

English Department News

English teachers have really enjoyed seeing Year 7 and 8's poetry about the environment this week. There are going to be some fantastic entries submitted to the Charles Causley Poetry Competition.

We'd also like to say well done and thank you for all your effort to the following students:

Year 7:

Mrs Chester-Davis would like to mention: Daisy and Ayesha for engaging and submitting detailed work, and Jake, for another week of superb focus and excellent work completed.

Mrs Dugan would like to recognise Charlie, Dolton and Abigail for completing all tasks set and showing real resilience throughout lock down.

Year 8:

Mrs Chester-Davis would like to celebrate Harry's poetry skills by sharing this poem he's written about life during school closure:

*I got me an early morning job
so I can earn a few bob
it's only a paper round
but for me it's sound*

*I speed around on me bike
going as fast as I like
putting a paper through everyone's door
then back home to bed and snore*

Uncomplicated but really effective!

Mrs Dugan would like to recognise Triniti, Holly, Maisie, Kai and Awa for submitting high quality work, and also, Jordan for creating a poem last week which was very original and fit the brief perfectly.

Year 9:

Miss Chering would like to highlight that Callum is working tremendously hard on Macbeth. Riley, Grace, Kieron and Tom all continue to work consistently hard.

Mrs Chester-Davis would like to celebrate Sophie because she wrote a fantastic description.

Mrs Dugan has been very impressed with Grace and Michael for working diligently through Macbeth and asking for support when they need it.

Year 10:

Miss Chering is so pleased with Chloe because she continues to make fantastic progress in poetry. Her most recent essay reflected on feedback well, resulting in a strong, clear analysis of the writer's ideas. Great work from Lilly, Billy and Libby.

Miss Findlay has been really pleased to see fantastic work from all of her students who have been in school over the last few weeks. Looking forward to seeing you all in September!

'Lockdown Literature'

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



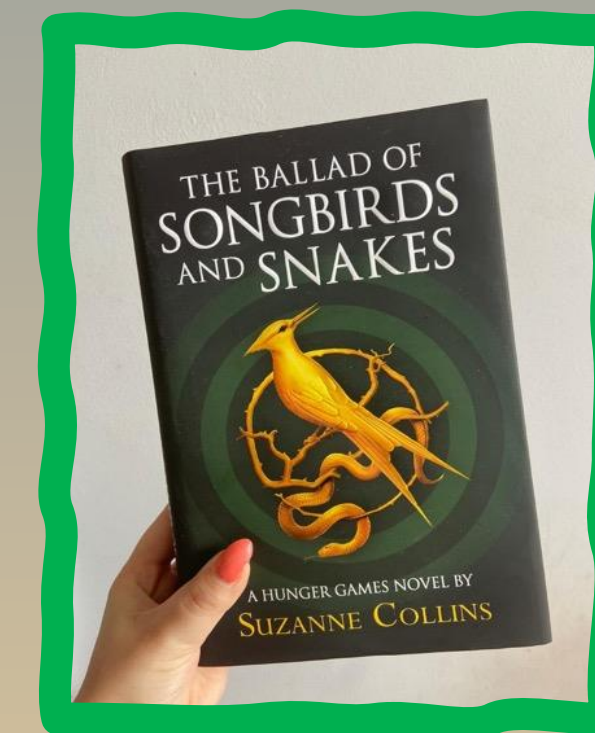
Miss de Belder

I have just finished reading *Oliver Twist*, an epic tale of an orphan born in a workhouse - it has amazing characters and depicts Dickensian London vividly. I am now reading 'Don't Touch My Hair' by Emma Dabiri - I think it is an important book - part biographical, part factual/historical, Dabiri explores the origins of racial prejudice and the consequences for those held to them in our 'modern' society. I plan on reading Maya Angelou's memoir 'I Know Why the Caged Bird Sings' after - it's been on my list for a while!



Miss Chering

I finished this a few weeks ago. An absolute must for any Hunger Games fans. This prequel is set 65 years prior to the events of the first novel as we follow a young President Snow while he attempts to mentor a tribute from District 12 in the 10th Hunger Games. It really makes you question what it means to be evil and, even more importantly, how much people are willing to do for someone they love.



