



BRADON @home

CHAMPIONING OUR HOME LEARNERS

WELCOME

Welcome to the Bradon@home newsletter produced fortnightly during lockdowns to celebrate the academic, enrichment and community work that our students are engaging in during this unique time. Congratulations to all students who have featured in our newsletters since April and thank you to all students who have sent work in. A special mention as well to our Head Teacher Award (HTA) winners.

ACADEMIC

ART

Mrs Holmes has collated some images of the fabulous artwork that has been completed so far this term.

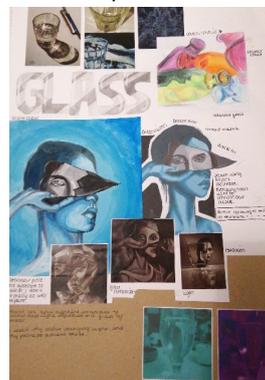


Claudia Costa
Year 9

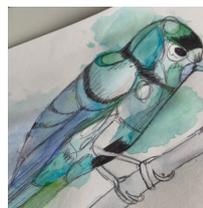


Manaka Oh Year 11

Ruby Baish Year 11



Shelby Baxter Year 7



Macy Sweetman Year 11



Ruby Poole Year 7



Hannah McNeil Year 11



Hannah Warren Year 9

EXTRA-CURRICULAR

Congratulations to Year 8 student, Dylan James, for passing his Drum Examinations with Distinction! Grade 1 in April and Grade 2 in November - a great achievement!

ACADEMIC

HISTORY

Mr Dipple would like to highlight the following students for their great work this week:

Lois Hawkins, Year 9: "This is a fabulous piece of work. You have used the article that we studied in the online lesson to construct a well-honed argument, detailing reasons for Churchill's significance. You have also outlined the significance criteria."

Evie McNab, Year 10. "You have explained three factors well, using specialist terminology."

Isabella Thomson, Year 10. "Overall, a terrific answer, 3 points well explained and supported with evidence - well done."

Why do historians think Winston Churchill was significant?

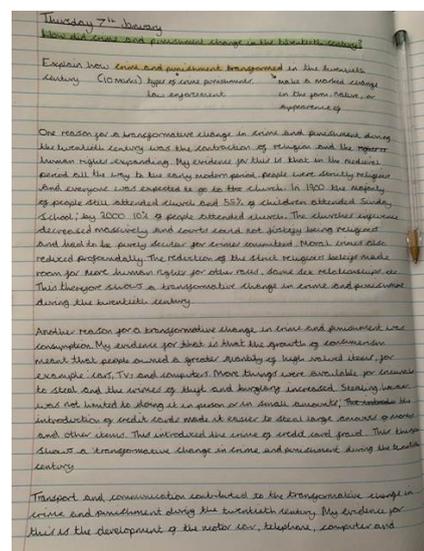
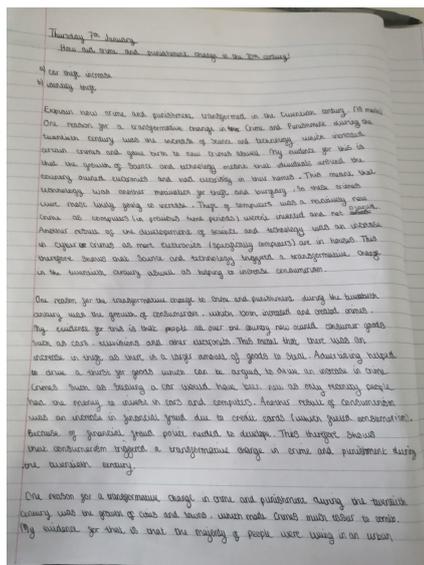
One can easily confuse being famous for being significant in history. A significant person is a person who: has changed events at the time that they lived, improved peoples lives or made them worse, changed peoples ideas, had a long lasting impact on their country or the world, or had been a really good or very bad example to other people of how to live their lives.

Many Historians argue that Winston Churchill was significant because he improved lots of peoples lives and had a long lasting impact on his country. My evidence for this is that he "reformed the prison system, introduced a minimum wage, and brought in a legislation that taxed the wealthy to pay for social welfare reforms". Furthermore, this made Churchill significant because reforming the prison system improved lots of people (prisoners) lives because they received a better quality and more efficient way of life. Also, he was significant because he introduced a minimum wage, this both had a long lasting impact on the country, as there is still a minimum wage today, and it improved peoples lives because they legally had to be given a certain amount of money for working. This prevented wealthier people or companies employing people from exploiting them, because they had to pay them a certain amount for working. Additionally, Churchill improved peoples lives in another way, because he introduced a legislation (law) that taxed wealthier people, who could afford to pay for social welfare reforms. This improved peoples lives especially poorer people, because it helped them to not live in poverty, giving them money to afford shelter and food as well as other basic things. It also helped bridge the gap between the wealthy and the poor, which could of made society more equal. Therefore, Churchill was significant because he improved peoples lives and had a long lasting impact on his country.

