



Key Stage 4 Fortnightly Bulletin

Dear Students and Parents/Carers,

Welcome to our first 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, careers advice, staying safe and general wellbeing at home.

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

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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](#)

News Story of the Week

A 12-year-old boy has raised £4,100 by cycling 740km (460 miles) during a 36-hour indoor cycling challenge to accompany Tour de France winner Geraint Thomas.

Mak Larkin, from Hastings, East Sussex, set himself the target of riding three 12-hour shifts with the Olympic gold medallist using the indoor cycling app Zwift to raise money for **NHS** Charities Together.

Year 10

I want to praise you all once again on such a positive year so far. You have been amazing and I hope you are continuing the dedication to your studies at home, using the resources and tasks supplied by your teachers.

I also wanted to use the opportunity to reassure you that the process for the Head Boy/Girl and Prefect positions will be completed when we return to College.



Home Study Information

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>

The BBC have released lots of online learning resources which are suitable for KS4 students. Expert teachers have been involved in developing the resources for a variety of subjects at KS4. There are also TV programmes that are being run on red button and multiple channels from the BBC. In particular BBC Four are running early evening programmes for KS4 aged students. You can watch when they are scheduled or catch up with them on the BBC iPlayer. There are links which should take you to these pages in the boxes below.

<https://www.bbc.co.uk/iplayer/group/p089nls0>

BBC 4 Bitesize iPlayer Link

<https://www.bbc.co.uk/teach/secondary/zkqp47h>

<https://www.bbc.co.uk/bitesize>

BBC Learning Resources Links

Please see a summary of everything that the BBC are currently providing below...

BBC RED BUTTON	iPlayer	Bitesize Daily lessons	BBC FOUR	BBC SOUNDS
<p>TV for 11-14 year-olds, with two core subjects and a humanities subject every week day and a daily reading strand for each age group.</p> <p>10:00 - 11:00 - Bitesize Daily - Secondary</p> <p>15:00 - 19:00 - Programmes for 13+</p>	<p>20 minute programmes each age group: 11-12 years, 12-13 years and 13-14 years.</p> <p>Each programme features teachers providing curriculum support for Maths, English or Science, plus a humanities subject</p> <p>Teacher Talks - a brand new series of lessons in core concepts in Maths and English</p> <p>Extra content from BBC Teach including their Live Lessons series.</p> <p>Search 'Bitesize' in iPlayer to find all this educational support.</p>	<p>Three UK curriculum-related lessons a day for 11-15 year olds, five days a week: English and Maths and one other core subject.</p> <p>Lessons are created in collaboration with teachers and full of premium BBC Bitesize content: video, activities and quizzes.</p> <p>www.bbc.co.uk/bitesize/dailylessons</p>	<p>Early evening programming to support students aged 15-18 with curriculum linked documentaries and plays.</p>	<p>The Bitesize Secondary Planner is a daily ten minute guide bringing you the best content from Bitesize to help plan your day</p> <p>Go to the BBC Sounds app and search Bitesize.</p>



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 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 body and mind strong. Eat regularly so that your mind is nourished and ready to learn.



Study Skills

Study Skill of the Fortnight – Mnemonics

Mnemonics are learning techniques that aid information retention or retrieval. There are several types of mnemonics and it is highly likely you have used some already. They are really useful in helping people to remember key information.

Examples include...

Music mnemonics – songs and jingles to help retain information. For example the ABCs song used to learn the alphabet.

Name mnemonics (acronyms) – probably the most commonly used. The first letter of each word is used to create a new word. For example SMART is used as a common acronym for target setting (Specific, Measurable, Achievable, Realistic and Time-bound).

Expression or Word mnemonics – The first letter of each word is used to form a sentence or phrase. For example, **R**ichard **O**f **Y**ork **G**ave **B**attle **I**n **V**ain, is often used to help remember the colours of the rainbow.

There are other examples which can include images and visual models to help aid memory retention. Have a go at trying some out this fortnight with some of the content you are learning and will need to know for exams.

Careers

Careers Advice

Each week we will give you some advice and guidance on careers and the next steps for you. This week we are encouraging you to access the website via the link below.

This website gives you the chance to complete a quiz which will allow you to start building your profile. As you do this the website will react to your preferences and start suggesting careers for you.

You can also use the website to explore lots of articles about different jobs, careers, courses and employability skills which you may find useful and interesting.

<https://icould.com/>



Trivia

Places of Interest

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 interesting places.

This weeks featured place: Rockingham Castle (<https://www.rockinghamcastle.com/>).



William the Conqueror ordered a motte and bailey castle to be built at Rockingham around 1070. The Castle has welcomed many kings and queens including Richard the Lionheart, King John, Edward I, and Queen Eleanor. Their lasting influence can still be seen in many parts of the castle and grounds today.