READING IS AN EXERCISE IN EMPATHY
AN EXERCISE IN WALKING
IN SOMEONE ELSE'S SHOES
FOR A WHILE.
-MALORIE BLACKMAN

"The more you **read**
the more **things** you know.
The more that you **learn**
the more **places** you'll go."
-Dr. Seuss



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10th July 2020 - Edition: 12

The Weekly Roundup

#Determination #Ambition #Kindness

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Root word: *mot* Meaning: *move*

Words containing the root 'mot'

- **motor:** engine or machine that moves
- **motion:** the condition of moving
- **demote:** to move down from a position



CHALLENGE:
How many words
can you think of
that include the
root 'mot'?

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



MEDIA

Catering



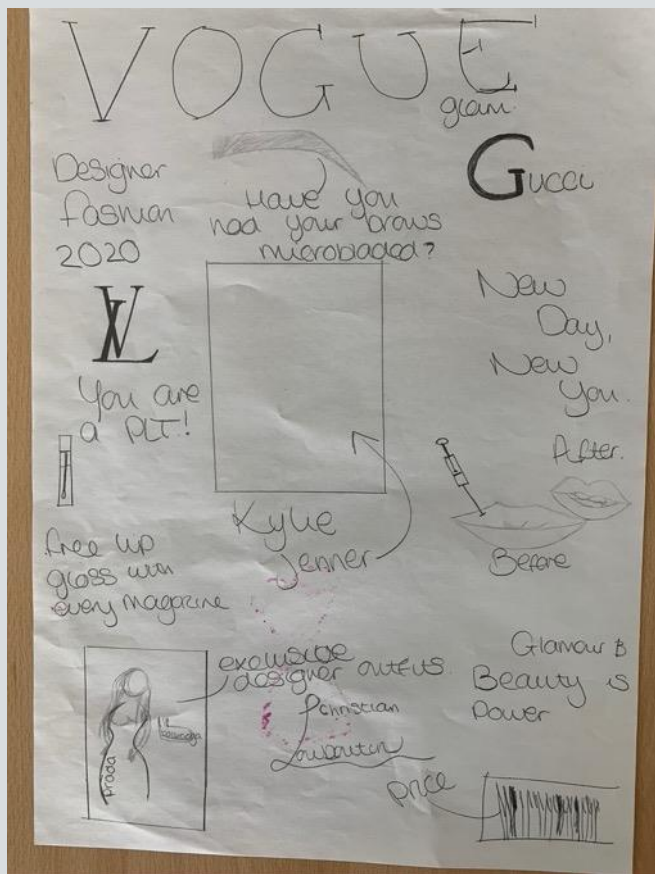
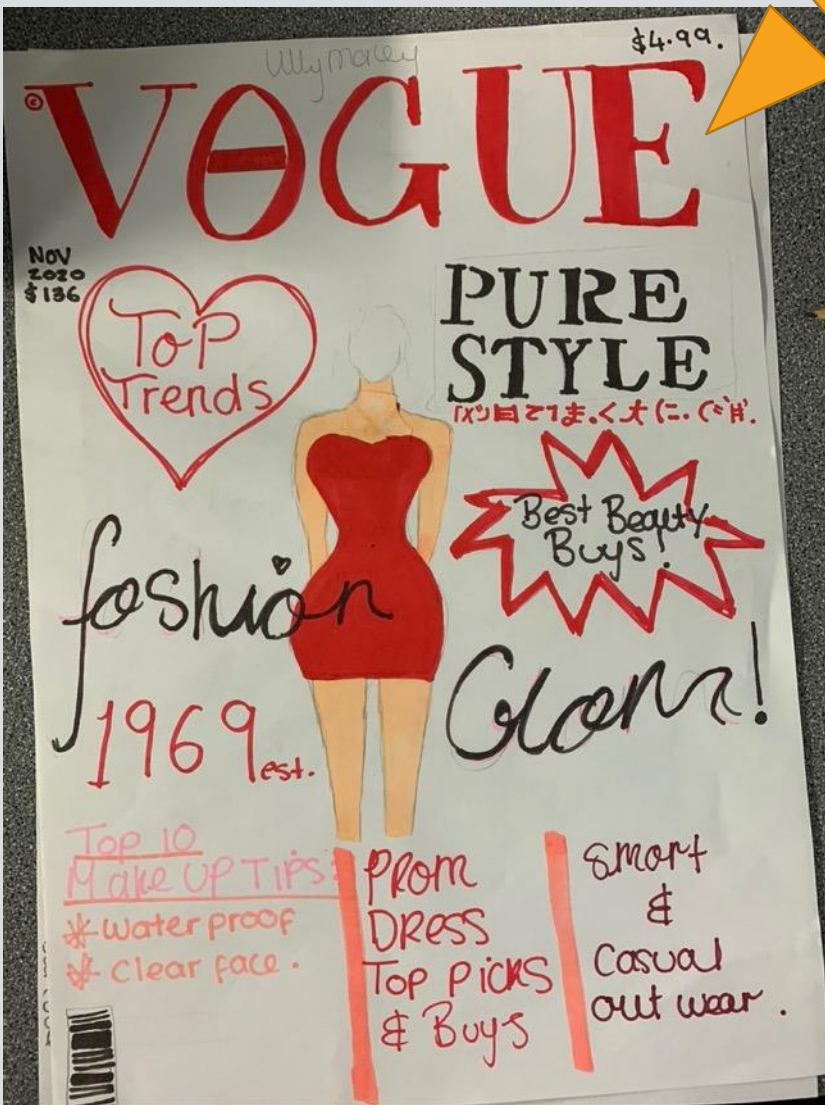
VEGAN BANANA BREAD. GRACE P

