



MET magazine.



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

22nd February 2021

Issue 18

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:

- **Information and guidance from MIND charity about coronavirus and your wellbeing**
- Women in STEM event
- Y11 assessments and CLF Post 16 event
- Library corner including 'Meet the author', book reviews, World Book Day, free ebooks and Accelerated reader results!
- Celebrating student work
- Bristol Met Basketball news

## Coronavirus and your wellbeing – for young people



You might be feeling overwhelmed, sad, or confused about coronavirus. You might also be feeling worried about yourself, your family and friends. Mental health charity 'Mind' have lots of helpful information including this page on [managing feelings about changes to lockdown](#) which has more information on how you may be feeling.

**Things might feel hard right now, but it's important to remember that this situation won't last forever.**

We're here, along with great charities such as Mind to give you advice and support to help you through this time.

This website <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/> has information on the following:

[What can I do if I'm worried about my health?](#)

[Do I need to wear a mask?](#)

[Tips for taking care of your mental wellbeing](#)

[Tips on how to cope with being at home with others](#)

[What will happen with my treatment or support?](#)

[Tips on supporting others](#)

[Where else can I get support?](#)

## Women in STEM | [science, technology, engineering, maths]



### Year 10 Women in STEM Day

An online event brought together by Mr Price for Year 10 girls.

This was an opportunity to learn more about study sciences at university, including taster lectures and chances to engage with current students.

Did you attend? If so, send your review in to [natasha.martin@clf.uk](mailto:natasha.martin@clf.uk)

## Careers Talks



Y9 will have a careers talk at 3pm on Wednesday 24th Feb with an author.

Y7 will have a careers talk with Marie Mooney (Academy Councillor) at 3pm on Wednesday 24th Feb.

## Year 11 Updates



Year 11 have two weeks of assessments from 22nd February. For timetables and information please refer to SMHW.

During your assessment weeks there will be some important changes:

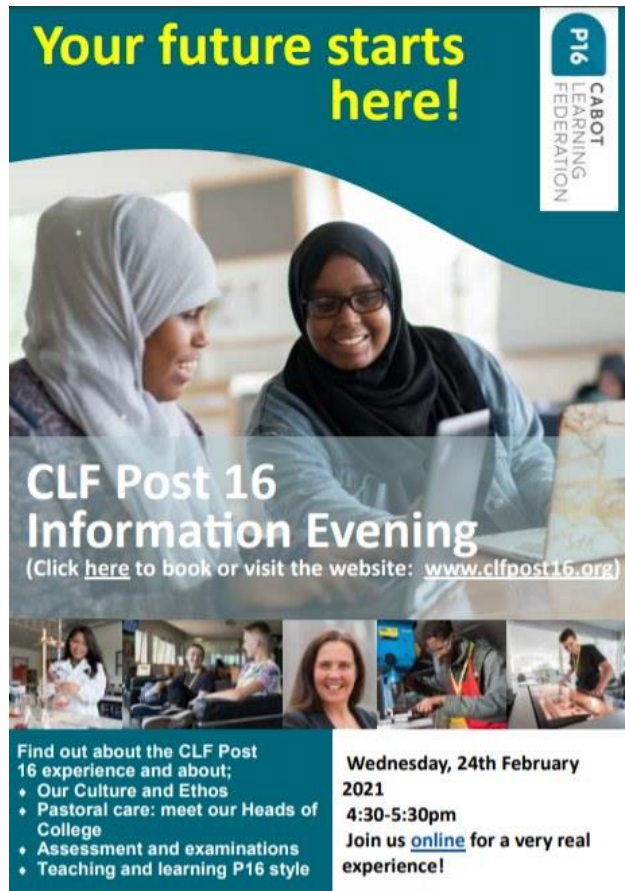
**What will be different:**

- No live lessons will take place other than those you will take assessments in
- Revision materials may be added to SMHW to support for assessments but you will not be expected to submit any work outside of the assessments set during these weeks
- While most live assessment lessons take place during your timetabled slots, to give you enough time to complete them and have regular screen breaks we have had to move some, double check your MFL, English and maths start times.
- We will send home via the post (as well as adding to SMHW) some pre-release material to help you prepare.
- We have added extra time to assessments in most subject areas to help support you using different technology
- **All assessments must be submitted at the end of each session!**

**What will remain the same:**

- You **WILL** attend LF every morning to continue to monitor attendance
- Non-engagement with assessments will be followed up by Miss Barnes, Mrs Williams and Mr Bridgeman (home visits if necessary) and may require you to attend site to complete them
- All links to live assessment events will be set up on Teams – **CHECK** the start times of each assessment!

