



Castle View Academy
The best in everyone™
Part of United Learning

15th May 2020 - Edition: 5

English Department News

The English department have loved seeing the work that you have produced around our poetry lessons. There have been some fantastic essays and narratives written.

Here are the highlights from the last week:

Year 7: Mrs Chester-Davies would like to recognise Charlie and Evie for their consistent engagement and effort.

Year 8: Jake in Mrs Chester-Davies class has shown outstanding effort and determination. Mrs Chester-Davies would also like to highlight how hard Tallulah has worked to catch up on every piece of work set since the school closure – fantastic effort, Tallulah.

Year 9: In Miss de Belder's class Harry, Angela, Daisy and Katie have all shown continuing hard work and dedication to their remote learning. In Mrs Chester-Davies' class Chanel has written a beautiful piece of descriptive writing and Jack has consistently made a great effort with his work.

Year 10: Year 10 continue to impress us with their attitude to the lessons that we are putting online. These lessons are very important because they are teaching GCSE content.

Miss Findlay's class have continued to produce excellent essays, with some fantastic Bayonet Charge examples completed by Tallulah and Phoebe.

Miss Choudry continues to be really impressed with the hard work of Maisy and Charley.

In Miss de Belder's class, Maggie, Chelsea, Harvey and Kai continue to show an excellent attitude to their GCSE work – keep up the good work!

The Weekly Roundup

#Determination #Ambition #Kindness

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Root word: auto
Meaning: self, same, one, own

Words containing the root 'auto'

- **Autograph:** a person's **own** signature
- **Automatic:** moving by **itself**
- **Autobiography:** life history written by the subject person **themselves**

CHALLENGE:

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

Can you explain the word's meaning using the word 'self' or 'own' in your definition?



For all Year 10 students: the Globe Theatre are showing Macbeth on their YouTube channel. It would be a great opportunity to revise the play. Follow the link [here](#) or search Globe Theatre on YouTube.

And as always, Shakespeare has our final word:
'There is nothing either good or bad but thinking makes it so'



Mental health focus

Thinking errors 1, Mental filter.

Mental filtering is when we focus only on negatives and upsetting part of situations and all the positive thoughts are filtered out.

So
let's say you have 8 out of 10 people tell you, you did a really good job but all you can focus on is the two people who didn't.

Training your brain to seek out the positives in any situation is hard. Challenge that inner critic in your head by focusing on all the good things you do.

Mental health focus

Thinking errors 2, All or Nothing.

All or nothing thinking is when you just think in black or white, wrong or right. There is no grey in all or nothing thinking it is easy success or failure.

So
let's say you have a test at school and you score 80 out of 100. You think this is not good enough, this is a failure, instead of focusing on how well you have done, you think in negatives.

Self compassion and going easy on ourselves when you feel things have gone wrong can really be really beneficial to good mental health.



#bettertogether

TEEN GUIDE TO SURVIVING LOCKDOWN & BEYOND

Tools, activities and practices to help you manage social distancing and stay positive during the coronavirus lockdown & beyond

**STAY HOME PROTECT THE NHS
SAVE LIVES**

The Teen guide to surviving lockdown and beyond is a useful guide with tools, activities and practices to help teenagers manage social distancing and stay positive during the coronavirus lockdown & beyond. To view it click on the link [here](#)

Year 9 - Keep up the good work!

A massive well done to the following students in Year 9 who have been engaging well with their remote learning. It's not easy to stay motivated and complete work regularly, so this demonstrates an excellent attitude to learning and resilience to keep going.

Ruby-May B	Sophie L
Michael D	Calan M
Ben E	Mia O'N
Tom E	Alfie P
Layla E	Grace P
Morgan G	Faye P-M
Finlay G	Joshua R-S
Amy G	Katie R
Joshua G	Harry R
Alfie G	Chanel S
Kira G	Riley M S
Jake H	Daisie T
Jack H	Faith W



Will you be on the list next week? Come on Year 9, let's show the rest of the school how awesome we are 😊

A special congratulations to the following students:

Chanel S - The most hours spend on Heagarty last week
Oliver W - Most improved effort



Online safety at home

SIMPLE 15 MINUTE ACTIVITIES
TO DO WITH YOUR CHILD

The National Crime Agency has created a series of Online Safety At Home activity packs to help you protect your children online. These packs have been created to support parents during COVID-19 and the closure of schools. Each fortnight, we will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.

