

On Wednesday, 17th June, some of our Year 10's will be returning to Castle View Academy for face to face contact with their teachers.

Here is some essential information to get the best possible, disruption free, start.

Gates open at 8.20 – 8.30

Uniform requirement

Boys	Girls
School trousers White shirt Black socks Shoes Suitable school bag	School skirt/School trousers White blouse Black tights or black knee length socks Shoes Suitable school bag

- Students with bicycles and scooters will be directed to the bicycle shed and will enter / exit one at a time.
- Students will be dismissed from the site via the student entrance.
- A member of the leadership team will unlock the gate and the bicycle shed and ensure students leave in single file.

School Set Up

- The school will be split into 'pods' to support the bubbles of children that are accessing the site on a given day. Pods will be assigned areas of the school depending on the number and frequency of use. Pods will not mix.

Year 10 Students

- Students will move to roll call position – lower playground – students stand 2 m apart on designated spot, Leadership on bank to start the day and give instructions – students dismissed one at a time
- Student to enter stairwell 1 – welcomed by member of staff - ensure students use hand gel on entry before moving to designated pod
- Student moves directly to pod
- Teacher welcomes student to classroom – student directed to assigned chair (students' assigned chair remains same for duration of the term)
- If lesson is in computer classroom - ask student to use a sanitiser wipe to clean the keyboard, computer screen and surrounding desk and then discard the wipe into the bin in the room.
- Teacher to remind students about the key protocols about social distancing and protective hygiene practices.
- Teacher to mark the student present in each lesson.
- Door to classroom remains open at all times. Where required, windows open to allow for ventilation

Allocation of Groups

We have created 3 pods (Year 10/SEND/Key Workers) within the school to accommodate for the different needs of our parents and students. Each pod operates in a different area of the school to ensure the safety of students and staff. Your child falls under the Year 10 pod which has been divided into 3 Bubbles (Bubble A/Bubble B/Bubble C). Each Bubble is made up of two groups, with each group containing 15 students. Each Bubble has been allocated different days of the week to attend so that we always have a maximum of 30 Year 10 students in the building at any one time. Each Bubble and group have also been allocated its own set of teachers, so that staff do not teach across

Bubble	Groups	Days to Attend School
Bubble A	Group 1 (15 students) & Group 2 (15 students)	Tuesday and Thursday (starting on 18 th June)
Bubble B	Group 3 (15 students) & Group 4 (15 students)	Monday and Wednesday (starting on 17 th June)
Bubble C	Group 5 (15 students)	Friday (starting on 19 th June)

Each group will be completely isolated from the other group who is attending on that day and both groups will also be kept separate from the other two pods operating in the building.

Routines

Every day, school will start at 8:25 (normal opening time) with gates closing exactly at 8:30. Before the gate opens, students will need to line up outside the gate in the clearly marked areas that are spread 2m apart. Students will enter the school gate in single file and the two groups for that day will line up for roll call on the quad in two separate areas, with student standing in their designated spot that is 2m apart from the person in front or behind. Students with bicycles and scooters will be directed to the bicycle shed and will enter / exit one at a time. Once the daily messages have been shared, each group will be dismissed separately and escorted to their classroom by their first teacher for the day.

Upon entering the building, students will sanitise their hands using the sanitisers located at the entrance of the door. From here, they will walk up stairs to their classroom (in single file and 2m apart) where their teacher will let them into the room one by one. Each student will be allocated a specific seat, and this will remain their seat for the remainder of the term. Students may bring their own stationery, but each individual table will also contain a stationery box with items that can only be used by the individual sitting at that seat.

The school will operate a one-way system around the building and both staff and students will be expected to follow the traffic in the right direction.

During break time, each group will be escorted to a different area on the playground which will be clearly marked. Students will be expected to stay 2m apart from each other. Each group will be dismissed 5 minutes apart from each other so that the 2 groups do not 'meet' in the same area at any given time. Students need to bring their own packed lunch as the canteen will not be open. In the event of wet weather, students will be escorted to the hall where they will still be able to maintain a 2m distance from each other and the two groups can be kept separate.

At the end of the day, each group will be dismissed separately, and the teacher of the last lesson will escort students to the gate where they will exit in single file.

Structure of the Day

Students will follow a timetable that consists of 4 lessons for the days on which they are in:

Time	Lesson
08:25 – 08:45	Roll Call
08:45 – 09:45	Lesson 1
09:45 – 10:45	Lesson 2
10:45 – 11:00	Break
11:00 – 12:00	Lesson 3
12:00 – 13:00	Lesson 4
13:00	Depart

If you have any further questions, please direct your enquiries to the Head of Year, Mr Laurence Holden, who can be contacted via email at Laurence.holden@castleviewacademy.org.uk or alternatively leave a message on the school's mobile phone with your name and contact number.

Professional Studies Weekly Challenges

#CVPROSTUDIES



MEDIA CHALLENGE 1

Design a poster to advertise what media you've used the most of during lockdown. So if it's been Netflix design a poster telling an audience who don't know what Netflix is and what's so good about it. Or it could be for Amazon Prime, Iplayer or youtube. Or maybe you've been watching films from Sky or NowTV, let me know in the most creative ways.
Can be done using PowerPoint or on paper.

SUMMER TERM 2 RECIPE 2


Butterfly Cakes

Ingredients

-  110g self raising flour
-  110g butter or margarine
-  110g caster sugar
-  2 eggs
-  Vanilla essence
-  Baking Powder
- Milk
- For the icing:
300g icing sugar
150g butter

Method

1. Heat the oven to 180c/gas 4.
2. Line a cupcake tin with 10 cases
3. To make the sponge, tip the butter, sugar, eggs, vanilla, flour, baking powder and milk in to a large mixing bowl and beat with either a hand whisk or electric mixer until smooth, pale and combined
4. Divide the batter between the cases and bake for 15 mins until golden brown and a skewer inserted in the middle of the cake comes out clean
5. Leave on a wire rack to cool
6. While the cakes are cooling, make the buttercream by beating together the icing sugar, butter and vanilla until pale and fluffy.
7. Mix in the extra milk if the icing feels too stiff
8. Once the cakes are cool, use a sharp knife to slice off the tops, then cut the tops in half.
9. Pipe or spread the buttercream on top of the cakes
10. Then gently push the two semi circular halves into the buttercream on each cake - doing this at an angle to look like butterfly wings.

#CVProfessionalStudies

#CVPROSTUDIES

MUSIC CHALLENGE 2

Rewrite the lyrics to a song of your choice (can just be a part of the song, for example one verse and one chorus) so the song is about the current COVID19 situation

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

#PSMusicChallenge

let's get
creative!

Art Challenge – Bedroom Redesign!

You are going to be an interior designer for the week!

Task 1: use the internet to search for items and themes for your dream bedroom.

Create a mood board either using Powerpoint or a collage app.



Task 2: Create a drawing of your dream bedroom including bedding, bed, decorative accents like pictures etc. Add colour!



Take a picture of your work and email to eliza.beck@castlevewacademy.org.uk



DRAMA CHALLENGE

CAN YOU CREATE A POSTER FOR A NEW MUSICAL? OR CAN YOU REDESIGN ONE OF THE FAMOUS POSTERS ATTACHED? IT COULD BE BASED ON A BOOK OF FILM.

WHAT IMAGE WOULD YOU INCLUDE? HOW WOULD YOU CATCH THE AUDIENCES EYE?

GET CREATING – THE BOLDER THE BETTER!

Share your musical posters with us on facebook



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 @CVProStudies 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 DISTANCING BINGO

Learn a dance routine from Hairspray on Broadway!

<https://www.youtube.com/watch?v=FTZgSy7HKAw>

Draw a floor plan of your house featuring all the rooms and corridors. create a routine based on an imaginary trip around your house and the things that you would do in each room for example brushing your teeth in the bathroom or cooking in the kitchen. Add different gestures and travelling movements to create your piece.

Start a "Dance Ideas" book. Fill it with pictures of your favourite lifts, ideas for dance routines and pieces of music that inspire you.

Write an article for "The Dancing Times" based on the choreographer MATTHEW BOURNE. Include lots of detail about his work and his methods.

Try to learn an Afrobeats dance routine

https://www.youtube.com/watch?v=Q_Slhxp3tU

Design a costume for a piece of dance entitled "The Circus of Horrors"

Imagine that the floor is clear glass or plastic and covered in sand with an audience sat below looking up. Can you create a short sequence of movement that would be interesting seen from below.

