

## WELCOME BACK YEAR 10'S

After nearly 3 months, we are pleased to welcome back Year 10's for some face to face learning.

Students were welcomed at the gates and then lined up in the playground where Mr. Tucker gave them the brief for the day.

Social distancing was observed throughout as was the washing of hands and using hand sanitizers whenever we entered the building from outside.





## Career Opportunities

Here is some very useful information regarding your life after school from Solent University. You do have to register via the link below, but this does give you access to lots of information about post-18 education and university life. There is also a link to facilitate talking to real university students and asking questions about life at university. There is also a virtual tour available.

Please note that some of the resources require learners to complete a brief registration form to gain full access. Should you have any queries or requirements, please do let Solent University know, they are very happy to have discussions with you - [stepintosuccess@solent.ac.uk](mailto:stepintosuccess@solent.ac.uk). Don't forget you can find further information about the university, courses and their response to the current situation via their website.

<https://app.geckoform.com/public/#!/modern/FOEU02aff6pH3CIJ>

<https://www.solent.ac.uk/discover/chat-to-our-students>

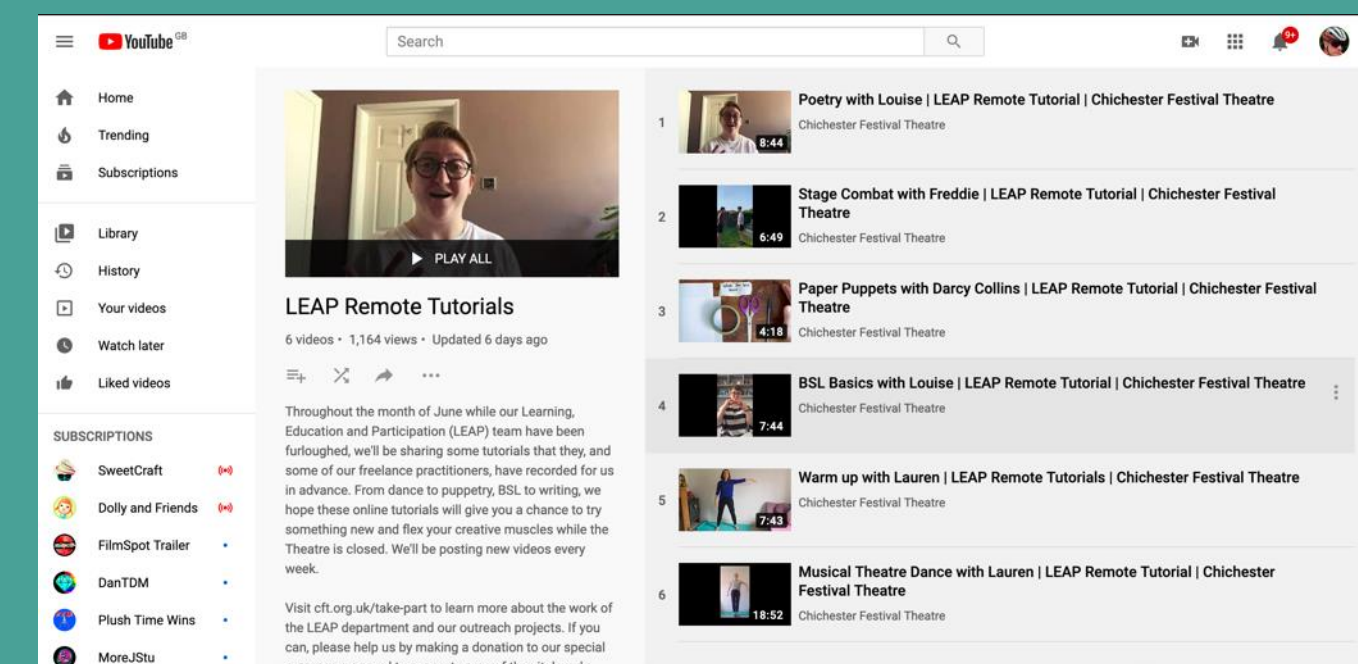
<https://www.solent.ac.uk/virtual-tour>

Mr Watkins.

## Fun and learning from home

Throughout the month of June, Chichester's Festival Theatre Learning, Education and Participation (LEAP) team are sharing some tutorials that they, and some of our freelance practitioners, have recorded. From dance to puppetry, BSL to writing, they hope these online tutorials will give you a chance to try something new and flex your creative muscles while the Theatre is closed. Watch out- they'll be posting new videos every week.

[https://www.youtube.com/playlist?list=PL0x74m7LL5fvIbyOuFixcN487vPa7DY0F&utm\\_campaign=1758268\\_MKTG%20General%20Newsletter%2010%20June&utm\\_medium=email&utm\\_source=ChichesterFestivalTheatre](https://www.youtube.com/playlist?list=PL0x74m7LL5fvIbyOuFixcN487vPa7DY0F&utm_campaign=1758268_MKTG%20General%20Newsletter%2010%20June&utm_medium=email&utm_source=ChichesterFestivalTheatre)





## Professional Studies Weekly Challenges

**#CVPROSTUDIES**  
**MEDIA CHALLENGE 2**

For your challenge you will need to create a new family that is joining a tv soap opera of your choice. Typically you will need:

- A busy body - Usually older woman.
- Single parent - Usually Mum.
- Boyfriend who is a bit of a chancer.
- troubled teenagers - boys or girls.
- toddler

Give each of your family a name and write about what they like, dislike and a little bit of their back story (history)

MUSIC

### Drama Challenge



**W**atch a piece of digital performance and write a theatre review

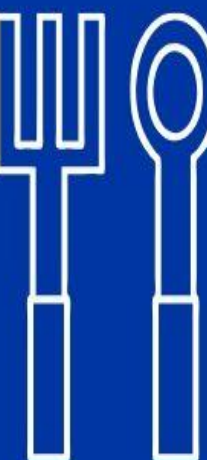
There are some amazing theatre performances - free and online! Here are a list of the websites that are streaming free shows:

<https://nationaltheatre.org.uk>  
<https://www.youngvic.org>  
<https://www.cft.org.uk>  
<https://www.sadlerswells.com>  
<https://www.oldvictheatre.com>  
<https://www.youtube.com/channel/UCdmPihkMaXNNeCr1FiuMvag> (Andrew Lloyd Webber's - The show must go on'

DRAMA

### SUMMER TERM 2 RECIPE 3

*Sausage and Tomato Pasta*



#### Ingredients



400g Penne Pasta

1 Pack Sausages



1tbsp Vegetable Oil

1 Pack Cherry Tomatoes



Flat Leaf Parsley to garnish.

