

## Covid-19 Newsletter

Good afternoon,

As much as I have enjoyed the production and work that these weekly newsletters have included, I will be very happy if this is the 22<sup>nd</sup> and final 'Covid-19 Newsletter'! Lockdowns have been a challenge for many of us, for many different reasons and I think that we are all looking forward to returning to some semblance of 'normality' over the forthcoming weeks and months.

Please check the schedule for return that I have sent out and note the time and day that your child is due to return to school.

Other than that, we will resume with the same times as in the Autumn Term with a 3pm finish for Y7-9 & 3.30 for Y10&11.

Face coverings are an absolute essential, ideally more than one because students will now be wearing them all day long.

Thank you for all of your support over this lockdown and the positive feedback that many of you have given to our staff for their hard work.



# Science Remote learning

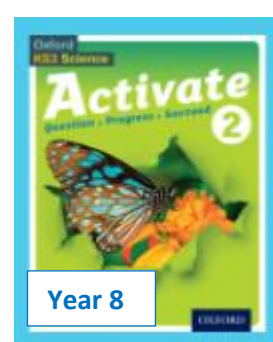
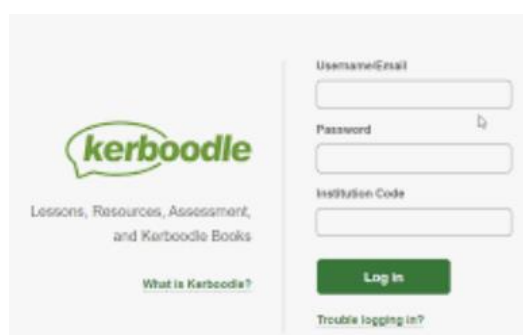
The lockdowns over the course of this year have presented huge challenges for all concerned, however, the resilience demonstrated by both staff and students has enabled us to adapt and surmount these challenges. Staff and students have had to get to grips with using various packages in order to cover the content normally delivered in class.

Our students have been actively participating; consistently showing their commitment and their love for learning. This has been evidenced in their engagement in live lessons and their submission of completed work via MS Teams or Show My Homework.

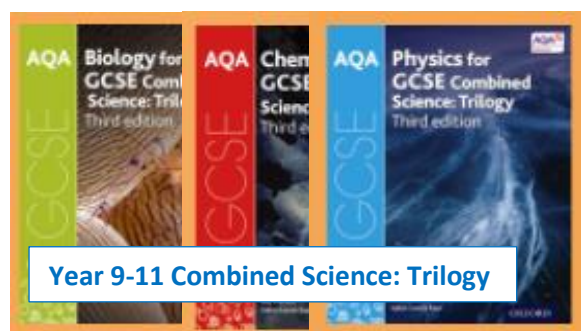
We adopted a 'blended learning' approach, incorporating narrated PowerPoint presentations and live lessons alongside various internet based platforms such as Kerboodle, GCSEpod, BBC bitesize, Oak National Academy and videos available on YouTube.

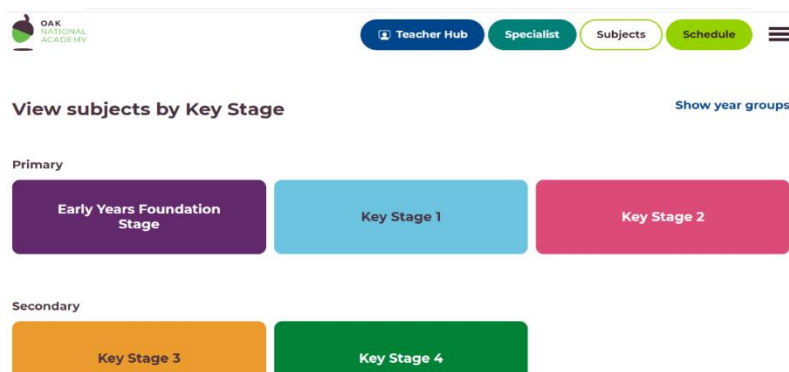
Hopefully, this experience has taught us all to be better 'self-regulated learners,' whereby we better understand what we need to know and how to go about finding it out. Students will be continually guided by teachers to facilitate the development of this important lifelong strategy.

