



## Work Hard - Be Kind



Dear Parents and Carers,

As we approach the end of a remarkable year it is important to take a moment to pause, look back and reflect on the events of 2020. The challenges that we have faced together in the on-going covid-19 pandemic have changed the way we think, act and learn.

In a term like no other, I have been particularly impressed by the resilience and determination that all members our community have shown. If we look back only six months ago many of us were not familiar with using online platforms such as Teams and Zoom, yet at a rapid rate we have learnt how to use a plethora of new virtual programmes so that we can work, learn and communicate with others. As a community we should feel proud of how we have come together to support each other and how we have all shown a level of understanding, tolerance and flexibility whilst working through the challenges posed to us by the pandemic.

The stories that follow in this newsletter are shining examples of an academy that will not stand still and a community that holds a deep commitment to ensuring that every child can **Work Hard** and **Be Kind** every day.

Congratulations to all of our King's Oak pupils who are celebrated in these pages and thank you to the pupils, staff and parents for your on-going support. **We are an academy for the community and together we can achieve anything.**

I hope that you have a safe and peaceful holiday with your respective families and we are looking forward to welcoming your child back to King's Oak in January 2021.

Katherine Ogden, Principal

## Year 8 Art

Year 8 have been creating mural designs with positive messages. Students explored several different artists' work then combined ideas to create an original design.

It was fun to see how some of these designs could look if they were painted around the school!



## Thank you to B & Q

We would like to say a huge thank you to **Kevin at B&Q Longwell Green**, for assisting and supporting our Thrive Room by donating an amazing Christmas tree.

Thrive is a powerful and exciting initiative used at King's Oak.

It is a therapeutic approach to help and support children with their emotional and social development.

Supporting children using Thrive enables them to develop into healthy, happy, confident children, who are ready to learn.



## Careers and Community Links at KOA

### Year 11 Virtual Mock Interviews

In Term 3, many Year 11 students have had the opportunity to take part in virtual mock interviews with HMRC. Students were linked via 'Microsoft Teams' to interviewers and after a short interview also received feedback.



Feedback showed that students enjoyed the experience and greatly benefitted. The feedback we have had from HMRC has also been positive stating

'students are a credit to KOA'. This experience will help student confidence improving their employability skills. We are building links with HMRC who can also offer work experience and have many apprenticeship opportunities.



### BBC STEM - online event for Year 9 students



Students in Year 9 took part in a BBC STEM event as part of the BBC Academy's Young Reporter/BBC STEM project. BBC STEM gives young people the chance to discover how the BBC uses Science,

Technology, Engineering and Mathematics in everyday programming. By participating in the project, young people may get the chance to work with BBC staff of all levels including technicians, producers, editors, and engineers. They may even get the opportunity to appear on BBC television, radio or online. It was great to see the students really engaged and they definitely benefitted from the opportunity.

### Garden Club at KOA

Although the Garden Club has been unable to meet since September plans are afoot to get it open next term, if the weather permits!

A big thank you to everyone who bought Christmas items from the "online" sale. Although we missed having the hot chocolate, muffins, and other edibles, we did extremely well with about £200. If you are not in the know, that is a tonne of topsoil and a lot of compost. So thank you again.



## Consultation on the Draft Admissions Policy for King's Oak Academy 2022/23

Admissions authorities are required to consult on their admission arrangements whenever a change to the arrangements are proposed, or if no changes are proposed, every seven years. As such, the Cabot Learning Federation is consulting on the admissions arrangements for King's Oak Academy for students joining from September 2022.

There have been no changes to the KOA admissions policy in the last seven years and there are no changes proposed. **The consultation period for KOA will run from 26 November 2020 to 21 January 2021.** A copy of the full draft policy can be found on the KOA website (<https://kingsoakacademy.clf.uk/news/kings-oak-academy-is-consulting-on-its-admissions-policy/>).

