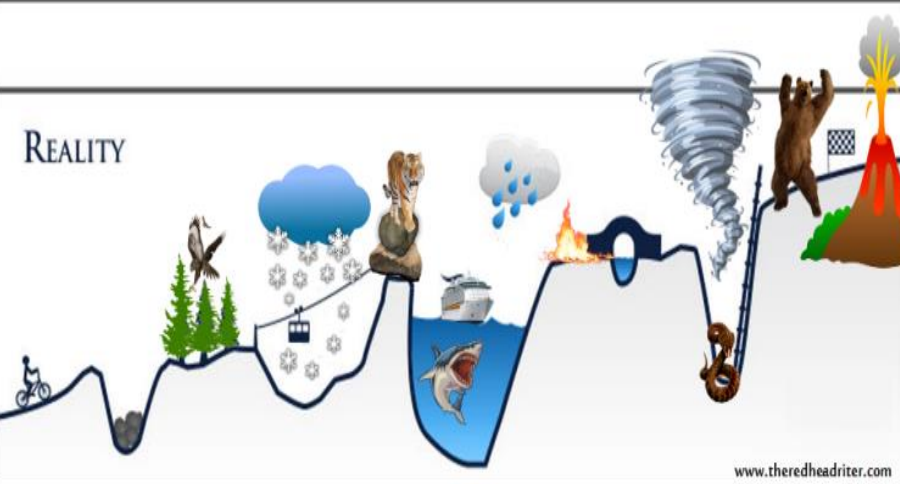


# The Year 8 Team

I hope you are all well in this very strange and challenging time. Your Year 8 plan at Islwyn High School may have resembled the top picture. Right now the reality feels more like the bottom picture (and no that's not me with my arms in the air at the end).

Despite this challenge imposing itself on our reality, I know we will get to that chequered flag and be proud of the way our school, its staff, pupils, parents and community have supported each other during this time. **(Mr Davies)**



## Year 8 Pastoral Team messages

**Miss Poole** "Hope you are all doing well and settling into a routine that contains Google Classroom tasks and things that make you smile! You can sing, dance, exercise, bake, play a board game – be as creative as you want. Stay safe! Stay positive! Stay awesome!"

Hi year 8, I know that I've been away for a while but you've all continued to be in my thoughts and I've missed you all. I hope you're all safe and well during these very strange and difficult times. Keep smiling! **Mrs Bromfield.**

"Well done 8TM for all your hard work on Google Classroom. I hope you're all looking after yourselves, I'm missing you all" **Miss McAllister**

"Keep smiling, keep safe and keep up the great work 8NH!" **Miss Thomas**

"You are all doing amazing in this difficult time, keep it up! Take care of yourselves and those around you, we all miss you and see you soon! Stay safe!" **Miss Miles**

"We hope that you are all safe and well. In the words of Louisa May Alcott 'Don't be afraid of life's challenges', I think they make us all stronger. Hope to see you all soon" – **Miss Edwards/Mrs Hughes**

"I hope you're all safe and well. It's been hard not seeing you all every day. It's been amazing seeing what work you've produced. Your pictures have put a huge smile on my face!" **Miss Cook**

"I hope you are safe and well and are missing me as much as I am missing you. I hope you are keeping up with all your work and finding time to smile and have fun. All the best." **Mrs Llewellyn**

"Hi 8CW, hope you are all well and not missing me too much! I trust you are all keeping busy with your school work set (especially Maths!). Missing you all and hopefully will see you soon." **Mrs Waters**

"Hello 8RW! I hope you are all safe and well. Well done on working on the Google Class set-up. I've enjoyed speaking to some of you in the last few weeks. Take care and keep going!!" **Mr Wareham**

# An idea to help your day
















## #BBCBitesizeDaily

One of the hurdles to our time in 'lock down' has been the loss of structure to our days. BBC Bitesize is a tremendous resource and having a timetable to follow can help you complete work set by your teachers. See the example below but you can draw up your own to suit your week and what works for you.

