



Rally
Your
Excitement

Newsletter by Rye College Student Leaders

1st February 2021

studentleadershipteam@ryecollege.co.uk



Improving
children's mental
health



The Student Leadership team are keeping in regular contact, to offer support and guidance throughout lockdown. A new newsletter will be released every fortnight.

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.

Please email us to say hello.

studentleadershipteam@ryecollege.co.uk

GETTING TO KNOW YOUR LEADERSHIP TEAM

This week : Cougar

This is a photo of me doing karate. When lockdown is over, I am due to go for my black belt and compete in many karate tournaments around the world.

My advice is to work hard towards your goal, if you don't put the effort in then you won't reach your goal. Same goes with school work.

If you want to be successful with your school work, you have to make an effort, even if you don't like what you are doing.

Never give up!

To share your achievements or brag for a friend please email studentleadershipteam@ryecollege.co.uk



Inspirational People

The Inspiring story of Amanda Gorman

At the recent inauguration of President Biden, onlookers were amazed by the powerful words from a 22-year-old poet and activist, Amanda Gorman. Her poem, 'The Hill we climb' touched many and drew attention to the poet. Gorman was the first person to become the National youth poet laureate and she later became the poet laureate she has been writing for long time and her new books, though coming out later this year, are already bestsellers. She also recently revealed her ambition to one day become President of the United States, a dream that she has had since she was 11. The poet's fame has previously also inspired the launching of the nationwide poetry contest called 'I matter' to give young people a voice about racism and other modern-day issues.

Quote from her poem - "The new dawn blooms as we free it. For there is always light, if only we're brave enough to see it. If only we're brave enough to be it."

Her Performance - *Amanda Gorman's Biden Inauguration Poem*

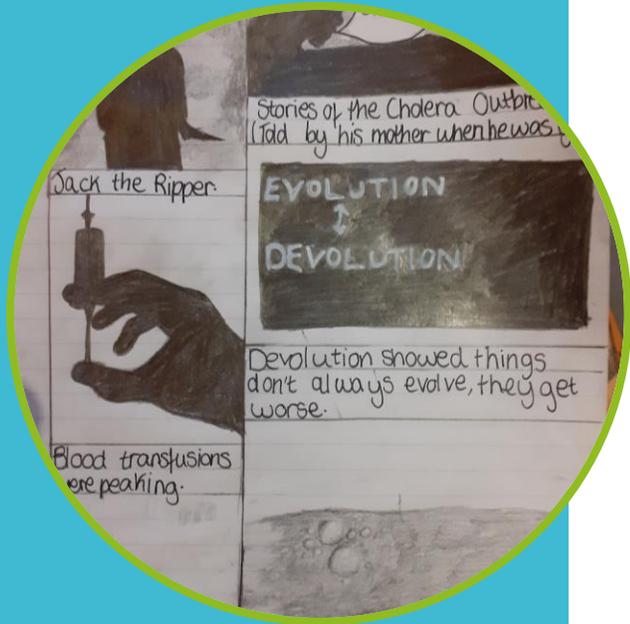
[Amanda Gorman's Biden Inauguration Poem | WSJ - YouTube](#)

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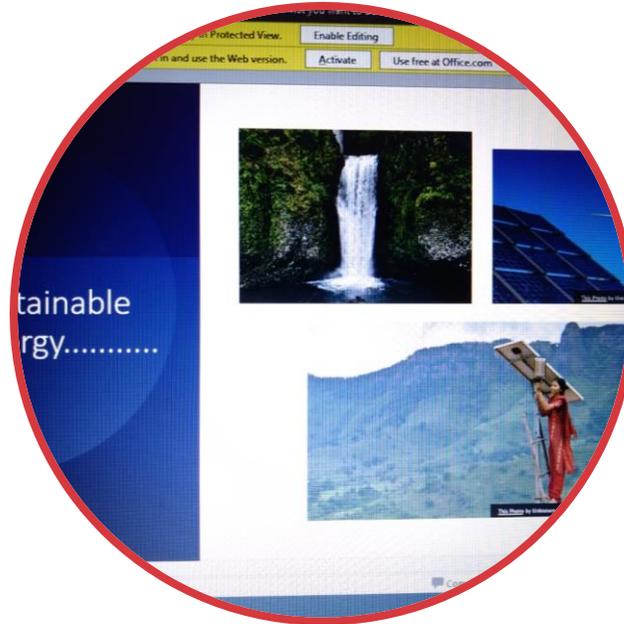


