

# Ivybridge Community College

## Year 11 Weekly Bulletin



Edition 2: 17 April 2020

### COVID Update19

#### Yearbook

Your Yearbook is nearly ready and on Monday, ParentPay will open for orders. Over the Easter Holiday we have been able to make some good additions, including your 'last day' photographs.

The Yearbook will cost £15 and the deadline for orders is the 31 May.

#### Exams

I hope you all feel more knowledgeable about the process of how you will be awarded your results this Summer. The College has a rigorous approach in place where no stone is being left unturned to ensure that you get a fair set of results.

Please click the link for a short video from Ofqual on how your results are being formulated;  
<https://youtu.be/VXuDOrtJY1Q>

Results Day will remain on 20 August 2020 and not earlier, as previously suggested by the DfE. This date has been confirmed this week.

### Home Learning

At present you should be learning and revising the work you would have learnt for your Summer exams. This is important so that you have the relevant knowledge for your post-16 pathway be it Sixth Form, College or an apprenticeship.

A booklet of tasks for all of your subjects will be released on Monday; this will contain enrichment tasks if you are not pursuing that subject for Post 16, and specific work if you are.

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

<https://www.ivybridge.devon.sch.uk/news/?pid=3&nid=1&storyid=914>

As a College we will not be using Zoom to set work or for virtual lessons. Please feel free to continue to use this platform sensibly with consideration to online safety if you are already using it for social purposes. Therefore, guidance can be found at:

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

### Wellbeing

This week I'd like to focus on taking time to look after your physical, emotional and mental wellbeing. The strange thing about this situation is that you may find this has actually improved; however, for many of you this could be something you are struggling with.

Physical, emotional and mental wellbeing is a huge area and unfortunately there isn't a one size fits all approach. However, I can say what works for me. The first thing I have to do is put my phone somewhere I can't reach it, a quick check on your phone can easily turn into 30 minutes or even an hour being sucked into an Instagram or YouTube black hole of useless, but addictive videos. My go-to activities for my wellbeing are exercise, usually a walk, resistance training (weights) or running, and reading. I always feel in a much better place after completing one of these activities.

The hardest part of genuinely relaxing and switching off is the first part. Our minds can be so busy that this becomes very difficult, but I think this is key to looking out for our emotional and mental wellbeing and once you've done this, you'll feel better and have a sense of achievement. It might take a bit of time to work out what works for you, but it will be worth it.

### Competition

Last time I set you a cooking challenge, and there were some stunning efforts sent in. Well done! The winner is Xander Bell. There's a bonus mark for putting pineapple on pizza!



So, this week is all about exercise and I have two challenges for you. The first is to complete as many steps as you can in a week. Most phones have a step counter, so just add up your daily totals and send them in. Of course, please make sure that you continue to follow the government guidelines to stay at home, so walk up and down those stairs and around the garden and use your daily exercise wisely.

The second is the Burpee challenge. Complete as many as you can in 7 minutes. Warning, this one is not for the faint hearted!

Email your results to me [tbrown@ivybridge.devon.sch.uk](mailto:tbrown@ivybridge.devon.sch.uk) or post the burpee challenge on the @iccPE twitter page!

Until next time, Mr Brown.



# A BEGINNERS GUIDE TO SELF CARE

 @BELIEVEPHQ

-  Take time out of your day to look after your physical, mental and emotional wellbeing
-  Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness
-  Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night
-  Engage in activities that you enjoy and make you happy
-  Try and stay active when you can. Exercise regularly throughout the week
-  Connect with others to boost your social wellbeing
-  Stay in the present moment. Focus on the here and now
-  Maintain a well balanced diet
-  Make sure you are taking breaks at work and getting enough rest and recovery throughout the week
-  Take time each day to work on your mental health (E.g worry time, thought challenging)
-  Be kind to yourself. Know when to say no and when to really look after your own wellbeing
-  Spend a moment engaging all your senses with an activity you are doing
-  Don't be afraid to talk to people about your emotions, thoughts and feelings
-  Be yourself and do things which have meaning and importance to you
-  Spend time working on values which are important to you



## Well being

Each week we will focus on one of these points.