Mr Booth’s Head of Year Message
Year 7, Week 13

Hi everyone,
I hope you are all ok.....we are nearing the end of term (strange not actually being in the building though). Work should continue to flow up to the end of next week so try to make a really positive effort to do what you can before then.

There are quite a few different messages today and Mrs Cartledge has again provided some interesting ideas in her presentations. If you read the lockdown one on motivation it should get you thinking.

What are your short-term motivations?

Motivation is an interesting area and there is a lot of stuff on the power point. I think motivation is really important to us all, but it comes in all different shapes and sizes. It is also better to think about intrinsic motivation. This is what comes from you, not you reacting to others ideas or rewards. It will be stronger and will mean more if you achieve something. One motivation I always have every year is to read 50 books.....I do this to try and learn different things, focus on some topics I really like and it’s something I really enjoy. No one offers me a reward or tells me to do it. I don't actually keep count but I think most years I get to somewhere between 30 and 40. However, one of the positives of lockdown period has given me a bit more time to do this and I reckon in the last 3 months I have managed about 20, which when added to the first 3 months of the year puts me well over half way!

By short-term I mean next few weeks and months. Sometimes, motivation a long time in the future can seem too far off to count. Being aware of positive things to guide us in days, weeks and months can really help us. Remember, it can be a variety of things including some school ones but also lots of others - sporting? music? changing your habits? Have a think......,

One short term plan you could have is to become involved in this charity project for Airedale Hospital. We will be sending more information out on this but it is their 50th anniversary this year and they would love local schools to help celebrate this. It could be fundraising or different ideas that all of you will be brilliant at. Please have a look at the links below for more information. Mrs Cartledge is trying to make this a LORIC challenge as well
https://www.justgiving.com/campaign/airedale5050
http://www.airedale-trust.nhs.uk/charity/

Remember:

1. Keep going as best you can with work up until the end of next week
2. Stay active wherever and whenever you can
3. Stay safe online, be responsible

Take care everyone, Mr Booth