



29 April 2020

Dear Year 7 Students and Families

Firstly I hope you are all keeping safe and well during this unusual time which is unsettling for all. As we return from our Easter break somewhat heavier after consuming far too much chocolate, we look forward to our summer term, albeit vastly different to our normal way of work.

The vast majority of my Easter break was spent in my garden, which I can now claim to be a new hobby of mine. As a totally novice gardener I potter around in the garden with the excitement of my perennials shooting up. However, those that have some gardening experience will know this usually doesn't happen overnight. In addition to my novice gardening skills I have been running every day. I find that exercise during these uncertain times is a great release of energy and an opportunity to get outside of our homes and reflect on our days. I have tried to maintain a routine which has vastly aided my motivation. I have factored in time to work, time to read, time to exercise, but most importantly we must have time to reflect and relax.

Show My Homework

So far I have seen some excellent engagement with work online. Excellent pieces of work being submitted are shared with your teachers, so a special well done to those that have demonstrated personal excellence. The tutor groups with the best engagement as a whole have been 7E and 7Y.

I have been made aware of lots of different examples of how fantastic you have been, both with the engagement of tasks and the quality of the work you have produced. This makes me so proud of you and I will be making sure achievements points are put on the system for you and will be contacting you separately. This includes the top five from each tutor group, as well as names of boys who have created some excellent science work. Mrs Christmas was incredibly impressed with the tutor time work completed during the last week of Term 4. Students were asked to either discuss what they miss the most about school, design their dream classroom or explain to an alien what school is about. It is safe to say that our students are not only missing their friends and teachers but also the food from the school canteen! As we move in to Term 5, I will continue to monitor the work that is being completed at home in all subjects.

If you are using SMHW on your mobile phone, you may have difficulty submitting work online. If you would like to set up SMHW on a laptop or computer to submit work more easily, but cannot remember your login details, and for any other ICT queries, please message your teachers on SMHW, or contact our ICT support team by following this link <https://hayesbrook.on.spiceworks.com/portal/tickets>

We are now in the second week of our term 5 timetable which looks different to your normal timetable. These are the subjects that should appear on your SMHW calendar each day and which will be due within 24 hours. When you log in to SMHW, you should always start with calendar view for an overview of the day's tasks. You can find guidance at <https://help.teamsatchel.com/en/articles/2911891-student-calendar>. You should stick to your new timetable each day to help you stay on track. These assignments are designed to take you 45 minutes each and should be completed within 24 hours of them being set. Check your work thoroughly before submitting it and message teachers individually on SMHW before the deadline if you are unsure about what to do on a particular assignment.

When producing your own research-based work try to avoid wiki pages. These can be edited by anyone and are not always trustworthy. If in doubt about the types of resources to use for a certain subject send the teacher a message on SMHW and they will give you some suggestions. Additionally, ensure you are not unintentionally copying work and

make sure you always write up your research in your own words. Before submitting your work make sure you have completed the task to your best ability. There have been some cases where work has been submitted which has been incomplete.

Myself, Mrs Concannon and school leaders have been contacting families to ensure you have all the support that you need during these challenging times. Academy Staff will continue to be make regular calls to all families on a fortnightly basis. It is vital to ensure that we maintain regular contact to ensure that work is still being accessed and completed and that we can monitor student wellbeing. Staff will try to call during the working day but may call outside of this if they are struggling to contact you. Please be aware that the call may come from a private or withheld number. If you have any concerns or any points you would like to raise then please do get in contact secretary@hayesbrook.kent.sch.uk.

Finally, as we begin Term 5 I wanted to give you some advice to help you keep motivated and ensure you are continually making progress:

Mr Upton's Top Tips

- Have movement breaks, these are really important for both parents and students, go outside, get some fresh air, especially when we are all sat at the same desk all day. You can be amazed how much benefit a little exercise can have. Many of you have commented on SMHW that you have completed the daily Joe Wicks workout - fantastic effort and well done.
- Plan your week. Have a clear routine and give yourself some structure - this may change from day to day. Set an alarm and have breakfast as this will fuel your body for the day ahead.
- Be kind to yourself and others - this is new and strange for everyone – there is no right or wrong way to get through this. Do your best and support the people around you. It is alright to feel uncertain or worried about things, but make sure you tell someone (at home or at school).
- Learn something new - YouTube and other online tutorials are a fantastic resource when it comes to learning new skills (did I ever think I would be spending time on YouTube learning how to test the acidic level of my garden soil or how deep do I plant my Allium bulbs....)
- Stay in contact with your friends and families to check how they are. In times like these it is really important to support our friends and family.
- Learn/Practise a different language. During my daily routine I have been completing one hour of Spanish each day.
- Lastly, don't forget to show your appreciation to all the people that are helping us all get through this crisis and get outside at 8 o'clock each Thursday and bang those saucepans!

Please stay safe, look after one another and we will all get through this together.

Yours sincerely



Mr Liam Upton
Head of Year 7