

# **Year 11 Bulletin**

**Monday 30<sup>th</sup> March**



# A message to students...



<https://www.youtube.com/watch?v=e39WRASrfNM&feature=youtu.be>

# Careers

We still have careers advisors who want to work with year 11s.

If you are not sure of your plan for next year, then please like the previous post and someone will be in touch with you to discuss.

# Sixth Form

**If you have applied to sixth form** and have already had your interview, your place for next year is secure providing you meet the requirements of 5 grade 4s or above, including maths and English.

**If you haven't had your interview yet**, the sixth form team will be making calls to you this week, so you will have your interview over the phone and have the chance to ask any questions.

**If you still haven't applied** to sixth form and would like to, it isn't too late. You can apply through this link:

<https://www.nottinghamacademy.org/form/?pid=15&form=30>

**If you have any questions** regarding your place next year, please email the sixth form team on the below email – they will be happy to help.

[NAC-sixthformadmin@nottinghamacademy.org](mailto:NAC-sixthformadmin@nottinghamacademy.org)

# Goodbye Mr Rae



It's Mr Rae's last week with the Academy this week. We would like to put together a list of well-wishes from Year 11.

So please email Ms Smikle ([lsmikle@nottinghamacademy.org](mailto:lsmikle@nottinghamacademy.org)) something nice / saying goodbye 😊 so we can give him a nice send-off.

# Planning Ahead

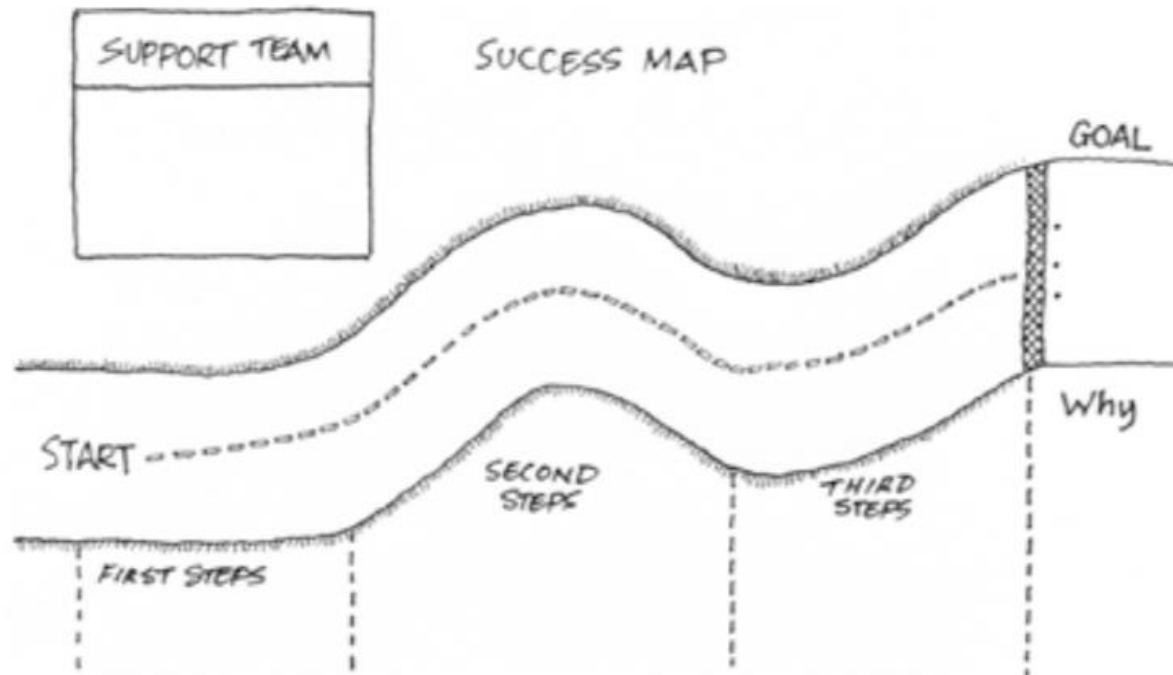
It is quite hard at the moment to think about the future and what is going to happen with your education, but setting some goals to work on in these uncertain times might give you something to focus on and to feel more positive.

The next few slides will help you to set goals and make a plan to help you to reach them.

