



21.05.2020

Year 7 Newsletter

# Charles Darwin School

Aspire—Endeavour—Achieve

## Year 7 Welcome

Dear Year 7 Students/Parents and Carers,

I can't quite believe that this is the last week of this half-term and the 7th school week learning from home. I remain amazed and totally impressed with the majority of the year groups' work ethic and perseverance in these difficult times. I continue to have many names sent to me by your class teachers, appreciative of your determination to complete the work they have set you and the pride you are taking in the quality of what you are producing. Well done and keep up the good work! Please do have a rest next week though!



**CORONAVIRUS COVID-19**

### Social Distancing

AVOID	USE CAUTION	SAFE TO DO
<ul style="list-style-type: none"> <li>Group gatherings</li> <li>Visits to bars/restaurants</li> <li>Sleep overs</li> <li>Playdates</li> <li>Visiting the elderly with children</li> <li>Crowded retail stores</li> <li>Gyms</li> <li>Visitors to the home</li> <li>Non-essential workers in the home</li> </ul>	<ul style="list-style-type: none"> <li>Start to work online</li> <li>What to prioritise</li> <li>Visit to GP</li> <li>Travel</li> <li>Check on friends and family online</li> <li>Public transport</li> </ul>	<ul style="list-style-type: none"> <li>Go for a walk</li> <li>Jogging</li> <li>Working in the home</li> <li>CV in and around the home</li> <li>Reading</li> <li>Going for a drive</li> <li>Video calls</li> <li>Phone calls</li> </ul>

Just some of those who are vulnerable that these measures could help: Patients who are elderly, history of long illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

totalhealth

Many young people are beginning to feel more affected by the lack of interaction with other people - friends, teachers and family. It is important to acknowledge that it is normal to be feeling different at the moment and that you are not the only one feeling that way. There is plenty of support around emotional well-being that can be accessed and Mrs King, Student Support Advisor has contributed to the Newsletter about this subject. Please read it carefully and follow her guidance. Please do not be tempted to re-integrate face to face too soon - remember the government guidelines have been given to us for a reason.

Thank you to all of you who have been completing the Year 7 Tutorial activities I have been setting. Last week I asked you to consider your character and personality, thinking specifically about how you see yourself and how others see you. I am pleased to hear that many of you are being described as helpful and considerate at home and friends describing each other as kind and thoughtful is heart-warming. I do hope that you are able to take some of these characteristics into the community in the not so distant future. *"In a world where you can be anything be Kind"*.

Take care, stay safe, work hard.

Mrs Wheeler

## Mental Health Awareness Week

It is important to talk to others; members of your family, friends, colleagues...even pets. Expressing how we feel enables us to connect to others and feel understood...and not alone. This difficult time is passing and now more than ever it is important to maintain good relationships. The Mental Health Foundations top tips for nurturing healthy relationships are:

- Give time** – put more time aside to connect with others.
- Be Present** – this means really paying attention to the other people in your life and trying not to be distracted by your phone, work or other interests.
- Listen** – really listen to what others say and try to understand it and focus on their needs in that moment.
- Let yourself be listened to** – honestly share how you are feeling, and allow yourself to be heard and supported by others.
- Recognise unhealthy relationships** – harmful relationships can make us unhappy. Recognising this can help us move forward and find solutions.

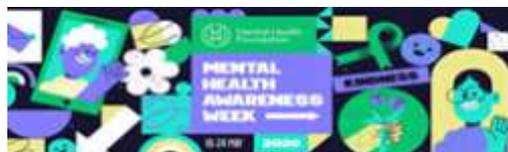


Olivia James



Louis Clark

We are surrounded by stories of suffering and I am reminded more than ever of our need for good self-care and compassion. Please stay safe – practice physical distancing but not emotional distancing. We need each other more than ever at this time.



Mrs King

If you have a concern regarding your mental health or that of another student please email Mrs Wheeler: [swh@cdarwin.com](mailto:swh@cdarwin.com) or Mr Bidwell: [jbi@cdarwin.com](mailto:jbi@cdarwin.com)

## Race for Life

This week would have seen the biggest Year 7 fundraising event of our school year. Every Year 7 group for the past 7 years have taken part in a school based Race for Life and hosted a charity fair in order to raise money for Cancer Research UK. Students in previous years have consistently raised between £3000 - £6000 each year at this event alone! A staggering amount of money!