Well done Y11 for a great terms engagement and good luck during your assessment weeks! Show us what you can do!



The poster features a large image of two young women in hijabs looking at a laptop. The text is overlaid on this image and a dark teal background at the top and bottom. The top right corner has the CABOT LEARNING FEDERATION logo. The bottom section contains event details and a list of topics to be discussed.

**Your future starts here!**

**P16 CABOT LEARNING FEDERATION**

**CLF Post 16 Information Evening**  
(Click [here](#) to book or visit the website: [www.clfpost16.org](http://www.clfpost16.org))

**Find out about the CLF Post 16 experience and about;**

- Our Culture and Ethos
- Pastoral care: meet our Heads of College
- Assessment and examinations
- Teaching and learning P16 style

**Wednesday, 24th February 2021**  
**4:30-5:30pm**  
Join us [online](#) for a very real experience!

1 - CLF Post-16 event happening on 24th Feb

## Library corner



Meet the author Sally Gardner and her characters Mr Tiger, Betsy and the Blue Moon <https://library.thenational.academy/>

FREE e-Books available from BookLife download list of titles:

<https://www.booklife.co.uk/collections/non-fiction-e-books>



BookTrust is working hard to get books to families who have been hardest hit by the pandemic and who are missing out on access to books. Use this link to find out more.

<https://www.booktrust.org.uk/booksforkids>



2 - World Book Day

Find out more using this link: <https://www.worldbookday.com/>

## Accelerated Reader

### Congratulations on pupils in Yr 7 & 8 on quizzing:

Yr 7 53 pupils quizzed

Millionaire Reader = Bodhi S

Top Quizzers: 1st Aria D, Mari W 2nd Jessica P, 3rd Tym P, Deangelo R, Haleema U, Luke E, Alfred R, Deyang G, Hannah L, Eben M, Chibuzor A, Gus W, Julia J, Aminah S, Samardeep A-G, Elizabeth R, Harry D, Khadija A, George P, Pema G, Alex F, Amandeep S, Chislon K, Maya C, Martin B, Sylvia M, Orpheas T-G, Rowan S, Nabiha F, Isteban R, Iman S, Megan M, Umulkayr A, Elliot H, Yasmin K, Tanzil M, Orisa T, Heidi T, Lilian K, Rhea F, Iona W-B, Emily M, Lily T, Harry J, Aden G, Harley P, Bisma H, Ruben T, Eesha K, Sam J, Faizan W.

Yr 8 21 pupils quizzed Millionaire Reader = Charley H Top Quizzers: 1st Suki C, 2nd Daniel S, 3rd Oliver M Daniel S, Sophie S, Kira S, Sian B-A, Chloe C, Lola E, Oneicka B, Madison C, Isabella C, Holly S, Riu M, Zainab A, Rafael S-W, Ella-Sofia P, Taiba S, Hassan M, Cody R, Amy R-B

Well done to all of you with your quizzing.

## Book Reviews

Please contact Mrs Harman to write a book review, it does not have to be long just a couple of words or sentences if you wish:

- let me know your favourite book
- rate book by number of Stars - 5 being great
- remember to include the author and title
- email your book reviews to Mrs Harman by [helen.harman@clf.uk](mailto:helen.harman@clf.uk)



# Celebrating student work

## Excellent script writing from Drama and Science revision

The image shows a collection of handwritten notes and a character analysis table for Edward Lyons. The notes include a list of five points about his character, a list of five points about his actions, and a paragraph of analysis. The table below summarizes the character's traits and relationships.

Character name	Edward Lyons
Character description	Smart, <del>ambitious</del> smart and the with a V neck jumper with marks just below the knee and smart shorts just above the knee. Hair slicked to one side, small stubble.
Age	10
Describe their personality	Polite, strong, friendly, well educated
How they interact with others	RP accent, polite, good diction, soft. Micky tries to be cool, wants to impress him. Mrs. Johnstone - polite, sweet, thinks of her who probably ignores her.
Looks/height/build/eyes	Likable - very polite and sweet; can be funny

The image shows handwritten notes on half equations. The title is "Half equations" with a star and plus sign. The text explains that half equations show how electrons are transferred during reactions. It lists two rules for balancing half equations: electrons are shown as e<sup>-</sup> and the numbers of atoms of each element must be the same on both sides. An example is given:  $Al \rightarrow Al^{3+} + 3e^{-}$ . The balanced half equation is  $Al \rightarrow Al^{3+} + 3e^{-}$ . A final note states that because three negatively charged electrons are needed to balance the three positively charged on the aluminium ion.

