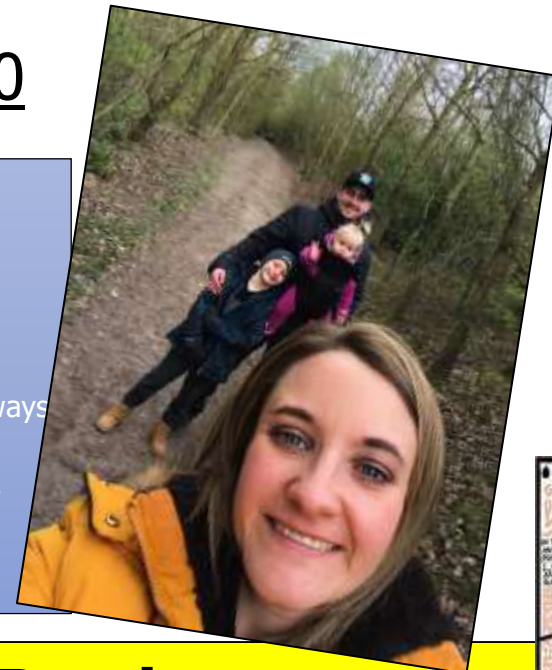


# Ecco Year 11 Student Weekly Bulletin – W/B:20<sup>th</sup> April 2020



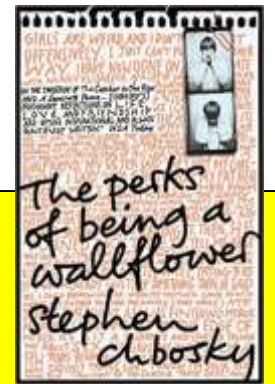
## **Message from your Progress Leader , Mrs Dean**

Hi Y11! Here's the first edition of your new weekly bulletin. I hope it helps to give you some tips, tricks and tasks to keep you busy.

I hope you're all enjoying the sunshine and keeping upbeat and active! Week 4 of lockdown and I am getting out and about more than I've ever done! My family and I have used our daily exercise time to investigate public footpaths in my local area, we've found places we didn't even know existed! We've also completed over 10 miles of the Trans Pennine trail which I've always wanted to do.

I'd love to hear about what you've been doing to fill your time; don't forget, you can email me directly or keep in touch on our social media platforms!

Speak to you all again next week! ☺



## **Year 11 Tasks**

### ***This week.....***

**Watch** My keeping in touch video! You can find the link on Instagram, Twitter and YouTube!

**Visit** [www.open.edu/openlearn/free-courses/full-catalogue](http://www.open.edu/openlearn/free-courses/full-catalogue) for a fully comprehensive list of free courses to help with your Post-16 courses!

**Watch** Get some culture! On YouTube, search 'The shows must go on'; every Friday night at 7pm, the west end is streaming an Andrew Lloyd Webber Musical, completely free of charge!

### ***Mindfulness***

#### **Creating calm by developing a routine.**

Create routines that help to break up your day. They can be around your morning, how you work, how you prepare for something new.

Whilst we are remaining in our homes, it is good to create a routine; this will keep your mind and body active and your mind calm. Tick off tasks as you go! You could ask you Parents/Carers to help you to do this

### **Keep on Learning**

Remember to check your emails and Google Classroom for work being set by your teachers. Contact them if you have any questions or concerns. It's really important you keep working hard during this time and maintain a routine that demonstrates our school values. Make sure your coursework for vocational subjects prior to the 20<sup>th</sup> March is fully completed and up to date

### **Read:**

The Perks of Being a Wallflower  
By Stephen Chbosky (99p Kindle)

"A deeply affecting coming-of-age story that will spirit you back to those wild and poignant roller-coaster days known as growing up." (Amazon)

### **Word of the Week**

**Variable** - Not consistent or having a fixed pattern; possibility of change.

### **Mrs Dean's Top Tip**

Get out in the sunshine when you can. This will help the production of Vitamin D in your body, helping you to maintain a healthy body and will elevate your mood at the same time!

