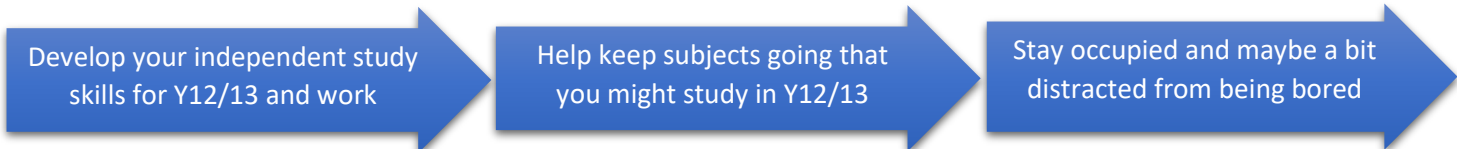
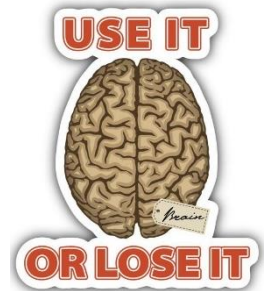




Hello Year 11 ... you get **your own** newsletter this time ... for you, more than other year groups there is a **lot of uncertainty** at the moment and I just wanted a chance to address that ... In the immortal words of John Lennon ... **Everything will be okay in the end. If it's not okay, it's not the end.** SO ... 1) find out who John Lennon was!!!! 2) **start thinking about the future.** By now you must know that we are re-prom-ing ... we have a provisional date of September 25th ... all being well 😊 + a leavers assembly too

SO ... between now and then ... there are a few things I think you need to spend some time on ... I don't mean gaming or Netflix ... I know a lot of **you are working really hard to keep your brain busy** ... it really is true that you need to use it, or you'll lose it, so ... **get on with the work** your teachers are sending you, even if you're wondering what the point is anyway because the media is saying you'll get your predicted grades SO we are **still waiting** for the **Government and Exam Boards to clarify** how they are going to do this ... it's not as simple as just giving you the predicted grade in Go4Schools ... the reason for this is simple ... some schools will not be totally honest! There, I said it ... SO to make sure it's fair and balanced there are **lots of factors that the exam boards will take into account**, including **current, target and predicted grades, SATs** and how much progress you will have made to get a final grade. Schools and students have been promised more clarification on that soon ... SO ... our advice to you is ... **finish coursework / portfolios** etc. ... do the best you can. If you keep working, it will help you to ...



Plan your day

As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Explore different ways of adding movement to your day and find some that work best for you. Even at home, there will be lots of ways to exercise and keep your body moving.

Improve your sleep

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible.

Wind down before bed by avoiding using screens for an hour before bedtime.

However, while you're not in the school **routine**, make sure you do create your own routine ... it is so important ... use the **timetable** I sent at the start of the week ... That said ... **it's OK if there are days when you don't** ... Because this is such a strange

situation there are going to be times when the last thing you want to do is school work because you've got your mind on other things – that's fine, be kind to yourself and allow yourself to have some time off, pick a good box set, or a great game to get lost in, or spend a few hours doing perfect nail art, painting something beautiful, doodling what's

Reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small.

Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

Connect with others

Explore ways of connecting that work for you, whether that's by post, over the phone, social media, or video-chat.

This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps.

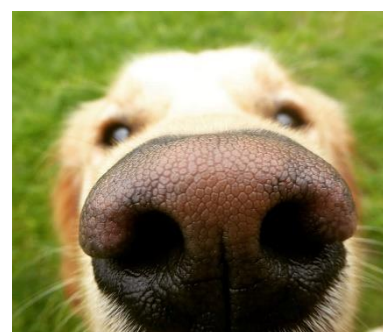
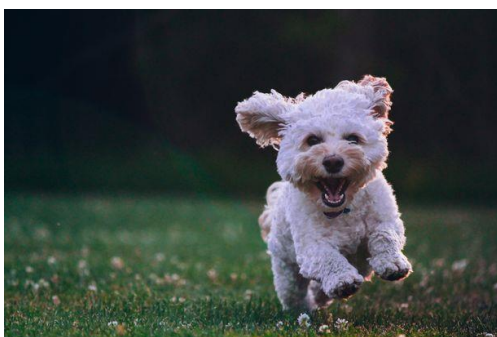
on your mind, or just trying to take that perfect photo of your pet. Just **do something to make you feel good ... and then do some work to keep your brain active.** In such uncertain and frustrating times work is a good distraction from the things

that may be worrying you but also, think about this, how many of you remember how much 'fun' Years 7-9 were ... that's because the work you did then **was learning for the sake of the knowledge you gained** ... in Years 10 and 11 the work you do is so focussed on the exams that the fun and interesting knowledge are lost because you're worried about knowing it for an exam ... so **just ENJOY finding out, having a go and broadening your mind!** Stay Safe X Miss Cooper.

Nail Art step by step tips ... here's a couple of ideas ... try changing the colours to make yours brighter and younger!



Perfecting your pet pictures ... (send pictures to photos@whptrust.org if you want them on Insta!)
<https://dogtime.com/lifestyle/parties/1874-how-to-take-pictures-of-your-dog>



Think about where you are in relation to your pet ... above, eye level, below ... how can you get their attention ... what's in the background ... how many photos are you taking (the more the better). Other pets can also be used ...

Celebrating Bramcote College's Class of 2020 ...
 It'll be OK in the end, and if it's not OK, it's not the end!

PROM

We're re-scheduling the Prom and Leavers' Assembly to September and we'd love to see you there!
 Leavers' Assembly date to be announced.

PROVISIONAL NEW DATE FRIDAY 25TH SEPTEMBER

And now for the good news ... As you have probably seen in the email from Mrs l'Anson and on BC Instagram ... the prom is ON ... we have a new date to plan for ... so don't feel that you've missed the prom or the leavers' assembly and if you didn't get all the names you wanted when we did a quick shirt signing on your last day before schools closed, it's fine because like all great things we are having a re-boot ... Batman, Spiderman, Star Wars, Gossip Girl ... Bramcote Prom!!!! Yay!

Stay safe, stay home for now and look after yourselves and the people who live with you!