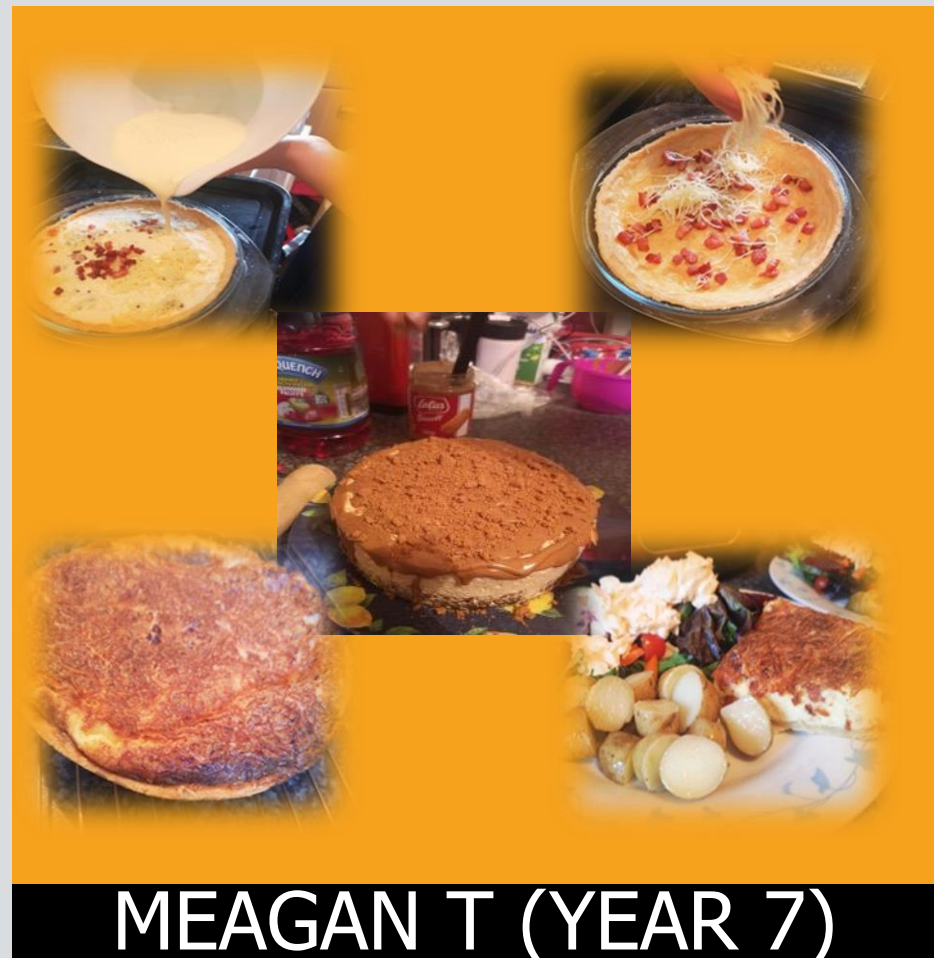
Research the roles of Dancer, Choreographer and Costume designer. Find out what each of them does when working on a production and what skills they need.

Learn a lyrical dance routine

https://www.youtube.com/watch?v=QmA4DZC_qwY

Remember to email pictures of the work to your teachers, we love to see what you have been producing!

