Mr Inglis - Head of School
The school has remained open as usual this week including the bank holiday and it has been ‘business as usual’. Despite some recent speculation in the press, the government have clarified now that schools are to remain closed until further notice, except for children of critical workers and children who are vulnerable. The government will only re-open schools when the scientific advice indicates it is safe to do so. From Monday 20th April, the online curriculum lessons will resume for pupils not in school and there are also links to other material on the website via the ‘Additional Learning Links’ button.

Last week, Ofqual announced further details for how the grades will be awarded for pupils taking GCSEs this summer. They have provided further guidance and also published a short film for pupils to help everyone understand the process better that can be found here: https://ofqual.blog.gov.uk/2020/04/09/arrangements-for-summer-2020/
Stay safe.

Maths Department - Mr Sparks
Despite this week being the start of the Easter holidays, there have still been 135 pupils accessing HegartyMaths and completing questions. Between them they have answered nearly 5000 questions and got nearly 4000 of them correct! I have picked just one Hegarty Hero from each year group this week, to recognise those pupils who have completed the most questions or watched the most videos.
Year 7 = Asim Martac
Year 8 = Joel Appiah-Bossman
Year 9 = Jack Chambers
Year 10 = Thomas Fage
To finish, here is a maths joke for you to enjoy over Easter; Why should you worry about a maths teacher holding a piece of graph paper?...Because they are definitely plotting something! If you have any good maths jokes, feel free to email them to me (g.sparks@tgbs.co.uk) and I’ll share the best one next week.
Well done and enjoy the break.
Mr Sparks
Head of Maths

MFL - Mr Westwood
We're all working in ways that we're not used to. I've had to think hard about how to teach pupils how to pronounce French words correctly when I'm not there to teach them in person. If you want to learn from (and maybe laugh at) my interesting way of creating listening resources for lockdown, please look at the French work I have created for Year 8 on Monday 20th April.

Unfortunately, I couldn't make the Listening Resources work in the presentation itself, so I've created a separate folder within the VLE with all the listening tasks. If someone can tell me how to do this, I would appreciate it!

British Orienteering Challenge
Fancy taking a challenge from the British Orienteering Society? Copy the link, paste it into your browser and have a go.
https://www.britishorienteering.org.uk/Home_Resources

Book Review
Read a good book recently? Write a review & send it to s.murphy@tgbs.co.uk
Reviews will be posted in next week’s newsletter
Both parents & pupils have been telling us what they have been up to this week. Well done everyone

Ethan in Year 8, has been practicing his sketching skills. Great work Ethan. Brilliant

Leon in Year 8 has also been practising his art. Brilliant work Leon, well done

Aaron in Year 7 has painted this beautiful picture for his garden. Absolutely stunning. Well done Aaron

Matt in Year 8 made a family steak pie. He made the pastry himself. He used braising steak but Matt has said that mince, chicken or vegetables could be used. Looks delicious Matt, well done.

Jack in Year 8 has been doing random acts of kindness. This week he has made a treat box for the bin men with a picture and a letter thanking them for putting them selves at risk and collecting our rubbish, he has also helped his mum sort out and collect pillowcases to be made into bags for the nurses to put shoes or uniforms in!! And next he wants to thank our post lady, she is still delivering their post but being extra careful! How lovely, well done Jack

As well as school work, Kyle likes to get stuck in with physical work so he has been helping to make the garden look nice with his family. Looks like hard work to me, Kyle. Well done

Jayden, Year 8 has been really busy honing his cooking skills, even Kira the dog was impressed. Well done Jayden, it all looks delicious.

“On Wednesday 1st April I cooked a Fry Up for dinner. I cooked for the whole family: beans, mushrooms, bacon, sausage, poached eggs, hash brown and tomatoes. It was served on a waffle we all enjoyed it as there were four clean plates.”

“On Friday 3rd April I cooked a Fish Pie for dinner. In the pie there were three types of fish Salmon, Cod and Smoked Haddock. With the mashed potato I added peas. I made the white sauce and added spinach with the fish. It was served with kale and carrots. We all enjoyed it as there were four empty plates.”
Information, tips & useful links – Ms Keil, School Councillor

Here are some information and useful links for you and the family to use, I hope you find them useful.