LILLY M Y10

Magazine planning

TEAGAN B Y10

LEAH M Y10



Oils, for example, olive oil, are liquid at room temperature. A small number of fats from plant sources are naturally semi-solid at room temperature. Fats are solid and come mostly from animal sources, whereas oils are mainly liquids and come from plant sources.

Butter.

Butter is made from churning cream and it is high in saturated fat and cholesterol. Clarified butter is produced by melting regular butter over a low heat and skimming off the milk solids that would be left on top. Butter is one of the most popular cooking fats as it provides a rich flavour. However, it has a low smoking point which means it will burn easily if used for sautéing or frying.

Butter is also used as a topping for breads and rolls and can be melted into cooked vegetables to enhance flavour. It can be added to a number of sauces to provide richness. Butter is a main ingredient in baked goods, such as bread, rolls, pastries and cakes. Butter is perishable so it must be stored in the refrigerator. It should be tightly wrapped because it will absorb strong odours easily.

Lard comes from pig fat that has been rendered and clarified to produce a firm and evenly-textured product with a little flavour. Lard that is unprocessed has a soft, creamy texture and a strong flavour. It is softer than butter and white in colour. Lard is an all-purpose cooking fat used in baking. It has become less popular in recent years as it is linked with health problems such as obesity.

olive oil.

Olive oil has been a staple of the Mediterranean diet for thousands of years and is growing in popularity in other parts of the world. Its versatility as a cooking oil makes it popular and it has the ability to enhance the flavour of many foods. It is used as a condiment, in the same way we use salt and vinegar, and has proven health benefits.

Sunflower oil.

Sunflower oil is extracted from sunflower seeds. It has light yellow colour and a mild flavour. It is used as a base for salad dressings and can be combined with other ingredients to alter its flavour. It is used for cooking because like most other refined oils, it has a high smoke point. It is low in saturated fat and cholesterol.

Mental Health and Well Being

What is Anxiety?

Some signs that you or your child could be suffering from anxiety and getting some extra help might be helpful for your good mental health.



A type of fear or strong feeling about a situation



Thoughts of a threat or something which may go wrong in the future



Causes fright and uncertainty



Lasts a short time or could be prolonged



It is affecting your ability to eat, sleep, concentrate, travel, leave the house, go to school and work.




Can interfere with our enjoyment and take over our lives and control thoughts and behaviours.

One way to help beat negative thoughts can be exercise or reading. With reading you can totally lose yourself. Reading articles are also a great way of relaxing and there is a great website called “the mix” (www.themix.org.uk) which has a huge archive of genuinely useful articles on relationships, body image worries, money and much more.



