

Y10



Work Hard Aim High Be Kind Show GRIT

2nd visits to school begin this week. Attendance was excellent for the first visit. Thankyou!



Emotional wellbeing support for LGBT+ young people in Sheffield

Message from Mr Wood:



Hello Year 10 and thanks for the warm welcome that I have received while Mrs Thompson hands over to me as your Progress Leader going into Y11. I am extremely excited to be taking this year group and I'm sure Mrs Thompson will be wanting me to keep her well updated! Rumour has it that you are a delightful bunch of students.

Despite the challenging circumstances that you have/will be working under, I know that you are a strong, supportive and resilient group that will come out of the other side equipped to take on your next challenge. Be it college, an apprenticeship or something completely different. You will do some work on this during your next visit to school where I look forward to seeing you then.

Having taught many of you since Y7 I know many of you very well. However there are some of you that I don't know yet. Although Mrs Thompson will be updating me throughout the holidays about who's who, it would be nice to hear from you if you have any questions or concerns about next year. I can then get the ball rolling and look into what I can do to make sure that you are set to go in September. If you wanted to email me during the holidays for support, that would be fine.

For now, you have a couple of weeks left to work hard and to get your self in the best possible position for September. Use this time effectively, talk to your friends and possibly even your teachers for support in doing this.

Thanks everyone, stay safe.

Year 10 Notices:

Thank you messages:
Mrs Thompson and Mrs Foster are working hard to put a little celebration together for you on the final bulletin on the year. If they have helped you at all during your time at Ecco, think about dropping them a thankyou message ... they will be missing you!

Careers work:
During your second visit to school, part of the session will be dedicated to careers. It's never to early to think about what your next steps might be.
<https://www.bbc.co.uk/bitesize/careers>

Health and Wellbeing

We keep discussing how to look after your mental health and wellbeing, providing activities to help. Have you researched the benefits of looking after it?
<https://www.bbc.co.uk/bitesize/guides/z3shycw/revision/1>



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Holiday Revision Timetable:

<https://www.bbc.co.uk/bitesize/articles/zn3497h>

Times	10am – 12pm	1pm – 3pm	3pm-6pm	7-9pm	9-10pm
Monday	English	Humanities	Free Time	Maths	Free Time
Tuesday	Maths	Options	Free Time	Humanities	Revision resource
Wednesday	Science	Options	Free Time	English	Reading
Thursday	English	Options	Free Time	Maths	Revision resource
Friday	Maths	Science	Free Time	English	Free Time
Saturday	Free Time	Science	Free Time	Options	Revision resource
Sunday	Free Time	Free Time	Free Time	Options	Organise work space

This is a “mock up” timetable.

Creating a resource in the evening e.g. mind map is a useful way of **consolidating** what you have revised each day. Do it without looking at notes at first as this will show whether you have actually remembered it and not just copying from notes.

Break your revision up into 30/40min chunks when you start out:

40min Macbeth,
40min Xmas Carol
2x20 min break and build up from there.

Speaking to some of you, it has been challenging to keep organised and this has knocked your confidence and routine. The holidays are coming soon and there will be much less input from school during this time.

Lockdown has given you a better idea of how you work best at home. Some people are “night owls” (definitely me), more productive in the evening while others are “early birds” who like to get things done before settling down for the rest of the day. Some people can only work for 40min on a single task before getting bored (me again) whereas others can work completely focused for hours. There’s no wrong way of doing it... except for doing nothing.

Get thinking about what your revision is going to look like over the holidays.

- Do you need anything to support you from your teachers before the holidays?
- Do you need to prioritise a lesson that you are finding more challenging?
- Can you work with friends and family through some topics?
- Do you have a specific place to work (away from distractions?)
- Are you making sure that you are still giving yourself a break?

REMEMBER TO HAVE A WELL DESERVED REST TOO!

