

#TEAMAKELEY PRESS

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We've had another fantastic week of home learning; from coding tasks in computing to the study of vitamins and minerals in Food Tech. Team Akeley have once again blown us away with their resilience and attitude to online learning; you're all doing extremely well. In issue 6, we're pleased to bring you another week of Vlogs, online learning highlights and Akeley updates - happy reading!



Ms Chapman

Miss Dowson



This week's Vlogs come from Ms Chapman, Head of the Senior School Pastoral and Miss Dowson, Head of the Junior School.

Ms Chapman discusses the importance of wellbeing and how we are continually monitoring this, especially while all students are learning online.

Miss Dowson has come up with a helpful list of online learning tips to help all students.

Online Learning Highlights



FOOD GLORIOUS FOOD

Since the term began, Food Technology lessons have continued to shine a light on all of our budding chefs. From learning about vitamins and minerals at the Senior School, to practising delicious kitchen staples at the Junior School; we've loved seeing all of your culinary masterpieces.

AKELEY 100 MILESTONES

We're so impressed with how quickly you've been earning your Akeley 100 mile, during your Games lessons and in your spare time too! From 6 mile runs to endless Jumping Jacks, you've all been keeping really fit and active. We'll be issuing certificates to all children who pass their milestones, so keep going and make sure to tell your class teachers how you're getting on.



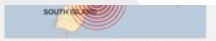
'THE DEW OF THE MORNING'

IMAGERY IN ENGLISH

Year 10 have been studying GCSE Love and Relationships poetry, focusing on 'When we two parted' by Lord Byron and 'Neutral Tones' by Thomas Hardy. As an assignment, they created a PowerPoint of all the imagery in both poems. Click the image to see a beautiful example from Jack W.

SEISMIC EVENTS

Year 13 did a fantastic job last week at presenting their flipped learning task on examples of seismic events from around the world. Students presented their research to the class during their online Geography lesson with Mrs Wilson.




New Zealand is located on the Ring of Fire, a of frequent earthquakes and volcanic eruptions that occur on the Pacific.

New Zealand is on the boundary between two tectonic plates - the Pacific and Australian plates.

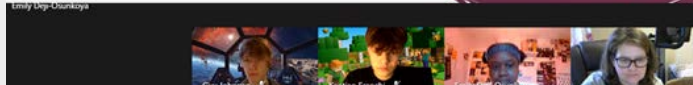
The 6.3 magnitude earthquake struck New Zealand at 12:51 on 22 February 2011.

The epicentre was 10 miles South East from the centre of Christchurch and the focus was very shallow at 3.1 miles.

The earthquake occurred on a conservative plate margin where the Pacific Plate slid past the Australian Plate in the opposite direction.



Tectonic location and causes of the event



Akeley Updates



AKELEY EXTRA

A new programme of after school clubs are being offered at the Junior School for every Keystage. The full brochure has been sent out via Cognita Connect and includes clubs such as the Akeley Lockdown Choir, Pet Club and Duke Junior - a new D of E initiative for Junior aged children. Sign up for each club can be completed through the app.

YEAR 8 GCSE OPTIONS

Our GCSE Options brochure will be available to all Year 8 students on February 12th, giving you half term to really consider which subjects you would like to choose. For more information on the GCSE Options timeline and events we have coming up, please check Cognita Connect to view a video from Ms Carr, explaining the process in detail.



THE SMARTEST GIANT IN LOCKDOWN

To complement our Reception, Year 1 and Year 2 curriculum, we have launched a brand new programme of activities and resources for KS1 children to enjoy. The Smartest Giant in Lockdown has been designed to blend perfectly with our curriculum. We'd love to see photos of your children enjoying this new programme!

The Importance of Sleep



An adequate and restful sleep plays a huge part in ensuring our mental wellbeing is in tip top condition. As mentioned in the Cognita Be Well charter, it recharges both the body and brain, something that is hugely important while we are learning online. Take a look at these top tips for a better night's sleep.

To add to these, we'd also recommend using a Blue light filter, which decreases the amount of blue light displayed on a screen. Blue light can suppress the production of melatonin (sleep-inducing hormone), so filtering it out can help you sleep better. Follow the steps below to activate this filter on your device.

Open the Settings app on your Windows 10 PC. Now, look for the Display option and click on it. Near the top, you'll find a toggle below the Night Light option. Turn this toggle to 'On'. After enabling Windows 10 Blue Light filter, you need to click on Blue Light Settings for further options.