**Of course don't remember to include your daily exercise in your routine!**

### Top tips for productive work time

- ✓ **Keep to max. of 3 subjects a day & 30-40 mins per session**
- ✓ **Work in a quiet space with little distraction**
- ✓ **Reward yourself eg use social media safely/watch a programme**
- ✓ **Use your family, friends and teachers for help/support**
- ✓ **Take short breaks in between and EXERCISE!**
- ✓ **Eat and drink well and take plenty of rest.**

Monday	Tuesday	Wednesday	Thursday	Friday
Maths 	English 	Chemistry 	Maths 	English 
English 	Biology 	Maths 	English 	Physics 
History 	Geography 	Spanish 	Religious Studies 	Music 

## Science, Technology, Engineering and Maths (S.T.E.M) challenges for staying at home

The link below is useful for allowing some variety within the day. It allows the opportunity to be creative while developing and applying the skills above. You don't need much equipment (most could be in your home/garage).

There are videos that go alongside the tasks. It often becomes a challenge for parents too and something all the family can do together. **There are also 44 downloadable challenges on the site.** You could do a written piece evaluating your work. Maybe get some evidence to show your teachers on Google Class or challenge your friends.

**Copy and paste the link below into your browser and give it a go – good luck!**

<https://www.dyson.co.uk/newsroom/overview/update/top-five-engineering-challenges-to-do-at-home.html>

I couldn't resist including this video link. It was a great source of inspiration to me and never fails to inspire even if sport is not your thing. It reminds us of the importance of setting goals, the sense of achievement when reaching them and having people to support you along your journey. See what you think:

[https://www.youtube.com/watch?v=64A\\_AJjj8M4](https://www.youtube.com/watch?v=64A_AJjj8M4)

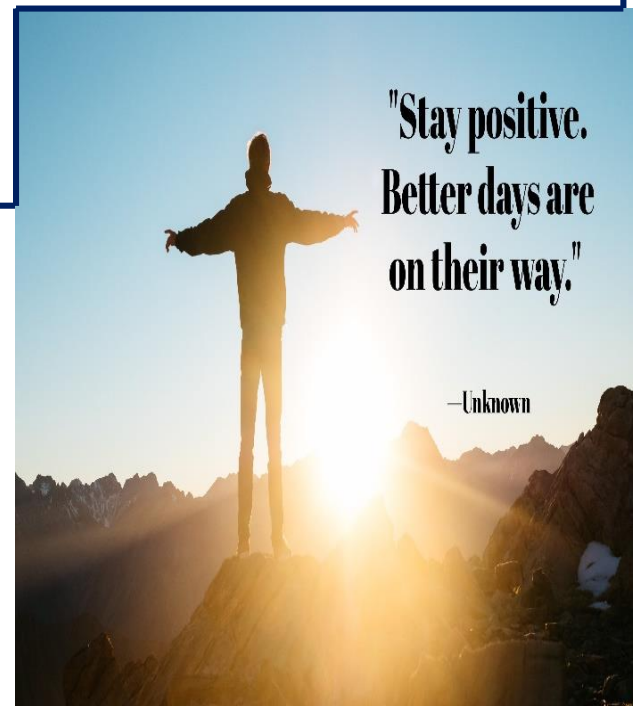


Anything is Possible

I would like to finish by thanking all our Year 8 pupils for how you have kept yourself safe and for how you are engaging with your work and teachers on Google Classroom. The No.1 priority is your well-being. If you don't get through all the work don't worry- get a good balance in your day and be happy!

Thank you to all parents/carers who continue to support the children and school staff.

**TAKE CARE - STAY SAFE - STAY WELL**



Stay Home  
Take Care

The text "Stay Home" is on the top line and "Take Care" is on the bottom line. The letters are in a bold, black, sans-serif font. The word "Stay" has a small light blue flower with a yellow center on the top left of the 'S'. The word "Home" has a small orange flower on the top right of the 'o'. The word "Take" has a small orange flower on the bottom left of the 'a' and a rainbow arching over the 'e'. The word "Care" has a large blue flower with an orange center on the right side of the 'e', and a red heart with two yellow sparkles on the bottom right of the 'a'.



Stay  
Safe