## Outline of the resources available to our students



All students have their own unique login and can access digital versions of the class textbook and other resources, such as lesson presentations and worksheets.





<https://www.thenational.academy>

### Key Stage 4, Combined Science, Options:

There are multiple options for Key Stage 4 Combined Science. Please choose:



### Genes, DNA and Chromosomes



Jeremiah Year 11

Oak National Academy is a 'virtual school'. It was initiated in response to the lockdown and has developed massively over the course of the year. This resource is not only particularly good for Science but all subjects.

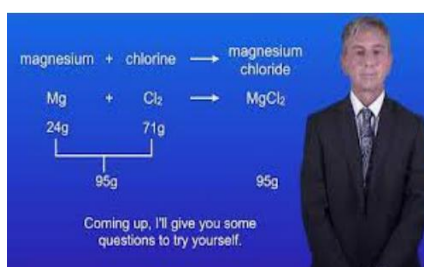
Videos of lessons taught by subject specialists, PowerPoints of questions and self-marking quizzes providing instant feedback are all provided.

This resource (along with others) will empower students to become 'self-regulated' independent learners.



Other useful resources :-

- <https://www.bbc.co.uk/bitesize>
- <https://www.gcsepod.com>
- Free Science Lessons on YouTube





# Some examples of excellent work submitted by our students:-

**ELEMENTS**  
 THERE ARE 118 ELEMENTS  
 ELEMENTS ARE LISTED ON THE PERIODIC TABLE  
 PURE ELEMENT CONTAINS JUST ONE SUBSTANCE  
 ELEMENT "SYMBOL" IS A ONE OR TWO LETTER ABBREVIATION FOR A CHEMICAL ELEMENT NAME  
 ELEMENT CAN NOT BE BROKEN DOWN INTO SOMETHING ELSE  
 EXAMPLES:  
 OXYGEN (O) - MAKES UP AIR  
 IRON (Fe) - TO MAKE STEEL  
 CALCIUM (Ca) - NEEDED TO BUILD THE SKELETON OF BONES  
 PLATINUM (Pt) - TO MAKE JEWELLERY

**ATOMS**  
 THE SMALLEST PARTICLE OF AN ELEMENT IS ATOM  
 YES, PARTICLES HAVE THE SAME PROPERTIES AS THE ELEMENT  
 YES, PARTICLES OF ALL ATOMS ARE MADE OF THE SAME BASIC PARTICLES - PROTONS, NEUTRONS AND ELECTRONS, BUT ARE DIFFERENT BECAUSE THEY HAVE DIFFERENT NUMBERS OF PROTONS AND NEUTRONS

**COMPOUNDS**  
 A COMPOUND IS A SUBSTANCE MADE UP OF ATOMS OF TWO OR MORE ELEMENTS  
 WATER -  $H_2O$  SALT -  $NaCl$   
 CARBON DIOXIDE -  $CO_2$

**FORMULAS**  
 NaOH Magnesium chloride  
 $MgCl_2$   
 IN CHEMICAL PERIODIC TABLE  
 IF TABLE IS A SUBSTANCE NUMBER THREE MORE THAN 1 AND IF THERE ISN'T A SUBSCRIPT NUMBER IS ONLY ONE  
 YES BECAUSE IF THERE IS ONE CHARGE ATOM IT IS ALWAYS POSITIVE AND IF THERE ARE TWO CHARGE ATOMS IT IS ALWAYS POSITIVE

$FeO$  - IRON OXIDE  
 $H_2O$  - WATER

**Max Year 7**

**Atomic ions**

**Lithium**  
 Relative atomic mass - 7  
 Atomic number - 3  
 P-3  
 E-3 (2, 1)  
 N-4

**Ion charge = +1**

**Magnesium**  
 Relative atomic mass - 24  
 Atomic number - 12  
 P-12  
 E-12 (2, 8, 2)  
 N-12

**Ion charge = +2**

**Daniel Year 9**

**Energy stores and Energy systems part 1 - Answer IT**

1. What sort of energy store do the following examples have?

2. Write down the correct answer to complete the statement.  
 Energy can not...  
 be transferred from one source to another.  
 be created or destroyed.  
 travel along a pathway to another store.

