



Dear Year 11,

We are nearly at the end of the half term and it has been yet another strange one for us all. Mr Davies, Ms Stevenson and myself want to tell you how impressed we have been with your approach to learning and your engagement with the work. You are adapting to all of the unknowns with resilience and determination to ensure the best outcomes for yourselves at the end of the year. Always remember that we are here for you and our top tips are:

1. Keep a good routine – follow the school day timings, good sleep habits, etc.
2. Take your breaks and get away from screens where possible.
3. Reach out if you need us – academic or pastoral. We are still here for you.
4. Keep up your social contact with friends.
5. Take time each day to do something you enjoy.

We will hopefully be returning to school in March, the 8th has been proposed but is not yet definite, so be ready and we hope to see you soon. **Ms Laidler.**

GCSE Update. The consultation around how GCSE grades will be awarded has now been closed. It received over 90,000 responses. Ofqual has committed to announcing its plans soon.



Update on Sixth Form Applications. We are in the process of analysing all applications and will be in a position to offer both conditional and unconditional places before half term. Conditional will be to those students who are still to secure the requisite grades to access their chosen courses. An unconditional place will be made to those whose track record and previous performance suggests they will achieve the required grades and so will be offered a secured place for September. Notification letters will be sent out before half term and a follow up interview arranged to finalise course choices next half term for all students.

For the latest Sixth Form newsletter [Click Here.](#)

If you're struggling with your mental health right now:

mellow doodles

INSTEAD OF:

Critical self talk

Pushing & pushing

Trying to do it all

Overthinking

Your normal workload

TRY:

Celebrating small wins

Taking a nap or rest

Asking for help

Listening to an audiobook or podcast

Setting 3 realistic goals per day

Your Wellbeing. 'It's not about what it is, it's about what it can become.' Dr Seuss.

Your wellbeing is of paramount importance to us. During this challenging time you may feel uncertain about the future, stressed about your grades and lonely due to the lack of social interaction and physical contact. This can cause anxiety, low mood, disrupt your sleep pattern, increase or decrease your appetite and other emotions too. Please reach out if you are struggling or you just want to talk. We are here for you.

Contacts:

mstevenson@trinitysevenoaks.com

claidler@trinitysevenoaks.com

jdavies@trinitysevenoaks.com

Other resources:

www.themix.org.uk

www.youngminds.org.uk



Subject Well Dones

Maths: A quick message to I1a/Ma4. I wanted to say how proud I am of you all for your hard work, perseverance and dedication through these difficult times. You are working hard at home, attending your live lessons and engaging well in them and producing good quality work for me to review. Keep up the good work and I can't wait to see you back at school. **Ms Laidler.**

Performing Arts. I would personally like to congratulate my Year 11 Performing Arts class for adapting to online practical lessons. All students have been working in their groups on their final practical assessment. This is their final project and one we have all been looking forward to start. Very proud of how well they are communicating with one and other during their online live lessons. **Mrs Harman.**

Subject Wider Interest

Maths: Bridging the gap to a grade 7+ or A Level challenge: [click here](#). Being able to complete this pack is a prerequisite for those students aiming for a grade 7+ and/or thinking of A Level next year.

History. For a series of free lectures on interesting History topics that students may not have studied before (good prep for further study!) [Click Here](#).



History. The Young Historian Awards run by the Historical Association. There are lots of different categories so students might find a topic they are really interested in to conduct some further research. For further information [Click Here](#).

Biology Photography Competition. Have you got an eye for nature? Do you like exploring outdoors? If so, enter the biology photography competition. The science department would like you to take an image which best fits 'Biology in Action.' Images can be taken on any device including mobile phones, tablets and cameras. You may also choose to add a short paragraph explaining the reasons behind why you took the image and how you think it links to biology in action. Please send your entries to Mr Chapman lchapman@trinitysevenoaks.com by 28th February. There will be a winning image in each key stage. Good luck!

Year 11 House Competition 8th - 12th February. [Click Here](#).

Maths Dingbats Quiz. [Click Here](#).



Kent Choices. Please be reminded that students should have applied for their post-16 options; if they haven't, they should do so as soon as possible. It is recommended that they have 2-3 choices in order to have back up options available. All applications should be made through the Kent Choices website so that we are able to track applications. Please be reminded that once students have applied they should regularly log back in to the website as communications about offers and interviews will be made through the platform. If you require any support or assistance with this process please contact careerstr@trinitysevenoaks.com.

Careers One to One Guidance Interviews. If your son or daughter is unsure what they wish to do after Year 11 and requires a one-to-one guidance interview with our in-school careers advisor Mrs Tinkler, please email careerstr@trinitysevenoaks.com so an interview can be arranged.

Virtual Ward Round Course, 15th February 2021 - 10:00am-4:00pm. Spaces are currently available on a virtual ward round course for students age 15+. A virtual hospital ward has been built where they can live-stream hospital patient cases directly to aspiring medical students. For more information and to register [Click Here](#).

Degrees and Careers in Biology [Click Here](#).

Spotlight Talks. Inspire your students with talks from leading employers, professionals and role models. [Click Here](#).

Inspirational Message 'recorded for you!'

Ian Lovett - <https://web.microsoftstream.com/video/9283b1de-fa13-45d8-81c4-200ad201cea4>

Bill Lattimer - <https://web.microsoftstream.com/video/f8696190-410b-4ae0-a2eb-e31c46f331fb>