

# Ecco Year 11 Student Weekly Bulletin – W/B:1<sup>st</sup> June 2020

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

Welcome back to the latest edition of my Y11 bulletin! I hope you've had a wonderful Spring bank holiday week off and have soaked up some of the sunshine!

It has been a very exciting week! Not only did I complete 25 miles on my bike investigating routes around my village, but I also stopped to watch Nasa and the SpaceX Dragon launch 250 miles into space to meet up with the ISS. It was such a historical event and seeing it up in the sky at night was such an amazing experience for me and my little boy!

As we go into a new Summer term, it is important to remember that this would have been your exams period. Use this time to reflect on how far you have come since Y7 and prepare yourself for what lies ahead. As the lockdown restrictions begin to ease, please remember to follow the rules – No-one wants to go back into a strict lockdown again, so be responsible and enjoy spending time with your loved ones once again.

Until next week Y11. Stay safe ☺

## **Year 11 Tasks**

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

[www.ukuniversitysearch.com](http://www.ukuniversitysearch.com) Sign up for UK University Search's incredible virtual university fair (17th June) and this month's **webinar Wednesdays**. The fair now features over 90 exhibitors including Cambridge, Warwick, Reading, Kent, Manchester Met and the RAF. The latest **Webinar Wenesdays** will cover topics such as Clearing and UCAS Personal Statements. I've sent you all the email with links attached!

**Culture:** ART UK Every publicly owned artwork in the UK, digitised for you to view. Visit [www.artuk.org](http://www.artuk.org)

**Comedy:** Lots of big names including Robin Ince, Al Murray and Josie Long playing the Stay at Home festival. Shows are live and free to watch!

[www.cosmicshambles.com/stayathome](http://www.cosmicshambles.com/stayathome)



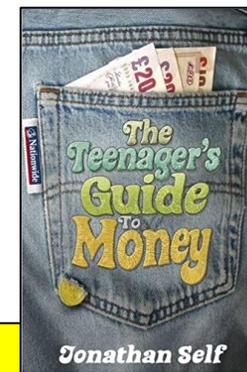
### ***Mindfulness - Music...it soothes the soul***

When we are stressed or anxious music can be incredibly useful. Listening to it, singing along, even dancing. Listening to music releases dopamine (a chemical which makes us feel good) within our brains.

However, we should consider what music we choose. As music makes us feel emotions we should avoid listening to music that makes us feel sad or angry when we are already experiencing stress or anxiety.

A good idea is to create playlists for when we are not feeling so good.

Start to think of what songs you could include and make a list. Then create some playlists; happy, dancing, energy, good memories, relaxing etc. Let me know what tunes you pick!



### **Read**

#### **The Teenager's Guide to Money by Jonathan Self**

"...Treats what can be the driest and most daunting of topics with the lightest and easiest of touches. Rich in information and advice, but also accessible, easy to follow and entertaining to read, this is a book that parents should ensure finds its way into the hands of every teenager."

**Amazon**

### **Word of the Week**

**Participate:** be involved; take part.

"We **participated** in a nationwide lockdown during the Coronavirus pandemic"

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

Say thanks!

Want to show your appreciation and thank someone for going above and beyond? Email [communitychamps@eccoschool.com](mailto:communitychamps@eccoschool.com)

