



Dear Year 10 and 11, I hope this finds you well and not going too bonkers (insert tune here) ... Year 11s are a bit used to this format because I've sent them a couple of emails like this about revision and coping with work-stress, so welcome Year 10 to a few tips and pearls of wisdom ... This is a very strange time ... stranger than the first time Jekyll turned into Hyde ... (or was it the other way round? Discuss how this moment is presented in the book 😊) ... the first and most important thing I want to say is ... **STAY AT HOME** ... This is a big ask but the NHS are asking the whole country to do it if they can. There's a lot of stuff

in the press about young people being irresponsible about Corona but that's a minority of daft kids – **I know you are caring and considerate and wouldn't ever want to put the lives of others at risk.** The big risk is not to you, but those around you (older members of the family) and the people working hard in the NHS to keep those people alive when they get critically ill. SO ... **yes, it's inconvenient,**

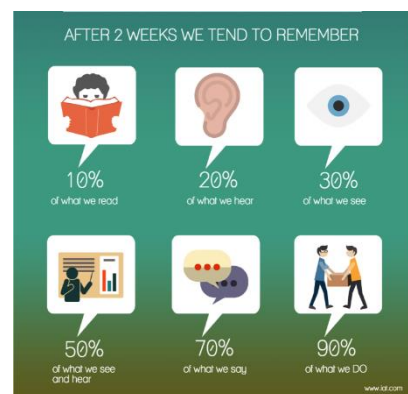


**but it's not forever,** we are asking you to set an example to each other and STAY AT HOME ... consider it a stay-cation, a chance to have those **bright blue nails** and false eye lashes and pink hair; a chance to wear trainers and ditch your tie **without fear of a correction** ... and in return, we need you to **STAY AT HOME** ... You can **stay in touch** with friends using social media in groups or 1 to 1 ... (stay safe though and be KIND!) ... video chats are great ... and there are Apps out there to let you video conference with a whole group of people ... you can have a virtual lunch together. **Keep checking emails and TEAMS.**

[https://thespinoff.co.nz/wp-content/uploads/2020/03/Covid-19-Transmission-graphic-01.gif?fbclid=IwAR1Ein-yx60NgO4yM8396rBZBvgsON\\_ArMAIKK9kxAHpZQeAjh8Uf2U-EgY](https://thespinoff.co.nz/wp-content/uploads/2020/03/Covid-19-Transmission-graphic-01.gif?fbclid=IwAR1Ein-yx60NgO4yM8396rBZBvgsON_ArMAIKK9kxAHpZQeAjh8Uf2U-EgY)

Long link but a very clear little Gif to show how great staying home is!

SO ... NOW you ARE at home I would **strongly advise a ROUTINE** ... otherwise life gets quite stressful ... I've included in this email a **timetable which should cover most of the time during weekdays** ... so you don't get lost in Netflix or gaming. **You need to keep your brain active and stay focussed** ... all of you have plans for the future and schoolwork will get you there. When you are doing work, think about how you're doing it ... working at home gives you a unique chance to **share what you're learning** ... 'Did you know' ... or get someone else included in what you're doing ... it also means you can



## 8 WAYS TO COPE WITH CHANGE

by @inner\_drive | www.innerdrive.co.uk

- 1 GET INFORMATION**  
Uncertainty and ambiguity causes stress
- 2 DIP YOUR TOE IN THE WATER**  
Get a taster of what you are about to do
- 3 ASK FOR HELP**  
Who can you turn to for support and advice?
- 4 BE PATIENT**  
It takes time to adapt
- 5 BELIEVE IN YOURSELF**  
Know that you can develop skills needed to adapt
- 6 TEST YOURSELF**  
Stepping slightly out of your comfort zone helps you learn and improve
- 7 KEEP A SENSE OF PERSPECTIVE**  
Know what's important and what really matters
- 8 REMEMBER YOUR GOAL**  
Seeing the bigger picture will boost motivation

be a bit more creative, so get the felt tips out and write in colours, draw little pictures and don't hesitate to **email your teachers to ask for help** ... type their surname into the 'To' section of your school emails and it should come up. Let work fill your time ... don't ignore it and sleep all day and Netflix/game all night because that's not good for your intelligence or your **mental health**. Things are changing a lot at the moment and that is hard to handle BUT **this won't last forever** and at some point in the future you'll talk about 'remember when we worked at home ...' **it's good to share your worries but don't obsess** ... and remember to **use the help information on the yellow cards you were given last week** if it's all feeling a bit much. **STAY HOME** and **STAY IN TOUCH** ... keep checking 'TEAMS' too. X Miss C.

