



Rally
Your
Excitement

Newsletter by Rye College Student Leaders

11th January 2021

studentleadershipteam@ryecollege.co.uk



Improving
children's mental
health



The Student Leadership team will be keeping in regular contact, to offer support and guidance throughout lockdown.

If you have any good news stories to share, this is the place. We would love to hear about community projects you are engaged in and we will be making recommendations on what to do if you want to get involved.

The student leadership team will be scheduling a weekly online discussion for issues or concerns and are here to help you.

We would also love your feedback on how your home learning is going and any tips and advice on what has been working well.

To contact us or book an appointment to speak to the team please email :

studentleadershipteam@ryecollege.co.uk

Mental Health Support

Whatever you might feel about lockdown, it's important to focus on mental wellbeing. It's easy to feel overwhelmed by small obstacles that have become exaggerated by present restrictions. When coronavirus means you can't meet people, it's still important to connect to people on the internet or by phone, especially if you're feeling down. Another tip is to keep up hobbies, occupying your mind with activities can stop our minds from worrying. Try to avoid absorbing yourself in the news, take breaks and (safely) get some fresh air. Something else to try is mindfulness and meditation, focusing on the present moment and the things around you.

Guide to mindfulness: Mindfulness - NHS (www.nhs.uk)

More information: Managing feelings about changes to lockdown | Mind, the mental health charity - help for mental health problems What we've learnt about our mental health in lockdown (youngminds.org.uk)

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ACTIVE AND CREATIVE

The student leadership are offering prizes to the students who obtain the most Classcharts points over lockdown. These can be gained by sending in videos or pictures of you doing a sport, playing a musical instrument, reading a book, creating a model, carrying out a science experiment, making a cake or helping at home.

The more creative, the more Classcharts points available.

The best will be shared each week.

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Inga Springell



- Inga is Our New Place2Be Manager
- If you need a place to let off steam, talk about a problem that makes you sad, angry, frightened or anxious why not visit place to talk?
- To chat to Inga email place2be@ryecollege.co.uk with your mobile number and Inga will arrange an appointment to speak with you. Please note, Inga's number will not show on the display when she rings



1. What type of an animal is an axolotl?
2. In Rome, what animal is protect by law?
3. What is a collection of ladybirds called?
4. Which animal has the largest brain?
5. What is the fastest air animal in the world?
6. Which mammal lives the longest?
7. Which primates name contains another animal in its name?
8. What gives a flamingo its distinctive pink/orange colour?

Answers in next weeks newsletter

COMPETITION TIME

Which teacher used to work in a 14th century pub, that people say is haunted?

Which two teachers used to be teacher and pupil?

Send your answers to
studentleadershipteam@ryecollege.co.uk

FREE ONLINE RESOURCES

Doing work at home is really hard, and it is something we have all felt, including staff, but there is something everyone can do to ease our return to school and keep our mental state well, and that is reading.

While it may sound cliché, reading truly is a way to escape without leaving your home, and also keeping your mind healthy. I'm aware that there may be a stigma around school surrounding reading, which results in people neglecting the importance of reading because they cannot read as well as their friends or it is not considered cool, but to all those people who don't enjoy reading, I implore you to use this time to your advantage, make the effort to change how far you can go in English and other subjects.

When you return to school you may still choose not to read in the class room, but at least you will know that you can, and by the end of it, you may have found a wonderful new hobby. If you can, a real book from your home that maybe your parents own, would be perfect, but for those who need newer books or can't get to the physical library, a library app called libby, is downloadable, all you need is a library card, which is available online.

Many thanks The Student Leadership Team

[The Libby App by OverDrive: Free ebooks & audiobooks from the library](#)

All you need is a library card, which you can get online :
<https://eastsussex.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/JOIN>



The Body Coach TV

Monday, Wednesday and Friday at 9am starting next week - Monday 11th Jan. Please tag your friends and family and share this as much as possible. We all need this for our mental health more than ever and exercising can help 🧘❤️

<https://www.youtube.com/c/TheBodyCoachTV/community>

BITESIZE

School shut? We've got you! Try our lessons full of videos, quizzes and practice activities to help you with home learning.

<https://www.bbc.co.uk/bitesize>

BBC

Secondary students will be able to watch two hours of programmes supporting the curriculum on BBC Two every weekday. These will be complemented by drama adaptations, as well as relevant BBC science, history and factual programmes.

Bitesize Daily Primary and Secondary will also air every day on BBC Red Button, and episodes will be available on demand on BBC iPlayer

<https://bam.files.bbc.co.uk/bam/live/content/zx9bf82/pdf>

We look forward
to hearing from
you

The Student
Leadership team

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HM Government

NHS

CORONAVIRUS TIER 4

STAY AT HOME

- Only leave home for food, medical reasons, exercise or work
- Work from home if you can
- Do not travel unless necessary
- Essential shops will remain open

Find the latest guidance and exemptions at gov.uk/coronavirus