

Dear Parents and Carers,

I hope that this newsletter finds you safe and well. It has been a joy to see some of the brilliant work that has been submitted over the recent weeks and once again my congratulations go to all families managing the situation that we find ourselves in coping so well with home schooling and remote learning. Teachers are ready to support you with the learning so do not hesitate to get in touch if you need to.

This week, Bank Holiday is on Friday 8th May. We want to ensure that families and staff have the opportunity to mark and enjoy this day. Teachers will not be setting lessons on Friday and we hope that the students enjoy the long weekend.

There has been speculation in the media regarding when and how schools will open. There is no official direction at the moment but as soon as we have clarity we will make our plans and share them with you. We are very much looking forward to the time that we can welcome the students back into College.

Many thanks for everything you are doing
Kind regards

Tina Graham.

IT Support for Students

A reminder that students can get support from KCC's IT Technicians should they experience problems at home accessing work. Students can access IT support by calling the College switchboard and selecting option 9.

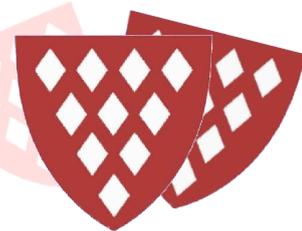
Shape of the Day Proposal

As we look forward to September 2020, we are excitedly planning how to continue to ensure that the educational experiences we provide to students is the best that it can be. To this end, we know that we need to increase students' opportunity to read within the College day. The research behind this is clear, reading has a significant impact on improving outcomes and preparing students with many skills that are vital for future study and employment. We will create space for all students to read, as a tutor group, led by their tutor, during registration time. So that we have time for this group reading to be successful, we need to create additional time for morning registration. This also creates flexibility for us to run meaningful intervention sessions during registration for students who may need some additional support. Therefore, we are asking students to, this week, vote on the model that they prefer.

Proposal 1 – 10 mins off lunch		
Period	Start	End
Tutorial	8.50	9.20
1	9.20	10.20
2	10.20	11.20
Break	11.20	11.45
3	11.45	12.45
4	12.45	1.45
Lunch	1.45	2.20
5	2.20	3.20

Proposal 2 – 5 mins off break and lunch		
Period	Start	End
Tutorial	8.50	9.20
1	9.20	10.20
2	10.20	11.20
Break	11.20	11.40
3	11.40	12.40
4	12.40	1.40
Lunch	1.40	2.20
5	2.20	3.20

Students will be sent an information pack via email which explains to them the rationale behind extending morning registration and the benefits that it will offer them. They will also receive a link directing them to an online survey. Here, they will need to vote for either Proposal 1 or Proposal 2. This decision is for students to make and we will accept the majority vote. Alongside this vote, there are some additional questions on the survey that provide students with an opportunity to feedback on their experiences of remote learning so far. We will use this feedback to tweak how we continue to support students from a distance.



Sixth Form Update

Year 11 Bridging Work

Following the *Bridging Work* Launch Assembly last Tuesday, it's been fantastic to see how many students are accessing this work and letting their teachers know about what they are up to. If your son or daughter is intending to stay on in the Sixth Form, it is essential that they access the bridging work their prospective teachers have prepared for them. This can be found in Google classroom; the subject codes were emailed to you last week. For those not planning to join the Sixth Form, there is work available for all subjects which has been set on Show my Homework as a flexible task. All students should engage with Maths and English every week as well as whatever else they choose (suggestion would be three other subjects). Any questions or problems completing the work should be addressed to the subject teacher or Head of Department. If you have any queries about course choices and applications, please contact Clare.Goode@kingsbridgecollege.org.uk

Year 12 Diagnostic Assessment Week

As you probably know, Year 12 would have been due to sit their second round of PPEs w/b 18th May; due to current circumstances, we will postpone these PPEs until we return to College. However, we feel it is important for the students to have something to work up to at this time and for teachers to have the opportunity to gauge where they are in their learning. Therefore, all subjects are currently planning a 'Diagnostic Assessment' which, although different for each course, will broadly do the following:

- Test some of the knowledge and understanding learnt prior to college closure
- Give students the chance to show how they can apply this knowledge and understanding in an 'exam-style' response
- Ask the students to reflect on their learning and where they are up to including gaps in knowledge/understanding/ability
- Allow teachers to give some feedback to students about where they are in their learning and plan forward to address gaps

These assessments will be set on *Show my Homework*, on Monday 18th May. Students will need to have submitted all responses by Friday 22nd. Instructions on how to complete and return the work will differ according to the nature of the assessment and will be provided by each subject in the coming weeks. These assessments will not contribute towards their final grades, and we would not want them to become anxious about preparing for them or sitting them. Please ensure that any subject-specific concerns are addressed to the subject teachers and that students contact their tutors if they are at all worried or feel they may be unable to complete them.

Thank you so much for all your support and communication with the Sixth Form team.