Any comments on or objections to the proposals can be made during the stated period to Wendy Hellin, Corporate Services Assistant for the Cabot Learning Federation. The email address for correspondence is [wendy.hellin@clf.uk](mailto:wendy.hellin@clf.uk) or in writing to Wendy Hellin, Federation House, King's Oak Academy, Brook Road, Bristol, BS15 4JT.

## PE at KOA

### New rewards system

The PE department are rolling out a new rewards system.

Each lesson one student will be rewarded for each of the four physical literacy strands. These strands are: Physical Competence; Knowledge and Understanding; Motivation and Confidence and Engagement.

At the end of the term the top three students in each category will be placed into a draw for the chance to win one of several Sports Direct vouchers. The draw will be held on Thursday 11th February.

In addition to the Physical Literacy awards, the PE department will be delivering all 'Malteser Moment' nominations every Friday.

We are really excited to get the opportunity to reward the amazing work that is already happening in our PE lessons. Keep up the great work.

### Year 9 - The PE options video is live on the KOA website!

Curious about BTEC Sport? Want to know what it would be like as an option next year?

The PE department are proud to announce that on the King's Oak Academy website you will find our information video about the course and the careers linked to this. Prizes will be given to any Year 9 students who can name the famous athlete and their sport which can be found in the video. You can find the video on our website <https://kingsoakacademy.clf.uk/secondary/key-stage-4-curriculum/> then select the top link – Key Stage 4 choices information videos.

If parents and students would like further information or would like to discuss suitability of a BTEC Sport qualification, we would love to hear from you. Please email Mr Carter, Head of PE. [jason.carter@clf.uk](mailto:jason.carter@clf.uk)

## Term 3 PE What will we be learning?

Here is an overview of the activity areas for Term 3.

Class	Teacher	Activity	Duration	Area
7x	ESe	Orienteering	6 weeks	Courts
	AHh	Gymnastics	6 weeks	Gym 1
	JCr	Dance	6 weeks	Gym2
7y	JCr	Gym	3 weeks	Gym1
		Handball	3 weeks	Gym 1
	SHy	Dance	3 weeks	Gym 2
8x	ESe	Orienteering	6 weeks	Courts
	AHh	Gymnastics	6 weeks	Gym 1
	SHy	Dance	3 weeks	Gym2
8y	AHh	Table Tennis	3 weeks	Gym 1
		Gym	6 weeks	Gym 1
	SHy	Dance	3 weeks	Gym 2
9x	ESe	Indoor Games – kinball, corner ball, bench ball	6 weeks	Gym 2
	AHh	Outdoor Games – football, rugby, handball	6 weeks	Astro
	SHy	BTEC Sport – Personal Best	6 weeks	Gym 1
9y	AHh	BTEC Sport – Personal Best	6 weeks	Gym 1
	JCr	Leadership	6 weeks	Gym 2
10 / 11	JCr	Tag Rugby / Aussie Rules	6 weeks	Astro
	AHh	Football	6 weeks	Astro
	NWr	Leadership	6 weeks	Courts
	ESe	Fitness	6 weeks	Gym 1
	SHy	Dance	6 weeks	Gym 2

Some of our lessons will be taking place outside so students should ensure they are dressed appropriately for the weather conditions. They may wish to wear some warm layers (underneath their PE kit or a hat and gloves - please try to keep these as neutral as possible). A reminder that the **changing rooms** will still be **closed** in Term 3 and as a result, students are to **come to school in their PE kit**.

## Year 8 students shine at the virtual youth sport trust healthy active lifestyles conference

Six Year 8 students received virtual training as part of their new roles representing King's Oak Academy at the Youth Sport Trust Healthy Active Lifestyles Conference. This training prepared the students to understand the values of being healthy both physically and mentally. The training has now equipped the young leaders to spend Term 3 planning and preparing a Festival of Health, aimed to encourage their peers to reflect on their health and activity levels while promoting its importance as part of our lifestyle.

