

VOL. 13 | MAY 18, 2020

IN THE LOOP



Updates for the parents & students of Bath Academy

MENTAL HEALTH AWARENESS WEEK



Celebrate Kindness

As we resume normal lessons this week after mock exams, we hope our students are taking time for themselves and keeping life balanced in these turbulent times.

It seems a good time to assess our mental health, and with the start of Mental Health Awareness Week focussing on **kindness**, we want our students to feel supported, not just by their teachers, but also fellow classmates. We will be promoting this theme on our social media, engaging students with stories of kindness and ways to be kind online.

Our Café Zoom sessions this week will be 'open' for students to chat, reconnect, and talk through any concerns they may be having in a friendly, informal and of course, always kind, atmosphere.

WHAT'S ON:

- Café Zoom - Monday at 3pm, Wednesday at 11am
- May 18 - The Great Debate: Best Book of all Time @ 11am
- May 25 - half-term week
- June 1 - mock exam week 3
- June 18 - new UCAS deadline

#KINDNESSMATTERS

- **Research shows that kindness and mental health are deeply connected.**
- **Kindness strengthens relationships, develops community and deepens solidarity.**
- **It helps reduce stress, brings a fresh perspective and deepens friendships.**
- **Kindness can even improve feelings of confidence and optimism.**



In the News

Excerpt from *The Guardian* - April 25th, 2020

'Universities have confirmed they are making plans to start the next academic year online if social distancing continues.

Many institutions are proposing to start first-year degrees online and move to face-to-face lectures and teaching in the second term, or as soon as campuses are able to open. But some say this is not a good option for school-leavers who haven't yet learned to study independently, and they would push the start of the year back to January.

Neil Morris, professor of educational technology at the University of Leeds says that good online courses can be "very social". "They are very much about interactive discussions and group work. But they have to be designed from the start with that in mind."

Mike Nicholson, director of undergraduate admissions and outreach at the University of Bath, says learning technology experts and academics are working hard to find new ways to put often very complicated teaching online.'

Bath Academy students, who may have been not too keen on the continuation of lessons and mock exams online initially (when compared to friends at other schools who have had a less onerous summer term), will now reap the benefit of adapting early.

- Tim Naylor, Principal

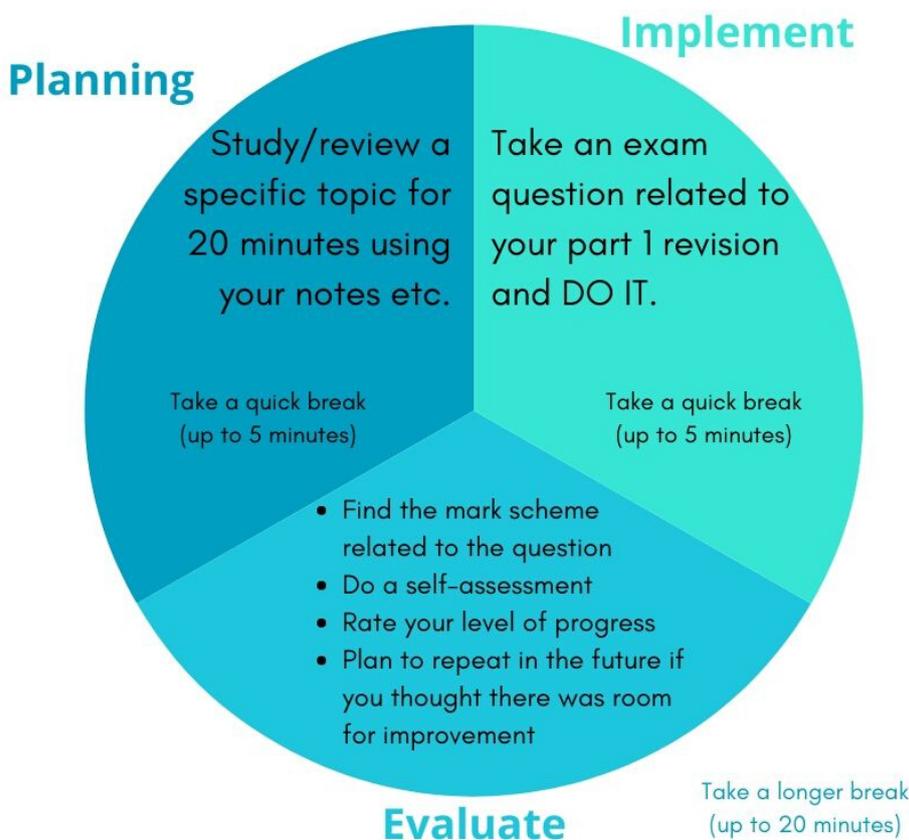
Revision Tips

From the Vice-Principal, Paul Francis

Let's be honest, very few people enjoy revision! It often feels like climbing a mountain and looking up to the summit; it seems an impossible task. Like any challenge it is best to breakdown the whole thing into smaller manageable stages. Here are a few ideas to make climbing that 'revision mountain' a little bit easier. First question, how long can you work on your studies before your levels of concentration start to fall?

Let's say on average, it is about 60 minutes. Ok, let's chunk those 60 minutes into three parts. think of 'P.I.E' for your revision;

Plan/Implement/Evaluate



How many hours per day?

How long you can concentrate and when in the day do you work the most effectively?

For example, research shows that younger people are less effective in the morning. If this is you, why not start at 11am and work through until the early evening?

Whatever your pattern of work, take regular breaks with little rewards (not too many packets of crisps please!). Do keep hydrated and fed, your brain needs this.

Whatever you decide, make sure you stop work by 9pm at the very latest, this will help you get a good nights sleep. Remember PIE, it's essential to practice throughout your revision period!