Each pack contains simple 15-minute activities for children age 4-14+ for more information click [here](#)



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Spanish Omelette



Simple Banana Pancakes



RECIPE 2
Spanish Omelette



Ingredients	Method
Knob of Butter	1. Finely slice the onions and chop the red pepper, removing the seeds.
250g Potatoes	2. Cut the potatoes in to roughly 1/2 cm pieces.
2 Small Onions	3. Heat a knob of butter in a medium frying pan over a low heat and cook gently for 10-15 mins until starting to go brown, then add the peppers and cook for a further 5 mins.
1 Red Pepper	4. Soften the potatoes in boiling water for 10-12 mins.
4-6 Eggs	5. Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt.
Optional	6. Use scissors to strip the chives in to small pieces and stir in to the egg.
Salt and Pepper	7. Heat the grill.
Chives	8. Add a little more butter to the frying pan and add the potatoes.
	9. Pour over the egg mixture.
	10. Cook for 15 minutes until almost set and golden brown underneath.

#CVProfessionalStudies



RECIPE 3
Easy Banana Pancakes



Ingredients	Method
350g self-raising flour	1. Sieve the flour, baking powder and a generous pinch of salt in to a large bowl.
1 tsp baking powder	2. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth.
2 very ripe bananas	3. Whisk in to the bananas, the eggs, vanilla extract and milk.
2 medium eggs	4. Make a well in the centre of the dry ingredients, tip in the wet ingredients and swiftly whisk together to create a smooth, silky batter.
1 tsp vanilla extract	5. Heat a little knob of butter in a large non-stick pan over a medium heat.
250ml whole milk	6. Add 2-3 tbsp of the batter to the pan and cook for several minutes or until small bubbles start appearing on the surface.
	7. Flip the pancake over and cook for 1-2 mins on the other side.
	8. Repeat with the remaining batter, keep the pancakes warm in a low oven.

#CVProfessionalStudies

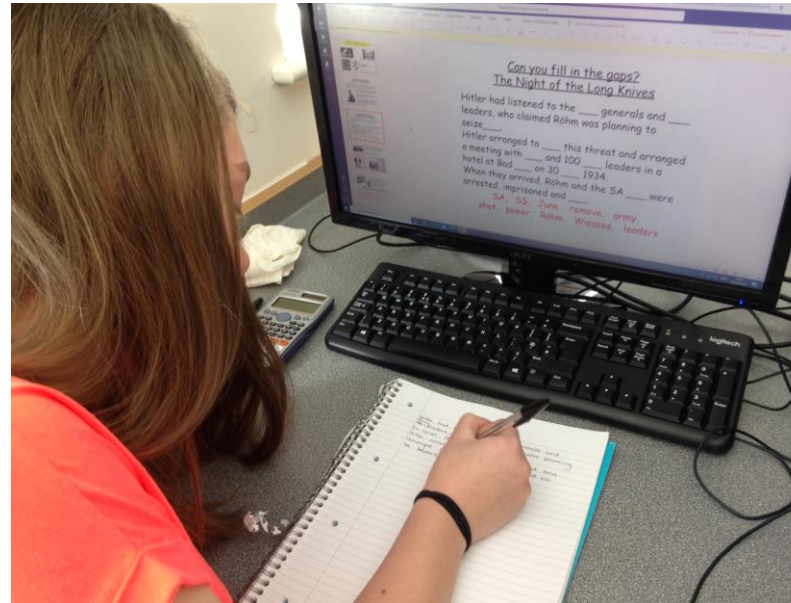


High quality cooking from our students!



top 10 performing students on HegartyMaths for this week

Student	Year	Total hours of learning
Joshua RS	9	4.5
Lily R	11	3.2
Jay B	10	2.9
Lennon M	7	2.9
Chloe B	8	2.7
Megan T	7	2.7
Ruby M	9	2.5
Amy W	8	2.4
Amelia-Rose M	8	2.2
Tilly-May R	7	2.2
Charley S	10	2
Faith W	9	2
Ashleigh B	8	2
Olivia Z	7	1.9
Mason V	8	1.8



Well done to the students who have attended the key worker school this week – Some excellent work has been produced along with some lovely colourful Mandala Art.

