



COVID 19 Update

Yearbook

Your Yearbook is nearly ready, and ParentPay is open for orders. The Yearbook costs £15 and the deadline for orders is Sunday, 31 May 2020.

Inspiration

Like many people in Britain I was inspired by the achievements of Captain Tom Moore who has now raised 12 million pounds for the NHS. This is an incredible achievement that shows what we are capable of when faced with crisis. Please open the link below for more on this story;

<https://www.bbc.co.uk/news/av/10318089/bbc-news-channel>

Be Safe

It's so important that we are all following the government's instructions to stay home and stop the spread of the virus, thereby protecting everyone and reducing the pressure on our NHS.



Home Learning

Please ensure that you are checking your College email account and have replied to your Tutor who has sent you an email. If you are having difficulty accessing your emails, please contact ictsupport@ivybridge.devon.sch.uk

The Post GCSE tasks for each of your subjects have been released and are available to download from Handouts. You should all make every effort to complete these tasks this half term [Year 11 Tasks](#)

Eton X

We are excited to share with you an opportunity to complete an online course through Eton College. This is free of charge and requires 7 - 10 hours of self-study with certification at the end. The course is around Interview Skills and you can find more information here: <https://etonx.com/courses/interview-skills/>. If you are interested in signing up then please email your interest to Mr Brown by next Friday, 1 May.

Mock Exam Results

Following guidance from Ofqual, who are the government department that regulates qualifications, exams and tests in England, we have made the decision not to release any further mock results. We understand that this may be disappointing, please contact us via Year11support@ivybridge.devon.sch.uk if you have concerns about this and we will do our best to help.

Wellbeing

This week we are going through how to build a routine Monday – Friday. **Routine** is important and is a combination of lots of points from the Self Care guide overleaf.

Here are some tips to help you create the routine:

- Get up early, it really is the best time of the day and when you are at your most productive; aim to be ready to start your day by 9.00am, having had a shower, hydrated and had breakfast.
- Plan a routine with your family, for example, find out who uses the computer at what time and when are mealtimes.
- Use a Home Learning timetable and plan equal time for your different subject areas and interests.
- Make time to read.
- Make time to exercise.
- Build your social media time into your plan and put your phone away when you are completing Home Learning tasks or reading.
- Include ways that you can help around the house in your plan, for example helping in the garden or preparing lunch for your siblings or parents.
- Plan to go to bed at a time that makes sure you can get up early and have a maximum of eight hours sleep.

Competition

Have a go at the Criss Cross Puzzle below and here a tip to help you with the theme - **Ten Tors**.

Please note there is a – to separate words.

Email your answers to tbrown@ivybridge.devon.sch.uk

Across

7. _____

8. _____

9. _____

Down

1. _____

2. _____

3. _____



A BEGINNERS GUIDE TO SELF CARE

 @BELIEVEPHQ



1 Take time out of your day to look after your physical, mental and emotional wellbeing



2 Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness



3 Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night



4 Engage in activities that you enjoy and make you happy



5 Try and stay active when you can. Exercise regularly throughout the week



6 Connect with others to boost your social wellbeing



7 Stay in the present moment. Focus on the here and now



8 Maintain a well balanced diet



9 Make sure you are taking breaks at work and getting enough rest and recovery throughout the week



10 Take time each day to work on your mental health (E.g worry time, thought challenging)



11 Be kind to yourself. Know when to say no and when to really look after your own wellbeing



12 Spend a moment engaging all your senses with an activity you are doing



13 Don't be afraid to talk to people about your emotions, thoughts and feelings



14 Be yourself and do things which have meaning and importance to you



15 Spend time working on values which are important to you

