



Sir Harry Smith
COMMUNITY COLLEGE
AMBITION & ASPIRATION FOR ALL

Key Stage 3 News and Updates

Dear Students and Parents/Carers,

Welcome to our first news and updates bulletin, which we are planning to make a regular fortnightly feature until the College re-opens.

Within these bulletins we hope to give some regular advice and information to help with studying, staying safe and general wellbeing at home.

We also plan to give some news stories, any relevant updates and some feature articles.

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>



SOCIOLOGY, CITIZENSHIP

As lockdown eases 'better future is possible'

Could life after lockdown be better than before? Many thinkers are saying the world has a chance to reinvent itself and find new political priorities ... [Read more](#)



PHYSICS, PSYCHOLOGY

Stunning new image marks Hubble's 30th birthday

Should learning about space make us feel calmer? Faced with the true scale of the universe some are comforted; others are terrified ... [Read more](#)



FORM TIME

Theme of the week: Ramadan

For nearly two billion people, last Thursday was the start of the year's holiest month. Ramadan is a time when Muslims explore and test their faith ... [Read more](#)

ODDLY ENOUGH



Novelty toilet roll cakes keep Finnish baker in business

A quick-thinking Helsinki bakery has saved itself from financial ruin due to the new coronavirus pandemic by creating a cake that looks like a toilet roll.

08 APR 2020

Bringing the outside in...

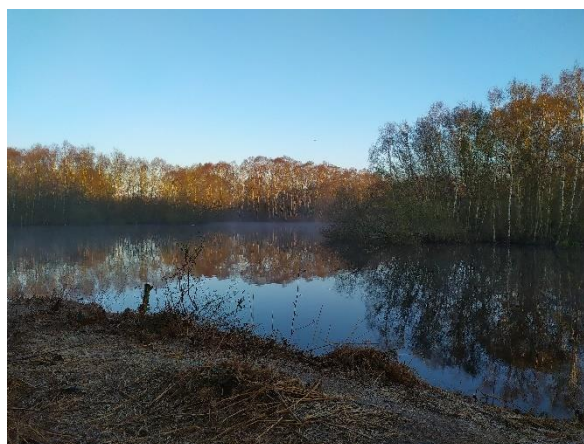
During this time of restrictions on all of our movements, we thought we would look to bring the outside world into your homes focussing on places and wildlife.

This weeks featured place: Holme Fen National Nature Reserve, Cambridgeshire (<https://www.greatfen.org.uk/holme-fen>).

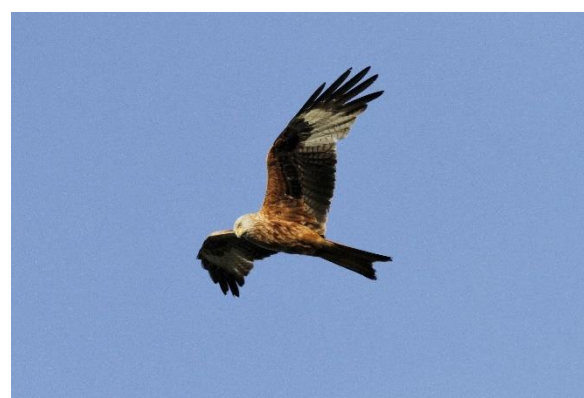
Lying less than 10 miles from Whittlesey and on the location of what was Whittlesey Mere is Holme Fen NNR forming part of the Great Fen Project, with woodland walks, wildlife and views to rival any in Britain. It is also the lowest point in Britain at 3M below sea level.



A view over the Great Fen Project



The main lake at Holme Fen



Chinese Water Deer are commonly seen, as are Red Kites circling over the woods. The deer escaped from Woburn Safari Park, have set up a strong, viable population in the wetland areas of the Great Fen Project, and have become an integral species of the area.



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>

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>

On Monday 20th April, 14 weeks of BBC Home Learning went live:

BBC iPlayer and the **Red Button** service will host Bitesize Daily. There are six different 20-minute shows, each designed to target a specific age group, from ages five to 14, and for pupils throughout the UK.

Experts and teachers will be involved, covering what should be learned that day for the different year groups and key stages. Maths, Science and English will be covered in dedicated programmes, and other subjects such as History, Geography, Music and Art will also be covered.

For older students, **BBC Four** is also joining forces with Red Button for evening programmes to support the GCSE and A Level curriculum.

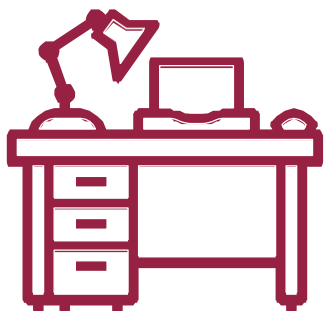
Our Local Authority has produced a series of home learning resources including looking at health and wellbeing here: <https://www.cambslearntogether.co.uk/home-learning>

The UK government announced the launch of a series of online learning lessons available at the Oak National Academy website:

<https://www.thenational.academy/online-classroom>. Here there are a series of lessons and topics with videos and activities built in to provide complete online lessons to aid home learning.



Top Tips for Learning at Home

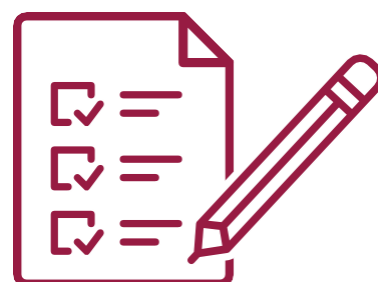


Set up a space to focus on tasks

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 on 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 out once a day 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 your 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.