



YEAR 7 - WEEK 2 SUMMER TERM



A huge well done to all the students that have completed their home learning this week



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

So we start week three of the summer term, 2020 from our homes! I know for some of our families it has been a case of getting into your stride, whilst for others, the challenges of 'school at home' whilst parents are doing their own jobs and children completing their lessons have been greater. We are here to support you and your family so do get in touch if you need any assistance. Our subject leaders are currently putting together a reading/enrichment list for each of their subjects that we hope to be able to share in the next few of days that we hope will support our families in providing a wealth of suggestions for our families.

Mr Goodwin has emailed all our students and parents with a reminder of how to **keep safe online**. Parents, please do speak to your children about how to protect themselves on social media and the internet. Again, if you require any assistance or advice then please do use what we have shared or contact us if you need to.

On a lighter note, this week, we hope to share our Teign School staff video to give you an insight into how our staff are coping at home in lockdown.

It is extremely humbling to be part of a community where we continually hear stories and accounts of how we are looking after one another. Do let us know if you need our help or assistance for your family, yourself or your child. I hope the week ahead is a positive one for you and your families.

With best wishes and stay safe,
Mrs Wharf



PE Update

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!

PE shout outs for excellent work

7R1 - Maya F & Isla W
7R2 - Charlie F, Harry R & James A
7R3 - Morgan C, Joseph F, Josh G, Rosaya M
7T1 - Alannah B, Kacie E, Olivia M
7T2 - Joel M, Charlie H, Leo B, Corey B & Jamie S
7T3 - Harley W, Charlie C

60 second Speed Bounce Challenge

PE Class	Leading student
7T1	Evie Mei S (166)
7T2	Joel M (139)
7T3	George F (106)
7R1	Polly J (125)
7R2	Ed M (116)
7R3	Morgan C (122) / Rosaya M (59)

This week's Maths genius'

Mrs Cox says a massive well done to the following students for some excellent work this week

- Y7R Polly J, Zico K and Anthony W
- Y7T Charlie H, Alannah B and Kieran A

Star of the week

Nominated by: Mr Lea
For: outstanding work in History
Student:

Harrison J

From the Library

Year 7 Top Reading Effort

Well done to the following students who have been taking lots of book and vocabulary quizzes since the Easter holidays. As a year group you have taken 113 quizzes in 9 days! Remember you can quiz on audio books (from Audible) as well as print books you have at home.

Alannah B	Charlotte M
Charlie H	Harry R
Hayden W	Summer C
Nellie RJ	Ryan C
Evie Mei S	Issac F
Amelie C-M	Tomas P
George F	Ellie H
Milly K	Sam J
Caeleb S	

THE TOP TUTOR GROUPS FOR QUIZZING DURING SCHOOL CLOSURE ARE.....7F, followed by 7B and then 7D

TimesTables Rockstars Results

The results are in, the battle is won, and the BOYS are victorious!!! The boys smashed their way to victory achieving an epic 20,003 points against the girls 8,572. Congratulations to all of the year 7 warriors who took part, and a special mention goes out to our MOST VALUABLE PLAYERS who have certificates arriving in the post. Keep logging into Times Table Rock Stars to practise. You never know when the next battle will start – the Maths team have great plans!

MOST VALUABLE PLAYERS:

Boys	Girls
1 st Connor L	1 st Molly H
2 nd Blake D	2 nd Kacie E
3 rd George F	3 rd Hannah C



BVC Challenge of the Week

Celebrating and sharing positives is important. We would like to invite you to take part in a kindness challenge.

Think about your kind acts for this week; plan out some opportunities to be kind, and look out for a kind act(s) someone does for you that make you feel happy.

You will find a blank kindness calendar template at the link below alongside an annotated example and a video from Mrs Evans explaining how it works.

https://educationsouthwest-my.sharepoint.com/:f:/g/personal/lucie_wagner_teignschool_org_uk/EsDi94uM6CJHuLW45BEOdX8Be6vLOgnpcBEdSPwHh1jPPg?e=aq7QWR

You can either print it off to fill in, insert text boxes on the Word document or create your own using the template.

Send your calendars in for the week into school so we can celebrate the amazing things you have done to be kind to celebrate the power of kindness.

Perhaps afterwards you could keep it up for the next month - its a great way to look back and reflect on what you have done for others.

Please send your calendars to admin@teignschool.org.uk

Resource courtesy of the British Cross



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!

Year 7 Curriculum and Learning Platforms during School Closure due to Covid-19

(All work/links are also set on Epraise)

Subject	Summary of learning for this half term	Online platforms being used to set work (apart from Epraise)
English	Literary Allusions & Classical Mythology (If you can't access the work, any learning about Greek myths & legends would be good!)	Teams
Maths	Ratio, rearranging formulae, sequences, area of circles, solving equations	SPARX
Science	Forces / Ecosystems	Teams
Geography	Hot deserts/Coasts	Teams
History	Medieval Castles project: What were early castles How did they change – Stone keep and concentric castles What was it like to live in a castle Attacking and defending castles Building a castle.	Teams
MFL- French	Hobbies and Free time	Teams/ quizlet/ languagegym
MFL- Spanish	Friends and Family	Teams/ quizlet/ languagegym
Art	Still Life project Observational drawing	Teams
Drama	Developing drama knowledge of techniques and terminology.	Epraise with attached PDF
Music	General music single lesson tasks based on skills	Teams/ Focus on Sound
Technology	<u>Food</u> : food, nutrition and health and safety <u>DT rotation</u> : Bio-mimicry project	Teams
PE	1 x Fitness lesson a week 1 x Skill based lesson a week KO on Training Methods (set for the term) Daily Joe Wicks on YouTube	Teams PDF shared on epraise YouTube
BVC	What do we do when life gets hard? (The story of Job, Apologetics and Action, Christian and atheist responses to evil and suffering)	PDF shared on epraise Teams
ICT / Computing	Researching using the internet Internet Safety Hardware and Software	Teams / Seneca Learning