



## Update and Guidance

Please ensure that you have received and read the personal letter sent by Mrs Hutchinson that outlines the plans for partial re-opening of college for Year 10. It is vital that you and your parents are aware of the specific details of when and how you may be returning.

I hope you all have had a restful half term break, remember to get yourself back into the routine of working during the day, it will give you the best chance at success in this coming half term

As we enter this next phase of the government's plans and response to the coronavirus, thanks to our collective adherence to the restrictions, it is positive to see the fall in new daily cases. It is because of this change that we can finally start to see and interact with some of our closest and dearest relatives.

However, we must remember that now is not the time to be complacent, we all collectively have a role to play in ensuring that there is not a second wave of infection or new spike. We must all be ready to adapt to this new normal way of living in the short term.

## Home Learning Update

As I have said, routine is key, so as we return back from a half term break, your routine is important, try to keep it going as you had been previously. I have heard lots of success stories from year 10s who have been keeping to a great routine!

There will be another set of tasks for you to complete while you are at home completing our distance learning. The deadline for the next submission is Friday, 12 June, giving you one more week to get this completed.

If you have any issues with access, please email your teachers or if the issue is more general or spans multiple subjects, the Year 10 support email address is your best option  
([Year10supprt@ivybridge.devon.sch.uk](mailto:Year10supprt@ivybridge.devon.sch.uk))

## Challenge

This week I have a little word puzzle for you to solve!

**What 9 letter word will remain a word, each time you take away one letter?**

Email me your answers! No google or internet!

The answer will be revealed next week 😊



## Wellbeing

Mrs Ryder would like to bring our attention to the poster below, with some great tips on maintaining good mental health during periods of isolation, even as we start to ease this period, our own mental health is as important as ever, so let's overcome the challenges of these changes.

# HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

### TOP TIPS FOR ALL

#### MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT. PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



#### KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



#### POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



#### GOOD QUALITY SLEEP

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC), OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.



#### EAT WELL

A 2019 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.



#### ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.



#### DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



#### STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIMEING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.





#### MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

- <https://www.thc.ac.uk>
- <https://www.nerd@niallth.org.uk>
- <https://www.livingspring.co.uk>
- <https://www.nerd@niallth.org.uk>

Web: [www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) | Email: [enquiries@thenationalcollege.co.uk](mailto:enquiries@thenationalcollege.co.uk) | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)



## 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 answer for last week

1. English: A Christmas Carol was written in 1843.
2. Maths: The square root of 225 is 15
3. Science: The pituitary gland is a 'master gland' that secretes several hormones into the blood. It stimulates other glands to produce hormones.

### Year 10 Questions for this week

1. English: What is a sonnet?
2. Maths: Work out 348 divided by 6.
3. Biology: What parts do most animal cells have?

## YEAR 10 SURVEY

Please could you take the time to complete the following [survey](#). We really want to hear from you and we would like you all to answer the survey honestly. The purpose of the survey is to help us identify anything that might be a concern for you now so we can put things in place to support you leading up to September.