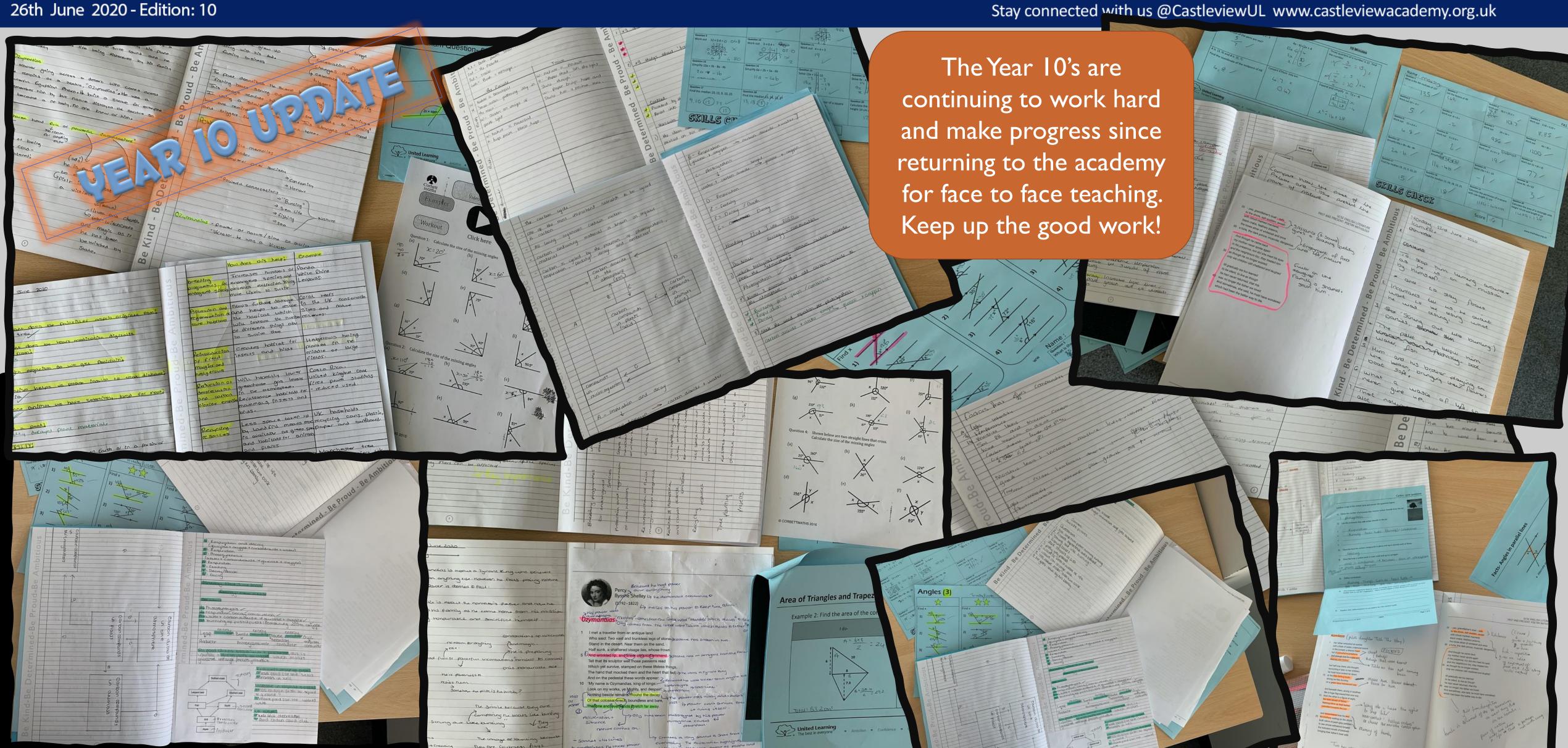


# The Weekly Roundup

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### Career Opportunities

#### Portsmouth College Virtual Taster Day 2020

In normal times, at this time of year, Year 10 students would embark on exciting college 'taster days' to experience a day of college life in preparation for the next year. Right now, an event like this is unable to take place, however, the Year 10 students are now all invited to the Portsmouth College Virtual Taster Day taking place on Monday, 6th July. The event will include a welcome from the Principal, opportunities to find out more about subjects that interest you and a virtual tour of the college campus.

#### **Highbury College Open Events 2020**

Additionally, Highbury College are offering two socially distanced Open Events on the 15th and 16th of July for Year 10 students to attend. The event on the 15th will take place at Highbury College's North Harbour Construction Centre and on the 16th the event will take place at the Highbury Campus in Cosham. Students will be allowed to view the facilities, chat with college tutors and see the wide range of support offered at Highbury College.

By Phoebe W Year 10

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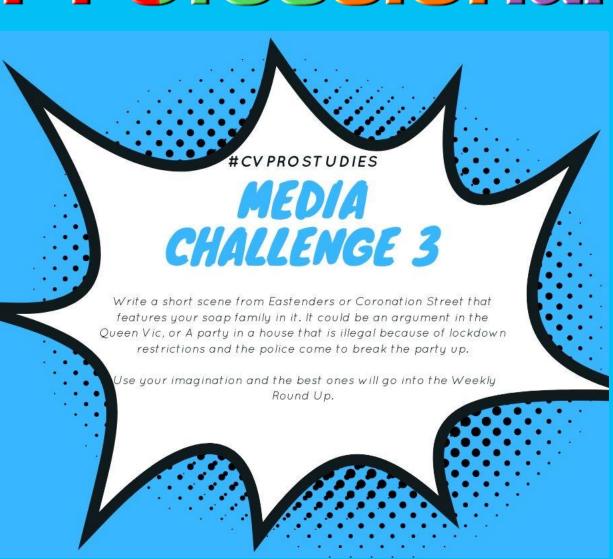