A TO Z OF MINDFULNESS

A AWARENESS of yourself and surroundings	B BELIEVE in yourself	C CALM and relaxed	D DAYDREAM and let your thoughts wander
E EMPATHISE with yourself	F FEEL and acknowledge your emotions	G GRATITUDE be thankful for what you have	H HAPPINESS let yourself be happy
I IMAGINATION use yours	J JOY be joyful	K KINDNESS to yourself and others	L LISTEN to what is happening now
M MEDITATE and learn how to relax	N NATURE enjoy all the nature around you	O OPEN your mind to the sensations around you	P PEACE find peacefulness
Q QUIET find a quiet place with no distractions	R REST your mind for a minute	S SEE what is around you right now!	T TIME be here now in the present moment
U USE your senses	V VISUALISE your happy place	W WELLBEING look after yours	X EXHALE slowly
Y YOGA learn some exercises	Z ZEN be at peace		



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SCIENTIFIC SCIENCE NEWS



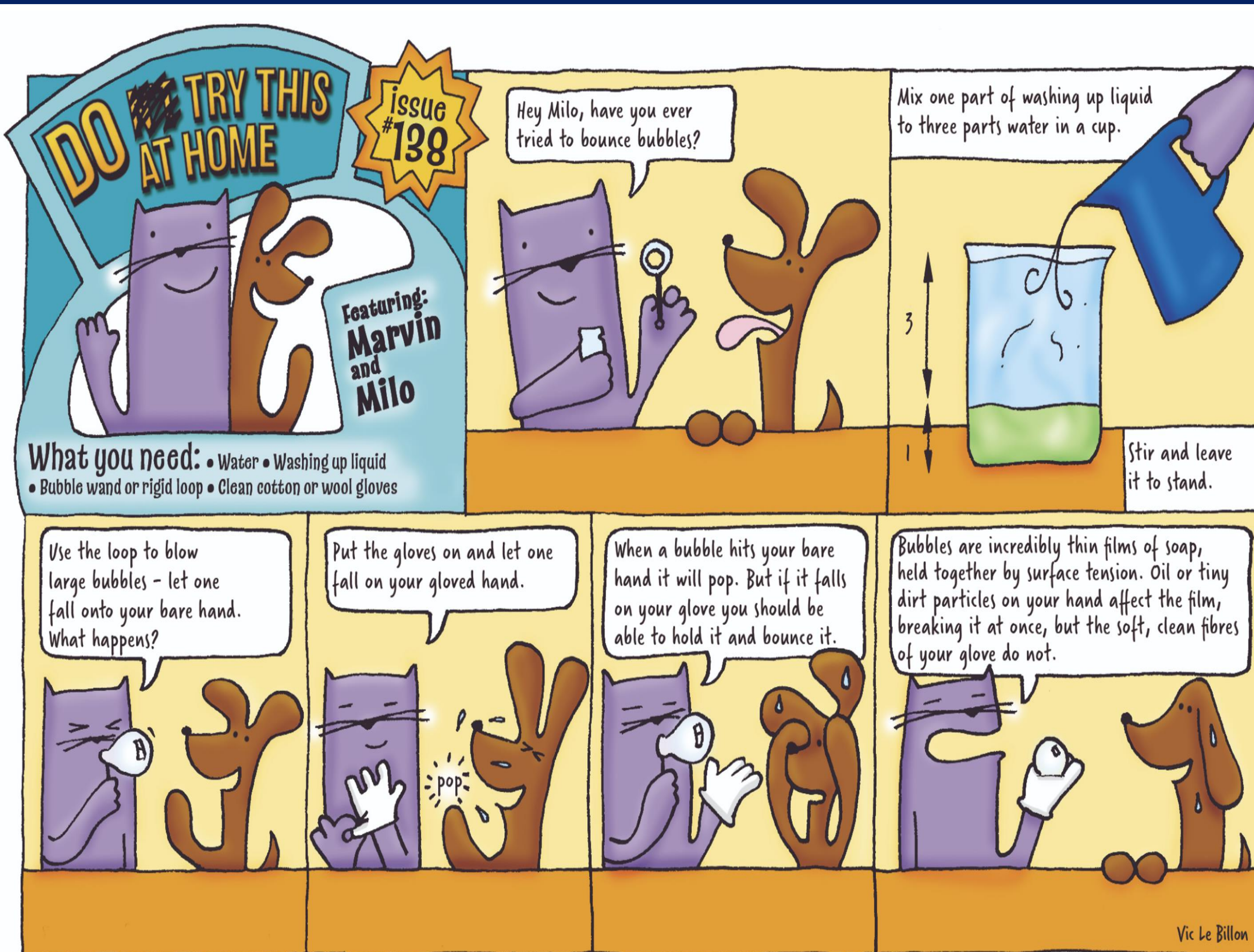
Did You Know?