## Year 10 and Year 11 Student Timetable

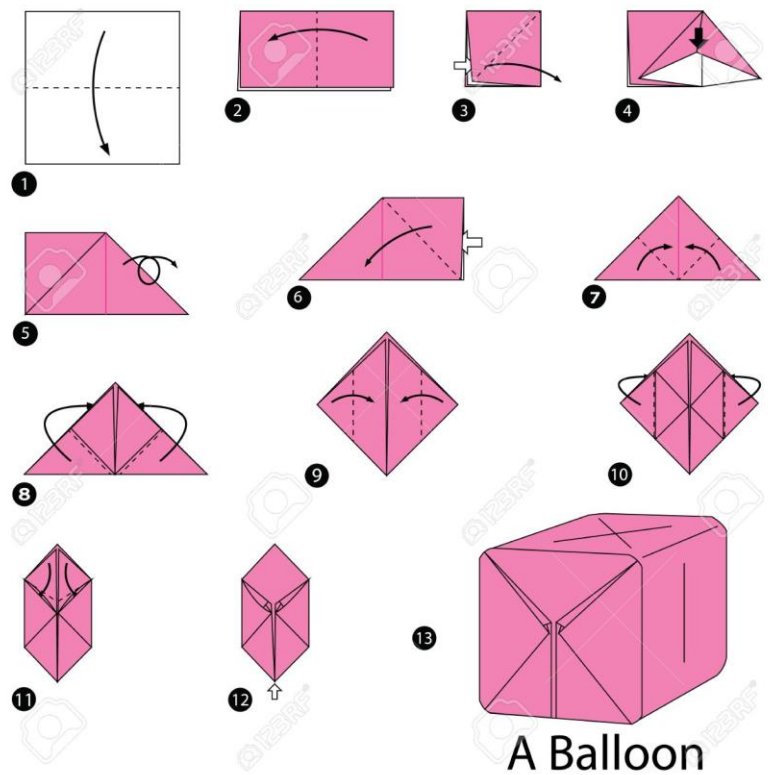
Session length	Days/ Subject				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Get up by 8:30 ...</b>	Have a morning routine ... get up, have a shower (personal hygiene is important) get dressed (not in PJs, otherwise what will you sleep in?) brush your teeth ... help out with younger siblings (?), or make breakfast for Mum or Dad ... try to be helpful!				
<b>Exercise 9:00ish</b>	It's really important to keep moving ... how many of you walk / bike to school ... how are you going to do that? Joe Wicks is doing school PE on his YouTube channel at 9:00 every morning, but if that's a bit young, try some circuits or even some yoga or Pilates ... you can download apps for free onto your phone.				
<b>50-60mins (2 x 25 mins)</b>	Maths	Maths	Maths	Maths	Maths
<b>Have a break (25mins)</b>	Move about a bit ... get up from where you've been working and stretch and walk about a bit (go up and down stairs a few times!) see if anyone in the house needs anything ... cup of tea, chat, etc.				
<b>50-60mins (2 x 25 mins)</b>	English	English	English	English	English
<b>Lunch</b>	Try to eat lunch in a different room to working ... take your time to eat it, maybe make it with someone else in your house and have a chat while you do it ... do your washing up! Then relax, catch up with friends or go into your garden if you can for some fresh air.				
<b>50-60mins (2 x 25 mins)</b>	Science	Science	Science	Science	Science
<b>Have a break (25mins)</b>	Move about again ... put some music on and have a dance round the house ... sing along (not too loud if someone is working from home!) ... message your friends ... or family ... facetime your Gran ... stay in touch with people 😊				
<b>50-60mins (2 x 25 mins)</b>	<b>Option A</b> ↓	<b>Option B</b> ↓	<b>Option C</b> ↓	<b>Option D</b> ↓	Revision/ Catch-up learning/ Reading/ creative project/ make over/ circuit training/ cooking
<b>Year 11 Pick one subject from ...</b>	✓ Art ✓ Business ✓ History	✓ Computer Science ✓ Food Tech ✓ Spanish	✓ Health & Social ✓ GCSE PE ✓ Geography	✓ Engineering ✓ Photography ✓ Psychology	
<b>Year 10 Pick one subject from ...</b>	✓ Computer Science ✓ History ✓ Spanish	✓ Geography ✓ History ✓ BTEC Sport	✓ Art ✓ Business ✓ Psychology ✓ Photography	✓ Engineering ✓ Health & Social Care ✓ Photography	
<b>After 'School' before TV/Screen time</b>	Don't forget your hobbies, activities and interests ... Practice your skills, make music, take photos (& edit them) draw something, paint something, colour something in, read, write a story (you could write the next Harry Potter!), cook something amazing, design something clever ... read a book!				

If an option block doesn't have a subject you're doing in it, you can always pick from another block ... work will be put on 'Teams' for you.

