

Ivybridge Community College

Year 12 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.

At the time of writing, there is still no update on when schools will reopen. You may have heard discussions in the media, but the Department for Education has not released an update, and thus we must continue to plan to work remotely for the foreseeable future.

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 and give us some information on how we can best be supporting you remotely.

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 (ssstreet@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.

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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



Home Learning

I mentioned last time that the current situation is an opportunity to improve yourself as a student, and I suggested that you could complete the VESPA Home Study Programme (<https://www.vespamindset.co.uk/p/the-vespa-mindset-programme>). I am really interested in finding out your opinions on the programme and whether it was useful for you, so if you started, completed or intend to start the course at some point, please could you give me a bit of feedback by clicking the link [here](#).

Important work and mock exam update

Especially since the Easter holidays are over and the Summer Term has officially begun, it is more important than ever that you check your e-mail and/or e-praise for communication from your

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teachers. To try to use your time away from College effectively, and to ensure that you have some feedback about how your understanding is progressing...

... we are proposing that we move the Year 12 mock examination week forward to the week beginning Monday, 1 June.

If we have not returned to College by then, your teachers will produce an assessment that can be completed online and/or at home and submitted remotely (we will support individual students who may find this challenging). Thus, the main focus for the majority of you should still be consolidating the work you have completed in the year so far and preparing for these examinations. In some subjects, teachers will want to cover new learning in the interim, particularly in courses that have an NEA component. Your teachers will contact you about this. *All* subjects will deliver new content *after* the 'mock exams'. Please note that the College will not be using the popular Zoom app; communication with teachers is likely to be facilitated through *Microsoft Teams*; guidance on how to access *Microsoft Teams* can be found

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

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.

Your future

From next week, I will share some ideas on super-curricular activities that you can be completing at home, not only for interest, but to improve your understanding of your Sixth Form subjects and make you a more attractive proposition for universities and employers. On the subject of employment, given the current situation, we have followed guidance to postpone work experience. We have not cancelled our agreement with Careers South-west: we have simply put work experience on hold for now, with the view that it may still run in the future. There is no specific action that you need to take regarding work experience, but if an employer contacts you, please let them know that you are still interested and you are waiting for an update from your College as to when work experience will be rescheduled.