

Ivybridge Community College

Year 13 Weekly Bulletin

Edition 2: 17 April 2020



COVID 19 Update

Unfortunately, since my last bulletin, the likelihood that someone reading will have been seriously affected by the novel coronavirus pandemic has increased greatly, and I'd like to open by offering my deepest sympathies to anyone who has been adversely affected – be that their own health, the health of loved ones or the financial and social stresses that some are feeling more than others through no fault of their own.

I truly hope, though, that the majority of the year group are keeping well, both physically and mentally, and I know that there will be plenty of good news stories out there. To this end, it would be lovely to hear about them and share them as we might if we were in College. So, if you have a positive story, an achievement, or the likes, please e-mail me so that I can share it. It is still fully appropriate – and, indeed, beneficial for everyone – to be celebrating successes. On this theme, if you haven't seen them, the photographs taken in the Common Room on the last day in College are available on the College website [here](#).



In addition to keeping in touch through these bulletins, your Tutor should have been in contact by e-mail. If you haven't replied, please do so to let them know that you are okay.

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Destinations and alumni

Although we have a pretty good idea of what most of you are planning on doing after the summer, we need to collect information that is as accurate as possible. Hence, I'd be really grateful if you could answer the questions in this [form](#) created by Mrs Terry. We are also really keen to keep in touch with as many



of you as possible in the future and would love you to become part of our Alumni network. There is an opportunity for you to express your interest in the form.

Year 14?

It's about this time in the year when I would be asking if anyone has any plans to complete a third year in Sixth Form. Typically, this is for those students who, for whatever reason, restarted Year 12; however, there are a range of situations that may result in your staying at College for another year. If you think that staying for another year might be appropriate for you, please contact me by e-mail to discuss – every case is bespoke.

Wellbeing

I don't know about you, but I have certainly felt more tired during the lockdown. The article '[Coronavirus: Is the lockdown making you tired? Here is why](#)' from Sky News certainly resonated with me. In the article, Professor Colin A Espie, Professor of Sleep Medicine at Oxford University, explains that the changes to our lives as a result of the lockdown measures are impacting our circadian rhythms (24-hour sleep-wake cycles). Now that we are in one place for most of the day, it is easy for sleep and wakefulness to merge, which can lead to a 'dampening' of our circadian rhythms, making people feel fatigued during the day and feel unusually groggy in the morning.



Some people have been struggling with their sleep cycles since going into lockdown

Professor Espie suggests a series of tips to improve a person's sleep cycle:

- Going to sleep at your regular time that suits you, whether you are an early riser or a night owl
- Not getting into bed too early, only just before you hope to go to sleep
- Allowing for your sleep space to have low lighting
- If a person can't sleep, they should get out of bed and do something else for a short while before trying again

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- Keeping to a routine during the day, including getting up at a normal time and getting dressed
- Getting daily exposure to day light, be that through exercise or even just standing at your front door.

Avoiding sleeping outside of your usual routine is also important.

Wellbeing ambassadors

Some of you had previously been working with Ms Daniel on aspects of Sixth Form wellbeing, and she will be contacting you directly to see if you have any ideas for things that we can do remotely to support positive wellbeing. If anyone else would like to get involved or thinks that they have a good idea for the year group, please contact Ms Daniel by e-mail – kdaniel@ivybridge.devon.sch.uk.

wellbeing
ambassadors

Need extra help?

If you'd like some extra support in terms of stress and anxiety, especially related to the novel coronavirus, *thinkninja*, an app provided by *Helios*, has updated its self-help content to reflect the current situation. You can download the app to your mobile device.

thinkNinja

As a direct response to the COVID-19 crisis we have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the crisis.



Please also feel free to contact Mrs Street (street@ivybridge.devon.sch.uk) or Ms Daniel if you would like to discuss support available. *Young Devon* has also produced the leaflet below to explain how you can get in touch with their wellbeing service.



How can I get support?

- If you would like individual or group support go to youngdevon.org and complete our enquiry form.
- Call us on our free number 08082 810 155.
- Pop into one of the Young Devon YES Centres or hubs.
- Ask someone else to contact us on your behalf if that would help.

One of our Wellbeing team will call you back to talk about how we can help.

Other options

You can also get support online. Go to www.kooth.com, sign up online and access self-help tools, moderated live chat and an online team of counsellors.

Contact us

Call free on 08082 810 155 or visit: youngdevon.org.



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Young Devon is a registered charity. No. 1057949

Young Devon Wellbeing Service



Impact of Covid-19 on your examinations

Ofqual issued a letter to all GCSE, AS and A Level students on 3 April to explain how grades will be awarded. We now also know that a similar approach of 'calculated grades' will be used for all applied (vocational) subjects although the exact details are yet to be announced.

I'd just like to refer to and expand on a couple of the key points in relation to your grades.

Ivybridge will be asked to send exam boards two pieces of information for each of your subjects, based on what we know about your work and achievements:

- The grade we believe you were most likely to get if teaching, learning and exams had happened as planned.
- Within each subject, the order of students at the College by performance, for each grade.

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Exam boards will use a statistical model to standardise grades across schools in each subject to ensure that they are fair and that students are not advantaged or disadvantaged because their schools or colleges are more generous or harsh than others. As well as the grades we provide to the exam boards, the model will combine a range of evidence including:

- Expected grade distributions at national level
- Results in previous years at Ivybridge
- The prior attainment of students at Ivybridge at GCSE

This statistical standardisation process will not change the rank order of students within grades at Ivybridge, nor will it assume that the distribution of grades in each subject and/or each school should be the same. If, when compared to the evidence above, Ivybridge's judgements are more generous than would be expected, then the final grades for some or all of our students will be adjusted down. On the other hand, if it appears that our judgements are more severe, then the final grades for some or all of our students will be adjusted up. Thus, you can rest assured that you will not be unfairly advantaged or disadvantaged this summer!

The DfE have just announced that your results day will remain the same as originally scheduled, **Thursday, 13 August**, and not any earlier as suggested previously. We will let you know the details of the timings of this day in due course.

If you have any concerns, please email Year13support@ivybridge.devon.sch.uk

University update

Remember, UCAS has extended May's offer deadline for UCAS Undergraduate applicants.

Original date	UCAS Undergraduate deadline	New date
5 May 2020	The deadline for applicants to reply if they received decisions from all their choices by 31 March 2020.	19 May 2020
6 May 2020	The deadline for universities and colleges to make decisions and reply to applications received by 15 January 2020.	20 May 2020

These dates have been updated in Track, and you will have received an e-mail to this effect.

If you have a question about your university place, contact Mrs Terry.

Careers

Remember, you still have access to *Unifrog*, and you now have plenty of time now to be thinking about your career if you haven't done so already. Mrs Bartlett, our Careers Advisor, is also available to give careers advice over the phone. She can be contacted in the first instance at hbartlett@ivybridge.devon.sch.uk.

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Suggested home activities

As I indicated in the previous bulletin, what you focus on now probably depends on what your future pathway is. Here are some additions to last time.

Going straight into employment or starting an apprenticeship – The Skills Network

(<https://www.theskillsnetwork.com/>) has several distance learning personal development courses. If you have an idea of a sector you wish to enter, you could spend some time upskilling. You can use the CV writing tool on *Unifrog* to make a CV. This [video](#) is an excellent guide to watch before starting. Feel free to use the function on *Unifrog* to e-mail your CV to me or your Tutor for feedback.

Going to university – As well as continuing to study in your chosen field, including reviewing Sixth Form content, you could use some time to see if there are any sources of funding available to supplement your student loan. *Grant Fairy* (<https://www.grantfairy.com/>) is a pretty comprehensive resource. I would also be looking at how you are going to manage your finances at university using the guidance at <https://www.moneysavingexpert.com/students/>. Lastly, I also suggest using your time to complete some online learning relevant to your chosen degree course; e.g. complete a MOOC. *Unifrog* has a MOOCs section providing information on what they are and where to find them, but www.futurelearn.com is also pretty broad.

The afternoon slump

Picking up from the tiredness thread in the wellbeing section, if, like me, you are also experiencing an afternoon slump, Thomas Frank, author of *College Info Geek* (I use some of his videos in assemblies), has some words of advice in his article [How to beat the afternoon slump and regain your focus](#).



Reading for pleasure



Mrs Hull in the LRC has been busy compiling a themed reading for pleasure list, accessible [here](#). In terms of accessing books, I mentioned in the last bulletin that [Devon Libraries Digital Library](#) lets you stream loads of free eBooks, eAudioBooks, eMagazines, etc., but there is also an App called *Libby*, which allows you to borrow ebooks from your local library. You can download *Libby* to your mobile device.