CELEBRATING SUCCESS

- THE STUDENT LEADERS WANT TO CONGRATULATE THE FOLLOWING STUDENTS FOR THEIR HARD WORK AND DEDICATION TO LEARNING, WELL DONE,
- YOUR WORK HAS BEEN PUT FORWARD BY YOUR TEACHERS AND SELECTED AND CELEBRATED BY YOUR STUDENT LEADERSHIP.

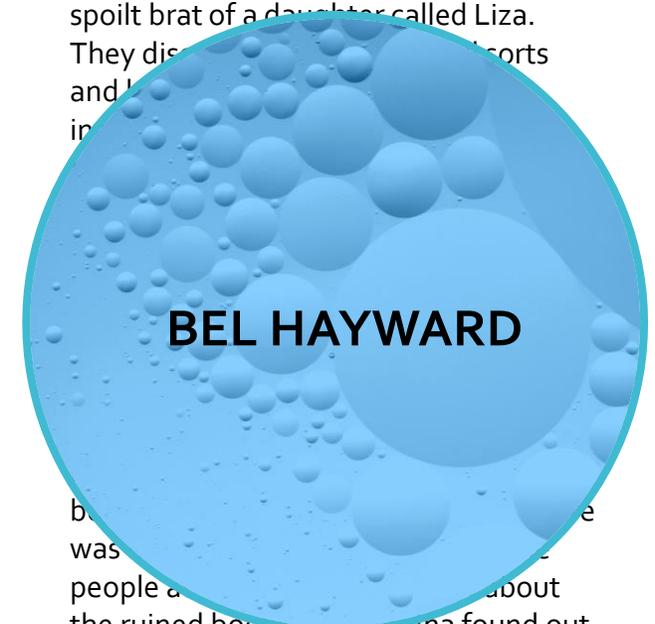


MOLLY SHEPPARD WARD



RILEY KING

In the middle of the small town of Boston there was a beautiful library. It was the towns people's pride and joy and it was run by a kind-hearted old woman called Edna. Lots of people took books out of Edna's library and enjoyed reading them before they had to be returned. Scribed intricately by Edna's own hand each book was an individual. Everybody in the town loved Edna's books, everybody except the Pearsons. The Pearsons were rich lawyers and had a spoilt brat of a daughter called Liza. They dis...



BEL HAYWARD

... about the ruined books. When Edna found out about the books she was very upset and was in floods of tears. Worst of all the library was now down one hundred of its best books including the Harry Potters, A Short History of Nearly Everything and A Good Girls Guide to Murder.

BOOK CLUB

Book Club!

Easy Read-

The island of the blue dolphins by Scott O'Dell

This is a wonderful book about a young native girl, and her fight for survival on a desolate and lonely island when her people leave her behind. To survive without her family and tribesman, twelve-year-old Karana must learn to hunt, make friends with the wolves and build a new future for herself.

- This book won the Newbery Medal for children's literature, and is a wonderful read for people of all ages.

• Medium Read-

- Murder most unladylike by Robin Stevens

- This thrilling read is wonderful for all ages. Two girls try to solve the mystery of their science teacher, Miss Bell, but if they keep digging, they might not like what they find.

- It is exciting and nerve-wracking and a wonderful murder mystery

• Challenge Read-

- The letter for the king by Tonke Dragt

- The letter for the king is a fantasy set in the wonderful Great mountains, and follows the story of the young squire, who is tasked with delivering a very important message on the night of his Knighting! With the black knight with the white shield dead, Tiuri must make the journey to the Kingdom of Unauwen and deliver the message himself, and brave the perils of the Great mountains.

