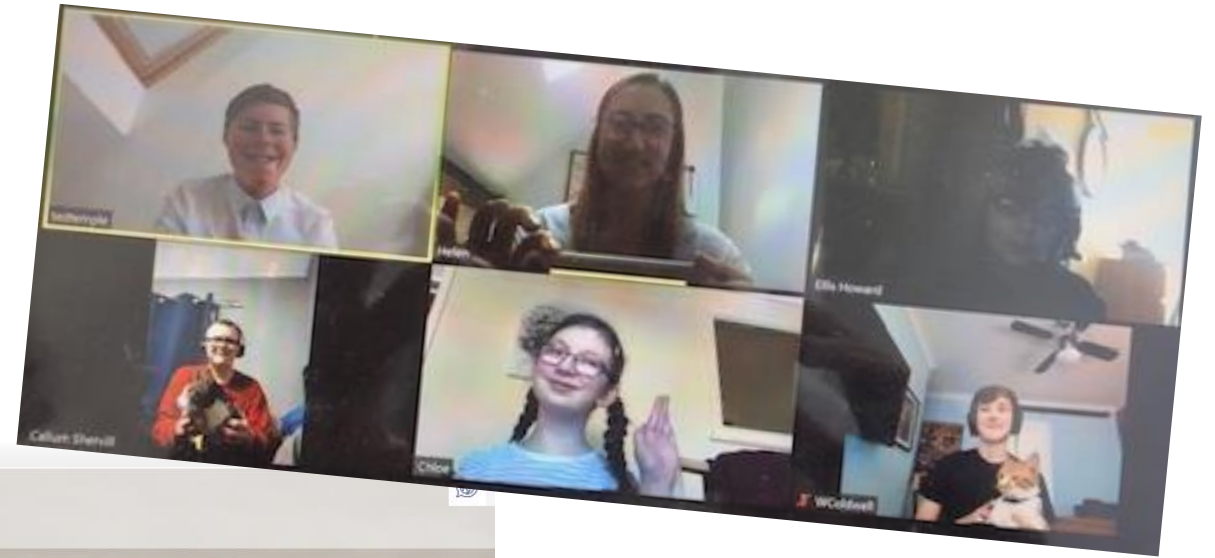


Our boat :



Look at the updates on the
'Learning from Home'
section on the school website.

<https://www.laleham-gap.kent.sch.uk/learning-from-home/>



A screenshot of the Laleham Gap School website. The header features the school's crest and name, 'Laleham Gap School', with the motto 'Learn Grow Succeed'. Below the header is a 'MENU' button. The main content area is titled 'Learning from Home' and includes a breadcrumb trail: 'Home >> Learning and Teaching >> Learning from Home'. A paragraph states: 'This page will hopefully help pupils and parents/carers with some ideas for learning and information needed to be passed on to pupils whilst not being able to attend school.' Below this is a section for 'Accelerated Reader (AR) Logins' with a link to 'click here'. The central part of the page is a grid of icons representing various subjects and departments: Creative Art Department (palette), Computing (laptop), English (book), Food Technology (gear), PE (bat and ball), Learning for Life (sun and clouds), Maths (calculator), Music (musical notes), Primary (rainbow), Science (test tube), Weekly Brain Teasers (star), Wellbeing (sun), and Year 10 BTEC Sport (soccer ball). The background of the website features a large image of students in school uniforms running on a grassy field.

We'll be in touch again soon.

Final thoughts from star contributors Mrs Coe and Chloe:

