18 May 2020

Dear Year 10 students, parents and carers, 

I hope you and your families are well and you enjoyed the lovely weather this weekend. Welcome to week five of online learning, I hope you are now feeling more confident using Teams and GCSEPod. I am still extremely proud of the way you are dealing with online learning and how hard you are working. Our message remains the same and you can only do what you can with the resources and abilities available to you.  

We recommend you spend approximately three hours a day on schoolwork with one hour on each subject. Please try not to worry about your work and remember staff are here to support you. Many of you have contacted me saying you are feeling a bit overwhelmed and unmotivated. I find sticking to a routine really helps with motivation and managing stress. I suggest that you make a timetable that you can stick to with breaks and time for other activities. 

Simple steps to getting it right:

* on Monday morning, log on and write down each subject and the work that has been set for you.
* remember that most of the work can be completed on paper and a photo be submitted.
* if you need to use a device to do a piece of work, do this straight away so that its completed and others can use the device.
* set a timetable, two subjects a day.
* once you have completed the task, submit the work straight away and tick/cross off your list.

Here is an example of a simple timetable you may wish to use. You can of course change the times and the subjects you do each day.

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| --- | --- | --- | --- | --- |
| **Day** | **10:00-11:00** | **11:30-12:30** | **1:30-1:45** | **1:45-2:45** |
| Monday | Making week plan | English | Reading | Option |
| Tuesday | Maths | Option | Exercise | Revision |
| Wednesday | Science | Family time | Tutor time | Revision |
| Thursday | Option | Revision | Exercise | Family time |
| Friday | Catch up time | Catch up time | Tutor time | Work submission |

If you have subject specific questions or need any help with your assignments, please use the Teams chat to ask your teacher. If you have any general school issues, ​are not well or you are having problems with Teams or GCSEPod, please contact us at [info@wsfg.waltham.sch.uk](mailto:info@wsfg.waltham.sch.uk)  We want you to feel supported and we will do whatever we can to help you at this difficult time.

Remember if you are wanting to extend learning but in a less formal way – I suggest that you look at documentaries on BBC iPlayer, All 4, Ted Talks on YouTube, reviewing work that you have already covered​. It's also a great time to be making your revision cards ​and mind maps. But please be assured that we are preparing for your return and we are ready to make sure that you will be fully ready for your GCSE exams in June 2021.

We also have access to Speakers for Schools, please see this week’s schedule below and how to access them.

**WEEK STARTING MONDAY 18th MAY 2020**

|  |  |  |
| --- | --- | --- |
| **DATE** | **SPEAKER** | **INFO** |
| **Mon 18th May 10 a.m.**  [**Add to calendar**](https://www.addevent.com/event/NT4842192) | **Aleida Rios, Group Head of Engineering, BP.** | Why choose Engineering as a career? John, a graduate who works at BP, interviews BP's Group Head of Engineering, Aleida Rios on how she got into Engineering and how students can build a career they enjoy. |
| **Mon 18th May p.m.**  [**Add to calendar**](https://www.addevent.com/event/BD4842202) | **Penguin VTalk Featuring: Malcolm Gladwell, journalist, author, and public speaker** | How to Talk to Strangers  Author of five international bestsellers, Malcolm Gladwell, joins academic and author of Don’t Touch My Hair, Emma Dabiri, to discuss the consequences of miscommunication, how to interview others and the art of storytelling. |
| **Tues 19th May 10 a.m.**  [**Add to calendar**](https://www.addevent.com/event/yW4842207) | **Robert Peston, Political Editor, ITV** | Join Robert Peston, Political Editor, ITV and Founder, Speakers for Schools in his very own Virtual Talk! |
| **Tues 19th May p.m.**  [**Add to calendar**](https://www.addevent.com/event/tR4842212) | **Kathrina Mannion, Director of Environmental Policy, BP** | Kathrina will discuss her career and current role in Environment and Policy. She will also discuss her motivations and career progressions. Kathrina used to be a Senior Advisor for the government so has a really interesting career story. |
| **Wed 20th May 10 a.m.**  [**Add to calendar**](https://www.addevent.com/event/tA4842218) | **Dr. Maria Faraone, Director of the RIBA Studio, Royal Institution of British Architects** | What does an Architect do? Dr Maria Faraone will explore with students more about the career, what it might entail and how students can pursue the career. |
| **Wed 20th May p.m.**  [**Add to calendar**](https://www.addevent.com/event/rC4842221) | **David Dein, Former Chairman of Arsenal and the Football Association** | David's presentation is aimed at 15-18 year olds and features the phenomenal success of the Premier League since its inception. David will also impart inspirational messages about how to be successful. |
| **Thu 21st May p.m.**  [**Add to calendar**](https://www.addevent.com/event/mR4842226) | **Peter Mather, Group Regional Vice President, Europe & Head of Country, UK, BP** | Carbon emissions need to fall fast to meet the Paris climate goals. At the same time, the global population continues to grow – and demand more energy. By 2040, another 2 billion people are expected to be in the world, while energy demand is projected to rise by around a third, equivalent to adding another new China  and EU’s worth of energy demand on top of  what’s required today. How can we tackle this dual challenge? |
| **Fri 22nd May 10 a.m.**  [**Add to calendar**](https://bit.ly/3buUZbE) | **Tom Dore, Head of Education, British E-Sports Association** | Tom's session will talk about the transferable skills that can be gained from playing e-sports, Tom's session will aim to demystify the e-sports sector and let students know about the opportunities that exist. |

**HOW TO JOIN THE VTALKS**

* Join 10 minutes before the VTALK to be ready
* You can join without needing an account – [**Watch how here**](https://vimeo.com/418436143)
* For full speaker descriptions visit the [**VTALK Schedule here**](https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/)

**VTALK LIBRARY & MORE**

* Watch pre-recorded VTalks from our library [here](https://www.speakersforschools.org/inspiration/vtalks/vtalks-video-library/)
* Please see our [**Schools Guide here.**](https://www.speakersforschools.org/wp-content/uploads/2020/04/School-Guide.pdf)

Remember to do something you enjoy every day if you possibly can. You could phone a family member or a friend you haven’t spoken to for a while, go for a walk, go for a bike ride, watch a film, watch an episode of your favourite series, listen to music, play an instrument, play a game with your family, draw, paint, bake, craft, knit, complete a workout or do some yoga. These are activities that will make your day more ‘normal’ and make you feel more positive.

Please remember our Tutor Time on Wednesday and Friday at 1:30 p.m. which gives you the opportunity to catch up with your tutor and stay connected with friends within your form class.

Hope you have a lovely week and stay safe,

Mrs Careless-Pye

Student Progress Leader Year 10