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**Subject Requests**

**ALP Competition**

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**SMSC**

Cultural, Social, Moral:

We are told to follow the rules of the UK but sometimes we disagree with them and sometimes we think that those in charge don’t listen to us. We need to remember this is a bizarre situation that we have not been in, they are doing what they think is right. Do you agree?

**Wellbeing**  
What is meditation?

**Meditation** is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Bet you didn’t know making your bed or listening to music was meditation?! Do something you love to meditate.

**Student Mention – Teacher Shout-out**

**Geography**

Lewis Davis

Joseph Henderson

**Inspire Day**



On **Tuesday 7th July**we are hosting our first virtual Inspire Day all guidance information will be posted on Facebook, bulletins, firefly pages and sent home via the text service prior to the day. Please keep an eye out for updates and we look forward to you taking part in it.

**Live Lessons**

**Face to Face contact**

Remember to do your best to attend your allocated day over the last 2 weeks. Those three hours could be crucial for your achievement next year. Well done and thanks to those who have continued to attended their sessions and are make the most of this opportunity.

Live Lessons

|  |  |  |
| --- | --- | --- |
| **Y10 Live Lessons** | | |
|  | **1pm-2pm** | **2pm-3pm** |
| Monday | Science |  |
| Tuesday | Maths |  |
| Wednesday | Geography | History |
| Thursday | RE | English |
| Friday | PE |  |

**Year 10**

**Bulletin**