

Chew Valley School Year 11 Class of 2024

Year 11 Home Learning Package ~ Week 10

This weeks videos include **Science, Geography and RE**

Remember all our subject videos can be found here: [Chew Valley School - Year 11 Information](https://www.chewvalley.org.uk/Year11Information)

Subject (s)	Topic	Video link
Science	Biology	https://vimeo.com/user115470953/rp?share=copy
RE	Christian beliefs	https://vimeo.com/user115470953/chbeliefs?share=copy
Geography	Distinctive landscapes	https://vimeo.com/user115470953/landscapes?share=copy
Geography	Bonus - YouTube Channel	https://youtube.com/@cvsgeography6091?si=qhl7s1qKGZctnJQ



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

Top Tips for Learning

Put the phone away



Golden Eds will awarded to students

who are get it right everyday.

If you get one please hand it to

Mr Cocks **#BeMoreEd**

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.



Keep working hard

Mr Cocks