

# THE KEY STAGE 3 POST

Issue 1

Year 9

## This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,

I hope that you are well and that you are staying safe. It brings me great pleasure to introduce this first issue of our KS3 weekly newsletter, it's a wonderful opportunity to highlight the outstanding work and effort that is currently taking place in Year 9.

This week's message focuses on the importance of resilience in difficult times, looking at the ways in which people have been able to provide 'Service to Others' whilst dealing with the social distancing in our community. I am reminded of Captain Tom Moore aged 99, who aimed to raise £1000 for the NHS during the lockdown, by walking around his garden 100 times. His own personal effort and resilience really hit home to many people, and in fact, he was able to raise £28 million to date to support frontline NHS staff.

We have been very pleased with the vast majority of the Year 9 students with regards to the comments from teachers and the commitment to academic progress at home.

This newsletter is divided into sections which will allow us to still praise the students who are working hard at home. I must stress that it would not be possible to publish every piece of work or share every name that has been sent via email, however, we endeavour to publish as many as possible over the coming weeks. On the second page there are some well-being tasks that students may want to undertake. I would love for you to share images of you attempting the Joe Wicks workout, or completing a random act of kindness.

Stay Safe,

Mr Magee and the Whole Year 9 Team.



### Why not try this week...

The Joe Wicks workout - 9AM YouTube

## This week's home share!

Owen B (9LBE) has completed an outstanding research project as part of his Food and Nutrition course, highlighting the contrasting cuisine in different countries. The picture shows the Tiramisu he created as part of his research and demonstrates that his passion for the subject has only grown throughout this testing time at home. Owen, thank you for your continued effort with home learning and we look forward to seeing more of your fantastic work in the coming weeks.



# SHOUT OUTS

Wall of Fame

- Freya S English
- Otilia M English
- Katie W RE
- Ariadne L RE
- Mimi H RE
- Ayman H RE
- Pravjot D RE
- Owen B Food Tech
- Brianna I Geography

Well done to you all, keep up the good work!

Bringing the community back together...

### Top good comments!

- Tayla C - 9ETH
- Connor B - 9LBE
- Victoria B - 9AST
- Valentino M - 9CFI



# Well-being Tasks

“We have learnt that amid the fear, there is also community, support and hope!”

## Where do we start?

Can you pick one thing from the list and complete it to the best of your ability?  
Think about any others you feel you can do in the coming weeks.

### Get involved with random acts of kindness

#### Easy

- Make a cup of tea for someone you live with.
- Help with a household chore at home.
- Arrange to watch a film at the same time as a friend and video call.
- Tell someone you know that you are proud of them.
- Tell someone you know why you are thankful for them.
- Send a motivational text to a friend who is struggling.

#### Medium

- Call a friend that you haven't spoken to for a while.
- Tell a family member how much you love and appreciate them.
- Send someone you know a joke to cheer them up.
- Send someone you know a picture of a cute animal.
- Send an inspirational quote to a friend.
- Send an interesting article to a friend.
- Contact someone you haven't seen in a while and arrange a phone catch up.
- Spend time playing with your pet.

#### Challenge

- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation.
- Donate to a charity.
- Lend your ear – call a colleague and ask how they're finding the change in routine.
- Send an inspirational story of kindness people around the world are doing for others to someone you know.
- Donate to food-banks.
- Offer to skill-share with a friend via video call - you could teach guitar, dance etc.



Kindness during the Coronavirus outbreak

## Jack needs your support!

Jack was diagnosed with Leukaemia in early 2018; in the beginning he was very sick and was hospitalised for 5 months. Jack needed intense chemotherapy every day for a long time. In order to make life as comfortable as possible for Jack, The Ellenor Hospice were able to come out to his home and deliver this treatment to Jack every day, so that hospital visits were kept at a minimum. The Ellenor offer this invaluable service free; they get no government funding and rely on the generosity of the community. However, unfortunately, in this current COVID-19 crisis, all fund-raising events have been cancelled. Ellenor urgently needs our help to keep hospice nurses and front-line clinical staff safe and able to treat and support our sick and vulnerable patients. They have launched an Emergency Fighting-fund, please help them today and donate <https://ellenor.org/emergencyfund> so that they can continue to help children like Jack.



Link to TV appeal - <https://www.itv.com/news/meridian/2020-04-07/sue-ryder-could-shut-hospices-in-lockdown-cash-crisis/>

Bringing the community back together...