What is a mandala?

"Mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms.

Mandalas can contain both geometric and organic forms. They can also contain recognizable images that carry meaning for the person who is creating it.

In essence, mandalas represent the connection between our inner worlds and outer reality. Designing your own mandalas can be both inspirational and therapeutic.

To watch a video for inspiration for creating your own Mandala Art click [here](#)





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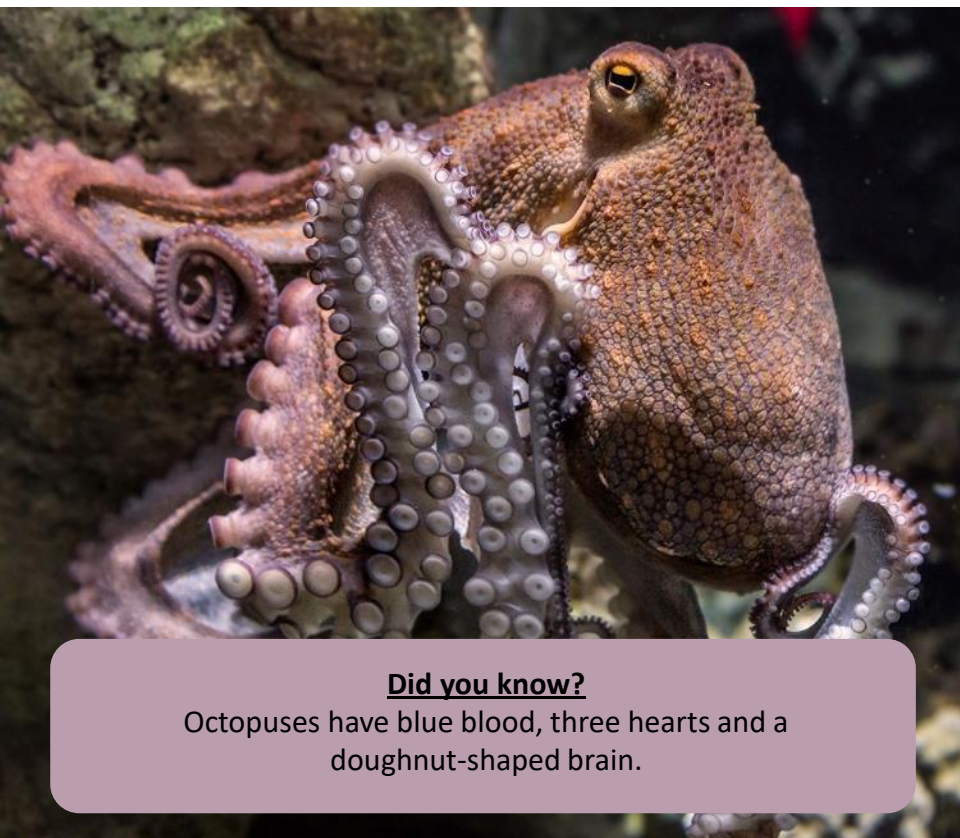
Science Stars - Students who have put astronomical effort into their home learning activities!

Year 7 - Jake D, Evie L, George N, Dixie W and Charlie W

Year 8 - Triniti B, Kai N, Dylan E, Jake K and Conor W

Year 9 - Cameron H, Mia O'N, Jordan B, Chanel S and Grace C

Year 10 - Phoebe L, Kai P, Margarida C, Leah M, Bless Z, Tilly M and Chloe B



Did you know?

Octopuses have blue blood, three hearts and a doughnut-shaped brain.

Science Challenge -



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

© Institute of Physics 2019



SPAGHETTI BRIDGES

ENGINEERING CHALLENGE 03
Design and make a bridge

The brief
Construct a free standing bridge out of spaghetti, strong enough to support a 250g bag of sugar.

The method
Think about how spaghetti is strongest. Some shapes are better at absorbing loads - triangles are particularly strong. Rubber bands make for good joints.

Top tip
Be patient. Through trial and error, you'll become proficient at working with spaghetti.