“Have a realistic perspective: Yes the virus is a real, but panicking can only fuel unhelpful thoughts and feelings. Try and limit time on social media. It is important to remain informed, but try and achieve a healthy balance by sticking to factual data, e.g. World Health Organisation (WHO), rather than some of the emotionally driven websites. Don’t jump to conclusions or be fatalistic; work with facts! Look at the information available. Avoid scaremongering language like ‘plague’, ‘pandemic’, ‘death toll’ etc that only serve to feed anxiety. It is a fact that some have sadly died as a result of the coronavirus, however the present reality is that it is exceptionally rare.

Try and accept that nothing is certain. However, reassure yourself with the fact that although the coronavirus is still unknown, scientific work is continually being done to learn more and stay ahead of the virus.

Reduce your feelings of helplessness; Focus on what you can do rather than what you cannot to keep safe. This is your responsibility - this is what you can control! Minimise the risk of infection within your own environment. Be mindful of good sanitation. Taking charge of your physical and psychological environment will enable to keep perspective whilst still acknowledging the serious concerns about the coronavirus in a healthier non-catastrophic way.

This is a break, reassure yourself and your family that you will see friend/family/school soon and we will be thinking about each other over the break.

Also, you must be kind to yourself and realise the limits that you can provide.”

I am especially thinking about being in ‘isolation’ and how we can reach out to each other and taking care of our own mental health. I have put together some resources for yourself and your family that will hopefully be useful;

Self-care
Mindfulness
Exercise
Fun and Interactive ideas to do at home.

Looking after yourself and your child/children;
https://www.youtube.com/watch?v=8GmQiimUrkk
I found this useful for both adults and children in re-framing anxiety

https://www.kooth.com/ Free online support for young people looking for advice or help if you are not feeling your best. Good videos to watch.

https://www.giveusashout.org/
Shout is the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.

https://youngminds.org.uk/
Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

https://www.winstonswish.org/ Helping children and young people through bereavements. Great Resources.
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
For Adults; Practical advice for staying at home, eating well and staying hydrated.
Connect with people
Find and routine
Keep active
Ways to relax and create
Ways to help if you are worried; games
Elefriends is a supportive online community where you can be yourself. We all know what it’s like to struggle sometimes, but now there’s a safe place to listen, share and be heard.

Helpful games for adults to keep your mind from over thinking.

https://www.mind.org.uk/information-support/guides-to-support-and-services/housing/useful-contacts/
Helpful advise around housing and money problems.
https://england.shelter.org.uk/housing_advice/coronavirus
Financial support/help

Any Games and Puzzles are great as they work the left side of the brain, logic and reason. This will help with the over active right side of the brain that maybe over thinking with emotions and feelings.

Ways to keep calm, when feeling overwhelmed

https://www.headspace.com/
Mindfulness; Stress less. Move more. Sleep soundly.
Hundreds of guided meditations on everything from stress to sleep
Over 40 mindfulness exercises for cooking, eating, commuting and more
Super-short meditations you can do anytime.
Expert guidance from former monk, and Headspace co-founder, Andy Puddicombe
Sleep Sounds to ease the mind into a truly restful night’s sleep

Fun, simple animations to help you with your meditation practice and answer any questions you might have
https://www.newhorizonholisticcentre.co.uk/ Meditation for Adults and children. Apps and YouTube videos to watch.
Relief of Stress and Anxiety
Supports Healthy and Emotional Development
Increased Focus and Concentration
Increased Creativity
Feeling More Calm and Relaxed
Restful Nights Sleep; helpful to think about our children/teenagers and adults. Going back to the basics regarding sleeping patterns.
Early Rises
Bedtime Routine
Limit device time before bed
Exercise at home with the family, Fun, exhausting, but good for mind and body, do as much as you can.

https://www.youtube.com/watch?v=TGEdzRzSbw
Joe Wicks has a live PE lesson every morning at 9am. The children that are in school have been doing it every morning. It is nice to know their friends are doing it with them at the same time, teacher are doing it as well.

