

Year 10 Weekly Bulletin



Autumn term – 09/10/20

Thought of the week

“Winners never quit and quitters never win.”

Vince Lombardi.

This means you must keep your determination and focus, and never stop trying. This is a mental attitude that successful people have in all walks of life, including education. Some of us have struggled this week with being back at home and remote learning, others struggled with getting to grips with using technology to learn and some of us from not having our social support networks on hand. What we all must do is keep trying, we can overcome any of the obstacles we face if we develop a growth mindset and our resilience. Please ask for help if it's needed, Team SUA are always here to support you!

Key information this week

Your lessons will now take place online until you are back in the academy on Friday 16th October. Your timetable will be unchanged – GCSE lessons at normal academy times.

Some of you are self-isolating and therefore should not be leaving your homes. The majority of you are not isolating and can leave your homes. The reason you are at home is because we do not have capacity in the academy to teach you all there. This does not mean you are on holiday and can avoid classwork. Many of you have already proven you are adaptable and resilient enough to cope with this temporary change. If you have any issues with blended learning please contact your form tutor.

Timetable for Blended Learning.

8.45-9.40	Period 1	Oak National Academy
9.45-10.30	Period 2	Online lesson
10.45 – 11.05	Tutor	Contact your tutor should you have any issues.
11.05-11.25	Break	
11.25 – 12.10	Period 3	Online lesson
12.25 – 1.10	Period 4	Online lesson
1.25 – 1.55	Lunch	
1.55 – 2.40	Period 5	Online lesson
2.40 -2.55	Tutor	Contact your tutor to let them know how your day went

Oak National Academy

Period one is self guided learning using Oak National Academy. Here are the links for each subject to the relevant topics you are studying at the moment.

Maths:

<https://classroom.thenational.academy/units/angles-3770>

English:

<https://classroom.thenational.academy/units/a-christmas-carol-fa13>

Science:

<https://classroom.thenational.academy/units/energy-changes-b607>

History:

<https://classroom.thenational.academy/units/medicine-through-time-c-1250-present-day-77c6>

Geography:

<https://classroom.thenational.academy/units/major-landscapes-of-the-uk-4974>

<https://classroom.thenational.academy/units/coasts-eff>

French:

<https://classroom.thenational.academy/units/family-and-friends-2f3c>

CHARACTER:

<https://classroom.thenational.academy/lessons/what-is-an-active-citizen-6ctp6t>

Why do we need rules?

<https://classroom.thenational.academy/lessons/why-do-we-need-rules-68r38e>

What is a community?

<https://classroom.thenational.academy/lessons/what-is-a-community-c4v66r>

What role does our school play in the community?

<https://classroom.thenational.academy/lessons/what-role-does-our-school-play-in-our-local-community-68t66c>

Spanish:

<https://classroom.thenational.academy/units/holidays-and-travel-5cf6>

Be kind

Be kind to one another. We may all be living through this pandemic but it affects everyone differently. Some of you may be ok with home learning again, others really struggled last time and so are not happy about not being with their support network of friends. If you feel like you may be losing control try this Mindfulness breathing technique.

Mindfulness through breath

When we are stressed or anxious, we often take shallow breaths into our chests. By breathing deeply into your belly, you can use your breath to calm both your body and mind. To practice mindful breathing, place your right hand on your belly and your left hand on your chest, feeling the gentle rise and fall of your breath. Count to three as you inhale, then count to three again as you exhale. Close your eyes, too, if that feels comfortable.

KS4 Girls PE Questionnaire.

Mrs. Jukes has asked that all year 10 girls complete this short questionnaire for PE. Please follow this link and answer the questions honestly.

https://forms.office.com/Pages/ResponsePage.aspx?id=gky26b9G3UKLteReSUL79LL3kimWuGFBi39h_wT_7fFUNEIEU09INE0yOTFKVERKV0hNRzVKOTg1Ti4u

Celebrations

Practical test pieces for Year 10 Product Design

Year 10 Product Design students have recently completed their test pieces of creating four different wood joints accurately and safely within the workshop. A really positive start to the academic year and all students are making good progress and enjoying the practical tasks. They have worked extremely hard to have manufactured some excellent wood joints. I would like to congratulate the students for their efforts and wish them best in their future projects.

Well done Mrs Garland.



Isabella Moseley and Scarlet Goodwin have produced some brilliant Spanish work. Well done!

Spanish:
Holiday Topic

By Isabella Moseley

QUESTIONS:

¿Dónde vas de vacaciones?
↳ Where do you go on holiday?

¿Qué haces de vacaciones?
↳ What do you do on holiday?

¿Qué haces por la noche?
↳ What do you do at night?

¿Dónde fuiste de vacaciones el año pasado?
↳ Where did you go on holiday last year.

¿Con quién fuiste?
↳ Who did you go with?

con mi familia: with my family.
con mis amigos: with my friends.
Solo/sola: alone.
Fui con mi familia.
↳ I went with my family.

TIME PHRASES:

Todos los días: everyday.
a menudo: often.
nunca: never.
casi nunca: almost never.
a veces: sometimes.
una la vez a semana: once a week.

¿Cómo viajaste?
↳ How did you travel?

autocar: coach.
coche: car.
avión: aeroplane.
tren: train.
barca: boat.
Viajé en barca.
↳ I travelled by boat.

¿Dónde vas de vacaciones?
↳ Where do you go on holiday?

en Grecia: to Greece.
en Italia: to Italy.
en España: to Spain.
Voy en Gales.
↳ I go to Wales.

¿Qué haces de vacaciones?
↳ What do you do on holiday?

comí helado: ate icecream.
compré recuerdos: bought souvenirs.
saqué fotos: took photos.
Voy Yo como helado.
↳ I eat icecream.

Fui: I went Pero: but y: and el año pasado
Voy: I go Porque: because o: or ↳ last year
Viajé: I travelled También: also ni: neither.

Scarlet Goodwin

TRAVEL 🚗

aeroplano = avión
car = coche
train = tren
autobus = bus

KEY KNOWLEDGE

normalmente - normally
en el verano - in the summer
el año pasado - last year

español
travel

WHERE? - DONDE?

Italy - Italia
France - Francia
Gales - Wales
España - Spain

WEATHER ☀️

hace sol - its sunny
hace calor - its hot
hace bien tiempo - its nice weather
hace frío - it's cold
llueve - its raining

WITH? - CON?

mi amiga/o - friend
clase - class
familia - family

voy - I go
fui - I went

Mason Hutchings has created a very vibrant piece of English work. Well done!



Well done year 10, keep up the hard work and brilliant start you have made to your GCSE's