

Year 11 Bulletin

Autumn term – 9/10/20

Thought of the week

Thought of the week:

‘Winners never quit and quitters never win’.

Vince Lombardi

Lombardi is considered by many to be the greatest coach in American football history, and he is recognized as one of the greatest coaches and leaders in the history of all American sports. The year after his sudden death from cancer in 1970, he was enshrined in the Pro Football Hall of Fame, and the NFL Super Bowl trophy was named in his honour.

Lombardi was ahead of his time, he came from a solid working class background where he had to work hard for any success. He was of the opinion that ‘with the right attitude and lots of hard work, anything is possible’

Key information this week

Its certainly been a very different end to last week. It certainly is a sign of the times and a situation we must learn to adapt and work with. As you know we have moved your learning and teaching to Teams. With new systems it was inevitable to have teething problems, which are now resolved. As I mentioned in briefing we have a team of staff here to support you with teachers, the progress team, the team in Chase view and IT support staff. We don’t use the term ‘TEAM SUA’ for nothing. Its times like these we rally around each other, to offer support, to facilitate this time being a normal as ever, even if we are not in the academy.

The quote from Lombardi continues to be relvent to us all: We will all be winners, if we never quit. We will resolve the issues that arise from this virus.

Good things come to those who have the right attitude and work hard!

The school day

- Your lessons take place online until Friday 16th October when you return to the academy.
- Every day period 1 is self guided learning using Oak National Academy resources and your knowledge organiser. You may have work to finish off.
- You need to be sat at the laptop / tablet with Microsoft Teams open and waiting for the lesson to start every day by 9.40.
- At the start of the lesson you need to go into your team where you will be invited to join, by this point you must be logged into Teams ready to accept the call, in preparation for the lesson to begin. By joining each lesson and staying for the duration of the lesson you will gain your attendance marks.
- You must remember to click on Join the meeting to access the lesson
- You will be asked to mute your microphone and turn off the camera.
- You will need the exercise book provided and pens to complete your work.
- I must stress if you are behaviour is not positive in the Teams lessons you will be removed from the lesson and parents contacted. It is vital we support each other and create a climate for learning that allows all to make progress.
- Your timetable will be unchanged – GCSE lessons at normal academy times. Friday period 5 instead of core PE you will have another English lesson.
- If you are struggling to access / complete work firstly email your teacher or form tutor
- If you are having IT issues email Mr D Baker at dbaker@suacademy.co.uk

Period	Time	Activity
Period 1	8.45 - 9.45	Oak National Academy
Period 2	9.45 - 10.30	Lesson on Teams
Tutor time	10.30 - 11.05	Oak National Academy
Break	11.05 - 11.25	Break
Period 3	11.25 - 12.10	Lesson on Teams
Period 4	12.25 - 13.10	Lesson on Teams
Lunch	13.10 - 13.55	Break
Period 5	13.55 - 14.40	Lesson on Teams
After P5	14.40 - 14.55	Contact form tutor with any issues and let them know how your day has been.

Friday period 5 instead of core PE you will have another English lesson



These links will allow you to access topic specific resources for each of your subjects. These resources have been selected by your teachers and link to work that you would usually be completing in lessons.

Maths:

<https://classroom.thenational.academy/units/solve-equations-numerically-iteration-cf04>

English:

<https://classroom.thenational.academy/units/eduqas-poetry-c678>

Science:

<https://classroom.thenational.academy/units/ecology-a6da>

<https://classroom.thenational.academy/units/forces-6562>

History:

<https://classroom.thenational.academy/units/weimar-and-nazi-germany-1919-1939-6b4e>

Geography:

<https://classroom.thenational.academy/units/understanding-natural-hazards-ca17>

<https://classroom.thenational.academy/units/tectonic-hazards-5ad7>

<https://classroom.thenational.academy/units/climatic-hazards-6a18>

Logging into Teams

Step One –

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

Step Two –

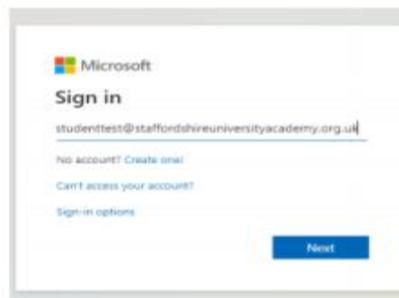
One you are logged in you're going to want to click on the Microsoft Teams tile



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



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

That should then load Microsoft Teams in your browser.

Form tutor update

Mr Stokes – 11 Purple

What a different end to, what was otherwise, a very positive and successful week.

11 Purple were all geared up for the languages quiz in assembly on Friday and had been taking part in trial quizzes during the week. We know that we would have aced it.

Now, the picture is very different but also a very positive one in that we all received training on how to attend and deliver lessons on Microsoft Teams. Blended learning is a new and exciting way of delivering lessons to our students so that they can continue with their education remotely and enables them to take ownership of their learning.

I look forward to hearing from all of my lovely form group at the end of each day to feedback all of the positive (and any negatives, should there be any) experiences of remote learning.

Mrs Sowden 11 Green

Well done to all of 11 Green for approaching this new way of working maturely and responsibly.

A huge thank you to Skye and Keira for always being a supportive role model to others in the group. Cannot wait to see you all when you return! Stay safe and take care.

Miss Humphries 11 Red

Last week, 11 Red have been taking part in the European Day of Languages quiz, trying to work out the different languages spoken by eight different people. Keep an eye out for the results - there is chocolate for the winning form! We have also been using some of our tutor time to hone in on our revision techniques and using the time to create revision resources. Outside of school, Kyle has been for county football trials - a major undertaking. Well done Kyle. Although 11 Red are part of the bubble sent home, it has been great to hear from so many of you already and I enjoy seeing how you are all getting on under difficult circumstances. Please do keep in touch and update me with what is going on. Stay safe and see you on Friday 16th October.

Other News

The form rewards competition continues to be a really close. 11 Purple currently holds the top spot with 11 Yellow snapping at their heels

11 Green	1323	4th
11 Purple	1822	1st
11 Red	1462	3rd
11 Yellow	1799	2nd

Girls PE

We are looking for feedback from the girls in year 10 and 11 to try and see how we can best support you in PE. Having your feedback will inform us to ensure PE lessons are as enjoyable as possible. Take time out to complete this google form

<https://forms.office.com/Pages/ResponsePage.aspx?id=qky26b9G3UKLteReSUL79LL3kj mWuGFBi39h wT 7fUNEIEU09INE0yOTFKVERKV0hNRzVKOTg1Ti4u>

Mindfulness and wellbeing

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.



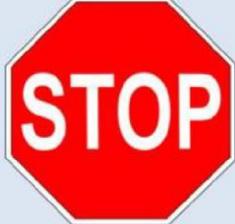
Feeling anxious:

STOP - wait, take a few deep breaths.

TOUCH - something, Notice the texture, colour, shape. Tell yourself, RELAX.

OBSERVE - your body, ask self, 'What am I reacting to? What am I thinking and feeling?

PERSPECTIVE - look at the bigger picture, is your reaction exaggerated or reality? Would others react in the same way? What is the best thing for you to do right now?



@Barbarajmcn

If you do need additional support, please email your form tutor at the end of the day. Mrs Glackin in progress can be contacted via email oglackin@suacademy.co.uk

Remember to keep up to date and follow the academy on social media. We will ensure that all students, parents, and families are informed of any decisions and procedures the academy takes regarding Covid-19.

Stay safe! Mr. Tatton