



YEAR 12 BULLETIN

week beginning 20th April

*This is the first in a new series of weekly bulletins which will allow us to share key information with you all. First up, I want to send my best wishes to you and your families at this difficult time. The whole lockdown experience is very strange for us all, and I know it brings with it lots of anxieties and frustrations. Looking after our physical and mental wellbeing during this period is going to be very important, so every bulletin will have a feature on that – please do email me either to share things you’re finding useful or to request information or advice on specific topics. On a more positive note, having this extended period of time away from our normal routine is a great opportunity for all of us to use the time to develop ourselves, and for you to get ahead in terms of your courses and your preparation for university, and these bulletins will provide you with lots of resources to help you do just that. Finally, I want to apologise for not having been in touch with you sooner; you probably thought it was very odd that I was being so uncharacteristically quiet! I needed to take some personal leave for a while to be with family, but I am now back in work mode and will be checking email daily, so do get in touch if you have any issues, and I will do my best to support you. I hope you find this week’s bulletin useful, and do email suggestions in terms of what you’d like me to cover in future editions. Take very good care of yourselves and please do **#stayhomesavelives**.*

This week’s focus – Be Professional

School students are not the only people caught in this limbo. For example, you are all now in the same position as professional footballers - just because there are no games doesn't mean they stop training!



Les Ferdinand, Director of Football at Queens Park Rangers, has this to say: "We have given specific training and nutrition programmes to the players. We keep reiterating to the players **'this is not a holiday, this is not a break.'** Unfortunately, you are not allowed to come into the training ground but you are professional athletes. You need to **keep yourself in condition** to be able to hit the ground running again.

We all know that if you are off for a certain amount of time, at the end of the season, when you come back you will need a six-week period to get yourselves back up to speed. But this is **not** a period where we have said 'go home, put your feet up and relax'. The players are **expected to do something every day** to keep themselves ticking over so when we do go back in, we will have missed a couple of games but they shouldn't need a full pre-season to resume playing football again. We'll test them when they come back and hopefully they realise they **need to be professional** enough to take it on board."

You need to be as professional as you can be by **continuing to study**. We will eventually return to some kind of normality. We don't know exactly when that will be, but it will happen, and we must remember this because it gives all of us a reason to keep going and look forward to the future.

STAY AT HOME 

PROTECT THE NHS



save lives

KEEPING IN TOUCH & SUPPORT FROM SCHOOL

Please check the [school website](#) regularly for updates – they can be found at the bottom of the home page. If you or your family are struggling, please do get in touch - we always try to help. The website has given guidance for families entitled to free school meals – if you are entitled to FSM, make sure your family has accessed that support, but do let us know if we can help further.

Please note the **emergency contact number** for Year 13 is **07470 375110** That number can be used **11.00am - 1.00pm and 3.00pm - 4.00pm**. It will be Mr Farrow that answers.

Because the school closed so quickly, I no longer have access to the questionnaires you completed in tutorial about home learning. Please therefore complete this [online survey](#) asap. If you are having difficulties with learning at home, please drop an email to explain and we will support as best we can.

KEEPING UP WITH YOUR COURSES

1. You must, must MUST check MILK everyday – some of you have not read messages sent by your teachers. We will continue to monitor this, and if on Friday morning there are still Y12 students who have not opened work from teachers, we will call home. If there is any issue with your MILK account or your ability to access MILK, please email us asap.
2. Mr Farrow has already sent you google classroom codes, but they are included again here for your information. Codes for other subjects to follow via MILK message.
3. A reminder that there is work on the 'home learning' section of the school website – this direct [link](#) will take you straight to the Y12 section.
4. Learning online and doing so much independently without your teacher or classmates there is a new challenge – we know that. I would like all of you to use this futurelearn course to help you gain the skills you will need to be able to do this successfully. It's designed to prepare students for greater online study at university, but bits of it ought to be really helpful in your current situation. You can access it [here](#). Do remember that, as with all futurelearn courses, you don't have to do every single bit of it – use the sections that feel most relevant and helpful for you.

<i>subject</i>	<i>code</i>	<i>subject</i>	<i>code</i>
Biology	cv7auqh	IT	znup5nf
Chemistry	gumnkx	Maths	5vgq3y2
Economics	lilv76c	Physics	emuckph
English Literature	sz7hdcb	Politics	4tv7f3l
Geography	ubteemm		

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HEALTH AND WELLBEING

Try to get yourself into a routine and stick to it – it really helps.

Mental Health support : [Young Minds](#) [Kooth](#)

Mindfulness and sleep : <https://www.headspace.com/> <https://www.calm.com/signup-flow>

Physical activities: https://www.sportengland.org/stayinworkout#get_active_at_home

TED TALK FOR THIS WEEK

Hadn't seen this before – came across it because of twitter – **Jacob Dunne** shares his story.

I'll see if I can set up a google classroom forum so we can discuss your reactions to it.

[Transformative Justice – Jacob Dunne](#)



GET ON TWITTER

I strongly suggest you create a twitter account if you don't already have one – I use the sixth form one to share things for students. I also really recommend you follow the **school** and **Tower Hamlets council** accounts as they post lots of information that might be helpful to your family.

There are lots of accounts you can follow to help you with your subjects and twitter would also be a really good way for you to check out the course, universities or employers you are considering applying for next year. These will be included in the subject-related resources coming in next week's edition.



@LPSSixthForm



@langdon_park



@TowerHamletsNow

