

The Weekly Royndyp

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Dear Year 9,

Mental Health Awareness Week takes place from 18-24 May 2020. This year's theme is kindness. See the Youtube video <u>here</u>.

With this in mind, I'm suggesting that we all try to help others once a day for a week and see if it makes a difference to how we feel.

You can take joy in being deliberately kind – whether by recognising the time you have for friends, to speaking more to family.

It's important to be kind to yourself as well. Whatever you can manage today is good enough. Some people feel that the lockdown is giving them the time and chance to learn new skills or try new things. That may be you, and if so, enjoy and celebrate that.

If this isn't you, try not to beat yourself up about what you see others doing. If things are hard right now, try and find some small things to celebrate each day. Getting up and washing your hair can be just as much of an achievement as someone else posting about a 5k run on Instagram.

Try to tune out the voice of judgement and comparison and tune in to the voice that says you are enough.

I would like to take this opportunity to wish you and your families a restful half term break. Look out for my weekly email after half term.

Ms Cole Head of Year 9 Everyone you meet is fighting a battle you know nothing about. Be kind. 🏶 Always. ~ Jan Maclaren





The Golden Rule







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SUPPORT FOR PARENTS

There are lots of different ways you can get help if you are worried about yourself or your family:

Your baby

Older children

As well as the joy a new baby brings to a family, it can also bring many challenges. During lockdown, these challenges can feel even more overwhelming. See below for help and advice on the most common issues:

Crying: Babies cry for a variety of reasons, and tend to cry more between 2-8 weeks of age. Infant crying is normal, but it can be particularly upsetting or frustrating. For information and guidance on coping with crying, contact your midwife or health visitor or visit ICON at <u>icon.org</u>.

Safe sleep: The safest place for your baby to sleep is on their back in a cot or Moses basket in the same room as parents/carers for the first 6 months. For further information on safe sleep and coronavirus, visit The Lullaby Trust <u>www.lullabytrust.org.uk</u> or call 0808 802 6869.

Support for new mums: For information and advice and to connect with others mums, download the 'MUSH' app at <u>letsmush.com</u>.

Support for new dads: For essential information and advice on parenting, download the 'DadPad' app at <u>thedadpad.co.uk</u>.

If your baby or child is unwell

Children can still be seriously unwell from illnesses other than COVID-19. If you are concerned for your child, contact your GP or call NHS 111.

For information about common childhood illnesses and what to do if you are worried about your child, visit Wessex Healthier Together

Hampshire Safeguarding Children Partnership: A series of help and advice e-posters have been developed by the HSCP to support children, young people and parents during lockdown. Information includes advice and details of support services. Click here to view the full document.

Home schooling: If you are struggling with home schooling, StarLine is available to parents and carers of pupils from all schools nationwide. Free, confidential advice is available six days a week. Call 0330 313 9162 or visit www.starline.org.uk.

Mental health and Wellbeing: Young-Minds has lots of useful information and advice on how to support your child during the coronavirus pandemic. Visit youngminds.org.uk or call the Parents Helpline on 0808 802 5544.

If you are concerned about your child's mental health, speak to your child's GP or call NHS 111.

Challenging behaviour: Children may exhibit particularly challenging behaviour during lockdown. If you are worried or finding it difficult to cope contact Family Lives on 0808 800 2222 or visit www.familylives.org.uk.

For further advice see 'Domestic abuse support' on page 2.

Online safety: To keep your child(ren) safe online visit Thinkuknow at www.thinkuknow.co.uk/parents.



Free Shows Online

You may also want to check out the National Theatre on YouTube. This week they are showing the <u>Barber Shop</u> <u>Chronicles.</u>

Finally, if you fancy a bit of circus, the <u>Cirque du Soleil</u> has also posted a production on YouTube.

Remember, theatre can be expensive to see when you have to buy tickets, so take advantage of these opportunities while you can!

Great Spanish	Work	S	2
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Well done to Grace P for her great piece of Spanish work this week!

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Build Your Own Bug Hotel Challenge Castle View Academy challenge for years 7, 8 & 9.

Get involved, build a bug hotel in your garden!

Castle View Academy presents a very special challenge for everyone in years 7, 8 & 9!

We encourage you all to design and build a bug hotel out of recycled materials for our creepy crawlies to live in.

There will be prizes for the following:

🏶 Best overall

Best decorated

* Biggest

Please send photo images of your Bug Hotel to Mr Watkins at simon.watkins@castleviewacademy.org.uk

The deadline for entries is Monday 1st June







Do your research. Here's some handy links for websites to help you get started.

