

# **Year 11 Bulletin**

**Monday 11<sup>th</sup> May**



# Time to Reflect

**Today would have been the first day of your exams.**

We'd have met you in the dining room for final words of wisdom and made sure you'd all had breakfast, had a black pen, and knew your seat numbers. Safe to say that you, the Year 11 Team, and your teachers are probably a lot less anxious and stressed right now than if we'd have been at school!

Many of you would have been feeling anxious this morning, some would have been feeling confident and ready to go. Some of you will be relieved that you don't have to sit your exams, and others disappointed.

Whichever way you feel, remember to be respectful to others who may not share the same view as you.

Perhaps reflect on how differently you'd be feeling if you were sitting your exams. Reflect on the positive things you might have been able to do since school closed, such as spending time with family, taking up a new hobby, having more time to do things you enjoy, making the most of the nice weather we've had.

# 7 Reasons That Breakfast is Important

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)

## Enhances Memory



## Increases Concentration



## Improves Physical Health



## Better Eating Habits That Day



## Gives You Energy



## Better Mental Health



## Encourages Physical Activity



# Importance of Breakfast



## BETTER EATING HABITS THAT DAY

Unfortunately many students who are trying to lose weight believe skipping breakfast is a sensible plan. Not only is it an unhealthy approach (for most things high peak and low troughs are a bad plan), but missing breakfast actually primes the brain to search out high calorie unhealthy food as well as eating more food over the course of the day. Other studies have shown that people who identify themselves as 'rarely eating breakfast' consume less nutrients, fibre and calcium than their counterparts, whilst also eating a higher percentage of fat.

# Importance of Breakfast



## ENHANCES MEMORY AND ATTENTION

A fascinating study split students into three groups; Breakfast, No Breakfast and Energy drinks. These students were monitored over the course of four days and did tests to measure their attention and working memory. The results? Students from the No Breakfast and Energy Drink group performed significantly worse than those who had breakfast.



# Importance of Breakfast



## BETTER MENTAL HEALTH

Research has shown that “individuals who consumed a cereal breakfast each day were less depressed, less emotionally distressed and how lower levels of perceived stressed than those who did not eat breakfast each day”. Although interesting, this doesn’t distinguish between causation and correlation.

# Importance of Breakfast



## IMPROVES PHYSICAL HEALTH

Skipping the first meal of the day has been demonstrated to increase the likelihood of becoming obese as well as developing diabetes and suffering from heart disease. Missing breakfast is also associated with an increase of cholesterol levels, which the NHS state narrows arteries and is more likely to lead to heart attacks and strokes.

**Bridging the**

**Gap**

**Year 11-12  
Transition**

On the Year 11 2020 Channel, you will find a subject by subject guide of independent learning tasks you can be doing between now and September when you are enrolling at Nottingham Academy Sixth Form.

These include; articles to read, documentaries and links to watch, websites to use and importantly some independent learning tasks to complete.



**Bridging the**

**Gap**

**Year 11-12  
Transition**

**GCSE Pod** has launched a range of activities to help you prepare for Year 12.

Once logged in, select the subject you're interested in and go to "Preparing for KS5". Here you will find videos that will introduce A-Level knowledge and skills to help you prepare for next year.

There are also several booklets that you can download for free, with 10 things you can do to prepare yourself:

<https://www.gcsepod.com/free-resources/getting-ready-for-ks5/>

# Struggling to Pay Attention?

## 8. Three Types of Attention

Everyone's day moves through phases, and you're probably no different – there are times when you're fired up and raring to go, there are times when your energy levels are just average and there are times when you feel your attention is low and your motivation dips.

These three phases happen to everyone during a working day. You're not unusual if you have low energy levels or can't concentrate; if you catch yourself looking around you and seeing others hard at work, remember they're no different to you – they're just in a different phase of their day.

Some people can predict when they're going to be feeling fired up (it might be the mornings, it might be after breakfast or after exercise) and when they're going to feel slower. Others haven't noticed a pattern, but once they pay attention they see one emerging. For others, it's totally random.