Unfortunately, not only are we not in school but mass gatherings are still not permitted. Consequently we are going to take part in an alternative, scaled down version of the Race for Life.

One of the many reasons we support Cancer Research UK each year is that Cancer is a disease that affects so many of the people we know and love. Sadly it is still a disease that takes (and alters) many lives and by fundraising a little bit of money, we can help support the pioneering research that is still going on to fight against it. The money raised will also go towards treatment of those suffering and support for their families.

Some families are experiencing a particularly difficult time at the moment, with financial implications for some. Any money that can be donated, no matter how big or small, will really help those who experience Cancer at some time in their life, whether that be first hand or through someone they know.

### Here is the challenge and what you need to do...

1. **Tell your family and friends** you are going to walk/ run 5km for Cancer Research UK.
2. **Sponsorship:** Ask your family and friends if they can sponsor you to do it! Please do not collect cash - all donations/ sponsorship is to be made via **JustGiving**. Here is our Just Giving Page address:



<https://www.justgiving.com/fundraising/CDSYear72020> or you can send them the QR code:

3. **Make your own 'I am racing for...' plaque** to be displayed on your t-shirt. You can download and fill in the official one if you would like to or make your own. Be reflective and thoughtful about why you are doing this event and who you are remembering/ thinking of.



Download the sign for your back at

<https://raceforlife.cancerresearchuk.org/backsign>

4. **Organise a time and date.** Talk it through with your parents/carers. It would be great if they can do it with you!

5km is approximately 3.1 miles and you should be able to easily walk this distance in 1 hour. If you want to be precise or aim for a greater distance then smart watches, Garmin, Fit Bits etc. normally have distance monitors linked to GPS or you can download an App such as Walk with Map My Walk to help you. Many smart phones also have their own 'Health Monitor' installed which will be able to help too.

5. **Select an outfit to wear!** Race for Life participants often wear pink coloured clothing or fancy dress to complete their event (along with their plaques).
6. **Complete the challenge!** Aim to complete the event before the end of half-term (end of May). Maybe you could push yourself further and aim for a greater distance or 5K every day of the half term break! Be sure to see if you can collect more money though!!

When you have completed the challenge please email to let me know the distance, the time taken and how much money you raised... and include a photograph too!

I have medals and certificates to award to each of you taking part! Good Luck!



## SuperStars

### Science

#### Dr Piercy

Excellent written work on chemical reactions from **Charlie Rea, Evie McKenna, Ellie Smart** and **Ella Threadgill** including these fabulous pictures from Ellie, Charlie and Ella showing their fantastic volcanic eruptions Science work. I'd also like to thank **Reggie Williams** who is first to submit his photo of his volcanic chemical reaction.



Ellie Smart



Charlie Rea



Ella Threadgill

Also well done to **Oli Whiting, Ella Threadgill, Charlie Rea** and **Evie Thompson** on their digestion HW - Evie in particular looks like she had fun actually doing the experiment.

#### Mrs Lussier-Foy

**7X3 - Michael Gewitzke, Hannah Smithson, Isabelle Kinahan, Zach Morbey, Tillie Bansel, Taliyah-Rae Dwyer-Waite, Finley Powell, Elysia Heggie, Carys Coles, Bailey Thomas**

**7Y5 - Jasmine Tuaima, Charlie Brown, Grantas Zirgulis**

#### Mr Culver

Well done to **Millie Walker** for a fantastic erupting volcano and enthusing her younger brother with Science!

#### Mr R Jones

**Lizzie Aspinall, Kayden Plinston, Tom Alexander, Neve Ladd-Talbot, Seun Olawoyin, Georgia White, Teddy Tappenden, Riley Taylor, Miah Lieschenring-Wallcott, Matilda Hewitt, Lucy Gooding, Daniel Davis, William Chapman** and **Lois Bax** for perseverance and tackling some GCSE-level questions in 7Y1 home learning.

