

### Year 10 Notices (SMSC)

#### Message from Mrs Thompson

Huge well done & thank you to all the Year 10s who attended their sessions last week – you were fantastic & staff loved seeing you all in school! Excited to have this weeks wave of year10s in! Remember we are all here to support you so please talk to us & discuss any issues you maybe having, we also love to hear what you've been up to so don't be shy to tell us! Have a brilliant week.

This month is LGBTQ pride month – under normal circumstances you would see lots of celebration & awareness both in & out of school around this very important topic of acceptance & individuality! Sadly this years events can't go a head in the same way, we have members of the LGBTQ community in our school & surroundings some of whom you will know about & others you may not . . .

Your challenge this week is to show how you would celebrate our differences & similarities in any format you wish, send them in then we can use them to show our support for PRIDE we are all equals lets show the world what we believe!

Stay safe, we miss you x

#### Pride 2020

All human beings are born free and equal in dignity and rights. They are endowed with reasons and conscience and should act towards one another in a spirit of brotherhood.

#### This Week...

Struggling with who you are? Your sexuality? There is support available a great charity in Sheffield is: <https://sayit.org.uk>



Emotional wellbeing support for LGBT+ young people in Sheffield

Working with young people & professionals to make real lives better. We provide practical support around LGBT+ Life, sexual health, HIV, and mental wellbeing, while our training helps organizations improve knowledge & address discrimination.

-And as always we are here too:

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#### Eccoclassof2021

Please follow us and share with us your work, your hobbies and generally how you're doing! Share your heroes, thanks, fun things getting you through. Your space.

#### HEALTH & WELL BEING Task:

Sleep! Having a good nights sleep with regular wake up & going to sleep – without devices, phones etc is vital to so much of your bodies needs physically & mentally!

Keep a sleep diary for this week – times you went to bed, got up, napped etc and what you did before sleeping – how much sleep did you get? What impact has this had on your mood & what you want to eat?

<https://sleepcouncil.org.uk/advice-support/sleep-hub/family-matters/teenagers-sleep/>

#### Keep On Learning:

As you have returned for a session or are due to (packs are being sent home for those who cannot make it in) now is the time to focus your mind onto your studies – get upto date, get in touch with your teachers, ask questions, seek advice & prepare for September – you can control your approach to learning!!

Need some support? Got concerns as things change, parents or teenagers... try these useful websites to answer some of your questions.

- <https://bit.ly/covidparent>
- <https://bit.ly/covidteen>
- <https://bit.ly/covidHP>

## **SLEEP MATTERS – TAKE A LOOK AT THIS WEBSITE & SEE IF YOUR BEDROOM COULD BE EFFECTING THE SLEEP YOU GET... WHAT COULD YOU CHANGE?**

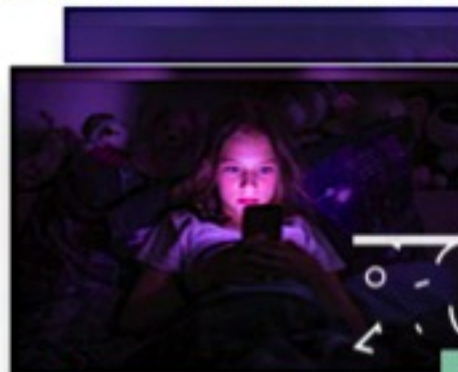
<https://sleepcouncil.org.uk/advice-support/sleep-hub/family-matters/teenagers-sleep/>

In the modern world everything is 24/7 and there are far more entertaining things to do than sleep when you are a teenager. Many teens enjoy spending their evenings gaming, surfing the net or on social media sites and quite often these activities can run well into the night.

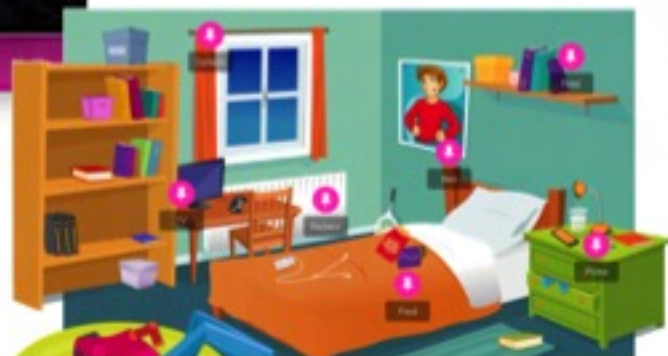
Teens do tend to feel more alert later in the evening and more tired in the morning as a result of changes in their biological clocks.

Try to share with your teen why sleep is important. A good night's sleep can help them to:

- Have spot-free skin
- Maintain a healthy weight
- Grow
- Have more energy
- Remember information for exams
- Concentrate at school, leading to them getting a better job and more money



**INTERACTIVE BEDROOM**  
Explore the bedroom below to find out what can help or hinder your sleep



**HARD WORK**  
+  
**DREAMS**  
+  
**DEDICATION**  
=  
**SUCCESS.**  
ESCHAZKIND.COM

Monday

Tuesday

Wednesday

Thursday

Friday

Maths



Biology



Chemistry



Maths



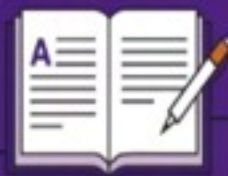
Physics



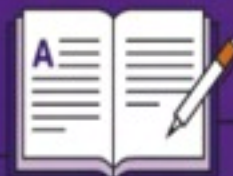
English



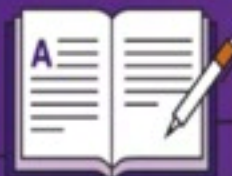
English



English



English



English



History



Geography



French



Computer Science



Religious Studies