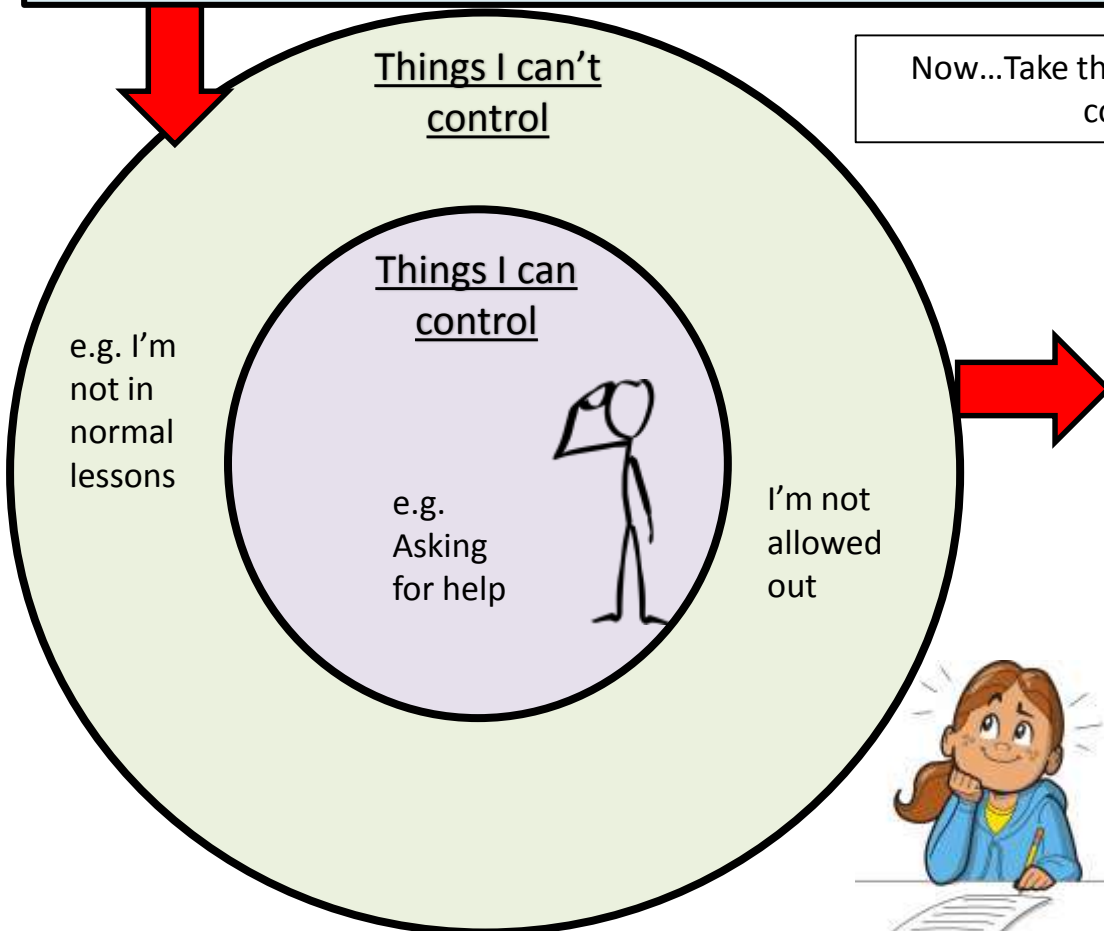
Circle of influence:

You may have seen this one already but it is one of my favourites to use when things get on top of me. I sit and think through each problem and categorise it into things I can/can't fix. Then I'll get to work on prioritising the jobs I can do.

We often worry and become stressed about things that are beyond our control. We should focus on what we can control- this will reduce our stress levels and help us to focus and achieve which will make us feel better.

Below is a circle of influence. It is for you to list your concerns.

- In the inner circle write the things you can control (your actions can affect it) e.g. completing a piece of work
- In the outer circle write the things you cannot control e.g. other people's actions/ nature etc.



Now...Take the problems from your inner circle (those you can control) and think of some solutions....

Problem/ worry	What can I do to make it better?

