

Ivybridge Community College Year 10 Weekly Bulletin



Edition 2: 17 April 2020

COVID 19 Update

It is so important that we follow the instruction from the government:
Everyone must stay at home to help stop the spread of coronavirus. There are very few reasons anyone should leave the house now.

Stay Home, Support the NHS, Save Lives.



National Online Safety

The College will not be using Zoom for any online learning. We understand that some of you may be using this to connect with others and we would like you to be safe whilst online. Therefore guidance on how you can be found at:

<https://www.ivybridge.devon.sch.uk/page/?title=E+Safety+and+How+%2DTo+Guides&pid=23>

Wellbeing

Practical tips

As you know, we are in the middle of the coronavirus Covid-19 pandemic, affecting the whole world. In a crisis like this, as humans we start doing some strange things. Like people who have bought a lot of toilet paper, or maybe those who are staying up reading or watching the news, ranting about things, arguing more, struggling to sleep, and getting overwhelmed.

If you are feeling any of these things, you are 100% not alone. You are in fact, completely normal. A fully functioning human being!

We are living in some extremely anxious times, it is scary and it can make us feel out of control, and on top of that, we all have our own things going on in life!

So, some science...

When we get exposed to a threat, or something that makes us feel uneasy – our brain acts. A bit of your brain called the **amygdala** specifically. This is the bit that is in charge when we are frightened. So, because we are currently anxious, this is working overtime! We all react in different ways, some might have physical symptoms of stress, whereas others may be more psychological in our heads.

Either way, we become a little bit less rational, a sometimes struggle to make the right decision. It is therefore more important than ever to talk through things with those around you. We need to take control of the situation, create some order, talk, work together to get through the difficult times we face!

Things to think about!

1. Stay in regular touch with friends through skype, facetime or google hangout. Staying connected can help reduce stress and anxiety.	2. Make sure you engage in regular exercise. You can make this fun and do it online at the same time with friends or family.	3. Don't be afraid to check in with your friends or family. Ask them how they are doing and see if you can help them in anyway.
4. Challenge yourself each day to be curious about how well you can stay focused on the present moment.	5. Reduce the amount of time you spend on social media and checking the news. Regular checking can increase worry.	6. Schedule a time each day where you can sit down with your family and talk about what you are thinking and how you are feeling.

Try to focus on a couple of these ideas this week, be curious - find out new things, be active during the time you have! If you are anxious or need support, please get in touch with your tutor, your pastoral leader, or me! We are all here to help you!

Home Learning

It has now been three weeks since schools closed, but it is important that your learning does not stop because we are on lockdown. If it does this will leave a gap in your knowledge and could affect your grades in Year 11. Keep going with the work being set – it will help to keep your brain active and learning! Try to make sure you have completed the following checklist this week:

Checklist for this half term starting this week.

1. Have you got a timetable in place with lessons planned each day Monday to Friday?
2. Have you accessed the work set by your teachers on Epraise and My files/folder?
3. If you have finished this work more is going to be set in due course so regularly check Epraise and Myfiles/folder
4. If you have finished the work set you need to use your KITE booklet and learn the knowledge in this book

E-praise: <https://www.epraise.co.uk/index.php?school=ivybridgecc>
Myfiles on the website: <https://foldr.ivybridge.devon.sch.uk/home/>
Email on the college website

Please reply to the email that you received from your tutor so that we can support and help you with your work going forward.

In the coming weeks, some of your teachers may start using Microsoft Teams to support your learning from home. Attached is a student guide to help you access these videos or lessons. Please let your Tutor or teacher if you have problems accessing or using Microsoft Teams

<https://www.ivybridge.devon.sch.uk/page/?title=E+Safety+and+How+%2DTo+Guides&pid=23>

In the next week you will be set a task by each subject to complete.

The deadline for completion is Friday, 24 April. Please do all you can to complete by then!

Competition



How close can you get to this number using the numbers below?
You can +, -, × or ÷.
Good luck!

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Last week's competition answers

- 1) Office – The location of work at home
- 2) Pencil – A drawing and writing instrument
- 3) Desk – The surface you use to do your work
- 4) Laptop – A personal, portable computer
- 5) Paper – You might write on this
- 6) Timetable – You would hope to keep to this, a layout of plans for the day
- 7) Coffee – A drink to keep people going
- 8) Chair – Where you sit
- 9) Email – How we keep in contact with others from home
- 10) Phone – A device to speak with other people