

The Week Ahead

Lent Term: 29 January 2021

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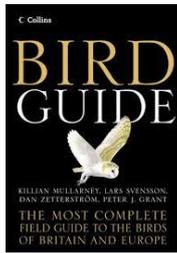
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COLLEGE
FOUNDED 1563

Pastoral Support

As in the last lockdown, students are able to access additional support via the dedicated pastoral email emotionalsupport@elizabethcollege.gg

Students are also able to contact their Tutor, Head of Year, the Chaplain - Reverend Graysmith and Elizabeth College Listener - Mrs Garnett.

Elizabeth College Virtual Library



This weekend my book recommendations would be for bird books as it's the annual RSPB Big Garden Bird Watch – a perfect activity designed around staying at home!

<https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/>

If you don't have any books to hand, there are plenty of online guides, including local ones such as the ornithology group of La Société Guernesaise: <http://www.guernseybirds.org.gg/> and the RSPB website has lots of ideas for all ages to get involved.

Don't forget the range of free online resources available from Guille Alles too –

<https://www.library.gg/>

Mrs Garnett



'Elizabeth College Virtual Physical Activity Club'



Here is a physical challenge for you and your family members to have a go at. This should be accessible to all and, after trying it, I can assure you that you don't need to be strong or the same size as your partner! Have a go, laugh out loud and send a picture on communityevents@elizabethcollege.gg Please do this in an area with plenty of space and follow the link below to a video tutorial. Good luck!
<https://elizabethcollege.app.box.com/embed/s/yfuv818e88et1oifg99ga5rzlyo7kuzu>

Chef Fleming's Recipe of the Week



Attached please find the recipe for this week's dish - Apple & Cinnamon Chimichanga's as pictured on the left. Delicious!

What I've learnt this week. Weekly musings from the Chaplain Part 2

Life can change in an instant

This time last week was so very different. Who would have thought that within two days we would be in lockdown with all that entails for business, education and the wider community. We truly never know what is just around the corner. I have never been a fan of horoscopes and those who believe they can predict the future. If this approach was to have any real meaning, then such events would not come to us as such a surprise. The only thing that can really help us in the future is if we live with kindness and compassion in the present. As the Rev Jon Honour pointed out to us in our last Whole School Assembly; "Every contact leaves a trace" This is true whether we are talking about Covid-19 or living with kindness and compassion.

There is always hope

As an ardent Sheffield United supporter it was good to see my club not only on the back pages of the newspapers but on the front pages too. So unexpected was our victory over Manchester United at Old Trafford that it was worthy of the front page. My only sadness about the event was that I was due to watch the match with a group of Manchester United supporters and due to lockdown this had to be cancelled. I still feel that the Championship beckons for my beloved football team but, yet again, it shows us that no matter how desperate our situation, there is always hope somewhere.

Elizabeth College Community Event Jump in a Puddle for Cancer Research

<https://jumpinapuddle.co.uk/>



Following the success of the Elizabeth College Community Events in the first lockdown, we've brought them back!

This week's challenge is a true community event, inspired by Channel Islands journalist and presenter Gary Burgess, and is the brainwave of his friend Susie Campanella. This campaign aims to raise money for Cancer Research UK while having fun – and making the most of the current weather!

The challenge is simple, during your daily exercise:

1. Upload a picture or video of yourself jumping in a puddle to social media (with your parent's permission) with the hashtag #JumpInForCancer
2. Tag @JumpInForCancer

Donate to <https://fundraise.cancerresearchuk.org/page/susies-giving-page-55>

Nominate 3 people to get involved. Email your photos/videos to communityevents@elizabethcollege.gg so we can share with the whole EC community.