1. Water reaction is an oxidation-reduction reaction.
   
 2. In a redox reaction, the oxidizing agent is reduced and the reducing agent is oxidized.
   
 3. Oxidation is the loss of electrons.
   
 4. Reduction is the gain of electrons.
   
 5. Oxidation state is the charge an atom would have if the compound was composed of ions.
   
 6. In a redox reaction, the total increase in oxidation state must equal the total decrease.
   
 7. Oxidation half-reaction:  $Mg \rightarrow Mg^{2+} + 2e^{-}$ 
  
 8. Reduction half-reaction:  $2H^{+} + 2e^{-} \rightarrow H_2$ 
  
 9. Overall reaction:  $Mg + 2H^{+} \rightarrow Mg^{2+} + H_2$ 
  
 10. In a redox reaction, the oxidizing agent is reduced and the reducing agent is oxidized.
   
 11. In a redox reaction, the total increase in oxidation state must equal the total decrease.
   
 12. In a redox reaction, the oxidizing agent is reduced and the reducing agent is oxidized.
   
 13. In a redox reaction, the oxidizing agent is reduced and the reducing agent is oxidized.
   
 14. In a redox reaction, the oxidizing agent is reduced and the reducing agent is oxidized.

**Redox Equations:**

1. Oxidation:  $Mg \rightarrow Mg^{2+} + 2e^{-}$ 
  
 2. Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$ 
  
 3. Overall:  $Mg + 2H^{+} \rightarrow Mg^{2+} + H_2$ 
  
 4. Oxidation:  $Zn \rightarrow Zn^{2+} + 2e^{-}$ 
  
 5. Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$ 
  
 6. Overall:  $Zn + 2H^{+} \rightarrow Zn^{2+} + H_2$ 
  
 7. Oxidation:  $Fe \rightarrow Fe^{2+} + 2e^{-}$ 
  
 8. Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$ 
  
 9. Overall:  $Fe + 2H^{+} \rightarrow Fe^{2+} + H_2$ 
  
 10. Oxidation:  $Al \rightarrow Al^{3+} + 3e^{-}$ 
  
 11. Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$ 
  
 12. Overall:  $2Al + 6H^{+} \rightarrow 2Al^{3+} + 3H_2$

**Redox Equations:**

1. Oxidation:  $Mg \rightarrow Mg^{2+} + 2e^{-}$ 
  
 2. Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$ 
  
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 10. Oxidation:  $Al \rightarrow Al^{3+} + 3e^{-}$ 
  
 11. Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$ 
  
 12. Overall:  $2Al + 6H^{+} \rightarrow 2Al^{3+} + 3H_2$

A balanced redox equation shows the relative rates of the oxidation and reduction half-reactions. They can be used to show which reaction is a stronger oxidant.

A balanced chemical equation represents a chemical reaction with the smallest number of molecules and provides a stoichiometric relationship between the reactants and products.

In a redox reaction, the oxidizing agent is reduced and the reducing agent is oxidized.

Step 1: Oxidation:  $Mg \rightarrow Mg^{2+} + 2e^{-}$

Step 2: Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$

Step 3: Overall:  $Mg + 2H^{+} \rightarrow Mg^{2+} + H_2$

Step 4: Oxidation:  $Zn \rightarrow Zn^{2+} + 2e^{-}$

Step 5: Reduction:  $2H^{+} + 2e^{-} \rightarrow H_2$

Step 6: Overall:  $Zn + 2H^{+} \rightarrow Zn^{2+} + H_2$

# Chemistry 1

**Redox**

Oxidation	Reduction
Loss of electrons	Gain of electrons
Loss of mass	Gain of mass
Loss of color	Gain of color
Loss of energy	Gain of energy

Both are these processes happen in a discharge.

Redox reactions have positive charges, which are marked in the negative electrode, and are called anode reactions.

Redox reactions have negative charges, which are marked in the positive electrode, and are called cathode reactions.

**Example:**

$Cu^{2+} + Zn \rightarrow Cu + Zn^{2+}$  (reduction of the solution)
   
 $Zn \rightarrow Zn^{2+} + 2e^{-}$  (oxidation of the metal)

Half reactions show the oxidation and reduction separately. They're linked by moving electrons.