Graham Allcott, founder of Think Productive (<http://thinkproductive.co.uk>), uses the following definitions for the three states:

1. Proactive attention (fully focused, fired up, feeling fresh).
2. Active attention (plugged in, ticking along nicely).
3. Inactive attention (flagging, fried, foggy).

# Struggling to Pay Attention?

He argues that really successful people get work done in all three states. They don't give up when they're in state 3, they just switch tasks.

Make a list of all the tasks you've got on your plate at the moment. Think of everything – homework, reading, essays, revision, upcoming tests, college interviews, etc.

Now categorise them. Complex and challenging tasks go in 'proactive attention'. When you feel fully focused, fired up and fresh, you tackle those. Regular tasks go in 'active attention'. They're tasks to get on with when you feel you're ticking along nicely. Repetitive tasks that are pretty easy go in 'inactive attention'. When you're feeling fried or foggy, you switch to those tasks.

<b>Proactive attention</b>	<b>Active attention</b>	<b>Inactive attention</b>
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

# Struggling to Pay Attention?

Keep the list with you for a week or two. Whenever you're about to start working:

- » Check your energy levels. Sit still for a second and listen to your body. Decide which attention state you're in.
- » Review the list of tasks you've got to do that suit your attention level. If there are none in that column, find one from the next column and tackle it.

After a week or two, see whether you can observe patterns in your attention levels. Really good learners have noticed these patterns in themselves and sequence their tasks beforehand.

# Struggling to Pay Attention?

## Final Thoughts

One way to log your attention is by colour coding. Use green for proactive attention, amber for active attention, and red for inactive. You could use a grid that looks something like this:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-10am							
10am-12pm							
1-3pm							
3-5pm							
6-8pm							
8-10pm							

We've found that certain people move through predictable phases of attention. Some start the day full of energy, but dip slowly as the day goes on. Others respond to food (!), feeling more sluggish after lunch, for example. Others have worked out ways to jump into proactive attention before doing an important piece of work.



# Struggling to Pay Attention?

This last skill is really valuable. *If you can boost your attention, you can get more work done in less time.* Try experimenting with boosting attention. We've spoken to students who do the following:

**Exercise just before work:** A run, a walk, a quick jog around the block, even an intense burst of star jumps!

**Listen to music just before work:** A loud burst of motivating music with headphones on.

**Other pre-work rituals:** Some students talk about tidying their work spaces to get 'in the zone', or having a hot shower, or getting changed or a quick ten-minute burst of game-playing (bright, colourful puzzlers work way better than long, complex strategy or role-playing games).

# Leavers' Hoodies

<https://www.leavershoodies.com/shop/nottingham-academy-2020>



Order yourself

£21.99



CHILD SIZES

All colours are available in adult sizes, only colours in shaded area are available in child sizes



# **Nottingham Academy Prom**

**we are in contact to re-arrange the date and  
will keep you informed!**

# WORD OF THE WEEK

ACADEMIC LANGUAGE



# DERIVE

de- (Latin:  
down, away)

rivus (Latin:  
brook or stream)

**LINGUISTICS:**  
“‘Coffee’  
derives from  
the Turkish  
‘kahveh’.”

**VERB:**

- to obtain something from
- have as a root or origin
- arise from or originate in

Who would use  
this word?  
Linguist, author,  
journalist, etymologist

**MATHEMATICS:**  
“The volume  
can be derived  
as a function  
of L.”

**SYNONYMS:**  
obtain, acquire,  
procure, extract,  
descend, spring

past tense: derived  
past participle: derived  
gerund: deriving

**SCIENCE:** “Strong acids are  
derived from the combustion  
of fossil fuels.”

In late Middle English  
‘derive’ meant to  
draw a fluid through  
or into a channel.



# Quote of the Week



**THE KEY TO SUCCESS  
IS TO FOCUS ON  
GOALS, NOT OBSTACLES.**

SUCCESS.com



# Government Guidance



From Wednesday you can go outdoors and exercise whenever you want.

Social distancing is in place – 2m away from people not from your household.

You are able to meet one person, outside, from another household as long as you stay 2m away.

# Staff Contact

## Year 11 Team

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Feel free to send us an email if you have a query.

Try to show good email etiquette!