In addition, Historians could also argue that Winston Churchill was significant because he made lots of peoples lives worse. My evidence for this is that whilst he was secretary of state for war, he sent "the infamous Black and Tans to fight the IRA in 1920. The unit became known for vicious attacks on civilians and violent reprisals." Furthermore, Churchill was significant because he made lots of peoples lives worse, such as civilians attacked by the Black and Tans or the Black and Tans themselves. As a result of Churchill sending them to fight the IRA many innocent people suffered and were in fear. Therefore, Churchill was significant because he made many peoples lives worse.

Overall, Churchill was significant for good and bad reasons. The most important thing that Churchill did to prove his significance was changing events at the time. The evidence for this is everything he did to help Britain win the war, which ultimately saved millions of peoples lives. Furthermore, this shows he was significant because he changed events that then led to victory as well as lives and money being saved. This is the most important reason because he saved peoples lives. Other things, such as reforming prisons, making powerful speeches and introducing minimum wage are less important because while it improved quality of life and changed peoples views about him, it did not save peoples lives. Therefore, the most important thing he did to prove his significance was changing events at the time.

Lois Hawkins 9b/1s2



HEADTEACHER AWARDS

- Owen Yeates, 7B1
For achieving 100 000 points on Memrise
- Corey Brennan, 8B1
For excellent work in Geography
- Jamie Humphreys-Stone, 8B3
For excellent work in English
- Evie Cripps, 8P1
For consistently good and in-depth History work
- Maddison Bird, 8R2
For outstanding work in Geography
- Joyce Akinwole, 9B1
For outstanding work in Religious Studies
- Claudia Costa, 9B1
For excellent Art homework
- Ryan Stoddart, 9B2
For working to his best ability in a History assessment
- Erin James, 9B3
For an excellent History assessment and outstanding work in Religious Studies
- Lily Mitchell, 9B3
For outstanding work in Religious Studies
- Jermone Chisvetoh, 9P1
For outstanding work in Religious Studies

ACADEMIC

GEOGRAPHY

Mr Heathcote has commended Amelie Hooper in Year 9 for her revision work, and example of which is below:

High and low pressure

High pressure:

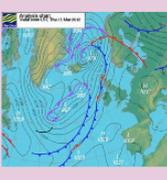
- As warm air rises
- As warm air rises it cools
- As it cools condensation takes place and clouds form
- As the clouds form this creates precipitation

Low pressure:

- When cool air sinks it warms
- This increases pressure at the surface
- Due to sinking air no clouds form in the sky so there are clear skies

Pressure map:

- Low pressure is shown on weather maps through circular shapes.
- The closer together the circles are, the lower the pressure is.
- The further apart the circles are, the higher the pressure (above 101)



Volcanoes

A volcano is an opening in the earth's crust through where molten lava, ash, and gasses escape. It is created when certain tectonic boundaries cause an interaction with the mantle. When this happens, the volcano erupts.

Types of volcanoes:

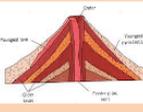
- Active:** The volcano shows signs of activity such as gas emissions, earthquake trembles and eruptions.
- Dormant:** A sleeping volcano with the ability to erupt but has not done so for many years.
- Extinct:** A dormant volcano might never wake up. Changes to tectonic plate positions could also result in the volcano not being able to erupt ever again.

The process of a volcano:

- Millions of years ago, magma forced its way between tectonic plate boundaries.
- The lava cooled and turned into rock. Many years later magma forced its way up again.
- In between, the volcano spewed out ash and steam. The ash settled on the volcano and cemented into rock.
- Over millions of years, the layers built up to form a volcano.
- The process repeated over and over again. The cooled lava formed layers of rock.

