



LOCKDOWN YEAR 9 Newsletter

WELCOME TO THE LOCKDOWN
NEWSLETTER!

Hi Year 9!

We have been so impressed with how well you have adapted to home learning. Your teachers have passed on lots of positive praise about the quality of the work that has been produced. It is clear that you are engaging in your lessons and demonstrated fantastic resilience during these difficult times. We are delighted to send home praise postcards from your teachers and will be sending more over the coming weeks to make sure you continue with the high standard that has been set!

All the best,

Miss Welch, Miss Ross and Mr Okwe-Pearson

SUBJECT SNAPSHOT

English: Students have learned about the conventions of the science fiction genre to write their own atmospheric description of a futuristic world. They have studied representations of islands in literature with a focus on Shakespeare's *The Tempest* and William Golding's *Lord of the Flies*.

Maths: Students have looked at reverse percentages, simple and compound interest, sequences, standard form and plans and elevations.

Science: In Biology, students are covering aspects of cardiovascular diseases, smoking and the menstrual cycle.

In Chemistry, students learnt the history of the atom and the periodic table

In Physics, students learn how to calculate work, moments and power. They are also looked at how conduction, convection and radiation transfer heat.

Art: Students have been working on a series of drawing challenges building practical skills and creating pieces using a range of media.

Drama: Year 9 have been working on 'Putting on a Show': looking all of the elements involved in staging a show, from theatre marketing, auditions, monologues to costume and make-up.

DT: We have been learning how to be better designers by looking at colour theory and how designs are made more comfortable by studying the sizes of people and how they use objects.

Food and Textiles: Food students have looked at the importance of breakfast as well as undertaking a research project on street food.

Textiles students have produced trainer designs, investigated trends and entered a completion for END. clothing.

MFL: Students have looked at the topics of house and home and local area and regions.

Geography: We have been studying the contrasting landscapes of glaciated and hot desert areas and have explored the challenges faced by the populations living there.

History: Students have been studying the Holocaust and the wider issues it raises around discrimination, prejudice and stereotyping.

Music: Year 9 students have been using technology to compose and record music for a film trailer.

PE: A practical challenge (Monday) and a workout (Wednesday) are sent to students weekly. Y9 Extra PE students completed some examination course bridging work.

Philosophy and Ethics: Year 9 have been looking at ethical issues this term, arguing the cases around some controversial issues such as capital punishment and euthanasia.

INITIATIVES

Students have been busy completing their GCSE options personal profiles and are thinking about their next steps, ready for their option meetings in February. We have been focusing on looking after our Mental Health during lockdown through a series of tutorials, in addition to continuing with our weekly quizzes and Monday Heroes. We have been really impressed by the number of students who are engaging with our tutorials and continuing to keep the competitive spirit going with the quizzes!

Students have been involved in our Lockdown Challenges, including baking cakes and making scavenger hunts!

See below some incredible work send by students in the year:

wow!

Well done for all your efforts 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.

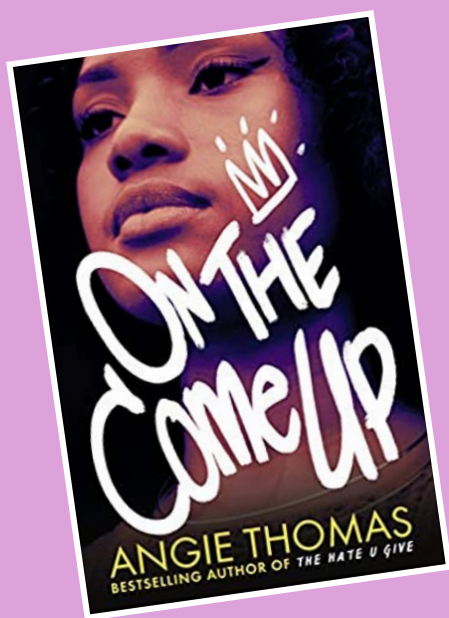
205 POSITIVE POSTCARDS SENT HOME SINCE CHRISTMAS!

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

Anna Freud National Centre for Children and Families

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

BOOK RECOMMENDATION



ON THE COME UP

by Angie Thomas



Sixteen-year-old Bri wants to be one of the greatest rappers of all time. Or at least make it out of her neighborhood one day. As the daughter of an underground rap legend who died before he hit big, Bri's got big shoes to fill. But now that her mom has unexpectedly lost her job, food banks and shutoff notices are as much a part of Bri's life as beats and rhymes. With bills piling up and homelessness staring her family down, Bri no longer just wants to make it—she has to make it.

Angie Thomas was born, raised and still resides in Mississippi. She is a former teen rapper, and is now a young adult author. Angie has a BFA in Creative Writing and an unofficial degree in Hip Hop. She is best known for her debut novel *The Hate U Give* released in 2017.



How many stars will you give it?