



Sir Harry Smith
COMMUNITY COLLEGE
AMBITION & ASPIRATION FOR ALL

Key Stage 3 News and Updates

Dear Students and Parents/Carers,

Welcome to our KS3 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>



Virus death toll reaches 500,000 worldwide

Monday, 29 June 2020

Will we prevent a second wave? Britain is on a "knife edge", warns a government adviser this morning. And US test sites were overwhelmed, yesterday, as global infections passed 10 million.

HEALTH SOCIETY

PRINT VIEW



Johnson vows to spend Britain back to health

Monday, 29 June 2020

Does the West need a new Roosevelt? As the world comes out of lockdown but heads into economic catastrophe, some say leaders should look to the past to find a solution to the crisis.

POLITICS MONEY

PRINT VIEW



Virtual Pride keeps flame alive despite virus

Friday, 26 June 2020

Is Pride more important than ever this year? As evidence emerges showing LGBTQ+ people suffer disproportionately during the lockdown, the event tomorrow will keep celebrations alive.

SOCIETY POLITICS

PRINT VIEW

ODDLY ENOUGH



Odd News // 13 hours ago

Lottery winner's screams of joy prompt wellness check from neighbors

June 24 (UPI) -- An Australian man said he screamed so loud upon learning he had won a lottery jackpot of over \$500,000 that his neighbors showed up to make sure he wasn't injured.



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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: Switzerland.

Previously we looked at a local place to Whittlesey, South Africa, Borneo and Kazakhstan; here we head to Switzerland, a land of mountains, lakes and chocolate!



Switzerland is well known for chocolate (Nestlé has its headquarters here on the edge of Lake Geneva) but it is a land of dramatic mountain scenery, deep large lakes and a long history as a proud, independent and peaceful nation staying neutral in both world wars.



One iconic mountain is the Matterhorn seen here and also on every Toblerone! It is one of the highest mountains in Europe and is still seen as a challenging mountain climb.

Fairy tale looking castles can be found in many towns along the lakes, like here in a small town called Nyon, showing that Switzerland's past wasn't always peaceful.



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>

Government guidance on the **Oak National Academy** has changed where they state, "Today I'm sharing news that Oak National Academy's [online classroom](https://www.thenational.academy/online-classroom) will remain open and free for the next academic year. Since lockdown, every school has adapted their teaching for pupils at home and in school. Despite the aim for all pupils to return in September, there is still potential for local lockdowns, continued shielding or classes on rotas. That's why we're staying open to help you plan for uncertain times and provide your pupils with a seamless transition, as far as possible, between learning in school and at home." <https://www.thenational.academy/online-classroom> .

The government has also produced **new guidance published on keeping children safe from abuse and harm**, jointly published with the Home Office, the Department for Culture, Media and Sport, and Public Health England on keeping children safe from abuse and harm. This guidance brings together sources of information about the main risks children may be vulnerable to during the coronavirus (COVID-19) pandemic and signposts you to help and support available.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm>

Previous updates

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>

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 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>

BBC Home Learning went live: BBC iPlayer and the **Red Button** service will host Bitesize Daily whilst **BBC Four** and the Red Button host evening programmes for the GCSE and A Level curriculum.

Our Local Authority has produced a series of home learning resources including looking at health and wellbeing here: <https://www.cambslearntogether.co.uk/home-learning>



Top Tips for Learning at Home

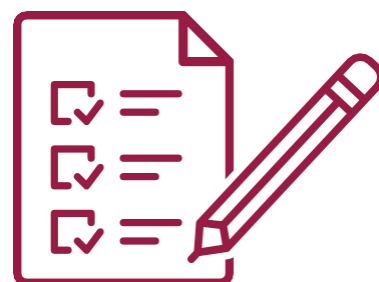


Set up a space to focus on tasks

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.








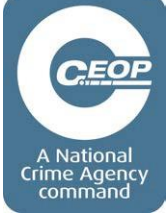
Eat well and regularly

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.

<p>Support for Mental Health and Wellbeing</p> <p>Recommendation: NHS www.nhs.uk/conditions/stress-anxiety-depression</p>  <p>What is it?</p> <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. <p>Accessibility</p> <ul style="list-style-type: none"> • Access mainly online. Some signposting to phone lines. • Age appropriate guidance and information. 	<p>Supporting Children and Young People with Mental Health</p> <p>Recommendation: Young Minds youngminds.org.uk</p>  <p>What is it?</p> <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. <p>Accessibility</p> <ul style="list-style-type: none"> • Access mainly online. • Some signposting to phone lines. • Crisis Text service is free. • Age appropriate guidance and information. 	<p>Supporting Mindfulness</p> <p>Recommendation: Headspace www.headspace.com/covid-19</p>  <p>What is it?</p> <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. <p>Accessibility</p> <ul style="list-style-type: none"> • Access to the internet needed.
<p>Keeping Children Safe</p> <p>Recommendation: NSPCC www.nspcc.org.uk</p>  <p>What is it?</p> <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. <p>Accessibility</p> <ul style="list-style-type: none"> • Access to phone (free number) or internet. • Children can contact Childline (0800 1111). 	<p>Accessing Support and Advice for Children and their feelings</p> <p>Recommendation: Childline www.childline.org.uk</p>  <p>What is it?</p> <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. <p>Accessibility</p> <ul style="list-style-type: none"> • Access to phone (free number) or internet required to access email or online chat. • Adults can contact NSPCC. 	<p>Staying Safe Online</p> <p>Recommendation: CEOP www.ceop.police.uk/safety-centre</p>  <p>What is it?</p> <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. <p>Accessibility</p> <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.