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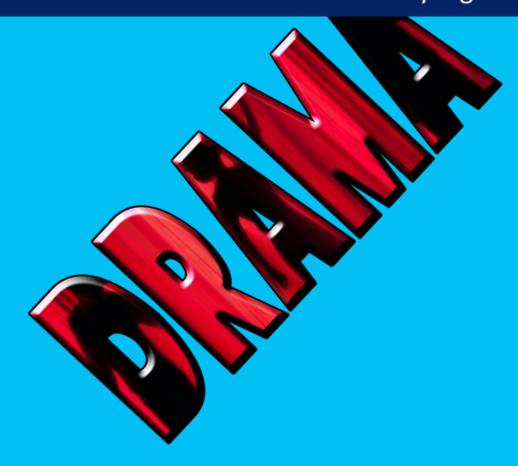
#### Professional Studies Weekly Challenges



MUSIC

Drama Challenge Create your own chair duet at home –
Follow the instructions from Frantic
Assembly (LINK BELOW) and share your
creations with us online. (Get someone
else at home involved too – HAVE FUN)

https://www.youtube.com/watch?v=PB
 -9LERsyY8





#CVPROSTUDIES

#### MUSIC CHALLENGE 4

For this week, I would like you to try and send me a short video clip or an audio clip of you playing an instrument or singing a song!

Email your challenge to dwaldren@castleviewacademy.org.uk or send them in to the Professional Studies Facebook page

#PSMusicChallenge





#### FOOD CHALLENGE 10

NOW WE HAVE MASTERED THE BOIL/SIMMER METHOD OF HEAT CONTROL, WE ARE GOING TO MOVE ONTO THE STIR FRY METHOD. THIS INVOLVES THE QUICK COOKING OF INGREDIENTS TO RETAIN OPTIMUM CRUNCH, FLAVOUR AND NUTRIENTS FOUND WITHIN OUR STICKY NOODLE BOWLS. DON'T FORGET TO EMAIL MEYOUR PHOTOS!











your favourite lifts, ideas

f music that inspire

for dance routines and

26th June 2020 - Edition: 10

Choose 1 activity per week to complete. These are split into different categories, some practical, some written, some creative etc. You have the CHOICE of what you would like to do but must provide evidence that you have completed a task in the following ways-

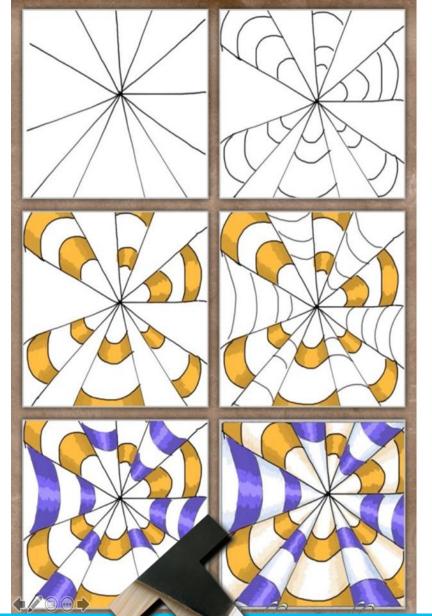
Practical task- Email a video clip of you completing the task in Dance kit or other appropriate dance wear. To Miss Nutland. You can also tweet it tagging @CVAProStudies or post on the CVProStudies Facebook page

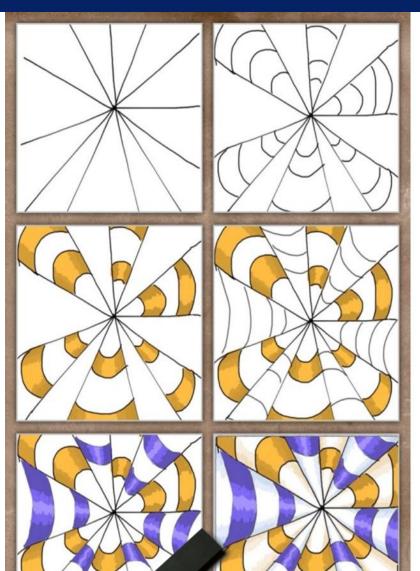
Written task- Hand write or type in any way you wish and either email as a document or take a photograph of the written task and email to Miss Nutland

Creative task- Present however you like draw it, write it out or make it and either email, tweet or post on Facebook

#### SOCIAL VISUAMCING BINGO

Learn a dance routine from Write an article for "The Imagine that the floor is clear glass or plastic and covered in sand with Hairspray on Broadway! Dancing Times" based on an audience sat below looking up. the choreographer Can you create a short sequence https://www.youtube.com MATTHEW BOURNE. of movement that would be interesting seen from below. /watch?v=FTZgSy7HKAw Include lots of detail about his work and his methods. Draw a floor plan of your house Try to learn an Afrobeats Research the roles of featuring all the rooms and corridoors. Dancer, Choreographer dance routine create a routine based on an imaginary trip around your house and the things and Costume designer. that you would do in each room for https://www.voutube.com Find out what each of example brushing your teeth in the bathroom or cooking in the kitchen. Add /watch?v=Q Slhxjp3tU them does when working different gestures and travelling on a production and what movements to create your piece. skills they need. Start a "Dance Ideas" Design a costume for a Learn a lyrical dance piece of dance entitled book. Fill it with pictures of routine







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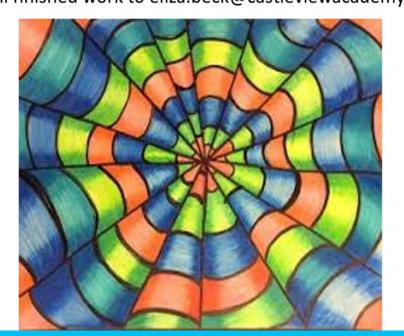
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#### **Optical Illusions 1 Point Perspective!**

Follow the guide on the right to create an optical illusion with a focal point. Using 1 point perspective creates the 3D illusion. The focal point is the dot in the centre, the place where all the lines start.

