



Sir Harry Smith
COMMUNITY COLLEGE
AMBITION & ASPIRATION FOR ALL

Key Stage 3 News and Updates

Dear Students and Parents/Carers

Welcome to our news and updates bulletin with some latest news and updates along with our regular features, advice and information to help with studying, staying safe and general wellbeing at home.

News

Parents can sign up for free daily news updates from The Day news service designed for students at <https://theday.co.uk/subscriptions/the-day-home>



Trump and Johnson struggle as protests grow

Monday, 15 June 2020

Are Trump and Johnson failing? As Covid "cabin fever" and division tears peaceful societies apart, Johnson has published an article about statues calling for a "more cheerful approach".

POLITICS SOCIETY

PRINT VIEW



Face masks on: a society without smiles

Monday, 15 June 2020

Do masks increase alienation? As the UK follows much of the world by having mandatory face coverings on public transport, some fear it may harm our ability to form connections with others.

HEALTH SOCIETY

PRINT VIEW



Pressure mounts to decolonise the curriculum

Friday, 12 June 2020

Should decolonising the curriculum be compulsory? In the wake of George Floyd's murder and global protests against racism, calls to transform education are growing louder than ever.

SOCIETY POLITICS

PRINT VIEW

ODDLY ENOUGH



Odd News // 2 days ago

Florida man fist-fights alligator to save dog

June 12 (UPI) -- A Florida man said he ended up in a fist fight with a 13-foot alligator when the reptile attacked his dog and pulled the canine into the water.



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Bringing the outside in...

During this time of restrictions on all of our movements, we thought we would look to bring the outside world into your homes, focusing on places and wildlife.

This week's featured place: Kazakhstan – a land of dramatic scenery and open space.

Previously we have looked at a local place to Whittlesey, South Africa and Borneo. Here we head out to central Asia and the little known country of Kazakhstan.



Best known in the UK for the comedy character Borat (whom the Kazakh's hate as he is nothing like their country in reality), Kazakhstan has the dramatic snowy Tien Shen Mountains, rolling green Steppe grasslands where nomads still graze their animals on horseback, deserts and lakes with sandy shores.



Here the Charyn Red Canyon rivals the Grand Canyon in the USA for beauty and scenery but is an unknown and hidden World jewel.



The grass steppes provide a dazzling array of wild flowers, birds and wildlife, where strange creatures come out to study them one of whom students might recognise!



Updates

Please ensure you check Show My Homework for the latest resources and learning activities from your teachers, as these are best tailored to your learning and needs. Show My Homework can be accessed via the school website here:

<https://www.sirharrysmith.cambs.sch.uk/page/?title=Show+My+Homework&pid=362>

On the 16th June, the World's Largest Lesson Live will premiere on YouTube at 4pm UK time.

This global broadcast for teenagers is a 30-minute educational show featuring United Nations leaders including Amina J Mohammed, Deputy Secretary General of the UN. They are joined by teen stars Millie Bobby Brown, Sofia Carson and students from across the world. They will all invite young people to take part in reimagining education, health and activism. https://r1.dotdigital-pages.com/p/25N2-GX9/reimagine-the-future?dm_i=2ZD0,11K33,7PPFJ2,3ZBC6,1

Space related educational resources for home schooling

The UK Space Agency has published a collection of space related educational resources that schools, parents and carers can use when teaching their children at home. The resources are available here:

<https://www.gov.uk/government/collections/space-related-educational-resources-for-home-schooling>

Government Guidance on helping secondary school children continue their education during the coronavirus outbreak can be found here:

<https://www.gov.uk/guidance/help-secondary-school-children-continue-their-education-during-coronavirus-covid-19>

Previous updates

Department for Education coronavirus helpline is available on 0800 046 8687. Opening hours: 8am to 6pm – Monday to Friday and 10am to 4pm – Saturday and Sunday

The **British Red Cross** have designed home-learning resources for secondary aged students here:

<https://firstaidchampions.redcross.org.uk/secondary/guidance-and-support/home-learning-pathway/>

New virtual cyber school gives teens chance to try out as cyber security agents from home at a virtual cyber security school as part of plans to make sure the country develops the next generation of professional cyber defenders.

The NHS has produced a selection of activities to do with children – www.nhs.uk/change4life/activities/indoor-activities

Keep Your Head brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire & Peterborough. <https://www.keep-your-head.com/>

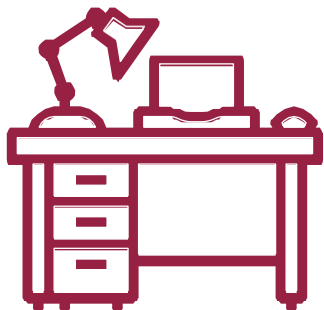
'Chat Health' is Here to Help - Chat Health remains open to support young people aged 11-19. Young people can text 07490 635 443 to receive advice support and information on a range of health issues.