How does it work?
Spaghetti is a natural composite material. It's made of cellulose fibres which are held together by a sticky substance called lignin. This makes it a natural composite material.

Design ideas



We would like to give a special shout out to Jake in Y7 for all the hard work he has put into his school work since lockdown. For Science, Jake has been taking part in the Dyson Science Challenges including engineering a spaghetti bridge. These pictures show how much time and effort he has put into the challenge. A great scientist in the making. Well done, Jake!





A Message to Year 8 Students

I am incredibly proud of the effort and determination that you have shown over the past weeks in this difficult and unusual situation. As we move toward the end of this half-term, I would like Year 8 to continue driving for success and pushing forward with your education. To ensure this happens, it is vitally important that you achieve the following steps:

1. Complete the Tutor well being quiz every Monday. Your tutors are keen to hear how you are and if you need support, let them know.
2. Use the timetable below to guide you on your learning. You need to relax every day and this will ensure you are not overwhelmed with school work.
3. Complete English work by reviewing the English power points on teams and write a full response to the core task seen in the third lesson. This must be sent to your English teacher for review.

4. Complete Maths work by reviewing the three power point Mathematics lessons on teams and answering the linked questions on Hegarty Maths.

5. When ALL work is completed, please submit it to your teachers through ShowMyHomework or via email. This will allow teachers to check work and feedback where necessary.

We are here to support and help you through this and I know that your tutors and classroom teachers are keen to hear from you all and help where they can. By pulling together, we can get through this challenge. *Miss Choudhry*



Year 8 Home Timetable

		Lesson 1	Lesson 2	Lesson 3	Lesson 4
Monday	Form Reading	English	Geography	Science	Each lesson 4, one of the following:
Tuesday	Form Reading	Mathematics	English	History	Professional Studies challenges – send in your photos!
Wednesday	Form Reading	Science	Drama	English	Character with Education Challenge
Thursday		Spanish / Reading	Mathematics	Geography	Complete extended written assignments
Friday	Form Reading	Mathematics	History	Science	Independent Reading – write a review for the newsletter



Do you have an
AMAZING teacher?



Thank a Teacher Day is a chance for you to say thank you to all the amazing teachers and support staff who do a star job each and every day.

If you would like to share a message of thanks please email the name of the teacher and a short message to admin@castleviewacademy.org.uk before the 20th May so we can send these to staff on Thank a Teacher day so they know how much they are appreciated.

#HowWillYouSayThankYou
#ThankATeacher





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Registered Charity
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**MENTAL
HEALTH
AWARENESS
WEEK** 18-24 MAY 2020

#KindnessMatters

KINDNESS

@MentalHealthFoundation
@MentalHealth @MentalHealthFoundation

Why kindness? We have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

Celebrate kindness We also want to shine a light on the ways that kindness is already flowering at this time. We have seen it in the dancing eyes of 100-year-old Captain Tom Moore as he walked his garden to raise money for the NHS and in the mutual aid groups responding to local needs. We want that kindness to spread further in every community in the UK.



Research shows kindness and our mental health are deeply connected



Mental Health Awareness Week 18th-24th of May Kindness Art Challenge

Create an eye catching poster with the word kindness at the top and a quote about kindness underneath. Take a picture of the poster either by itself on a flat surface or with you holding it and send to

eliza.beck@castlevewacademy.org.uk

Please be aware that these photos will be shared on social media.

As next week is Mental Health awareness week, Mrs Beck has a challenge for you all that we would love to use as part of a display.

Email all pictures to eliza.beck@castlevewacademy.org.uk



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Jake N has been busy during lockdown by planting potatoes lettuce and tomatoes. Well done, Jake!




Amazing
Apprenticeships



The ASK programme has been re-modelled so apprenticeship support can be accessed digitally by students, teachers, parents and carers - providing a safe alternative to our face-to-face support. Browse the new brochure [here](#) and when you're ready, request support online [here](#).

