

# Year 11 Newsletter - 7th May 2020



## Message from the year 11 team

We're now approaching the point where we will (hopefully!) see an easing of restrictions on our movements and interactions with others. Life will begin to change again though it is unlikely to return to normal in the next few months. It continues to be a time of change for us all. Whatever guidelines are announced, please do follow them to keep yourselves and your loved ones safe and protect the NHS.

## Managing change in your life

One constant in life is change. It is something that we may not get used to or fully embrace. But by coping with it, embracing it even, we can come out better people for it. There are some tips that might help you over the next few weeks to get the best

1. Realise that even good change can be stressful. Stress is the body's way of reacting to change and we have all seen life change a lot over the past few months. It is normal to feel stressed and to need to look after yourself. Please make sure that you are.
2. Make a schedule and stick to it. I know many of you will have been keeping active over the past 6 weeks. Some of you may have struggled more with this. However you have coped, now is the time to begin thinking of how you are going to organise your time over the next few months.
3. Try and eat as healthily as possible. Snacking seems to have been a national pastime recently (I know I could eat toast for England I've had so much practice) so now is a good time to begin thinking about eating a healthy diet again.
4. Make social connections. Within the bounds set out by the government, and adhering to social distancing you should get out and see people that you may not have seen for a while. Technology has been great in allowing us to keep in touch, but nothing beats meeting up with friends face to face.
5. Get proactive. Set yourself some goals (small achievable ones) and give yourself some clear actions again. Stop procrastinating and start doing!

## Procrastination

It's very easy at times like this to let time slip away. However, you have coped so far, as restrictions begin to ease, now is the time to look to the future and begin to plan how to spend your time over the next few months and get ready for September and the transition to your post 16 education.

If procrastination has been something you suffer from, here are a few top tips to help get you moving again now.

Have a look at the video clip here:

<https://www.youtube.com/watch?v=Qvcx7Y4caQE>

With the worksheet:

<https://static.tumblr.com/4esgjcj/g32mj0c3d/procrastination.pdf>

## **Bridging work to A level:**

Now is a great time to start thinking about your A levels. I know you have been sent the bridging work from our sixth form as well as guidance on how to complete it [Link to A Level bridging activities](#) Now is the time to make a start on this. This work has three really important functions. Firstly, it gives you a chance to see what work at A level in each subject looks like, gives you a taste of the standards needed and an idea of this is the right subject. You can try the work in a number of subjects to ensure you are picking the ones that really suit you and you love. Secondly, the work prepares you for the jump to A Level. Even if you aren't coming to our sixth form (I hope you are!) then it still gives you a look at the subjects. Lastly, the work is collected at the start of the autumn term so getting it done now means it is out of the way. It will also be tested in the four week exams we hold for sixth formers so the better you do it now, the better you will do then. If you get stuck, do email the relevant teacher for some pointers to get you started again.

## **Weekly Quiz:**

1. Who invented the printing press?
2. How old is the Universe?
3. Who said: "There are decades where nothing happens - and there are weeks where decades happen"?
4. How long was the Gettysburg Address?
5. What does the common French phrase "avant-garde" mean?
6. Which country first invented inoculation, back in AD1,000?
7. Who wrote: "To strive, to seek, to find and not to yield"?
8. Roughly, how many children were born on Earth last Thursday?
9. How many cards did Captain Tom get for his 100th birthday?
10. The term "murder ..?.." trended on the internet. The term refers to an invasive insect in the U.S. that could annihilate honeybees.

## Answers to last week's quiz:

- Clifton
- 1997
- Doctor Who
- Cheers
- Nelson Mandela House
- Sex Education
- Erinsborough
- 1985
- John Noakes (12 years from 1965-1978)
- Gareth Keenan

Answers next week!

That's all for this week. #staysafe and look after yourselves.