Catering Creativity



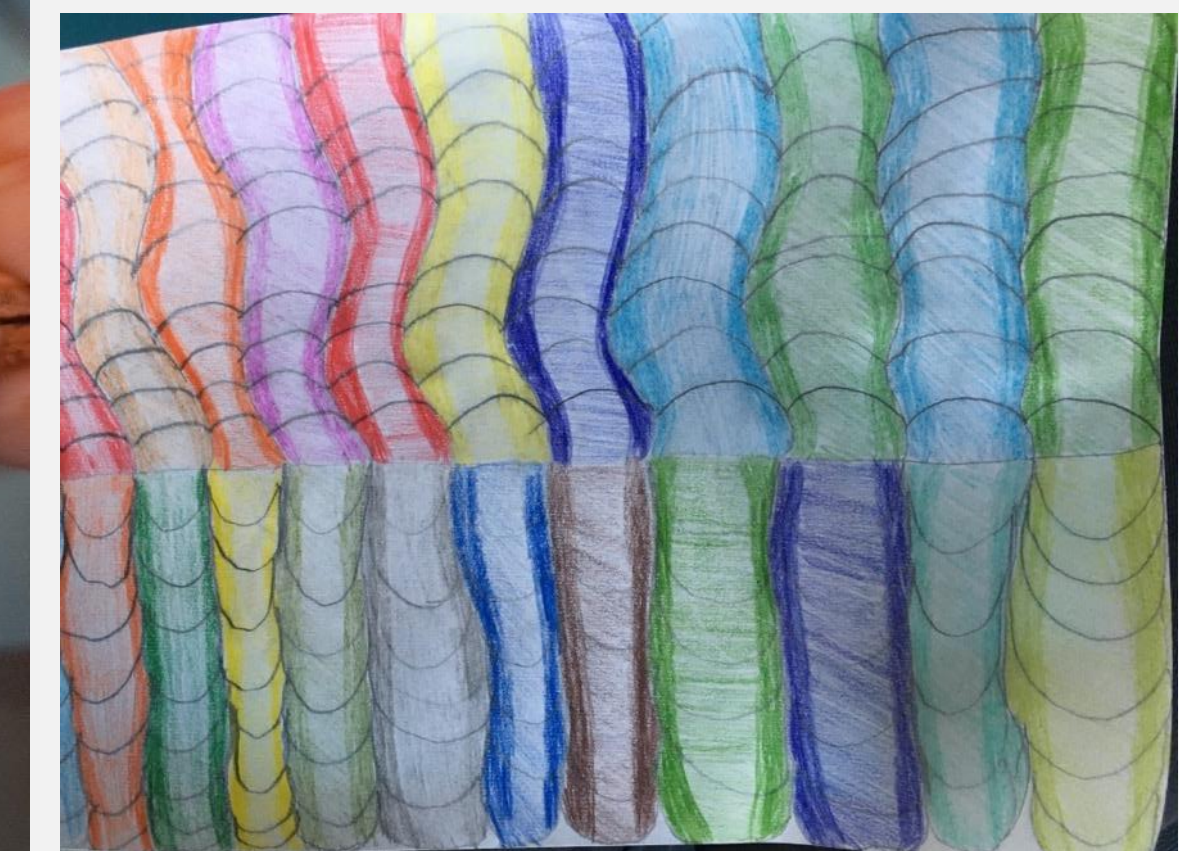
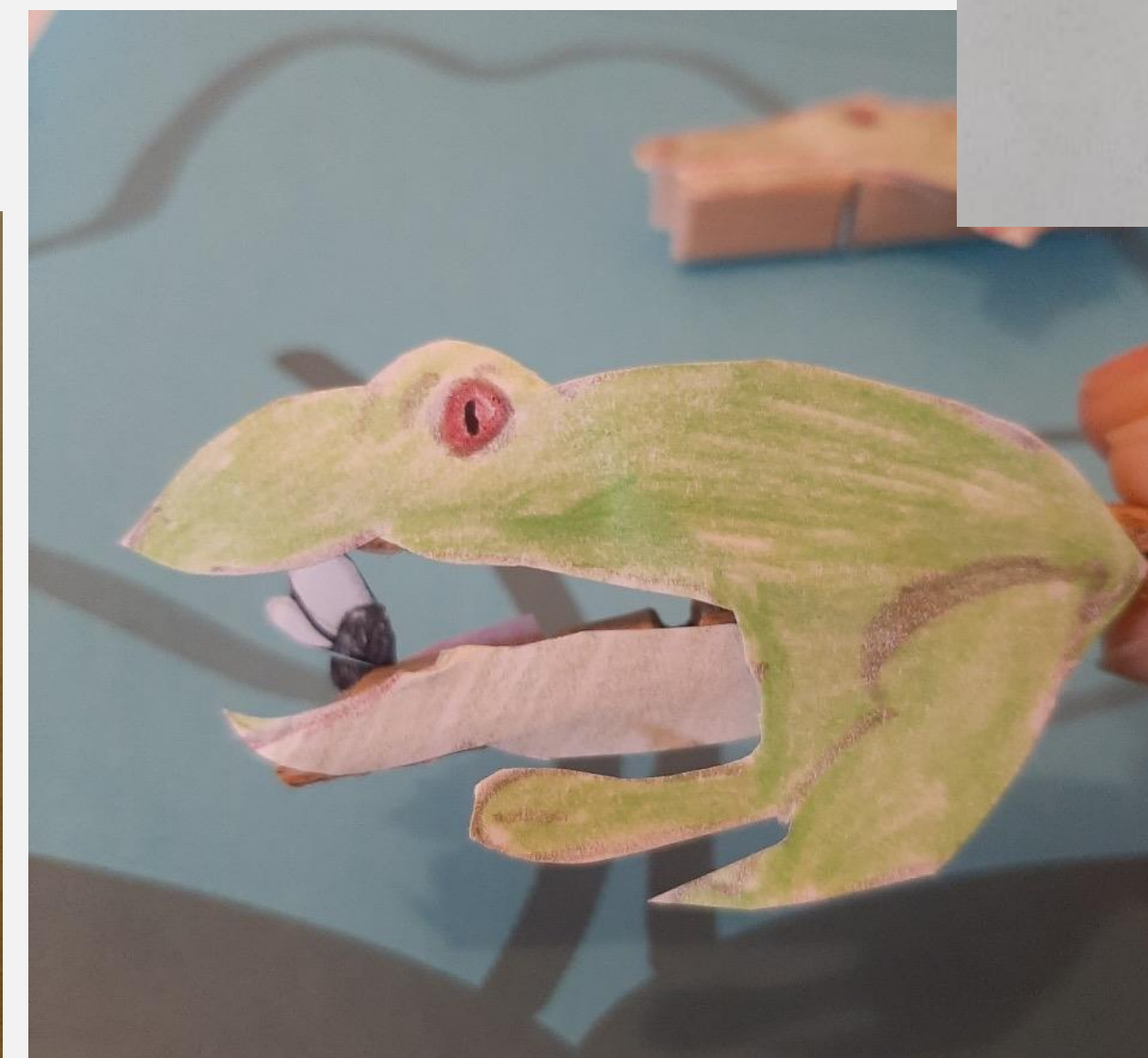
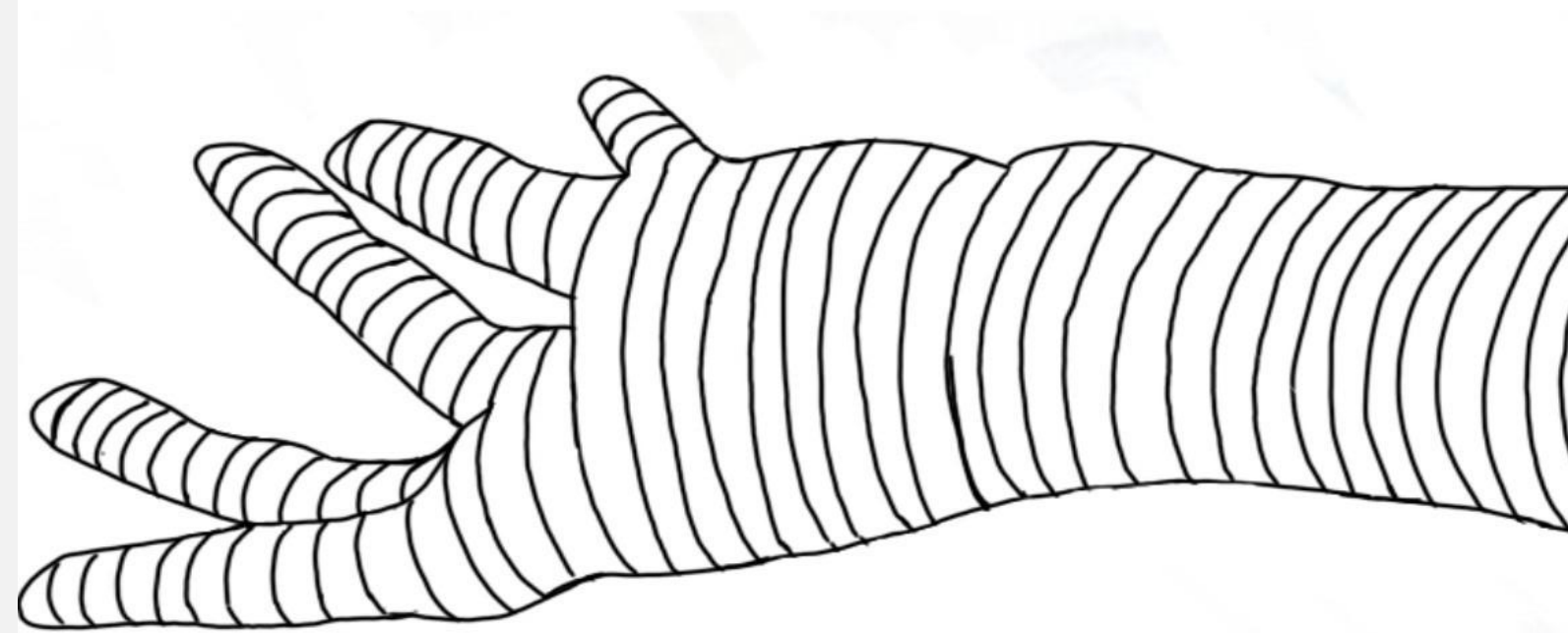
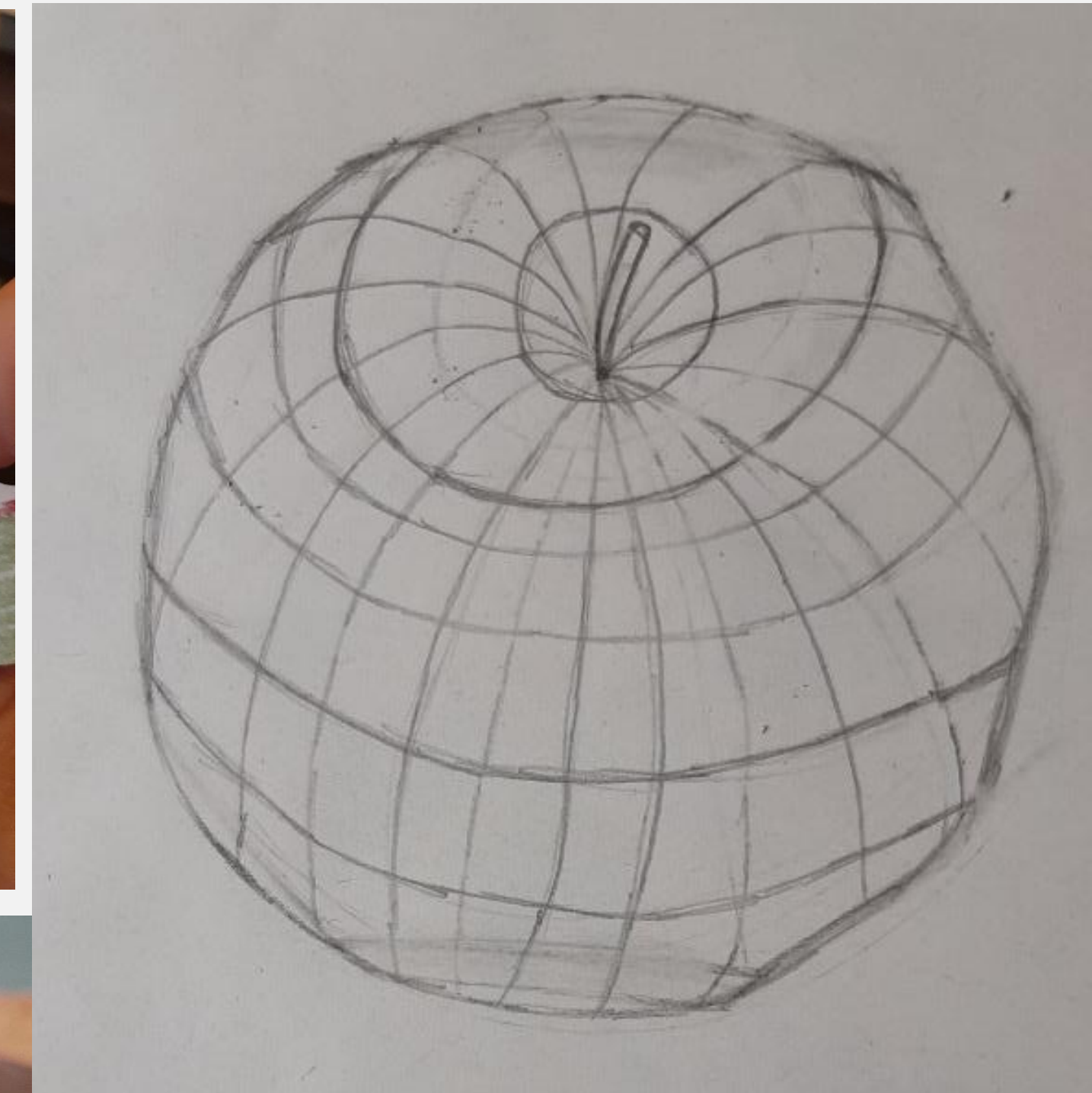
STICKY VEGAN RICE FROM JOE P (YR 9) AND JOSHUA S-E AND GRACE P (YR 7)