#### Method

1. Cook pasta according to packet instructions
2. Heat the oil in a deep frying pan
3. Fry the sausages for 5 min until golden
4. Add the tomatoes and cook for about another 3 mins on a high heat until the tomatoes pop and start to form a sauce
5. Season to taste, then add herbs and drained pasta
6. Stir well

let's get  
creative!

**#CVPROSTUDIES**  
**MUSIC CHALLENGE 3**

**FAMILY PLAYLIST**— ask at least 3 members of your family (by phone or text is fine!) to tell you one or two songs they love, and why, and who sang it. Listen to all the songs and make a family playlist that you can enjoy together. Make a written version explaining who, their choice and their reason and share with your family. Make sure you ask members of all ages!!!

Email your challenge to [dwaldren@castlevewacademy.org.uk](mailto:dwaldren@castlevewacademy.org.uk) or send them in to the Professional Studies Facebook page

#PSMusicChallenge

Let's get creative!

#CVProfessionalStudies



## Art Challenge – Bedroom Redesign!

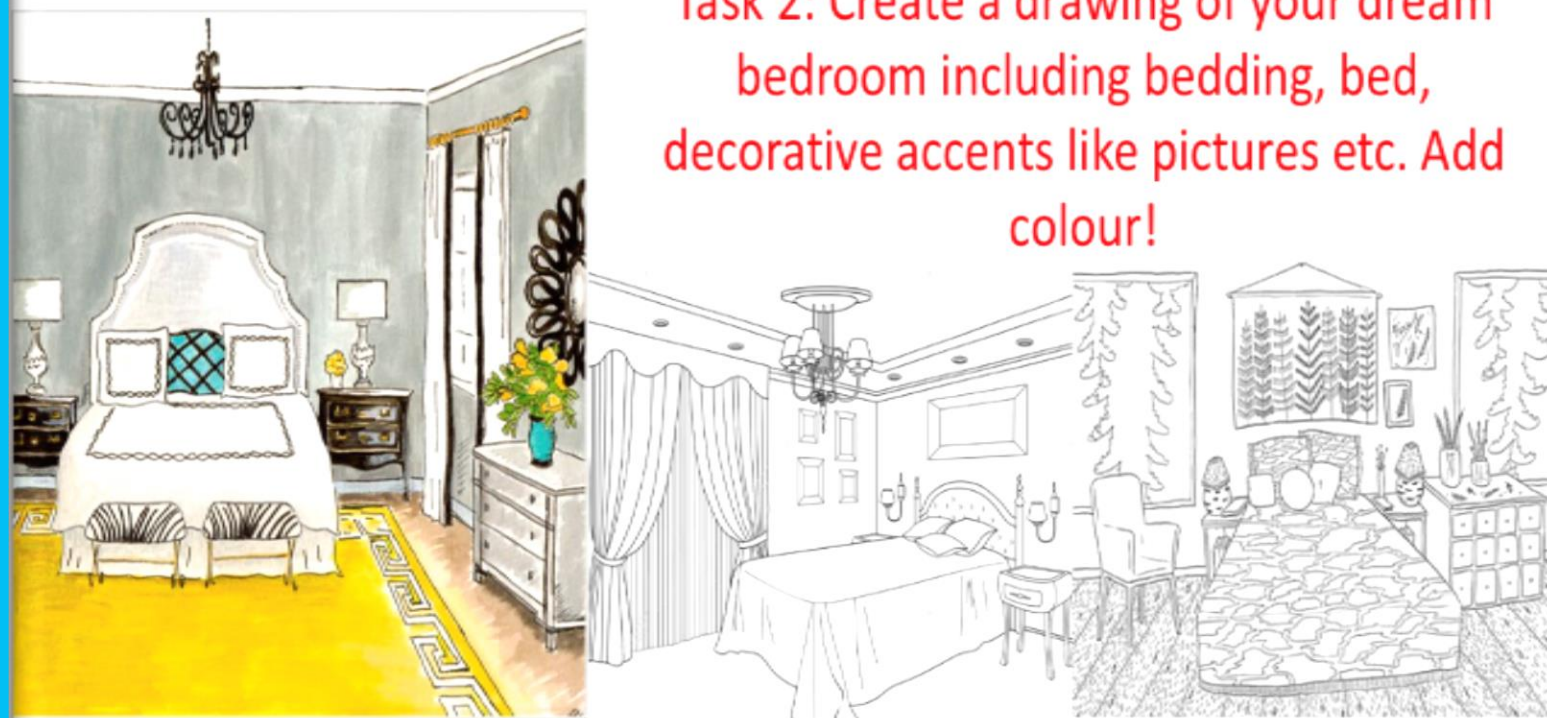
You are going to be an interior designer for the week!

**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](mailto:eliza.beck@castlevewacademy.org.uk)



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 DANCING BINGO

Learn a dance routine from Hairspray on Broadway!

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

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

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.

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.

Try to learn an Afrobeats dance routine

<https://www.youtube.com/watch?v=Q5lhxp3tU>

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.

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

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

Learn a lyrical dance routine

[https://www.youtube.com/watch?v=QmA4DZC\\_qwY](https://www.youtube.com/watch?v=QmA4DZC_qwY)

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

**ART DANCE**  
**Let's get creative!**



## Catering



JOE P (YR 9)



BEN E (YR 9)



JACOB R



JAKE D



CHANEL S (YR 9)



GRACE P (YR 7)





## DANCE

### STARS OF THE WEEK

Dancer of the week is Daisy T in Year 9. Daisy has completed all of her weekly dance lessons and always sends through her work to get feedback. Well Done, Daisy! Keep up the excellent home learning.

## Construction

Drue M Year 10 - As well as catching up on her construction home learning, Drue has been assisting with the preparations for Year 10s return to school. She is a pro with a laminator and has been helping with the signage around the school building. Thank You, Drue.