3. A basketball player throws the ball into the hoop. Describe the energy store change which has taken place.  
 Kinetic

**Jessica Year 9**

**Plant and diseases**  
 and diseases, part 2

**Recap**  
 Plants have physical - waxy surface, cellulose, stomata, chemical - protein, and antibodies, chemical - mechanical - chlorophyll, waxy, immunity, thorns/spines, defense.

Plants use nitrate ions as a supply of nitrogen, they are used to make amino acids and protein for healthy growth.

Plants use magnesium ions to make chlorophyll in chloroplasts, which absorb light and have a green pigment.

**Ion deficiencies**  
 Deficiencies diseases - caused by a lack of vitamins or mineral ions.

**Magnesium deficiencies**  
 \* yellow leaves, stunted growth  
 used to make chlorophyll - chlorophyll contains a green pigment which provides it with colour, not enough magnesium - not enough chlorophyll - no green leaves.

**Nitrate deficiencies**  
 \* pale green leaves, stunted growth  
 used to make amino acids and protein.

**Ester Year 10**

**CANCER**  
 DIABETES  
 CHRONIC LUNG DISEASES  
 HEART DISEASE AND STROKE  
 OTHER NCDs

**PHYSICAL INACTIVITY**  
**ALCOHOL ABUSE**  
**TOBACCO**  
**UNHEALTHY DIET**

These are examples of what non-communicable diseases are. And how they're caused.

So remember:  
 - The more you eat, the more you get.  
 - They are not passed from person to person.  
 - They are of long duration and generally slow progression.

**Babar Year 10**

**6.12.8 How stress works**

Stress is a response to a stimulus. It is a state of mind. It is a feeling. It is a reaction. It is a response. It is a state of mind. It is a feeling. It is a reaction. It is a response.

**6.12.9 Inherited diseases**

Phenotype is a genetic trait. It is a trait that is passed from parent to offspring. It is a trait that is passed from parent to offspring. It is a trait that is passed from parent to offspring.

**Faheem Year 11**

**Pressure in a liquid at rest**

Pressure is the force acting on a unit area. It is the force acting on a unit area. It is the force acting on a unit area.

**Pressure in a liquid at rest**

Pressure increases with depth. Pressure increases with depth. Pressure increases with depth.

**Humyal Year 11**

**AQA GCSE PHYSICS**  
 Higher Tier Paper 3H  
 83/100  
 H

**Specimen 2018**  
 Time allowed: 1 hour 45 minutes

**Materials**  
 For this paper you must have:  
 - a ruler  
 - a calculator  
 - the Physics Equation Sheet (provided)

**Instructions**  
 - Answer all questions in the spaces provided.  
 - Use all rough work in this book. Cross through any work you do not want to be marked.

**Information**  
 - There are 100 marks available on this paper.  
 - The marks for questions are shown in brackets.  
 - You are expected to use a calculator where appropriate.  
 - You are expected to use good English and show presentation in your answers.  
 - When answering questions 02, 12 and 13.4 you need to make sure that your answer is clear, logical, sensible and justified.  
 - Fully marks the requirements of the question.  
 - Show that each separate point or step supports the overall answer.

**Advice**  
 - In all calculations, show clearly how you work out your answer.

**Faheem Year 11**

# Managing children's fears around returning to school after coronavirus 'lockdown'

## How can I tell if my child is anxious about returning to school?

### Did your child have anxiety before the school closure?

There are some young people who will feel very anxious when school starts. These tend to be young people who experienced signs of anxiety prior to the coronavirus outbreak.

For these young people, they might seem fine at the minute. This is likely because they are in their family home environment where they are not exposed to the things that used to cause them anxiety. Unfortunately, when a young person is not exposed to or avoids situations like this, their anxiety can grow and it can feel a lot worse when they are exposed once again.

To help your child, consider contacting the school and asking for help.