FAIRY CAKES FROM JOSHUA R-S YEAR 9

More year 7 castle view students are rising to the giant cookie challenge. Contributions from Olivia Z, Grace P, Lousie W, George N, Jacob R, Lucy G and Grace C

MORE FAIRY CAKES FROM MEGAN T

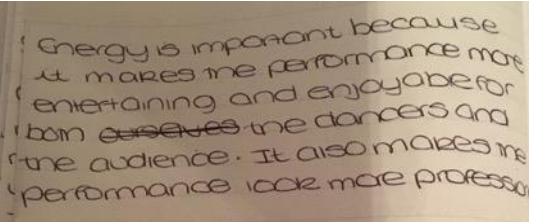
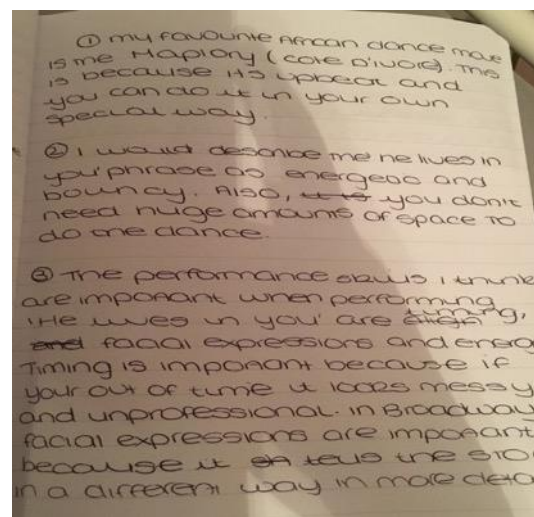
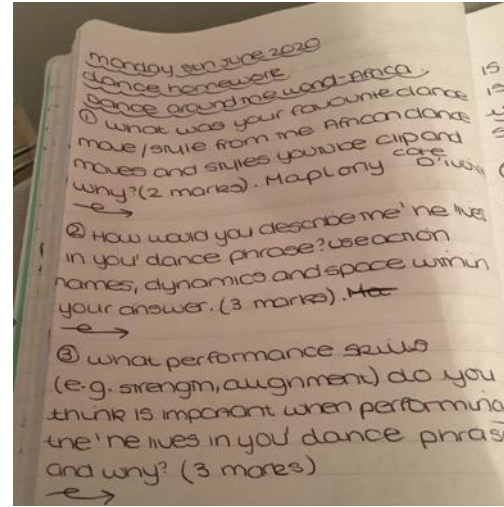




Artists Of The Week!



DANCE



Dance Star of the week

This week's dance star is Elle F in Year 9 - not only is Elle completing all of her CV dance lessons online, she is also expanding her knowledge of dance styles by learning how to tap dance. Well done, Elle. Keep up the excellent work!

DRAMA



DRUE M (YR 10)
SUBMITTED THIS
GREAT WORK ON
ROLES IN THE
THEATRE.

Stage directions

An instruction in the text of the play indicating the movement, position, or tone of an actor, or the sound effects and lighting.

Playwright

Name given to the person who writes the play.

Performer

A performer is an actor or entertainer who realises a role or performance in front of an audience.

Understudy

An actor who studies another's role so they can take over if needed.

Lighting designer

Responsible for the lighting states and, if required, special lighting effects. The final result will be a lighting plot (a list of lighting states and cues).

Sound designer

Responsible for designing sound required for the performance. Including - underscoring, intro and outro as well as special effects.



The Shows Must Go On
This week's Friday Musical is 'The Wiz Live' Showing on YouTube at 7pm on Friday



DANCE ON LINE

This week's MUST WATCH dance performance is Fagin's Twist by Avant Garde Dance Theatre. It is available on The Place Online from Thu 11 Jun, at 7 pm (Available until Mon 15 Jun, 10pm) *Fagin's Twist* is the untold story of a notorious and complex villain. It imagines Fagin's youth, driven by greed and ambition in the face of overwhelming poverty. The streets are a place of little comfort and fairy-tale endings are hard to find in this poignant coming-of-age dance theatre. See Dickens' *Oliver Twist* in a new light as Tony Adigun's Avant Garde Dance flips your expectations of five familiar characters, with their unmatched hip hop contemporary style.

MUSIC



MUSIC SHOUT OUTS!

EXTRA CHALLENGE

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

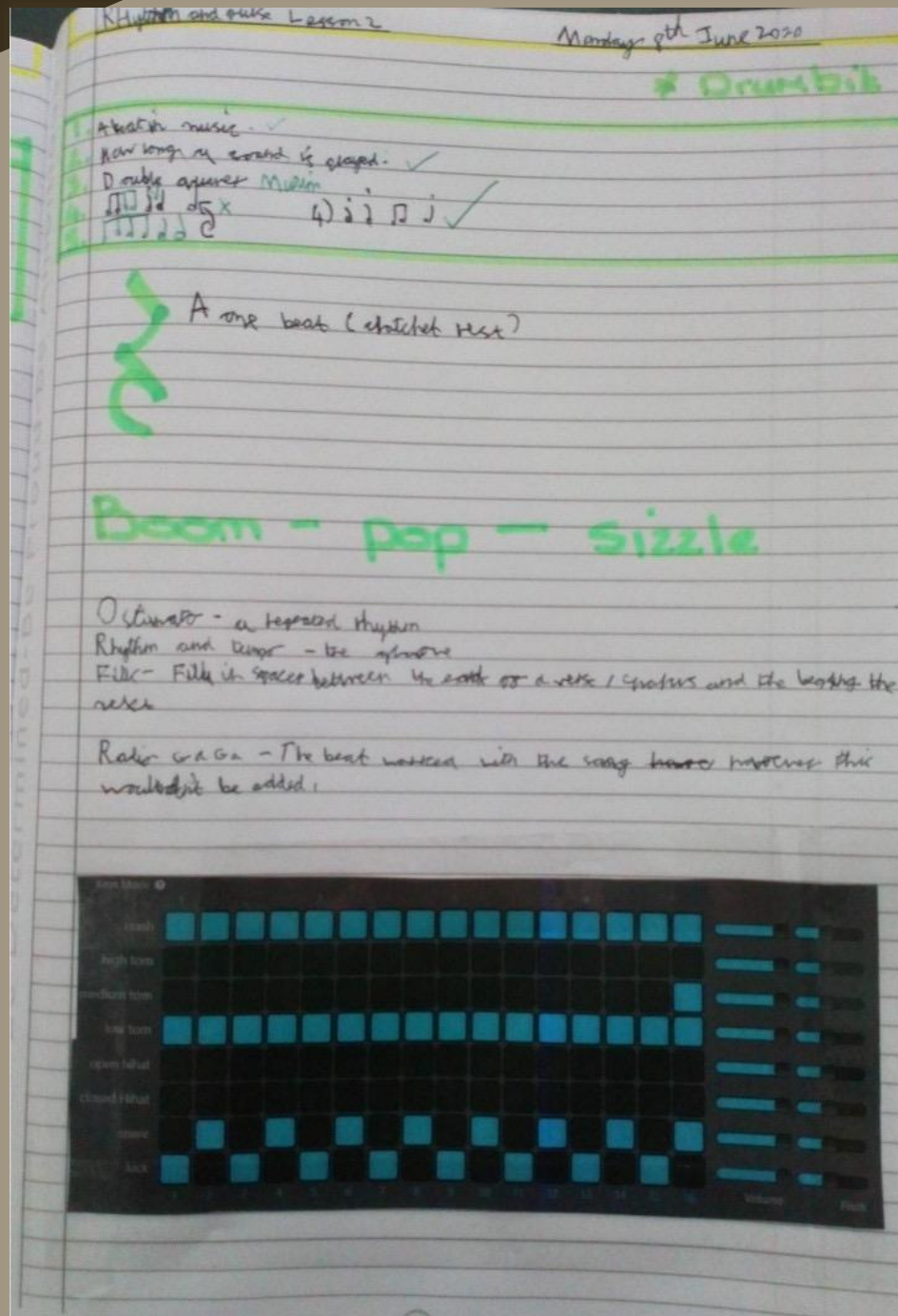
MEDIA



Great work from Connor W (Y9) on promoting his new band. Here is his CD cover and magazine advert