Put one of the things being oxidized/reduced on one side of an arrow and the thing it gets oxidized or reduced to on the other side.

**Example:**

Magnesium:  $Mg \rightarrow Mg^{2+} + 2e^{-}$ 
  
 Hydrogen:  $2H^{+} + 2e^{-} \rightarrow H_2$

Balance the reaction by getting rid of the electrons.

**Displacement Reactions**

Displacement reactions are redox reactions. Reduction and oxidation happen simultaneously (at the same time).

There are three types of displacement reactions:

1. Single displacement: A more reactive element reacts with the salt of a less reactive element to form a compound.

2. Double displacement: The most reactive metal displaces the less reactive metal from a compound.

3. Combustion: More reactive metal is oxidized and the less reactive metal is reduced.

Thursday 21<sup>st</sup> January 2020

Hydrogen and acid reactions

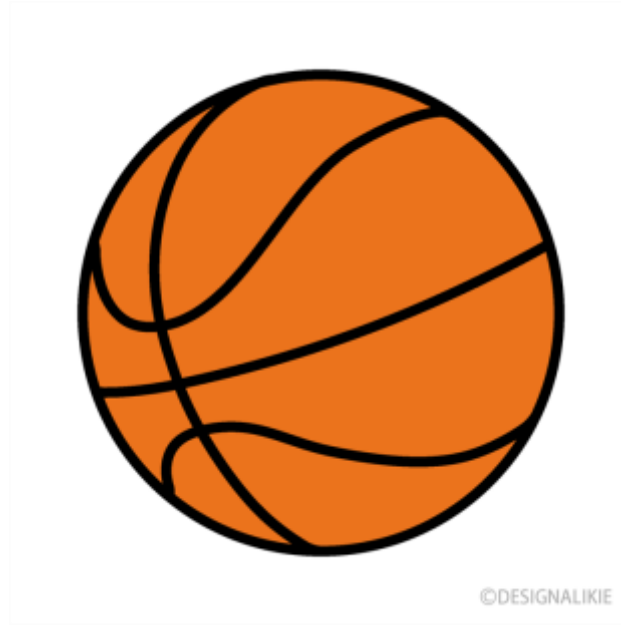
We add the acid to sugar and see bubbles and everything else is metal. Water is the only neutral liquid acid makes out hydrogen. (except. Vitro) Vitro are from 1. Very faint. (from sign of carbon dioxide)

Reaction, heat released, fizzing, colour change, brick colour, change of temp, B. non soluble body mass

- Use a reaction of magnesium and hydrochloric acid
- Make sure hydrogen gas
- The gas is in the test tube in the test-tube holder in air
- The gas burns with hydrogen gas
- $H_2 + O_2 \rightarrow H_2O$  (Salt + hydrogen)
- Calcium + hydrochloric acid  $\rightarrow$  Calcium chloride + hydrogen
- Magnesium has a stronger reaction than calcium
- The name comes from hydro and chloris - Magnesium
- B: Hydrochloric acid

1. Calcium + Hydrochloric acid  $\rightarrow$  Calcium chloride + Hydrogen
2. Magnesium + Hydrochloric acid  $\rightarrow$  Magnesium chloride + Hydrogen
3. Zinc + Hydrochloric acid  $\rightarrow$  Zinc chloride + Hydrogen
- $Mg + 2HCl \rightarrow MgCl_2 + H_2$
- $Zn + 2HCl \rightarrow ZnCl_2 + H_2$
4. Zinc + Sulfuric acid  $\rightarrow$  Zinc sulfate + hydrogen
5. Calcium + Hydrochloric acid  $\rightarrow$  Calcium chloride + hydrogen
6. Magnesium + Sulfuric acid  $\rightarrow$  Magnesium sulfate + hydrogen
- A. Iron + Sulfuric acid  $\rightarrow$  Iron sulfate + hydrogen
5. Sodium + Hydrochloric acid
6. Potassium + Sulfuric acid

## Bristol Met Basketball



Two Yr11 boys from Bristol Met, Kyrie Pierre and Jerry Lawrence, have been offered scholarship places at the U18s Bristol Rovers Academy for the 21-22 + 22-23 seasons. This will give both boys the opportunity to gain professional contracts with the club and a route into professional football. Due to their hard work both boys have also been asked to represent the U18 team for the rest of the season which is being supported by the academy.

## 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