### Did your child not show any signs of anxiety prior to the coronavirus outbreak or lockdown?

If you do not think your child had any anxiety about school before, but may be experiencing it now, look for signs such as irritability if you mention school, avoidance of school work, avoidance of contacting their friends or physical symptoms of anxiety such as their heart racing or feeling sick when you mention school.

For these young people, access support either via the GP or through school.

## How to talk to a young person about their returning to school worries

It can sometimes be difficult to speak to a young person about whether or not they are worried. Often, they will avoid talking about their anxieties, but if you can get them to speak to you, this is a really positive step.

Pick an appropriate time to talk to them about it. If they are in an emotional or upset state, it is probably not the best time. Often, a walk or a car journey can be good if your child is calm and is in a space where there are not too many distractions.

Explain to them that any worry they have is important. No worries are silly. If they have a worry, let them know that you want to be able to try and help.

Many young people experience high levels of anxiety, which cause them to struggle to get into school or stay in contact their friends, but it is possible for them to overcome this. So please do access support via your GP, the school or via a specialist service if it is needed.





At LHEA we know that reading empowers our young people to be more confident and successful in all areas of their lives: This week, the importance of reading can be summed up in the words of the World Book Day team:

‘Reading for pleasure is the single biggest indicator of a child’s future success – more than their family circumstances, their parent’s educational background or their income.’

Here are some of the reading opportunities that we have provided for our students this week. We hope you will encourage them to read every day and maybe read, enjoy and discuss with them too.

## Happy World Book Day!

### FirstNews EDUCATION

This week’s student newspaper’s front page is all about the Prime Minister’s plan for coming out of lockdown.

As well as all the global news, this week takes us out of this world with a report on the landing on Mars. There is also a 2-page spread linking to World Book Day (see below) Of course, there are all the usual animal stories, from pancake tortoises to toads on the roads, but the rarest has to be the yellow penguin! If any students haven’t joined the hundreds at LHEA reading first News every week for free, sign up now!

- 1) Download the First News app onto your device (search for First News in your browser)
- 2) Open, click on one of the papers and click on log-in
- 3) Link to the school’s account using the ID: WAUR7718



### The Weekend Read

Every Saturday morning we choose an article from a newspaper and the link is sent to years 10 and 11 on Show my Homework.

Last week’s article was an argument from The Guardian written by a human rights charity founder who believes that young women who went to join Isis should be allowed to explain themselves in court. You can read the article here:  
<https://www.theguardian.com/commentisfree/2021/feb/26/shamima-begum-trafficking-uk-citizenship-rights>



#### Student comment:

I am unsure about whether I think she should be given more chances etc. Half of me thinks she deserves to be heard but the other half thinks she has been wasting a lot of people’s time.

### This week’s LHEA choice:

With so many opportunities available during World Book Day, we’ve been spoilt for choice, so here are two fantastic websites to fill your reading time with this week:

#### Oak National Academy Library **Good Thieves** by Katherine Rundell

Read it online or Listen to the writer read it herself at:

<https://www.thenational.academy/library/steal-a-moment-with-katherine-rundell>



Share the dedicated World Book Day Family Hub together. Here you can find audiobooks, the official World Book Day song by Mc Grammar, win National Book Tokens and lots more!



# Lynch Hill Library during Lockdown

## Harry Potter Book Night Competition Update



## “Unsolved” Young Writers Competition Update

Well done to all who took part in this competition and congratulations to the following students whose SAGAS have been shortlisted. Gold, Silver and Bronze gift hampers will be awarded to the Top 3 Young Writers amongst these shortlisted entries!



