

# Year 8 Student Update



Caludon Castle School

Friday 10 July 2020

## Year Team Update

Hi Year 8,

This is the last official Year 8 newsletter that you will receive before we return in September...Hasn't it all been very strange? I hope you are looking forward to getting back to school. We have certainly missed you all, a school building is never the same without the students, you give it life! Although it is good to be getting back to some kind of normality, there will undoubtedly be some nerves. If you are feeling nervous about the return, reach out and let us know (you can do this via email or Firefly, to us or your tutor), don't suffer in silence, maybe we can help just by answering some simple questions. Remember, it's good to talk!

There is lots to look forward to in the coming academic year. You will be Year 9 students, which in itself is really exciting! Think about what you want from this year, what your targets and goals might be, who could help you to achieve those targets, what support you might need...We may have lost a little time but maybe we can find something precious in that loss, a new direction, a new perspective. I am saying these same things to myself too. See you in September. We can't wait!

Mrs Lomas

## The Tutor Group Challenge

Thank you to everyone who took part in the 'One Truth Two Lies' competition! Most of you were right that **Mrs Bennett** has been in a hot air balloon! Not as many guessed **Mrs Lomas** never had a pet, **Mr Faulkner** was a part of a Guinness world record and **Miss Roberts** performed at Glastonbury.

The trickiest ones were **Mr Wood** who had performed in Bosnia and Belgium, **Mr Ricketts** who has flown a plane and **Mr Frankish** who travelled the world for two years.

The other correct answers were: **Miss Jones** who completed at the European Cheerleading Championships; **Miss McDonagh** is a twin; **Dr Gardiner** shook hands with President Reagan; **Mrs Roberts** climbed Ayres Rock in Australia; **Mr Temple** climbed over a 6 foot fence and ripped his leg open; **Miss Nijjer** has been to Disney World 3 times and **Mr Campbell** met 3 Oscar nominated actors in one day!

Well done to **Ellie in 8.4** who got 9 correct answers! She was closely followed by **Jenna in 8.3**, **Millie in 8.5** and **David in 8.8**.



**The final results are in and the winners of the year 8 Tutor Group competition are 8.9. They were closely followed by 8.5 and 8.1. Prizes will be delivered when we return to school. Well done to everyone who took part.**

## Learning Focus

Tasks for the final weeks of term are a bit different, as you know. This past week you have been completing subject questionnaires and maybe a just a short task or activity. The questionnaire information will inform the teachers' planning for September and will ensure that you get help with the parts you found difficult.

Next week, the final week of term, your teachers will be reminding you of the learning that has been set during the lockdown. If you have not completed any of the tasks outlined, then you should do this before September. If you have already completed everything on the refresher list to a good standard, which most of you have, then please do not do it again!

## Mental Health and Well-Being

It feels strange to be writing the mental health and well-being article for our last newsletter!

I truly hope that some of you have taken some comfort, guidance and advice from this section. It seems more than relevant to use the last one to help you to reflect. **Reflection** is an important skill when we learn about our own mental well-being. What makes us stressed, sad, anxious or angry? These are questions we sometimes forget to ask ourselves (even as adults, people get so bogged down in life they forget to reflect). Take some time this summer to reflect. In September your tutors will work with you on reflection and planning.

Then reflect about things you have achieved. It may not be school related. It may be things you did at home or with friends to help or support someone else. Remember we ALL have talents and skills, every single one of us. What are yours? What has made you feel good, happy or relaxed over this time? Can you do more of that in your day to day life?

Your year leaders, tutors, teachers and all the other staff that help run this school miss you. They miss the noise of young people being young. We have felt lonely at times without you all around because it is a part of our lives. **We are so excited about seeing you all again in September and if you need us you can always contact your tutor or the year team.** We too will be reflecting and using our reflections to try to make things better wherever we can. Stay safe this summer and remember to be kind to yourself and others.

This link leads to some really interesting support ideas from young minds.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

## 2x2 challenge

<b>Write a list of all the skills and things you have learned, including outside of school, over the last few months. How might these things help you in the future?</b>	<b>Write a letter to someone you have really missed over this period of time and post it, even if they live close by. Notice how your letter makes someone else feel.</b>
<b>Remember to make time this week to drink water every day, get some early nights and have time away from your screens.</b>	<b>Do something helpful in the house that someone else always does (make the beds, prepare a meal, put the bins out). Remember helping others is good for your mental health too!</b>

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**Mrs M Marr**



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Respect to all, from all

## Current Affairs

China's government passed a new law on the 1<sup>st</sup> July that gives it more power over Hong Kong but lots of people living there aren't happy with what it will mean for their freedom. Over the last year there have been lots of protests in Hong Kong as the government in China suggested several new laws for the region.

A law that changed how crimes are dealt with, and which sparked many protests, was dropped. However, people feel this new law is even stronger and will end their freedom of speech, as well as stopping them from protesting if they're unhappy with how Hong Kong is being run.

Hong Kong used to be controlled by the UK and this led to life there being very different to the rest of China. The differences mean that many people in Hong Kong don't want the Chinese government getting too involved in how the area is run and their unique laws. Some critics are worried that it could mean life in jail if they break the new law by doing things like protesting.

## Shout outs

Well done Year 8 for all the great learning you have done during the virtual school, we have seen some amazing work. The winner of the Geography rewards competition is **Jesse James in 8.9!** Well done Jesse - you will collect your prize when we return to school!

Thank you for all of the amazing entries to the Royal Geographical Society competition. The winners are **Nadia in 8.7** and **Jenna in 8.3!** Their entries will be submitted to the Royal Geographical Society and will get a prize from the Geography Department when we return to school. Well done!

Mr Wood wants a big shout out for **Can Efe in 8.2** for being part of the summer concert series and putting in a great performance.

Drama were really impressed with the work **Tom in 8.3** produced on homelessness. Well done!

Mrs Bennett, Mrs Lomas and Mr Faulkner want to give a massive shout out to everyone who won a headteacher's award. We are very proud of you.

We want to say a massive thank you and goodbye to two of our fabulous tutors. **Mr Campbell** and **Mr Temple** are both moving on to pastures new. We are sorry to see them go but wish them the very best of luck for their new ventures.

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