



Update and Guidance

I hope you are all well and that you and your families are keeping safe. As proposals for school reopening abound in the media, at the risk of sounding like a broken record, at the time of writing, there is still no definitive update on when schools will reopen (and in what form), but it is looking to be no sooner than after the May half-term.

You are currently in good company, though: three quarters of the world's school children live in countries where schools are currently shut. With no blueprint for the best way to manage their return, our government is currently engaged in a very difficult risk-balancing exercise, slowing the spread of the virus but mitigating the costs, among other things, to children's development and the economy. Rest assured that the College will be ready when we get the go-ahead, and we will do our very best to support anyone who has difficulties with this transition.

While it may still be uncertain, we remain active and available during this time, we are here to help, offering support through email and via telephone. Please email the Year 9 Support email Year9support@ivybridge.devon.sch.uk if you have any general concerns, and don't forget you can speak with your Tutors or Pastoral Leader via email!

Hopefully, you and your parents/carers have been able to access the letter from Mrs Hutchinson at the end of last week that gave some guidance and updates on the provision from Ivybridge Community College and potential plans for the future. If you have not yet read this, I would recommend that you do, via the College website.

With St George's Day on 23 April passing by with little celebration in the media, I hope you take some time to reflect on the 75th anniversary of VE Day this Friday – it is important not to forget such moments in history when we are faced with other challenges.



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

Home Learning Update

A reminder that you have had work to submit for your subjects by Thursday, 7 May, a change in day from last time because of the bank holiday. If you are having any issues with the work at all, please email your class teacher directly, let them know and it may be possible to get you the support needed in the short term. If your concern is more general, you can email the Year 9 support email and it can be passed on to the relevant people.

I strongly encourage you to read the Weekly Menu Guides which can be found on the College website which are to help support and organise your learning at home.

For anyone of you who are interested in the bigger questions in life, you may want to check out this website <https://explore.org/>. Explore is an 'innovative digital outreach portal' from the University of Oxford. As the 'Home of Big Questions' it aims to engage those from 11 to 18 years with debates and ideas that go beyond what is covered in the classroom. Explore aims to realise aspirations, promote broader thinking and stimulate intellectual curiosity. Have a look and see what you think! A great opportunity for you to extend your thinking.





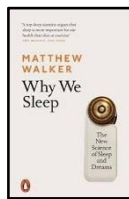
Wellbeing

I am going to repeat myself one more time with this, I still believe the most important thing we can all do is to create and keep a routine during these challenging times. The timetable of work and knowing what you will be doing each day will be so helpful for all of you. Well done if you have this up and running already but remember to be realistic and adjust it as you go.

A key aspect of your own wellbeing is maintaining a good sleeping pattern and sleep hygiene, especially when we have so much change around us at the moment. It may seem attractive to stay up late, and without that urgent pressure to get up in the morning, to sleep in later. While there may be a time and a place for doing this, I do not think that this is it. A routine of sleep is so important to keep up, it keeps you feeling fresher, and just generally better. You will be more efficient during the day and be more rational in your thoughts. Sleep is so important!

I would like you to watch the following video, it is from sleep expert Matthew Walker PhD. He is a sleep scientist and has written books on the subject, he has some great tips on what to do to maximise your sleep pattern and to get the most out of yourself during the day.

<https://www.youtube.com/watch?v=ZKNO6gsW45M>



<https://www.youtube.com/watch?v=GFpciGYBELo>

This is a link to an hour talk that Matthew Walker gave on TED about the impact of sleep. It is worth a watch if you have the time!

As well as this, the NHS has some great tips through a video on its website:

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

This week, Mrs Ryder would like you to think about being kind to others, with the goal being to give as many compliments as you can. You could use some of the ones in the image below.





If you receive a compliment:

- Always say thank you; don't belittle the compliment by saying the likes of 'oh, this old thing' or 'it's nothing really!'
- Reply with a compliment – this shows that you are grateful, and this will lead to more compliments.
- Don't go into too much detail. You don't need to say, for instance, that something you are wearing was on sale or second hand etc. just accept the compliment!



Kindness during the coronavirus outbreak



Challenge

For this week's challenge, we wanted to do something collectively across different year groups and working

From Last Week

Last week I asked for things that you have done that you are proud of.

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: What is a 'fricative'? A fricative is the use of repeated "f" sound.

Mathematics: To find the mean you up the values and divide by how many values there are.

Science: The nucleus contains genetic material for the cell.

Year 9 Questions

English: What is a 'hamartia'?

Mathematics: How do you find the median value?

Science: What is an alloy?