

# Year 9 Student Update



Caludon Castle School Friday 22 May 2020

## Year Team update

Hey Team Year 9! Here we are with another two weeks of lockdown completed. I hope you and your families are all safe and well. I know your tutors have emailed you all and most of you have replied to them. We want to make sure that you know we are all still here for you and can help if there are things you are finding difficult. If you haven't managed to contact your tutor yet, please do so as we need to make sure you are okay.

I have loved following the story of Captain Tom over the last few weeks who, at the grand old age of 100, did an amazing charity walk for the NHS and raised over 32 million pounds. If you haven't seen his incredible effort, check it out; it is truly fantastic! He has certainly inspired me to get out and exercise more! On that note, I hope you too are managing to fit some exercise into your daily routine as it is good for you both physically and mentally, and can really help during this unsettling time.

Your tutors are setting the challenges from the newsletter on Firefly. Please send in your entries to them as the best ones will feature in the next edition. We are also judging which tutor group is the best at entering and I am sure there will be a great prize for the best group when we do return to school. The NHS rainbow entries have been truly amazing. I didn't realise we had so many creative students in year 9. We would also like you to send your 'Shout outs' to your tutor and again the best ones will be published; it's a lovely way to send a message to everyone in the year group and let them know you are thinking of them.

Please look out on Firefly for thank you cards you can send to your teachers. You don't need to download them as you can fill them out and send them to the teacher directly through Firefly. Teachers really do appreciate them!

Until next time, stay safe and keep smiling. Mrs Devine

## The Tutor Group Challenge

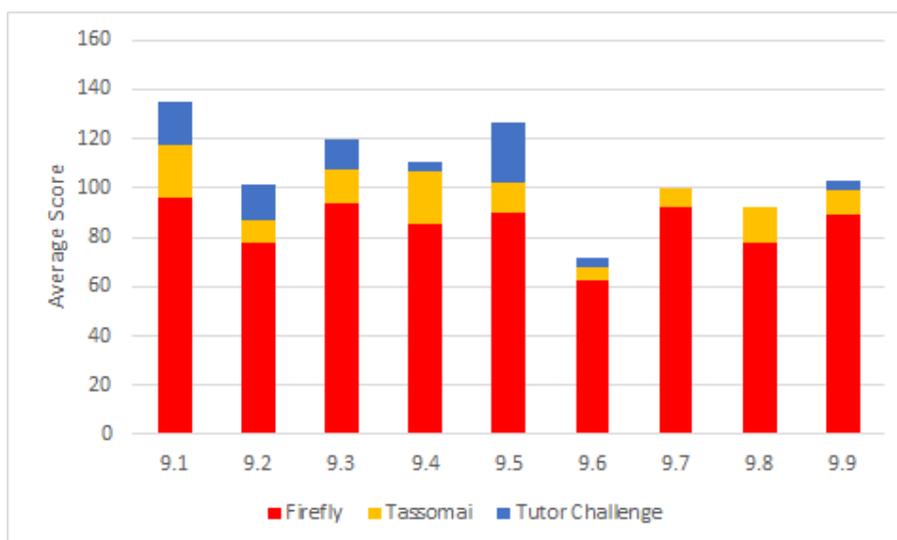
**Best entries for challenge set by Mrs Devine: Send a photo of your best NHS rainbow.**

An excellent set of entries. The best one per tutor group is shown below. Well done to this week's winners – 9.2

<b>9.1</b> <i>Lilly-Mae's Rainbow decorated house dedicated to the NHS.</i>		<b>9.4</b> <i>Ashley's Beautiful person with rainbow hair!</i>		<b>9.7</b> <i>Miss Mallett's Food Rainbow.</i>	
<b>9.2</b> <i>Joshua's Rainbow NHS Lego structure!</i>		<b>9.5</b> <i>Will's Rugby rainbow For the NHS!</i>		<b>9.8</b> <i>Mrs Geddes' street art</i>	
<b>9.3</b> <i>Macie's amazing crochet rainbow!</i>		<b>9.6</b> <i>Radhika's Rainbow in the window for the NHS!</i>		<b>9.9</b> <i>Kacey's rainbow Disney NHS tribute!</i>	

**Challenge for the next update: Take a photo of an act of kindness. Submit entries on Firefly to your tutor.**

## Tutor groups leader board



## Current Affairs

**Mental Health Awareness Week 2020 (18-24 May) is a chance for the UK to focus on mental health.**

This year's theme is kindness, in response to the coronavirus outbreak, which is having a big impact on people's mental health. Some people have mental health conditions like depression or anxiety, which means they have feelings that won't go away and which start to really affect day-to-day life.

The Mental Health Foundation has conducted a new survey into kindness which has found that almost two-thirds of us say that when people are kind to us, it has a positive impact on our mental health. The results also showed that almost two-thirds of people find that being kind to others has a positive impact on their own mental health too; and almost three-quarters of us say it is important that we learn from the coronavirus pandemic to be more kind as a society. 48% of the people surveyed said being kind "to myself" had a positive impact on their mental health. Can you fit one act of kindness for yourself or others into your daily life for the following week?

## Mental Health and Well-Being

Hi Caludon students. This week, why don't you have a go at engaging with **Mental Health Awareness Week**?

Maybe you could carry on the activities into half term. It could be one simple idea or something different every day. The theme is **kindness**, as you now know. Click [here](#) to see why and how kindness is so important for good mental health. Also, you might like to have a go at the 2x2 wellbeing challenges in the boxes above.

Make a playlist of all your favourite songs

Do an extra chore at home without being asked.

Join in the PE with Joe Wicks sessions on YouTube every day at 9am. Alternatively, create your own 30 minute workout to complete each day.

Leave a happy note for someone else that will make them smile.



**Shout outs** If you would like any shout outs in the next update let your tutors/Mrs Duffield know.

Miss Walch - To the Year 9 Tech and Textiles students. Just to say that the work you have handed in is amazing! I hope you all doing ok!

On behalf of everyone in the Year 9 team, a massive congratulations to Miss Mallett who has recently become engaged. We wish her and fiancé much love and happiness.

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