



## Update and Guidance

I hope this bulletin finds you well! It has been another busy week for us all, getting to grips with virtual learning, and I hope you are starting to find some routine. I must emphasise, that at the time of writing, there has not been any government guidance on when schools will return. Although you may have seen stories or suggestions in the media we await guidance from the Department for Education, and therefore continue to support you with learning and your education virtually for now. Please rest assured that we will inform you as soon as we hear. Try not to focus too much on the media reports, they can often get carried away!

Please email the Year 9 Support email [Year9Support@ivybridge.devon.sch.uk](mailto:Year9Support@ivybridge.devon.sch.uk) if you have any general concerns, and don't forget you can speak with your Tutor, Pastoral Leader or me via email.

Please continue to send me any positive updates or good news stories you have that we can share!

## Wellbeing

As I said last week, I believe that the most important wellbeing tip I can give you during these times is to have a routine in place! It brings you some much needed stability, and personally I find that it helps to calm my mind a lot; knowing I have a plan for the day each day is helping me - so please try to do this if you haven't yet.

Last week I shared with you the NHS website with some guidance and ideas on things you can do to help keep yourself going and improve wellbeing. I would again direct you to this website to practice some of the ideas given by the great team and the 'Every Mind Matters' campaign <https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/#>

The next suggestion from this guidance focuses on **being mindful**. Trying to live in the present moment, rather than worrying about the future or ruminating on the past. It is a really important skill to develop. I try to do some kind of mindful practice during my day – I find it helps when things seem to be moving too quickly and it's almost like putting the brakes on to find a calming moment – just focusing on your breathing for a few minutes is often enough!

There are loads of great apps to help you with this – look out for them. Apps like Headspace, Calm, or Simple Habit. Give it a go and see if it helps you too?





## Work/Life Balance while at Home

This week I have a video to share with you from Ivybridge Community College's own Mr and Mrs Stancombe with some guidance on how to find a good work-life balance during this ever changing time!

<https://web.microsoftstream.com/video/9c8049e9-a64e-402a-99fc-740fb75d4030>

Give it a watch, and hopefully it gives you some points to think about over the next week!

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## Student wellbeing self-assessment

<https://sway.office.com/0icI5y7bVk42IkYG?ref=Link> Follow this link for some guidance on keeping a healthy mind!

There is a questionnaire within the link to help you gain a clear understanding of your current wellbeing and happiness. Please have a go at completing this, and use the marking sheet at the end of the bulletin to score it! We will use these ideas in the coming weeks.

*(NB: wellbeing is a state of feeling happy and healthy).*

### Five Ways to Wellbeing

Work through each of the 5 wellbeing sections.



Rate each of the statements from 1 = Never to 6 = Every day.

**Please see the guidance on how to work out and interpret your score at the end of the questionnaire**

## Home Learning Update

Firstly, a big well done to all of you who have been able to complete the work set by your class teachers this week – it is still a very new way of learning, but hopefully doing this will make your return to College much easier and minimise any gaps in your learning!

Don't forget that you will have new tasks set for all of your subjects. The deadlines for these tasks will be **Thursday, 7 May**. If you are having trouble with completing the tasks or meeting the deadlines given from your subjects, please don't worry and just get in touch with your teacher or your Tutor. 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.

In Science, remember 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.**



## Challenge

*This week I thought about a movie quiz or book quiz, but I decided that I would like to hand it over to you!*

I want to see something you have done this week that you are proud of! Maybe you've cooked a great meal? Baked some cakes? Managed to get out and run somewhere, or you've finally accomplished something you had been trying to do? Whatever it is, share a picture or a description of what you have done please.

Please email me with your stories or successes by Wednesday, 6 May.

[mkibler@ivybridge.devon.sch.uk](mailto:mkibler@ivybridge.devon.sch.uk)

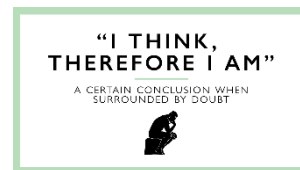
## Answer from last week

Thank you for those of you who had a go.

I've loved reading the responses. And some of you are getting these done so quickly!

**Rene Descartes** - A mathematician, philosopher and creative thinker! He had a big influence on the way in which people think and over the course of his life, made many people question their reality! He was a developer of the early mind-body problem, of deciding if you are your mind or your body or are your minds and bodies the same thing!

I've learned some things about him myself from your responses as well! So thank you!



## 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 9 (answers from last week):

- English: A patriarchal society is a society where men hold the power and women are viewed as weaker citizens.
- Maths: An integer is a whole number that can be positive, negative or zero.
- Science: The cell wall is to support and strengthen the cell.

### Year 9 questions for this week:

- English: What is a 'fricative'?
- Maths: How do you find the mean?
- Science: What does the nucleus contain?