Originally a Royalist stronghold, Rockingham Castle was taken by Cromwell's Roundheads and then besieged by the King's troops. Although its defences held out against repeated assaults the Castle's owner Lewis Watson lost much of his wealth and never really recovered from the trauma of the war.

Did You Know?

It is physically impossible for you to lick your own elbow.

Joke of the Week

Joke from Mr Rothery...

How do you make a waterbed more bouncy?

Add spring water.

Quiz

1. The remains of which king were found in a car park in Leicester in 2012?
2. What was the code name for Germany's planned invasion of Britain?
 3. How many strings does a violin have?
4. Which device is used to measure the air pressure?
 5. What is the lightest chemical element?

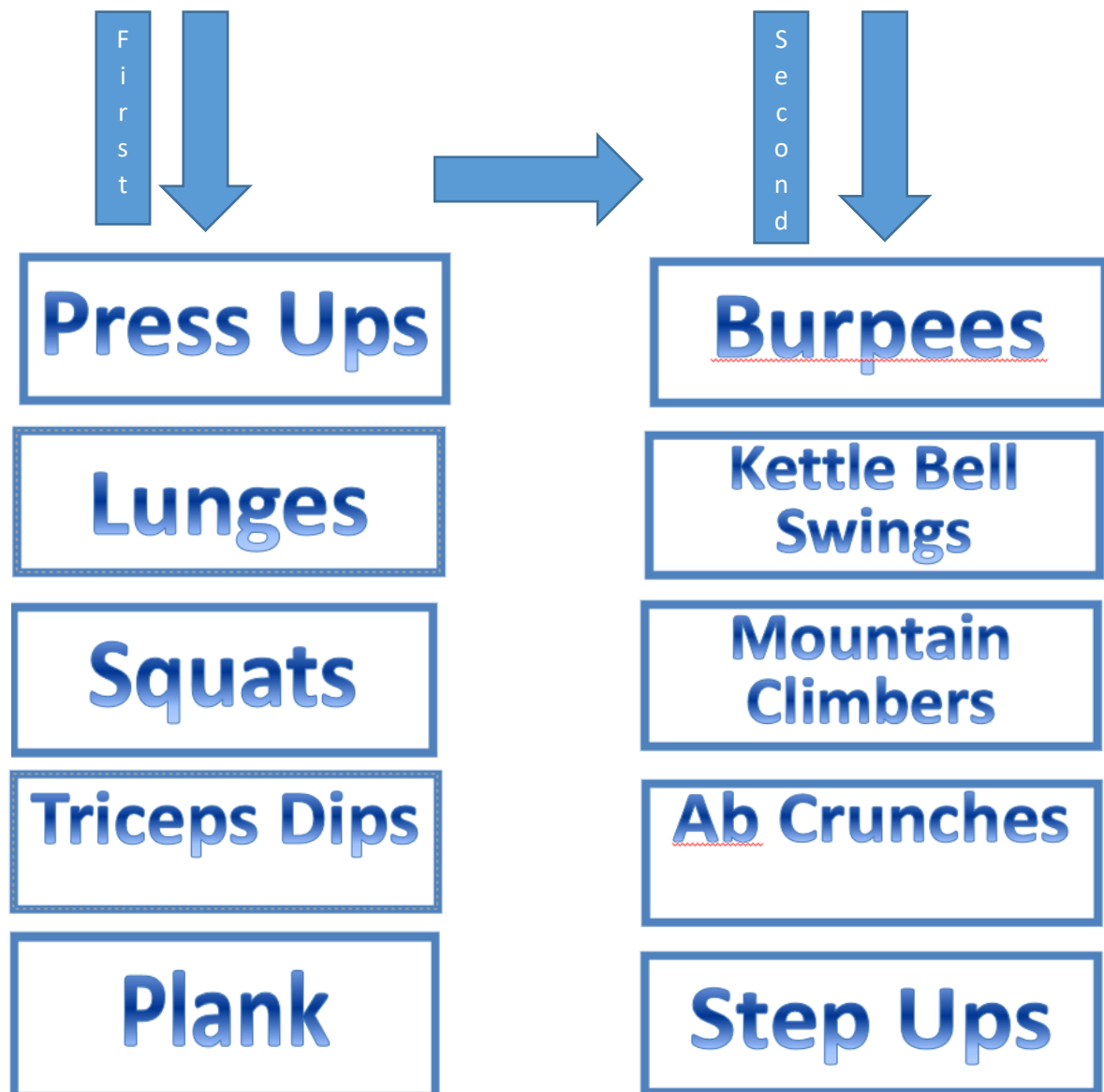


Mental Health and Wellbeing

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

Exercise

Exercise is important to help keep our minds and bodies healthy. Try to complete the following circuit at least once a day for the next fortnight, it will help you to feel refreshed and remain positive! Do each exercise for one minute and rest for thirty seconds between each exercise. To challenge yourself you could have a two minute rest at the end before repeating the circuit.





Support

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.