## MEDIA



### Teen Dilemma!

Where - The Rifle club Portsmouth PO4 OAW goldsmith avenue

When - Tuesday the 20<sup>th</sup> July - Sunday the 25<sup>th</sup> July

Time	19:30 - Midnight
Phone number	07946334817
Email	Teentour4ever@poprulez.co.uk

Tickets cost -

Adults £ 24.50

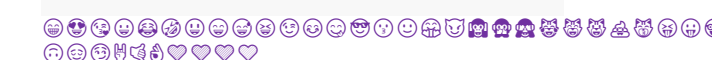
teens £ 20.75

Children £ 17.90

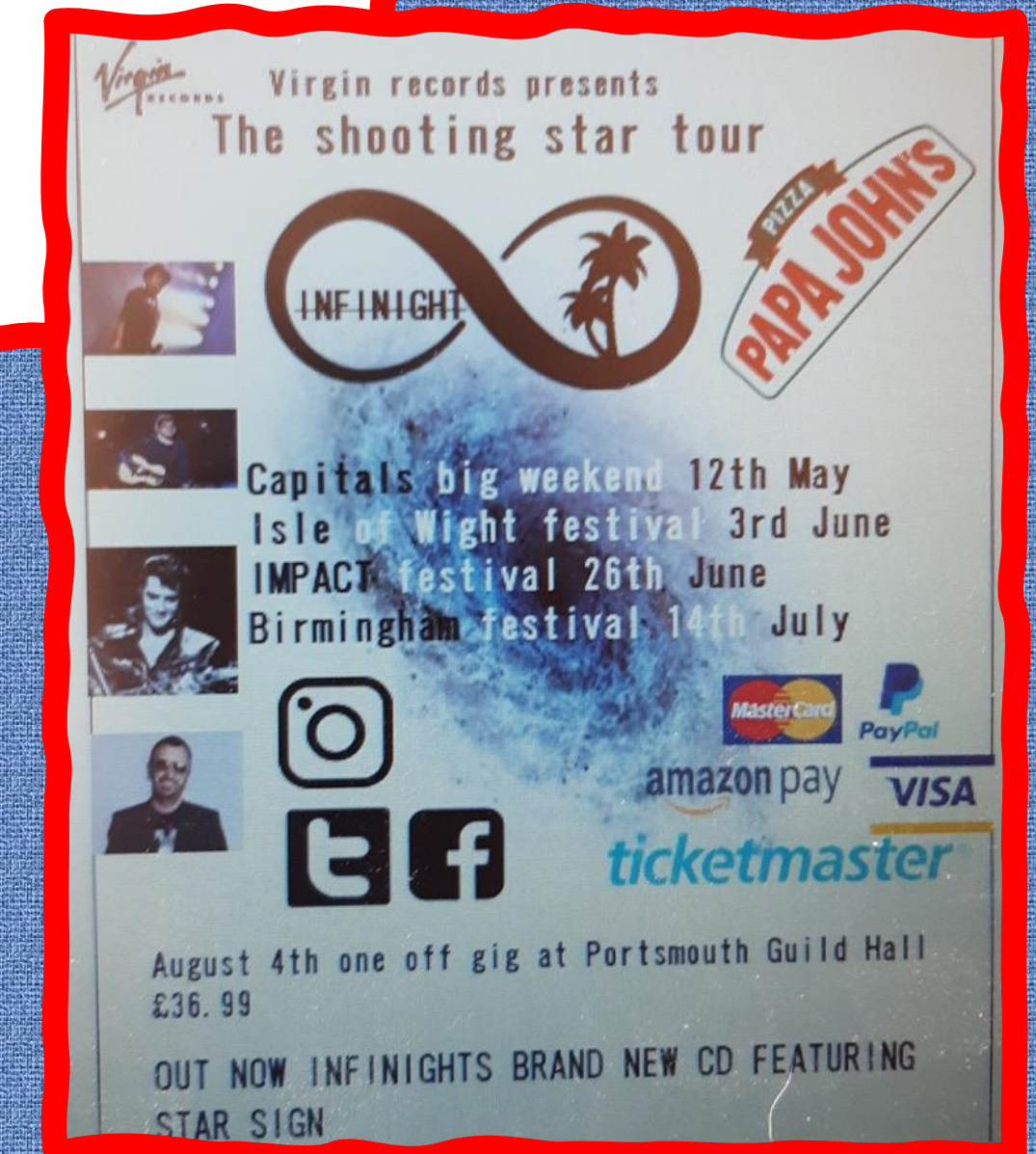
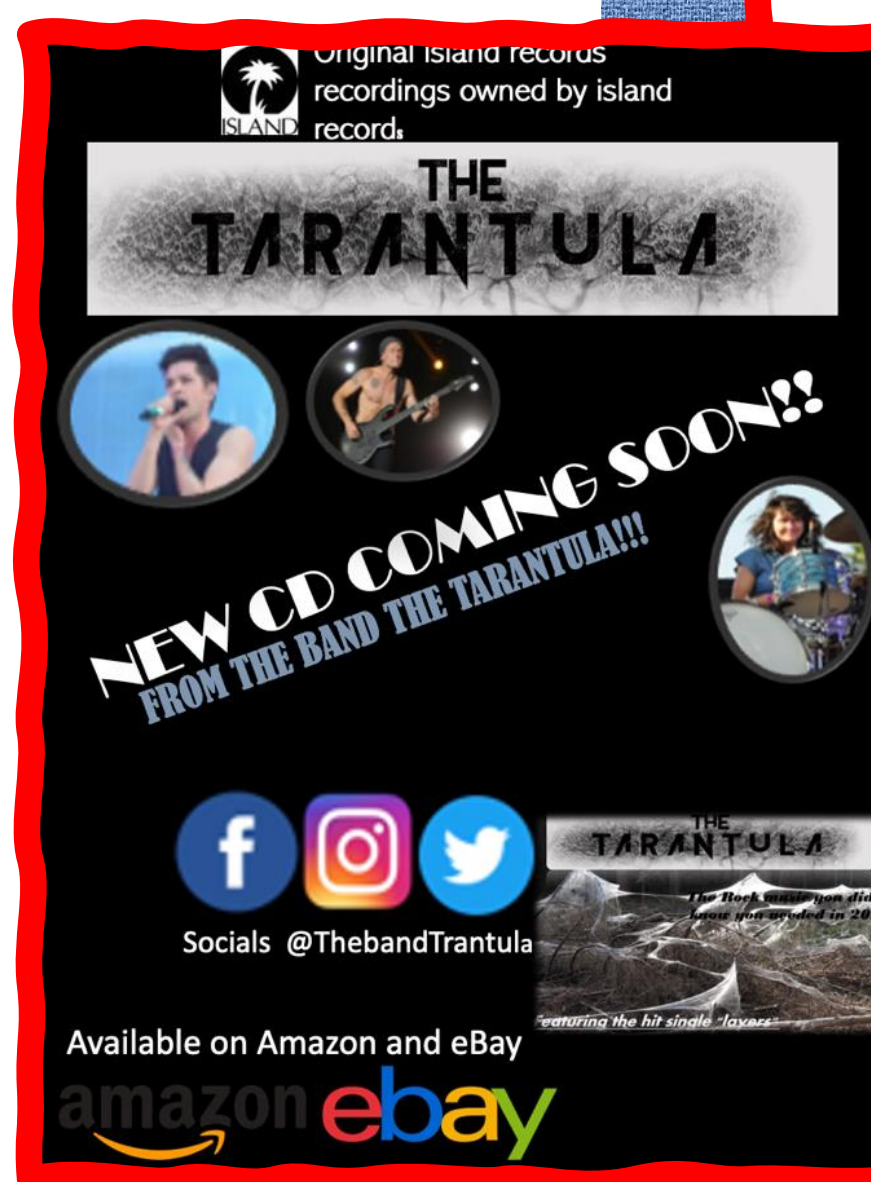
4 or under free



All are welcome so come along to live like it's the last night of your life and have a fun filled night you will never forget!!!!!!