- <u>https://www.rspb.org.uk/get-</u> involved/activities/give-nature-a-home-in-yourgarden/garden-activities/build-a-bug-hotel/
- https://www.wildlifetrusts.org/actions/howbuild-bug-mansion
- https://gardentherapy.ca/build-a-bug-hotel/
- <u>https://schoolgardening.rhs.org.uk/resources/project/make-a-bug-hotel</u>
- <u>https://www.woodlandtrust.org.uk/blog/2019/0</u>
 <u>9/how-to-build-a-bug-hotel/</u>

YouTube also have some great how to videos!

Why are insects important?

Insects are often considered to be pests by us, or 'creep us out!'. However, insects are important for many reasons.

Insects are crucial parts of ecosystems, as they perform many important functions. They pollinate blossoms, add air to the soil and control insect and plant pests.

- Scavengers Such as flies, feed on dead animals and fallen trees, which recycles nutrients back into the soil. They help create the nutrient-rich topsoil that helps plants and crops to grow.
- * Burrowers- Such as ants and beetles, dig tunnels that provide channels for water which benefits plants.
- Pollinators Such as bees, wasps, butterflies, and ants pollinate flowering plants

Without insects to help break down and dispose of waste, we would be surrounded by rotting dead animals, fallen trees and plants, yuck! Also, some insects are the primary food for many amphibians, reptiles, birds, and mammals.

So what are you waiting for? Get started on your bug hotel now!









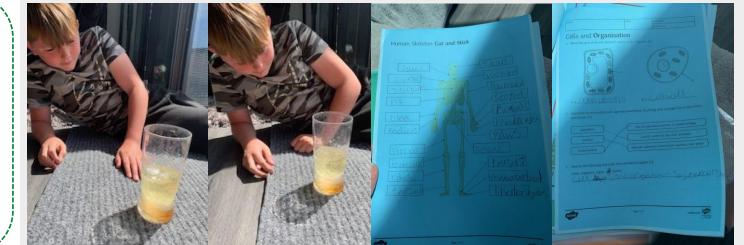


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> Calling all BTEC Media Students The amazing Mr Beck has made a series of videos to help with your BTEC Media Coursework. Click on the links below. Create a magazine plan Analyse and plan your own contents page

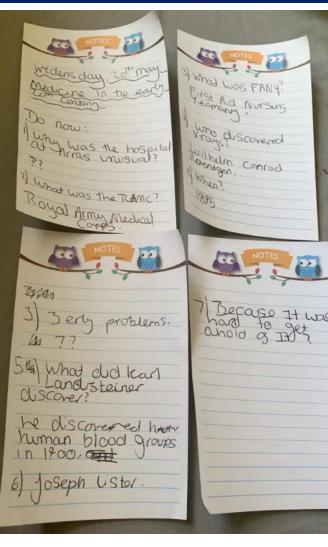
SPACE Supporting Parents and Children Emotionally

The SPACE Programme: Supporting Parents And Children Emotionally provides information using trauma awareness about children's and adult's emotional behaviour. They have released some great factsheets designed to offer support and strategies during COVID-19. These can be accessed here.

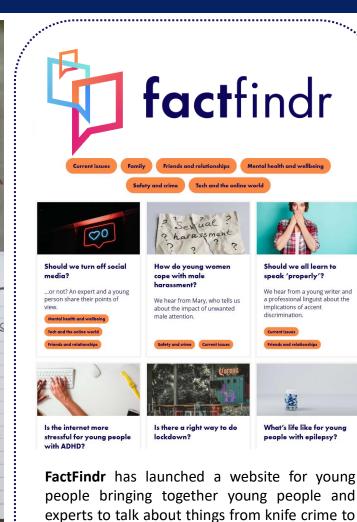


Jake N (Y7) has been working really heard this week on his Science work, experimenting with Alka-Seltzer and food colouring and learning about the human skeleton and cells and organisation.





Mia C History Work



exam stress, from consent to gaming. Click

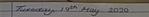
here to go to the FactFindr website.



