



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>



SOCIOLOGY, RELIGIOUS STUDIES

Confusion as 'stay alert' replaces 'stay home'

Is hope a moral duty? Britain may be exasperated and divided by its PM's guidance last night. But wise voices say we have to keep hoping ... [Read more](#)



GEOGRAPHY, BIOLOGY

'A terrible situation but a big opportunity'

Is there a green way out of this pandemic? As restrictions begin to lift, minds are turning to how we want the post-corona world to look ... [Read more](#)



ENGLISH

Connection: Pigeon English

This haunting story about 11-year-old Harri Opokuwas was inspired by the real-life murder of Damilola Taylor, a Nigerian schoolboy killed in 2000 ... [Read the stories](#)

ODDLY ENOUGH



'Darth Vader' enforces lockdown in Philippine village

Dressed as "Star Wars" characters, local officials in the Philippines are out and about to enforce strict quarantine measures while also handing out relief packages.

04 MAY 2020

Try something new with the kids

Growing your own pineapple! This really works - why not give it a go? For more information on how to grow your own, click here <https://todayshomeowner.com/how-to-grow-pineapples-as-houseplants/>



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Bringing the outside in...

During this time of restriction 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: South Africa's Kruger National Park and Blyde River Canyon.

Last time we looked at a local place to Whittlesey, this time we thought we would take you to the other end of the world, looking at South Africa, a land of dramatic scenery and big game.



The Blyde River Canyon, almost as deep as The Grand Canyon in the USA.



The Oliphants River, a haunt for Hippos and crocodiles in the Kruger National Park



Two endangered species, Black Rhino and Elephant both live here but numbers are falling fast for the rhino, due to poaching (illegal hunting by people), so last year when a poacher hunting black rhino was killed by elephants, one might say poetic justice!!



A Month of Kindness

Why not use your days this month to make a difference through small acts of kindness. Use the list of ideas and monthly planner to plan acts of kindness that you can do every day.

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1. Call your grandmother.
2. Hold open a door, when someone in your house is carrying something or 'just because'
3. Offer to make someone a drink
4. Wash-up or load/empty the dishwasher, completing the job by putting pots away
5. Send an email to someone to show your appreciation or thanks.
6. Use your manners. Say please, thank you and excuse me.
7. Give some quality time fussing a pet, making them feel good
8. Give a compliment. It only takes one sentence.
9. Say good night to people, (and smile) before you go to bed
10. Tidy up an area or room, without being asked
11. Help your younger brother or sister with home schooling work.
12. Empty the bin when it's full and take it to the wheelie bin outside.
13. Offer the TV remote to someone and encourage them to watch what they want, with a smile
14. Help someone with a chore or problem they are doing
15. Be creative with a Thank-You sign for the postie or bin collection people and put it visible in your window.
16. Organise the clothes you don't wear anymore and bag the ready to donate them.
17. Check an elderly neighbour has everything they need by posting a note through their door with your mobile number
18. Share the details of a charity on your social media, that is struggling to raise money for vulnerable people.
19. Volunteer at or run or walk a virtual race and get sponsors for a charity. You can find these on line.
20. Help a fellow Health & Social Care student with something they are not clear on, not necessarily in your school friendship group
21. Mow your lawn or tidy up a bit of your garden, with guidance from a parent
22. Clear out unused make-up and donate it to Women's refuge <https://www.jax-glam.co.uk/having-a-makeup-clear-out-why-not-donate-your-old-products-to-this-amazing-charity>
23. Email your teacher and tell them you appreciate the teaching and support this year.
24. Check-up on someone you don't normally have much to do with, ask them how they are in this lockdown
25. Write something lovely, in memory of Caroline Flack – Be Kind
26. Stand up for those who maybe being bullied or made to feel bad or inadequate.
27. Hug your parent(s).
28. Offer to make food for someone
29. Call/message a member of your extended family; cousin/auntie/uncle and ask how they are.
30. Go outside on Thursday at 8pm to clap and whoop the NHS and Social Care key workers, loudly.



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>

New virtual cyber school gives teens a chance to try out as cyber security agents from home. Young people are encouraged to join online classes to develop problem-solving and cyber skills 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 during this time when they are at home due to Coronavirus—Here are some suggested indoor activities and games for 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 during the Covid-19 restrictions. Young people can text 07490 635 443 to receive advice support and information on a range of health issues such as emotional health and wellbeing, self-harm, anxiety, health relationships, bullying and internet safety, health eating, active lifestyles and substance misuse.

Previous updates

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

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

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 launched a series of online learning lessons available at the Oak National Academy website: <https://www.thenational.academy/online-classroom> .

Here there are 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

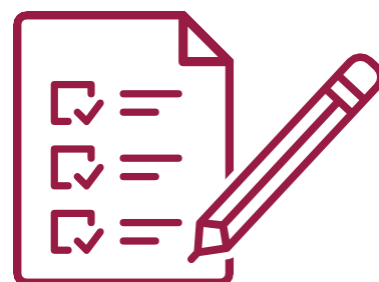


Set up a space to focus on tasks

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 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 out 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.