

# Year 10 Weekly Bulletin

## Spring term – 07/01/21



Dear All Year 10 students

Happy New Year to you all and welcome back to a very different start to our new term.

A collective Team SUA effort has been seen this week by all of our staff and students, as we have overcome a few technical issues, whilst ensuring you have all managed to access a laptop and get online participating with your learning. Having had a 'bubble lockdown' for the two weeks you did have last term, this has meant that the majority of you have managed to really 'hit the ground running' with your Teams lessons. You will know that we expect full attendance to all of your lessons, it is therefore essential that you keep in touch with your form tutors, in the first instance, if there is any reason why this would not be the case.

You all know how very important this year is in your GCSE studies and the work you are currently completing is intended to ensure you continue to do so without falling behind. We know it is a different way of working and we would much prefer that you were here at the academy with us! However, you must keep up-to-date with your studies, as your GCSE exams **will** take place next summer and we want your return to the academy to be as seamless as is possible. There is a lot of support here for you, keep in touch regularly via email with your tutor, Head of Year and subject teachers – they are all keen to do what they can do for you.

Essentially, through this lockdown, you must look after yourselves and your own welfare. Rightly so, there continues to be a lot of coverage each week on the importance of mental health. You will know that you have lots of support at the academy, with many members of staff you can turn to, to ask for additional support. One app that can be downloaded for free, from the App or Google store, supporting positive mental health is called 'Headspace'. Why not give this a try?

Have a good rest over the weekend and a productive week again next week.

Best wishes

Mrs Hillier

## **Thought of the week**

**‘I never teach my pupils. I only attempt to provide the conditions in which they can learn’**

The greatest mind of the 20<sup>th</sup> century, Albert Einstein, wrote the quote above about the importance of your learning environment. With the event of our 3<sup>rd</sup> national lockdown, it is important that we use the time we have wisely and try and get the most out of every online lesson we participate in. It is essential that you are logging into Microsoft Teams by using the instructions below in the bulletin (you have also been emailed by your form tutor and HOY with instructions of how to do this). It is important to carefully think about where you will complete your work. Einstein discussed how important it is for learners to ensure that the learning environment is well lit, well ventilated, and free from background noise. For you to get the most from your online lessons be prepared by having your exercise book at the ready as well as any other equipment you may need. Finally, try to have fun and enjoy your learning, ask questions, your tutor will be pleased to answer any queries or misconceptions you may have.

## **Key information this week**

Your lessons will now take place online until the government inform us of when we can return to the academy. Hopefully, this will be after February half term but we await confirmation of this. Your timetable will be unchanged – GCSE lessons at normal academy times.

You have already proven you are adaptable and resilient enough to cope with this temporary change as in previous lockdowns. If you have any issues with blended learning please contact your form tutor.

As a reminder this is how you log onto teams. Make sure that you use the full school email address [@staffordshireuniversityacademy.org.uk](mailto:@staffordshireuniversityacademy.org.uk).

## Logging on to Teams

### Step One –

Go to <https://sua.rmunify.com/> and log into you account as you normally do.

### Step Two –

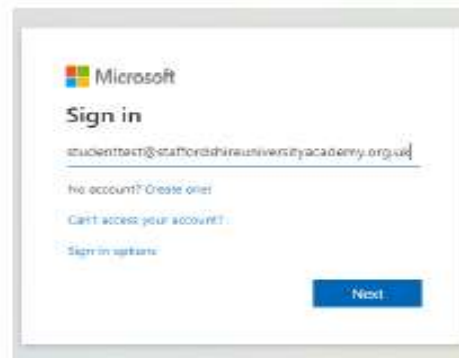
One you are logged in you're going to want to click on the Microsoft Teams tile



### Step Three –

This will redirect you to this page, here we're going to use our long email address which is

[USERNAME@Staffordshireuniversityacademy.org.uk](mailto:USERNAME@Staffordshireuniversityacademy.org.uk)



If it prompts you for a password use your normal school login password.

That should then load Microsoft Teams in your browser.]