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- Bread is a staple food in the UK When baking bread, as dough goes thread of reaction to heat, during the staking and baking precess Cooquiation occurs unen heat causes the proder
- within to set -Betetenisation accurs when ene starch is mixed with
- wester to fam a suspension, and with heat, the heat Starch granuks about mosture and swell up - Destavisation occurs when the starches are exposed to day heart, carring the to change to a golden brand

What do each of the ingredients actually do :

- Wheat star

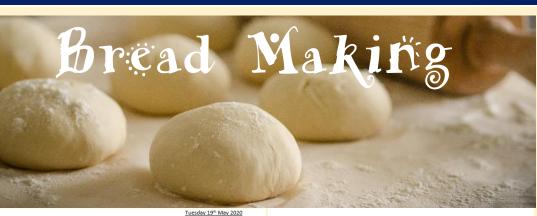
- · Provides bolk or body to the bread as the main
- Allers the taste depending on the type of filler
- Used "Absorbs water to make daugh
- · Contains a strong proven content to sep the daugh allapsi
- Praides scarchy carbohy deales and is portfeed with hranning and minerals.

- Water

- · lequids kep to create the net conditions for the yeast to gran liquids hydrate the plant, helping the gues formation
- · legends need to be warmed to the right temperature (37 degrees c) to encourage the yeast to grav - when the daugh is baked, water turns to steam to
- assort with the nor · lequids provide the daugh with a structure as
- it is used to ben'd all the ingredients together.

- . This is the main raising ogene a lung organism; when it has ere not conditions for growth, it respires and producing carbon decide
- · structure helps with the gluten formation Toste - a small amount of salt impraces the plan of the bread · Too much salt will step the yeast pron fermenting
- Video notes:

Some of the brilliant, well presented catering notes submitted this week by Trinity P Y7. Well done



Bread for beginners

Bread is a staple food in the LIK

- When baking bread, the dough goes through a number of reactions to heat, during the making and baking process
- Coagulation occurs when the heat causes the protein within the flour to set.
- Gelantinisation occurs when the starch is mixed with water to form a suspension and with heat, the starch granules absorb a moisture and swell up

Dextrinisation occurs when the starches are exposed to dry heat, causing the colour to change to a golden brown.))

Wheat Flour

Do Now:

- Provides bulk or body to the bread as the main ingredient.
- Alters the taste depending on the type of flour used.
- Absorbs water to make the dough.
- Contains a strong protein content to stop the dough collapsing.
- Provides starchy carbohydrate and is fortified with vitamins and minerals

Water:

- · Liquids help to create the right conditions for the yeast to grow. Liquids hydrate the flour, helping the gluten formation
- · Liquids need to be warmed to the right temperature (37 degrees) to encourage the yeast to
- When the dough is baked, water turns to steam to assist with the rise
- Liquids provide the dough with a structure as it is used to bind all the dry ingredients together

Yeast:

· This is the main raising agent - a living organism; when it has the right conditions for growth it respires and produces carbon dioxide

Chloe B

- The ideal conditions for growth are:
- Warmth ideally 37 degrees.

Moisture – added to dry ingredients.

- Food mixed with sugar to feed the yeast.
- Time for the yeast to ferment
- Salt
- Structure helps with the gluten formation.
- Taste a small amount of salt improves the flavour of the bread.
- BEWARE! Too much will stop the yeast from fermenting.

How to make a basic bread

- Strong bread flour make a whirl.
- Add yeast to water 1 sachet to 620ml of tepid water.
- Leave for 5 mins then activate the yeast.
- Add a little pinch of sugar to the tepid water darker crust. Add a couple of pinches of salt to the flour whirl
- Add the water to the whirl.
- Need to make a smooth, elastic dough.
- · Need the bread dough becomes less sticky, makes the gluten stronger.
- 2 proves develop flavour
- · Add oil to the bowl put the dough into the bowl and then put the bowl into the fridge which then adds more flavour
- Get a towel put it under hot water then put the towel on top of the bread which are in the bread molds and let the breads rise
- Preheat the oven to 200 degrees.
- Place the bread in the oven for 30 mins until it sound hollow.

What can be used to enrich a dough?

- To enrich a dough you can use milk, butter, eggs or sugar
- Give examples of two quality control checks that can be made when planning to make bread.

Make sure its fluffy inside. Crunchy crust.

Explain the importance of yeast within a bread recipe

The importance of yeast within a bread recipe is yeast is the rising agent within bread.



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As it's Mental Health Awareness week, themed this year around kindness, we thought we'd share some ideas with you so you too can get involved. Research shows being kind and doing nice things for people is good for your mental health and can make you happier? <u>#KindnessMatters</u>



Examples of some of the brilliant English work being submitted. Well done to Tallulah Y10 (Lt), Triniti Y8 (Middle) and Amy Y8 (Rt).



