



LOCKDOWN YEAR 10 Newsletter

WELCOME TO THE LOCKDOWN
NEWSLETTER!

Hi Year 10!

I'd just like to take this opportunity to thank you all so much for all of the amazing work you have been doing during this lockdown. Everyone has been working well at home and really making the most of their remote learning in their first year of GCSEs! We've been impressed by how many students adapted to the change and have shown their inner determination! Please keep up the fabulous work and ask for help whenever you are stuck! It's been great to see how many of you got stuck into our Challenge Week as well! You are all awesome – keep it up!

Mrs. Lawson

SUBJECT SNAPSHOT

English: Students finished working on An Inspector Calls and have learnt to write essays in response to the play.

Maths: All students worked on ratio, area and circumference of circles. Foundation students looked at percentages and surface areas. Higher students worked on real life graphs, linear equations and substitution.

Science: In Biology, students looked at the immune system and the defences animals and plants have against disease. In Chemistry, students studied chemical changes with acid reactions and how we extract metals. In Physics, students worked on domestic electricity to gain a better understanding of the use of electricity at home.

Applied Studies: Photography students engaged with their portfolio project by taking pictures and manipulating images. Media students completed Unit 1 of their coursework (Interactive Media Production). Vocational students completed Unit 23 (Website Planning) and Sport students completed Unit 2 (Anatomy and Physiology).

Art: Students completed their 'Food' project. They started a new unit of work entitled 'Identity'.

Business: Students began work on Unit 2 which looks at external factors influencing the actions of businesses like technology and the economy.

Child Development: Students worked on their coursework based on the nutritional needs of children.

Computer Science: Students looked at cyber security, social engineering and techniques keeping systems and networks secure.

Digital IT: Students continued with the Parents Evening Information interface that they have been developing.

Drama: Students have started Devised Theatre, which considers style and theatre techniques used by modern 21st century theatre companies.

DT: Students finished the compulsory part of the course and started on their chosen specialisms (timbers, papers and board or electronics).

Food Preparation and Nutrition: Students looked at vitamins and minerals whilst carrying out food practicals to support this research.

Geography: Students explored causes of tectonic processes and investigated how best to cope with living in areas prone to such hazards.

Health and Social Care: Students have been looking at personal qualities needed to be a carer for their communication portfolio.

History: In History, we have been looking at the 1920's USA including the economic boom, increased freedoms for women, racial prejudice and the prohibition.

MFL: Students focused on the topics of free time and TV and Films.

Music: Students researched English baroque composer, Henry Purcell and analysed his aria "Music for a While."

PE: Students studied muscle movement and blood vessels. Cambridge National students continued with practical tasks in the Sport unit.

Philosophy and Ethics: Students started to learn about the beliefs of Buddhists and how they affect their everyday life.

Textiles: Students are producing mood boards and looking for artists to inspire them for their portfolio research work.

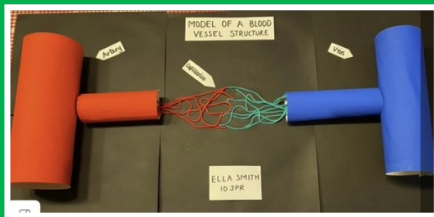
INITIATIVES

At the start of every week we've continued with our **Mental Health Mondays**, sharing out with students top tips for keeping a healthy mind and balanced structure whilst at home.

Hopefully our **Tuesday Weekly Reads** have kept you entertained. **Tutorial** has had a heavy focus on challenges and interactivity.

It wouldn't be a week in Year 10 without our **Quiz** on a Thursday, and is it possible that it's become even more competitive!?

Our new initiative, **Magic Mon-yay** seeks to find the hardest workers and those students who've really put their best foot forward with their lockdown learning.



PE students built "junk" models to illustrate blood vessels!

wow!

Well done for all your effort with home learning!

WELLBEING TIPS



Planning a routine is vital to keeping focused and on-track with your studies. Make sure you also include time in the day to relax, socialise, and give your brain a break.



Contact your friends, your classmates and your family. Hearing from you on a regular basis will bring them comfort and improve their mental health too.



Reach out for support. Your tutors and your Year Team are here to help you. Share your concerns, questions or worries with them and don't tackle difficulties on your own.



Spend time with your household or support bubble. Interacting face to face, preparing meals or planning a fun activity together will improve everyone's day!



Get outside at least once a day to take a walk or exercise. Fresh air and natural light strengthen your immune system and boost your mood! Plan this time into your daily routine.



Take regular breaks from electronics devices (for every 1.5h spent on screens, take a 15min break). Move your body, go outside and chat to your family to help you totally disconnect.

494

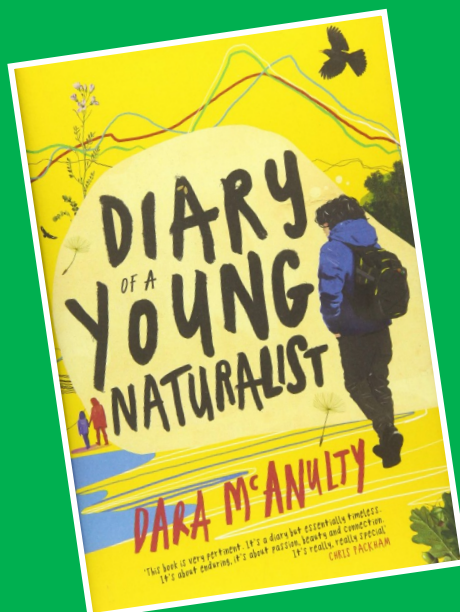
**POSITIVE POSTCARDS
SENT HOME SINCE
CHRISTMAS!**



Check out the Anna Freud 's website for more information and advice about mental health:

<https://www.annafreud.org/on-my-mind/self-care/>

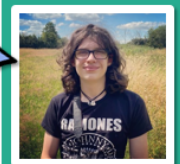
BOOK RECOMMENDATION



DIARY OF A YOUNG NATURALIST

by Dara McAnulty

Diary of a Young Naturalist explores the natural world from the perspective of an autistic teenager juggling homework, exams and friendships alongside his life as a conservationist and environmental activist. With a sense of awe and wonder, Dara describes in meticulous detail encounters in his garden and the wild, with blackbirds, whooper swans, red kites, hen harriers, frogs, dandelions, skylarks, bats, cuckoo flowers, Irish hares and many more species. The power and warmth of his words also draw an affectionate and moving portrait of a close-knit family making their way in the world.



Dara McAnulty is a Northern Irish naturalist, writer and environmental campaigner. He is the youngest ever winner of the RSPB Medal and won the Wainwright Prize for UK nature writing in 2020 after being the youngest author to be shortlisted for the award.



How many stars will you give it?