

YEAR 10

Week 3

Message from Mr Mercer:

Hi Year 10! Hope you've all enjoyed the great weather this week! A number of department's have set challenges for you to complete over the last few days. How many have you attempted? I hope you're managing your time effectively and not too much Netflix. Don't forget that you should be completing work the day it is set please and that leaves Friday as a catch up and challenge day! Stay safe. Mr M!

Home Learning Updates:

Did you know that Show My Homework tasks are colour coded. **Green** is your compulsory classwork, quizzes always appear in **yellow** and challenges are **pink** (you can choose which to have a go at).

Tips of the week

- ✓ Focus
- ✓ Tune out distractions
- ✓ Reward yourself
- ✓ Keep reading
- ✓ Create a clear study space to work in

AHCC Challenge

Form Tutor Comments:

Make sure you give the email from your form tutor a read, as they will be checking in with you during this week! If you need help with anything then send in an email and we will be happy to help!

Prayer of the week

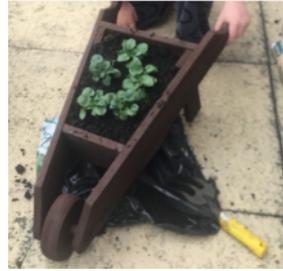
Lord God, we entrust to you the families and communities affected by Coronavirus, wherever they may be. We pray especially for health care workers, that you may guide and protect them. In the midst of this, keep us strong in faith, hope and love. Amen.



Subject: RE

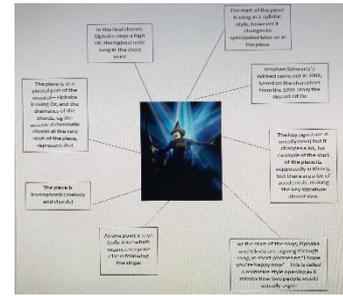


Huge well done to Charlotte as she produced an amazing a leaflet about Lourdes as a place of pilgrimage.



Fantastic effort from Adam M sent in! Adam made this wheelbarrow for as a gift for his Mum on Mother's day 😊

Subject: Music



Great work from Sophie here on one of her GCSE set works for music. Wicked is one of my favourites!

An important thing you must promise to do for me, is look after your mental health and well-being - This is a **MUST COMPLETE HOMEWORK!** Stuck at home and not seeing our friends and loved ones affects us all, so every-week I am going to suggest some activities or wellbeing links to access to help you keep a positive outlook as there will be times when we might feel a bit emotional. If you need someone to speak to, you can always email me or your form tutor. Just let us know if you are not feeling O.K. - Just like you would come to us when you were at school. Stay safe and look after each other. Mr M



If you like quiet time, why not try this relaxation meditation, focusing on all the things we can be grateful for.

Mindful breathing to help you relax:

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>



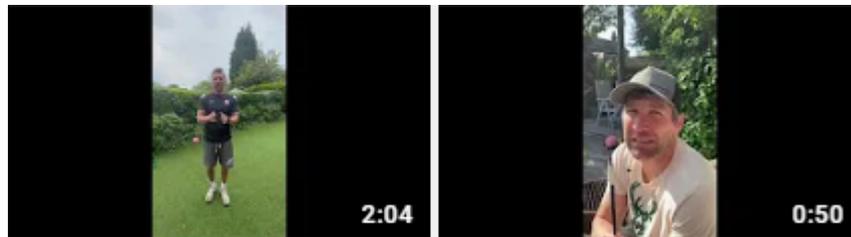
Why not try this week's challenge on Mr Benbow's Youtube Art channel: Search for Paul BenbowArt

Star of the Week
Lorne H for producing
good quality work in
Music and always
meeting deadlines

WEEKLY CHALLENGES



ahccmf1



PE with Mr Lees - Athletics (Triple Jump)

Challenge 3 - Coconut Shy

150 views · 6 days ago



AHCC PE
70 subscribers

SUBSCRIBE



LIBRARY SPINE CHALLENGE – Compile the titles of stories to create a story/poem and submit this to Ms Sinclair. Get involved! A winner will be chosen from each year!