



## COVID 19 Update

### Year 11 Leavers' Survey

Thank you to those you who have already completed the Year 11 Survey. The survey will end on Friday, 3 July and if you have not yet completed it, please do. The feedback we receive is greatly appreciated us and helps us to identify how we can improve.

Follow this link to complete it: [survey](#).

### Assembly

I hope you all enjoyed our last virtual assembly. Just a reminder, there will be another assembly released on Microsoft Streams this Monday

### Virtual Tutor

You will also have a virtual tutorial next week between Tuesday and Friday and your Tutor will email you to let you know the day and time. Attendance at this is advised, but not compulsory. If you are unable to attend, please let your Tutor know.

## Wellbeing

### ARE YOU GETTING TOO MUCH/ TOO LITTLE SLEEP? 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

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



## Home Learning

### Anti-racism – End Inequality

Like many people at the moment, I am keeping up to date with the news around Black Lives Matter and find many articles and stories I read a real eye-opener. I was recently told about the BBC drama on the Windrush scandal and have added to that to my watch list. So, I decided to spend a bit of time improving my knowledge of the Windrush generation and why it is seen as a controversial issue.

I found the following article useful 'Windrush generation: Who are they and why are they facing problems?' (<https://www.bbc.co.uk/news/uk-43782241>) to understand more about the issue and this article 'Windrush scandal: Everything you need to know about the major political crisis' (<https://www.independent.co.uk/life-style/windrush-generation-scandal-sitting-in-limbo-anthony-bryan-documentary-a9552281.html>) to learn about how this has directly affected some British citizens.

I remember reading the poem 'The Emigrée' by Carol Rumens when you were studying it for GCSE English Literature and feeling proud of how open minded and tolerant you all were when we discussed the sometimes-sensitive issue of immigration.

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### The Emigrée (1993) Carol Rumens

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There once was a country... I left it as a child  
but my memory of it is sunlight-clear  
for it seems I never saw it in that November  
which, I am told, comes to the mildest city.  
The worst news I receive of it cannot break  
my original view, the bright, filled paperweight.  
It may be at war, it may be sick with tyrants,  
but I am branded by an impression of sunlight.

The white streets of that city, the graceful slopes  
glow even clearer as time rolls its tanks  
and the frontiers rise between us, close like waves.  
That child's vocabulary I carried here  
like a hollow doll, opens and spills a grammar.  
Soon I shall have every coloured molecule of it.  
It may by now be a lie, banned by the state  
but I can't get it off my tongue. It tastes of sunlight.

I have no passport, there's no way back at all  
but my city comes to me in its own white plane.  
It lies down in front of me, docile as paper;  
I comb its hair and love its shining eyes.  
My city takes me dancing through the city  
of walls. They accuse me of absence, they circle me.  
They accuse me of being dark in their free city.  
My city hides behind me. They mutter death,  
and my shadow falls as evidence of sunlight.



*Recommended further learning from the Home Learning Section*

**Read**

WHY I'M NO LONGER TALKING  
THE GOOD IMMIGRANT  
OF MICE AND MEN  
SO, YOU WANT TO TALK ABOUT RACE?  
HOW TO BE AN ANTI-RACIST  
WHITE FRAGILITY  
I'M STILL HERE

**Watch**

WHO KILLED MALCOLM X?  
13TH