## Mobile Data Usage

If you are using mobile data to access your remote learning (through a mobile hotspot or dongle) and you are worried about data usage, the government is providing free support to temporarily increase data allowances. If you are with Three, Smarty, Virgin Mobile, EE, Tesco Mobile or Sky Mobile and would like more information on this, please email [scottwilliams@suacademy.co.uk](mailto:scottwilliams@suacademy.co.uk)

## Timetable for Blended Learning.

8.45-9.40	Period 1	Oak National Academy / Teacher set work
9.45-10.30	Period 2	Online lesson
10.45 – 11.05	Tutor	Contact your tutor /tutor period Teams meeting once a week.
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
2.55 – 3.55	Period 6	Oak National Academy / Teacher set work

Starting from next week (week beginning 18.01.21) students will be required to complete independent learning during period 6. Each day you will be asked to complete work for a different subject, here is the timetable of which subject you will study each day:

Monday	Tuesday	Wednesday	Thursday	Friday
Mathematics	English	Science	Options	Options

Your class teachers will let you know during lessons what your task is for that week and will also upload a file to your class in Teams to explain the task. As always, please contact your form tutor or class teacher if you have any questions about this or need any help. Keep working hard year 10.

## Oak National Academy Links.

### Maths

Solving equations – Lessons 1-4

<https://classroom.thenational.academy/units/solving-equations-1-one-step-two-step-and-brackets-2ba6>

Calculating with sequences – Lessons 1-

<https://classroom.thenational.academy/units/linear-sequences-f0bf>

Working with averages – Lessons 1-4

<https://classroom.thenational.academy/units/averages-from-a-list-and-tables-stem-and-leaf-2afc>

Plotting graphs of cubic and reciprocal graphs

<https://classroom.thenational.academy/units/cubic-and-reciprocal-graphs-5f24>

Calculating volume and surface area – Lessons 1-4

<https://classroom.thenational.academy/units/volume-and-surface-area-higher-3-b9cf>

Congruent and Similar Shapes – Lessons 1-4

<https://classroom.thenational.academy/units/similarity-d278>

**English:**

<https://classroom.thenational.academy/units/an-inspector-calls-923e>

An inspector calls.

**Science: Biology**

Principles of homeostasis

<https://classroom.thenational.academy/units/homeostasis-and-response-1a15>

**Science: Physics**

<https://classroom.thenational.academy/units/atomic-structure-d811>

Atomic Structure

<https://classroom.thenational.academy/units/energy-c750>

Insulators Practice

<https://classroom.thenational.academy/units/particle-model-of-matter-a6d5>

Particle of Modal Matter.

**Science: Chemistry**

<https://classroom.thenational.academy/units/chemistry-of-the-atmosphere-522e>

Earths Atmosphere

**Geography**

Urbanisation

<https://classroom.thenational.academy/units/understanding-global-urbanisation-22cf>

LIC City Growth

<https://classroom.thenational.academy/units/urban-growth-in-lagos-nigeria-6c35>

**History**

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

Historical Environment: Medicine on the Western Front (L26-30)

**French**

<https://classroom.thenational.academy/units/daily-life-and-special-occasions-b4df>

“Tackling the 90 word writing question

## Mindfulness

### **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.

### **Shoulder Roll Breathing**

1. Take a deep breath in through your nose and relax your entire body.
2. Now roll your shoulders up to your ears as you inhale deeply for a count of 3.
3. Breathe out through your mouth and roll your shoulders down and back (as far away from your ears as you can get) as you exhale for a count of 4.
4. Repeat slowly in a continuous movement of shoulder rolls, while breathing in and out