### English

#### Mrs Mote

Excellent descriptive work from **Oliver Adler, Callum Smart** and **Sergei Shkirpanov. Ethan Norsworthy** for his insightful and creative comments on a poem and **Alex Steer** for his excellent effort.

Well done to **Oliver Rogers** for his exemplary efforts with his reading since the lockdown, he has read 6 books including a Shakespeare's stories box set since the beginning of the lockdown!

#### Mrs Holloway

High-quality English work this week from **Finley Powell, Elysia Heggie, Chloe Brooks, Zach Morbey, Tillie Bansell, Kacey-Louise Jelley, Michael Gewitzke** and **Isabelle Kinahan.**

### Design Technology

#### Mrs Tsang

Well done to **Michael Gewitzke** for completing an amazing amount of work!

### Music

#### Miss Mace

**Olivia James** and **Millie Walker** who have been working hard on their Music work and sending me work to see. Great effort girls!!

### Drama

#### Miss Currie

Excellent Matilda monologues - **Tillie Bansell, Callum Smart** and **Luciana Paul.**



## Art

Miss Doughty and Mr Dunn are very impressed with your Art work miniatures projects.



Jasmine O'Brien



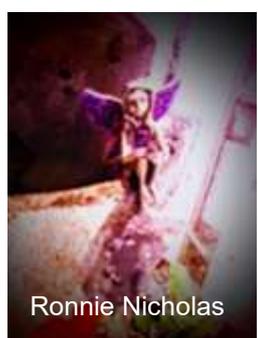
Jedd Hobbs



Sienna Hobbs



Zachery Syvrett



Ronnie Nicholas



Maddie Rees-Simpson



Michael Gewitzke



Michael Gewitzke

## French

### Mrs Dias

These students have really impressed me, continuously and consistently working at improving their language skills. They have done most if not all of the work set and have not hesitated to ask questions and for help. They have not only impressed me but made me very proud to be their teacher, particularly during these very uncertain times. I really mean this, for anyone who knows me like they do, and how demanding I am, it is definitely not flattery!

**Sergei Skirpanov, Ellie Delaney, Oliver Adler, Kyra Thornhill, Oliver Rogers, Alex Steer, Callum Smart, Evelyn Staker, Kiarna Williams, Millie Brocklehurst, Yasmin Ali, Lilly Brooke Bucknell and Ava Bolton.**

### Miss Wood

Well done to the following students for sending me good work and/or have fully completed the task set online on ActiveLearn - it was a big task! Special mentions for excellent work and attitude: **Finley Powell, Bailey Thomas, Samson Smith, Tillie Bansel, Olivia James, Lois Clark and Harvey Mills.**

Others deserving a shout out: **Millie Walker, Eva Ruby, Jaiden McQuillan, Tobi Omoyele, Carys Coles, Taliyah-Rae Dwyer-Waite, Kemi Fasoyiro, Chloe Brooks, Louis Simons, Shaadiya Robinson, Luciana Paul, Sophie Acott, Isabelle Kinahan, Olivia Dauris, Hannah Smithson, Michael Gewitzke and Zach Morbey.**

## History

Mrs Ruth and Miss Zysemil: Religious Rollercoaster work.



Jedd and Sienna Hobbs



Lois Clark

**Mrs Davies**

**Charlie Brown** your work on Tudors is super amazing! You have done so well. I love your Tudor rose!

## Geography

**Mr T Jones and Mr Goss**

These students have worked hard on creating a poster about the world outside their window and will be entering a National Competition for the "Young Geographer of the Year" which is run by the Royal Geographic Society: **Ronnie Nicholas, Sergei Skirpanov, Evelyn Staker, Isabella Waite, Michael Gewitzke and Evie McKenna.**

**A Message from Mr Desai....**

I hope you and your families are all keeping well and safe. I am still trying to stay at home as much as possible. Maths, who likes Maths, not me I don't like Maths and I don't like kids but it pays the mortgage and the bills!