https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/
Why it’s important to exercise.

https://youtu.be/FP0wgVhUC9w
Zumba Kids lots of great dances to; Old Town Road, Minions…..
https://www.jumpstartjonny.co.uk/home
Fun workouts and chill-out videos, lots of free videos.
https://www.youtube.com/user/GoNoodleGames
Fun and interesting ways to get active.
https://www.youtube.com/watch?v=SmBa-0bJYXQ
Gentle exercises for lower back pain
https://www.youtube.com/watch?v=njeZ29umqVE
I mile happy walk, gently ways to move
https://www.cosmickids.com/
Yoga, storytelling and meditation.
https://www.youtube.com/watch?v=X655B4ISakg
Yoga – Breathing and moving for children and parents.

Creative and interactive ways for you all.
Links to zoos that offer live web-cams of animals

https://biglifejournal-uk.co.uk/pages/podcast
‘Big Life Kids’ Mindfulness podcast

https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg
‘Draw with Rob’, drawing together with illustrator Rob Biddulph

https://www.michaelrosen.co.uk/
English children’s novelist, poet, and the author of 140 books, this website will give you video links to some funny and interesting poems he has written.

https://www.bbc.co.uk/cbbc/shows/art-ninja
He is an animator with amazing art skills. He loves to teach his secrets and get you to create your own art. Great ideas and YouTube videos to watch.

Lego challenges, Coding and lots of other indoor fun ideas.

https://www.futurelearn.com/
Explore online courses to continue studying, build professional skills, and connect with experts.

I hope this is helpful and you are finding ways to manage. I wanted to let you and your sons know that all the staff our missing them.
We know you are doing a fantastic job, change is hard, but we can adapt, and you are making changes that seem scary however we will get through this together, you are not alone!

Stay safe
Shelly
Virtual Work Experience - Mr Westwood
Your Work Experience Placement won’t go ahead, due to the coronavirus pandemic. However, Barclays has created a virtual work experience. Please look at the website below to find out more about how you can take advantage of this.
https://barclayslifeskills.com/i-want-virtual-work-experience/school

Stepping Forward: Careers - Mr Tehan
Important Dates:
AoN. Insurance and Reinsurance Advanced Apprenticeship. Closing 14th April
Balfour Beatty Plc. Advanced Civil Engineering Apprentice Closing 27th April
Ishida. Software Development Advanced Apprenticeships Closing 29th April
Virgin Media. Advanced level 3 Engineers Closing 13th April 2020
For further information on these apprenticeships: www.getingofar.gov.uk and www.getmyfirstjob.co.uk
You will have to register with these websites.

New Opportunities and Openings:
Orbits IT. Infrastructure Technicians Adv Apprenticeship Level 3 Closing 30th June
Marsh Limited. Insurance Practitioner Level 3 Apprenticeship Closing 29th May
Barnett Waddinton LLP. Pension Administration Adv. Apprenticeship Closing 14th June
Eccles Tooling Systems. Mechanical Engineering Adv Apprenticeship Closing 20th July
Westly Group Ltd. Engineering Advanced Apprenticeship Closing 5th May
Maximum Networks. IT Advanced Apprenticeships Closing 24th May
Pre-Met Ltd. Adv Apprenticeship Tool Room Engineer Closing 24th May
Seadoak Ltd. Infrastructure Technician Level 3 Advanced Apprenticeship Closing 30th June
Paint 360 Ltd. Apprenticeship Laboratory Assistant Closing 29th May
Ace Embroidery Ltd. Digital Marketing Assistant. Closing 29th May
For further information on these apprenticeships: www.getingofar.gov.uk and www.getmyfirstjob.co.uk
You will have to register with these websites.

Useful Websites:
Exploring ideas, interests and skills
www.nationalcareersservicedirect.gov.uk
www.icould.com
www.bfi.org.uk - British Film Industry runs a national programme offering hands-on filmmaking.
Apprenticeships
www.apprenticeships.gov.uk
www.notgoingtouni.co.uk
Higher Education
www.ucas.com
www.university.which.co.uk
www.whatuni.com
www.hecsu.ac.uk