Use 2 colours for a simple finish or more colours for a complex illusion.

Email finished work to eliza.beck@castleviewacademy.org.uk



#### **SUMMER TERM 2** RECIPE 4

Sweet and Sticky Chicken Noodle Bow

1/2 a Red Pepper





1. Pull the chicken in to strips and then cut in to chucks 1 cooked Chicken Breast small enough to pick up on a fork

2. Put in a large bowl

3. Snip the spring onion in to pieces and then place in

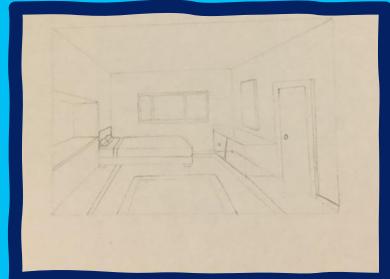
4. Cut the pepper in to strips and then into small pieces

5. Stirfry gently until cooked through 6. Measure the soy sauce and honey in to a bowl and mix

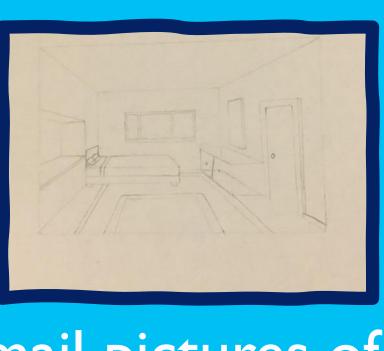
8. Cook the noodles as per the packet instructions

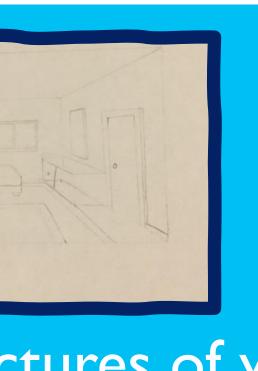
9. Drain the water and tip the hot noodles in to the bowl

10. Mix everything together and add some fresh coriander



"The Circus of Horrors"



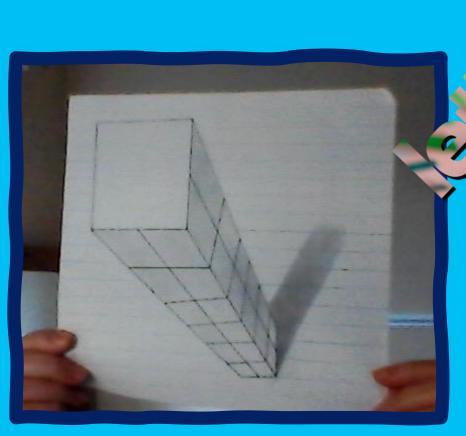




https://www.youtube.com

/watch?v=QmA4DZC qwY









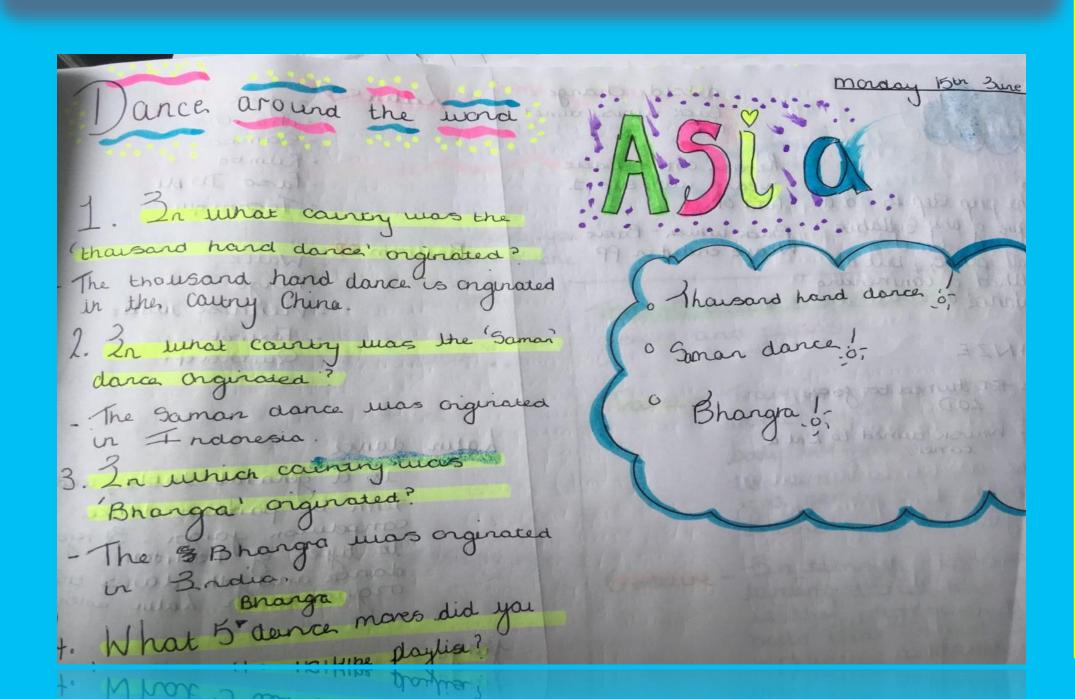
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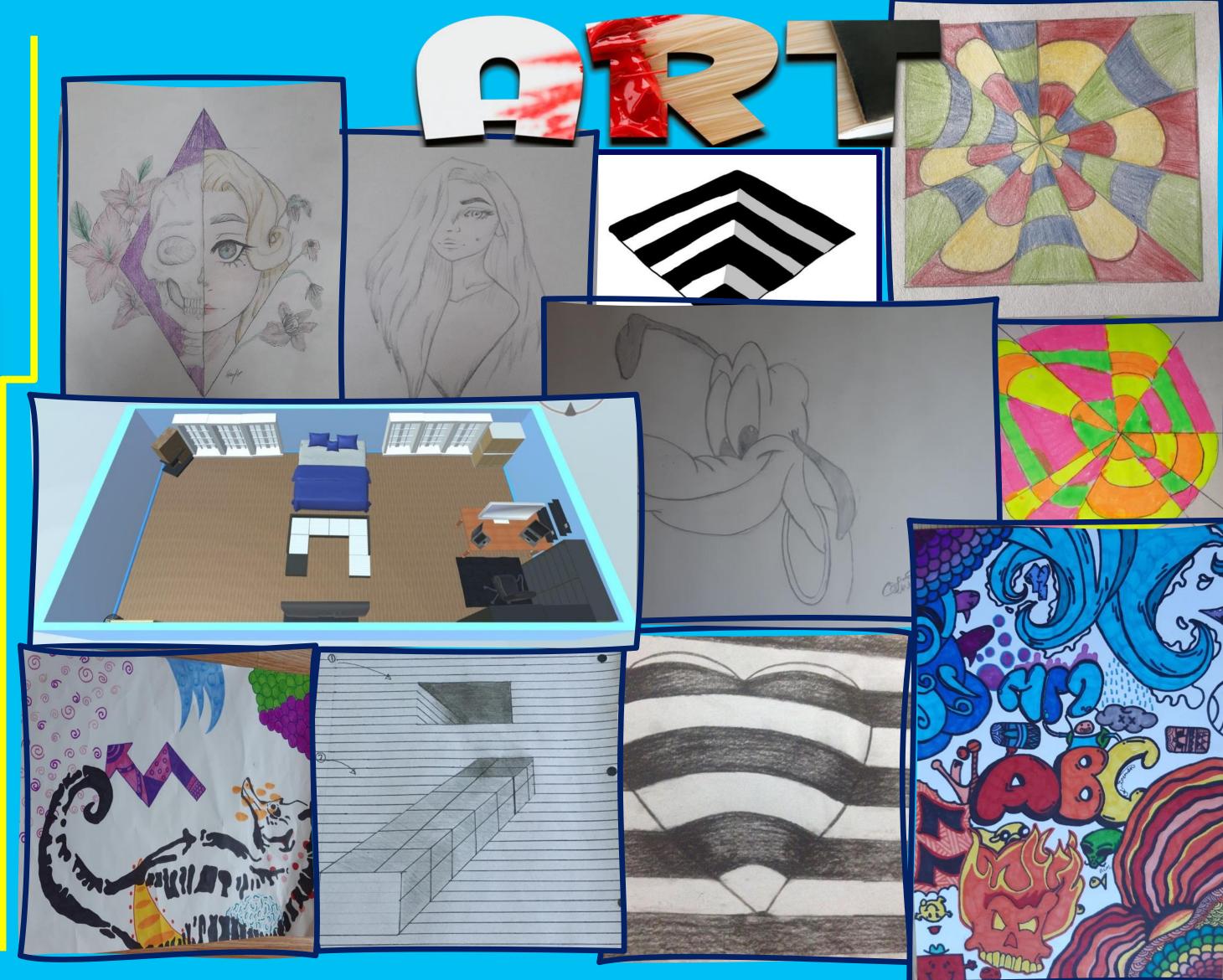
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Faith W in Year 9 has been working hard on the practical aspects of the lesson too!







