



## HoY Newsletter 25th January 2021—Year 11

### **Head of Year's Message:**

I think it's fair to say that it's been a tough start to 2021. It is also fair to say that year 11 students up and down the country have it tougher than most. At the moment your sons and daughters are having to wrestle with: hour upon hour of online learning, uncertainty around assessments, worrying about results, college applications, being cooped up all day, not seeing friends- the list goes on and on. But the vast majority of our year group are overcoming these barriers and are continuing to move forward, which is quite frankly, amazing!

It says so much about our year 11 students that they have developed (and are continuing to develop) such high levels of resilience when faced with adversity. This will greatly benefit them in their adult life and is preparing them for the competitiveness of the "big wide world" and what it feels like to really have to strive for their goals and aspirations. Times are tough right now, but good things will happen with hard work and determination. That's a good lesson to learn and right now, our students meeting and exceeding the challenges they are facing.

I have never, in the whole of my career, had so many students contact me to discuss their education. I have had a whole multitude of questions and requests, all centred around improvement and success. Keep them coming!! I and the entire staff at BCHS will continue to work our hardest in order to help your child achieve their full potential. The students know where to find me, on Teams and Email, that goes for any of you parents too.

As well as prioritising education and progress, I have another equally important priority, the well-being of your child. As I mentioned above these times are incredibly difficult and at some point, I would imagine that it going to take their toll. I implore the students to again contact me if they have any worries or stresses. If I can help, you have my word that I will do. Free time so important right now, please encourage your child to make the most of the time that they aren't glued to the laptop. As strange as it may sound for a teacher to say, I do not want my students working all hours of the day! I would like them, where possible, to find things that they are passionate about and brings them joy. Balance is the key to well-being.

I hope you have guessed by now just how proud I am of my year group. What they are doing is beyond all my hopes and expectations. Times are hard for the teachers too and I know that I am finding inspiration in year 11's efforts to dig a little deeper and keep moving forward.

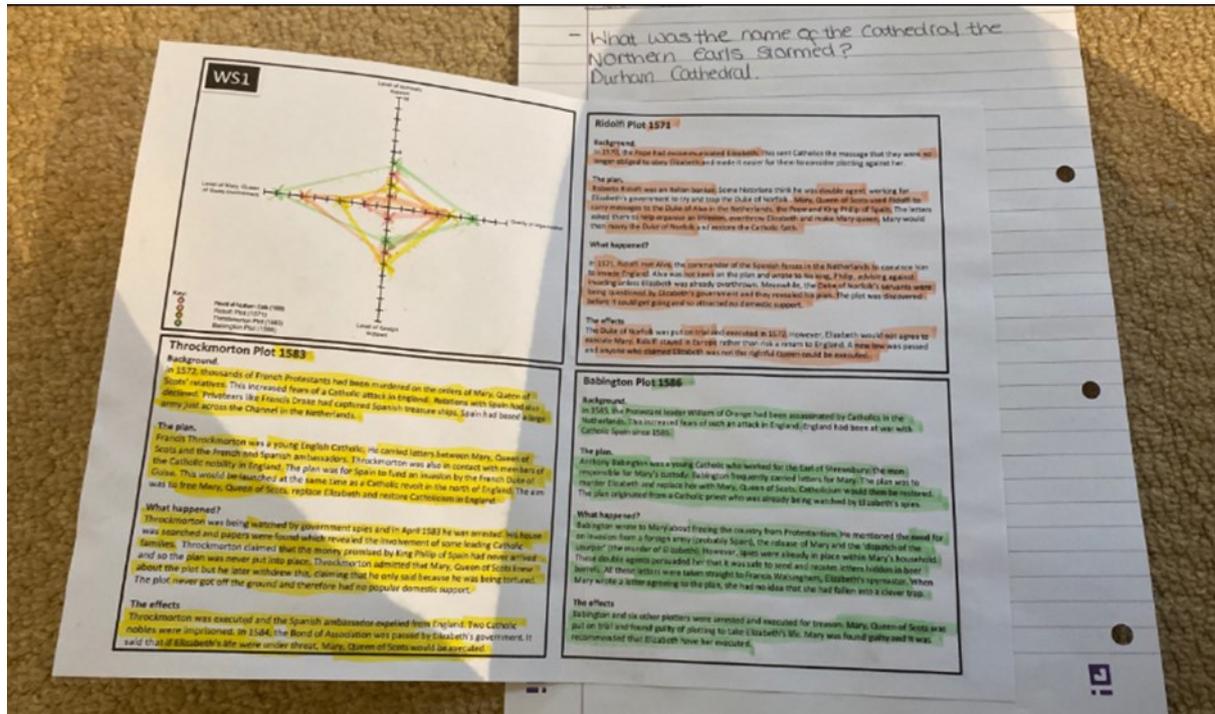
Take care,

Mr Lockwood

**And as a reminder, here is the absence line's direct number to phone if your child is unwell and unable to participate in their lessons. 01277 238919.**

## Examples of Good Work!

### Maddie B- History



### Psychology- Lillie G

1. You have been asked to conduct a study to investigate the effects of cognitive behavioural therapy (CBT) on people who have been diagnosed with depression. You need to include: - a description of the conditions in the study - the sampling method you would use - an example of one standardised procedure that you will use Explain your answer.

To investigate the effects on cognitive behavioural therapy on people who have been diagnosed with depression I would have 2 groups one on CBT for 4 weeks while another on it for 12 weeks. I would use volunteer sampling this means that there is a chance to volunteer meaning participants can decide if they wish to take part and are not forced to do anything they wish not to. A standardised procedure I would take is role allocation this means they pick out of a hat which group they will be in. This therefore would eliminate any bias in the fact that they can't choose what course length they take. You can therefore compare how each group responded to their length of therapy.

## Things to celebrate!

- Will S running 30km (approximately 19 miles) for the house competition.
- Ella S has been invited to take part in a charity concert starring numerous West End stars!
- Lola B has been called up to the Tottenham Hotspur Reserve Ladies team.

Well done to Will, Ella and Lola! These are three amazing achievements.

## House points

				
<b>449</b>	<b>593</b>	<b>638</b>	<b>642</b>	<b>647</b>

Here are the up to date house points for Year 11

Keep all your HoY challenges coming in and ensure you are working hard to gain achievement points for your house!