# Planning Ahead

## 1. Vision Activity: The Roadmap

Sometimes setting a goal can feel like a long process. The goals can seem so distant that we don't take any immediate action. Designing a success map can really help with this. A success map is a visual reminder of the journey you're going on. It guides you to where you want to be and warns you about things that might pull you off course.



Your end goal could be long term – a career you want, or a university course you want to apply to, or it could be short term; something you want to do whilst not in school, such as learning a new skill, completing a piece of coursework, or reading a series of books.



# Planning Ahead

Here's what you need to do. First, you need to go to the end of the map and write down the goal you want to achieve. In the same box it's useful to include the date by which you want to achieve your goal. Underneath the goal box you'll see 'why'. Here you write why achieving the goal is important to you.

Next, you need to break down the goal into a series of steps in a journey. You might think about these steps as a series of days, weeks or even months. Represent them as a road or pathway – some sort of track that takes you through the difficulties towards a conclusion.



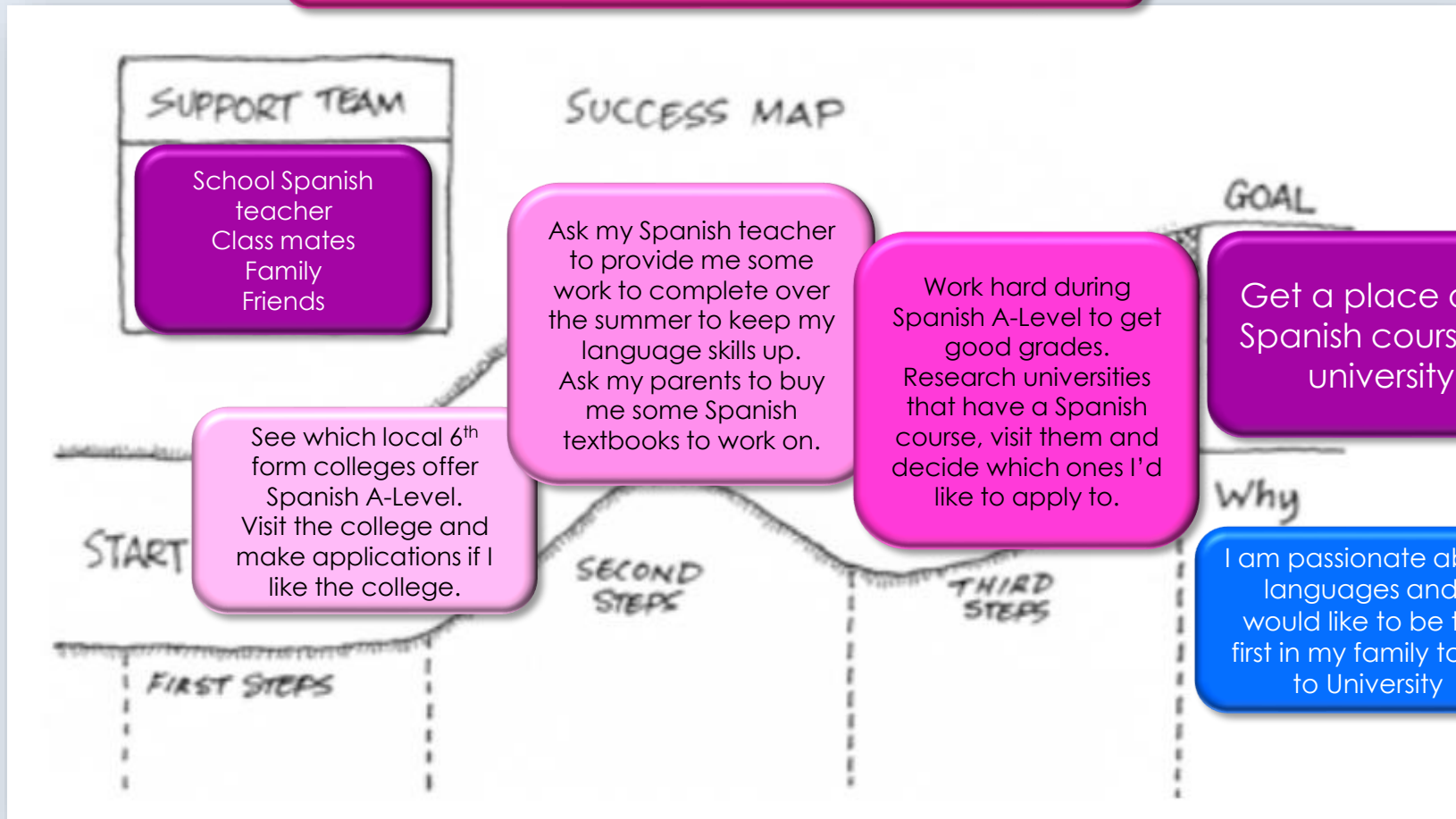
# Planning Ahead

When planning ahead, it is important to acknowledge things that you might struggle with, and where you will find help if you need it. Add the below to your map:

- » **Mapping your support.** Surround your pathway with good things that will encourage and help you. Rewards, celebrations and holidays all need marking on the map. Think about the people who might support you too. Could you ask friends, a mentor or your parents/guardian? Write the names of these people in your 'support team' box.
- » **Mapping your challenges.** Here you should include the things you're going to need to watch out for. They should be specific to you – your bad habits! It might be laziness, procrastination, worry or distraction.

# Planning Ahead

Ms Geary has filled out an example below as if she were 16 years old again and planning for the future.



# Planning Ahead

## Final Thoughts

It doesn't matter whether you travel by land, air or sea, when you are working towards your goals you can expect some bumps that knock you off course. This is normal, so don't feel too stressed if you end up shipwrecked for a short time on procrastination island. It can be useful to record how you got over or past these sticking points. This way, you can use the same strategy if you find yourself there again. For example:

- » Was there a teacher or tutor who gave advice or changed your thinking?
- » Did a friend help out by lending notes or giving encouragement?
- » Did you change the time or place you worked – by attending extra classes or staying behind after school?

Use the table below to reflect on how things have gone and how you dealt with the bumps in the road so far.

	Bumps	How I got past them
<b>First steps</b>	 ..... .....	 ..... .....
<b>Second steps</b>	 ..... .....	 ..... .....
<b>Third steps</b>	 ..... .....	 ..... .....

# **WELL BEING AND SAFETY DURING HOME LEARNING**

**YEAR 11**

# SUPPORT SERVICES

We are aware that students are not attending school this may mean that you feel alone and have nobody to talk to. This isn't the case and whilst the Academy is closed, we are still available via email along with several other support services below:

- **CAMHS SHARP (Self Harm support)** Tel: 0115 876 4000
- **Childline (To report if you or another child is in danger)** Tel: 0800 1111
- **Children and Families Direct (To report if you or another child is in danger)** Tel: 0115 876 4800
- **Kooth (Online Counselling service)** Kooth.com
- **Shout (Text message Counselling service)** Tel: 85258 giveusashout.org
- **School Health (General Physical Health, Sexual health advice)** Tel: 0115 883 970

You also have the following email addresses of staff in school to support you further:

- **Head of Year:** lsmikle@nottinghamacademy.org
- **Deputy Head of Year:** tgoldby@nottinghamacademy.org

**Should you need our support NEVER hesitate to contact us.**

# Online Safety Guide

FOR PARENTS AND CARERS



**On the link below you will find information on how to be safe on Social Media, Tik Tok and Online Gaming.**

**Please take the time to read this with your parent/carers to be as safe as possible.**

**[https://www.nottinghamacademy.org/\\_site/data/files/home%20learning/safeguarding/C776867B9B20EC1B8E57B4553F16DB13.pdf](https://www.nottinghamacademy.org/_site/data/files/home%20learning/safeguarding/C776867B9B20EC1B8E57B4553F16DB13.pdf)**

# Something to smile at!



**faiza**  
@faizuhh



How do I do online classes at home when my parents yell my name from the living room 284749 times a day



**M**  
@losteggie



When they said we would get the longest summer of our lives, they really meant it. [#gcses2020](#)



**Benji Marks**  
@benji\_marks



Boris: you won't be doing your exams  
British public: ok what we doing instead  
Boris: lol idk

Teachers were screaming "it's not me taking the exam" it's not me either mate



# Something to smile at!

Last week Ms Geary recommended you get some photos printed and make a leavers photo album....

Here are some pics from her own photo album from when she left year 11!!



