



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 31 May 2020.

Inspiration

The story of Captain Tom Moore continues to inspire and has now raised over £29m for the NHS by completing 100 laps of his garden. He now aims to complete 200 laps to continue raising money before his 100th birthday!

To stay up to date with this story and see how others have been inspired follow this link [BBC NEWS](#)

Be Safe

It's so important that we are all following the government's instructions to stay home and stop the spread of COVID 19, thereby protecting everyone and reducing the pressure on our NHS.



Wellbeing

Understanding your own feelings and wellbeing is a difficult task that takes a lot of work. I hope you will find the self-assessment tool and tips in this [link](#) useful in helping you and potentially helping others too. There is also contact information for support.

The survey looks at the following areas of wellbeing: Connect, Active, Notice, Learn and Give.



Finally, Mr and Mrs Stancombe have been sharing their experiences of lockdown so far in this [link](#). A huge thanks to them, for sharing their experience so far.

Home Learning

The booklet of tasks for all of your subjects has been released and is available to download from Handouts by following the link below. You should all make every effort to complete these tasks this half term [Year 11 Tasks](#)

Eton X

We still have some places available for the Eton X Interview Skills course. "Soft skills" like these are incredibly useful and will help you in whatever path you choose in the future.

The course 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 Mr Brown by next **Friday, 8 May**. If you have already expressed an interest, please check your emails for new information on how to get started shortly.

Mock Examination Results

Following guidance from Ofqual, who are the government department that regulates qualifications, examinations 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.

Competition

Plank challenge

The plank challenge is as simple as it sounds: hold this difficult position for a portion of time every day. Each day of the challenge, you will gradually increase the amount of time that you hold a plank.



Start with just 20 seconds, and at the end of the 30 days the goal is to hold one for up to four minutes at a time. Mr Brown's time to beat is 3.40 minutes.

Send your best time to Mr Brown.

tbrown@ivybridge.devon.sch.uk

Here are the answers from last week's criss-cross puzzle

Great-Kneeset
High-Willhays

Rough-Tor
Little-Mis-Tor
Chat-Tor

Hound-Tor
Ockment-Hill
Sittaford-Tor
Postbridge




Five Ways to Wellbeing



Work through each of the 5 wellbeing sections.

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

Connect:



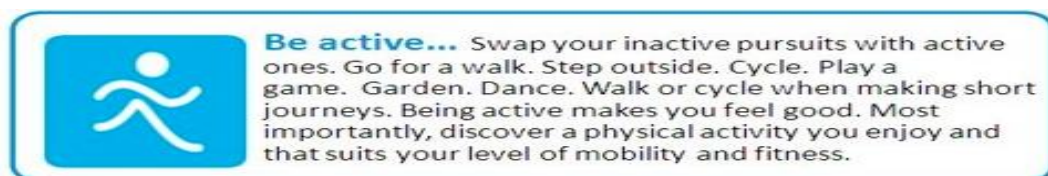
Connect... with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Points	1	2	3	4	5	6
How often do you Spend time	Never	Hardly	Less than once a week	1-2 x per week	Most days	Every day
Chat with friends - phone, social media site)						
Spend time talking to people at home						
Talk to people in your family or peers about things that matter to you						

Total ___/18



Active:




Points	1	2	3	4	5	6
How often do you Spend time	Never	Hardly	Less than once a week	1-2 x per week	Most days	Every day
Being active with other people						
Exercise be active on your own						
Exercise/be active outside your house (back garden/local area)						

Total ____/18



Notice:




Take notice... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Points	1	2	3	4	5	6
How often do you spend time	Never	Hardly	Less than once a week	1-2 x per week	Most days	Every day
Paying attention to how you feel physically (tired, full or energy, tense, relaxed)						
Pay attention to how you feel emotionally						
Take notice of and enjoy your surroundings (in and outdoor)						

Total ___/18



Learn:



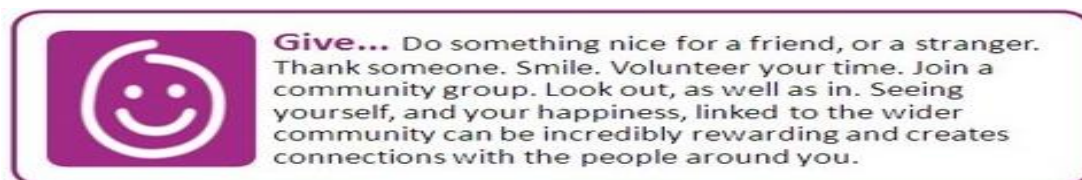
Keep learning... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Points	1	2	3	4	5	6
How often do you spend time	Never	Hardly	Less than once a week	1-2 x per week	Most days	Every day
Learning or teaching yourself new things						
Reading for fun						
Taking part in organised activities (online, family, lessons)						

Total ___/18



Give:



Points	1	2	3	4	5	6
How often do you	Never	Hardly	Less than once a week	1-2 x per week	Most days	Every day
Helping out around the house						
Looking after brothers, sisters, other family members						
Volunteer or help out in local area (a neighbour)						

Total___/18



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?