



Hi Year 11 BTEC Sport Students from Miss Clark

What can I say, you have been such a great class to teach over the past few years. You have certainly kept me entertained with your different personalities and sense of humour! I am finding this hard to write as I could write about each and every one of you, however two things that you all have in common is that you are great at sport and you are all taller than me!

You all have shown dedication throughout and have worked hard to achieve some fantastic grades in the exam and the units that we completed. I know that you all have it in you to make a success of yourselves in the future whatever you decide to do.

I'll keep an eye out for the up and coming sporting stars of the future!! Good luck, be ambitious and don't settle for second best!

For those of you who are going on to level 3 sports award:

The course Specification can be found at this website:
<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>

It outlines what you will study on this course, Unit 1 is on Anatomy and Physiology and if you read pages 23 to 28 it states what you need to know.

Here are some useful videos to help you make notes:

<https://www.youtube.com/watch?v=ltFutvTye8c>

Skeletal System

<https://www.youtube.com/watch?v=YPVnlPeZKT0>

Muscular System

<https://www.youtube.com/watch?v=K5vtafmTrNw>

Cardiovascular System

To all my wonderful Y11 students, although the end of your school year hasn't turned out quite as we thought, I want you to all know how proud I am of you.

I have worked at Birley as long as you have been there, and seeing you all grow into the fabulous young adults you have become has been fantastic.

I will miss being tormented by you all! Stay focused on what you want to do next, this is just a little bump in the road. Thank you for making my job enjoyable. If you ever need help, you know where I am. Miss Heath xx

Jessicaheath@birleysecondaryacademy.co.uk

Hello Y11 from the PSHE department.

We wanted to just let you know we are thinking of you and hoping you are staying safe, looking after yourselves and each other at this very strange time.

We thought it would be helpful if during this strange time we can provide some ideas for things you can try at home to help your well-being and the well-being of those around you.

- Remember it is okay to not be feeling okay. If this is happening pick up the phone and ring a friend or family member, talk to someone in your home or send us an email so we can try to help you. Remember just because you have now left Birley, it doesn't mean we are not here to support and advise you.

- Please use the exercise outside time you have been given. Get your headphones in and go for a walk, a run, grab your bike and get outside. This time is suddenly so precious and it really will give you the energy that you need for the rest of the day. It will really help you sleep and give you some structure to the day.

- Offer to cook one night. Search for a recipe online and work with someone in your house to bring it to life.

- And breathe - have a go at some mindfulness. This is something that works brilliantly to start or end the day. Close your eyes and focus your mind totally on JUST your breathing. Try to do this in a private place where you are comfortable and things are quiet. It will feel odd to start with but it really does help you relax.

- Go through old family photos, talk about old memories and start to plan what you would love to do when all this is over.

- Compile a scrapbook/time capsule etc of memories from this time. Your memories, your families, new stories etc. This is a major world event and this will be remembered and reflected on for many many years to come. Keep a record of where you were at in your life, the friends you had, how you spent your days, the emotions you felt etc.

Remember we are here to help and provide advice.

Elliebannister@birleysecondaryacademy.co.uk

Nicholamiddleton@birleysecondaryacademy.co.uk