



## Update and Guidance

As we come to what is now the 11<sup>th</sup> edition of our weekly bulletin, the world is slowly starting to look, little by little, more like the world we know. With reductions and easing of the lockdown restrictions continuing to be implemented, our communities will begin the recovery processes, opening up more and more of the aspects of life that we have all missed. I really hope that in this strange and unprecedented time that you have been able to find some normality, possibly even enjoying some of the changes we may have experienced. For me, I certainly appreciate my family and friends more than ever, and know that when this is all over, and we are able to return to 'normal' that I don't want to forget that. As I have said in the virtual assembly posted last week, we will one day look back and remember these times; let's make the memories positive and full of enjoyment with our families and with a sense of pride about how we acted.

I will re-iterate, that although, yes, we have seen significant changes to the restrictions in place, we must all reduce our individual risk, and follow the guidance given, so that we can move out of this as quickly as possible. Throughout it all, we must aim to protect those that are put at most risk from this horrible disease. Please play your part and reduce the risk. Thank you.

## Home Learning Update

A reminder that all distance learning will continue to be set and processed each week and these submissions will remain in place fortnightly. Again, this may require a slight re-shuffle of your Home Learning timetable so please be mindful of this! If you are having any issues, remember to email your teachers, Tutors or use the Year 9 support email ([Year9support@ivybridge.devon.sch.uk](mailto:Year9support@ivybridge.devon.sch.uk))

### Submission 5 Deadline: Friday, 10 July 2020

Finally, if you have not already, please could you take the time to complete the following [survey](#). **This is separate to the Return to College feedback questions which were mentioned in the main email.**

This will give us the chance to hear your voices and for you to let us know how things have been, as well as indicate what could be changed. Thank you for taking the time to complete this.

### Deadline for completion: Wednesday, 1 July 2020

## Challenge

### Last week's answer:

- Carpet
  - Fire
  - A cold
  - A nose
  - A match
  - Corn
1. What goes up and down stairs without moving?
  2. Give it food and it will live; give it water and it will die.
  3. I run, yet I have no legs. What am I?
  4. Take one out and scratch my head, I am now black but once was red.
  5. Remove the outside, cook the inside, eat the outside, throw away the inside.

This week: I would really like you to try something new:

<https://www.timeoutdoors.com/challenges/UK/virtual>

This is a website that has a load of virtual challenges!  
Have a look around, find something you can complete!

Please let me know how you get on and what you choose to do! Email me and let's get each other motivated to make a positive change!



## 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





## New Year 7 Mentor Programme Information

Due to the disruption Year 10 have experienced in their studies this year, the decision has been made to move the role of new Year 7 Mentors to current Year 9 students. This is an exciting and important role at the College that provides our newest students with the support they need to thrive in secondary education. As a Year 7 Mentor you are an ambassador for the College and a role model for our new students. There will be virtual training opportunities to prepare you for the role when you return to College. To apply for the role of Year 7 Mentor, please use the following link to answer the questions by Monday, 6 July:

<https://forms.office.com/Pages/ResponsePage.aspx?id=rwUlpu2VnUWK77ZZk-259QTMeWS6jvZAigJjAETRkRIUNUkyRjNSWEFCVFVGNUpMUFdITTINGTIAONS4u>

## 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 9 answers for last week

1. English: Pathetic fallacy is using the weather to reflect the atmosphere and emotions in the text
2. Maths: Find the nth term of the sequence: -11, -1, 9, 19  $10n - 21$
3. Biology: Plants often have a permanent vacuole, chloroplasts and a cell wall whereas animal cells do not.

### Year 9 questions for this week

1. English: What is a 'chapter' in a play known as?
2. Maths: Decrease £72 by 15%.
3. Chemistry: What charge do electrons have?