

# YEAR

# 10

# Week

# 9

## Message from Mr Mercer:

Hi Year 10! Hope you're all well. It has been great to see lots of you attending college this week. A strange feeling adapting to work in your 'bubbles' I know, but well done for being so cooperative and mature. Some of the lockdown haircuts caused lots of laughter! It was nice to see smiles on faces too. Don't underestimate how important it is to look after yourself at the moment. Take time out when you need to. Do fun things and spend time outside and with family/friends in small groups (walk/run/cycle). Exercise! Everyone always talks about exercise, but it is true: it's a great way to de-stress and feel happier. Also, get some sleep! Try to have a routine and go to sleep and wake up at the same time each day. It really will help you feel more alert and will improve your concentration. Finally, remain calm. This setup won't be forever, and we will all return at some point. In the meantime, I hope you enjoy the 'live' lessons which will start this Friday. Note that some start at 9 am so be sure to make it on time, dressed appropriately and ready to learn. Mr M.

### Message from your tutors

How are you? It's OK not to be OK. Remember you are important to us so get in touch with your form tutor or myself if you would like to discuss a worry you have...

[j.mercer@allhallows.org.uk](mailto:j.mercer@allhallows.org.uk)

### Prayer of the week

God, no one is stranger to you and no one is ever far from your loving care. In your kindness, watch over migrants, refugees and asylum seekers. Those separated from loved ones. Those who are lost and those who have been exiled from their homes. Bring them safely to the place where they long to be and help us always to show your kindness to strangers and those in need. We ask this through Christ our Lord, who too was a refugee and migrant, who travelled to another land searching for a home. Amen. Oscar Romero. Pray for us.

### Home Learning Updates:

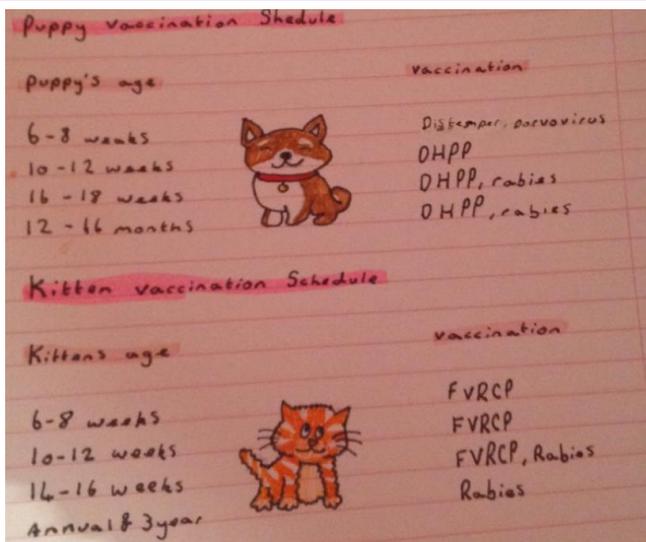
You have had a week using the NEW study schedule now. Did you use your 'working from home' days effectively? Make sure you are punctual to the zoom video lessons on a Friday. Your teachers will be waiting to let you into the live group sessions. If your zoom link hasn't appeared in SMH check your student emails!

Yr10	School day	Working from home day 1	Working from home day 2	Working from home day 3	Friday - Live Lessons
1	English	MATH	Humanities	Science	Art / Animal care / Computer Science / Catering / Dance / Music / PE / Product Design / Drama / Business Studies / Health and Social Care / IT / Textiles 9:00 - 10:30
2	Maths	MFL	OPTION	English	Geography / History / Art 11:00 - 12:30
3	Science	RECC	FITNESS	Catch up	French / German / Latin / Spanish / Mandarin / Performing Arts 1:00 - 2:30
4	RECC	Catch up	Catch up	Catch up / Form time	Ensure all work from the week has been submitted 2:30 - 3:15

Tips of the week

- ✓ **Plan your day** - The fact that you could put off watching recorded lessons can be dangerous. Don't just squeeze it in while listening to music or eating. Give it your full attention. Keep to a routine like the one above.

This week's special mention goes to two students **Sophie P** as she has been keeping her form tutor up to date with what she's been up to and has remained really positive in her approach despite lockdown. Well done! **James K** has demonstrated a superb attitude in geography. He has communicated with Mr Benbow brilliantly over SMH over the last few weeks.



Well done to **Lucie R** for her excellent piece of work produced in animal care this week. Also, 'shout out' to **Nat A** and **Thomas O** for always submitting English work on time and to a high standard. Keep it up! **Ella J's** work rate and attitude has been brilliant too 😊

**Refugee Week Challenge** - this week marks refugee week which is a UK-wide festival celebrating the contributions, creativity and resilience of refugees. Why not get Involved by visiting the website below, performing 'simple acts' to stand with refugees and make new connections in our community. Challenges include watching a film, sharing a song or joining the movement.

### Do a Simple Act

Simple Acts are everyday actions we can all do to stand with refugees and make new connections in our communities.

For Refugee Week 2020, we're inviting people of all ages to do one or more of our [eight Simple Acts](#) linked to the theme of 'Imagine'.

Whether you watch a film, take part in a campaign or share your vision for the future, you will be joining a big creative, collective movement to stand with refugees, change how we see displacement and together, imagine a better world.

For the full list of Simple Acts, visit the [Simple Acts page](#) on the Refugee Week website



Image © Marica Chandra

SIMPLE ACTS



Have you had a go at any of the PE summer tasks yet? 50 to complete if you are up to the challenge?! My 5km time was 23 minutes. Can you beat the teacher? Submit your scores/times to me for the blog.



# AHCC PE DEPARTMENT



## SUMMER TERM VIRTUAL PE CHALLENGE

Complete as many of the challenges as you can. Rewards are available for completing full rows and columns. There will be a special prize for completing a FULL HOUSE (50 challenges).

Run 2km	Run 3km	Run 5km	Run 3km	Run 10km
Complete a skill drill	Complete an agility drill	Complete a skill drill	Complete an agility drill	Complete a skill drill
10 press ups/10 burpees/10 sit ups	20 press ups/20 burpees/20 sit ups	30 press ups/30 burpees/30 sit ups	20 press ups/20 burpees/20 sit ups	30 press ups/30 burpees/30 sit ups
Complete #pewwithjoe				
Complete 8,000 steps	Complete 10,000 steps	Complete 12,000 steps	Complete 10,000 steps	Complete 12,000 steps
Walk 3km	Walk 5km	Walk 3km	Walk 5km	Walk 3km
Complete an online yoga class	Complete a Tik Tok dance	Complete an online yoga class	Complete a Tik Tok dance	Complete an online yoga class
Create your own circuit with 6 stations				
Complete 8,000 steps	Complete 10,000 steps	Complete 12,000 steps	Complete 10,000 steps	Complete 12,000 steps
Cycle 5km				

Not long now until different challenges will be posted for you to complete as part of National School Sports Week. Updates on how to take part should have gone live for you on Monday on Show My Homework.



## AHCC VIRTUAL SPORTS WEEK



Monday 22nd- Friday 26th June, 2020

HM Government

## Back to school?



Is your child going back to school?

If possible walk or cycle.

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

Please take note of this advice...