



28.04.2020

Year 9 Newsletter

# Charles Darwin School

Aspire—Endeavour—Achieve

## Dear Year 9

Dear Year 9 students and families,

I hope you all had a fantastic Easter holidays. Now the hard work has begun again, remember teachers will be setting work valuable to you and your GCSE courses. Some of you may find that you are having to work at different hours to the normal school day because you are sharing a laptop or can only use your phone, this is fine - just please do complete as much of the work as you can. I have had so many emails from teachers praising you on your fantastic work however, a few emails expressing concerns for students who may be falling behind. I also understand you may have completed the work but not sent it to teachers. The best bit of advice is to keep in contact with your teachers - ask them questions and check you have understood the task. At least this way we know you are attempting the work.

Teachers' email addresses are the best form of contact, their email address you will find on the website. Even if work is being set by other platforms a summary of this task should also always be on SMHW so you can use this as your main base of information.

**I am so proud of you all, learning to work independently is something we don't learn to do until we reach Sixth Form or College however this is a skill you are learning now and this will benefit you massively in the long run.**

I hope to see you all soon.

**Ms Dobney**



The following students have had their birthdays while we have been in lockdown - I want to wish you Happy Birthday and I hope you have had/have the best day you possibly can do in this situation. Although it may feel frustrating that your birthday has been during the lockdown - you will go down in history as an individual who had a birthday during this time ... and remember, we can always celebrate after the lockdown.

Kezia Baah, Bella Bergmann, Stanley Cairns, Eve Cavanagh-Wood, Lily Collender, Ashden Curran, Keira Flynn, Benjamin Foreman, Alfie Humphrey, Tahira Kibuye, Teddy Kirkpatrick, Robyn Lister, George Lock, Aaron Lownie, Kyle Masters, Charlie Morse, Joseph Stanford, Honor Welsh and Amber Wickenden.

## Busy Bee's

Please let me know via email [ndo@cdarwin.com](mailto:ndo@cdarwin.com) what you have been doing to keep busy (apart from school work of course).



**Ms Doughty** – Is doing a 30 day Wheelie Challenge - keep going Ms Doughty - we hope to see a picture soon.

**Mrs Holloway** - Couch to 5K Challenge - This is a fantastic way to build up your endurance to complete a whole 5K. Especially as many people are running 5K and donating £5.00 to NHS charities.

**Ms Dobney** – I have been doing more walking recently – I found some beautiful blue bells in the woods. This also inspired me to use some old apple crates to make some more flower decorations for my garden.



Have you got any more ideas? Can you share with us how you have been keeping busy? Photos would be great too - please email to [ndo@cdarwin.com](mailto:ndo@cdarwin.com)



If you have a concern regarding your mental health or that of another student please email Ms Dobney on [ndo@cdarwin.com](mailto:ndo@cdarwin.com) or Mrs Haywood on [jha@cdarwin.com](mailto:jha@cdarwin.com)

## Bucket List

What do you want to do when the pandemic is over? What are you most looking forward to doing again when our lives return to normality - let me know on [ndo@cdarwin.com](mailto:ndo@cdarwin.com).



## Please get involved..

RUN/ WALK 5K – donate £5.00 NHS

The craze going around social media at the moment which is the 'Run 5, Nominate 5, Donate 5'. This means that you run 5km, nominate 5 others to run 5km and then donate £5 for NHS charities. REMEMBER TO KEEP YOUR SOCIAL DISTANCE WHEN RUNNING/WALKING YOUR 5KM.

Let me know your times- [ndo@cdarwin.com](mailto:ndo@cdarwin.com) – I can publish them in our next Newsletter.