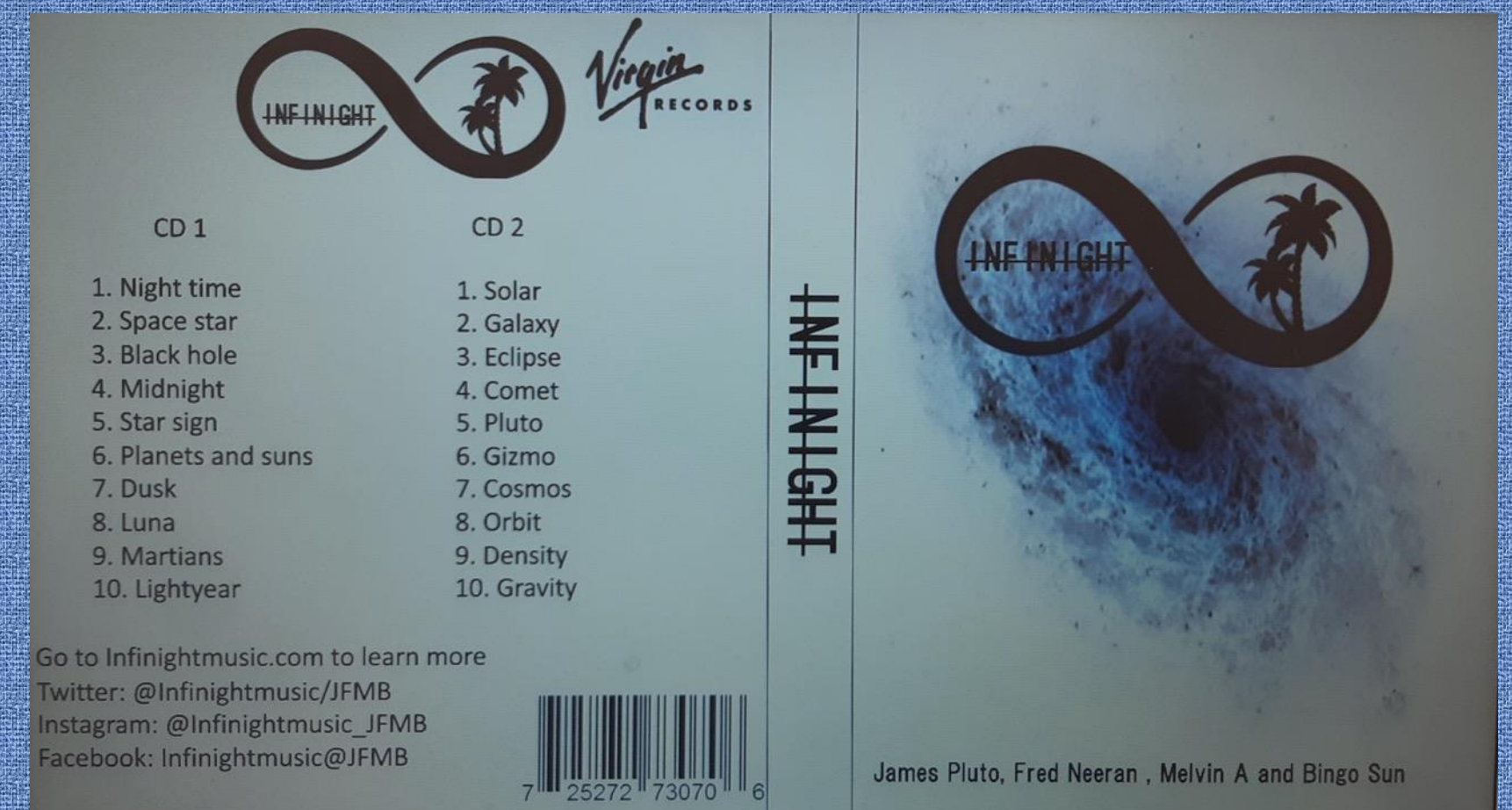


This week goes to Jake D (Yr 7) for his excellent effort on musical rhythms



cover	page	apps to get	music artists	live by	you need to read!	write your own story on Wattpad	hy tips	makeup
How to gain likes and followers	Who you should watch on YouTube	Summer body workout routine	How to meditate	Healthy meal ideas	How to ace your GCSEs	Easy yoga for beginners	How to revamp your bedroom	Organization tips
How to get the crum of your dreams!	Which 13 Reasons Why character is your soulmate?	Great movies you need to see	Perfect date ideas	How to look fashionable	What's your aesthetic?	How to care for plants	When to get emotional help	How to have good mental health
Your guide to surviving school	Unique career choices you probably haven't thought of	How to be your best self	Tips on saving money as a teen	Anonymous embarrassing stories!	How to write your own CV	Tips on making friends	Do your part in saving the environment	Eco-friendly living tips
Interview with Summer	What to look for when you're	Giveaway! Advert	Best Coachella outfits	Where to go on holiday!	Room poster	Short stories	How to cut out toxic people from your life	Skincare routines from your favourite vloggers

Remember that Year 9 and 10 Media lessons are available via Mr Beck's YouTube channel. Click on either picture.



Mental health and Well being.

The benefits of journaling on your well being



Keeping a journal and writing down your problems, worries or what is making you anxious is a proven way of helping with improving your mental health and well being. Effective journaling can help in keeping your set goals within reach and improve the quality of life.

Overall journaling or expressive writing has shown to have benefits for:

- **Boosting your mood**
- **Improving your sense of well being**
- **Reducing feelings of anxiety before an important event (exam)**
- **Improving your working memory**



During Lockdown, all staff at Castle View have taken the Adverse Childhood Experiences (ACE) course which looks at how early childhood negative experiences effect young people throughout life. Here are some screen shots to show how useful this training is to all staff at the Academy

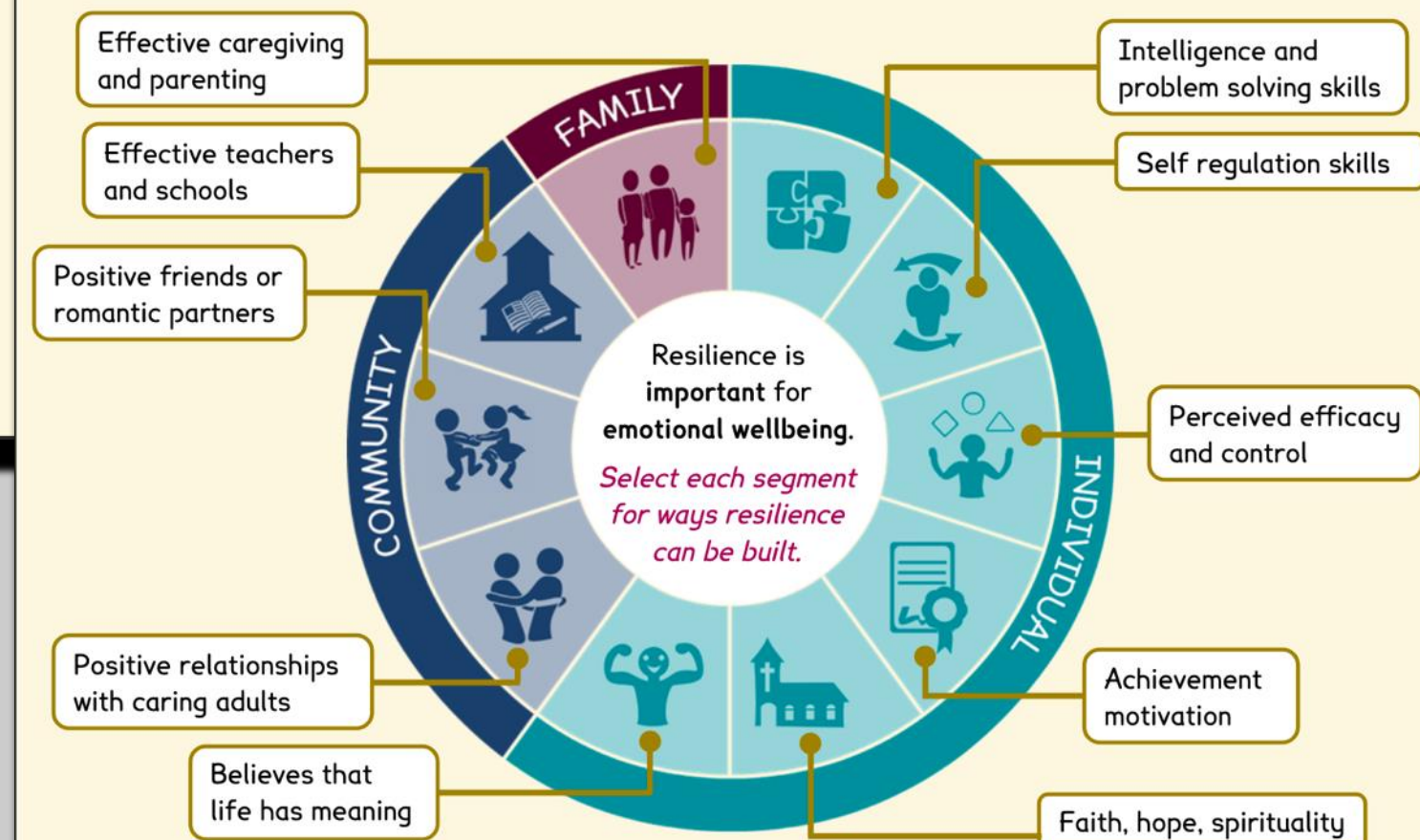
01 ACEs 3/4

The first 10 identified ACEs within the original study:



Areas of identified adverse experiences faced by some children

07 Building Resilience 1/13



Some ways in which adults can build resilience within children and young people



Castle View Academy

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Part of United Learning

12th June 2020 - Edition: 8

The Weekly Roundup

#Determination #Ambition #Kindness

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SCIENTIFIC 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?

An ostrich's eyes take up so much room in the skull that the ostrich's brain is actually smaller than either one of its eyeballs. This may be why the ostrich, despite its tremendous running speed, is not very good at eluding predators: It tends to run in circles.



Year 7: Jake D, George N, Charlie W, Roma A, Beau M, Bracken F, Isabel W, Harry C, Maisey M

Year 8: Triniti B, Logan M, Amelia M, Mason V and Dylan N

Year 9: Chanel S, Alisha B, Katie R, Mia O, Daisy T and Josh RS

Year 10: Amy J, Jack M, Tallulah S, Phoebe L, Lilly G and Levi K



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.

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 mention Charlie for continuously showing great effort and determination through his work.

Mrs Chester-Davies would like to recognise Evie for upping her game and being more consistent with completing and submitting work, and George for continued dedication to his English work and never missing a submission.

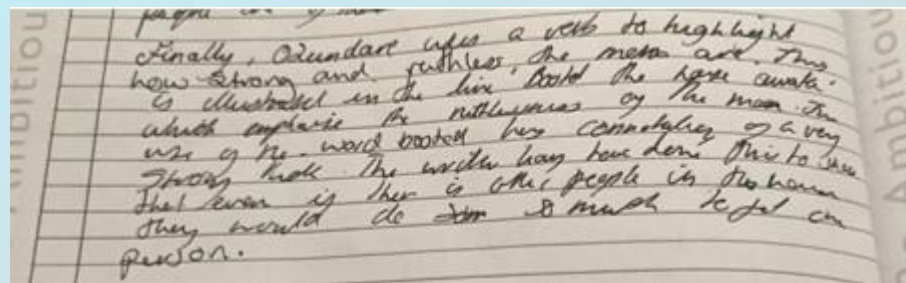
Miss de Belder is thrilled with the efforts of Beau and Summer-Louise for their excellent work from home and amazing efforts in tackling *A Midsummer Night's Dream*.

Miss Choudhry would like to recognise Ruqayah B again for her determination and effort.

Year 8:

Mrs Dugan would like to recognise Awa, Kai and Triniti for giving some great examples of analysis for last week's extended piece of writing. She'd also like to celebrate Maisie who has been sending in some lovely work this week, showing her engagement and determination to make progress.

Examples of their work:



“Secondly, Osundare doesn't only use powerful verbs, but he also uses imagery in the form of a simile. This is evident in the line, "stuffed him down the belly of a waiting jeep", which depicts that the car is like a monster about to eat the person. The use of the word "stuffed" has ideas of the person being thrown into the jeep by force. I think that the writer done this to show everyone what it is like to get into all this torture.” Awa

Mrs Chester-Davies would like to recognise Grace as the most improved student, showing that determination can really win through!

Miss Choudhry would again like to highlight how fantastic Amy's attitude has been. She has stood out for her effort and her determination is very impressive.

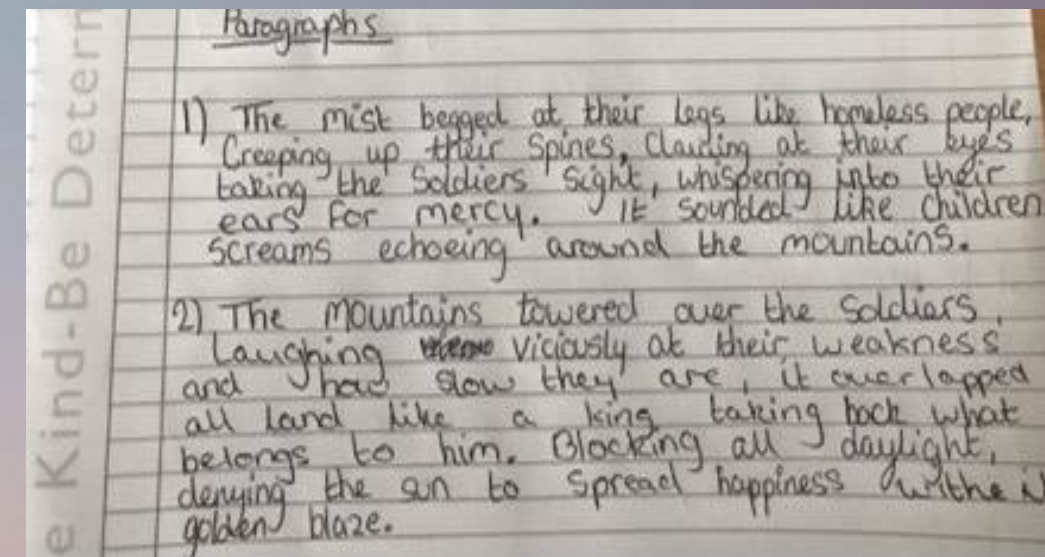
Year 9:

Miss de Belder is incredibly impressed with Harry, Angela and Connor for their continued efforts every single day in tackling *Macbeth*.

Miss Chering would like to mention how hard Riley and Grace are working on *Macbeth*. They display a strong understanding of this GCSE text already.

Mrs Chester-Davies would like to recognise Charlie and Josh for their resilience and determination – keep it up!

Mrs Dugan would like to mention Ruby and Grace for creating some great creative writing and showing resilience in completing the work set. An example of Grace's work is below:



Year 10:

Miss Choudhry would like to highlight Frankie and Maisy for their consistent effort every week in English. They always ask questions to help their understanding and this really pays off.

Miss Chering is impressed with Amy, Lilly and Chloe who have all shown really strong understanding of the poems this week, providing insightful answers to questions.

Miss de Belder would like to mention Chantelle, Maggie and Chelsey for their continued efforts in English, tackling new content with detail and perseverance.

Miss Findlay's students made a great effort with tricky lessons this week. Big shout out to Tallulah, Katie, Drue, Marnie, Phoebe, Taia and Martina who showed real grit when answering their essay question this week.




Root word: *log*

Meaning: *word/study*

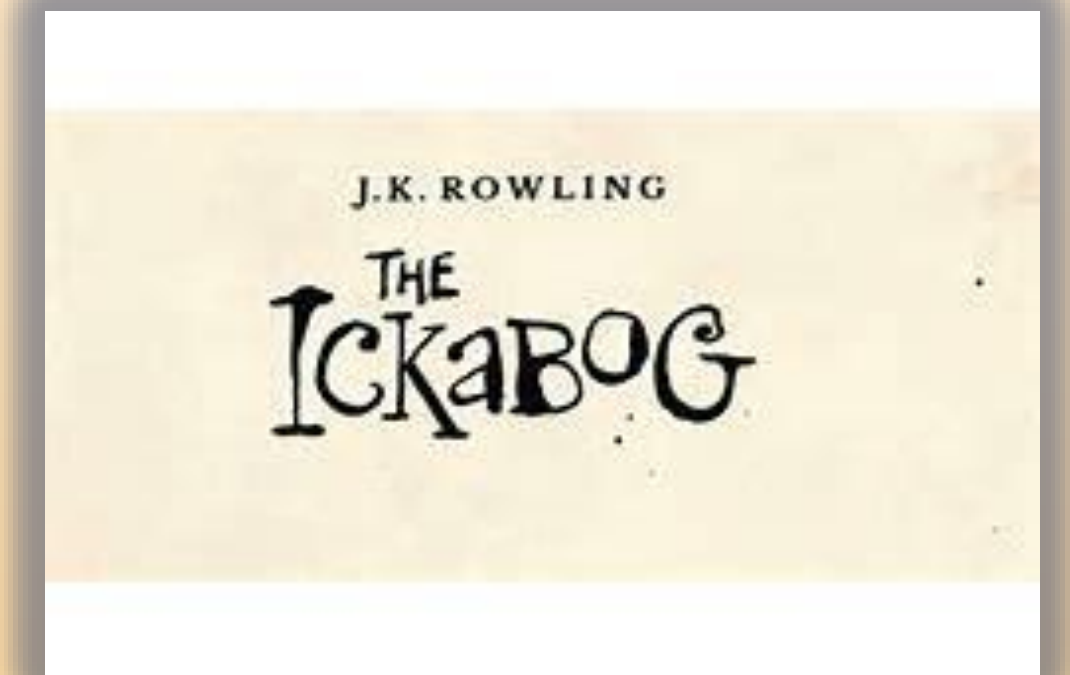
Words containing the root 'log'

- **Dialogue:** "words" spoken between people
- **Etymology:** the "study" of the origin of words
- **Apology:** "words" expressing regret

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

Can you explain
the word's
meaning using
the words 'word'
and 'study' in
your definition?