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#### JOSHUA S-W (YEAR 7)



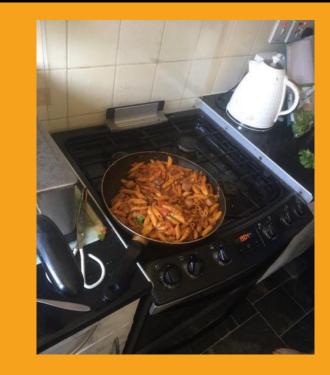


JACOB R (YR7)

#### JOSHUA R-S COOKING UP A STORM (YEAR 9)









#### GRACE P (YEAR 7)







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#### MUSIC



#### **EXTRA CHALLENGE**

Make a musical instrument out of household instruments and send a pic to me.

Mr Waldren.

YEAR 10'S,
AS PART OF YOUR RSL
COURSEWORK, MR WALDREN
NEEDS YOU TO FILM YOURSELF
PLAYING AN INSTRUMENT. EMAIL
YOUR WORK TO

<DAN.WALDREN@CASTLEVIEWACADEMY.ORG.UK>



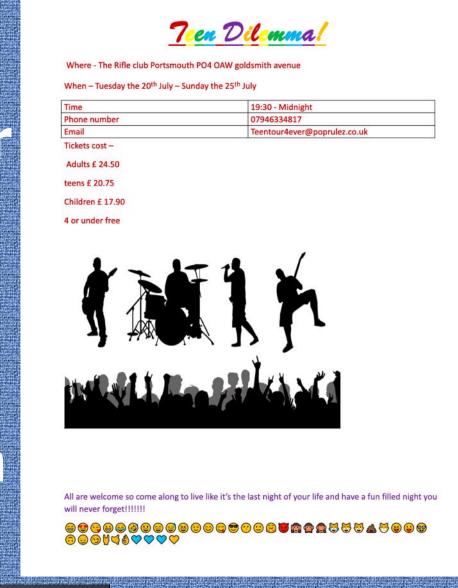




Remember that Year 9 and 10 media lessons are available via Mr Beck's YouTube channel.

Click on either images above.

Year 9's bands are still on the road taking their tunes to the people. Here Teen Dilemma and Tarrantula give us their tour dates. From Angela W and Shay T







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#### Mental Health and Well Being

#### Relaxing

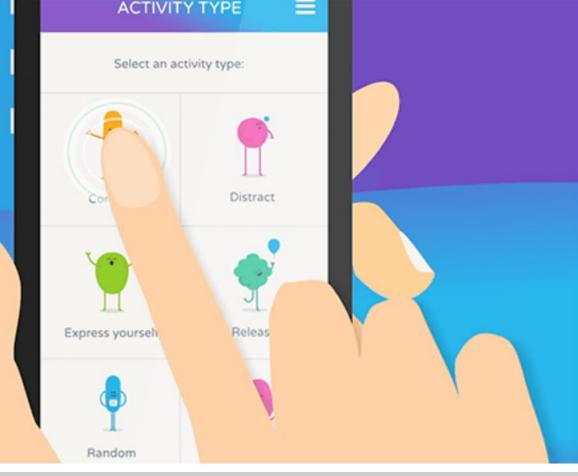
Using relaxation techniques when you're feeling worried or stressed is a proven way to help get you back to a calm state. Some of these might work for you, some may not, enjoy the ones that do.