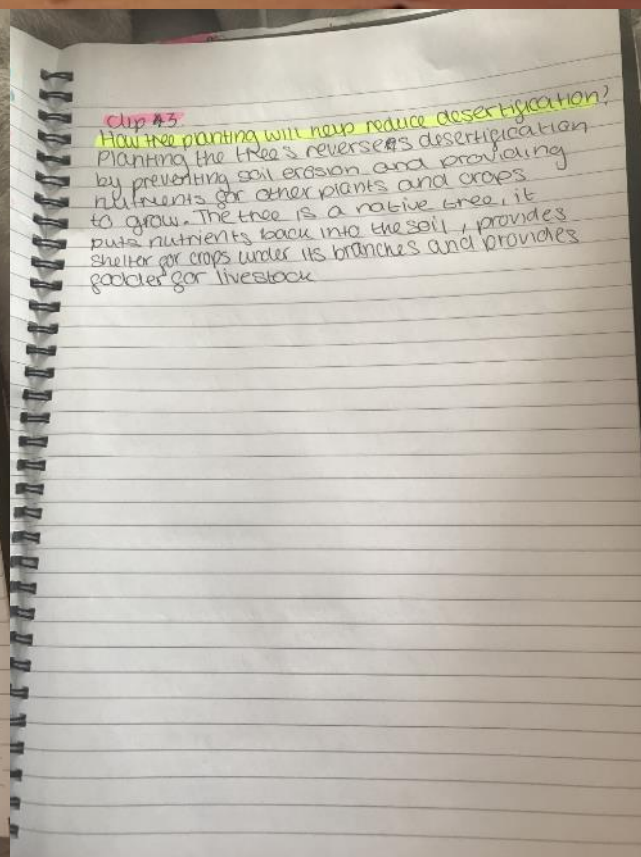
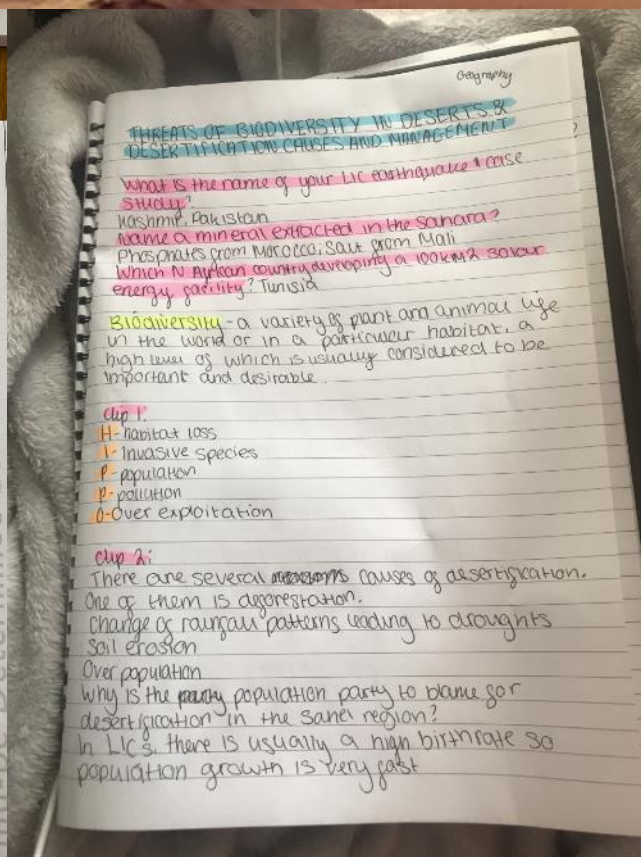
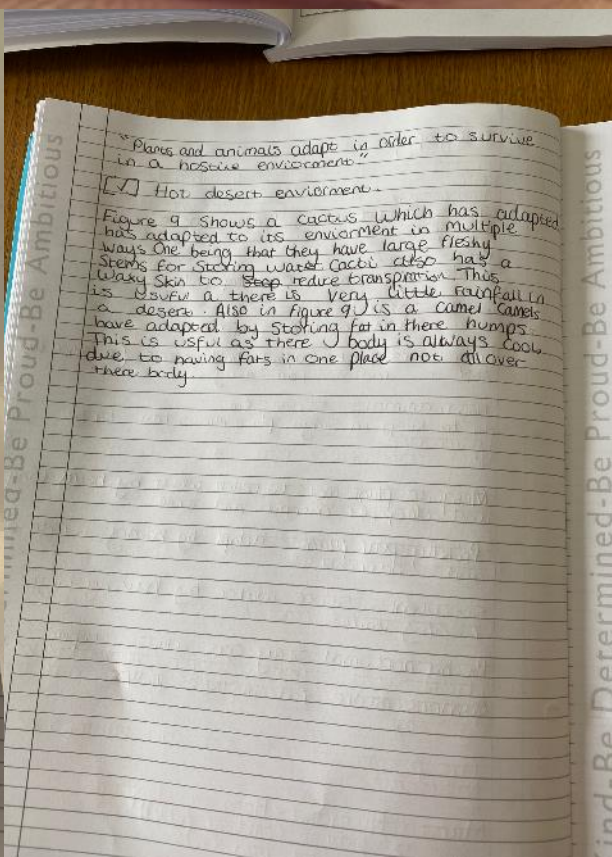
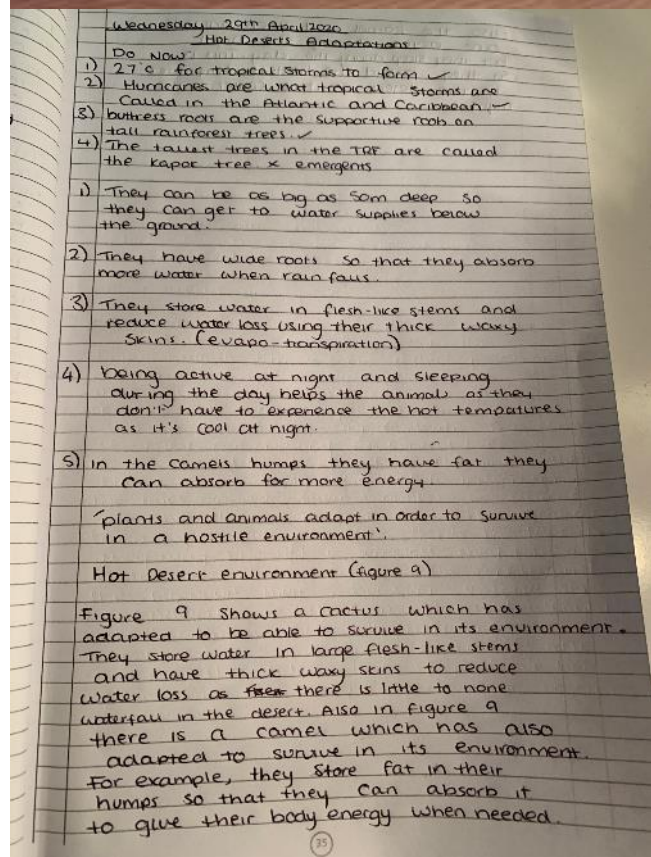
Alternatively, have a look at the Amazing Apprenticeships website [here](#) for parent and carer packs and some great learn-at-home resources.



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Thank you to Kai for sharing his completed note on Hot Deserts - very comprehensive!
Also a good response from Owen, showing how plants and animals have adapted to survive in hot deserts. *Mr Watkins*

Well done to Lacie too for her work on 'Threats of Biodiversity in deserts & desertification causes and management' *Mr Holden*





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Get ready to learn first aid



BritishRedCross

We're delighted to bring you details of our brand new learning website, **First aid champions**, to help give you some fresh ideas for home-schooling. What could be more empowering than learning a new life-saving skill during lockdown?

[Find out more >](#)

You might think you need training to be in a classroom or even access to special equipment to learn first aid. Great news! Everything you need is within First aid champions. Young people can learn through our engaging films, photos and online quizzes.

We've designed a specific pathway for home-learning for secondary aged students to help guide you and parents through the site. Alternatively, pick and choose from a variety of activities to suit your individual needs or encourage students to learn independently.

Explore up to 17 different first aid skills with films, activities and quizzes. Each skill has a key action to take so learners can easily remember what to do when someone needs help. There are also ideas on kindness and safety, and we encourage everyone to share their learning with others to create resilient communities.

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

HOY 7 – elizabeth.nutland@castleviewacademy.org.uk

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

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

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

HOY 11 - clare.sitch@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!