Their bands are hitting the road taking the music to the people. Here are the tour posters from Angela, Shay and Connor, Year 9 media stars.





## Mental health and Well being



### Mindfulness

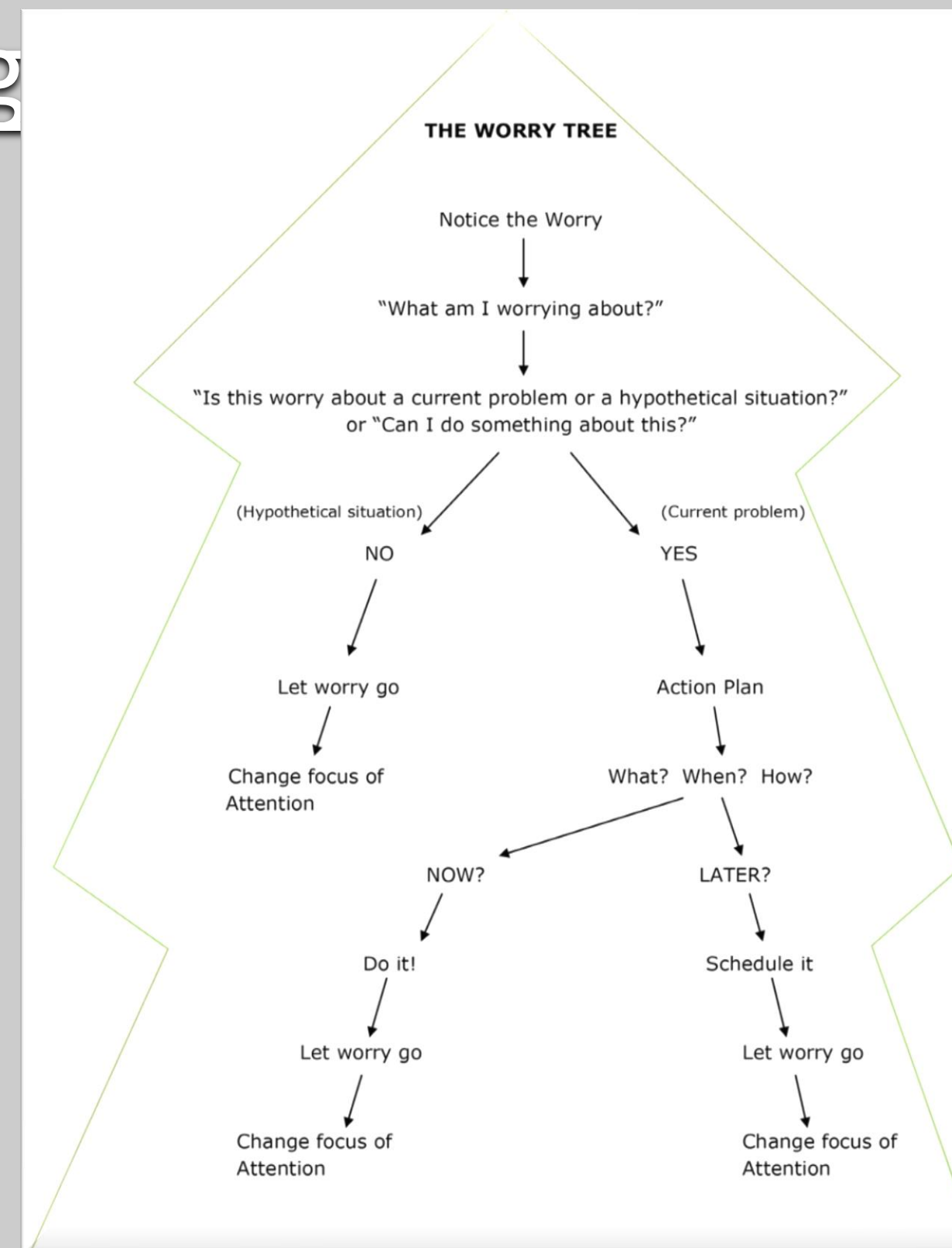
Mindfulness is the psychological process of bringing your mind into the present and people do this through the practice of meditation and other mind training.

#### 5 Steps to mindfulness.

1. Take deep breaths and relax using the 7 – 11 technique, this means you breathe in for a count of 7 and out for 11.
2. Close your eyes and make sure you are comfortable.
3. Bring your awareness to your breathing.
4. Don't worry if your mind wanders, this is natural, just be aware and bring yourself back to focus on your breathing.
5. Let go of those mind wondering thoughts like clouds in the wind.



Smiling Mind is a great app that can help with **young** people's mental health and encourage mindfulness and it's free.



Using a worry tree to help young people to open up about their worries is a very strong tool to use to help problem solve and ease anxiety and stress.

## Mental health focus

### Thinking errors 4, Personalisation.

*Personalisation is when people will automatically assume responsibility for when things go wrong and they blame themselves for all negative things that are not under their control.*

*You've gone out and come home, the dog has hurt its foot and you say to yourself, if I didn't go out then this would not have happened, or maybe I stood on the dog's foot before I went out. Totally unrealistic thinking.*

*Personalisation takes up too much time and energy, coming to terms with the fact that this is a thinking error puts you on the path to good mental health.*



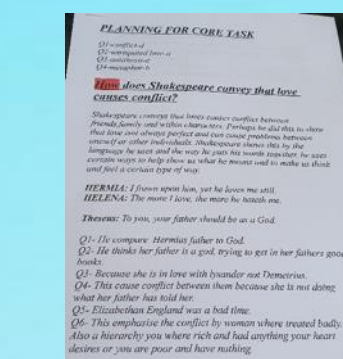
## English Department News.

This week, Year 7 and Year 9 have made a great effort exploring Shakespeare's *A Midsummer Night's Dream* and *Macbeth*. Year 8 have been doing some great work exploring ideas of social change through poetry.

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 recognise Charlie for his consistency and rigour. She's also been really impressed with Harry, for really pulling it out of the bag since half term and engaging with 'A Midsummer Night's Dream' wholeheartedly. Abigail has relentlessly handed work in no matter what – absolutely fantastic.



Harry's work

Mrs Chester-Davies would like to recognise George N for applying his target and improving his writing.

