

THE CLEEVE PARK CALLER



Year
13

Issue 3

May 21st 2020

HOY Welcome– Mr Luck/Mrs Osman

Welcome back to the third edition of the school Newsletter.

We hope you are well and still visiting your Ruler account regularly to make the most of the careers resources on there for you.

We are aware that many of you will be getting ready for the next step in your life– if you are still unsure what that is, visit page 3 for some advice.

If you have anxieties regarding your university places, please ensure you email them directly– they have a team of support staff that can support you with any questions you may want to ask.

As companies begin to go back to work, do not forget to keep your eyes on the following websites for opportunities if you are looking for an apprenticeship!!

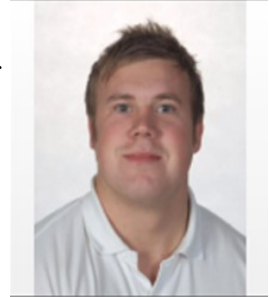
<https://www.apprenticeships.gov.uk/>

<https://www.getmyfirstjob.co.uk/Choices/Apprenticeships.aspx>

<https://www.ucas.com/understanding-apprenticeships>

Stay safe!

Mr Luck & Mrs Osman



CHALLENGE YOURSELF!

Over the next fortnight I have a physical challenge for you, since the relaxing of the lockdown rules means you can now exercise outside more than once a day. My challenge for you is to get outside for a minimum of 1 hour per day, doing some form of exercise (walking, running, cycling)

Why: Physical exercise triggers the release of positive hormones, which make you feel better, Sunlight is a source of vitamin D - which is needed to keep bones, muscles and teeth healthy, so it is essential for the body to remain healthy and stay safe.



BEHIND THE HEADLINES

We just had to share the amazing wood-work **Clark Fuller in Year 8** has completed at home since the lockdown begun.

All the staff are so



impressed with his carpentry skills!

Partial Re-opening of Schools

Currently there are Government plans for schools to provide face to face tutorials for students in year 10 and 12 from 1st June if medical professionals deem it safe on 28th May. T

he planning for this is underway and parents in those years groups have been notified.

Unfortunately there are no plans for years 7 -9 to return at this time. We will keep you all updated should anything change as changes are happening regularly.

We would like to remind you that next week is half term and we are not expecting you to complete school work over this week. Have a good rest!



REMEMBER: All your teachers are available to support and help you with your work– Useful school email addresses:

Ms Keeler:

keelerc@clevepark-tkat.org

(Head of English)

Mrs Awofeso:

awofeso@clevepark-tkat.org

Mr Singh:

Head of Science

singhl@clevepark-tkat.org

General enquiries:

enquiries@clevepark-tkat.org



School is open every day of the week. If **YOU** have any worries or you are concerned about a friend, **PLEASE EMAIL:** tellit@clevepark-tkat.org

Your Safeguarding Team are in School Every day:

Monday -	Mrs Harmer
Tuesday -	Mrs Lawrence
Wednesday -	Mr Moloney
Thursday -	Mrs Rodgers
Friday -	Mrs Mayzes

Wellbeing

Discovering Kindness



As we enter our ninth week of lock down, it is important to remember that those currently self-isolating could be feeling lonely. Simple acts of kindness could make a big difference. Perhaps you could think of five kind acts you could do over the next few weeks to help people who are struggling with all the changes? Perhaps you could teach a relative a new skill, cook a meal for the family or help with some jobs around the house? Remember by staying at home as much as possible you are all helping save lives - this could be one of your kind acts. Other

acts of kindness could involve letting someone go ahead of you in a queue, or giving friends compliments of social media. Being there for a friend, or taking time to check in and call someone is also a great act of kindness.

Remember, that although this situation is temporary, kindness and kind acts are always needed.



Did you know, it's Mental Health Awareness Week? 18th - 24th May

kooth
Your online mental wellbeing community

Mental Health Awareness Week 2020
18th May - 24th May

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Sign up for free at [Kooth.com](https://www.kooth.com)

Hello!

Goodbye!

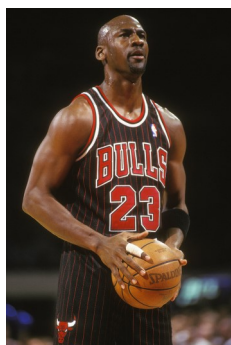
This term we say 'Goodbye' to the following staff:

- Ms Higgins (English)
- Ms Boxall (maternity) (Technology)

We wish them both well.

“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.”

Michael Jordan



If you have Netflix, I really recommend watching the series about Michael Jordan, his attitude and his mentality, it really does show why he was a success and is really motivational.



With the summer fast approaching, you are probably thinking about your next steps— for some of you, this might mean taking the first steps to pursue that dream job. But what if you are unsure what that dream job is?

Try using this link and take the quiz to discover what industry and type of profession would best suit your lifestyle: <https://www.glassdoor.com/blog/quiz-what-job-best-fits-your-life/>

Job success is based on both of these factors, so knowing what you are looking for before getting into the job market can save you a lot of time, stress and energy. You could also try researching more information by visiting The National Careers Service on the following website: <https://beta.nationalcareers.service.gov.uk/q/short/02>

This is a Government approved site that supports students in their career choices. It enables you to look at a range of career opportunities in different sectors from animal care to transport. It gives salaries, typical working hours and shift patterns. It also tells you what qualifications you will need and the possible career progressions there are in that field.

Along with lots of tips and advice, there is also a skills assessment task that helps ascertain possible career paths that would be suitable for you and advice on how to apply for jobs e.g. networking and writing a CV.

The site is an excellent resource for students (and possibly their parents and carers too!)

Once you have some ideas, if you still have some questions Mrs Unger is available to support you and assist in any way she can. Email her for some individual advice on: unge-ra@clevepark-tkat.org

There are also resources regularly updated on RULER, so make sure you keep logging on and checking what there is that is appropriate for you.

