



Year 7 Weekly Newsletter WC 18th January 2020

Dear Parents and Students

Welcome to this week's newsletter. Please do take a moment to read through the letter below so that you are aware of the information described within the content.

This week I have been amazed at some pieces of work completed for the DT competition and by some history booklets on Lincoln in Roman times that were shared with me by your teachers. Your attendance to lessons is very good and it fills me with joy to know that even during these isolated times, your learning matters to you. Well done to you!

I know that is not always easy and some of you have to share computers with family members but we now have the extra option of a virtual change of scenery at the end of the school day in the form of **Rocket League Tournament**. This extracurricular online game tournament has been organised by a member of 7G and will commence the first week of February. Remember that to take part, your parents need to email me their permission by Monday 26th January so that I can put together a list of participants. My email address is garance.boularand@bostongrammarschool.co.uk. From this list, you will be able to choose a partner to compete with.

For those keen readers among you, here is a link to the virtual school library from the National Literacy Trust and Oak Academy: <https://library.thenational.academy/>. A full book is available online weekly with activities and recommendations from the author.

Key info/reminders for the new term ahead:

- Check in at 8.50 each morning with your form tutor on Teams
- You now have an online assembly via Teams at 8.50 every Monday – accessible by joining the Year 7 Assembly team
- Attend all online lessons each day and consistently check Show My Homework for homework or Life Skills tasks
- Contact teachers if you missed the online lesson – it demonstrates good manners and means they have an opportunity to inform you of anything that came up in the lessons that was not on Show My Homework
- If you couldn't attend the live lesson, then use the lesson material on SharePoint (links in pink on Show My Homework) to catch up
- Remember, there will still be normal "homework" set each week on SMH
- If your teachers ask you to send them some work, then make sure you do this promptly
- Remember that we still expect high standards of work and behaviour, even from home.

Wellbeing

Your form tutors and I are still here for you if you have any concerns - just email us.

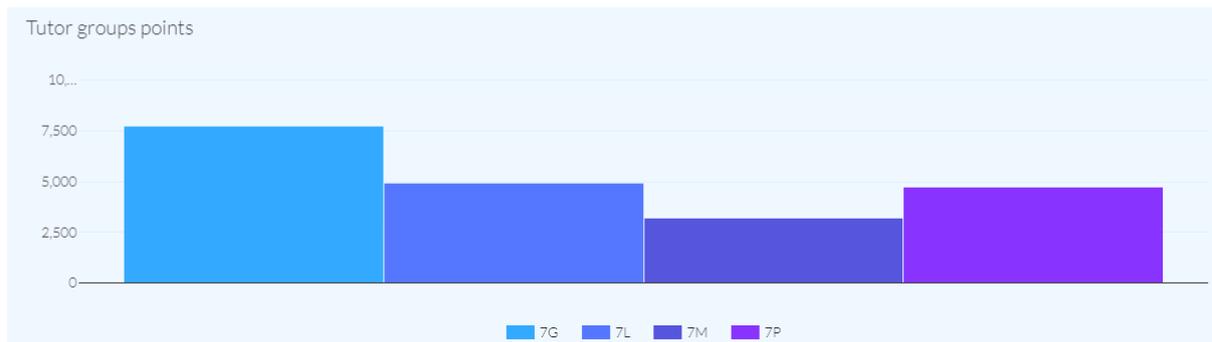
At this stage, in order not to give in to distraction or that "fed up feeling", you could create a timetable –possibly every week a slightly different one to keep you interested. To my mind, it is important that you include your morning routine, such as get up, get dressed and do your hair. Schedule in a very nice breakfast, possibly with family members, a walk before school or a bit of time in the garden, to energise yourself. Your evening routine can change every day and include

something to look forward to when the day is over. Put your schedule on the wall, make it colourful and highlight the breaks.

Computer eyes: The remote school day includes a lot of screen time, especially if you also spend a lot of time on your console afterward..... Giving your eyes a break is very important. I find cold cucumber slices resting on my eyes while lying on the sofa for 15 minutes very relaxing. My eyes feel very fresh after a little session. It may sound strange, but try it; you will want to do it again.

House Points

This is how the tutor group house points are looking overall at the moment:



This week, Year 7 achieved 1695 points. The top performing tutor group were7G with 1093!

And finally...

I wish you a very restful weekend and look forward to hearing about your achievements from your teachers.

Best wishes,

Miss Boularand