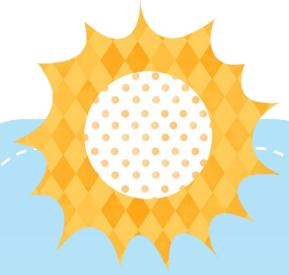


March 2021 - Words and Numbers Group



Happy Newsletter

Hello

Welcome to our Good News Newsletter.

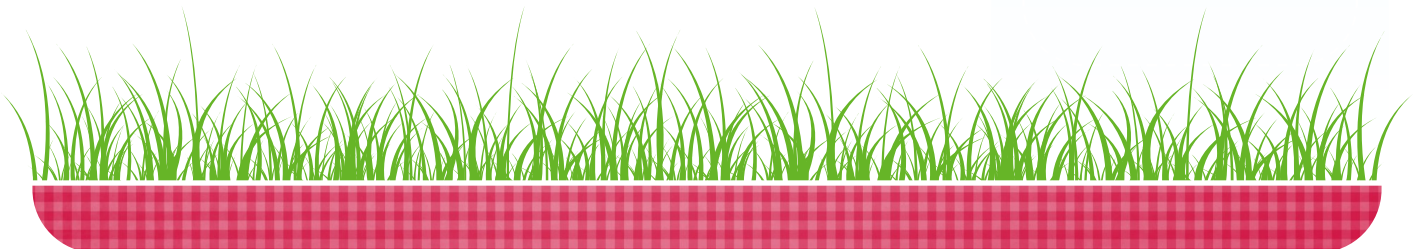
We wanted to make a happy newsletter for people to look at and to feel cheered up.

We have included some good news stories from our Dryden Centre, and a music playlist that will help you feel happy.

We have thought about things that make us feel happy too.

We hope you enjoy reading it.

Fran, Christopher, Lewis, Reham, Matthew and Amy

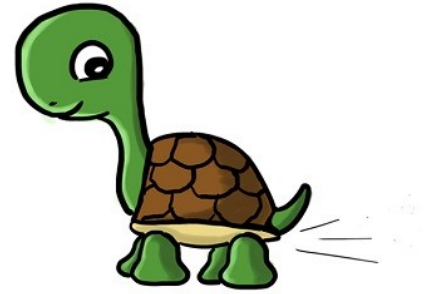
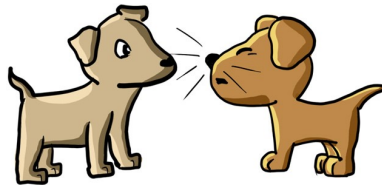


Cute Animal Facts

A NEWBORN KOALA IS
THE SIZE OF A JELLY BEAN.



DOGS SNEEZE TO TELL OTHER
DOGS THAT THEY'RE PLAYING,
AND NOT FIGHTING



TURTLES CAN BREATHE THROUGH
THEIR BUTTS

SoTA student gets a famous Pen Pal!

Louise, one of our learners, recently wrote to a well known Celebrity and actually received a reply! We interviewed her to find out more:

•Why do you like David Walliams?

Because he is a very good author and I enjoy his stories and his comedy. I also like him because he's been on Blue Peter.

•Why did you write to him?

I thought it would be a good idea because I like English and he is an inspiration to me

•What did you ask him?

I asked him about his favorite bits about being an author and also I asked him about BGT

•Was he polite?

Yes he was and I would like to meet him

•What did his letter say?

He answered my questions.

If you put your mind to it you can do anything!

•What is your favourite book of his?

The Midnight Gang, and I have just started Fing





Food Bank Collection

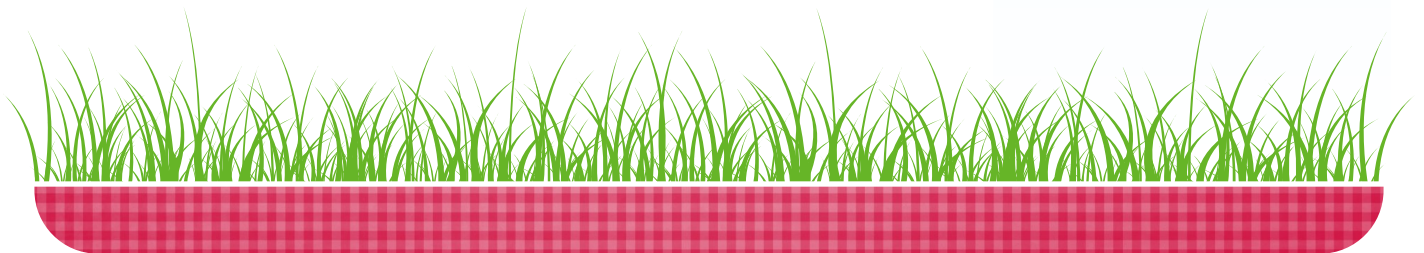
Rachel's Words and Numbers Group did a collection for the Gateshead Food Bank as their Christmas Project. Fran said " we were helping other people to make sure they get food".

Amy felt happy with how much we collected.

Well done guys!

More Good News From SoTA

- Students Emily B and Emily S raised £85 by making and selling Christmas decorations. The money is going into the Student Fund and Mind.
- Claire's employability group raised some festive cheer by making Christmas cards and distributing them to residents in local care homes.
- We recently had a collection of toiletries, for patients at the QE who can't have family visit them at the moment due to COVID.



Our Feel Good Music

We carried out a questionnaire at Dryden, and asked staff and students what song cheers them up. We then listened to them and chose the best ones for this playlist. Enjoy!

- Here Comes the Sun – suggested by Our Group
- Take on Me – suggested by Laura
- I Wanna Dance with Somebody – suggested by Helen
- Wonderwall – suggested by Callum
- Hold my Hand - suggested by Christopher
- We will Rock You – suggested by Matthew
- Dancing Queen - suggested by Amy

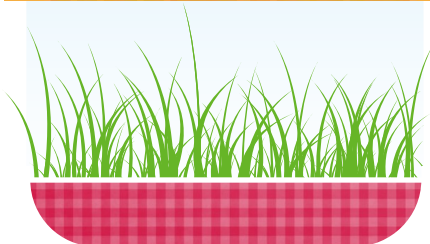


Joke Corner!

WHY DON'T ANTS
GET SICK?



BECAUSE THEY HAVE
LITTLE ANTY BODIES.



What makes us feel happy?

We thought about things we can do at home that help us feel better and stay positive.

- Go for a walk and fresh air, or spend time in the garden
- Cooking and baking
- Talking to friends and family
- Bubble bath
- Watching TV
- Sunshine