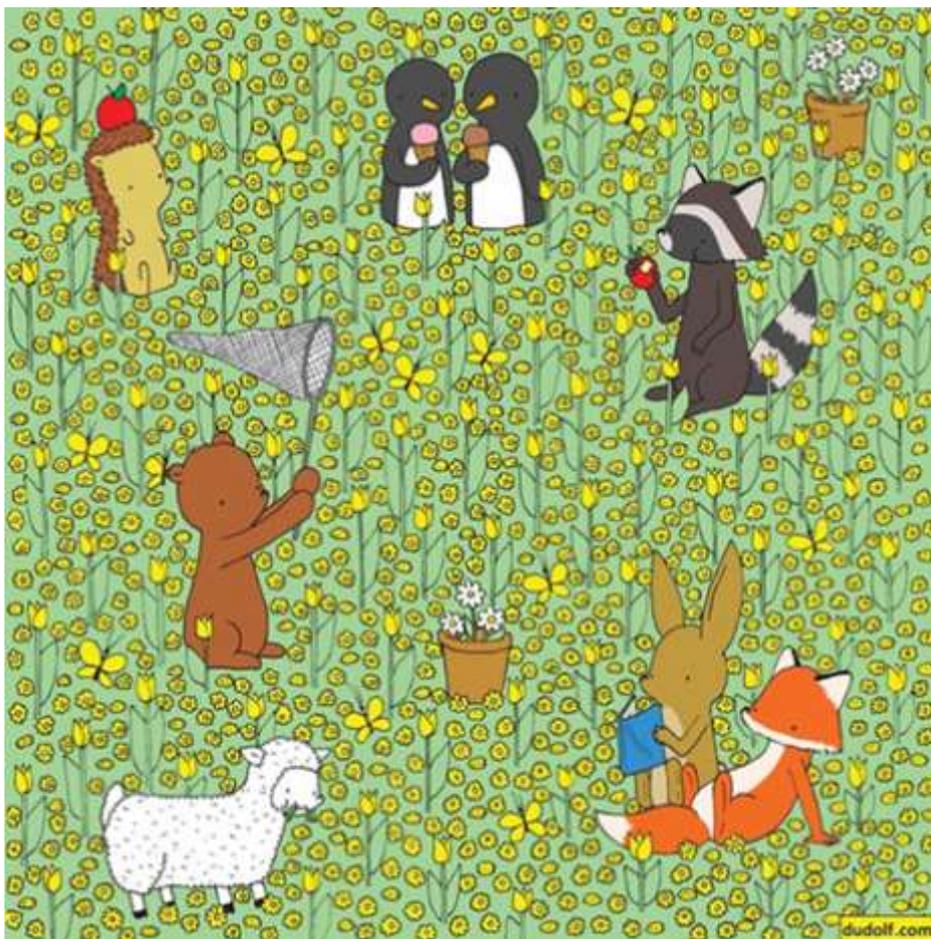
On a serious note though I just want to reassure all of you that if you are finding Maths difficult online please continue to do your best and do not WORRY or STRESS. Dr Desai here will run Maths Clinics everyday after school to iron out any issues you have had with Maths during lockdown when we return to school.

In the meantime please drop me an email whether I teach you or not if you have any Maths issues. I promise you I will be in touch only when LFC are not on TV battering the rest of the Premier League or Master Chef (my mum) is not cracking the whip in the kitchen.

Peace, Good Health and Happiness to you all. Take care

**Mr D Desai**

## Weekly Challenge



I am sure that many of you have been roped into helping at home with projects and clean outs whilst in lockdown. I am certainly the same when it comes to asking my children to help out with what I think are fabulous ideas! I decided I was quite bored with our blank fence running down the side of our garden and thought that with things as they are some colour and cheer would be great to brighten the space. So over the past few weeks my family and I (although it seems a lot more of 'I') have used things from the garden, gifts that hadn't been used and cones from our walks to decorate two of the panels! I hope you like them! I would love to hear and see what you have been doing to help your family with their ideas and projects!



swh@cdarwin.com

**Can you find the Bee?**

If you have a concern regarding your mental health or that of another student please email Mrs Wheeler: [swh@cdarwin.com](mailto:swh@cdarwin.com) or Mr Bidwell: [jbi@cdarwin.com](mailto:jbi@cdarwin.com)