The earth consists of 70% water, which is only 0.25% of the total mass of the planet. 8% of the earth consists of volcanoes, 11% is fertile land used to grow crops, 10% is covered in ice, and a fifth of the earth's surface is desert lands.



SCIENCE STARS - STUDENTS WHO HAVE PUT AN ASTRONOMICAL EFFORT INTO THEIR HOME LEARNING ACTIVITIES!
WELL DONE AND KEEP UP THE HARD WORK!

Year 7: Ayla J, Tilly-M R, Abigail T, Olivia Z and Megan T
Year 8: Grace C, Harry H, Dylan J, Danielle B, Triniti B, Jess C and Darcy C
Year 9: Tiffany D, Michael D, Amy G, Josh G, Jack H, Sophie LJ, Chanel S, Faith W



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.

Seneca Learning Leaderboard*

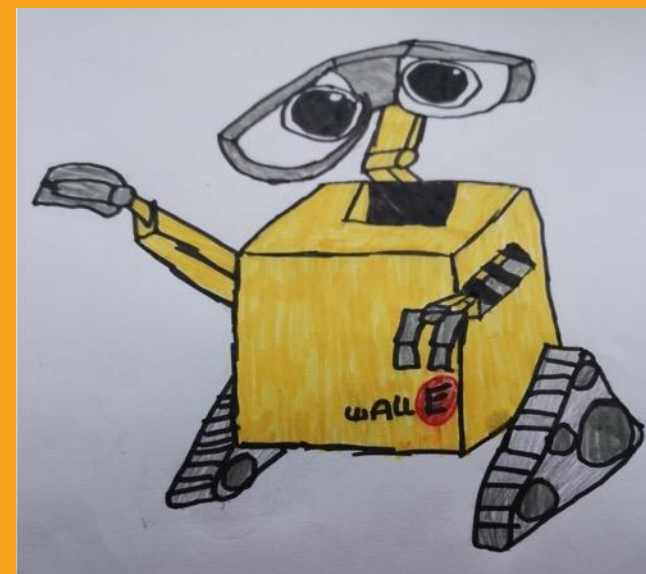
1. Jay B
2. Phoebe L
3. Tilly M
4. Tallulah S
5. Maisie C

*For completing last weeks assignment

Above and Beyond

Top 10 Hegarty Maths

Student	Year	Points
Charley S	10	7.2
Leyton L	7	5.3
Blossom L	10	4.9
Jay B	10	4.1
Riley T	8	3.4
Chloe B	10	3
Chantelle C	10	2.8
Leah M	10	2.7
Harvey N	10	2.5
Harry R	9	2.5



**GREAT ART WORK FROM,
ZARA A, ALFIE B AND HIS NAN.**

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!

CERY'S P YEAR 7 CREATIVE EXCELLENCE





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YEAR 7

Dear all,

As we near the end of term, please can I urge you to continue completing the work set by subject teachers before we break for Summer? There is an incredible amount of effort going into producing work of really high quality and thank you for supporting your children in what has been a really difficult time for us all.

The Government have recently announced a return to school for all students in September which is fantastic and the news we have all been desperate to hear. The Leadership Team and staff are currently planning to ensure that students and staff remain safe when we return and further information will be communicated as soon as it is finalised. With this in mind, please be advised that students will only be able to attend Keyworker School on Monday, Tuesday and Wednesday next week and students will commence their summer break on Thursday, 16th July.

Mr Beck has uploaded some really useful wellbeing resources onto the student area in Teams so please take a look. It is really important that you and your children look after your mental and physical health over the Summer, ready for a return to some 'normality' in September - I know I cannot wait!

Have a great week!

Clare Sitch - Head of Year

STARS OF THE WEEK

Ruqayah B

George B

Dorian B

Jake D

Beau M

George N

Jayden P

Charlie S

Megan T

Dixie W



You are
AMAZING.
You are
BRAVE.
You are
STRONG.

"Don't give up!
I believe in you all!
A person's a person,
no matter how small!"

HORTON HEARS A WHO!



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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

Well done, Year 8! We are so close to the end of what has been a very unusual and challenging academic year. I am so incredibly proud of you for continuing your education in these difficult circumstances. We will be back in school in September and Mr Down has written a letter outlining some key information for you to have on your return.

