



29 April 2020

Dear Year 10

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 aiming to use the allotted time on it and submit within the 24 hours. 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 for 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. Miss Higgins and Mr Waight have been very impressed with some of the work completed so far. Mrs Sage has also informed me that she has received some excellent work. Mrs Christmas sent me examples of some outstanding work produced on the tutor time tasks. 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 can only ask that you try your best and attempt to at least submit some work from the task, if you are unable to complete it.

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 8:00am, 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 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.

This is an important time of your school life and I know you will not want to waste the great work you have put in to the first half of Year 10. Remember that some of the work you produce could go towards your final GCSE grade, so please make sure you are doing the best you can.

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 10