



14.05.2020

Year 7 Newsletter

Charles Darwin School

Aspire—Endeavour—Achieve

Year 7 Welcome

I hope that you and your families remain well and continue to manage at home. I continue to be impressed with not only the volume of work most students are completing but the standard too. It is clear to see from the wonderful comments and pictures below that your subject teachers are pleased with your efforts too.

Whilst I know some of you and your families are making the best of spending more time together, learning new skills and supporting each other, I know there are some families that have tremendous hardship and difficulties with relationships during this challenging time. The recent announcement from the Government has caused some confusion, hope and uncertainty with how we move forward, and a lot of the plans that are beginning to be voiced are still not definitely going to go ahead. Some of you might have been very hopeful about possibly returning to school in the next few weeks, but sadly that is not the case for Year 7 at the moment. I remain hopeful that I will see you all before the end of the Summer term but it is another wait and see situation. In the meantime please listen to the advice being given about not face to face socialising (keep it virtual), limiting your daily exercise with members of your household and if you do have to leave your homes remembering the 2m rule!

Take care, stay safe and work hard.



Mrs Wheeler



Restorative Thinking and Positive Relationships: preventing and managing conflict

The Anti-bullying Alliance have some excellent parent focused workshops on their webpage which are particularly useful during this difficult time when everyone is home together and we can not have our usual outlets of sports, friends and other daily routines. This series of activities on

restorative thinking and positive relationships look at "techniques that can help us to better manage emotions and stay calm, and to keep communicating with each other in positive ways". I hope you find it useful!

<https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>

Mental Health tips

Staying at home and being isolated from some family and friends can be hard for all of us and is a real test for our resilience and determination to get through this.

We need to remind ourselves that in the grand scheme of things this time is relatively short. However I appreciate and understand that we all may suffer from low mood and anxiety, not only worrying about the Coronavirus but also not being able to go about our daily lives. A few tips which may help at this difficult time.

1. Healthy work schedule – this includes completing school work but also having breaks.
2. Keep in contact with your friends.
3. Be re-assured- that this difficult time will change and will be replaced with a different perspective.
4. Stay active – physically staying active can help with your mental health (see activity area).
5. Take a break from the news.
6. Mindfulness- breathing techniques and use of apps to reduce anxiety.
7. Accept – that there are many things out of our control and you can only work with what you have got.
8. Board games– these can be played with people at home and online – keeps the brain focused on something else.
9. Use apps and online services for mental health.
10. Reach out for help- If you feel you need to speak to someone we have trained counsellors in school that you can speak to directly. Alternatively Mrs Haywood and I are available to help, please contact us!



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

VE Day Celebrations

Miss Zyesmil has been overwhelmed with your amazing efforts with her VE Day challenges. Well done to all of you who have commemorated the day last Friday and for those of you featured below...



Neve Ladd-Talbot



Bailey Thomas



Olivia Dauris



Oliver Rogers



Maisie Trigg



Daniel Davis



Freddie Sinclair



Hannah Smithson



Ella Asquith



Katie Gibbons



Lucien Goode



Georgia Robinson



Henry Bell



Billy Hudson



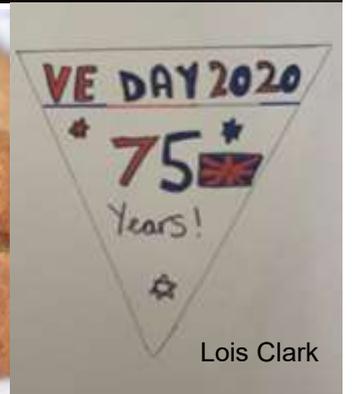
Michael Gewitzke



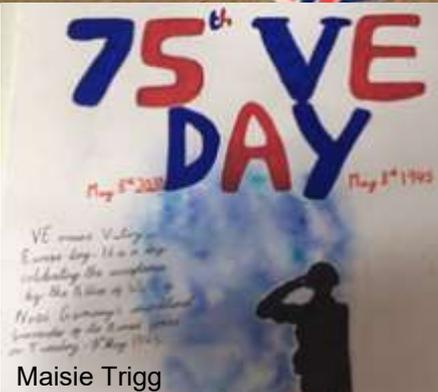
Olivia James



Kiarna Williams



Lois Clark



Maisie Trigg



Mrs Wheeler and family



Sophie Acott



Callum Smart



Harvey Mills

Science

Charlie Brown, Bailey Thomas and Jasmine Tuaima - consistently producing a high standard of work and putting in lots of effort for Mrs Lussier-Foy.