Miss de Belder continues to be impressed with the way Beau and Summer continue to show resilience in mastering Shakespeare's *A Midsummer Night's Dream*

### Year 8:

Mrs Dugan is very proud of Triniti for her persistent effort and attainment from day one until now. She would also like to recognise Kai for also continuing to push himself and complete every piece of work that has been set. Mrs Dugan has also been really impressed with Jessica for showing real resilience over the last week and with Awa for her well thought through answer



Triniti's work

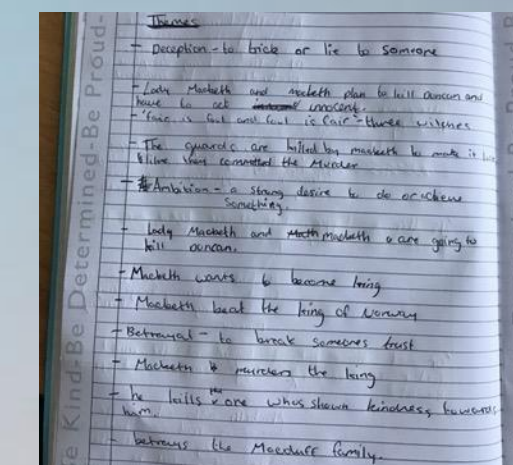
Mrs Chester-Davies would like to recognise Logan M for his consistent engagement and focus, resulting in progress.....an amazing analytical core task last week!

### Year 9:

Miss de Belder is would like to mention Finley because he produced an excellent article on Lady Macbeth - hopefully we will see more of these in the coming weeks!

Mrs Chester-Davies would like to recognise Amy Gillam for taking on feedback and achieving the targets set – great Core task last week!

Mrs Dugan would like to mention Grace, for showing real determination in learning and understanding Shakespeare's *Macbeth* and Michael for consistently giving it his best shot.



Grace's work

### Year 10:

We are looking forward to seeing some of Year 10 as they access time in school with teachers.

Please remember that lessons in school are there to support the learning online and it is very important that students continue to complete these online lessons.



"Nothing is impossible.

The word itself says  
'I'm Possible'"

AUDREY HEPBURN



## 'Lockdown Literature'

More Castle View staff have been sharing photos of the books they've been enjoying during lockdown:



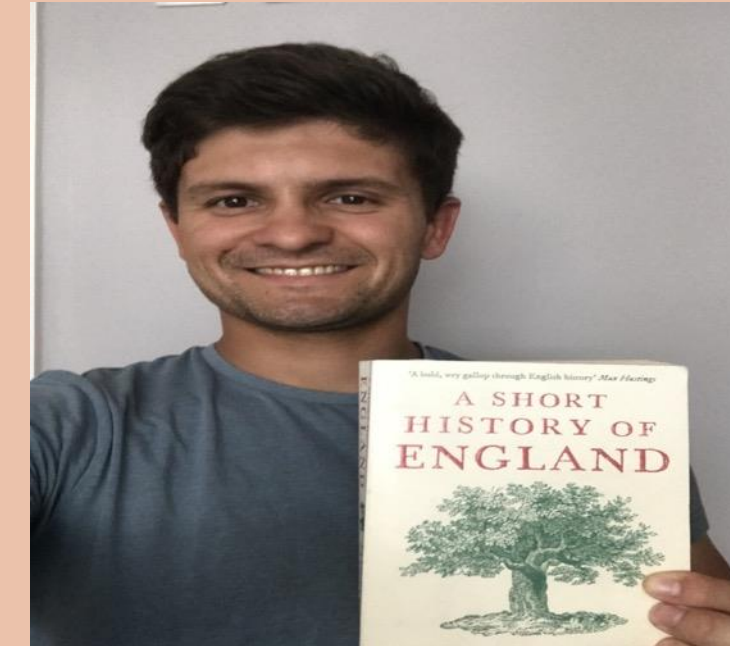
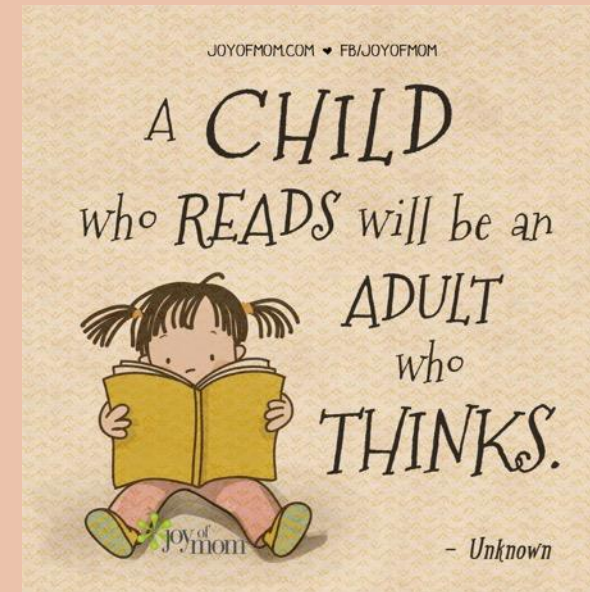
Miss Hall

The book I have been reading is called 'Mum's Way' written by Ian Millthorpe. It is based on a true story about a husband who has to look after his children after his wife passes away. It is a little emotional, but I chose to read it as it belonged to my late mum and I always said to myself I would read it.



Mr Waldren

I am really enjoying this book as the author (Vassos Alexander) describes some of the really extreme ultra running races he has been involved in, and it makes me realise what the human body is capable of. And you can't beat a good cup of tea to go alongside it.



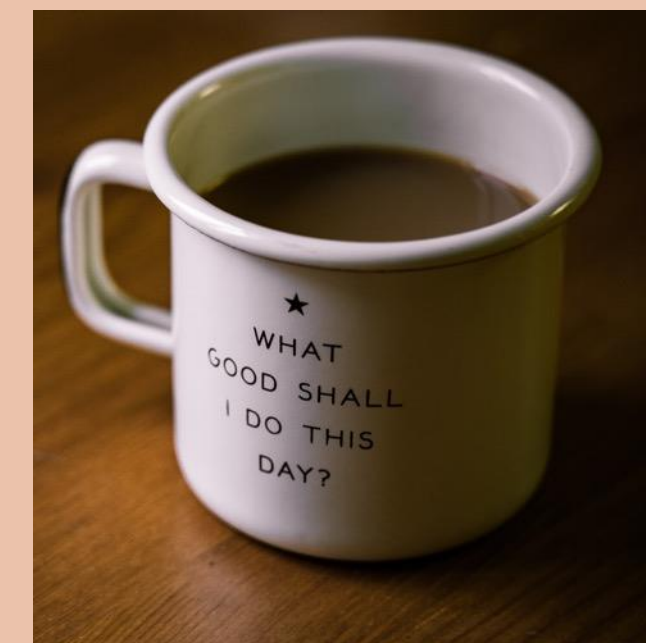
Mr Holden

This was recommended to me by my brother and is a basic overview of English history from the Saxons to present day. It's an easy read and very interesting!



