



30.04.2020

Year 7 Newsletter

# Charles Darwin School

Aspire—Endeavour—Achieve

## Year 7 Welcome

Dear Year 7 Students and Parent/Carers,

I hope you have all had another good week and enjoyed the sunshine! It has been lovely to enjoy some beautiful walks and see the spring flowers blooming. Being outdoors has certainly given my family and I the chance to feel more positive and once again appreciative of what we have around us.

I hope you have enjoyed hearing from your form tutors this week. I know they have been pleased to speak with you all and find out how you are managing with these different working conditions we are experiencing. Not being able to see and spend time with your friends as you would ordinarily do is challenging, but if we all continue to follow the guidelines and stay home I am sure this historic episode will be over much sooner. It would be great to start to see you all again at some point this Summer term!

Take care, stay safe, work hard.



Mrs Wheeler

## Science Recycled Materials Boat Project

I have had some fabulous feedback from Miss Bailey praising many students for their efforts with the Science boat project. I have enjoyed looking at some of the photographs sent to her of not only the finished products but the process of making them too. Here are her nominations for the best so far...



Tillie Bansell



Oliver Rogers



Charlie Rea



Millie Walker



Billy Hudson

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)

## Top Tips

After hearing from your form tutors following the telephone calls this week, I know some of you are finding it difficult to work at home and keep up with work that is being set. We understand that with busy households and limited resources it can be hard to create an atmosphere that is best for working but here are a few suggestions to help:

- \* **Workspace** - have a clear area, free from distractions such as toys, books and games consoles that you can use for part of the day for working. A table is ideal but if that is not possible try to have a quiet space free from brothers or sisters for sections of the day.
- \* **Time Slots** - try to work in 20-30 minute sections before having a 10 minute break away from your work space. Set yourself a 'finish' time for your day e.g. 3pm (later if you are starting work later than 9am!).
- \* **Physical Activity** - have a 20-30 minute section of physical activity daily. Exercise will release hormones to make you feel good, it will help you sleep and increase your concentration.
- \* **Vary the learning activities** - everyone likes some subjects more than others! Try not to just do the tasks or subjects you like, mix in those you aren't so keen on so you are not faced with lots of work you are not looking forward to!
- \* **Scheduling** - take note of the set dates and due dates given by your teachers. Complete the work that is due next, but beware if there are bigger projects that need a little bit of time every week - don't leave it until the end! Attempt a little of everything so your teachers can see you are trying, some tasks might be easier and more interesting than they first seem! If you are finding tasks too difficult (after giving it a really good try) then please email your teachers or message them via SMHW and tell them what you are finding hard and ask for help. They might be able to telephone you and explain it or give you some extra resources on the internet that will help you.

<https://www.bbc.com/ownit/take-control/school-work-at-home>

## Fruit and Vegetables - Feeling Good!

Well done to everyone who managed to complete the A - Z of fruit and vegetables from before Easter. I was particularly impressed with Darcey Bushby who managed every letter of the alphabet, including some obscure produce such as ugly fruit, dragon fruit, java apples, yuzu and zucchini!

I was pleased to hear that some of you managed to make some delicious sounding items as well! Darcey made a lovely looking fruit salad and Sergei Shkirpanov made some fruit smoothies and ice cream! I bet they were very enjoyable in the warm weather last week! Abbie Sleath has enjoyed making pizza and sampled some of her neighbours rhubarb! I'm pleased to hear that some of you are trying to keep a healthy diet!

## Parent Support: Online Safety at Home

As a nation we are conducting more and more work online whilst at home. We appreciate this may be highlighting difficulties for parents in maintaining acceptable use and keeping your children safe online during this time. To help you during COVID-19 and the closure of schools, Think U Know are releasing downloadable packs with simple 15 minute tasks you can do with your child to support their online safety at a time when they will be spending more time online at home working, gaming and socialising.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

The packs are age related so are relevant for primary age groups as well as aged 11-13 and 14+.



### Weekly Challenge

As I mentioned last in my last newsletter, being at home has given me lots of opportunities to do activities I normally have very little time for. As some of you who visit the Year 7 office regularly may know I love colouring and patterns. Here are some I have enjoyed since being at home.....



Your challenge this week is to complete this blank Mindfulness Mandalas and send me a picture of your finished design to [swh@cdarwin.com](mailto:swh@cdarwin.com). I look forward to seeing your beautiful creations!

