



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 10 Support email Year10Support@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 new stories you have that we can share. Stay safe and look after yourselves.

All the best, Mr Kibler.

Wellbeing

As I said last week, I believe that the most important wellbeing tip I could 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 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.

Student wellbeing self-assessment

The aim of this questionnaire is 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.

<https://sway.office.com/0icl5y7bVk42lkYG?ref=Link> Follow this link, and you will be able to complete the questionnaire (the link is underlined on that page), as well as gain a lot of advice and support on keeping a healthy mind!

Wellbeing is a state of feeling happy and healthy

Five Ways to Wellbeing



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. 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 little movie quiz or book quiz, but I decided that I would like to hand it over to you! Let's get some social interaction!

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 description of it please!

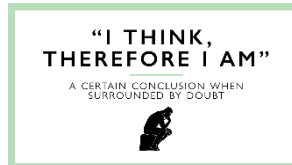
Please email me with your stories or successes by Wednesday, 6 May.

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 10 (answers from last week)

- English: Epistrophe is when a certain phrase or word is repeated at the end of sentences or clauses that follow each other eg. 'Last week, he was just fine. Yesterday, he was just fine.'
- Maths: Truncation is a method of approximating a decimal number by dropping all decimal places past a certain point without rounding.
- Science: The symptoms of measles are a fever and a red skin rash.

Year 10 questions for this week

- English: What does 'Covetous' mean?
- Maths: What does 'Equidistant' mean?
- Science: What is Chlorophyll?

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How to analyse your results

Add up your scores for each section and place in the table below.

1 points	2 points	3 points	4 points	5 points	6 points
Never	Hardly	Less than once a week	1-2 x per week	Most days	Every day

0 - 6 = This is an area to focus on – plan what else you could do

7 – 12 = Ok – keep going you are doing well

13 - 18 = Well done you – a fantastic effort, keep it up

Wellbeing component	Score /18	Plan
Connect		
Active		
Notice		
Learn		
Give		

What can I do to change my score....

One way to improve your score is to focus on one area at a time. By focusing on the Ivybridge Character Virtues, you can be proud of what you have achieved so far and build upon these while at home. If you have shown these Character Virtues, we want to know! Please email examples, pictures or videos of your achievements with the Character Virtue stated to Mrs Taylor, at gtaylor@ivybridge.devon.sch.uk

Courage	Have you tried a new activity or practised or learned a new skill?
Honesty	Have you taken time to reflect on personal truths? Have you communicated honestly and openly with those in your household?
Authentic	Have you learned new things about yourself and others? What makes you happy?
Respect	Have you treated everyone in your house with respect? Have you treated your home environment with respect?
Ambition	Have you used this time to achieve personal goals and further your learning?
Charity	Have you completed any charity challenges or supported local initiatives?
Tolerance	Have you tried activities that others in your household enjoy? Have you shared resources, offered support, or simply allowed someone else to choose a show/film?
Empathy	Have you called friends and relatives to ask them how they are? Have you listened?
Resilience	How have you overcome challenges while at home?