



# MET magazine



Welcome to Met magazine, for students, parents and carers.

18th January 2021

Issue 17

In This Issue



We find ourselves back in another national lockdown, and hope this magazine goes some way to help parents, carers and students to stay connected to the Met community. In this issue you can find:

- **All things Bookish**
- **Year 11 updates**
- **Children's mental health week**
- **Celebrating student work**
- **Bristol Met basketball**
- **Contact Us**

## All things bookish



Mr Swallow has once again opened his classroom up for students and staff to 'grab-a-book' of their choice. Books of all kinds are available so if you are learning on site, please speak to staff to access this resource.

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*Are you a member of your local library? use this link to sign up for your own FREE public library card. You will then be able to access digital library books as well as hardcopies. <https://www.librarieswest.org.uk/client/en>*

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Free downloadable e-books from Booklife. Use this link <https://www.booklife.co.uk/products>

Scholastic Book Shop & Free Resources Scholastic have a vast selection of books and e-books that you can purchase with new titles that are being released along with FREE resources that you can download.

Try out their website:

<https://shop.scholastic.co.uk/teaching-resources>

## Harry Potter Fans SAVE THE DATE



Mrs Harman normally host the Harry Potter Trivial Pursuit night to coincide with the Harry Potter Book Night. This event is held in the library which has been transformed into Hogwarts and Platform 9 3/4. **FEAR NOT** Harry Potter Fans at BristolMet this event will now take place on 24th June - (provided current restrictions are no longer in place). Mrs Harman will send out more information nearer the time.

Oak National Academy / National Literacy Trust



Are offering one free book to read online each week with additional material from the author. This week is Tracy Beaker, read by Jacqueline Wilson.

Look up their website weekly to see which popular book is being read!

Try out their website:

<https://library.thenational.academy/>

## Year 11 Updates



Continue to attend all live lessons. All work to be submitted.

There will be assessment opportunities in the coming weeks/months - more detail to follow.

LF is not optional:

Monday - assembly

Tuesday - mentoring

Wednesday - revision strategies

Thursday - careers focus

Friday - PSHE

## Children's mental health week



Its children's mental health week the first week of February, there's lots of ways to get involved online here. <https://www.childrensmentalhealthweek.org.uk/>

# You've Got This!

During tough times, we all need a little reminder that we can cope. With self-care, support and certain little tips and tricks, you can get through a difficult patch. Consider the advice below and remember... you are stronger than you think!

## Take One Day at a Time

As tricky as it seems, try not to focus on the big picture. In uncertain times, none of us know what the big picture actually is and speculating won't help. Focus on the now - today - and maybe tomorrow or the next few days. This method is used by many and really works.



## Focus on the Things that Are in Your Control

You can't control everything. In times of crisis, there is an awful lot that is out of your control. Focusing on the things you can control will help if you are someone who needs to feel they have a handle on things. You can control your actions, your routines, your schedules, your reactions and responses to situations and to others.

## Be Prepared to Be Flexible

For those who like to be in control and to be organised, this can seem almost impossible. But understanding that you may need to be flexible and not feeling guilty when you don't get something done is a really important part of self-care. You might have thought your children would have got more school work done. You maybe hoped to have cleaned the kitchen. You might be disappointed that you didn't have time to sort out the garden as planned. But that's OK; plans change and there's always tomorrow.



## Celebrate All Achievements

While it's important to not beat yourself up about the things you didn't get done, it's just as important to congratulate yourself on the things you did get done - no matter how small. Focus on the things that did get achieved or completed (or even started) and be proud of yourself just for getting through another day.



## Plan Something to Make You Smile

Try to pencil something in for every day that will make you smile. This could be a walk in the sunshine or a spot of gardening. It could be a family board game or an episode of your favourite TV show. It could be a tasty treat. Or it could be some quiet time, with a good book, in a nice, hot bath. Having something to look forward to, no matter how small, can really help to get you through the more challenging aspects of your day.



Looking for more information? Go to <https://www.twinkl.co.uk/mental-health>



**ONLINE CONFERENCE**

**Creativity as a healing tool:  
Connecting mind, body & imagination**

2 - 4.45PM, FRIDAY 5 FEBRUARY

Keynote speakers  
Lamin Sissay MBE &  
Bessel van der Kolk, MD





## Celebrating student work

Excellent work from Megan Y8, Anna Y9 for fantastic Drama and DT work, nominated by Mrs Vince and Miss Evans

# What Is The Climate Crisis?

For starters, Climate Change is caused by global warming. Global Warming is created when human beings release greenhouse gases into the atmosphere (mainly CO<sub>2</sub>). When they are in our atmosphere they absorb sunlight and solar radiation, warms the that have bounced off earth's surface.

## Main Causes for Climate Change

- Non-Renewable energy
- Fossil fuels
- Deforestation
- Livestock farming
- Nitrogen fertilizers
- Non-sustainable use of ocean

## Main effects of Climate Change

- Ice melting, sea levels
- Extreme weather events
- Economic crash
- Wildly rise of sea
- Human health at risk
- Major flooding

## How can I help slow down Climate change?

- Power your home with renewable energy? • **Plant about 100**
- Weatherize! • **Try sharing your carbon print**
- Increase energy-efficient appliances? • **Buy less plastic**
- Reduce water waste? • **Reduce, Reuse, Recycle!**
- **Wash less laundry** • **Don't litter**
- **Open up!**
- **Buy better light bulbs?**
- **Reduce crazy use!**
- **Drive an electric car!**
- **Use Public transport!**
- **Cycle!**



There is no Planet B!!





Congratulations to Malika, Theodore and Henry who have been accepted into The Bristol School of Acting!



## Bristol Met Basketball



Distance basketball coaching is back up and running with 2 sessions a week being delivered through the basketball blog

<https://metbasketballprogram.wordpress.com/>

## Career Pilot

**Career**pilot

Career pilot website is a great place to find expert careers information and tools. Take a look at their website <https://www.careerpilot.org.uk/>

## Contact Us

For all latest school updates, please visit the school website <https://bristolmetropolitanacademy.clf.uk/> and navigate through the 'Curriculum', 'school closure learning' tabs to support Teams access and use of Show My Homework