Huge congratulations to Ewan R, Harry H, William C, Thomas M, Harvey C, and Liam H.

## New Year 10 and 11 PE options process launched for Term 3

Term 3 sees the launch of the KS4 PE options process. During our CORE PE lessons, students in Years 10 and 11 will have the opportunity to select an activity which best suits their learning needs. The aim for all our PE lessons in KS4 is to equip the students so they have the skills and experience to 'engage with physical activity and sport for life'.

Between now and the start of Term 3, Year 10 and 11 students must complete the attached form [HERE](#) (links will be sent to students and parents via insight) to inform the PE department as to which two options they would like to do.

## Mental Health and Wellbeing at KOA



Now, more than ever, our mental health and well-being is so very important. We have talked with the students over the past couple of terms about different ways of doing this, including being kind to others, but also being kind to yourself. Over this Christmas holiday period is a great opportunity to do just

this! Below are some links that may be helpful if someone you know is struggling with their mental health over this time.

<https://www.mentalhealth.org.uk/christmas/blog/you-and-your-mental-health-still-matter-christmas>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

<https://www.headstogether.org.uk/tips-on-looking-after-your-mental-health-this-christmas/>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-at-christmas/>

## Change of School Uniform Supplier

Our school uniform supplier is transitioning from the Initially Yours website and will now be available to purchase online at [www.monkhouse.com](http://www.monkhouse.com). When visiting the Initially Yours website you will be automatically redirected where you can browse the school's personalised online web page and make quick and easy purchases.

## KS3 Art at KOA



Students in KS3 have been enjoying some Christmas themed draw along activities inspired by Rob Biddolph. Festive virtual learning that is fun and creative for all.

## KOA Virtual Talent Show

**Thank you** for your entries in which there were a number of excellent varied performances and art work. The judges will be meeting early next term to make a decision about the winner(s). Everybody who entered will receive a certificate. **WELL DONE!**

Next term there are some vacancies in music lessons given by visiting music teachers. So, if you receive a musical instrument for Christmas, and would like some specialist tuition please let us know.

Merry Christmas and a MUSICAL 2021!

## Term 3 Uniform Expectations

Just a reminder that our KOA winter uniform expectation is still in place for Term 3. This means that students are expected to wear formal tailored black trousers or skirt, white or blue shirts dependent on year group, the KOA school jumper if cold, and black shoes or plain black trainers.

We are bringing ties back in as of Term 3, and therefore students are expected to wear their correct house tie to school from 5 January 2021.

Hoodies do not replace the KOA school jumper, but plain full length zip up hooded tops or coats can be worn when outside the academy buildings.

As a school we uphold high standards and expectations with our student uniform and will continue to uphold these standards throughout term 3 and onwards.

Can I also take this opportunity to remind all families that there is a clear expectation for students to be wearing a face covering within the communal areas of the academy. Students must be bringing a face mask in with them every day and be adhering to these rules.

## 2021 - Our Centenary Year

In 2021 King's Oak Academy will be celebrating 100 years since it was founded in 1921 as Kingswood Grammar School. Now part of the Cabot Learning Foundation, we are delighted that in September 2021 we will become a full all-through (4-16) academy serving the heart of the Kingswood and South Gloucestershire community. To mark this occasion, we are currently planning a number of events and ask for your help: ***Do you or any members of your family have any photographs or memorabilia from attending the school?*** If so, please will you contact the Principal, Katherine Ogden.

E mail: [koa.principal@clf.uk](mailto:koa.principal@clf.uk)

Tel: 01179 927 127

Post: King's Oak Academy, Brook Road, Kingswood Bristol BS15 4JT.

## School Nurse Drop-in Sessions:

From 13 January 2021 Amy Watkins, our School Nurse, will be running a drop-in session for students on a Wednesday lunchtime. There will be four slots available per week. If your child would like to make an appointment to see Amy, please ask them to book a session via the school office.