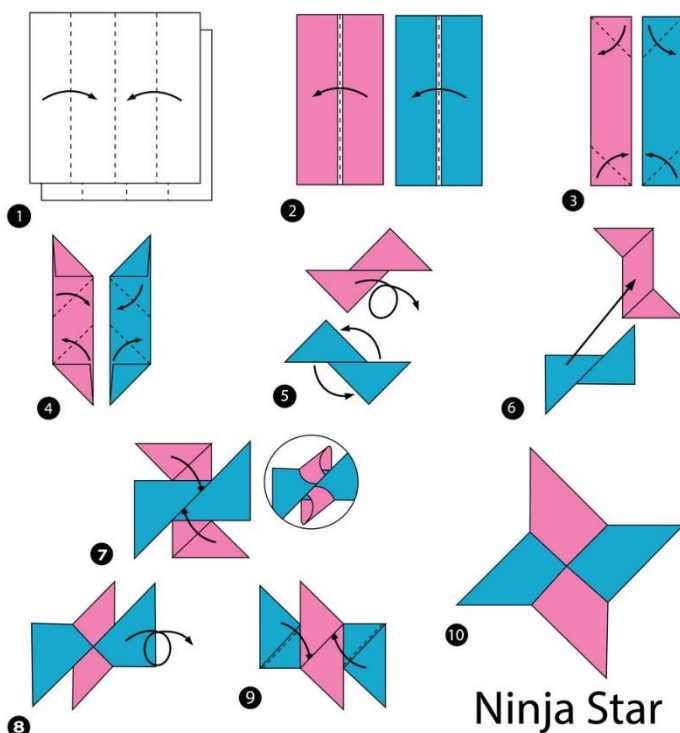
And if all else fails ...

Learn a card trick or two ... <https://www.youtube.com/watch?v=LjLLPe5ZhFo>

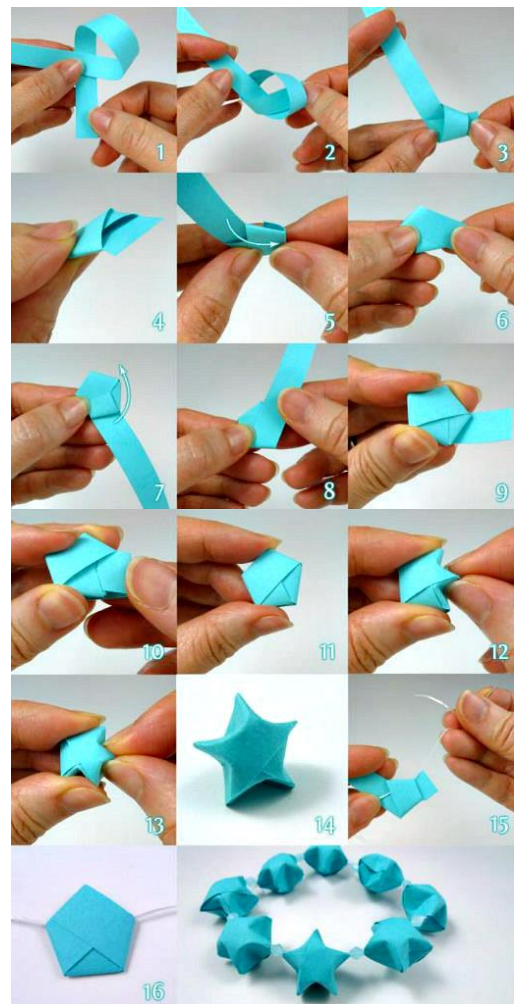
Or do some origami ... [https://www.youtube.com/watch?v=dr\\_Zbwr2cqg](https://www.youtube.com/watch?v=dr_Zbwr2cqg)



A Balloon



Ninja Star



More to come later in the week

# FIRE UP YOUR CORE CIRCUIT WORKOUT

After warming up with light cardio for five minutes, repeat each three-exercise circuit three times.

## CIRCUIT ONE



**RUNNER'S LUNGE WITH PUSH-UP**  
15 reps



**BIRD DOG**  
15 reps, each side



**ELBOW PLANK WITH REACH**  
15 reps



## CIRCUIT TWO



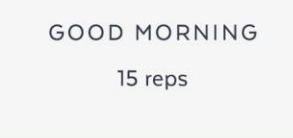
**REVERSE LUNGE WITH REACH**  
15 reps



**GOOD MORNING**  
15 reps



**SIDE LUNGE**  
15 reps



## CIRCUIT THREE



**ELBOW PLANK AND ROTATE**  
15 reps



**DEAD BUG**  
15 reps



**SINGLE-LEG BRIDGE**  
15 reps, each side



BEAR WALK



PRONE THORACIC MOBILIZATION



INCH WORMS



2 STEP HAMSTRING STRETCH



WALKING LIZARD LUNGE



BOOK STRETCH



COSSACK SQUAT



CRAB WALK

