





# Year 9 Newsletter




## 4<sup>th</sup> JUNE 2020

THIS HALF TERM:	TIMETABLE FOR LESSONS BEING SET												
<ul style="list-style-type: none"><li>• Work will now be set in line with the timetable to the right.</li><li>• The style of lessons will change slightly whereby you will get some audio commentary from your subject teachers to explain concepts.</li><li>• Teachers will now be expecting a response to work being set and if we have concerns about lack of work we will be in touch.</li><li>• All of this is to ensure you are fully prepared to start your GCSE courses when we are back in school.</li><li>• If you have any concerns about your work please contact your subject teachers or the year 9 team.</li></ul>	<p>You will now only be set work for different subjects on the following days.</p> <table><tr><th></th><th>MONDAY</th><th>TUESDAY</th><th>WEDNESDAY</th><th>THURSDAY</th><th>FRIDAY</th></tr><tr><td>YEAR 9</td><td>Maths English DT PE</td><td>History / Geography Biology Art RE</td><td>Maths Physics Drama MFL</td><td>English ICT PE</td><td>History/ Geography Chemistry Music</td></tr></table>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	YEAR 9	Maths English DT PE	History / Geography Biology Art RE	Maths Physics Drama MFL	English ICT PE	History/ Geography Chemistry Music
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<p>Tips for looking after your mental health:</p> <p>Stay in a routine</p> <p>Get some exercise/ fresh air</p> <p>Get good quality sleep</p> <p>Eat healthy</p> <p>Do things you enjoy</p> <p>Communicate often with a range of people</p> <p>Share your feelings with those close to you</p> <p>Don't let a bad day ruin your week</p>	<p>LINK TO USEFUL WEBSITES AND INFORMATION</p> <p><a href="https://www.mentalhealth.org.uk/">https://www.mentalhealth.org.uk/</a></p> <p><a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a></p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p><a href="#">ALL ABOUT YOUR MENTAL HEALTH</a></p> <p><a href="#">LOOKING AFTER YOUR MENTAL HEALTH WHILE WORKING FROM HOME</a></p> <p><a href="#">ANXIETY</a></p> <p><a href="#">LOW MOOD</a></p> <p><a href="#">STRESS</a></p> <p><a href="#">SLEEP</a></p> <p><a href="#">SUPPORTING OTHERS</a></p> <p><a href="#">SUPPORT WITH YOUR MENTAL HEALTH</a></p>												



**The best websites and apps to support lockdown learning...**



Helpful Websites for all subjects:  
<https://www.bbc.co.uk/bitesize>  
<https://www.thenational.academy/>  
<https://app.senecalearning.com/courses>  

<https://www.s-cool.co.uk/>  
<https://quizlet.com/en-gb>  
<https://www.pinterest.co.uk/>  
<https://www.youtube.com/>

Helpful Apps:  
 Mathematics  
 GCSE 9-1  
 Memrise  
 Chegg Flashcards+  
 iMindMap  
 GetRevising  
 Pocket Notes

# This week's challenges....

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.

[t.williamson@kimberleyschool.co.uk](mailto:t.williamson@kimberleyschool.co.uk)

[t.blyth@kimberleyschool.co.uk](mailto:t.blyth@kimberleyschool.co.uk)

[d.hawkes@kimberleyschool.co.uk](mailto:d.hawkes@kimberleyschool.co.uk)

## This week's recipe

2 medium eggs  
125ml vegetable oil  
250ml semi-skimmed milk

250g golden caster sugar  
400g self-raising flour (or same quantity plain flour and 3 tsp baking powder)  
1 tsp salt  
100g chocolate chips or dried fruit such as sultanas or dried cherries (optional)



Heat oven to 200C/180C fan/gas 6. Line 2 muffin trays with paper muffin cases. In a large bowl beat 2 medium eggs lightly with a handheld electric mixer for 1 min.

Add 125ml vegetable oil and 250ml semi-skimmed milk and beat until just combined then add 250g golden caster sugar and whisk until you have a smooth batter.

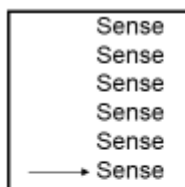
Sift in 400g self-raising flour and 1 tsp salt (or 400g plain flour and 3 tsp baking powder if using) then mix until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.

Stir in 100g chocolate chips or dried fruit if using.

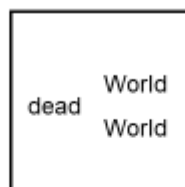
Fill muffin cases two-thirds full and bake for 20-25 minutes, until risen, firm to the touch and a skewer inserted in the middle comes out clean. If the trays will not fit on 1 shelf, swap the shelves around after 15 minutes of cooking.

Leave the muffins in the tin to cool for a few minutes and transfer to a wire rack to cool completely.

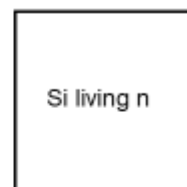
## Complete the dingbat...



(3, 5, 5)



(4, 2, 3, 5)



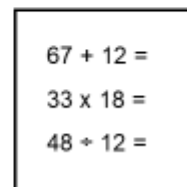
(6, 2, 3)



(6, 2, 5)



(3, 4, 5)



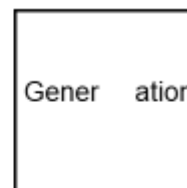
(9)



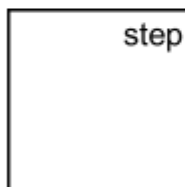
(1, 5, 4, 7, 2)



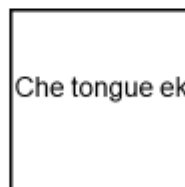
(3, 6, 8)



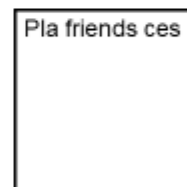
(10, 3)



(4, 5, 2)



(6, 2, 5)



(7, 2, 4, 6)



### Staying Active

Remember that the PE department has set up an Instagram account to help you stay active. Try some of the challenges if you haven't already!  
[@kimberleyschoolstayactive](https://www.instagram.com/kimberleyschoolstayactive)

### Staying Positive

You can find some excellent tips on mental health and mindfulness on the Youngminds website:  
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

**YOUNGmINDS**