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This week The Britsh Red Cross have been focusing on **first aid and mental health,** and the importance of looking after yourself and others. Here's a few of our favourite activities from our latest set of resources – <u>First aid and kindness</u>.

•Kindness and coping - This Mental Health Awareness Week encourage young people to look after their own wellbeing and support others with theirs. These quick activities develop coping skills in order to build resilience, encourage kindness and confidence to give first aid

•<u>First aid at home</u> - No first aid kit? No problem! Did you know that many everyday items could help in a first aid emergency, like a tea towel to help with a bleed. Encourage learners to find items from around the home and understand how they could help in a first aid emergency.





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Year 8:

Mrs Dugan cannot sing Triniti's praises enough. She goes above and beyond with each piece of work she submits and takes on board all feedback she is given. A massive well done. Awa has also written a lovely piece of creative writing with an effective use of personification. Well done!

Miss Choudhry has been really impressed with the work of Amy and her fantastic determined attitude throughout.

Mrs Chester-Davies would like to mention Ashleigh & Nicole for their effort in consistently producing a high standard of work.

<u>Year 9:</u>

Mrs Chester-Davies would like to thank Tiffany, Faith and Charlie for their effort and engagement with the work set.

Miss Chering was thoroughly impressed with Riley's excellent story that he wrote this week.

Year 10:

Miss Findlay has really enjoyed reading the essays that her class have submitted each week and would like to say a huge thank you to those students who have consistently submitted the work this half-term. You guys make everything worthwhile. Well done to; Taia, Katie, Aimee, Leah, Molly, Riley, Phoebe, Jack M, Martina, Tallulah and Marnie.

Miss de Belder would like to mention Frankie, for impressive efforts in his poetry essay and Bless, for her continued effort and engagement with the online work.

Miss Chering would like to congratulate Billy for his outstanding work throughout the entire half term. Chloe, Lilly, Trinity and Ruby have also all worked really hard on their poetry lessons each week.

Miss Choudhry would like to say how impressed she is with Owen Phillips for his hard work and determination. He's completed work every week and is improving in his poetry analysis week on week.

This week why not check out author Author Neil Gaiman read his books, including *The Graveyard Book* and *Coraline*. Website: mousecircus.com/videos He is one of Miss Chering's favourites.

English Department News

Over the last half-term we have really enjoyed exploring the theme of nature in our poetry lessons and the good weather has allowed us to explore nature when we've been enjoying our daily exercise. From next half-term, each year group in Key Stage 3 will be moving onto a new topic.

Year 7 will get to immerse themselves in Shakespeare's Midsummer Night's Dream.

Year $\ensuremath{\underline{8}}$ will continue their exploration of Social Justice through poetry .

Year 9 will begin their GCSE study of Macbeth. These lessons will be incredibly important as they will be teaching the foundations of their GCSE Literature course.

Year 10 will continue to study the 15 poems that they need to learn for their GCSE Literature course. A huge well done and thank you for the commitment from those Year 10 who have attended every English lesson and completed every essay over the last half-term.

Here are the highlights from the last week of work:

Year 7

Miss de Belder would like to recognise and thank Beau for his unbelievable efforts in English every week.

Mrs Dugan is really proud of Abigail, Charlie and Bracken. They completed great extended writing last week and she is incredibly proud of their motivation and resilience during this time.

Miss Choudhry would like to recognise Ruqayah for the amount of work she has submitted and her fantastic determination over the last half-term.

Mrs Chester-Davies has been really impressed with the way Dixie has taken on board feedback and improved her writing massively.





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"Lockdown Literature"

Over the last half-term, when not planning lessons or marking work, the English department have found it a great opportunity to catch-up on their own reading.

Below are pictures of the books we've been reading and the reasons we've enjoyed them so much. Please send us pictures of the book or piles of books that you've got through over the last few weeks.



Miss Findlay: This was a lockdown birthday present and it's kept me busy the whole way through. It's the last in a trilogy telling the story of Thomas Cromwell and his influence over Henry VIII. I love the Tudor period in history and feel as though this story gives me an insight into so many events during that time period. I learn something new on nearly every page.



Miss Choudhry: I am currently reading Circe by Madeline Miller. It's a fictional story but based on the Greek myths of Zeus, Helios and Odysseus. Since lockdown, I have been reading lots about the myths. I just finished Mythos by Stephen Fry. Reading every evening is a great way to unwind and relax.