## Free School Meals

If you are entitled to free school meals, just after the Easter break you should have received a voucher via your email that will entitle you to approximately £15 per week for food. There will be a code that you will have to scan. Hopefully it is quite straight forward and easy to navigate. If you have not done so already please contact our Finance Team as they may be able to back pay lunches for the two weeks we were closed for the Easter break [wev@cdarwin.com](mailto:wev@cdarwin.com)

## Well done from Teachers

As you all know, you are all studying for your GCSE's and it is extremely important that you try to keep on top of any deadlines and work that your teachers are setting through either Microsoft Teams or SMHW. A few teachers have emailed me with how impressed they are with some of the work you are producing independently.

A special mention to the following:

**Aaron Lownie** - Well done for getting a really great high score on the GCSEpod questions on Mr Birling for English Literature.

Ms Bailey - The following have all completed all/majority of the Chemistry work I have set, to a very high quality. I am really proud of them. They have all shown fantastic dedication: **Tristan Kittoe, Andrew Waddington, Lemar McKoy, George Walker, Harry Burch, Adela Slegrova, Faye Grant, Lara Gok, Sophie Brenton, Grace Keohane, Millie Beswick, Daisy Pluck, Isaac Holden, Harley Smith and Sophie Sarah-Alfarra.** In particular I want to mention **George Walker** who is often the first to send work to me. Well done.

Ms Roberts says that, in her class, **Aaron Lownie, Matthew Gurney and Bella Bergmann** have recently got really high scores in the GCSEpod questions on An Inspector Calls - Well done.

Mrs Holloway - Some Year 9s who have impressed me (since lockdown) with English Literature work (An Inspector Calls) are: **Liam Westcott, Amy Coop, Andrew Waddington, Sophie Brenton, Tristan Kittoe, Harley Smith, Olivia Howe, Faye Grant, Piper Roseman and Keira Dukes.**



Ms Doughty – Well done **Megan Walker**. This is Megan's textiles repeat pattern using her own bug design which was inspired by the artist Rosalind Monks.

Mrs Pitt - Well done to the following who are keeping up with the work set and have also completed an essay on An Inspector Calls: **Alfie Dejonge** is still being a superstar, **Alfie Farmer, Ben Hughes, Sean McCarthy, Jack Pow, Tilly Silver and Katherine Quartey-Papafio**

## Want to include anything in the Newsletter? This includes parents...

I want this communication to be a regular event, during the school term, so if any of you have anything to include (good films you have seen recently on Netflix? Good news about yourself or other pupils in Year 9, have learnt a new skill which would be good to promote to others e.g. cooking - any recipes the rest of us can try?) please do let me have this so I can include it in this Newsletter.

## Film Recommendations

You are never too old for a Disney film. Have you seen the new Lion King – this is a film I enjoyed the other day- give it a try.



Please send any recommendations you have to: [ndo@cdarwin.com](mailto:ndo@cdarwin.com)



In some of your subjects staff are asking you to use the GCSEpod. This is a very powerful tool to support the work you are doing and to consolidate what has been covered. All of you received a letter about this, but just to remind you.... Parents can visit [www.gcsepod.com/parents](http://www.gcsepod.com/parents) where you'll find lots more information and resources. To activate the account follow the instructions below (most of you have activated this already).

1. Go to [www.gcsepod.com](http://www.gcsepod.com) and click "Login" in the top right-hand corner
2. Click "New here? Get started."
3. Select "Student"
4. Enter your child's name, date of birth and the school name.
5. Create a username, password, and a password hint to help them remember the password.

The majority of you have already signed in and are working on this. If you have logged in but now forgotten your password you can request a password update, but only if you submitted a valid email when you initially logged in. Any problems please let me know.



## 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 Corona -virus but also not being able to go about our daily lives. A few tips which may help at the difficult time.

1. Healthy work schedule - this includes completing school work but also having breaks.
2. Keep in contact with your friends.
3. Be reassured - 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 Mrs King directly or a Counsellor directly - please let me know. Alternatively Ms Dobney or Mrs Haywood are available to help (see our email addresses on the front page).**



### Notice from English department

Year 9 need to be working on the tasks that we set once a week for language and literature.

Thank you.