Something to do this week.



Read the new J.K.
Rowling novel 'The
Ickabog' for free by
clicking on this link:
www.theickabog.com



#Determination #Ambition #Kindness
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The Weekly Roundup

The previous page shows you a girls' timetable in Nazi Germany.

On the bottom right of the powerpoint slide is an illustration. It comes from the book 'Der Gattill', which was published in 1938 and was intended for children. The book aimed to increase anti-semitism by teaching youngsters negative myths about Jewish people. In the scene, a class is taught how to recognize the supposed physical characteristics of Jews. They are taught that the Jewish nose is hooked like the number 6. Other attributes mentioned in the story are puffy lips, fleshy eyelids and a deceitful look. Towards the end of the book, it is also claimed that Jewish people were responsible for the murder of Jesus, who is called their greatest enemy.

'The whole function of education is to create Nazis' - Bernhard Rust

Bernhard Rust was put in charge of the education system when Hitler became Chancellor in January 1933. Rust was an early member of the Nazi Party having joined it in 1922 and as a qualified teacher Hitler put him in charge of an educational programme that would produce the future Nazis.

Nazi Schools

- Teachers and headteachers not approved of were sacked.
- All teachers had to swear an oath of loyalty to Hitler and join the Nazi Teacher's League.
- The NTL ran political education courses setting out Nazi ideas.
- Teachers taught the Nazi salute.
- Lessons started and ended with "Heil Hitler!"
(-rail Hitler)

PHOEBE L.
Y10 BTEC
SPORT

[illegible]

ECOLOGY. JAKE D. YEAR 7

Above and beyond shout outs: 2!

Top 10 Hegarty Maths

Student	Year	Points
Jay B	10	6.6
Daisie T	9	5.6
Harvey N	10	4.8
Morgan H-T	7	4.7
Joshua R-S	9	4
Evie B	7	3.6
Mia F	11	3.3
Lauren D	10	3.2
George N	7	3.2
Grace P	9	3.1

Construction shout out to Owen P in Year 10 who has completed his construction work every single week to a great standard. Also to Drue M whose work is below. This week they have both been learning how to install a basin and pedestal in the bathroom.

Mr Nutland is very impressed

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

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

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

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

HOY 10 - laurence.holden@castlevewacademy.org.uk

Student Welfare

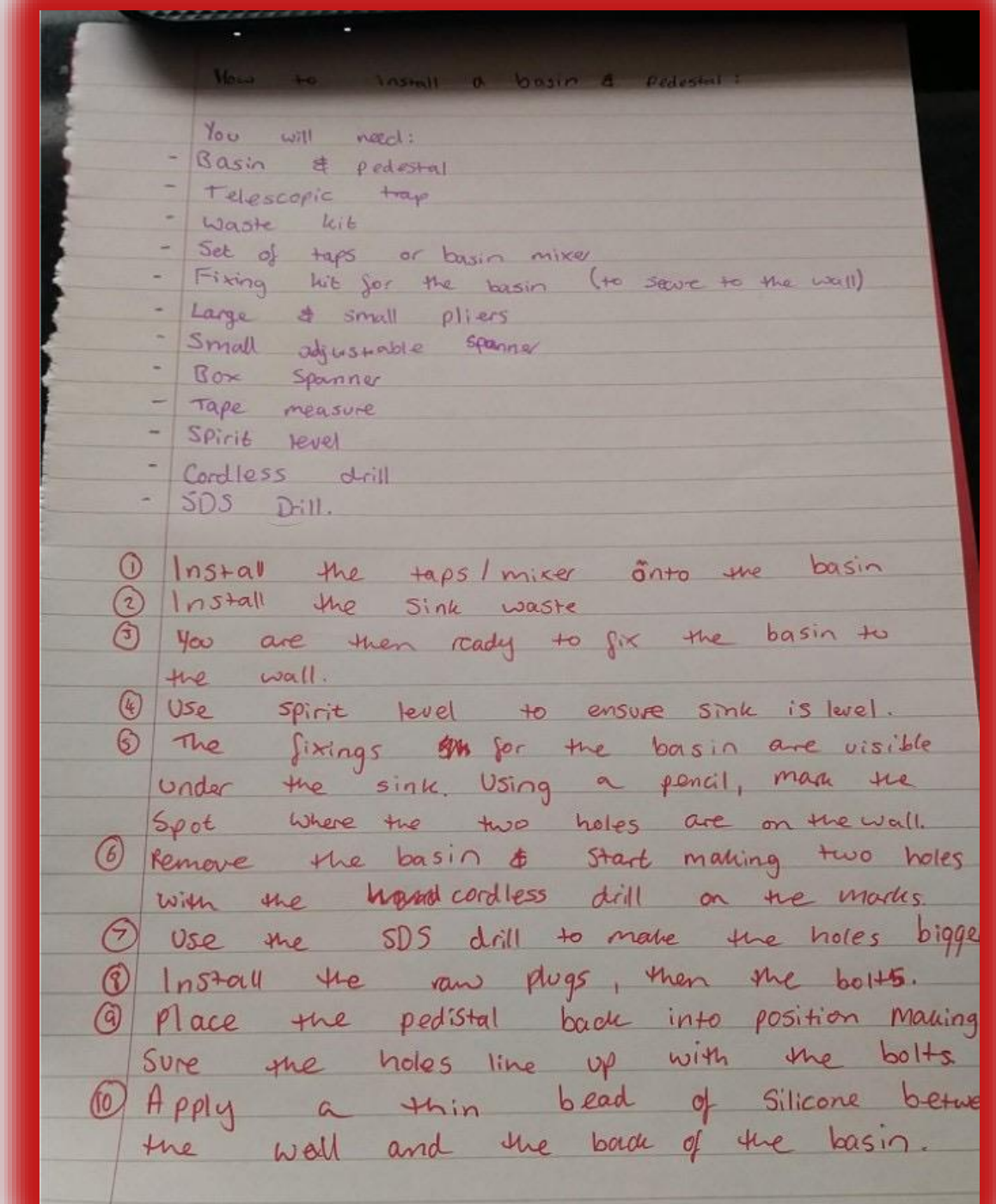
Mrs Griffiths - samantha.griffiths@castlevewacademy.org.uk

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

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

@CastlevewUL

Take care and stay safe!





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12th June 2020 - Edition: 8

YEAR 7

The Weekly Roundup

#Determination #Ambition #Kindness

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Dear all,

It has been a pleasure speaking to some of you and getting to know your children this week, albeit virtually. Some of our Year 7 students are making a phenomenal effort to complete some really high quality work and this is very promising for when we finally return to school. I know that motivating children at home can be difficult, but as this situation continues, it is vital that students engage with the work their teachers set. Not only will this help to prevent them falling behind their peers, at Castle View Academy and nationally, but there is scientific evidence to suggest that children of all ages benefit from a routine. Students should begin their week with their academic subjects in the morning, particularly English and maths, because they find it easier to concentrate, saving the exciting PE challenges and cake bakes for the afternoon. Please keep emailing your videos and photographs in, staff at Castle View love to see what our students have been up to!

I have inherited a great team of tutors from Mrs Nutland and they will be contacting you on a weekly basis. Please can I remind you that the calls are likely to come from a withheld number or from Manchester. If you miss a call, then please email your child's tutor with a suitable time for them to call back; email addresses are listed to the right.

