

Ivybridge Community College Year 7 Weekly Bulletin

Edition 11: 26 June 2020

COVID-19 Update

At present the plan is for your Year Group to continue with your home learning. Please make sure that you keep in contact with your Tutor regularly, especially if you are having any issues concerning your work. Don't forget to use the following email too.

Year7support@ivybridge.devon.sch.uk

We are slowly returning to a more "normal" way of living with fewer restrictions for us to follow. I want you to still consider your own safety and the safety of others in your community, especially the most vulnerable. Enjoy time with your family and friends but stay alert and stay safe.

Home Learning

YOUR NEXT SUBMISSION DATE IS WEDNESDAY, 1 JULY 2020

If you are still having some difficulties submitting your work then it is crucial that you let your Tutor, your teacher or the Key Stage 3 Team know so we can guide you in the correct way. Please click on the link below for a step by step guide on how to upload your work – the guide is from the English Department, but the same process applies to any subject.

<https://web.microsoftstream.com/video/dcf59238-32f1-422a-a4cc-3e68f201819f>

If you have been sent home some work to complete on paper, then it's very important that you send your teachers a photograph of your work or let them know that what you have completed

Last week's KITE Booklet **Year 7 Answers**

1. English: The purpose of a text is the reason why text was written.
2. Maths: $5460\text{m} = 5.46\text{km}$
3. Science: The variables that we don't allow to change in order to do a fair test are called Control Variables
4. History: BC means Before Christ; the years are counted backwards
5. Music: Pitch is how high or low a sound is.

Year 7 Questions

1. English: Define tension.
2. Maths: What is 15% of £160?
3. Science: Draw out what the particles look like in a solid, liquid and gas.
4. Languages: Translate 'I am' into French or Spanish.
5. RE: What does the word Omnibenevolent mean?

YEAR 7 SURVEY

We would really like to see how you are getting on with your Home Learning and how we can further support you with your studies. Thank you to those of you have already completed the survey. The deadline for the survey is Wednesday, 1 July 2020.

Please could you take the time to complete the following [survey](#).

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Wellbeing

One of the most important aspects of daily life, as mundane as it may sound, is sleep. It has the potential to make every day a joy, or a challenge. The amount, and the quality of your sleep is so important to your mental health, but also your productivity and the way you approach things in life. So, this week we would like you to consider this!

HOW TO PRACTICE GOOD SLEEP HYGIENE:

- **Consistency is key.** Go to bed and get up at roughly the same time, every day to help programme the body to sleep better
- **Make sure you give yourself at least 30 minutes to wind down before bed.** It's the time to let go of any worries and negative thoughts and process the day. Choose what works for you whether that's having a warm bath, meditating, reading or listening to soothing music.
- **Bedroom environment.** Keep it cool, quiet and dark to stop unnecessary disruptions. Make sure you're sleeping on a comfortable bed too.
- **Keep active.** It's well known that people who exercise regularly tend to sleep better. Releasing pent up tension through exercise is also highly beneficial, helping to banish stress before bedtime.
- **Avoid screen time before bed.** Try to resist picking up your phone to scroll through social media or emails and consider switching off the TV too. The blue light hinders melatonin production and the content stimulates the brain making it feel more alert.

THE BENEFITS OF A GOOD NIGHT'S SLEEP

- Sleep Keeps Your Heart Healthy
- Sleep May Help Prevent Cancer
- Sleep Reduces Stress
- Sleep Reduces Inflammation
- Sleep Makes You More Alert
- Sleep Improves Your Memory
- Sleep May Help You Lose Weight
- Napping Makes You Smarter
- Sleep May Reduce Your Risk of Depression
- Sleep Helps the Body Repair Itself



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POETRY CORNER!

Check out our Poetry Corner on the College website by clicking [here](#).

We're uploading YOUR poetry into the Poetry Corner every week - pop on and have a look at some of the incredible poems written by the Year 7s during the College closure.

If you would like us to share one of your poems, please email it to your English teacher or to Mrs Pitcher.

Virtual Assembly and Tutor Team Meeting

Your next assembly will be on Monday, 29 June and your next Tutor Team Meeting will be held between 30 June to 3 July.

If you had some issues joining your Tutor Team Meeting please make sure you let your Tutor know so that they can help you so you are all set up and ready to go for your next scheduled meeting.

Don't forget to be in a public area in your house and not in your bedroom, turn your camera off and remember to be on mute. Thank you in advance.

Competition

Well done to all the students who entered the competition.....your answers were fantastic!

Last week's answers

1. How high can a puma leap? **18 metres**
2. Which 3 sports do teams have to move backwards to win? **Tug of war, Rowing and Backstroke rowing race**
3. What is the heaviest organ in the body? **The liver**
4. In what year did the first face transplant happen? **2005**

This week I would like you to research a country that you have always wanted to visit. What traditions do they have? What's their speciality food? Do they have any famous landmarks?

Find at least 10 interesting facts and images about the country. Send your work to eshore@ivybridge.devon.sch.uk by Tuesday, 30 June.