

Ivybridge Community College

Year 8 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.

Year8support@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

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 what you have completed

Last week's KITE Booklet **Year 8 Answers**

1. English: A prepositional phrase is one that explains when or where something happens.
2. Maths: Find the nth term of 5, 11, 17, 23, ... $6n - 1$
3. Science: Moment = Force x distance from pivot
4. Languages: I do into French and Spanish=Je fais, Hago
5. RE: Christianity was started by Jesus.

This week's KITE Booklet questions

1. English: What do we call a dominant or recurring idea, image or symbol in writing?
2. Maths: Complete the equivalent fraction: $\frac{2}{15} = \frac{?}{45}$
3. Science: Which part of the lungs give them a large surface area?
4. Geography: Which layer of the Earth is found below the crust?
5. ICT: What is the key differences between VECTOR and BITMAP graphics.

We are going to be introducing new 'Transition Tasks' for you to complete in each of your GCSE Options subjects. This will give you an exciting taster of what to expect on the course and a chance for you to complete a piece of work for your new teachers to see and provide feedback on. These will be launched on Monday, 29 June with a submission date of Friday, 10 July, to allow you the time to complete these Transition Tasks to the best of your ability. We are removing the official Wednesday, 1 July deadline for your Core subjects. There will still be work set for English, Maths and Science. We would like you to complete the work but you do not have to submit by this date. Instead there will one final set task for you to complete in your Core areas and this will be due on Wednesday, 15 July. Don't worry – lots more information and a supporting Streams video will be released on Monday, 29 June to help you with your planning.

You will also be given confirmation of your OPTION choices on Monday.

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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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Competition

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

Last week's answers

1. How many hours does the average Koala sleep during the day? 22 hours a day
2. Which metal has the highest melting point? Tungsten at 3,410 C
3. Which is heavier, hot or cold water? Hot water
4. Which year was the first heart transplant? 1967

This week I would like you to research a country that you have always wanted to visit.

Find at least **ten** interesting facts and images about the country. What are their traditions?
Do they have a speciality dish? Do they have any famous landmarks?

Send your work to eshore@ivybridge.devon.sch.uk by Tuesday, 30 June.

Virtual Assembly

Your next assembly will be on Monday, 29 June and your next Tutor Team Meeting will be held between 30 June to 3 July 2020.

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.

YEAR 8 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 who have already completed it. The deadline for the survey is Wednesday, 1 July 2020.

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