



Year 9 Newsletter

12th JUNE 2020

THIS HALF TERM:

- Work will now be set in line with the timetable to the right.
- The style of lessons will change slightly whereby you will get some audio commentary from your subject teachers to explain concepts.
- 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.
- All of this is to ensure you are fully prepared to start your GCSE courses when we are back in school.
- If you have any concerns about your work please contact your subject teachers or the year 9 team.

TIMETABLE FOR LESSONS BEING SET FROM MONDAY 15TH JUNE

You will now be set for your core subjects [English, maths, science & humanities] as well as your option choices on the following days.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YEAR 9	Maths English PE Core Option T subject	History / Geography Biology Option S subject Option U subject	Maths Physics Option T subject	English PE Core Option U subject	History/ Geography Chemistry Option S subject

Tips for looking after your mental health:

Stay in a routine

Get some exercise/ fresh air

Get good quality sleep

Eat healthy

Do things you enjoy

Communicate often with a range of people

Share your feelings with those close to you

Don't let a bad day ruin your week

LINK TO USEFUL WEBSITES AND INFORMATION

<https://www.mentalhealth.org.uk/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://youngminds.org.uk/>

[ALL ABOUT YOUR MENTAL HEALTH](#)

[LOOKING AFTER YOUR MENTAL HEALTH WHILE WORKING FROM HOME](#)

[ANXIETY](#)

[LOW MOOD](#)

[STRESS](#)

[SLEEP](#)

[SUPPORTING OTHERS](#)

[SUPPORT WITH YOUR MENTAL HEALTH](#)

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 FOCUS:

STAYING SAFE ONLINE:

During this time everybody is spending a lot more time online. I have looked at many websites that offer guidance on how to stay safe [there are some links to these to the right] and the core messages are as follows:

Think about your digital footprint:

With every new profile, photo or comment we post, we add to a trail of information about ourselves which stays online. This has been called a 'digital footprint'.

People who know us, and people who don't, can see our digital footprints and learn more about us.

Our digital footprints can show us in our most positive moments – but sometimes they might reflect thoughts or experiences that we later wish had been kept private.

Some celebrities have been criticised for making offensive comments on social media - even when they were posted years before they became famous.

It can be really hard to keep on top of all the things we post online. Taking a moment before posting to consider a few of the things mentioned in the list below could help

What to consider before posting:

Who is going to see this?

Am I sharing too much or sensitive information about myself?

Is this going to offend anyone?

Staying safe common tips:

Check your privacy settings

Choose your friends wisely

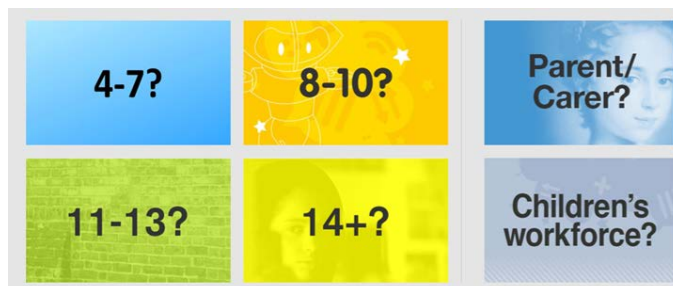
Think before you post

Shut down or delete any accounts you no longer use

USEFUL WEBSITES & LINKS:

www.thinkuknow.co.uk/

This website gives advice for all ages as well as parents and carers on how to stay safe or how to help your friends and family stay safe.



[Help and advice for parents](#)

The link above offers help and advice for parents on a range of issues young people face online.



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

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