



YEAR 11 - WEEK 5 SUMMER TERM

This 'Newsletter' is designed to give you key updates, celebrate your success and signpost you to any support you might need.



Hello everyone,

Firstly, let me send my best wishes to all of our families and children. I hope you are keeping safe and well.

Secondly, I am sure that many of you watched the Prime Minister's statement last night.

And heard that he mentioned that there might be the opportunity for secondary school exam classes returning at some point before the summer holidays. There were many caveats he spoke about regarding that possible reopening for some students. Our overall objective when re-opening is to maximise the effectiveness of teaching and care for our students, whilst safeguarding the health and well-being of everyone on site. Today, There is expected to be a 50 page document released which will provide additional guidance which we will use to make the necessary plans for any potential reopening and will, of course, provide you with the necessary information as we go.

Finally, last week our students in years 9 and 10 were given time to do an enrichment activity of their choice each day on a rolling programme each week. We plan to put this in place again for next week and going forward every week after half term.

As always, do get in touch with us if you require any support or help regarding any aspect of your child's education. I can-not say this strongly enough: Every child has the Right to an Education. During this period of incredible uncertainty, providing all our children with a daily structure and routine, Monday to Friday, focused on learning will help support their emotional and mental well being and will provide a platform to extend and further their knowledge and understanding.

With best wishes
Suzannah Wharf

TEIGN SCHOOL VISION AND ETHOS
Pride through success

A love for learning

Ready for the world

Centre of the community

Celebrate achievement for all

Your 'Best' mind-set

Support each other



Keep looking at the School website, Y11 to Y12 transition activities will be available soon for you to start the introduction to your A'level courses. If you know what subjects you would like to study, complete the activities they have attached. In addition, if you are not sure, this is your chance to trial new subject choices.

Brain teasers of the week

You are driving a bus. At the first stop, two women get on. The second stop, three men get on and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What colour is the bus driver's hair?



Last weeks answer

Your breath

Thinking about an apprenticeship?.

-  **Follow the National Apprenticeship Service:**
-  **Service:**
-  **@Apprenticeships**
- Fireitupapps**
- National Apprenticeship Service**
- Search for apprenticeships on GOV.UK**
- or call 08000 150 400**



From the P.E. Department

We are loving how active you are trying to remain during this time and especially how you are getting other family members involved. You will have all received an email which contains a link to additional activities you may wish to use to help support you keeping active on top of your lessons. There are recommended apps, websites and documents for you to use how you wish and the PE department will keep adding to these for you.

We are launching the #healthyselfie challenge for all of Teign School. Email your pictures or videos of you on your daily exercise, PE lesson or family workout to your PE teacher! Look out for photos of your teachers in next week's newsletter!

Shout out

Catherine Gilbert has been continuing her work in catering and has cooked up some stunning foods over the past few weeks. The quality of the foods was amazing, I just wish I could have tasted them. Mr Wagner could do with a few tips I think!

Definitely a job in the catering industry!



Remembering the good times!



Name the House and it's leader!!!



Wellbeing top tips

1	Stay connected with others	Maintaining relationships is important: stay in touch with your friends and family through phone calls, messages and social media. There are lots of apps where you can video call multiple people at the same time, like Zoom, House Party, Skype and WhatsApp. Try a group video chat with several of your friends or family – on House Party you can play games and do quizzes at the same time.
2	Stay physically active	Current government advice says that you can leave the house for one form of exercise a day, e.g. a run, walk, or cycle, so make the most of it and get out of the house once a day. Don't want to leave the house? Join Joe Wicks every morning at 9am on YouTube for 'PE with Joe', an easy 30-minute workout you can do in front of your TV - you could video call your friends at the same time!
3	Talk about your worries	It's totally normal to feel a bit worried, scared or helpless about the current situation. It's important to talk to people you trust; doing so may help them just as much as you. If you don't feel you can speak to your friends or family, there are lots of helplines you can access. Your school may have more information on their own website with wellbeing suggestions.
4	Look after your sleep	Try and go to bed at the same time you would normally – it's important to maintain regular sleeping patterns. Avoid screens an hour before bed, don't drink anything with caffeine and create a restful environment. For more ideas on how to get a good night's sleep, visit the NHS Every Mind Matters
5	Manage your media	24-hour news and constant social media updates can make you more worried. Try and limit the information (e.g. only once a day) and make sure you are getting the facts from a reliable source. For example www.gov.uk or the NHS website.
6	Take time to relax	Taking time to relax and to clear your mind can help you manage your emotions and improve your wellbeing. Try downloading a mindfulness app like ThinkNinja, start a new book or have a bath.
7	Make a new daily routine	Life is different for all of us at the moment and will be this way for a while. It's important to establish a new daily routine. Try to set a time to get up and a time to go to bed. During the day, engage in useful and meaningful activities like schoolwork, cooking, exercise, helping around the house, or phoning a friend. It might help you to write it down.
8	Do things you enjoy	You are being set schoolwork to do by your teachers, but it's just as important to spend time doing things you enjoy. Adapt your hobbies so you can still do them inside. You may like to post your ideas on social media or video sharing websites so other people can try them too. For example: like football? Try toilet roll keepie-uppies!
9	Set yourself goals	Setting goals and achieving them gives a sense of control and purpose. Think about things you want to do that you can still do at home: watching a film, reading a book or learning something online. You could keep a lockdown diary or write a blog, or learn a new language using an app like Memrise or Duolingo.
10	Keep your mind active	Try not to just stare at a screen all day. Keep your brain active by reading, writing, playing board games, doing crossword puzzles, number puzzles, jigsaws, drawing, painting, gardening – find something that works for you!