



03.04.2020

Year 9 Newsletter

# Charles Darwin School

Aspire—Endeavour—Achieve

## Dear Year 9

Welcome to our Year 9 Newsletter which I will produce weekly for you and your families to share. This is a difficult time for many people, especially some of your parents who might be anxious or stressed and unsure of the future. Hence the importance of you all stepping up to the mark. It is clear that many of you have done this and the feedback that I have had from many of your teachers has been really positive.

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)

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, you 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.

I hope you enjoy this week's Newsletter, have a lovely Easter holiday and I look forward to seeing you all soon.

Look after yourselves and your families.

Ms Dobney

## 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). I am going to start with myself...



I am still getting up at a reasonable time every day and trying stick to a routine. I set work for my classes on SMHW and answer any emails I have from students. I have also been busy painting our spare room and cooking a different cake every week (please see Cooking Corner for my cake this week). My morning exercise either Joe Wicks PE lesson or a long walk has kept my energy levels high. I am currently working on a paint by number (something I haven't done in years) and completing an impossible puzzle of marvel characters (I am halfway there), these both keep me busy in the evenings.

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)

## Well done from the 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:

Students working well in 9D Film Studies and producing some lovely research presentation on James Bond: Amelia Turner, Alfie Farmer, Elizabeth Davis, Madison Lovarini, Joe Lawrence, Leah O'Brien, Jessica Champion and Brandon Ratnage.

Students working well in 9B Media Studies and who are producing good quality work and developing creative ideas for a new and unique Superhero character are: Ciara Bain, Freddie Jones, Amy Strange and Mitch Tappenden.

## Film of the Week

You are never too old for a Disney film. Have you seen Toy Story 4 – 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)

Why not try and make your own sporky?



## Bucket List

What do you want to do when the pandemic is over?

Ms Ollier and her street are planning a street party for everyone to enjoy once this is over- what a fantastic idea to bring the community together.

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).



## Cooking Corner

This week my cake / bake of choice has been a flapjack. Please see recipe below if you want to give it a try.

I have also added raisins and apple to make it even scrummier and sweeter. Or how about some mini eggs to make it Easter related.



### Ingredients

250g jumbo porridge oats  
125g butter  
125g light brown sugar  
2-3 tbsp golden syrup (depending on how gooey you want it)



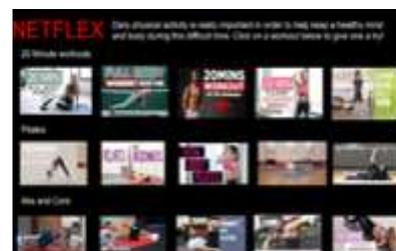
### Method

1. Heat oven to 200C/180C fan/gas 6.
2. Put 250g jumbo porridge oats, 125g butter, 125g light brown sugar and 2-3 tbsp golden syrup in a food processor and pulse until mixed, but be careful not to overmix otherwise the oats may lose their texture.
3. Lightly grease a 20x20cm baking tin with butter and spoon in the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares.
4. Bake for around 15 minutes until golden brown.

## Activity Area

Physical activity and exercise improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. During this time it is hugely important to remain as active as possible, not only for your physical health but also for your mental health and well-being.

Over the coming weeks have a go at completing the Netflix workout board. Try and do one a day or one a week to make up for the PE lesson time you are missing. Please see the link on SHMW which I have attached to all of your accounts.



Ms Dobney



## 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 - this 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 Councillor directly - please let me know. Alternatively Miss Dobney or Mrs Haywood are available to help (see our email addresses on the front page).**



## Easter Celebrations

Unfortunately this year we have missed our Easter Celebration Assembly however I wanted to say a massive well done to the following students. Your award will be waiting for you when we arrive back at school. These students would have been awarded during our Easter assembly, there are also many of you with very good attendance, good behaviour and effort - so well done if you also achieved this based on your report at our last Year 9 Parents' Evening.

