



Key Stage 4 Bulletin

Dear Students and Parents/Carers,

Welcome to our second bulletin. Within these bulletins, we hope to give some advice and information to help with studying, careers, staying safe and general wellbeing at home.

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

Contents

Key Stage 4 Bulletin	1
News	2
Home Study Information	3
Top Tips for Learning at Home.....	4
Study Skills	5
Careers	5
Weekly Trivia.....	6
Places of Interest.....	6
Did You Know?	6
Joke of the Week.....	6
Quiz	6
Mental Health and Wellbeing.....	7
Weekly Exercise	7
Support	8





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>

What is the R Value?

This value is considered to be one of the most important measures when it comes to tracking the pandemic and discussions around our current lockdown measures. This video explains the R Value in greater detail. https://www.youtube.com/watch?v=GJZ_Q8RGZWg

News Story of the Week

After delivering some packages earlier in the day, a FedEx delivery driver returned to the same house with some cupcakes for the six-year-old girl who lived there.

He had realised it was her birthday and thought that because she couldn't have a party or see her friends, he would bring a surprise delivery of cakes for her to enjoy.

Year 11

Both students and parents have raised a number of questions regarding subject choices and transition into Sixth Form at Sir Harry Smith Community College.

All Year 11 students have received a letter from Mr Smith regarding their places at Sixth Form. Please rest assured that we are all continuing to work towards some form of transition activity for students to access an introduction to their subject(s).

Where students are still unsure on some of their options we advise that they attempt all transition work for the subjects they are interested in.

A timeline of induction into the Sixth Form can be found below.

Wednesday 1st July: Issuing of all transition materials to students

The information below is all subject to guidance from the local authority and Department for Education

Thursday 13th August: GCSE Results day.

Students' places at Sixth Form confirmed
Confirmed subject choices submitted

Please direct any further questions or queries to
post16@sirharrysmith.cambs.sch.uk



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/groupp0089nls0>

BBC 4 Bitesize iPlayer Link

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

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

BBC Learning Resources Links

Virtual Cyber School

Fancy being a cyber-security agent? Well the virtual cyber school is giving young people the chance to practice the skills to do just that.

You can learn how to crack codes, fix security flaws and dissect criminals' digital trails.

The school provides free weekly webinars run by industry experts teaching fundamental security disciplines such as digital forensics, cryptography and operating systems.

This will help them develop important skills needed for future jobs, particularly in cyber security. Follow the link to find out more [virtual cyber security school](#)



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.



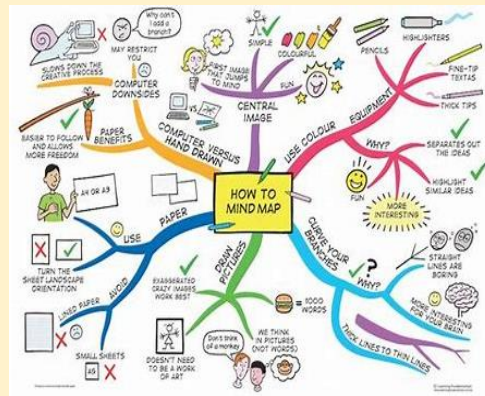
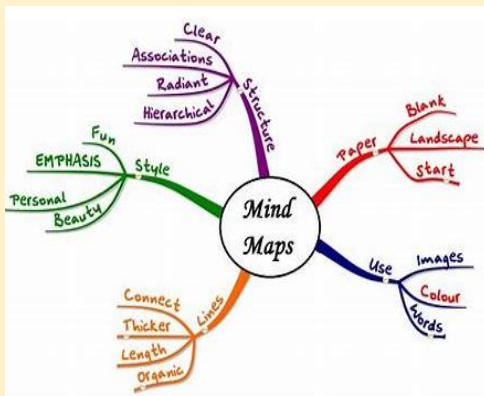
Study Skills

Study Skill of the week – Mind Mapping

Mind mapping is a form of note taking and can be used for a variety of reasons such as creativity or memorising topics of work. It is a good idea to use different colours, key terms and drawings to help with the process.

The following site has a short video with tips on how to mind map effectively
<https://www.sheffield.ac.uk/ssid/301/study-skills/everyday-skills/mind-mapping>

This is a link to another useful video with tips and ideas on how you can mind map effectively <https://www.youtube.com/watch?v=xCyjFipyTRE>



Careers

Careers Advice – CV Writing

I am going to attach a template CV on Show My Homework for all Year 10 students. Each week we will add some information to guide you on a particular section of a CV. You can use the guidance to start making your own CV in preparation for mock interviews.

A CV (or Curriculum Vitae) is a brief account of a person's education, qualification and experience, and is a document that will expand as you get older and gain more experience. CVs are mainly used as a part of the application process for jobs, apprenticeships and courses. A CV is a way of describing and promoting yourself.

A CV contains all of the basic information about a person, such as name, address and contact details, but it can also have sections on education, training and qualifications, personal statement, work experience, practical skills, positions of responsibility, volunteering and hobbies and interests.

Next bulletin we will start to look at particular sections in detail and you can complete your CV as we go along. For the time being think about your strengths and think of at least two things you would like to improve.



Weekly 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 week's featured place: Hinchingsbrooke House (<https://www.hh-pac.com/>).