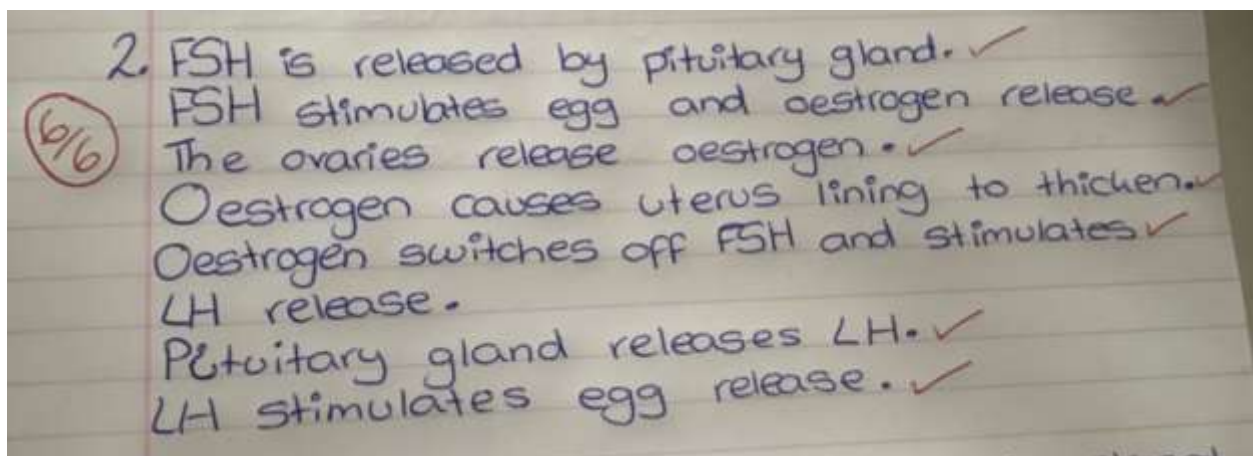
## Celebrations

In every bulletin there will be an exciting opportunity for you to share successes with your peers; these maybe examples of work you are particularly proud of, or even some extra curricular activities you have been enjoying during lockdown, such as baking, playing an instrument, learning a new sporting skill etc.

I would love to share your successes with the rest of the year so please email them to me at [srandle@suacademy.co.uk](mailto:srandle@suacademy.co.uk)

As always, whether we are all in school or learning from home you will still receive Classcharts points towards your achievement milestones - so keep up the fabulous work!

## Ella Davis – Science



## Ronan Thomson – English

### The seven deadly sins

1) **Lust** is a strong passion or longing especially for sexual desires. And in the bible it also uses lust to show love, heart and peace.



2) **Gluttony** is a excessive and ongoing eating of food or drink.



3) **Greed** is where the rich people do what ever they want. Also excessive pursuit of material goods.



4) **Sloth** is laziness or the failure to act and utilize one's talents.  
\*utilize is make practical and effective use of.



5) Wrath is a strong anger and hate towards another person.



6) Envy is the intense desire to have an item that someone else possesses.



7) Pride is an excessive view of one's self without regard for others.



## Competitions

**SUA SCIENCE Bake Off**

Get creative and produce a science themed cake or cupcakes.

You could make eyeball cookies, brain cupcakes or anything science related.

Upload photos of your completed creations to your year teams group by Friday 29<sup>th</sup> January 2021

There will be a winner for each year group.

Email Mrs Wells for more details  
[jwells@suacademy.co.uk](mailto:jwells@suacademy.co.uk)

The graphic features the text 'SUA SCIENCE Bake Off' in a playful, colorful font. Below the text are several images of science-themed baked goods: a pink and white cake, a tray of cookies with science symbols, a brain-shaped cupcake, and a large eyeball-shaped cake.

## **Quiz**

In each Bulletin there will be a quiz for you to take part in with your families. Please email your answers to your Head of Year. Class Chart points will be awarded for all correct entries and the highest scores.

This week the topic is Geography.

- 1) What is the capital of Chile?
- 2) What is the highest mountain in Britain?
- 3) What is the smallest country in the world?
- 4) Alberta is a province of which country?
- 5) How many countries still have the shilling as currency?
- 6) Which is the only vowel not used as the first letter in a US State?
- 7) What is the largest country in the world?
- 8) Where would you find the River Thames?
- 9) What is the hottest continent on Earth?
- 10) What is the longest river in the world?