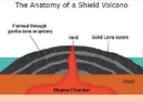
Composite volcano characteristics:

- Thick lava
- Eruptions are very rare
- Creates steep slopes
- They are normally on a destructive plate boundary
- Mount Etna and Krakatoa are composite volcanoes



Shield volcano characteristics:

- Runny lava
- Hot explosive
- Regular and frequent eruptions
- Pours out smoothly
- Creates gentle slope and wide base
- Made of lava only
- Gentle
- Normally on a constructive plate boundary
- Hawaiian and Iceland are shield volcanoes.



Weather and climate

- Weather describes the day to day conditions. Weather can change sunny and the next could be raining.
- Climate describes average weather conditions across a period of time

Types of climate:

- Tropical climate:** hot and wet and around the equator e.g. Dordrecht
- Subtropical climate:** hot and dry, tropic of Cancer and Capricorn s
- Temperate climate:** mild and average rain/fall e.g. UK
- Polar climate:** cold and dry and north and south e.g. Antarctica and

Wildfires

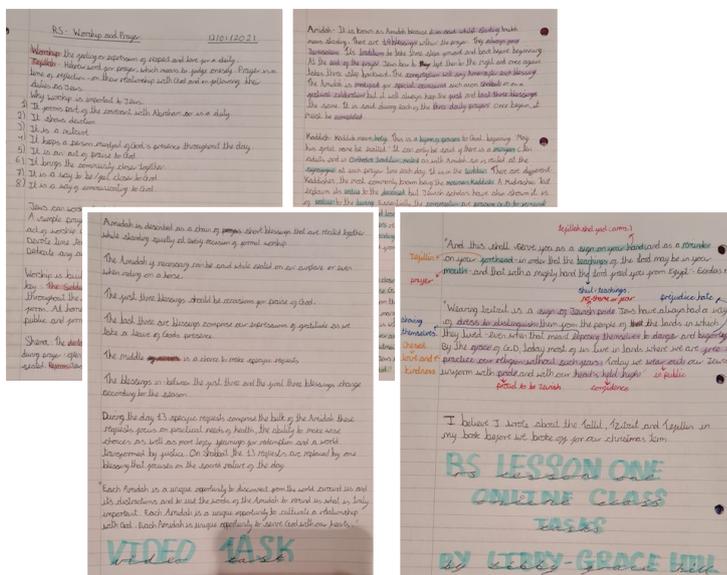
- An unplanned or unwanted wild land fire, including unauthorised human-caused fires.
- Wildfires are commonly known as bushfires in Australia

Natural and human causes of wildfires:

- Lightning
- Spontaneous heating of material
- Volcanoes

RS

Libby Hill, Year 10. Outstanding notes on Worship and Prayer.



The image shows several pages of handwritten notes. The top page is titled 'RS - Worship and Prayer' and contains a list of points in Arabic and English. The middle page has a heading 'Arabic' and discusses the importance of prayer in Islam. The bottom page is titled 'RS LESSON ONE ONLINE CLASS TASKS BY LIBBY GRACE HILL' and contains more notes in Arabic and English.

- Cori Elbourne, 9P2
For excellent Art homework
- Hannah Warren, 9P2
For excellent Art homework
- Lois Hawkins, 9P3
For excellent analytical writing in History
- Thomas McDonald, 9R2
For producing some outstanding work in Religious Studies
- Amelia Amagan, 10P1
For consistently good effort in written work especially GCSE exam answers
- Hollie Green, 10P2
For consistently giving 100% in lessons and written work
- Kate Wiltshire, 10P2
For consistently achieving excellent marks in all written History work
- Lauren Ambrose, 10P3
For producing some outstanding exam style work in Geography
- Niamh Cripps, 10R1
For outstanding work in Geography
- Libby Hill, 10R1
For outstanding work in Religious Studies
- Hannah Greig, 11B1
For exceptional Art coursework
- Manaka Oh, 11B1
For exceptional Art coursework
- Owen Hateley, 11B2
For fantastic effort with Art coursework

- Katie Hayward, 11B1
For outstanding Religious Studies work

- Shanice Makoni, 11P1
For fantastic effort with Art coursework

- Logan McGhee, 11R2
For fantastic effort with Art coursework

REVISION

Did you know that there are loads of great revision tips on BBC Bitesize? You can even download free timetable templates: <https://www.bbc.co.uk/bitesize/articles/zn3497h>