- Take a Break. Read a magazine, watch a film but take some time for you. Run a bath or try a new food recipe
- Active relaxation Go for a walk, maybe try some Yoga, cycling is a great way to get out in the countryside and get some vitamin D3, this helps your immune system as well
- Bring your focus onto your breathing. The 7 11 method works well for young people, inhale for a count of 7 then exhale for a count of 11.
- Being creative, try some art work, dancing, singing or even trying to learn a musical instrument is a great way to take your mind off what is troubling you.
- Listen to some music.
- Move away from the tech world for an hour or so this can take over our lives if we let it.

Worried about self harm and the effects on yourself or your loved one?. Here's an insightful article from the Royal College of Psychiatrists. Click here for the link.

Two excellent apps that can offer advice and help on self harm are CBT is calmhalm and mindshift. Available for iOS and Android





Some useful numbers if you or your loved ones might be struggling with your mental health at this time.



#### **English Department News**

Here are the students that we would like to highlight this week for their great work and attitude:

#### **Year 7:**

Mrs Dugan would like to say how impressed she is with Charlie and Abigail for consistently sending her high quality work, and Dolton for displaying real effort and asking for support in order to progress.

#### Year 8:

Mrs Dugan is very proud of Awa, Triniti, Kai, Joshua, Maisie and Danielle for setting the bar so high with the quality of work that they produce.

Miss Choudhry would like to recognise Michael, for his effort with English over the past few weeks.

#### Year 9:

Miss de Belder would like to mention: Finlay for some well crafted and witty non-fiction writing, Alfie for consistently strong work in interpreting and analysing Macbeth and Shay for effort and resilience with home learning.



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Miss Chering would like to mention Riley, Grace, Tom and Kieron who have all been working consistently hard. Callum is making really good progress with Macbeth and showing true determination to complete all tasks.

Mrs Dugan would like to recognise the efforts of Michael and Grace, for getting really stuck into Macbeth, even though it's a tricky text to read and understand. Their efforts will certainly pay off next year.

Miss Chering is impressed with Lilly and Billy who continue to produce fantastic, insightful responses to poetry.

#### Year 10:

Miss de Belder would like to recognise Tia for her fantastic commitment to poetry writing using her Face2Face lessons to support her hard work at home and online, and Bless Zole for her continual efforts in engaging with home learning.

Miss Choudhry has been really impressed with Frankie Proud who has taken on board feedback and improved every week, Charley Spencer who again showed determination and improvement and Deacon Bond who has started demonstrating his understanding of the poems.



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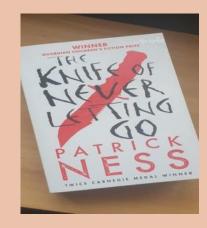
#### 'Lockdown Literature'

Staff at Castle View would like to share the books that they've enjoyed during lockdown.



#### Miss Williams

Thanks to the kindness of colleagues past and present; Miss Choudhry, Mrs Dove, Mrs Fox and Mrs Deadman I have been provided with some lovely literary gifts to sit down and enjoy during lock down.



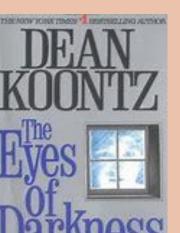
#### Mrs Dugan

This book. It is about Todd, a 12 year old, who lives in a world of only men. They can hear each other's thoughts and inner most desires, leaving nothing secret. Todd comes across silence one day which pushes him into a dark journey of self-discovery and truth.



#### Mrs Nutland

A series of five fantasy novels by Jeff Wheeler, set in castles in the sky. Full of intrigue, mystery and good old-fashioned heroines and villains.



#### Mr Gooding

First published in 1982, it is a cross genre novel mixing action, suspense, romance and a touch of the paranormal. Not something I would typically read as I

tend to enjoy crime drama and I'm a big fan of Simon Kernick. I was drawn to it after reading a review stating that this book accurately predicted the Coronavirus outbreak. Given our recent experience over these last few months, I was keen to explore. You are taken on a rollercoaster journey with a mother who is suffering heartache since her son's death just one year before but recently strange things have been happening in his room that make her question if he is really dead at all. In this journey you believe the impossible and are taken to a place where the Coronavirus may well have started and how it may have really started this year.

#### Mrs Helyer



Bella shares her inspiring story on how running can save you from whatever life might throw at you. By taking control, when you might not feel like you're in control, how you can push your body and calm your mind. Running for Bella and me, is a way of escaping. This has been pivotal to my own metal health during lockdown.



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26th June 2020 - Edition: 10



# Root word: micro Meaning: small

#### Words containing the root 'micro'

- Microscope: instrument that makes 'small' things perceptible
- Microphone: makes a 'small' voice loud
- Microcosm: a 'small' version of something much larger

#### CHALLENGE:

How many words can you think of that include the root 'micro'?

Can you explain the word's meaning using the word 'small' in your definition?





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# SCIENTIFIC TO SCIENCE NEWS

SCIENCE STARS - STUDENTS WHO HAVE PUT AN ASTRONOMICAL EFFORT INTO THEIR

HOME LEARNING ACTIVITIES!

WELL DONE AND KEEP UP THE HARD WORK!

# Did You Know?

The word "muscle" comes from Latin term meaning 'little mouse', which is what Ancient Romans thought flexed bicep muscles resembled.