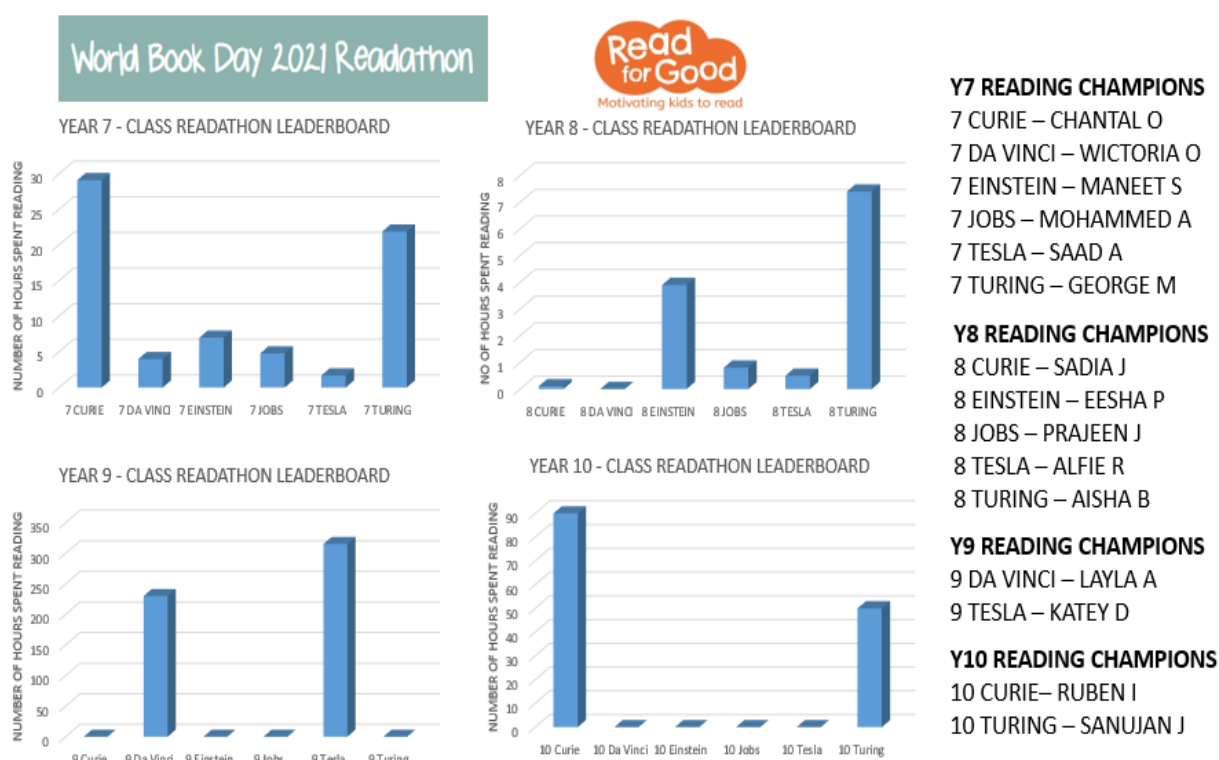
**SHORT LISTED ENTRIES**

<b>Y7</b>	<b>Y8</b>	<b>Y9 &amp; Y10</b>
Aidan H	Alfie R	Layla A
Elieza S	Diana F	Morgan C
Havishh S	Eesha P	
Isaiah H	Jade T	
J Pater	Zofia P	
Mohammed Z K		
Mu'Awiyah Y		
Rafah A		
Rayyan A		
Shayimaa Y-H		
Wictoria O		
Faiza R		



## Readathon Challenge Summary This Week – “The Race Is On”

Please encourage your children to read at least 20 mins each day. Reading increases vocabulary, stimulates brain and helps to lower stress. Well-done to our star readers!





## E-Magazines, E-Comics and Online Newspapers

Parents may wish to download E-Magazines or E-Comics FREE of charge using RB Digital App from Slough Libraries. There are a range of topics from cookery to crafts, and from technology to travel. You can borrow high quality comics and graphic novels published by IDW and Marvel. Please follow this link for further information: <https://www.slough.gov.uk/libraries/emagazines-ecomics-and-online-newspapers?documentId=322&categoryId=20173>

Please ensure you have your Slough Library Membership Number to help you Register and Borrow Digital Books and Comics.

Let's Read Together – another chance to join the reading group for families inspired by Black History Month! There will be talking about Black authors, Black history, culture and more with Slough Caribbean Forum. To Book visit: <https://www.slough.gov.uk/events/event/10/let-s-read-together-book-group-for-families>