Checking your Child's Browsing History

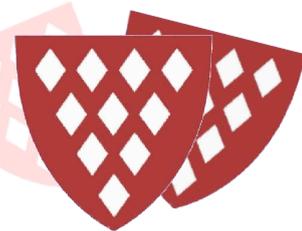
It is essential that all parents are aware of searches and monitor these. If any parent has any concerns that their child may be looking for age-inappropriate, violent or abusive topics, they can pass these concerns to school or contact parentzone with questions <https://parentzone.org.uk/>

Other useful links:

<https://support.google.com/families/answer/7086922?hl=en>

<http://www.crckids.org/parents/parenting-tools/online-activity/how-to-check-your-childs-internet-history/>

<https://home.bt.com/tech-gadgets/internet/browsers/how-to-check-your-childs-web-browser-history-11363878002352>



Is your child eligible for free school meals?

If your child is eligible for free school meals, you are entitled to free vouchers from the Government to help pay for your child's food, regardless of whether or not they are attending school right now.

[Applying for them is simple and quick via our Devon Citizens Portal](#)

If you meet the criteria and have not previously done so, please follow this link to make an application:

<https://www.gov.uk/apply-free-school-meals>

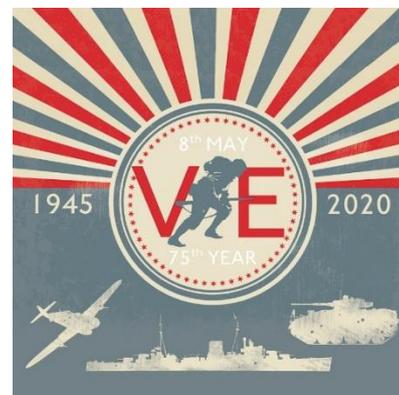
Once this has been approved and the College receives this information, we will be able to support you with accessing vouchers for the duration of school closure.

Celebrating VE Day on Friday 8 May – Bank Holiday

It will be 75 years to the day, on Friday 8 May 2020, since the guns fell silent at the end of the war in Europe. This year, the nation will be marking the occasion differently. Many community celebrations, due to take place on the bank holiday weekend (Friday 8 to Sunday 10 May), have been postponed. The veterans' procession and events in London will no longer go ahead. But mark the occasion, we will still.

There are lots of ways that you can get involved and show your support in marking the day on social media and via your digital channels. The government has published a toolkit of resources, to include bunting and posters that you can print and display at home in your windows. English Heritage has a pack to help you put together your own celebrations to mark the anniversary from home. Share your Second World War stories, families' histories and messages of remembrance on social media, using #VEDay75 to join the conversation.

However you mark the day, privately or publicly, please do so safely.



Devon Youth Parliament

DEVON YOUTH PARLIAMENT

LOGO AND POSTER COMPETITION!

Get your creative talents recognised! Your design could be the face of our Climate Campaign-'Greener Devon', and you could receive some amazing environmental goodies! We would like you to design a logo and/or a poster. We will pick one overall logo as a winner, and one poster from EACH age group(0-6, 7-11, 12-15, 16-18)

For the logo...

- Must be a circular design
- Must include our campaign name, Greener Devon

For the poster...

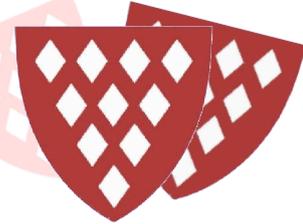
- We're looking for a poster to raise awareness of the environment and of what a 'Greener Devon' looks like to you

Please submit your entries to greenerdevon@gmail.com or post on Instagram, Twitter or Facebook with the hashtag #greenerdevoncomp by May 29th at midnight

Devon youth parliament is part of a national network of elected young people age 12-18 who are campaigning on issues that matter to our age group. This year, the national campaign is 'Protect Our Future' and as a group of Devon young people, we recognise how important this is for young people in this area but also across the world.

To kick start our Devon campaign, 'Greener Devon', we have set up an environmental competition for ages 0-18 (see below) and we would love KCC students to get involved. We would like you to design a logo and/or poster about the environment for our campaign, Greener Devon. The logo must be circular so we can use it on social media. On the poster we would love to see ideas about how to help the environment and be eco-friendly. There are 4 age categories, 0-6, 7-11, 12-15 and 16-18.

To submit entries, either email to greenerdevon@gmail.com or use the hashtag #greenerdevoncomp on Instagram, Facebook or Twitter. Please don't forget to include a name and age. **Closing date: midnight 29th May 2020.**



KCC Wellbeing Newsletter

Article 24 (health and health services)
Every child has the right to the best possible health. Governments must provide good quality health care, clean environment and education on health and well-being so that children can stay healthy.

Welcome to the KCC wellbeing newsletter. We are all having to adapt to a new way of living, working, learning and being. We want to make sure we can continue to support your wellbeing while we are not at school. So each week we will select a wellbeing focus with some tips for how to take care of yourself. This week our focus will be self-care for the mind and body. We will look at what self-care is and how it is beneficial for us all to stay mentally and physically well.