The UK government has released a list of recommended online learning resources, available here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>



Top Tips for Learning at Home

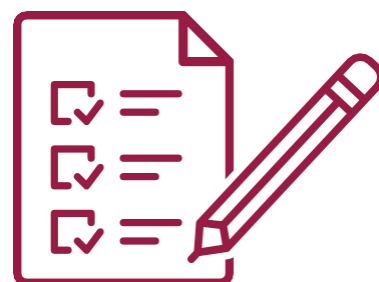


Set up a space to focus on tasks

Try to establish a quiet space so that you can concentrate on your learning without any distractions – it is really hard to concentrate if there is lots of noise in the background.

Create a daily routine so that there is a clear structure

Use a daily planner or timetable so that you can work at one subject at a time. Spend around 40 minutes on each subject before moving on to the next.



Take regular breaks

After each subject, have a ten-minute break – go and get a drink or have a walk around the house/flat so that you can give your mind a rest.

Do a minimum of 30 minutes of exercise a day

Exercise keeps our minds and bodies healthy, but it is difficult to do this at the moment. We are allowed to go outside for exercise, so take a walk outside with your family and enjoy the fresh air.









Eat well and regularly

When we are at home all day, we can fall into bad habits; make sure you eat as healthily as possible, including fruit and vegetables, to keep body and mind strong. Eat regularly so that your mind is nourished and ready to learn.



Mental Health and Wellbeing

In these challenging times, it is important for us all to look after ourselves – and each other. Keeping safe, well and mentally healthy are vital and there will be times when we all need support. The links below offer support for positive mental health and safeguarding, which is of particular importance when accessing online learning.

Support for Mental Health and Wellbeing Recommendation: NHS www.nhs.uk/conditions/stress-anxiety-depression  What is it? <ul style="list-style-type: none">★ Help if you are feeling stressed, anxious or depressed.★ Access to self-help, talking therapies and helplines.★ Support for adults, children, teens and students. Accessibility <ul style="list-style-type: none">• Access mainly online. Some signposting to phone lines.• Age appropriate guidance and information.	Supporting Children and Young People with Mental Health Recommendation: Young Minds youngminds.org.uk  What is it? <ul style="list-style-type: none">★ Age appropriate information, guidance and support for mental health.★ Specific guidance covering a wide range of issues that children and young people face.★ 24/7 crisis support (text YM to 85258).★ Signposting to appropriate helplines.★ Separate advice for parents/carers. Accessibility <ul style="list-style-type: none">• Access mainly online.• Some signposting to phone lines.• Crisis Text service is free.• Age appropriate guidance and information.	Supporting Mindfulness Recommendation: Headspace www.headspace.com/covid-19  What is it? <ul style="list-style-type: none">★ Offering free support (articles) and meditation exercises during the Coronavirus crisis.★ Meditation exercises for: relieving stress; walking at home, and feeling overwhelmed. Accessibility <ul style="list-style-type: none">• Access to the internet needed.
Keeping Children Safe Recommendation: NSPCC www.nspcc.org.uk  What is it? <ul style="list-style-type: none">★ Provides advice, news and stories for adults worried about children in relation to: Coronavirus; Mental Health; home living; online safety; drugs and alcohol; abuse; and sexual behaviour.★ Adults can contact phone (0808 800 5000) or email help@nspcc.org.uk for helpline counsellor support or to report a concern. Accessibility <ul style="list-style-type: none">• Access to phone (free number) or internet.• Children can contact Childline (0800 1111).	Accessing Support and Advice for Children and their feelings Recommendation: Childline www.childline.org.uk  What is it? <ul style="list-style-type: none">★ Offers phone (0800 1111), email or online support to children.★ Has articles, videos and games focused on emotions and feelings. Accessibility <ul style="list-style-type: none">• Access to phone (free number) or internet required to access email or online chat.• Adults can contact NSPCC.	Staying Safe Online Recommendation: CEOP www.ceop.police.uk/safety-centre  What is it? <ul style="list-style-type: none">★ CEOP is an agency to keep children safe from sexual abuse and grooming online.★ They help and give advice, and you can make a report directly to them if something has happened online which has made you feel unsafe, scared or worried. Accessibility <ul style="list-style-type: none">• The CEOP Thinkuknow website has age-differentiated information and advice to help you if something has happened to you online.