## Message from King's Oak Academy Council

I am writing on behalf of King's Oak Academy Council as we approach the end of 2020 which has, of course, become a year that none of us will forget. We have all had to cope with very significant changes in our lifestyles and the impact on our schools has been massive.

People in many walks of life have had to adjust to new ways of working; for some this has meant working from home, for others it has been learning to work with tight restrictions on how we engage with colleagues or customers. At King's Oak, as in many schools across the country, a huge amount of work has been going on, particularly during this last term, to ensure that our students are kept safe and in learning. At our Academy Council meetings we have been hearing about the innovative ways in which teachers have been working with students and the hard work that has gone into managing blended learning so that students can engage in their learning, whether on site or when having to self-isolate at home. Operationally, this has been very complicated and I know Katherine and her team have been very grateful for the support they have had from parents in our community.

I am sure you will want to join the Academy Council in thanking ALL the staff for their hard work, perseverance and resilience over the last term and particularly in these last few weeks. I would also like to particularly mention Katherine and her Senior team, who I know have had to work long hours to manage the day-to-day running of the Academy.

We can begin to look with optimism for an improving picture in 2021 and the Academy Council will continue to work with the Academy to ensure that all our students are safe and learning.

I wish you and all your families a safe Christmas and thank you again for your support.

Diane Owen

Chair of King's Oak Academy Council

## Reception News

This month, Reception children have been fascinated by seasonal changes, exploring misty mornings and frosty ground, making marks with sticks and other natural resources, and observing the differences they see. Our flair for performing has also shone through as we've rehearsed a Nativity to be proud of! The children have experienced the school hall for the first time and are very excited to use the stage for their production.



## Year 1 News

This term year one have been working hard at being superheroes and learning all about Traction man. As authors we have rewritten Goldilocks and the Three Bears and are getting really good at making story maps. We have also really enjoyed getting ready for Christmas, wearing our Christmas jumpers and performing our virtual nativity.



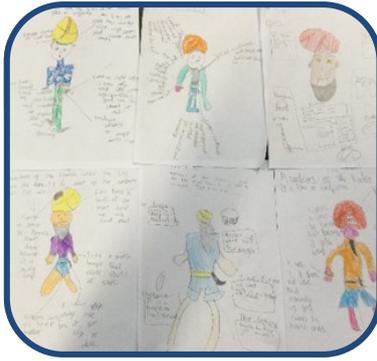
## Year 2 News

Year 2 have had some wonderful learning experiences in Forest School this term. After our History topic of The Restoration, which included learning about the Great Fire of London, we recreated a packed London street and saw how the flammable wooden material quickly caught alight and spread.



## Year 3 News

We have been super busy in Juniper and Pine this term! We have learnt all about the Earth, volcanoes and rocks! We even had a visit from two 'scientists', 'Dr Eade' and 'Dr Palmer-Turk', who showed us that the inside of the Earth is a bit like a scotch egg! We also did experiments with them to determine which rock would make the best set of stairs!



We have been learning all about Sikhism this term too! We have loved learning about the Khalsa, Amrit and the 5 Ks. Take a look at our diagrams of the 5 Ks.



We have been LOVING practising the songs for our Virtual Christmas Carol concert- we have even learnt the Makaton signs to 'Holly Jolly Christmas'.

This week we have written really descriptive poems from the perspective of a Polar Bear in its den in the Arctic!

## Year 4 News

We were lucky enough to have some fantastic art resources donated to us by ASDA. We used those resources to create some lovely Christmas cards which have been sent back to ASDA, ready to be sent out to families in the community.



## Year 5 News

Year 5 have had an action packed term! We have just started our historian topic and we are enjoying learning about who lived when and understanding more about what their lives were like. Here are a few pictures of us developing our historian skills by asking questions, interpreting evidence and ordering key events.