Get your revision plan right

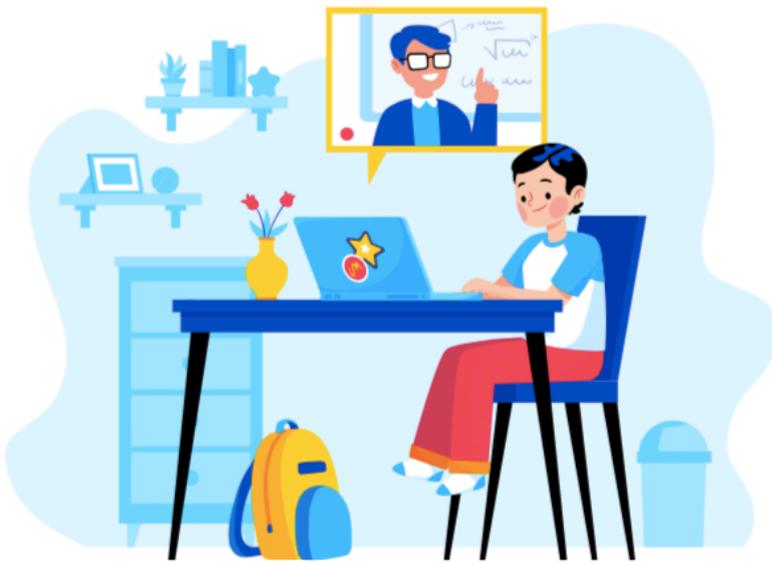
BBC THE MIND SET WEEKLY PLANNER

TIMES	8.00am - 4.00pm	4.00pm - 6.00pm	6.00 - 6.45pm	6.45pm - 7.45pm	7.45pm - 8.00pm	8.00pm - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
FRIDAY	School time!	Chill out!	Dinner	Homework	Social Media	Homework / revision
TIMES	9.00am - 10.00am	10.00am - 11.00am	11.00am - 1.00pm	1.00pm - 3.00pm	3.00pm - 5.00pm	5.00pm - 6.00pm
SATURDAY	breakfast / shower etc.	Hour of power revision!	See friends / Lunch	Revision	Watching / playing sport / gaming	Revision
SUNDAY	breakfast / shower etc.	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / Dinner

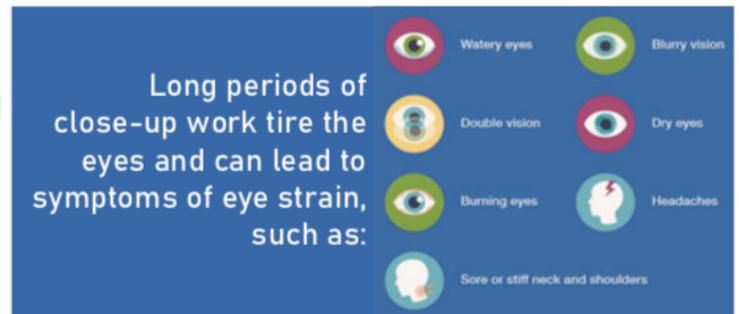
We produced this publication throughout the first national lockdown when schools were closed to showcase excellent pieces of work and some of the exciting activities students and their families have got up to at home. Please send any stories that you would like to share to dipplep@bradonforest.wilts.sch.uk.

STUDENT WELLBEING

REMOTE LEARNING DIGITAL EYE STRAIN



You're going to be learning mostly remotely for the next few weeks. It is highly likely many teachers and students will experience eye discomfort and vision problems, due to having to look at screens for extended periods of time.



The simple fact behind these symptoms is that you may blink as much as 3 times less than when you're looking at something far away, leaving eyes dry and irritated. And when you focus at the same distance for a long time, it can cause vision to blur temporarily, and the muscles around the eye to tire, which can cause headaches.

HERE ARE SOME EASY TIPS TO PREVENT EYE STRAIN BEFORE IT STARTS

• FOLLOW THE 20-20-20 RULE

Give your eyes the chance to focus both near and far away. Set a timer for 20 minutes. When the timer goes off, look into the distance at least 20 feet away for at least 20 seconds. Twenty minutes, 20 feet, 20 seconds.



• POSITION YOUR MONITOR FARTHER AWAY

Adjust your monitor to about an arm's length away from your eyes. Keep the top of the screen at or just below eye level.

• PROTECT YOUR EYES AGAINST SCREEN GLARE

Place your laptop or desktop in a place relatively clear of sunlight, and away of light sources immediately above your screen. Adjust your monitor's brightness and contrast settings and try keeping it at half-brightness. If the above is not enough, use an anti-glare matte screen filter or glasses.



• GET OUTSIDE

In between lessons, at break or lunch get some fresh air. It will allow your eyes to interact with a distant visual space, which is a less stressful visual demand than a near point task.