This last week of school is a great time to reflect on where we were at the beginning of Year 8 and how far we have come. We have all learned a great deal, not just academically but also socially and emotionally. We have demonstrated our resilience, kindness and determination. We have supported each other. We have looked after each other. We have challenged each other to be the best.

I think it is important that we remind ourselves of the strength of our characters and the challenges we have faced over the past few months. I have attached a link to a time capsule document that I am going to fill out and I am going to ask you to complete over the Summer. You do not have to share it but I am keen to share our experiences of lockdown when we return.

I am looking forward to being your Head of Year again in Year 9 and ensuring that we all strive to be the best version of ourselves. I will be there to support and guide you through Year 9 as you begin considering GCSEs.

As always, I believe that by showing our ambition, determination and pride, Year 8 can continue to be the best!

STARS OF THE WEEK

#CVDetermination –

Harry H & Dylan J

#CVAmbition –

Tia J

#CVPride –

Ashleigh B

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

Head of Year Challenge

HOY Challenge

The school is interested in hearing the views of pupils as it adapts to meeting the challenges of the current situation, so we are taking part in a survey United Learning is running across its schools. The main aim of this survey is to understand how you feel about learning from home and what more could be done to help while school is partially closed. The survey will be open until end of day on Monday, 13th July.

Link below:

<https://edurio.com/teacher/poll/TH9WBL>

naila.choudhry@castleviewacademy.org.uk

YEAR 9

Dear Year 9

I hope you and your families are keeping well. These are extraordinary times that we find ourselves in and you may be feeling unsettled as you will have made many adjustments to your daily lives. That is why it is important that we support each other. I hope you have been able to meet with your tutor for a 1:1 meeting over the past few weeks.

I know that at times its been difficult to access the work set and some of you have been in to collect paper packs to work from. Whichever way you have been working I would like to thank you for your patience and your determination in completing the work set and returning it to school.

I know that some of you have developed a great routine for completing work, but I am equally aware that some of you have struggled and have found it a challenge for a number of different reasons. Now, at the end of Year 9 I need to raise the importance of maturity and motivation – now is your opportunity to prove that you can be mature and motivated when returning to school in September.

It is understandable that these uncertain times may create some questions, concern, anxieties and frustrations for you and your families. Your wellbeing is so important now, so please make sure that you are taking care of yourselves too. The summer break is nearly here!

Be kind, stay safe and keep well!

Ms Cole

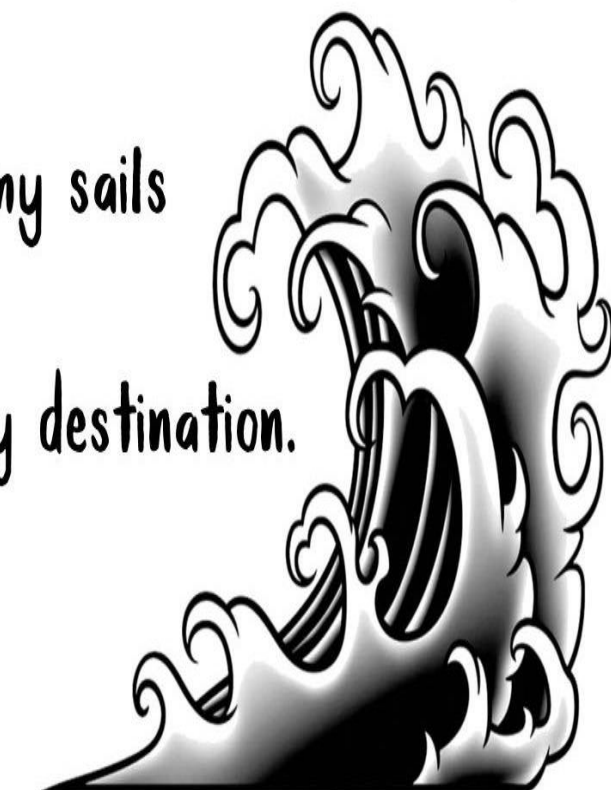
Head of Year 9

Torrie C
Amy G
Alfie G
Kira G
Jack H
Grace P
Joe P
Jack P
Josh R-S
Harry R
Chanel S
Daisy T
Amelia W
Connor W
Faith W
Angela W



Stars of the Week

I can't change the direction of the wind,
*
but I can adjust my sails
*
to always reach my destination.
*



**SURROUND
yourself with
PEOPLE
who are
ONLY GOING
to lift
YOU HIGHER.**