## Year 7 News

Dear Year 7, what a successful and eventful term this has been! Despite Coronavirus, despite small setbacks due to partial bubble closure, YOU have continued to embrace learning and Tutor time with great engagement and enthusiasm. Again, attendance has been very strong with almost 60% of you achieving 100% attendance for this whole term.

This term you have shown how mature, flexible and determined you can be. I have often compared all members of our school community to "**elastic bands**". Resilient, no matter what! You have adapted well to last minute changes and produced some amazing work remotely and on site.



At the start of term 2 you learnt how to practise CPR with the dummies and learning the recovery position and this session proved to be a "roaring success". During RAL assemblies and morning briefings we looked at employability skills, the importance to develop soft skills to start building our "future career edifice" and the reputation we create for ourselves (the good "smell" of a reputation).

We also celebrated Remembrance Day and learnt about the sacrifice made by young people during the wars. We learnt how different nations choose different flowers to remember their heroes, we looked at footage of tunnels dug in Flanders and we learned about the biggest British and Commonwealth Military Cemetery in France (Etapes, northern France).



Term 2 was also a time to show kindness. We looked at the meaning of friendship and the power of "gift" in religious and non-religious celebrations. In Term 1 we aimed to start our very own "kindness pandemic" and in Term 2 I was moved to see the number of Year 7 keen to participate to support good causes like the Juvenile Idiopathic Arthritis charity (Purple Friday), Children in Need (non-school uniform day) and Save the Children Foundation (Xmas jumpers day).

As I said in my morning briefings, a year ago I never thought I would be interacting with such young students remotely. In September we got ready for the unexpected. You embraced the new technology offered to you (emails /Insight) and in Term 2 YOU proved that learning CAN take place remotely via Teams, with basic IT skills, with the will to succeed and sometimes a pinch of patience and resilience when technical difficulties occur!

The End of Term Celebration Assembly was a success, it was heart-warming to see so many of you requesting for this assembly to be broadcast LIVE so you could participate in the Q&A chat and engage with your RAL and Tutors.

I wish to thank you and congratulate you all for your hard work and for the qualities you bring to our year group. You are credits to yourselves, to your parents and carers, and to the teachers who have the pleasure to work with you.

I wish you all a relaxing and well-deserved winter break, and for those of you who celebrate Christmas, I wish you a peaceful celebration with your family.

Stay safe and see you in Term 3 for more successful adventures!

Mrs Marie-Anais (Year 7 Raising Attainment Lead)

## Year 8 News

### Tutor Challenge

I have introduced something slightly different with Year 8 students during tutor time on a Friday. They have been taking part in a 'Tutor Challenge' each week and collecting points for their tutor group. We have had a number of different tasks for them to complete each week such as creative tasks, observation tasks, maths related questions and word games. This has been a real highlight of the week and has encouraged students to work together in a number of different challenges over the term. So far scores are:

8.1 – 95 pts

8.2 – 62 pts

8.3 – 75 pts

8.4 – 71 pts

8.5 – 67 pts

Congratulations Miss Sibley's tutor group for being in the lead at the end of Term 2. Still lots to play for and plenty of time to catch up points to have your tutor group's name engraved on the trophy at the end of the school year. I am looking forward to working with other members of staff next term to set challenges for Year 8 to complete.

### Assemblies

In assemblies this term Year 8s have been looking at Armistice Day and Remembrance and thinking about the importance of this in today's society. They also took part in an assembly based on careers led by the careers adviser. This was really informative and students were able to think about skills that could be useful to them in the world of work and what they can do now to develop and improve these skills for when they need to apply for jobs.

### Parents' Evening

This term saw the first ever virtual Parents' Evening for Year 8. This was well attended and was a really good opportunity for the Year 8 tutors to speak with parents and carers about the start pupils had made in Year 8 and the progress they had made.