What is self care ?

Self-care is the very thing that allows us to do everything we want to do in and with our lives. It is what gives us the energy, strength and resilience to keep going. Self-care is quite literally taking care of yourself. It is any action you take to look after and improve your health and wellness.

Self-care is doing what needs to be done so you can be balanced and energized to achieve all that you want out of life. Self-care nourishes your mind and body and allows you to thrive. It increases your happiness, ability to be successful and the quality of your life and relationships.

Self-care means that you take care of your body and your mind by exercising regularly, forming healthy eating habits, getting enough sleep, taking time to rest and relax

Why is self care so important?

We all go through tough times in life when situations lead to emotions such as anxiety, loneliness, guilt, or grief, many of our default reactions are not the most effective. Instead we should practice self care techniques as a form of emotional and physical first aid.

Our mental and physical health are linked and should be seen as equally important. It is unlikely we would be asked to walk off a broken leg or not warm up before we get active. In the same way we should make sure we take care of our emotional well-being. We should recognise that we can use scientifically proven techniques to take care of our mental health. In the short-term, you can count on methods of self-care to elevate your moods, increase productivity, curb sugar cravings, and help with sleep. In the long-term, you can see benefits such as lower blood pressure, a healthier heart, and an overall more balanced, happy life.

There is a saying, “you can’t pour from an empty cup” This is about taking care of yourself. Self-care is a necessity not an indulgence.. That’s because self-care is about self-preservation, not selfishness. When you take time to look after yourself then you will be more able to take care of others

TEDx has [an entire playlist](#) about the importance of self-care if you would like to know more.

5 minute self care ideas

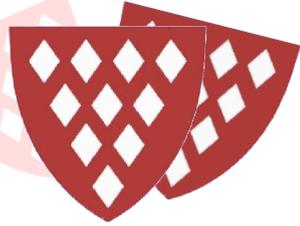
These are self-care practices you can do daily. Many take very little time or energy, and most can be done in less than five minutes.

- Breathe – take a few deep breaths
- Have a glass of water
- Have a healthy snack
- Do a 5 minute burst of exercise
- Connect with someone you care about – give them a hug, send them a message
- Take a moment to be still and present



Top tips self care Summary

- Eat well
- Stay hydrated
- Sleep well
- Exercise
- Relax your mind
- Go offline



KCC Wellbeing Newsletter

How to practice self care

Keep moving. It is important to stay active even when we in lockdown. Exercise helps to manage anxiety and releases some of the anxious energy in the body. Regular exercise is essential for our muscles and joints. Continue with your usual exercise, or try different indoor activities such as yoga or stretching. If you haven't exercised in a long time, try doing 10 minutes of easy indoor activities.

<https://www.nutrition.org.uk/healthyliving/active-lifestyle.html>



Eat healthily to ensure you get the correct nutrients and while staying indoors, keeping your body fit and your mood up. Try and eat a rainbow of fruit and veg to get as many vitamins as you can.

<https://www.nhs.uk/change4life/recipes>
<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell.html>

Healthy SLEEP HABITS

Sleep is vital to keeping our body well. It strengthens our immune system, improves our health, our focus and our overall well-being. Create a winding down routine before bedtime.

<https://www.sleepfoundation.org/articles/teens-and-sleep>



Whether its listening to your favourite music, reading a book, taking a bath, baking, having a walk. Take a moment everyday for yourself and do something you enjoy.

Stay Hydrated



Drinking more water may help to reduce your stress levels, and can help with any headaches caused by stress. The amount of fluid you need depends on many things including the weather, how much physical activity you do and your age, but you should aim for about 6-8 glasses of fluid per day. If the weather is hot or you are exercising you may need to drink more fluid. You can get water from nearly all fluid that you drink, but not really from sugary or alcoholic drinks.

<https://www.nutrition.org.uk/healthyliving/hydration.html>



You can take a break, even for just part of the day. There may be some withdrawal or anxiety about not being right there for what you think is critical, but just stop and think. How many texts, Instagram stories or other digital communications do you need to see immediately? Very few! Once you try it, you may actually find it refreshing to have a break from the constant notifications.

Take a walk, spend time with others in person, do some mindfulness colouring, finish a puzzle - give your brain a tech break.

Accessing support

Anxiety UK - 0844 475 774

www.anxietyuk.org.uk

Childline - 0800 1111 24 hours a day. Confidential advice for children and young people.
www.childline.org.uk

Relate - 0300 100 1234 Relationship support for all ages.
<https://www.relate.org.uk/>

Samaritans - 116. Confidential support for people experiencing feelings of distress or despair
<https://www.samaritans.org/>

YoungMinds - 0800 802 5544 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people.
www.youngminds.org.uk

Kooth- provider of online mental health services for children, young people and adults
<https://www.kooth.com/>