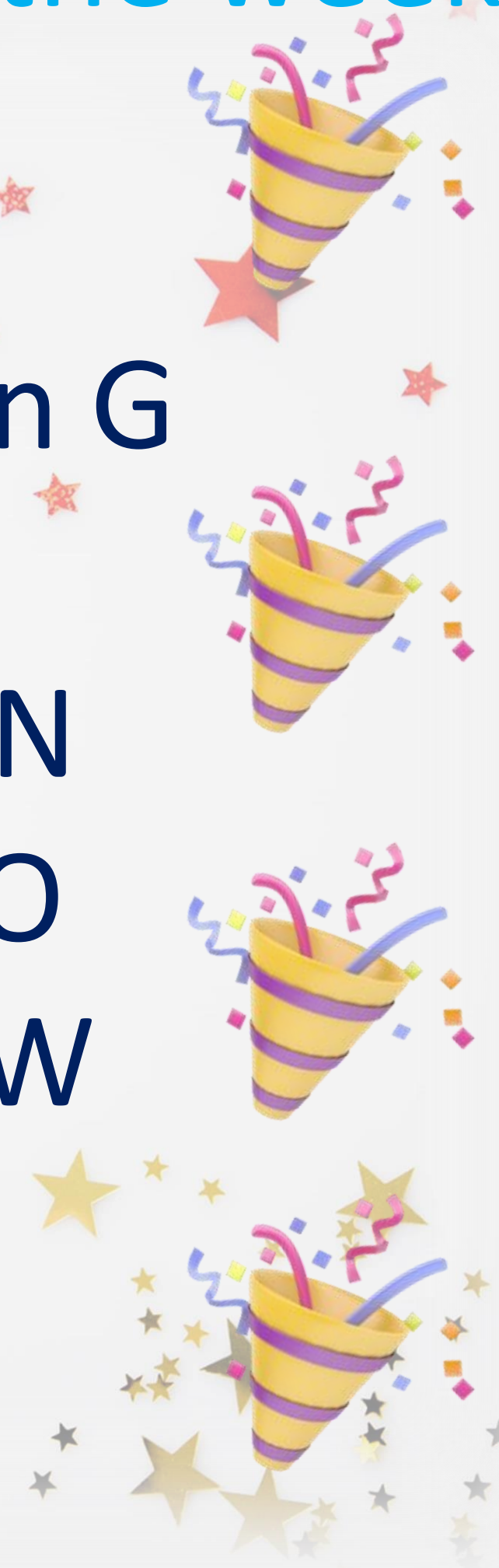
I look forward to speaking to more of you over the coming weeks, in the mean time if there is anything you would like to discuss then please get in touch.

With kind regards,

Clare Sitch - Head of Year

Stars of the week

Jake D
Cameron G
Beau M
George N
Charlie O
Charlie W
Dixie W



“With the right
kind of coaching
and determination
you can accomplish
ANYTHING.”

REESE WITHERSPOON

“
**IT ALWAYS
SEEMS
IMPOSSIBLE
UNTIL IT'S
DONE**
- NELSON MANDELA

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



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12th June 2020 - Edition: 8

YEAR 8

The Weekly Roundup

#Determination #Ambition #Kindness

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I am really pleased with the effort and determination shown by the majority of year 8 in completing the work set by your teachers. However, there is a small minority who need to really evaluate and reflect on their progress and make a real resolution to improve their engagement in the final half-term of this academic year. You ALL need to be consistently applying yourselves to continue making good progress.

I know that learning at home can be difficult and it can be easy to slip into some bad habits. As we know, it takes discipline to develop good habits and stick to them. In fact, scientists have stated that for a habit to fully form it takes at least 60 days of consistent effort before it becomes second-nature.

My advice is to establish a routine and maintain it; set yourself small manageable goals throughout the day with realistic deadlines and reward yourself ONLY when you achieve your goal. You will feel far more deserving of any reward knowing that you have completed the task set before you receive it. Plan out your day so you know what you have to achieve by when. When you are working avoid distractions if you can. That means no tablet by your side, unless you are using it for work, no TV to distract you, maybe even no pets in the room! Put away your mobile phone too if you have one: we all know how hard it is to ignore the 'ping!' of a new message. If you can, find somewhere light and comfortable to work.

I do not expect you to spend 6 hours a day glued to a computer screen so use the timetable guidance and your planner to ensure that you space working time out if you can. Aim for 3 -4 hours a day and prioritise English, Maths and Science. Your teachers are keen to give you guidance and feedback so please make sure you contact them if you need help and send completed work to them. If you are working on paper, you must hand your work into school by end of day Thursday so your work can be checked by teachers.

I know that by setting our expectations high and rising to this challenge, year 8 will continue to succeed.

Miss Choudry Head of Year 8

Stars of the week

#CVDetermination - Awa N M for her consistent effort in English and Maths.

#CVAmbition - Dylan E for working very hard and answering 1073 questions correctly on Hegarty Maths since lockdown began.

#CVPride – Darcy C For her engagement with her paper pack of work.

We can only get through the coming weeks by working together and continuing to be the best year group. We are Year 8. WE CAN! WE WILL! WE MUST!

Head of Year Challenge

This week I would like to set you a challenge:

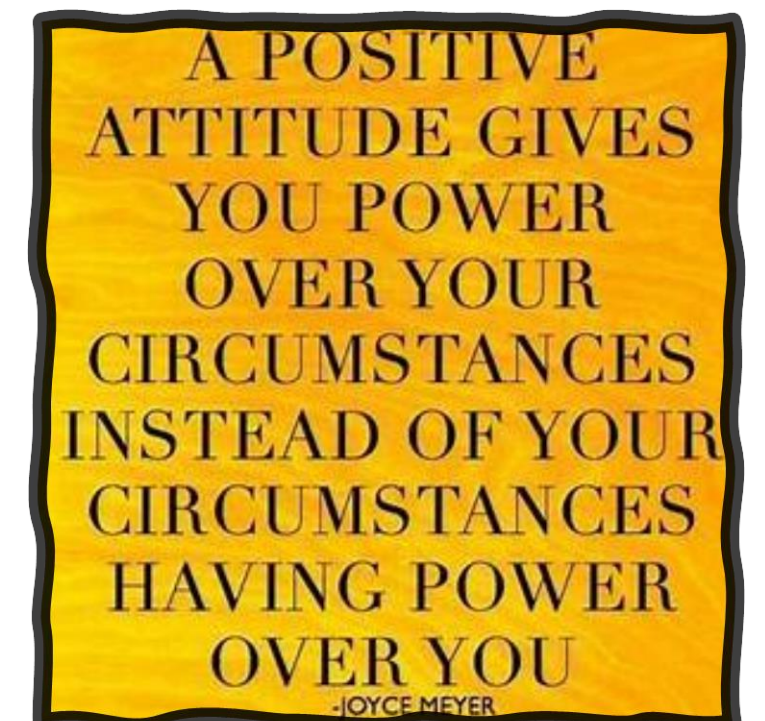
Create your own poster, leaflet or poem that promotes social justice.

We all deserve to be treated equally and fairly. Let's get that message out there.

The winning entry will be posted on the newsletter and will receive a small prize.

Send your entries by email to me naila.choudhry@castlevewacademy.org.uk

Deadline 17th June



An excellent week which showed a real improvement in the number of students accessing and completing the work set. Whilst engagement with learning has improved, there is still a lot of work to be done. You need to be focused and determined in your efforts which can be hard with the lack of structure. However, remember there is life far beyond school and you will soon be going into Year 10.

If you are able to access the internet, you might want to check out the icould website: <https://icould.com/explore/>
You can explore the world of work, with short video's and career profiles. It always helps to improve motivation if you have an end goal of what you want to achieve. It is never too early to think about the future and what you might like to earn and the type of life you want to live. The 'Buzz Quiz' helps to profile types of careers that you might be interested in. What are you waiting for? Have a look today!

Racism has also been a major feature of our national news this week. On Monday, I sent out an email to all Y9 students with a link to a special news report by First News which is specially prepared for teenagers. Check out your emails for further information. There are also a number of books that cover this topic that you might be able to access through your local library remotely.

Finally, check out the Joyful June calendar and see how many things you can do this month.

Ms Cole. Head of Year 9

Children's Books About Police Violence



**9 Children's Books About
POLICE VIOLENCE**



The Weekly Roundup

#Determination #Ambition #Kindness

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JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	 "Every day may not be good, but there is something good in every day" ~ Alice Morse Earle				

ACTION FOR HAPPINESS



30 actions to look after ourselves and each other as we face this global crisis together

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