### Celebration

The term was finished with a rewards assembly with students accessing a live assembly from home. This gave me a chance to celebrate the success of Year 8 over this term and highlight individuals from the year group who have been working well, made good progress and been kind across the range of subjects here at King's Oak. Awards were also given for reading, attendance and from the Heads of House. If you achieved an award, please make sure you pick up your certificate and chocolate from your tutor next term. Congratulations to everyone who achieved an award. Make sure that you keep working hard and being kind so that you continue to make good progress in Term 3.

I would like to finish by wishing yourselves and your family a Merry Christmas and a Happy New Year and I shall look forward to seeing all of year 8 back in school in Term 3.

Mrs Holtby

## Year 9 News

Year 9 have been working on a project called 'a sign of the times'. In this project students have been studying the past by researching Lichtenstein and Pop Art. They then look at the present by making their own original designs, tracing out advertisements and then painting them in the style of Lichtenstein. We are now taking them to the future and experimenting in Photoshop to animate parts of their paintings.

Mrs Alam-Lloyd



## Year 10 News

Year 10 have had another brilliant term in Term 2, with so many students working hard, being kind and being in school every day. We have watched lots of careers assemblies, thanks to Miss Peach's kind friends across the country in different industries, and next term we will be thinking hard about revision and learning techniques. Our award winners this term show just some of the amazing progress we are making, but as ever, we struggle to decide on one person for each award as everyone is pushing themselves:

*House Pride Awards: Alfie D, Robyn, Sam Fr, Grace, Matthew, Olivia Ha and Nathan.*

*Tutor Work Hard Awards: Tatiana, Olivia Ho, Annie, Toby and Seren.*

*Tutor Be Kind Awards: Brian, Harry, Madi, Ejdi, and Nam.*

*RAL Work Hard Award: Dan and Hannah S*

*RAL Be Kind Award: Megan and Josh T*

*SLT Awards: Hannah W and Cameron*

*Progress Awards (1 per subject): Tristan, Ben J, Issy T, Aaron Si, Annie, Sam Fr, Shaimaa, Mia, Lavinia, Lucy Ba, Keira, Hassan, Lauren, Olivia Ho, Harry and Cameron. (Some winning two!)*

*Attainment Awards (1 per subject): Haydn, Lucy Ba, Charley, Hannah W, Bianca, Aimee, Olivia Ho, Erin, Alfie R, Annie, Ollie, Rhys, Ella H and Cassie. (Again, some winning two!)*

Some of us were thrown into working from home this term, and I would particularly like to say well done to the following people for being so *proactive about their learning*: Jude, Hassan, Ilona, Amber P, Aiden, Emily, Tyler, Hope, Olivia Ha, Gracie, Kacy and Robyn.

I can't wait to have you all back in January, and see where the next chapter of our journey takes us. I wish you all a very happy, safe and restful holiday, ready to come back as brilliant as ever!

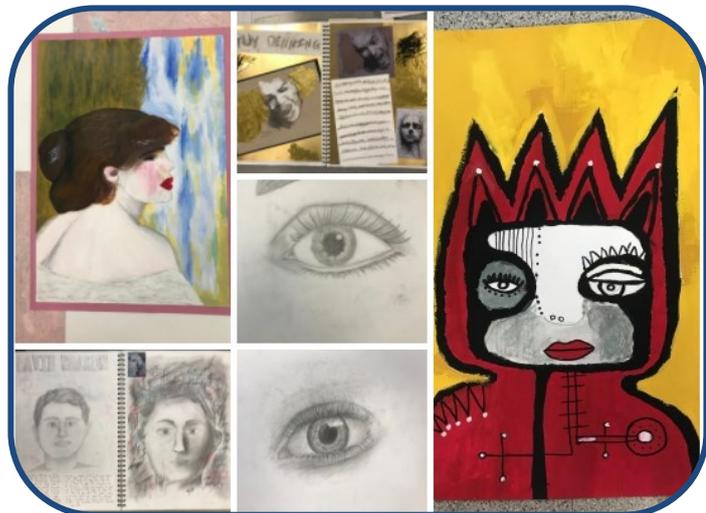
Miss Peach

## Year 11 News

Term 2 has proved to be a growing and testing time for our Year 11s here at KOA. We are so proud of every individual who has continued to access all their online learning, been in high communication with their teachers whilst being in and out of school at various times and worked hard to continue revising and encouraging each other.