Year 7: Beau M, Dolton B, Jake D, George N, Charlie W and Harry Clarke
Year 8: Zara A, Danielle B, Jessica C, Dylan E, Dylan J, Harry H, Maisie H, Nicole K
and Dylan N

Year 9: Amy G, Cameron H, Jack H, Sophie LJ, Sonny M, Grace P, Joe P, Chanel S and Daisie T



Downlead more Marvin and Milo activities at iop.org/marvinandmilo

#### 26th June 2020 - Edition: 10 Watch this! Tie a piece of string to the stalk of each apple. 6 cm Featuring: Marvin Milo Use the tape to hang up the two apples so What you need: • Two apples with stalks that they are about 6cm apart and free to • Two piecs of string about 30cm long • Some sticky tape move around. The two apples move together! What do you think is going to happen Blowing reduces the air pressure between the if you blow hard between the apples? apples, and the air pushing on the outer sides of them make the apples move together, into the area of lower pressure. Vic Le Billon

© Institute of Physics 2019

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#### **Year 10**

Remember to sign up to the Seneca Learning online classroom as soon as possible. The link you need is

https://app.senecalearning.com/dashboard/join-class/tah0h1wxed

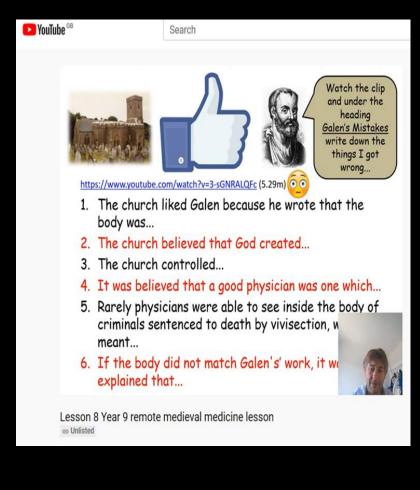
To support you with your transition into Year 11, there will be weekly revision assignments to go alongside your usual online science lessons.

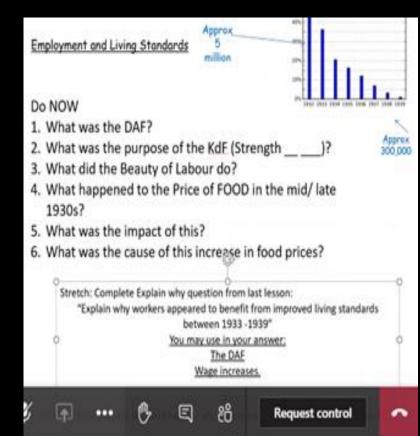


- Jay B
- 2. Tilly M
- 3. Martina M
  - Harvey A
    - 5. Lilly G

\*Most time spent on Seneca Learning







Well done to Mr Webb and Year 9 Historians who are engaging with Mr Webb's YouTube channel. Make sure you like and subscribe! Well done to Tia H (Y10) who is this week's quiz winner!

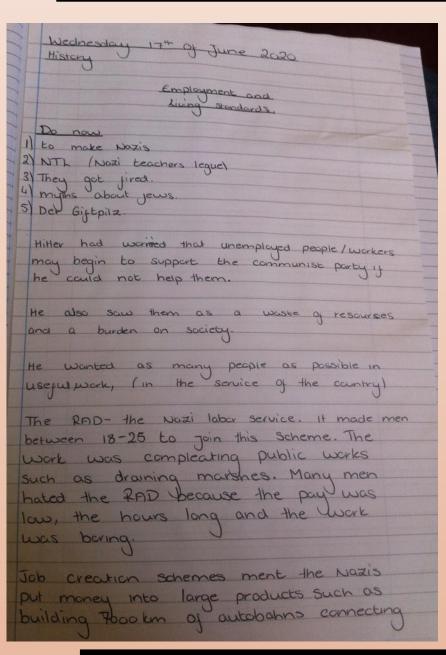


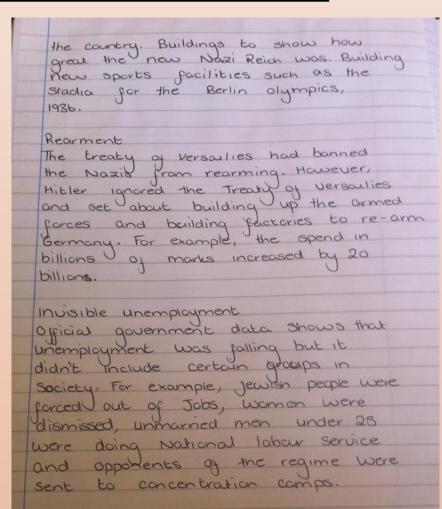
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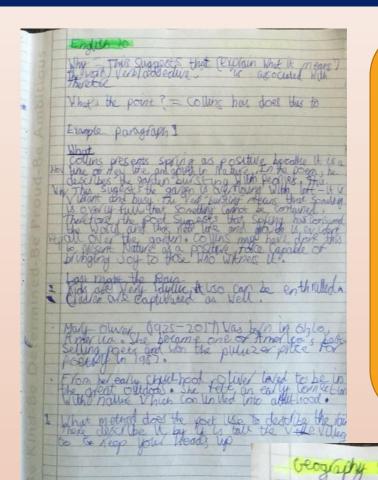
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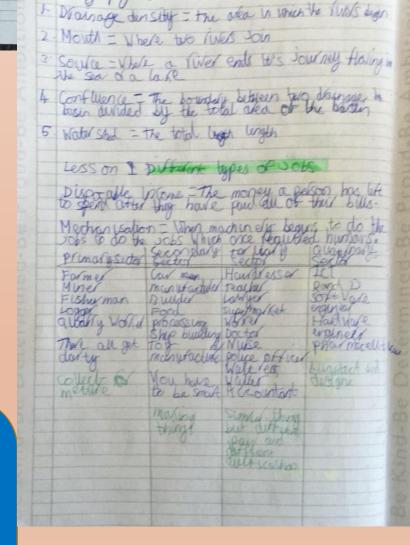




FRANKIE P YEAR 10



Great work
across the
whole
curriculum
from Evie B
Year 7.
Well done!

