



29 April 2020

Dear Year 9

I hope you had a good Easter and that this finds you and your families well and acclimatising to these new circumstances in which we find ourselves. Adapting to change takes time and can be more difficult for some than others. It will get easier and more comfortable as you gradually get used to it. Familiarising yourself with online learning and learning to pace yourself are new skills that will also get easier in time. If you are having difficulties please let us know so that we can help. Remember we are here to support you. If you are struggling to upload work this guide should help: <https://help.teamsatchel.com/en/articles/2912000-submitting-my-work-online>

Please do not get overwhelmed with the work you are being set and ensure you are only spending the allotted time on it. Break up your day with something that makes you feel good, I personally have been doing exercise classes from YouTube, getting outside at least once a day and I have also purchased a PlayStation and hope to develop a pretty good ultimate team on FIFA. Obviously the PlayStation is used after all my work is complete for the day and I limit gameplay to 45 minutes.

Here are some ideas to keep you busy:

Exercise

Here's a great yoga link on YouTube, 30 days of yoga:

<https://www.youtube.com/watch?v=-jhKVdZOJM>

For the readers amongst you

Audible.com are offering a free app for stories of all ages click here:

[audible.com](https://www.audible.com) and if you are a member of a library remember you can borrow eBooks and audio books for free.

Movies

Watching movies together via Netflix Party can be a great way to stay connected to your friends. For a 'how to' guide, then click here.

<https://www.theverge.com/2020/3/24/21191503/netflix-party-stream-movies-tv-chat-watch-friends-social-distance>

It has been great to hear some lovely comments from your teachers who are marking work that you are submitting. Mr Waight and Mr Milner-Pearce have both expressed how pleased they are with some of the work that has been produced. However, there have been a few of you who have not submitted work for each subject. For those of you that might be struggling with some of the work, I ask that you try your absolute best, leave a comment for your teacher and submit the work.

Some of my tips are:

- To try and have a designated study space, such as a table or desk.
- To keep to a schedule and routine. Something you might consider is getting up at 8:00 am, ready to start work at 9:00am and working through to midday and rest for lunch. You could then work 1-3pm and then try and get some exercise in (either a walk or activities in the garden).
- In terms of the work you produce, try not to copy and paste from the internet.
- Always read and check before submitting the work to make sure you have done everything that is asked of you and that it is to the best of your ability.

- If you are unsure you can message your teachers on SMHW or contact our ICT support team by following this link <https://hayesbrook.on.spiceworks.com/portal/tickets>

Please note that Academy Staff will be making regular calls to all families on a fortnightly basis. It is vital to ensure that we maintain regular contact with our families, ensuring 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.

In terms of family and home life:

- Please try and help out at home as much as you can, such as helping to cook dinner, washing up, etc. I know many of you will be doing this anyway.
- Make sure you don't go to bed or wake up too late.
- Keep active.
- Don't spend too much time watching TV or playing PlayStation
- Wash regularly.
- Try to keep reading and writing.

I am sure that you have already begun to think about the subjects that you enjoy the most and those that you think that you might like to study next year. If you haven't started to think this way it is important that you do. The school will be in touch again in the next few weeks about how we plan to run the Options process and the timeline for returning your preferences. Speak to your family members to let them know your ideas and listen to any advice they may have. If you have an idea for what you would like to do when you are older think carefully about subjects that are linked to this profession. I would just like to reiterate that it should be business as usual until the end of the year and we expect all subjects to be completed.

Over the next two weeks please think about who might be on the periphery of your friendship group; that person who you might sit next to you in a class who is a little shy. If ever there was a time to offer a hand of friendship and include those you wouldn't normally think about, it is now.

Stay safe and take care.



Mr Boddy
Head of Year 9