Mr Ramirez

The book is 'The Story of Egypt' by Joan Fletcher. I prefer history and mystery factual books rather than novels or fantasy.







# diligent

(adjective)

Someone who is diligent works hard in a careful and thorough way.

**CHALLENGE:**  
Can you use the word 'diligent' in any of your lessons this week?

## Synonyms

- Hard-working
- Careful
- Thorough

## Antonyms

- Lazy
- Idle
- Indolent

## Sentences containing the adjective 'diligent'

- The **diligent** researcher made sure to double check her measurements.
- Her **diligent** approach meant that no mistakes were made.





# diligent

(adjective)

Someone who is diligent works hard in a careful and thorough way.

Are these examples using the word **diligent** correctly? Explain why or why not.

1. Her **diligent** approach meant that her Maths homework was sloppy and filled with errors.
2. After **diligently** searching through the mess, he found the tiny parcel.
3. When people are exhausted, they usually become more **diligent** workers.



Which of these words has a similar meaning to **diligent**?

- Careless
- Conscientious
- Hasty
- Meticulous
- Painstaking
- Unsystematic



Think deeper – when is it important to be **diligent** at school? Are there ever times when it's ok to be less **diligent**?





**Castle View Academy**

The best in everyone™

Part of United Learning

12th June 2020 - Edition: 8

# The Weekly Roundup

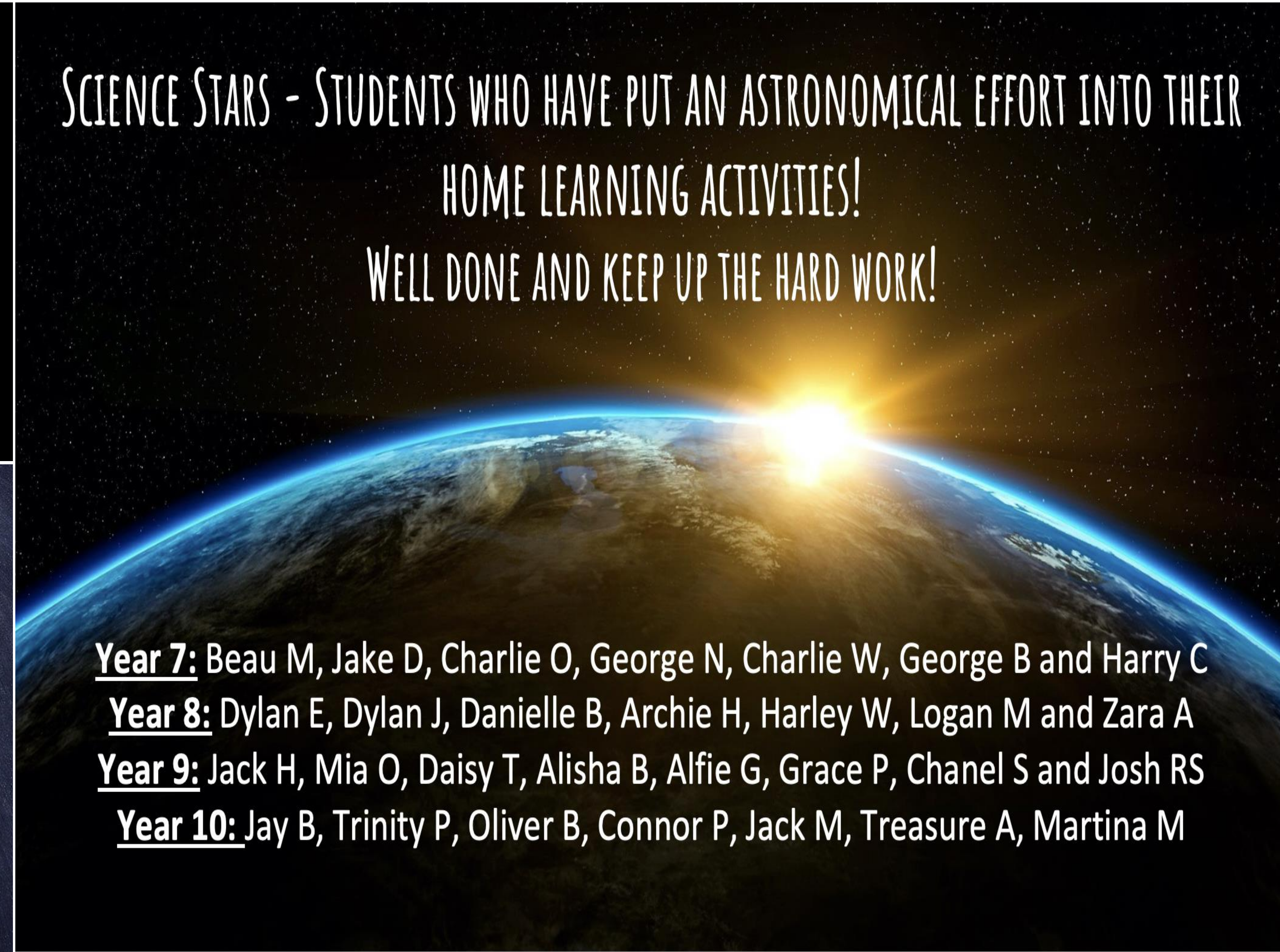
#Determination #Ambition #Kindness

Stay connected with us @CastlevewUL [www.castlevewacademy.org.uk](http://www.castlevewacademy.org.uk)

## 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?

Hippo milk is bright pink. Hippos secrete two kinds of unique acids called "Hipposudoric acid" and "Norhipposudoric acid". The former is reddish in colour and often known as "blood sweat", although it is neither blood nor sweat. The latter is bright orange.



**Year 7:** Beau M, Jake D, Charlie O, George N, Charlie W, George B and Harry C

**Year 8:** Dylan E, Dylan J, Danielle B, Archie H, Harley W, Logan M and Zara A

**Year 9:** Jack H, Mia O, Daisy T, Alisha B, Alfie G, Grace P, Chanel S and Josh RS

**Year 10:** Jay B, Trinity P, Oliver B, Connor P, Jack M, Treasure A, Martina M





## 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. Martina M
2. Jay B
3. Treasure A
4. Oliver B
5. Connor P



# Above and Beyond

Hello Everyone,  
I hope you are all fit and healthy,

Due to the spread of COVID - 19, there have been many changes to our daily life. One change that has been slightly problematic for beauty gurus is wearing face masks on public transport and in some shops. On many social media platforms, our favourite beauty gurus and influencers are here to give us tips on perfecting our make-up looks whilst wearing masks. This is despite the claims that facial masks don't protect you well from the virus.

