

Ivybridge Community College  
Year 7 Weekly Bulletin  
Edition 6: 15 May 2020



### Principal's Update

I am really impressed with the fantastic good news stories, wonderful emails and the feedback from staff about the efforts you are all making to complete your school work. I appreciate these times are not easy and you are rising to the challenge extremely well. In the meantime, your parent/carer has been sent an update from me, so please ask them to share this with you.

### Home Learning

Well done everyone for trying your very best to complete your school work during these challenging times. I know many of you have been keeping in contact with your subject teachers if you have needed any extra help which is very impressive. Keep going all of you and try your very best to complete your work before half term to allow you to have some quality time with your family during the holiday period.

**THE DEADLINE FOR YOUR NEXT SUBMISSION OF WORK IS WEDNESDAY, 3 JUNE**

Here is the link for the **Weekly Menu** to help you keep up to date with your home learning. Don't forget to contact your Tutor or your subject teacher if you need some extra support.

<https://www.ivybridge.devon.sch.uk/page/?title=Weekly+Student+Menu&pid=1470>

### *LRC Home Delivery Service*

Don't forget the College library book drop-off service (email requests to Mrs Hull at [shull@ivybridge.devon.sch.uk](mailto:shull@ivybridge.devon.sch.uk))

We have also been contacted by Judy Snape from Ivybridge Library with the following message about their services:

Ivybridge Library have a range of free resources that all library members can access online:

- Download and stream free eBooks, eAudioBooks and eMagazines, with more than 3,500 titles on [Overdrive](#) (eBooks and eAudiobooks), and 1,000 unlimited use eAudiobooks through [RB Digital Devon](#).
- A selection of eMagazines are available on [RB Digital Devon](#).
- A range of eAudiobooks via [BorrowBox](#)
- Online reference resources at [Devon Libraries](#) including AncestryUK, Oxford dictionaries and Naxos music
- Fun online content and live streaming events via social media. Check out individual library Facebook pages for more information

### Ensuring all students and their families can access our online services

All students and families that already have library membership at one of our public libraries will automatically be able to access these services. Students can be individually registered by teachers here on our [Devon Libraries website](#).

### KITE quizzes (for Wednesday, 13 May)

#### **Year 7 answers**

English: A sonnet has 14 lines.

Maths: HCF stands for Highest Common Factor

Science: A carnivore is an animal that feeds on other animals.

French: 'Je sortirai' means 'I will go out'

Spanish: 'Saldré' means 'I will go out'

#### **This week's Year 7 questions**

1. English: What is a transformation?
2. Maths: What is a square number?
3. Science: What is the function of a ligament?
4. Music: What is pitch?
5. RE: What does 'monotheistic' mean?

It is **National Thank a Teacher Day on Wednesday, 20 May**. If you would like to thank a teacher please visit the College's website using this link. <https://www.ivybridge.devon.sch.uk/form/?pid=1460&form=555>

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**Devon Bilingual Writing Competition**

write a poem in your own  
language and in english

**The theme: Staying at home**

you can write about:  
your home in another country  
the home you are in now  
what it's like to stay at home during the lockdown  
what home means to you  
you can add illustrations

**Fabulous Prizes**  
**K&1: 1st & 2nd place**  
**K&2: 1st & 2nd place**  
**K&3+: 1st & 2nd place**

**Email your entry to:**  
**[Emtas@babcockinternational.com](mailto:Emtas@babcockinternational.com)**  
**Before the 30th June 2020**

Here we have yet another exciting opportunity for you to show off your poetic skills by entering the above competition. It is a bilingual competition which means you write in in your own language i.e. French and in English. Think of some new talents you might have discovered since being in lockdown, the cakes you have baked, the musical instrument you have started to learn, the book you enjoyed reading. Share some family moments that you will treasure for ever and remember those who have faced some difficult times and great loss over the last few weeks.

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#### Wellbeing

The focus for this week is to manage your anxiety

Anxiety is normal and we can experience it at different levels and intensities, and at times it can feel really uncomfortable and scary. A helpful strategy is becoming aware of what level our anxiety is at. If we can develop an understanding of our anxiety or worries, then this is the first step in learning strategies to manage or cope better.

Anxiety may be triggered by different situations, and so using this tool can also help us recognise what situations make us feel more anxious.



How to reduce anxiety through relaxation: **Relax like a cat...**

Try to imagine that you are a cat and you are going about your day in a calm and relaxed way.

- Take a break – just stepping away from something stressful for a few minutes can give you the space to feel calm – have a bath, watch a film, read a book
- Try active relaxation – go for a walk at your pace, or try stretching and breathing exercises
- Focus on your breathing – Breathe in through your nose and out through your mouth, try to keep your shoulders relaxed and place your hand on your stomach – it should rise and fall as you breathe out
- Get creative – try baking, dancing, drawing any new hobby
- Spend time in nature – go outside for a walk and take notice of the nature around you
- Listen to music- listen to your favorite song, close your eyes, turn up the volume and sing along!
- Do a tech check – can you leave the technology to one side for an hour or so?

#### Competition

Recently we have had two new additions to the Shore household. 2 gorgeous puppies. Freddie a 5 month old whippet and Willow a 2 month old greyhound/deerhound.

**Your task this week is to design an outdoor kennel for the puppy of your choice. You will need to think of the following:**

- ✓ The breed of the dog and what size it will eventually be as an adult dog
  - ✓ Where will the dog sleep and what type of bed will it need
- ✓ How will the dog be kept entertained in the kennel when he/she is left alone?
  - ✓ Where will the dog eat and drink?
  - ✓ How will the dog cope in the hot/cold/wet weather?
    - ✓ Will the kennel have a theme?
- ✓ What materials will you use to build the kennel and why?

Send your designs with a clear description why you have chosen this particular style kennel to Mrs Shore by Tuesday May 19th



Willow



Freddie

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