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

11 Switch off all your tech 2 hours before bedtime

18 Focus on what's good, even if today feels tough

25 Decide to lift people up rather than put them down

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Get back in contact with an old friend you miss

26 Say hello to a neighbour and get to know them better

6 Take five minutes to sit still and just breathe

13 Be gentle with yourself when you make mistakes

20 Go to bed in good time and give yourself time to recharge

27 Challenge your negative thoughts and look for the upside

7 Learn something new and share it with others

14 Take a different route today and see what you notice

21 Take a small step towards an important goal

28 Ask other people about things they've enjoyed recently

1 Find three good things to look forward to this year

8 Say positive things to the people you meet today

15 Eat healthy food which really nourishes you today

22 Try out something new to get out of your comfort zone

29 Use one of your personal strengths in a new way

2 Make time today to do something kind for yourself

9 Get moving. Do something physically active (ideally outdoors)

16 Get outside and notice five things that are beautiful

23 Plan something fun and invite others to join you

30 Count how many people you can smile at today

3 Do a kind act for someone else to help to brighten their day

10 Thank someone you're grateful to and tell them why

17 Contribute positively to a good cause or your community

24 Put away digital devices and focus on being in the moment

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

www.actionforhappiness.org

 Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

WELLBEING

Creative	Educational	Food and Drink (check with adult first!)	Thinking of others	Spending time together	Relaxing	Keeping Active/ getting outside
Make you a video about something you are passionate about - work on editing your own videos	Research a career in a field you've never thought of before	Bake something sweet	Write a letter to an older relative or to a resident in a local care home	Play cards - you organise it.	Spend some time in garden if you can - take your book or work outside	Do a cardio quick workout (use youtube/instagram to find something that takes 30 mins or less)
Learn a new sporting skill and record your progress using videos	Find a scene from a play and practise it remotely with members of your tutor group	Make a smoothie	Send a kind video message or text message to someone you normally wouldn't	Play a board game - Challenge - work out a way to play it remotely with someone from your tutor group	Do some exercise to tire yourself out - take some time away from a screen	Skip in the garden. Or run, or use the trampoline.
Learn a new song	Ask to be tested on something/ test your friends remotely	Help with Dinner	Facetime a relative	Do some gardening if you have a garden	Research something exciting - think of something that you would like to achieve/buy and what you need to do to make that happen	Make up a circuit to do in the garden for all the family
Learn to play a new piece on an instrument. Try a music style you haven't tried before	Choose a subject and ask a family member to set you a project to do with that subject. Do the project.	Make a meal/snack for someone else	Play with a younger sibling (eg build a den indoors!)	Create a 'name that tune' playlist on Spotify and play remotely with members of your tutor group	Have a bath	Do some meditation/yoga
Remotely write a song with a friend and find a way to perform it together	Learn a new verb a day for a week. Ask someone to test you on it. Any language you don't speak fluently	Try something new - challenge your taste buds!	Call a relative	teach a younger sibling something - or remotely a younger friend/relative	Listen to a podcast about something that you find interesting	Learn a new dance - that involves getting your heart rate up Just Dance?
Paint or draw your favourite animal in the style of Picasso	Follow your normal school timetable for a day and do something extra from BBC Bitesize for each subject.	Make some bread	Unpack the dishwasher/do the washing or drying up	Make an indoor bowling/skittle game	Watch a foreign film with subtitles	Sit outside and read a book for half an hour
With lego copy a famous building or landmark	Pick a documentary on Netflix etc rather than a fictional/reality show	Make a treat for a family member as a surprise	Offer other people in the house drinks etc	Play something outside with a family member	Get the Headspace App and try a meditation/some mindfulness	Play a game in the garden with someone
Write a letter to a relative (younger cousins - something imaginative and playful)	Watch a documentary (relevant to school work) with someone, set each other questions to see what you take in once it finishes	Make a desert for after dinner that everyone will like	Ask someone to watch something/do something with you	Organise a movie night for several members of your tutor group. Watch the same film on the TV screen. You could have a Whatsapp/Zoom chat going at	Have a clearout of your photos/videos on your phone	BBC/Cook outside
Write a poem/short story about being stuck	Make revisions posters for any subject and stick on the fridge	Make something new with the (limited?) supplies in the cupboard.	Offer your help to someone and do the tasks they ask you to do	Have a disco in your living room - invite tutor group/friends remotely. Or with your family	Dim the lights in your room and listen to music that is relaxing with no screen	Help out with the gardening