On Instagram, most of the make- up looks focus on eye make-up because the masks cover up the lower half of your face. This doesn't stop people from making full face make-up looks though. One YouTube influencer, Monkey Sis, has made a video where she has made a full face look. In this video, she advises long wear products and liquid lipsticks to help avoid the make-up transferring to your mask.

Unfortunately, most of the finished looks show masks with gaps at the sides. This is problematic, as it only reduces the limited protection the mask offers.

If you have to wear a mask, worry not because you can look fab doing it.

From Frankie P, Year 10.  
<https://www.youtube.com/watch?v=jD3OHhZi624>

# The Weekly Roundup

#Determination #Ambition #Kindness

Stay connected with us @CastlevewUL [www.castlevewacademy.org.uk](http://www.castlevewacademy.org.uk)

**Racism article**

Racism, also called racialism, any action, practice, or belief that reflects the racial worldview—the ideology that humans may be divided into separate and exclusive biological entities called “races”; that there is a causal link between inherited physical traits and traits of personality, intellect, morality, and other cultural and behavioural features; and that some races are innately superior to others. Since the late 20th century the notion of biological race has been recognized as a cultural invention, entirely without scientific basis.



**FROM JESSICA C. YEAR 8**

**Well Done.**

**Great Spanish work sent in from Mr Ramirez year 9's..**

**Contributions from**

**Grace P Ben E**

**Faye P-M Daisie T**

Thursday 11th June 2020  
El Imperfecto  
Do Was

Present	Imperfect
Hay (there is/are)	había (there used to be)
Tiene (it has)	tenía (it used to have)
Está (it is)	estaba (it used to be)
Es (it is)	era (it used to be)

Name	City in past	City in present	City in future
Leila	lots of violence	no dangerous areas	build youth clubs
Javier	no brown	very good public transport	build an airport
Patricia	no activities for children	sports centre for young people	build housing
Bea	boring	lots of exciting things	build aquarium

Antes mi ciudad estaba muy sucia, pero ahora hay menos contaminación porque hace dos años las autoridades organizaron una recogida de basura. Sin embargo, no hay mucho para los jóvenes - por ejemplo no hay donde hacer deportes. En el futuro creo que van a construir un polideportivo. Va a ser genial!

Previously my town used to be very dirty but now there's less pollution because two years ago the authorities organized a rubbish collection. However, there isn't much for young people - for example there isn't where to do sports. In the future I believe they are going to build a sports centre. It is going to be great.

Antes mi ciudad estaba muy sucia, pero ahora hay menos contaminación porque hace dos años las autoridades organizaron una recogida de basura. Sin embargo, no hay mucho para los jóvenes - por ejemplo no hay donde hacer deportes. En el futuro creo que van a construir un polideportivo. Va a ser genial!

Antes → Before  
Estaba → I was  
ahora → now  
hay → There is  
hace dos años → Two years ago  
organizaron → Organization  
En el futuro → In the future  
Van a construir → They will build  
va a ser → It will be

**Homework**

Antes de Lima estaba sucia y aburrido. Ahora puedes nadar con leones marinos. En el futuro construirán una piscina en el building más alto. Será guay.

**Spanish**

Do Now

- I'm going to eat cereal
- I would like to buy a car
- I went to do swimming
- I hope to go by train

**Key words**

Quiero - I want to  
Espero - I hope to  
Quiero - I want to  
Me gustaría - I would like to  
Espero - I hope to

- I am going to get married
- I would like to work as a volunteer
- I went to go to university
- I hope to pass my exams

**Imperfect**

había = (there used to be)  
tenía = (it used to have)  
estaba = (it used to be)  
era = (it used to be)

**name**

Leila = lots of violence, no dangerous areas, build  
Rajas = no trains, very good transport, airport  
Patricia = nothing for young people, build housing  
Bea = very boring, exciting, aquarium

Antes mi ciudad estaba muy sucia pero ahora hay menos contaminación porque hace dos años las autoridades organizaron una recogida de basura. Sin embargo, no hay mucho para los jóvenes - por ejemplo no hay donde hacer deportes. En el futuro creo que van a construir un polideportivo. Va a ser genial!!

before, I was, now, there is, 2 yrs ago, organized  
In the future, they will build, it will be.



## Above and Beyond

### Top 10 Hegarty Maths

Student	Year	Points
Danielle B	8	7.5
Chloe B	10	6.8
Harry K	7	4.7
Jordan S	8	4.4
Ashton S	10	4.4
Harvey N	10	4.3
Shannon A	7	3.9
Jay B	10	3.4
Joshua R-S	9	3.3
Grace P	9	3.3



**Join the thousands of schools and parents using the Dove Confident Me self-esteem project resources.**

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](mailto:clare.sitch@castleviewacademy.org.uk)

HOY 8 - [naila.choudhry@castleviewacademy.org.uk](mailto:naila.choudhry@castleviewacademy.org.uk)

HOY 9 – [jennie.cole@castleviewacademy.org.uk](mailto:jennie.cole@castleviewacademy.org.uk)

HOY 10 - [laurence.holden@castleviewacademy.org.uk](mailto:laurence.holden@castleviewacademy.org.uk)

Student Welfare

Mrs Griffiths - [samantha.griffiths@castleviewacademy.org.uk](mailto: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](mailto: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!

### Confident Me in schools

Dove's Self-Esteem Project are offering schools and parents an incredibly versatile set of resources that include lesson plans, presentations, activity sheets and parent guides.

The resources are 100% free and help young people to build and protect confidence in themselves and others.

70% of young people are affected by low body confidence, but body confidence can be increased and learned.

We believe every young person in your school should grow up feeling confident about their looks. That's why we've developed Confident Me, a set of easy-to-use and evidence-based resources for those in schools working with Key Stage 3 students.

[Register for your free resources](#)



Introduction to Body Confidence  
Dr Nancy Etcoff  
Assistant Clinical Professor in Psychology, Harvard University  
and Dove Self-Esteem Project Expert.



## YEAR 7

Dear all,

Wow! How many Year 7 stars do we have this week? Year 7 have really found some extra drive and determination to get their work done this week. I am really proud of them and would like to thank parents for their continued support. We fully appreciate it is not always easy, but it is so important that we work together to ensure our children do not fall behind and undo all of the progress that has been made since they started Castle View Academy last September.