Charlie Rea, Oli Whiting, Ellie Smart, Macey Rogers, Evie McKenna and James Shanks have all given Dr Piercy some really good work on static electricity and/or digestion.



Geography

Mr Goss is very impressed with **Finley Powell's** efforts and consistently sending his completed work.

English

Mrs Hollaway (7X4) is really impressed with the high-quality work in the last week from **Bailey Thomas, Isabelle Kinahan, Zach Morbey, Finley Powell, Taliayah Waite, Hannah Smithson, Elysia Heggie, Tillie Bansell, Louis Simons, Frankie Humphries, Olivia Dauris** and **Kemi Fasoyiro**.

Mrs Mote

Kiarna Williams- smashing job with her English work this week, very detailed and thorough.

Eva Ruby, Max Brandrick, Samson Smith, Tobi Omoyele, Lois Clark, Millie Walker, Brooke Belgrave, Maggie Simmons, Maddie Kadshaw, Josh Kabunga, Sophie Acott and **Olivia James**. Mrs Garner is really impressed with their dedication and endurance while working in these challenging circumstances on the descriptive writing tasks.

Mrs Brazier

Louis Clark and Mille Walker– Mrs Brazier is happy with your perseverance with work on metaphors.

Drama

Luciana Paul, Ella Threadgill, Callum Smart and **Eva Ruby** for her performance as Elphaba (she performed all of the piece which is a challenging text and really used her voice and facial expressions effectively). Miss Currie was very pleased with you all.

Mrs Lussier- Foy is very impressed with **Maddie Rees-Simpson** and her fantastic effort with the Genie monologue!

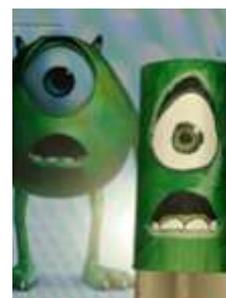
Well done from Miss Abbotts to **Sophie Acott, Milly Bigsby, Charlie Brown, Darcey Bushby** and **Ronnie Nicholas** for their excellent Drama work.

Art

Miss Doherty is very impressed with **Ella Griffiths** for fabulous toilet roll art!

Technology

Mr Dunn says well done to **Millie Walker** for her 'Wonderbar' chocolate bar project and **Finley Powell** for his 'Sport n Play' mood board.



Mrs Sheehan says well done to **Nathan Reeves** for making pesto.



Music

Miss Mace says congratulations to **Millie Walker** for your excellent effort on 'you raise me up'.

Mrs Wheeler's Motivation Task

It has been very insightful reading all of your thoughts on what is motivating you to keep going at home, what has been enjoyable and first on your agenda for when lock down eases. Parents and Carers are doing an amazing job at keeping expectations realistic, not putting pressure on their children to work all hours of the day and offering treats to help you to try your best.

Without doubt the majority of you are missing your friends and the first thing you want to do after lockdown involves seeing them, playing in the park and meeting up. Many of you also talk about seeing extended family as well.

It is lovely to hear that so many of you have appreciated time with your families, parents being able to help with school work and sitting eating dinner together daily. Later 'get ups' in the morning and no travelling to school have also featured as favourite things about lockdown!

Thank you particularly to the following students for taking time to be reflective and send through your work:

Samson Smith, Charlie Rae, Ella Griffiths, Colby Simpson, Olivia James, Lois Clark, Sophie Acott and Ava Bolton.

Weekly Challenge

We have enjoyed some lovely 'socially distanced' walks over the past few weeks and my children and I have loved spotting different wildlife and flowers. Remembering the country code we have 'taken nothing but photographs'. Have you had the chance to safely explore new areas near where you live? I would love to see some of your photos too!



Maths puzzles as a challenge this week....

