

# Ecco Year 11 Student Weekly Bulletin – W/B:15<sup>th</sup> June 2020

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

Welcome to the eighth and penultimate edition of my Y11 bulletin! I hope you all enjoyed last weeks suggestions and now that the sun is back and the shops are beginning to open, we can start to see the light at the end of the tunnel!

I went back into school last week. It felt good to be 'back to normal' somewhat for the day and I really enjoyed the routine again. Make sure that you're starting to get into a new routine; things with the lockdown are easing slightly so it's a good idea to get yourself into new good habits in preparation for your new learning adventures in September!

I've made-an-effort to contact old friends this week too and it really has helped my mental health; talking to other people that I haven't seen for while has really helped my perspective and talking about new subjects was so refreshing (and a good laugh too!)

We stepped it up a notch this week with the cycling; I managed a 21 mile cycle with my family to Dunford Bridge on the TPT which was fun but hard going. I'm now really seeing the positive changes that my exercise is having on my body and mind! If you're not already getting active, why not! Moving more is one of the simplest ways of keeping a healthy head as well as keeping fit.

You know where we are if you need us – it really is lovely hearing from you all! Please keep-in-touch! Until next week Y11, which would have been your final week at school!

Stay safe & be good ☺



## **Year 11 Tasks**



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

**Pobble365.com** – Keep yourself busy! One free resource for every day of the year. With beautiful images and photographs to inspire discussions and activities covering a variety of subjects.

**Masterclass.org.uk/view/cookies-the-film** - Inspired by real-life experiences, this play about cyber safety was first performed in the West End in 2017. Available for free online, the show follows the lives of eight teenagers and is about the positive and negative experiences young people can face online.

**BBC Sounds** – More than 100 short stories are available to listen to for free as well as many books such as Kidnapped by Robert Louis Stevenson and Silas Marner by George Eliot.

### ***Mindfulness - Yoga; good for the body and mind!***

Yoga is a form of meditation. Using your body in a calm and focused way can help your mind to feel more calm too.

I've attached some yoga poses on the next slide for you to have a go at. Be sure to follow the instructions and make sure you're in a calm space, with no distractions (put your phone away!). This could e something you do when you need a ten minute break.

Yoga is best on a carpeted floor where there is enough space to stretch out your arms and legs. Maybe even on the grass in your garden if it's a nice, warm day...

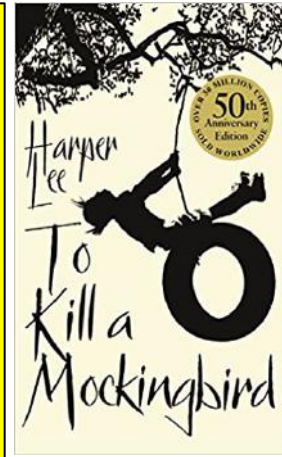
An app that can help with yoga is:  
***'Yoga for Beginners- Down Dog'***

This is a free app that provides you with video that introduces you to yoga techniques.

### **Read – To Kill a Mockingbird by Harper Lee**

Through the young eyes of Scout and Jem Finch, Harper Lee explores with exuberant humour the irrationality of adult attitudes to race and class in the Deep South of the thirties. The conscience of a town steeped in prejudice, violence and hypocrisy is pricked by the stamina of one man's struggle for justice. But the weight of history will only tolerate so much.

To Kill a Mockingbird is a coming-of-age story, an anti-racist novel, a historical drama of the Great Depression and a sublime example of the Southern writing tradition.



### **Word of the Week – Perceive**

Verb: become aware or conscious of (something); come to realize or understand.

### **Mrs Dean's Top Tips**

Contact someone out of the blue, just to see how they are. It may have been a while since you saw or spoke to them, but they'll appreciate the time you've taken to say hello. It would also be a breath of fresh air for you to speak to someone new!



# Yoga: good for the body and mind

Yoga Cards

## Mountain Pose - Tadasana

**Benefits** Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Yoga Cards

## Tree Pose - Vriksasana

**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



Yoga Cards

## Chair Pose - Utkatasana

**Benefits** Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Yoga Cards

## Warrior II Pose - Virabhadrasana II

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.