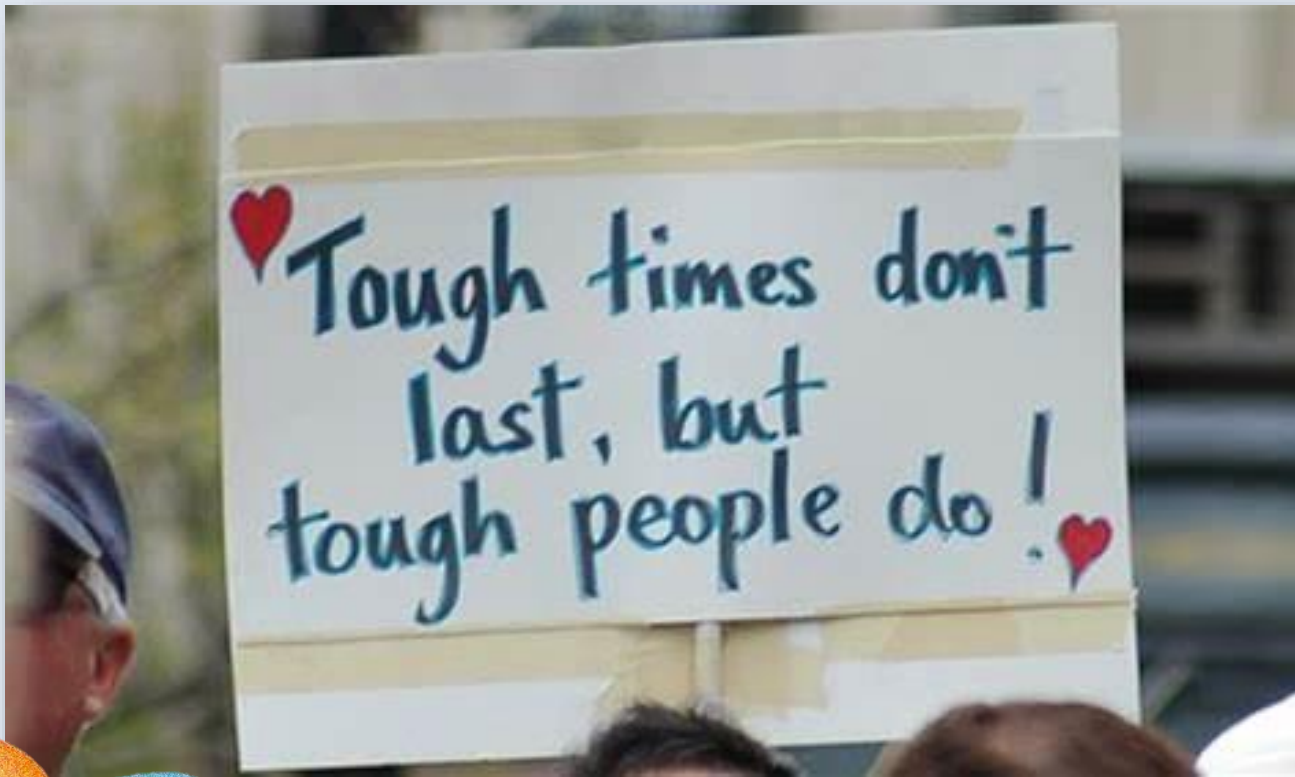
Yes... our uniform was a burgundy polo shirt

My GCSE Spanish Teacher



The two girls in the photos are still two of my best friends today. The friends you make at school are often your longest friends!

# Quote of the Week



# WORD OF THE WEEK

ACADEMIC LANGUAGE



# HIERARCHY

**THEOLOGY:**  
"The Roman Catholic hierarchy in Romania."

from hierarkhes  
× (Greek: sacred × ruler)

**NOUN:**  
a system in which members are ranked by status or authority

**SYNONYMS:**  
pecking order,  
× rank, social scale, × class system, grading

**BUSINESS STUDIES:**  
"She's high up in the management hierarchy."

**POLITICS:** "In terms of political decisions, the prime minister sits at the top of the British hierarchy."

Who might use this word?  
Theologist, Politician,  
Businessperson, Scientist,  
Geographer

plural  
noun:  
hierarchies

# Staff Contact

## Year 11 Team

Ms Goldby – [tgoldby@nottinghamacademy.org](mailto:tgoldby@nottinghamacademy.org)

Ms Geary – [lgeary@nottinghamcademy.org](mailto:lgeary@nottinghamcademy.org)

Ms Smikle – [ismikle@nottinghamacademy.org](mailto:ismikle@nottinghamacademy.org)

Feel free to send us an email if you have a query.  
Try to show good email etiquette!

# Health Notice



**STAY AT  
HOME**

**PROTECT THE NHS**

 **save lives**