Mrs Hesketh: I've had this book for ages but I really wanted to improve my knowledge about the Greek myths, as they are always referenced in literature and poetry. Stephen Fry writes in a very entertaining style.



Miss Chering: Neil Gaiman is one of my favourite authors retelling old myths as a collection of short stories. Fun to read, wonderfully written and easy to pick up for just 20 minutes a day.



Miss Cole: I am reading 'Love me not' by MJ Arlidge which is part of a thriller detective series about a character called DI Helen Grace. It is quick paced and exciting, a bit like the TV series A Call of Duty. I am enjoying the series but also read widely as shown in my lockdown reading pile.

Let us know WHAT YOU ARE READING







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22nd May 2020 - Edition: 6

Mrs Chester-Davies: The book is The Fahrenheit Twins, by Michel Fabre. A collection of short stories. This is the third time I've read this collection of short stories and once again I'm blown away. It shows how short stories can have enormous impact and is a really useful insight into different narrative structures - great to assist with creative writing!





Miss de Belder: Here is me looking very into 'Educated' by Tara Westover. This is a memoir by Westover: the story of a girl growing up in a Mormon family in America who never went to school but, after teaching herself how to pass the entrance exam for college, ended up attending Cambridge University. It makes you think about the power of knowledge and the strength of family - and how one's 'education' is so much more than what we learn in the classroom.

Mrs Dugan: I've managed to read quite a few books during lockdown, but my favourite has been Malorie Blackman's 'Noughts and Crosses'. This novel deals with issues of race, love and identity and imagines a world where ethnic minorities rule over the white race. It is part of a trilogy and I'm just waiting for the second to arrive so I can find out what else happens.



READING gives us SOMEPLACE to go when we have to STAY where are



Root word: port Meaning: carry

Words containing the root 'port'

- Import: to "carry" in
- **Portfolio:** that which "carries" items
- **Support:** to "carry" by holding something up

CHALLENGE:

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

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





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22nd May 2020 - Edition: 6



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2. What is the difference between the community and a population?

The difference is that in population it's about one type of species whereas a community is about all the different species.

3. Animals are dependent on the seaweed and phytoplankton for oxygen.

Give 3 other different examples of interdependence in the ecosystem

The seaweed and phytoplankton rely on the animals for carbon dioxide Fish rely on seaweeds to lay eggs. Plants rely on decaying animals/waste for mineral ions.

4. Suggest why, if large numbers of fish were removed by humans

a)the penguin population may decrease

The penguin population may decrease because there is more leopard seal in the ocean, meaning that there are more seals that need food.

b) the penguin population may increase

The penguin population may increase because the population of leopard seal has decreased meaning that there is fewer seals to eat the penguins.

5. From the picture, name one a) apex predator- Blue whale

b) producer - seaweed

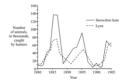
2) Describe an example of a stable community? Why is it important that communities are stable? In your answer you need to include at least one plant and one animal that live in that community and how they interact with each other.

An example of a stable community is a lake. It is important that communities are stable because all the animals in <u>a</u> ecosystem dependent on each other, they need each other to survive. One plant that lives in the community is seaweed, seaweed is a <u>producers</u> that provides food for the primary consumer.

One animal that lives in the community is a fish, they are secondary consumers.

Task 3 Exam Question

Q1. The graphs give information, from a hundred years ago, about the size of the population of snowshoe hares and lyms, which live in northern Canada. Snowshoe hares are herbivores. Lymx an carnivores and prey on snowshoe hares.



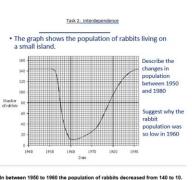
a) Give three factors which can affect the size of the snowshoe hare population.

1. Population increase in lynx. 2. Population decrease in lynx

3. They might have been a decrease in population of snowshoe hare's preys.

(b) Describe the changes to the snowshoe hare population between 1880 and 1890

From 1880 to 1885 there was a massive increase in the snowshoe hare population from 10 to around 140. However, between 1887 and 1890 there was a rapid decrease in population from around 140 to 12.



c) secondary consumer- pengui

to However, from 1960 to 1990 the population of rabbits decleased from 1960 to 10. However, from 1960 to 1990 the population of rabbits increased steadily back to 140 rabbits.

One reason why the rabbit population might have been so low in 1960 was because there might have been a higher number of predators that year.

