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**Word for the week: Fumble (verb):** Do or handle something clumsily. "She fumbled with the lock."

**Thought for the week:** "When you know better, you do better." *Maya Angelou*

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## 1. RAPID TESTING

From Wednesday 6 January to Wednesday 13 January 2021, 166 tests have been completed in the academy, 121 students and 45 staff.

Amazingly, there have been no positive tests.

15 staff have completed all their training on the different stages of the testing process and more staff have volunteered to be trained for such times as schools are fully reopened for students and mass testing has to take place on a weekly basis.

## 2. REWARDS

Last week, teachers were busy nominating students for rewards (in all year groups) especially those of you who are going above and beyond whilst home learning, and who they feel deserve special recognition. Students who have shown a high level of engagement have been put through for Principal's Honours where there is a prize draw for each year group. Spot prizes are also available.

Last week's lucky students were:

Year 7	Rylie Sherratt-Smith
Year 8	Elli-Mae Love
Year 9	Evie Robinson
Year 10	Jasmine Whetton
Year 11	Olivia Smithard

## 3. KNOWLEDGE ORGANISERS

Knowledge Organisers will help you practise and remember knowledge that you have learned earlier this year or are currently learning.

We recommend that you:

### **Read, cover, write, check**

You can learn key information in your Knowledge Organisers by **reading** a small section, **covering** it up, saying the definitions to yourself, **writing** out those key terms and definitions in your **knowledge organiser books/ iPad**, then **checking** to see if you have got them right. You should correct any errors in **green pen**, then repeat the process.

If you are in Year 7 or Year 8 and have left your Knowledge Organiser file in the academy, you can access them at the following link (Year 9-11 Knowledge Organisers can be found here too):

<https://www.pingle.derbyshire.sch.uk/page/?title=Homework+%26amp%3B+Knowledge+Organisers&pid=44>

4. **LIVE ASSEMBLIES TUESDAY (YEAR 8) THURSDAY (ALL OTHER YEAR GROUPS):  
21 JANUARY 2021, 8:35AM**

On Tuesday or Thursday morning your Progress Leaders and Assistant Progress Leaders will be hosting a live assembly for your year group. Look out for details of how to join the assembly which will be emailed to you before Thursday by your Progress Leader. Make sure you are up and ready to take part.

5. **YEAR 9 OPTIONS**

Year 7 and Year 8 students may also like to read this section and look at some of the videos to see what lies ahead!

The subjects and qualifications you study over Years 10 and 11 will affect how you spend your time during your next two years at Pingle. It could also help set you up for the career or college course you want later on.

**How do I choose?**

To help you decide what to study in Years 10 and 11, start by asking yourself what you enjoy doing and what you are good at.

Think about:

- What you're interested in: it could be other cultures and languages, writing projects, helping people, being outdoors or designing things.
- What types of activity you enjoy most - working things out and thinking them through, practical activities or artistic options like painting, drawing or performing music?
- What you're like at home, as well as in the academy - what skills have you developed following outside interests?

There are some subjects so important that everyone has to take them, but you still have options in Year 9.

Had we have returned as normal in January Year 9s would now be getting ready for the options process. This will now be done remotely. Mr Hall has already emailed you with links to the options assembly below:

[https://drive.google.com/file/d/1DtQHZfk5KRh1obpis9cdv2bKj\\_vUwrv9/view?usp=sharing](https://drive.google.com/file/d/1DtQHZfk5KRh1obpis9cdv2bKj_vUwrv9/view?usp=sharing)

Here is the link to the Options Evening (Year 9) section of the website where you will find videos of all the different option subjects that you can choose from. Your teachers have recorded a video to explain about each course that is offered and how you will be assessed.

<https://www.pingle.derbyshire.sch.uk/page/?title=Options+Evening+%28Year+9%29&pid=255>

You should begin by watching the videos delivered by the Social Studies Faculty to explain about brand new subjects such as Business Studies, Child Development, Sociology and Psychology, which you will not have experienced in Years 7-9 and could be considered for your free option choices.

The pre-recorded options presentation for all parents and carers is available on The Pingle Academy website. Follow the link or click the options section from the homepage.

The key points to consider are that you have 3 subjects to choose:

- 1 subject must be an EBacc subject chosen from Geography, History or Spanish
- 2 subjects can be a totally free choice and may even include another subject from the EBacc ones mentioned above.

Finally, you will need to do the following:

- Read the Key Stage 4 Curriculum Guide in addition to watching the videos (attached to this email).
- Complete the options form (attached) and email back to your Form Tutor for checking before the deadline of Friday 12 February.

If you need any help, then please ask your Form Tutor or Miss Robinson in the first instance who will refer you to either Mr Elks or Mr Hall if required.

## 6. **FORM CHALLENGES**

Look out for form challenges the week beginning 25 January 2021. Details will be sent by your Progress Leaders and Form Tutors at end of the week.

## 7. **WELL BEING**

### ➤ **Physical wellbeing:**

It is vital for your well being that you take a break from studying and complete some physical exercise/activity each week. The PE faculty are sending out daily challenges to students so that you can remain fit and energised. See how many you can do in a week.

### ➤ **Emotional wellbeing:**

Look after yourself

It's quite likely there will be times we all feel anxious or low in the days and weeks ahead. This is completely normal, so we've put together some top tips:

- If you are worried, talking really does help. Take time to chat about how you're feeling with family and friends.
- Focus on the things you can control rather than the things you can't. This might mean focusing on getting into a routine and taking small practical steps each day to do what you need to do.
- If you find the news is making you anxious and depressed, try limiting yourself to set times each day to check in on events. Also stick to trusted sources of information.
- The following website contains some useful resources:  
<https://www.nhs.uk/oneyou/every-mind-matters>

### ➤ **Work/life balance:**

Mrs Sharples is always keen to check on the wellbeing of students and teaches. She would like you to try and keep emails and messages to your teachers to within the academy day, so you get a break after lessons and so do your teachers. If you are struggling to cope with your workload, please email your Form Tutor.