





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](mailto:studentleadershipteam@ryecollege.co.uk)

# GETTING TO KNOW YOUR LEADERSHIP TEAM

This week : Seb

This is a photo of me training for England's horse riding team. After lock down I am due to compete against the best horse riders in England. If I win I will represent England against other European countries.

My advice is to work hard every day. I train every day towards my goal. It is hard and I have to stay focused, but now I am one of the best in Europe for my age.

If you try hard enough and put in enough dedication. You can achieve more than you once thought possible.

Set a goal and keep trying.

To share your achievements or brag for a friend please email [studentleadershipteam@ryecollege.co.uk](mailto: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](http://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](http://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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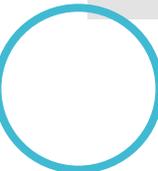


Improving  
children's mental  
health

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](mailto: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?

# COMPETITION TIME

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

Which two teachers used to be teacher and pupil?

Send your answers to  
[studentleadershipteam@ryecollege.co.uk](mailto:studentleadershipteam@ryecollege.co.uk)

Answers in next weeks  
newsletter

# THE CHALLENGE : BEAT THE TEACHER

Miss Lesniwsky has set  
this weeks challenge,  
Can you beat  
44 sit ups in one minute?

44

[https://ryecollegecouk-my.sharepoint.com/:v:/g/personal/nleszniwskyj\\_ryecollege\\_co\\_uk/EcPdiAkgIRpNqCXrDCWUBPoBf\\_pcEpSKITX8nJRv9reb4A?e=FSHdaV](https://ryecollegecouk-my.sharepoint.com/:v:/g/personal/nleszniwskyj_ryecollege_co_uk/EcPdiAkgIRpNqCXrDCWUBPoBf_pcEpSKITX8nJRv9reb4A?e=FSHdaV)

# EASY TO MAKE YOGHURT SLICES



HALF A POT OF YOGURT  
A HANDFUL OF BLUEBERRIES  
A HANDFUL OF RASPBERRIES  
A TEASPOON OF HONEY  
A TABLESPOON OF OATS  
A LEMON  
A HANDFUL OF FLAKED ALMONDS

1: PUT THE YOGURT INTO A MEDIUM SIZE BOWL.

2: CUT THE LEMON IN HALF AND SQUEEZE BOTH INTO THE YOGURT. AND REMOVE ANY STRAY LEMON SEEDS.

3: THEN ADD THE HONEY AND STIR WELL.

4: PUT THE MIXTURE ONTO A TRAY LINED WITH A BAKING SHEET.

5: SPRINKLE THE OTHER INGREDIENTS ONTO THE YOGURT MIX

6: PUT IN THE FREEZER OVERNIGHT

7: AND SIMPLY BREAK OR CUT INTO SLICES TO EAT!

# 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>



# Unleashing Learning in You Webinars For Students



Monday's 2:30pm (30 mins)  
25 Jan  
Brain Science of Meh: How To Stop Wasting Time  
1 Feb  
Learn As You Go: How To Build Memory Every day  
8 Feb  
Learning #NeuroNinja: Self-Directed Study

## Support for KS4

For students facing exams and assessments in the next few months and years we're running a series of day-time webinars to help you get more out of your study and also to deal with procrastination, which a lot of you have told us is a huge issue. If any of you want to sign up to our live webinars running over the next 3 weeks, [click here.](#) The webinars take place at 2:30pm and will also be recorded so you can access them later, your sign up information will be deleted once the webinars have taken place.

- <https://drive.google.com/file/d/1b5-3DHxMSPNC6kAP3u6Zx0gJiIPC4eyM/view?usp=sharing>