(c) Describe the changes to the lymx population in the same time period. From 1880 to 1886 there was a increase in the lymx population from 11 to around 78, but

between 1887 and 1890 there was decrease in population from 78 to 20.

he graph for numbers of tyrix shows a similar cycle to that of the showshoe hares. The peaks for hynx usually occur about a year later than the peaks for the snowshoe hares. Suggest why.

One reason why the peaks for lynx happen a year later than the peaks from the snowshoe hares might be because it takes months from the lynx to have kids.

> (2) (Total 10 marks)



Wednesday Bouk May 2020 De cost: D

0

Be debena + inf. verb (ar - er - ir)

Se debería reciciar el plástico y el papel tado 5 los dias y tambiénse debería reciciar el vidno

One should recycle Plastic and paper everyday and also one should recycle glass.

Se debría montar en bici-se debeña Usar el transporte pública > C

Se debeña ducharse-no se debena bañarse.→A

Se debena ohorrar energia y apagar la luz.→E

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No se debería usar	boloas
plasticas ⇒ D se debenía reciclar de plastico ⇒ f	
NO se debeña tata to La calle. ⇒ B	nar basula en
e entre de materia y	
Good quality piece of S	Spanish work

from Faye P-M



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Science Challenge



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

© Institute of Physics 2019

<u>Science Stars - Students who have put an astronomical</u> effort into their home learning activities!

Year 7 - Isabel W, Dixie W, Charlie O'H, Jake D and Maisey M

Year 8 - Triniti B, Danielle B, Harry H, Nicole K, Landon F and Kiera H

Year 9 - Chanel S, Alisha B, Sinead B, Jack H and Joe P

Year 10 - Taia H, Phoebe L, Joshua G, Kai P and Leah M

Did you know?

Sloths can swim three times faster than they can walk on land. And because of their ability to slow their heart rates to one-third its normal rate, they can also hold their breath for a whopping 40 minutes under water.





The Weekly Royndup

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How is the new German football league looking?

The German Bundesliga has returned, sooner than expected, but how is it different? Of course, during these uncertain times, it is important to remain safe, observe social distancing and stay home where it is possible. At the same time, many football fans have been desperately missing watching the matches like they could before lockdown was implemented. The idea of other leagues such as the Premier League following in Germany's footsteps is a glimmer of hope for football fans. However, could the reality be more bittersweet as so many new measures will be but in place to ensure maximum safety?

On the return of the Bundesliga, 16 May, teams observed social distancing as they arrived to the game in several buses, underwent coronavirus testing and temperature checks, and wore facemasks on the way to the ground. Fans and spectators were banned entirely from the ground as a protective measure, and police were on site patrolling to ensure there were no spectators present. The substitutes remained socially distanced on the benches and the ball boys disinfected the football at the beginning of the match and at half-time.

The play itself was not too dissimilar to how we know it, with many tackles and 16 goals over the 6 games played on Saturday 16th May. However, celebrations of hugging and players embracing one another were scrapped, with elbow bumps as a replacement.

There is hope that soon the Premier League will follow, with matches played potentially in a similar way to the Bundesliga. There is talk of matches being played in neutral grounds to prevent any congregations of fans from either team. Whether we watch football at a stadium, or from the safety of our homes, it can always lift our spirits, which is important now more than ever. **Phoebe L**



Year 8 Update from Miss Choudhry

I just wanted to say a huge well done to you all for getting through this halfterm of home learning. I have been really impressed with the determination, resilience and effort of Year 8. It is in tough times that we really learn our true character, I think you should all be incredibly proud of yourselves.

Some of you will feel pleased with how you have worked from home and some of you may be disappointed or have struggled with the time out of school. Please use half-term to have a break and reflect on what can be achieved when we return. We are in this together and all staff at the academy are here to support you as your distance learning continues.

Finally, I want to highlight the incredible effort of the following students this week:

Amy W for completing over 200 Hegarty maths questions. Landon F for his effort in Science and for his pizza creations which looked delicious.

I look forward to celebrating more successes in the near future. As always Year 8: We Can, We Will, We Must.





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Phoebe has not let the lack of a blank UK outline map stop her. Like so many of her classmates, she was challenged to locate key UK landscapes onto a sketch map of their own. Students rose to the challenge magnificently. The notes and annotations show a high degree of care and precision. 'Thank you to all my Y10 Geographers', says Mr Watkins.

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 <u>arlene.gajdus@castleviewacademy.org.uk</u> or 07745791678

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

Take care and stay safe!