• Classics-

- Crime and Punishment by Fyodor Dostoyevsky

- This Russian detective novel is a study in criminal psychopathology and a very interesting read. The book follows the protagonist Raskolnikov, as he kills a woman and her sister in cold blood, then struggles to deal with the mental consequences.



Students school staff and parents & carers are also allowed to take part

For more information please contact Miss Lesziwskyj

Last Lockdown Rye College surpassed all expectations. Lets work together to excel again

Sussex School Games Virtual Winter Championship

Over the next few weeks, we will be competing as a school (at county level!) against other schools in the region in a 'Virtual School Games'!

· Each week, there'll be a prize for showing different attributes. This week is 'legacy' and students are asked to 'Share training pictures and videos to do with the Winter Olympics on Facebook, Twitter or Instagram with the hashtag #SussexSchGames' if you wish. 1. Please follow this link to access the 4 tasks for this week

<https://www.activesussex.org/virtual/>

2. Scroll down to 'Challenges' and click on each of the challenge to watch a video and read a description on what you are expected to do- they shouldn't take too long!

3. Complete every challenge and find your best score! Make sure you have water, a pen and paper and a timer!

4. Scroll back up to the top and click on the big blue button saying 'submit your score' and complete the form! (Create an account if you don't have one, it will take less than 2 minutes)

You **MUST** submit your scores yourselves each week for them to count!



THE CHALLENGE : BEAT THE TEACHER

So far holding the staff record is Mr Downes who walked 22,475 steps in one day.

Can you beat his record so far?

Email your entry to -
studentleadershipteam@ryecollege.co.uk

22,475

What was the name of the dog sent into space?

What two countries were involved in the space race?

Earth is located in which galaxy?

In what year was the first space station launched into space?

How old is the universe in years? (Plus or minus 1 billion years - bonus point for exact answer.)

What is the smallest planet in our solar system?

Which NASA space flight was the last manned Moon mission?

What percent of the solar system's mass does Sun hold?

How long does it take for the Sun's rays to reach earth?

COMPETITION TIME

Which teacher taught Sarah Keith Lucas (the weather forecaster) and Stella and James McCartney, at Rye College?

Which teacher has worked as a PA to a celebrity and owned a Childrens shop in Rye?

Send your answers to
studentleadershipteam@ryecollege.co.uk

TIPS FOR HOME LEARNING

Since its unlikely that schools will return soon, here are some tips to help ease you through online learning.

- 1) Have a routine. While you don't need to be strict, having a basic routine is proven to help provide stability and improve your mental health.
- 2) Take breaks. Learning online is a challenge, so taking breaks is a good way to de-stress, putting you in a better position to learn in the long term.
- 3) Work with others. You may find it easier to work with friends, this would mean you could ask questions and help each other. Working together on a zoom call might help you stay motivated.
- 4) Listening to music. Listening to music while you work can help you focus and by listening to music when you relax you can improve your wellbeing.

Self Care for Teens

Self-care is when you take time to do things to improve your mental, physical and emotional health. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read the information to learn how to start practicing self-care.

Take a Break

As a teen, you probably have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. All of these responsibilities can be overwhelming. It can be helpful to try making your schedule lighter by taking a break from certain stressful activities, if you are able to. Even going out with friends can be stressful. Sometimes, you can just say "no, thank you", and spend time on your own.



Do Your Favorite Things

When's the last time you did something fun? Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't done in a while. Make a plan to do the things on your list soon!

Disconnect

Sometimes it can be helpful to put down the phone and get away from social media for a little while. Always being on social media can have a negative impact on your mood. Instead, think of things that you can do that don't require electronics. What are you able to come up with?

Re-examine Your Friend Group

Do you have friends that stress you out or that always try to involve you in their drama? This can be harmful to your mental and emotional health. Make sure you are surrounding yourself with people that make you feel happy most of the time. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

Take Care of Your Body

Your physical health is very important in your ability to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals. Stay away from unhealthy habits such as drugs, alcohol, or other harmful substances. It can be damaging to your mind and body and can also lead to addiction.