Year 11 completed their first set of mock exams and have had some exciting careers opportunities during Term 2 with mock-interviews and careers learning within tutorials. Most of the year group have now applied for Post 16 applications in which we wish them every success. We have had some beautiful artwork created, as you can see in a few of the photos, high-quality coursework continuing to develop in other subjects and there have been countless shout outs from teachers praising the hard work within lessons from individuals.

To all our Year 11s, we wish you the most wonderful Christmas and hope that each of you will return with a fresh energy to push beyond boundaries this year and gain the highest success in those exams at the end of the year.



Congratulations to the following students who are this term's award winners:

House Pride Awards: Jed A, Lori M, Cody H, Hollie T, Tiago M, Edie H, Jess G and Ben W

Attendance Awards: Harry S, Molly-Anne W, David S, Katie B.

Tutor Work Hard Awards: Ryan S, Chloe W, Alaya K, William P.

Tutor Be Kind Awards: Courtney, Cole S, Thomas R.

Subject Progress Awards: Jess P, Jessica G, Courtney C, Lori M, Jorja R, Hattie W, Ashley H, Ella-May A, Cory H, Archie P, Cody H, Adam T, Callum R, Phoebe G, Nazrin O, Katie B, Dan A, Kiera G, Jaspriya S.

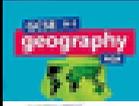
Subject Attainment Awards: Jorja R, Ben W, Layla R, Michaela G, Ryan S, Alaya K, Patrick T, Alfie B, Jamie H-H, Molly-Anne W, Tiago M, David S, Hattie W, Michaela G, Jessica S-B, Freddie H, Aiden M, Natalie R.

RAL Work Hard Award: David S, Ewan H

RAL Be Kind Award: Ryan S, Ben W

SLT Award: Jorja R, Adam T

## Year 11 Revision Guidance

Subject	Topics to revise for November Mock	Recommended Revision Resources for GCSE Year	Recommended revision time per week
English	Romeo & Juliet Paper 1	 CGP/Collins English Language and Literature Revision Guide	2 hours
Maths	All topics	  -CGP GCSE Mathematics Revision Guides (Higher or Foundation) -Just Maths Cross Over revision guide -Collins AQA Revision Guide and Workbook <u>Online:</u> Hegarty Maths	2 hours
Science	Biology 1, Chemistry 1, Physics 1 (Students have been provided with appropriate resources)	 CGP GCSE Combined Science 9-1 Revision (Higher or Foundation) <u>Online:</u> Seneca	60-90mins
Computer Science	Pages 51-113 for paper 1 Pages 1-47 for paper 2	 CGP GCSE OCR Computer Science For the Grade 9-1 Exams Complete Revision & Practice	60 –90 mins
Geography	Students have been provided with appropriate resources.	   -CGP GCSE AQA Geography Grade 9-1 Complete Revision & Practice ISBN: 1782946136 -GCSE 9-1 Geography AQA Revision guide ISBN: 0198423462 -My Revision Notes: AQA GCSE (9-1) Geography ISBN: 1471887316	30 mins