Hinchingsbrooke house is a Tudor country house built around an early 13th century nunnery. Located in Huntingdon, Cambridgeshire, it has now become a stunning wedding and events venue.

The house was given by Henry VIII to Richard Cromwell in 1538 at the time of the Dissolution. Queen Elizabeth I and King James I were regular visitors and Oliver Cromwell played there as a child. The next owners, the Montagu family, soon to become the Earls of Sandwich, also played an important part in British history and the House remained their ancestral home until the 1960s.

Did You Know?

Recycling one glass jar saves enough energy to operate a television for three hours.

Joke of the Week

Joke from Mrs Steele...

What do you call a dog magician?

A labracadabrador.

Quiz

1. Did team GB win more medals in London 2012 or Rio 2016?
2. Who directed the film Avatar?
3. What colour is cobalt?
4. Which vitamin is the only vitamin you will **not** find in an egg?
5. How many time zones are there in the world?

Answers from the last quiz (1. Richard III, 2. Operation Sea lion, 3. 4 strings, 4. Barometer, 5. Hydrogen).

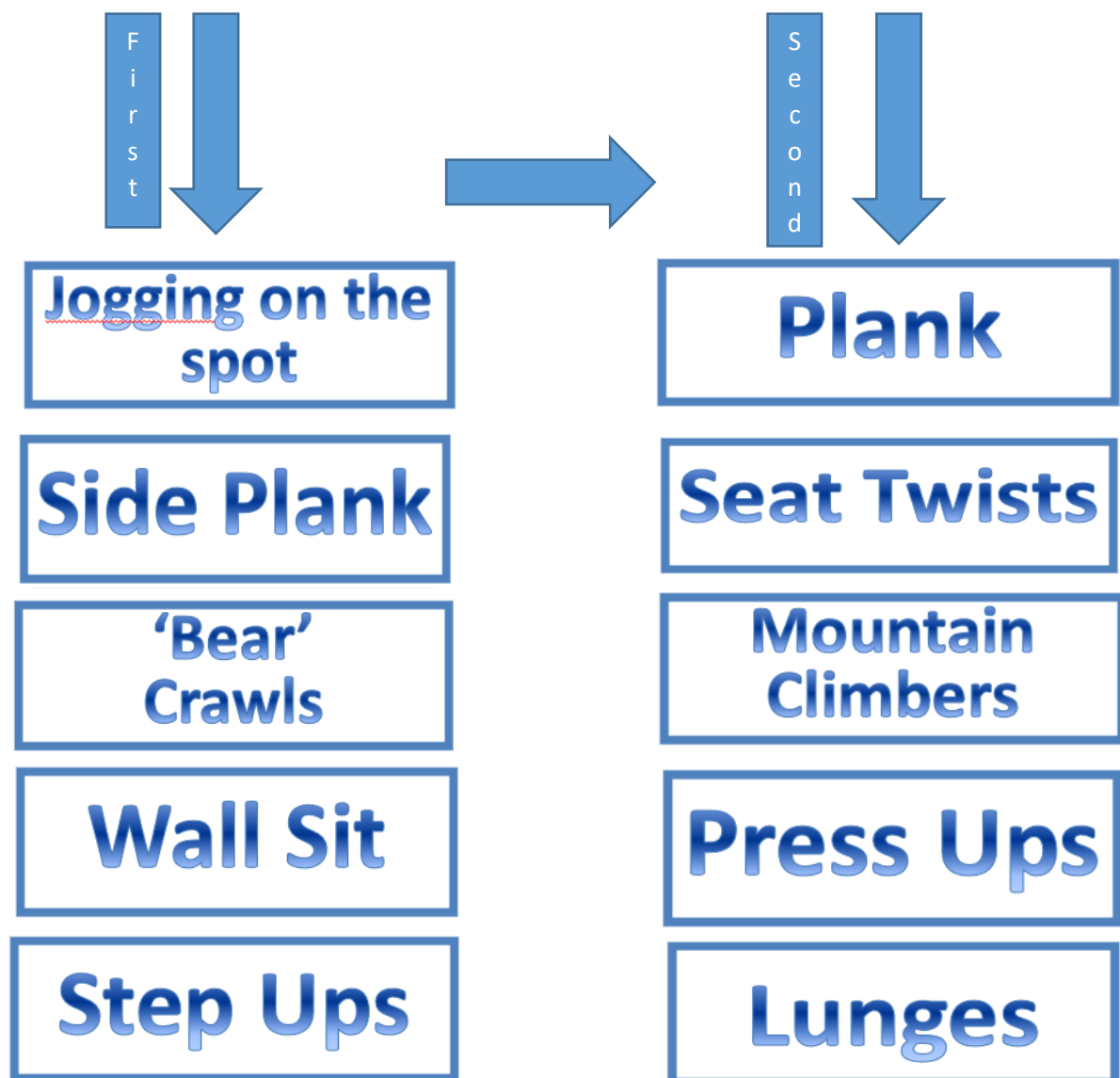


Mental Health and Wellbeing

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>

Weekly Exercise

Exercise is important to help keep our minds and bodies healthy. Try to complete the following circuit at least once a day this week, 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, doing the exercises for 45 seconds with 20 seconds rest between exercises.





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.

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.