



## Year 7 Weekly Newsletter W/C 1st February 2021

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:** We have made a point of acknowledging our mental health and our well-being. Reading your enthusiasm in the assembly chat gave me a definite boost for the week ahead and certainly was positive for my wellbeing. I am truly grateful for this moment and hope you felt as good as I did after our communication.

We discussed art, craft, creativity through style, the expression of self by means of writing, in a diary, a poem, a song etc. we even mentioned home movies and creating a video in our spare time. However, one art we did not mention was photography. This gave me an idea and I would like to launch the **Year 7 Great Lockdown Exhibition edition 2021.**

**This activity will be divided in two phases:**

- 1- the exhibition entry
- 2- the explanation competition.

The principle is simple; if you wish to participate to phase 1, all you need to do is submit your best photo of the theme by the deadline. This should keep you busy for a while as you will probably need several attempts and a selection of photos to choose from. The theme will be simple but I count on your creativity to bring it alive; I would like you to submit a picture of whatever positive aspect you have found to keep you going during this challenging third lockdown. It could be the landscapes you see on your walks, at dusk, dawn, midday light, an item, a person (who agrees to be photographed and exhibited), an animal, a moment, a montage.... I will only accept ONE entry per person and for the photo to be entered, it will need to have a title.

The deadline is Sunday 21<sup>st</sup> February, midnight @ [garance.boularand@bostongrammarschool.co.uk](mailto:garance.boularand@bostongrammarschool.co.uk)

Late entries will not be accepted, so if you know of IT issues, plan and think ahead. This part is not a competition and all acceptable entries will be exhibited at school for a while as a tribute to your perseverance. All entries will gain 10 House Points.

If you wish to enter phase 2, which is the competition, you will submit your photo with an explanation supporting your choice of photograph. This will need to be written in good English and be clear enough to be understood by a vast audience. The accounts will feature alongside your photographs on a separate board. The winner of phase 2 will receive a prize in assembly.

**Support for you and your family:** here is a great website designed to support home learning and possibly free data for some of you, check it out.

<https://newsroom.bt.com/bt-announces-lockdown-learning-support-scheme-for-kids-and-families/>

Also, if you view Show My Homework on a computer rather than a mobile, you get a better overview of the job list and the calendar.

## **Wellbeing**

Boston Grammar School, is putting together its own resources to help you take 5 -6 minutes of precious reflection time or mindfulness. Every week, one will be added to the folder. You can find them by following this link:

<https://bostongrammarschool.sharepoint.com/:f/s/StaffCentral/EvK2x9eMvJVKtrdmVtAtsVQBffmhlShnJ1vHeuoDhYBSgQ?e=a4O2NG>

## **Managing your workload.**

The way you are learning at the moment is very different to what you are used to. Everyone has had to make big changes and adapt quickly. The feedback we have received from students regarding workload shows a great variety of opinions. There are some who feel their workload is too heavy and are struggling to cope, for others, they feel there is not enough work to keep them busy. Why is there such a difference? Simply because everyone *IS* different. There are differences in environment - do you have your own quiet space to work, or do you have younger siblings who interrupt and distract you. Differences in technology – is your internet speed keeping up or does it cut you off just when the teacher is explaining something you don't understand? Differences in learning styles – some people enjoy working independently, others miss the support of the classroom.

### **Too much work?**

- **Talk to your parents and teachers.** They can help you decide which of the things below, you need to do and how best to do them.
- **Make sure your break times are just that.** Most subjects offer 30 minutes of 'taught' time, with 20-30 minutes of independent task time. Stop when you reach the end of the lesson. Working through your break may feel like it's solving your problem in the short term, but if you don't take a break you will not be in the right frame of mind to learn and future work will suffer.
- **Prioritise your tasks.** If you are not getting through all of the set work in time, prioritise the most important. E.g. assessed pieces, or work set in a style that helps you learn the quickest. Remember it is the knowledge you learn and retain that is the most important thing.
- **Make sensible adjustments.** E.g. reduce the amount of written work if an activity takes you over the allotted time.
- **Do not be afraid to leave some work incomplete.** Sometimes it is just not possible to finish every task in the time that you have. That's ok. Keep communicating with your teachers and seeking guidance.
- **Try not to worry about feeling 'behind'.** Everyone worries about how not being in school will affect their learning. We will be here to support you when you return. All we ask is that you attend your lessons and do your best independent work until we can all be in school together again.

### **Not enough to do?**

- **Check your work.** Is it the best it can be? Will it get 100% if marked by your teacher? Are there any improvements you can make? Is there other research you could do on your own to find out more about the topic?

- **Check Show My Homework and SharePoint.** Have you completed all the flexible learning tasks for all your subjects?
- **Use digital platforms to enhance your learning.** Check the home learning page on the school website. At the bottom of the page there are lots of links to online learning platforms that you can use for independent study.

### Careers

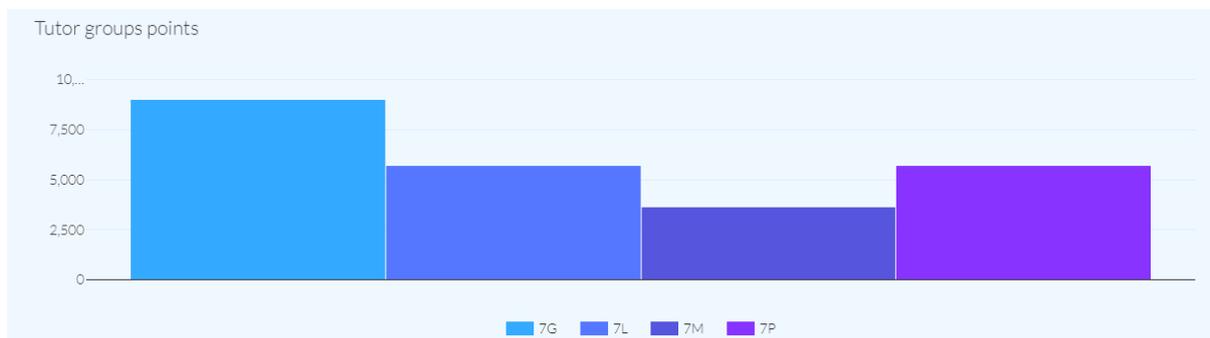
“Success Beyond Schools” – are offering free expert advice on guiding your child to a successful career through two interactive live online seminars. These events are for parents of students aged 12-18 and are free to attend.

[Wednesday 24<sup>th</sup> February: The Skills Surgery](#) How to break into careers in medicine, dentistry and veterinary science.

[Wednesday 3<sup>rd</sup> March: The Power of Networks](#) How your child can build a powerful professional network.

### House Points.

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



This week, Year 7 achieved 1610. Well done everyone! The top performing tutor group were ....7P, with 616.

### And finally...

I hope many of you will take part in the **Year 7 Great Lockdown Exhibition edition 2021** and look forward to receiving entries. Keep active and communicative.

Best wishes,

Miss Boularand