Support	Date and Time	Detail
Brain Science of Meh: How Can I Stop Wasting Time?	Live webinar 2:30pm Monday 25 January, 30 mins duration This will be recorded and sent to parents afterwards	A webinar for students of all ages on how to stop wasting time and be more productive every day
Learn As You Go: How To Build Memory Every day	Live webinar 2:30pm Monday 1 February, 30 mins duration This will be recorded and sent to parents afterwards	A webinar for students of all ages on how to remember more of every day's learning
Learning #NeuroNinja: Self-Directed Study	Live webinar 2:30pm Monday 8 February, 30 mins duration This will be recorded and sent to parents afterwards	A webinar for students of all ages on how to design and manage a deliberate self-directed study slot every day
Recorded Assembly: How To Have A Good Day Every Day?	On demand	An assembly that looks at how to manage every day in a way that support learning and well-being
Recorded Assembly: Daily Memory Building Strategies	On demand	How to use every learning day to support your memory building strategies
Recorded Assembly: What To Do When I Am Stuck In My Learning?	On demand	How to get unstuck in your learning and tackle barriers to learning
Y11: Unleashing Learning In Lockdown Assembly	TBC	How to unleash your learning and build for the future during lockdown

# Virtual Work Experience

Whilst you are completing school work at home there are also numerous opportunities available for you to gain some work experience. The first company is called Speakers for Schools. If you follow the link you can sign up to their information and find out more.

We are well positioned to support you more than ever, by delivering an even wider range of 'Gatsby Good' virtual work experience placements and insight days from our network of over 300 leading employers.

It is our ambition that by the end of the academic year we will have grown this network to over 1,000 employers to deliver virtual and in-person work experience and insight day placements to support over 62,000 learners.

Furthermore, the past 12 months have seen our move from in-person talks to 'broadcast talks' (to young people in their homes) and 'virtual talks' (to young people in school/college).

Share our opportunities and to approve work experience and insight day applications in your [Experience portal](#) for all learners whose applications are currently in progress.

This way we can ensure you receive access to some of the UK's most amazing employers throughout this lockdown and beyond.

[Approve VWEX applications here](#)



# CAREERS IN THE NHS + VIRTUAL WORK EXPERIENCE

## NHS competition

The NHS are running a competition for KS3 - follow the link if you are interested. <https://www.stepintothenhs.nhs.uk/schools>

## NHS Virtual Work experience - KS4

Follow the links for more information

- Medicine Virtual Work Experience <https://www.springpod.co.uk/medicine-virtual-work-experience-sussex/>
- Nursing Virtual Work Experience <https://www.springpod.co.uk/nursing-virtual-work-experience-sussex/>
- Allied Health Professions Virtual Work Experience <https://www.springpod.co.uk/ahp-virtual-work-experience-sussex/>

The virtual work experience programmes will take place in February. Students in years 10, 11, 12 or 13 who live in Sussex and have predicted or actual GCSE grade 6 in Maths, English and Science are welcome to apply for the Allied Health Professions or Nursing virtual work experience programme. Students in Year 11 or 12 who live in Sussex and have predicted or actual GCSE grade 6 in Maths, English and Science are welcome to apply for the Medicine Work Experience Programme.

The dates for the programmes are below:

- The Medicine virtual work experience programme will begin on 8th February and finish on the 19th of February
- The Nursing and Allied Health Professions virtual work experience programme will begin on the 15th February and finish on the 26th of February.

If you live in Surrey, Essex or Kent and Medway alternative programmes are available here: <https://www.springpod.co.uk/virtual-work-experience-programmes/>

There is around 10 hours of activity within each programme which you can fit around other obligations that you have. There are live webinars but once they have taken place a recording will be available to watch

## 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>

# REMOTE STUDY

## Students Expectations of students

- \* Students should enter the lesson on time.
- \* Students cameras must be off at all times and microphones are to be on mute throughout the lesson, unless otherwise requested by the Teacher.
- \* Verbal interaction should only take place between the teacher and the student.
- \* Any interactions, including using the chat function, must be respectful and polite. Private information must not be shared.
- \* The hands up function should only be used to ask a question or answer a question, or if the teacher asks for it to be used.
- \* Work should be submitted via TEAMS

If you see/hear something during a live lesson you are not happy with or are experiencing technical issues please email [office@ryecollege.co.uk](mailto:office@ryecollege.co.uk).

We look forward  
to hearing from  
you

The Student  
Leadership team

[studentleadershipteam@ryecollege.co.uk](mailto:studentleadershipteam@ryecollege.co.uk)



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](https://gov.uk/coronavirus)