This week I would like to draw your attention to the Character in Education resources that children can find on Teams. This gives them a break from the academic subjects but will enhance their skills in other important areas, so please encourage them to take a look. Further information can be found here <https://www.castleviewacademy.org.uk/information/education-with-character>

Have a good week and look forward to speaking with more of you over the coming week,

With kind regards,  
Clare Sitch - Head of Year

## STARS OF THE WEEK

Ruqayah B	Jake N
Jemma C	Tillie - May R
Thomas C	Charlie S
Jake D	Abigail T
Summer-Louise D	Megan T
Harry F	Charlie W
Scarlett G	Dixie W
Harrison H	Isabel W
Matt I	
Evie L	
Beau M	
Layton L	
Demi Lee M	
harla Rose P	

"You can't go back and change the beginning, but you can start where you are and change the ending."

— C.S. Lewis

**OPPORTUNITIES  
ARE USUALLY  
DISGUISED AS  
HARD WORK,  
SO MOST  
PEOPLE DON'T  
RECOGNIZE THEM.**

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



Last week I wrote to you about the importance of developing good habits and working in an area without distractions. I am pleased that many of you have been working on developing these positive habits and the feedback that I have received from parents and tutors has been great.

As we know, it is unlikely that Year 8 will return to normal classes before the summer holidays, but it is still vital that you are making every effort to make progress in your subjects. To ensure that this happens, engagement of lessons will be monitored and students will be ranked weekly by tutors and teachers:

- 1 means students are completing all work to a good standard;
- 2 means that approximately 75% of the work being set is completed to a good standard,
- 3 means they have only completed 50% of their work which is slightly concerning as, although engagement is there, it could be better
- 4 means the students have completed no work at all. These students are of great concern as on their return, they will find catching up on the work very difficult.

Ideally, we want to rank all students at a 1 or a 2 so that you are in the best possible situation for when you return to school. Your tutors will be calling home and urging you to complete work to the best standard, prioritising Maths, English and Science.

Every week, I will be collating this information and entering all students who receive 1s overall into a prize draw for a reward.

If you have not been completing work, now is the time to reflect and make a decision to improve. You have many resources at your disposal and you must use these.

Students who have been working at a 2 or below will be invited to have a 1-2-1 meeting with your tutor to ensure that you know what you can do over the next few weeks to improve. Social distancing precautions will be in place and your tutors will be calling home to discuss this in more detail over the next few days. The government is encouraging that students take advantage of this and I look forward to hearing about your plans to improve for the last few weeks of the academic year. If you have received a 4 across more than 3 subjects, I will be inviting you in for a meeting with me so I can best give advice to support you.

As always, I believe that by showing our ambition, determination and pride, Year 8 can continue to be the best. We are year 8! We Can! We Will! We Must!

**Miss Choudry Head of year 8**

## STARS OF THE WEEK

### #CVDetermination –

Lilly S for her effort in completing paper work packs every week.

### #CVAmbition –

Frankie W for his self-motivation and drive to complete work set by his teachers and stretch himself by preparing for learning in year 9.

### #CVPride –

Danielle B for her consistent pride in her work and the effort she has shown when communicating with her teachers.

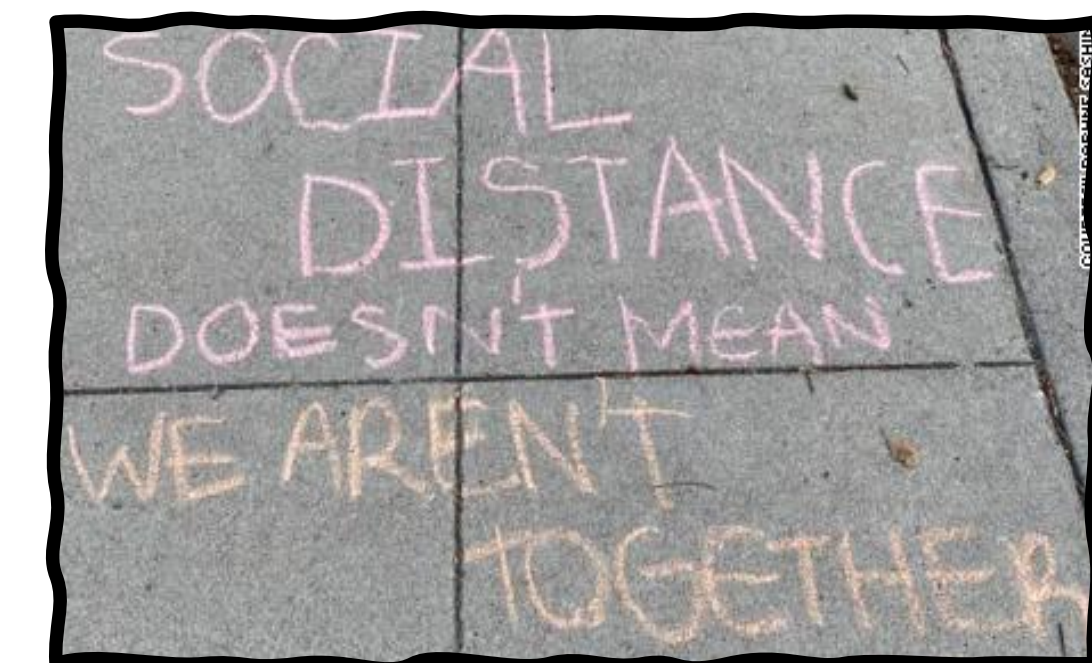
### Head of Year Challenge

This week I would like to set you the challenge of creating 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](mailto:naila.choudhry@castlevewacademy.org.uk)

**Deadline 19<sup>th</sup> June**





## Year 9

Dear all

I hope you are having a great week and engaging with your school work. In preparation for returning to school we are now able to invite you in for a 1-2-1 meeting with your tutor. This is exciting news and means we can check in with you and think about getting prepared for Year 10 in September.

Your tutor will now be tracking your work across a wider range of subjects as I mentioned in my email to you on Monday. Make sure you are using your home learning timetable and creating a routine that works for you.

If anyone is struggling currently – then check out the following website:

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

There is a wealth of information that can help you and your family.

Thank you to all students who have been in touch with me this week either asking questions or sending me work 😊

Finally, I hope you all have a lovely weekend and I look forward to seeing your work and hearing from you next week.

**Ms Cole**

**Head of Year 9**

## Stars of the week

Boston R  
Reggie S  
Angela W  
Ben E  
Tom E



Well done - keep up the good work!

## Coronavirus and mental health

Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic



I'm feeling anxious all the time

My mood is low because of all the bad news

I am struggling with self-isolation and social distancing

I am struggling to manage my eating disorder

I have lost a loved one due to coronavirus

What else can I do to look after my mental health?

Helplines and services available





# #Period poverty

No school girl should have to suffer in silence!

If you need products, please ask the school or contact  
[jeanette.levers@castleviewacademy.org.uk](mailto:jeanette.levers@castleviewacademy.org.uk)