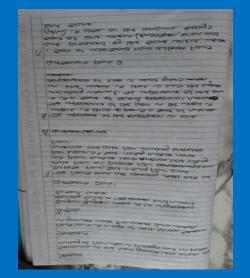


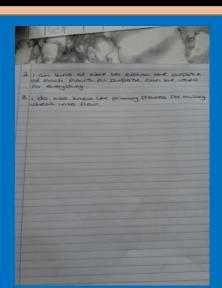
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Grace P Year 7

Well done to Miss Williams for recognizing the Bayeux tapestry, the picture within the history font.



# The Weekly Roundup

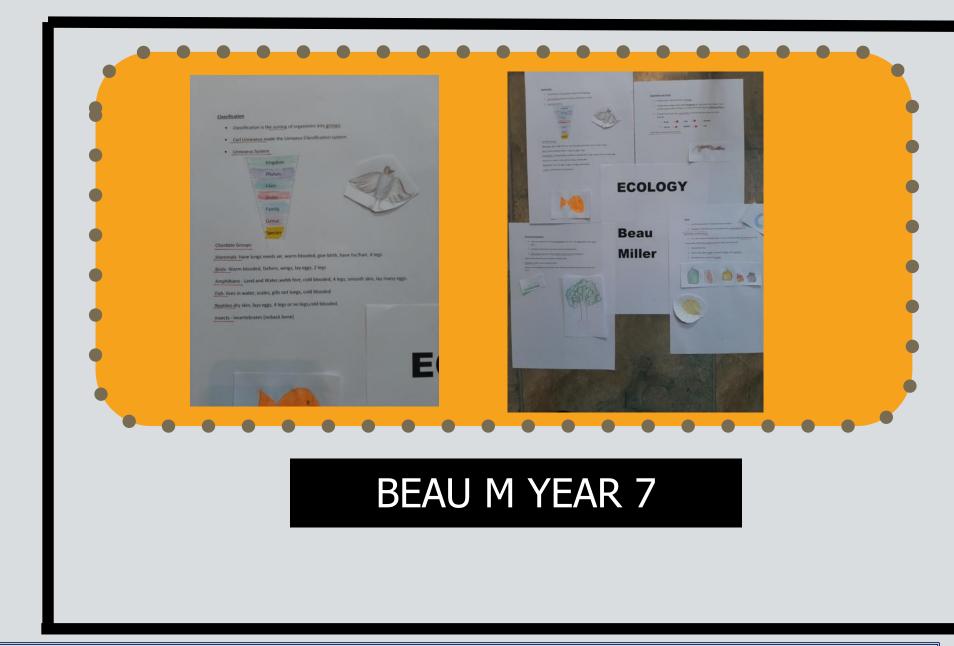
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#### Above and Beyond

#### Top 10 Hegarty Maths

Student	Year	Points
Chloe B	10	4.9
Blossom L	10	4.4
Ashton S	10	4.2
Alfie B	7	3.7
Amy D	9	3.6
Harvey N	10	3.5
Jordan S	8	3.4
Triniti B	8	3.2
Daisie T	9	3
Jay B	10	2.8



If you need to get in touch with someone from the school, please use the following email addresses:

HOY 7 – clare.sitch@castleviewacademy.org.uk

HOY 8 - naila.choudhry@castleviewacademy.org.uk

HOY 9 – jennie.cole@castleviewacademy.org.uk

HOY 10 - laurence.holden@castleviewacademy.org.uk Student Welfare

Mrs Griffiths - samantha.griffiths@castleviewacademy.org.uk

If you need to contact the school in an emergency, please contact Mrs Gajdus
 on arlene.gajdus@castleviewacademy.org.uk or 07745791678

Don't forget to follow us on our Facebook & Twitter pages using
 @CastleviewUL

Take care and stay safe!

Supporting our customers during Coronavirus (COVID-19)



Dear Everyone,

We hope you are all safe and well.

Over the last few weeks you have been busy submitting Centre Assessment Grades and rank orders for your learners across general and vocational qualifications.

This has certainly been a huge task and we'd like to say a big thank you to all the teachers, tutors, Exams Officers and leadership teams for the commitment that has gone into completing this important work.

We know this has taken many weeks of hard work on your part and now that this has been completed, we are starting the next stage of our work, standardising the grades and preparing to issue learners with the grades they deserve from the hard work they have put in.

Please do take a look the short thank you video from Derek Richardson.

Over the coming weeks we'll continue to keep you informed via our bi-weekly Centre Assessment Grade bulletin and our regular weekly Exams Officer news.

Please do continue to visit our dedicated support page for **general qualifications** and **vocational qualifications**, and follow us on Twitter (@PearsonEdexcel and @teachBTEC) to keep up to date with the latest news and support available to you.

Our thoughts and best wishes are with you all.

#### Sharon Hag

Senior Vice President, Schools



# The Weekly Roundup

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#### YEAR 7

I hope this update finds you and your families safe and well.

There are many Year 7 students who have significantly improved their commitment to home learning over the last few weeks. The tutors and myself are incredibly proud of those that are taking their education really seriously. They are an absolute credit to you, thank you for supporting them.

As you may know, Year 10 have returned to school recently and it is so lovely to see students in the building again. Alongside this, the Government announced that we can now have students and their parents/carers in to meet with staff face to face. Many Year 7 students are their parents/carers have been in to the Academy this week and staff have been able to offer really targeted support where it is needed. If this is something that you feel your child will benefit from, then please ensure that you speak to the Year 7 team during your weekly contact.

I thought it would be beneficial to inform you about the engagement information we collect about your children on a weekly basis. We use these to ensure we target our support in the right areas. Students are given a rank in English, maths, science, history, geography and Spanish which informs an overall rank for the week, given by the tutor. Tutors use the criteria detailed below.