### 100% attendance this year so far:

Millie Beswick  
Luke Fosten  
Olivia Howe  
Hannah Kenton  
Lottie Prosser  
William Reeves  
Savannah Tuaima  
Amber Wickenden  
Kevin Yu

Harry Burch  
Keira Gardiner  
Dominic Howes  
Tristan Kittoe  
Katherine Quartey-Papafio  
Harley Smith  
Andrew Waddington  
Evie Williams

Amy Coop  
Matthew Gurney  
Louise James  
Annabel Knight  
Joshua Rea  
Lily Smithson  
Georgina Walker  
Ben Witt

Leiko Endo  
Jacob Helps  
Niamh Kelly  
Liam Pitt  
Benjamin Reeves  
Ashton Stovell  
Liam Wescott  
Lacey Young

### Platinum Effort

Ciara Bain  
Harry Burch  
Billy Eastwood  
Freddie Jones  
Madison Lovarini  
Piper Roseman  
Amelia Turner  
Hanna Warner

Luke Bevan  
Alfie-Jay Cabot  
Keira Gardiner  
Macey Jones  
Lacey Morris  
Lyla Simmons  
Gracie Varney  
Liam Wescott

Madeline Broadley  
Jessica Champion  
Emily Golby  
Niamh Kelly  
Daisy Pluck  
Ria Stears  
Andrew Waddington  
Evie Williams

Emilie Browning  
Amy Coop  
Faye Grant  
Daisy-May Kittlety  
Joshua Rea  
Daisy Stevens  
Georgina Walker  
Ellen Wilson

### Platinum Behaviour

Keziah Adebisi  
Luke Bevan  
Emilie Browning  
Lily Collender  
Nyasha Dombojena  
Leiko Endo  
Lara Gok  
Ben Griffiths  
Isaac Holden  
Freddie Jones  
Hannah Kenton  
Katie Lee  
Leah Morhtassi  
Jack Pow  
Benjamin Reeves  
Lyla Simmons  
Amy Strange  
Gracie Varney  
Jack Wells  
Megan Wood

Sophie-Sarah Alfarra  
Sophie Brenton  
Harry Burch  
Amy Coop  
Keira Dukes  
Faith Farrant  
Emily Golby  
Matthew Gurney  
Ruby Holmes  
Macey Jones  
Teddy Kirkpatrick  
Madison Lovarini  
Leah O'Brien  
Katherine Quartey-Papafio  
William Reeves  
Tyler Skinner  
Sam Tallis  
Andrew Waddington  
Liam Wescott  
Kevin Yu

Emmanuel Berkoh-Prince  
Chloe Brett  
Alfie-Jay Cabot  
Keeley Danneau  
Siobhan Dwyer-Burchill  
Luke Fosten  
Myesha Graham  
Soul Harris-Fazackerley  
Louie Hora  
Rio Jones  
Daisy-May Kittlety  
Latifah Lutaya  
Lola O'Sullivan  
Brandon Ratnage  
Piper Roseman  
Ria Stears  
Paige Taylor  
Hanna Warner  
Evie Williams

Ciara Bain  
Madeline Broadley  
Jessica Champion  
Elizabeth Davis  
Jack Elston  
Keira Gardiner  
Faye Grant  
Jhanel Hays  
Olivia Howe  
Niamh Kelly  
Zayne Leacock  
Lemar McKoy  
Daisy Pluck  
Joshua Rea  
Tilly Silver  
Daisy Stevens  
Amelia Turner  
Joshua Watson-Cocks  
Ben Witt

## Easter Maths Challenge

- The Easter Bunny can only carry 3 eggs at once. He has to choose 3 eggs from the following colours: Red, Green or Blue. How many possible ways can the Easter Bunny carry the eggs? (He can carry the same colour more than once)

$$3 \text{ Red Eggs} + 3 \text{ Red Eggs} + 3 \text{ Red Eggs} = 30$$

- $$1 \text{ Green Egg} + 1 \text{ Green Egg} + 3 \text{ Red Eggs} = 20$$

$$1 \text{ Green Egg} + 1 \text{ Green Egg} + 1 \text{ Green Egg} = 13$$

$$1 \text{ Green Egg} + 1 \text{ Green Egg} \times 1 \text{ Green Egg} = ?$$

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.

## SMHW

Our records show that 99% of Year 9 students have logged onto SMHW in the last day – are you the 1% that hasn't? If that's the case think about the impact this may have on your GCSE's. If you do not know your log in details please email myself or Mrs Haywood (see above for email addresses).