

Chew Valley School Year 11 Class of 2024

Year 11 Home Learning Package ~ Week 4

2nd Tuesday night session tomorrow (21st in the Main Hall)

This weeks videos are English and History – Get Mock Ready

Subject (s)	Topic	Video link
English 1 (lit)	An Inspector Calls	https://vimeo.com/user115470953/inspector?ts=0&share=copy
English 2 (Lang)	Language Paper 2	https://vimeo.com/user115470953/elpaper2?share=copy
History	Western Front	https://vimeo.com/user115470953/historywf?share=copy

On this week...

Monday	Tuesday	Wednesday	Thursday	Friday
Chemistry Club (S7) French Foundation (L5)	Physics Club (S9) French Higher (L14) Tuesday Night Club (Main Hall 3.20PM)	Maths Exam & SPARX Club (M5) Health and Social Care (MEZZ) Biology Club (S8)	Business Studies Course Work (L12) Spanish Higher (L15)	Spanish Foundation (L5a)

Revising for mocks? Read this ↓

6 Reasons to Put Your Phone Away
by @Inner_Drive
www.innerdrive.co.uk

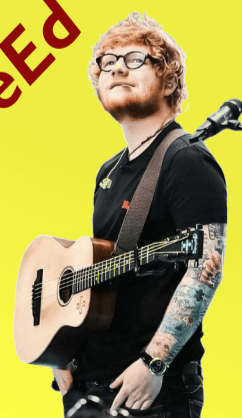
- Lowers Concentration:** Having your phone out while doing homework or revision has been shown to reduce performance by 20%.
- Increases FOMO:** Fear of Missing Out (FOMO), or the compulsive need to know what others are doing leads to worse moods and increased anxiety.
- Increases Stress and Anxiety:** Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.
- Warps Your View of Reality:** Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.
- Reduces Memory:** Instant messages are distracting, which often leads to forgetfulness.
- Makes You Sleep Worse:** Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

Things to note....

127 Students attended something extra this week!
Well Done, remember to check out Tuesday night club and lunchtime sessions

Your mock timetable is on insight, this is live and seat numbers will change.
Check each night before your exam

#BeMoreEd



Keep up the hard work, it is noticed!

Mr Cocks