# Ivybridge Community College Year 11 Weekly Bulletin

Edition 6: 15 May 2020



### Principal's Update

Many thanks to those of you who have been contacting the College to share your updates during this unusual period. I appreciate these times are not easy and I thank you for the mature way in which you are approaching this. Please continue to keep in contact with us regarding your future pathway and if there is anything we can help you with. Don't forget about the Post-GCSE tasks to keep your mind active and to help you prepare for your next steps. In the meantime, your parent/carer has been sent a letter from me about the updates in terms of school so please ask them to share this with you.

## **Home Learning**

It is really important that you keep your brain active and so I recommend that you revisit your schoolwork like you would have done if you had sat your exams. This is especially important for the subjects that you are going to need for your Post-16 pathway. Don't forget that every subject has designed some specific tasks to help you with this. You can access them via Handouts.

#### LRC Home delivery service

I mentioned the College library book drop-off service last week (email requests to Mrs Hull at shull@ivybridge.devon.sch.uk). This week, we have 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 <u>Overdrive</u> (eBooks and eAudiobooks), and 1,000 unlimited use eAudiobooks through <u>RB Digital Devon</u>.
- A selection of eMagazines are available on RB Digital Devon.
- A range of eAudiobooks via <u>BorrowBox</u>
- Online reference resources at <u>Devon</u> 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

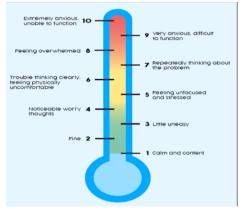
All students and families that already have library membership at one of our public libraries will automatically be able to access these services. Students can be individually registered by teachers here on our <u>Devon Libraries website</u>.

# Wellbeing

The focus for this week is to manage your anxiety.

Have a look at the feelings thermometer to help you recognise what feelings you might be experiencing in any given moment.

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 or worried than others.



# Competition

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| Н        | Ε         | P         | J         | M  | J          | D         | A         | S | E        | L         | Χ | С         | Y         | Z |  |
| I        | J         | S         | G         | В  | Χ          | J         | I         | R | U        | I         | J | M         | E         | A |  |
| Z        | A         | Y         | M         | Н  | $\bigvee$  | G         | Ε         | R | I        | $\bigvee$ | M | 0         | F         | M |  |
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| M        | $\bigvee$ | В         | R         | U  | R          | Χ         | J         | K | Χ        | Ε         | В | L         | $\bigvee$ | J |  |
| Y        | I         | Т         | M         | U  | U          | M         | Q         | Y | 0        | S         | A | S         | U         | Τ |  |
| K        | A         | Q         | D         | M  | F          | G         | С         | P | D        | Ε         | M | I         | Y         | J |  |
| P        | D         | $\bigvee$ | В         | U  | Y          | I         | Z         | Y | Y        | F         | Χ | P         | A         | С |  |
| С        | R         | A         | U         | Н  | Χ          | Ε         | M         | 0 | Τ        | V         | S | M         | Н         | G |  |
| BONVILLE |           |           |           | CR | CROCKER    |           |           |   |          | GOODRIDGE |   |           |           |   |  |
| HARING   |           |           |           | MI | MILLENNIUM |           |           |   |          | PEVERELL  |   |           |           |   |  |

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 <a href="https://www.ivybridge.devon.sch.uk/form/?pid=1460&form=555">https://www.ivybridge.devon.sch.uk/form/?pid=1460&form=555</a>

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