- Rank I Students complete all work, in all subjects to a good standard.
- Rank 2 Students complete approximately 75% of their work to a good standard.
- Rank 3 Students only completed 50% of the work that has been set.
- Rank 4 Students have completed none of the work set.

It is really important that children are consistently ranked I or 2 to prevent them from falling behind. Please discuss the criteria with your child and make every attempt to be ranked I or 2 next week. If we can support in any way, then please let us know and well done to the students who are ranked a I or a 2 every week.

With kind regards, Clare Sitch - Head of Year

# Harry C

Thomas C

Jake D

Summer-Louise

D

Cody F

Harry F

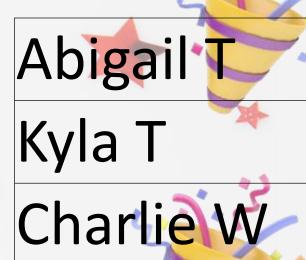
Matt I

Beau M

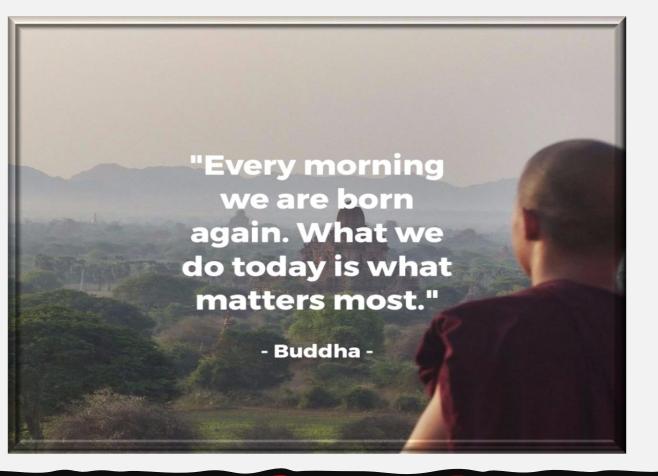
Demi-Leigh <

Charla-Rose P

Charlie S







clare.sitch@castleviewacademy.org.uk - Head of Year shelley.richardson@castleviewacademy.org.uk - Key Stage Manager

benjamin.mcdonagh@castleviewacademy.org.uk - Tutor juliet.reed-birks@castleviewacademy.org.uk - Tutor rachel.towler@castleviewacademy.org.uk - Tutor michelle.maxwell@castleviewacademy.org.uk - Tutor lisa.jervis@castleviewacademy.org.uk - Tutor emma.helyer@castleviewacademy.org.uk - Tutor



YEAR 8

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#### Message from Miss Choudhry.

This week, Mr Down held a virtual assembly where he discussed the importance of values. Having watched this, I reflected on the values that I see as important and the values that we as the Year 8 community strive for every day.

I believe that as hard as it is to be in a socially distant world, team work is very important. Even if we are not physically together, we can still work together to support each other and drive each other to be the best every single day. This means not accepting low expectations. We do not set our expectations low. Aiming low is not the Year 8 way. We set our expectations high. Not just for ourselves but for each other.

I know that as we enter the final few weeks of this academic year, it may be easy to start dropping our standards. It may be easy to start looking for distractions or alternatives to completing schoolwork. But I know that the easy road does not lead to success. So I ask each and every one of you to be part of the Year 8 team. To help each other and not accept when friends take the easy route. To challenge each other to complete the tasks set by your class room teachers. If you have a friend who is struggling, offer them help. Remind them that there are lots of teachers and staff at school who can give advice and guidance. Your teachers are working hard to ensure that you still make progress and still receive an education.

- Remember your tutors will track your submission of work across your subjects and may contact you to meet and offer some one-two-one support.
- It is vitally important that you send your work to your teachers.
- I would hope that Year 8 continues to demonstrate the best values of teamwork, determination and resilience over the next 3 weeks.

# STARS OF THE WEEK

#### Head of Year Challenge

#CVDetermination – Michael L

#CVAmbition – Zara A

#CVPride – Kiera H

We are year 8! We Can! We Will! We Must!

In the spirit of teamwork, I am challenging you to write a list of the daily chores you see the adults in your household complete every day. Aim to complete as many of these and help out as much as you can. Let's see who can be the best team player over the course of the next week. Prize for the most completed chores (with evidence from home).

Email me at naila.choudhry@castleviewacademy.org.uk

Deadline 3<sup>rd</sup> July 2020



YEAR 9

# The Weekly Roundup

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#### Year 9

Another week has passed by and it won't be long until the summer break! However, we need to think ahead about being prepared for going into Year 10.

#### Ms Cole's Top Tips

- Work hard Getting good grades in school is not a walk in the park, you must make the effort
- Listen to the teacher now it might be that you must ask the teacher (send and email or request a call via your parents)
- Stop procrastinating\* this is when you do anything BUT your school work and allow yourself to be distracted
- Set aside time to study depending on your routine make yourself a study timetable using your home learning timetable as a guide.
- Responsibly complete your work making sure you meet deadlines and complete work to the best of your ability

\*delay or postpone action; put off doing something.

As you are aware, I am tracking and monitoring your engagement with school and you will shortly be invited to attend a meeting with your tutor. All students are given a rating as shown below:

#### **Our Ratings**

- 1 Excellent engagement Nearly all or <u>all of</u> the work submitted to the required standard.
- 2 Over 50 % of the work submitted.
- 3 Less than 50 % of the work submitted.
- 4 No work submitted.

In order to be entered into the weekly prize draw for an Amazon voucher you must be rated a 1.

So, what are you waiting for? Use my tips and get yourself motivated to be successful over the next few weeks.

Ms Cole Head of Year 9

#### Stars of the week

Ben E

Tom E

Alfie G

Jack H

Iturrios F

Grace P

Harry R

Chanel S

Daisie T