		<u>Online:</u> Seneca Learning, Cool Geography, Gojimo.	
History	Information for revision is in their revision exercise book and provided on Insight	 <p>CGP Edexcel Revision Guide – <b>Already provided</b> for Crime and Punishment and Civil rights for all students.</p>	1hr
French	Emailed sent to students on 08/10/20 with online revision resources, a revision log (topics to revise), a revision timetable, and information about GCSE French (topics / exams).	 <p>Revise AQA GCSE French Revision Workbook: For the 9-1 exams (Revise AQA GCSE MFL 16)</p> <p><u>Online:</u> Seneca Learning (+ list of additional revision websites emailed to students).</p>	1hr
Art & Design	Completing sketch book work at home	N/A	30 mins
Design & Technology	All Topics	 <p>-CGP GCSE Design &amp; Technology Revision Question Cards (Available from School for £5)          -The Pocket-Sized Revision Guide GCSE Design &amp; Technology (Available from School for £3)          -CGP GCSE AQA Design &amp; Technology For the grade 9-1 Exams Complete Revision &amp; Practice  <u>Online:</u> Seneca Learning</p>	20-30 mins
Food Technology	All Topics	 <p>9-1 GCSE Food Preparation &amp; Nutrition WJEC Eduqas Complete Revision &amp; Practice – CGP  <u>Online:</u> Seneca Learning</p>	20-30 mins
Health & Social Care	C3 Health and Wellbeing Exam paper Sections A and B	 <p>Pearson Revise BTEC Tech Award in Health and Social Care.</p>	20-30 mins
Music	All topics from the 'Music industry' unit.	A revision booklet which has been given to them. YOU TUBE- virtual textbooks. Btec Music first Award	20-30 mins

# A guide to when to self-isolate

If you experience one or more of these coronavirus symptoms:



## A HIGH TEMPERATURE

– you feel hot to touch on your chest or back



## A NEW CONTINUOUS COUGH

– you are coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours



## A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE

– you've noticed you cannot smell or taste anything, or things smell or taste different to normal

### You should:

- Go home and self-isolate immediately
- Book a test at [nhs.uk](https://www.nhs.uk) or by calling  **119**
- Stay at home until you get your results
- Ask others in your household to self-isolate until your test results arrive

Self-isolating means **stay at home.**

If you need help with shopping or financial support, we can help. Visit [www.southglos.gov.uk/coronavirus](https://www.southglos.gov.uk/coronavirus)

### If your test is positive:

- Isolate at home for 10 days from the date your symptoms started. If you continue to experience a fever continue to self-isolate (other symptoms may persist for several weeks)
- **DO NOT** book another test during these 10 days. If you do, and you test negative, you must still isolate for the full 10 days

### If your test is negative:

- Return to work or your normal routine if you feel well
- Tell people you live with that they can do the same
- Seek other medical help from your pharmacist, GP or NHS  
☎ **119** If you are still unwell

### If you live with someone who has been identified as a close contact, **including your child**:

- Carry on as normal, you don't need to isolate but try to avoid contact with the person you live with who is a close contact

### If you live with someone who tests positive:

- Stay at home for 14 days from the date they experienced symptoms. If they did not have symptoms before the test, you should stay home for 14 days from the date the test was taken.
- **DO NOT** book a test unless you develop symptoms. If you do and test negative, you must still isolate for the full 14 days.

### If you live with someone with symptoms:

- Stay at home until they get their test results
- Don't book a test unless you develop symptoms

### If you are contacted by NHS Test and Trace or South Gloucestershire Council or you are a close contact of someone who has tested positive:

- Stay at home **for 14 days**

**Stop the spread.**

**Do the right thing.**

[www.southglos.gov.uk/coronavirus](http://www.southglos.gov.uk/coronavirus)

# Can I see friends and family this Christmas?

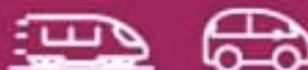
Regardless of which tier South Gloucestershire is in, between 23 and 27 December we can all:\*



Form a 'Christmas bubble' with two other households (a support bubble counts as one household)



Only meet members of your Christmas bubble in private homes or gardens, places of worship or public outdoor spaces



Travel between tiers and UK nations to see those in your Christmas bubble between 23 and 27 December. Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December

Only join one Christmas bubble and do not change who is in it.

\*unless you are self-isolating

**Stop the spread. Do the right thing.**