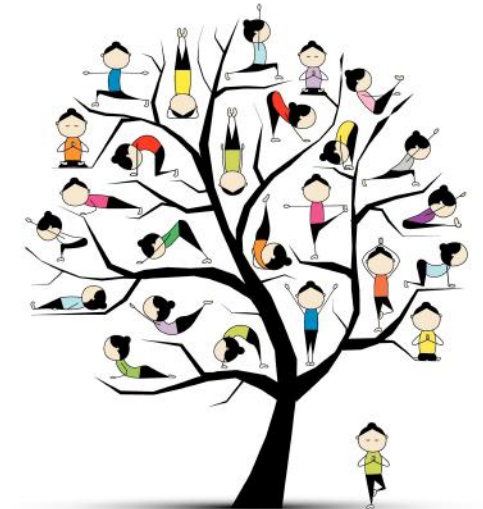
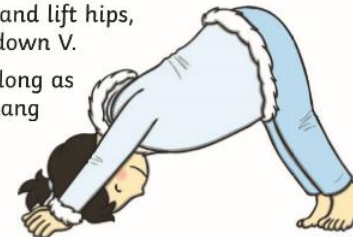


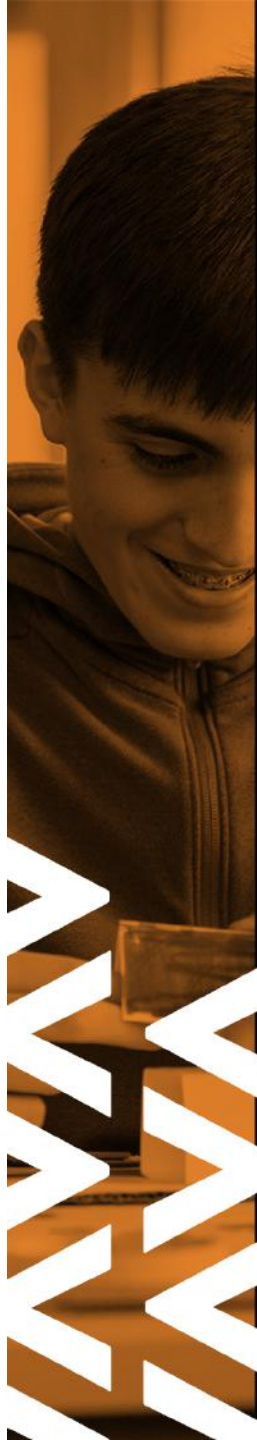
Yoga Cards

## Downward-Facing Dog - Adho Mukha Svanasana

**Benefits** Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.





Are you interested in design, architecture and how places are designed and built?

Want to find out what careers are out there and make links with professionals?

Interested in developing new skills?

If yes then apply NOW for the 2020 PLACED Digital Academy – a free, exciting and creative programme about the built environment.

The PLACED Digital Academy is a 10 week digital programme starting in July. You'll get to take part in weekly design challenges, skills sessions and professional development.

You'll also benefit from 1-2-1 support and mentoring from industry mentors including architects, planners, interior designers, construction professionals,

and developers, giving you a unique insight into careers and study routes.

The Academy is being delivered in partnership with the University of Liverpool School of Environmental Sciences, Liverpool City Region Combined Authority, Regenda Group and Public Sector Plc, along with support from ten sector sponsors.

Interested? Visit: [placed-academy.com](http://placed-academy.com) for more info and an application form. Closing date 30th June.



- Are you a caring person?
- Do you want to make a difference to people's lives?
- Do you want to earn while you learn?

Have you considered an **Apprenticeship in Care**?



We offer a Healthcare Apprentice as a 13 month fixed term contract.

The programme is taught by Healthcare Professionals and consists of:

- 2 week initial training to prepare you for the clinical area
- Working in a team learning the Clinical Support Worker role
- Undertaking study to gain knowledge and develop a portfolio of evidence
- Completion of an End Point Assessment (EPA)

On successful completion of the EPA you are transitioned into permanent employment as a Band 2 Clinical Support Worker, subject to satisfactory references.

If you are interested in joining us the apprenticeship will be available through NHS Jobs (<https://www.jobs.nhs.uk/>):

- Advert: Opens 11<sup>th</sup> June 2020
- Closing Date: 5<sup>th</sup> July 2020
- Interviews: Week commencing 20<sup>th</sup> July 2020
- Start date: 26<sup>th</sup> October 2020