### SMHW

Our records show that most Year 9 students have logged onto SMHW in the last day – are you the few that haven't? If that's the case think about the impact this may have on your GCSEs. If you do not know your log in details please email myself or Mrs Haywood (see above for email addresses).

### Revision Guides

Do you want to start revising? Do you need help with your current work? Attached to this Newsletter is a list of revision guides for each subject which may help you... you will have an opportunity later in your GCSE studies to buy a copy through the school however, numerous parents have asked for these early, which may help with some tasks and activities during the lockdown period.

### CONTACT US

Please remember that myself and Mrs Haywood are here if you need help with work, everyday issues or mental health or just to say a general hello, we miss you popping into our office for a catch up. Our email addresses are;

Ms Dobney- [ndo@cdarwin.com](mailto:ndo@cdarwin.com)

Mrs Haywood – [Jha@cdarwin.com](mailto:Jha@cdarwin.com)

## Cooking Corner

My recipes are generally quite unhealthy (which is bad for a PE teacher) – it is important to treat yourself but always remember to get your 5 fruit and veg a day ... Have you cooked or baked a healthier meal/cake – please let me know via [ndo@cdarwin.com](mailto:ndo@cdarwin.com)

### Mrs Holloway's - Chocolate Brownies Studded with White Chocolate

#### Ingredients

225g milk chocolate  
4 eggs  
100g white chocolate broken into chunks  
300g caster sugar  
5g cocoa powder  
225g softened butter  
75g plain flour

#### Method

- \* Put a half-filled pan of water onto boil on a medium heat
- \* When simmering, put a large, heat-proof mixing bowl on top of the pan and add the broken up milk chocolate
- \* Make sure the bowl containing the chocolate does not touch the hot water
- \* This gently melts the chocolate. Make sure you stir occasionally
- \* Set the oven to 180C
- \* Whilst the chocolate is melting, crack the eggs into another large mixing bowl
- \* Add the caster sugar to the bowl with the eggs
- \* Whisk the sugar into the eggs well until combined
- \* Then add the butter to the bowl and whisk until thickened and combined
- \* Add the cocoa powder and then the flour and whisk until thickened and combined
- \* Take the melted chocolate off the heat and add it to the brownie mix. Mix well
- \* Throw in the white chocolate chunks and stir in
- \* Grease a medium sized baking tin and pour in the brownie mixture, making sure the ingredients are spread evenly
- \* Place the brownie into the oven to cook for 30 to 40 minutes
- \* When cooked, the brownie should be crusty on the top but soft, spongy and slightly gooey on the inside
- \* Allow to cool for around 10-15 minutes, slice the brownie into equal portions whilst still in the dish. Remove and place onto a cooling rack
- \* Enjoy!



## Brain Teasers

**Oppo - Cities – which UK Cities could these words represent (the word 'opposites' becomes very important when trying to figure these out):**

For example- Ladybackhim – Manchester

GoneTunnel

Shower

Pleasantwasp

Nutoff

WhiteFreeze

North Swords

Writing

The first person to send me an email ([ndo@cdarwin.com](mailto:ndo@cdarwin.com)) with the correct answers will receive a prize when we get back to school.

## Inspector Calls Quiz

1. Who is the first person to speak at the beginning of the play?
2. In what year is the play set?
3. What is the name of the fictional town where the play is set?
4. The family are celebrating Sheila's engagement to which character?
5. Who lets the Inspector in?
6. Why is it important that this character lets the Inspector in?
7. Which two characters leave the house at some point during the play?
8. Who was the Chairperson at the last meeting of the Brumley Women's Charity Organisation?
9. Which two characters quote the Inspector near the end?
10. Who is the last character to speak, at the end of the play?

**Answers in next edition**

If you have a concern regarding your mental health or that of another student please email Ms Dobney on [ndo@cdarwin.com](mailto:ndo@cdarwin.com) or Mrs Haywood on [jha@cdarwin.com](mailto:jha@cdarwin.com)