



## Update and Guidance

I hope you are all well and staying safe in these different circumstances we find ourselves in. We must continue to follow the guidance of the government and aim to stay safe by staying home. Currently I am not able to give you a date or time frame for when we will return to College, however regardless of this as a College we will continue to support you with your learning, and we are all here to help (albeit virtually for now!). Please email the Year 10 Support email [Year10Support@ivybridge.devon.sch.uk](mailto:Year10Support@ivybridge.devon.sch.uk), remember that you have Mr Kibler, your Tutor or Pastoral Leader if you need any help.

At this time, where there is so much uncertainty, **I would like to invite you to share any good news updates or success stories for you and your family over the past weeks! Please email me so that I can share these in the coming weeks**, hopefully bringing us all a much-needed boost in these difficult times!

Stay safe and look after yourselves! All the best, Mr Kibler.



## Wellbeing

During this time, **I think the most important tip that I could give you is to form a routine.** Get into the habit of working at the same times each day, stick to your routine as much as you can. It will bring you a bit more stability in these some-what unstable times!

In addition to this, I wanted to share something that I had seen, and thought would be very useful to you all. I have seen some helpful tips from our own NHS to help you stay well and wanted to share these with you. The NHS is providing short video clips and explanations for a range of different strategies. One example that I liked, and thought could be useful in these uncertain times, was about how to reframe thoughts:



### Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.

### How do you do it?

- 1) Recognise the unhelpful thought
- 2) Challenge it - discuss with yourself is this really the case? What evidence do you have that it is really the case? What might you say to a friend in the same situation?
- 3) Try to replace it - realise that the reality could be quite different and replace this thought with a more positive version, that you are well prepared, and things will be okay!



### Catch it, check it, change it!

Look out for more tips on the website below, there are a range of great ideas and videos!

<https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/#>



## Home Learning Update

I hope all of you received and were able to reply to your Tutor's email last week about your wellbeing and access to resources at home, thank you for that. We will use the information to help you all as much as possible. I also hope that you are now in a position where you have a routine in place for your work at home! It will be very helpful to stick to this, so that we don't fall behind, despite being away from College. If you haven't yet, get it started now! It will no doubt help you gain some stability and make things easier.

Don't forget that you have set tasks for all of your subjects that are due in today (Friday, 24 April). This is so that your teachers can see how you are getting on and support you with the next steps. If you are having trouble with completing the tasks or meeting the deadline, please don't worry and just get in touch with your teacher or your Tutor. Please keep an eye on your email and the College website for further advice on how to organise your Home Learning and what tasks you could be completing each week.

There is also an important update from the Science Department this week about an exciting system that you will be able to use in the next few weeks – **Everlearner**:

In Science, we are trialling the use of a new platform called The Everlearner. It contains useful videos that you can pause and annotate. It also comes with online assessments (both practice and more formal), which feedback on every incorrect answer, allowing you to make great progress. **You will be emailed a login (please keep this safe) and Mrs Smith from Science will set your tasks over epraise, during the week beginning 27 April.**

### Lastly, The LRC have a great new initiative running for those of you living in Ivybridge

Do you fancy reading the Carnegie Shortlist 2020 books? If so, you are in luck! Mrs Hull and Mrs Trafford are introducing the ICC LRC Home Delivery Service. **If you send them an email, letting them know the book that you would like, they will try their best to drop it at your door! When you are finished with it, email them again and they will come to collect it!**

**The books available:** On the Come Up by Angie Sage, Lampie by Annet Schaap, The Black Falmingo by Dean Atta, Girl. Boy. Sea. by Chris Vick, Nowhere on Earth by Nick Lake, Patron Saints of Nothing by Randy Ribay, Lark by Anthony McGowa, and Voyages in the Underworld of Orpheus Black by Marcus Sedgewick.

## Challenge

For this week, I thought we'd do something different!

My background has always been in the world of psychology.

Within this subject I often think and talk about the topic of consciousness and what makes us human!

1. For this week, I would like you to find out who said the following quote:

**"I think therefore I am"**

2. Why were they famous?
3. What do you think this quote means?

Please email me with any of your answers or thoughts on this!



### Answers from Last week!

My answer : 422

$$75 + 2 = 77$$

$$6 \times 8 = 48$$

$$48 \times 9 = 432$$

$$432 - 10 = 422$$

Well done if you got it right!

Keep challenging yourself with new versions



## Finally, a little KITE Book challenge before you go!

Grab your KITE booklet and have a go at these quiz questions!

Answers will be revealed next week:

### **Year 10**

1. English: What does 'Epistrophe' mean?
2. Maths: What is 'truncation'?
3. Science: What are the symptoms of measles?