EASY TO MAKE YOGHURT SLICES



INGREDIENTS

- 75G WHOLEMEAL FLOUR
- 1 TSP BAKING POWDER
- 75G PORRIDGE OATS
- 50G CASTER SUGAR
- 75G BUTTER
- 1 TBSP GOLDEN SYRUP
- 2 TBSP MILK

METHOD

- STEP 1
 - HEAT THE OVEN TO 180C/160C FAN/GAS 4. LINE A BAKING TRAY WITH BAKING PARCHMENT.
- STEP 2
 - SIFT THE FLOUR INTO A BOWL. MIX IN THE BAKING POWDER, PORRIDGE OATS AND SUGAR.
- STEP 3
 - MELT THE BUTTER, SYRUP AND MILK IN A SMALL SAUCEPAN OR IN THE MICROWAVE AND STIR.
- STEP 4
 - ADD TO THE DRY INGREDIENTS. MIX UNTIL THE LIQUID COVERS ALL THE OAT MIXTURE AND UNTIL WELL COMBINED.
- STEP 5
 - SPOON ONTO A BAKING TRAY AND SHAPE INTO ROUNDS, LEAVING SPACE BETWEEN EACH BISCUIT AS THEY WILL SPREAD WHILST COOKING.
- STEP 6
 - BAKE FOR 10-15 MINS, OR UNTIL GOLDEN BROWN. LEAVE TO COOL FOR 5 MINS BEFORE REMOVING FROM TRAY.

Student Feedback.

Please email your feedback to

studentleadershipteam@ryecolege.co.uk

- I've really enjoyed activities that allow me to work at my own pace as well as more interactive lessons on teams for support.
- The science subjects have taught me the most as they are easily accessible lessons and there are lots of other online resources if I'm stuck on anything.
- I've found that long pre-recorded video lessons are quite hard to maintain concentration for the whole thing, compared to more concise lessons that are more effective.
- English has been really good at home learning, the videos are useful and easy to follow, there are a variety of tasks so doesn't seem too repetitive and the workload is more manageable
- I have enjoyed live lessons because you're interacting with you teachers and you can ask questions about the work.
- Photography has been great because each week is a new skill and a new photographer that we learn about, sometimes we even do our photo shoots at home.
- I find it difficult to engage with Oak National as the teacher explains things differently, also it can sometimes take a long time.

COMPETITION TIME – ANSWERS FROM LAST NEWSLETTER

1. What type of an animal is an axolotl? - Salamander

2. In Rome, what animal is protected by law? - Cats

3. What is a collection of ladybirds called? - Loveliness

4. Which animal has the largest brain? - Sperm Whale 7-9kg

5. What is the fastest air animal in the world? - Peregrine Falcon

6. Which mammal lives the longest? - Bowhead Whale 200yrs

7. Which primates name contains another animal in its name? - Mouse Lemur

8. What gives a flamingo its distinctive pink/orange colour? - Betacarotene contained in the alga and shrimp they eat

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

Mrs Richford

Which two teachers used to be teacher and pupil?

Mr Grove and Mrs Moore

Send your answers to
studentleadershipteam@ryecollege.co.uk

LATERAL FLOW TESTING

Staff on-site are being tested twice a week to keep students in school safe.



MRS WILLIS

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/1b5-3DHxMSpNC6kAP3u6Zx0gJilPC4eyM/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.stepintohenhs.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>

WAKE UP WARM UP

5-MINUTE
ENERGIZING WORKOUT

30 SECONDS
PUSH-UPS

1 MINUTE
JUMPING JACKS

1 MINUTE
DOWNWARD DOG TO PLANK*

1 MINUTE
JUMPING JACKS

30 SECONDS
PUSH-UPS

1 MINUTE
ALTERNATING LUNGES

End with 30 seconds of Child's Pose.
Repeat circuit 4 times for a 20-minute workout!

*Alternate every 10 seconds.
More health & fitness tips at fitsugar.com



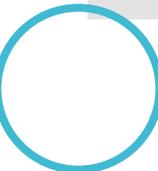


Improving
children's mental
health

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 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



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.

We look forward
to hearing from
you

The Student
Leadership team

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://www.gov.uk/coronavirus)