



Year 10 Newsletter

11th May 2020

We hope that last week's newsletter was helpful. Here is this week's...

Ahead of Mental Health Week, this week's newsletter is focused on staying positive and mental health. A massive thank you to Miss Hanks and Miss Mumby for their contributions to this week's edition!

Tutor Time:

Year 10 tutors will begin to set small tutorial tasks.



This may be something as simple as completing a quiz, or reading a news article. You may also be asked to send a comment about what you have done whilst you haven't been at school.

In the News...

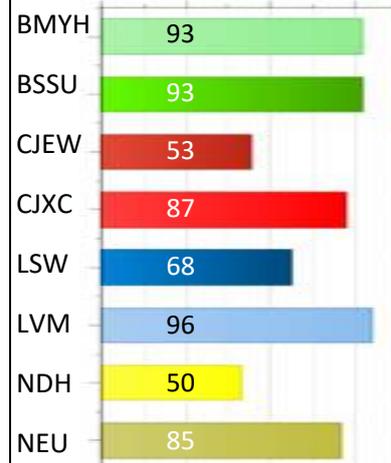
New Banksy artwork pays tribute to NHS

A new Banksy art piece is inspiring the world since it was dropped off, and later hung on display, at Southampton General Hospital in the south of England Wednesday.

The artwork shows a young boy playing with his favourite new superhero doll—a nurse wearing a cape and face mask.



IMPACT Totals So far this term...



Miss Hanks' Top Tips for Positive Mental Health...

There is much going on in the world that is out of our control and we have a lot of time alone with our thoughts which can be overwhelming.

- 1) Focus on things you can control- You wake up feeling tired because you stayed up late and struggle to concentrate on your work. You can control when you go to sleep and when you wake up, act on that!
- 2) Accept that some things are "just so"- I want nothing more than to go out to a gig with my friends, it makes me feel sad and I miss them. It is normal to feel lots of emotions, as said in point 1, focus on the things you can control.
- 3) Put time aside in your day to reflect- Myself and my friends have kept a diary during lockdown so they can look back when they feel down. I always include something I am thankful for and 3 good things that happened today. Yesterday I was thankful for my Mum fetching me some bits from the supermarket and my good things that happened were mowing the lawn, video chat with friends and the rabbits going outside for the first time!
- 4) Pick apart any negative thoughts- Whenever something negative goes through your head, look for evidence to support that and evidence against. Often there is more against the thought. E.g. I have too much work to do, I'm going to fall behind.
FOR: There are 7 pieces of work on SMHW
AGAINST: A lot of young people feel this way, teachers are setting less than usual, if I messaged my teacher they would support me and tell me that I'm doing well.
- 5) Treat yourself- Now is the time to look after yourself. Have that chocolate bar or buy that shirt you've been looking at for weeks. You've worked hard, and you deserve it!

This Week's Challenges...

We completely understand how difficult learning from home is. GCSEs aren't easy at the best of times, let alone when students aren't physically at school.

You might find the following challenges a nice way to break up the workload...

This week's recipe: chocolate tray-bake

- Heat oven to 180C/160C fan/gas 4. Oil and line the base and sides of a 33cm x 23cm roasting tin or cake tin with a lip of at least 2½ cm. Combine the flour, cocoa powder, baking powder, bicarb, sugar and a good pinch of salt in a large bowl. Rub any lumps of sugar between your fingers, shaking the bowl a few times to bring them to the surface.
- Whisk the oil, buttermilk, coffee, vanilla and eggs in a jug, then pour the wet ingredients into the dry. Use a spatula to stir well, removing any pockets of flour. Pour the mixture into the lined tin and bake for 25-30 mins until a skewer inserted into the centre comes out clean. If any wet cake mixture clings to the skewer, return the cake to the oven for 5 mins, then check again. Once cooked, remove from the oven and leave to cool in the tin for at least 20 mins.
- Meanwhile, make the icing. Melt the butter in a saucepan, then remove from the heat and stir in the icing sugar, cocoa powder and milk. The icing will be very runny but will thicken a little as it cools. (If the icing has set too much before the cake has cooled, reheat it slightly to make it easier to pour.)
- Pour the icing over the cake and leave to set. Decorate with the sweets, sprinkles, chocolate shavings or nuts, then cut into squares and dig in

For the chocolate sponge
125ml vegetable oil, plus extra for the tin
250g plain flour
80g cocoa powder
2 ½ tsp baking powder
1 tsp bicarbonate of soda
325g light brown soft sugar
250ml buttermilk
125ml strong coffee or espresso, (can be warm, but not hot)
2 tsp vanilla extract
2 large eggs
For the icing
150g salted butter, softened
200g icing sugar
4 tbsp cocoa powder
2 tbsp milk
sprinkles, sweets, chocolate shavings or nuts, to decorate

We would like to hear from students about the things they've done well.

Whether this is a picture of work they are particularly proud of, something they've achieved or even a meal they've cooked.

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This week's quiz:

- What is the angle between the hands of a clock at 1 o'clock?
- What is the chemical symbol for Ozone?
- What is the name of the mascot on the bonnet of a Rolls Royce?
- What is the three-dimensional image created with laser beams called?
- What type of animal are Belugas?
- What were (and still are) 'Skyscrapers' before the term was applied to tall buildings?
- What would you use Archimede's Screw for?
- What's the name for the bending of light as it passes from one medium to another?
- Where is the hypocentre of an earthquake in relation to its epicentre?
- Which is the only muscle in your body that is only attached at one end?

Do you want to contribute to next week's newsletter in return for IMPACT points?

You can create a quiz, a challenge task or a puzzle. If you send this to the email address above (from your school email account), we will add your submission to the next newsletter!



Staying Active

Have a look at Sport England's website for advice and challenges for staying active in and out of the house.

<https://www.sportengland.org/stayinworkout?gclid=CpGfk8nvpukCFVXG GwodkdsBnA>

Staying Positive

Action for Happiness have put together an Action Calendar, suggesting one positive action each day throughout May.

https://www.actionforhappiness.org/media/875760/may_2020.jpg

ACTION FOR HAPPINESS