



This your Monday send out Number 5

This weeks videos include English, PE, Sport Studies and DT



All our subject videos can be found here: [Chew Valley School - Year 11 Information](#)

Subject Videos

Subject	Topic	Video link
English	Literature - Jekyll and Hyde	https://vimeo.com/user115470953/ja?share=copy
GCSE PE	Exam 1	https://vimeo.com/user115470953/gcsepe?share=copy
Sport Studies	Exam 1	https://vimeo.com/user115470953/contissues?share=copy
D+T	Exam prep	https://vimeo.com/user115470953/nea?share=copy



Monday

Science S5 (All) | RS TI

Tuesday

Biology S10 | Physics S9 | Maths M5

Afterschool: Tuesday club (Cover room meet)

Wednesday

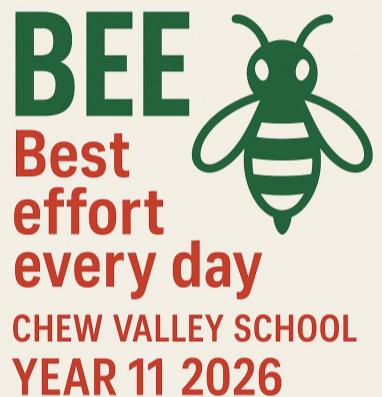
Business studies L9 | CS L10 | French L15 | Spanish L13

Thursday

HSC Coursework D3

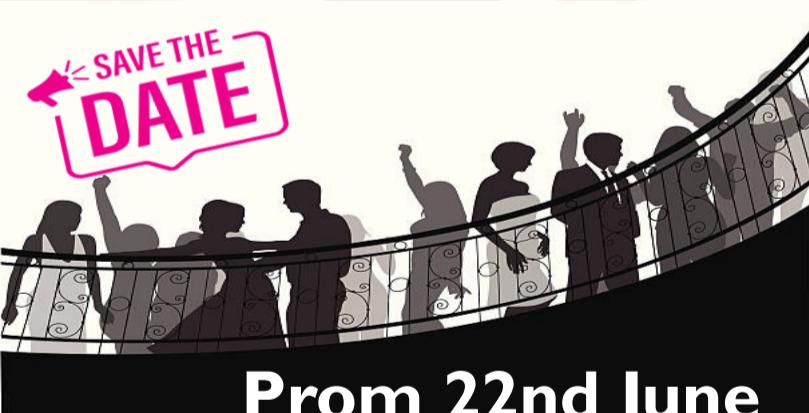
Friday

DT T5 (Every lunchtime)



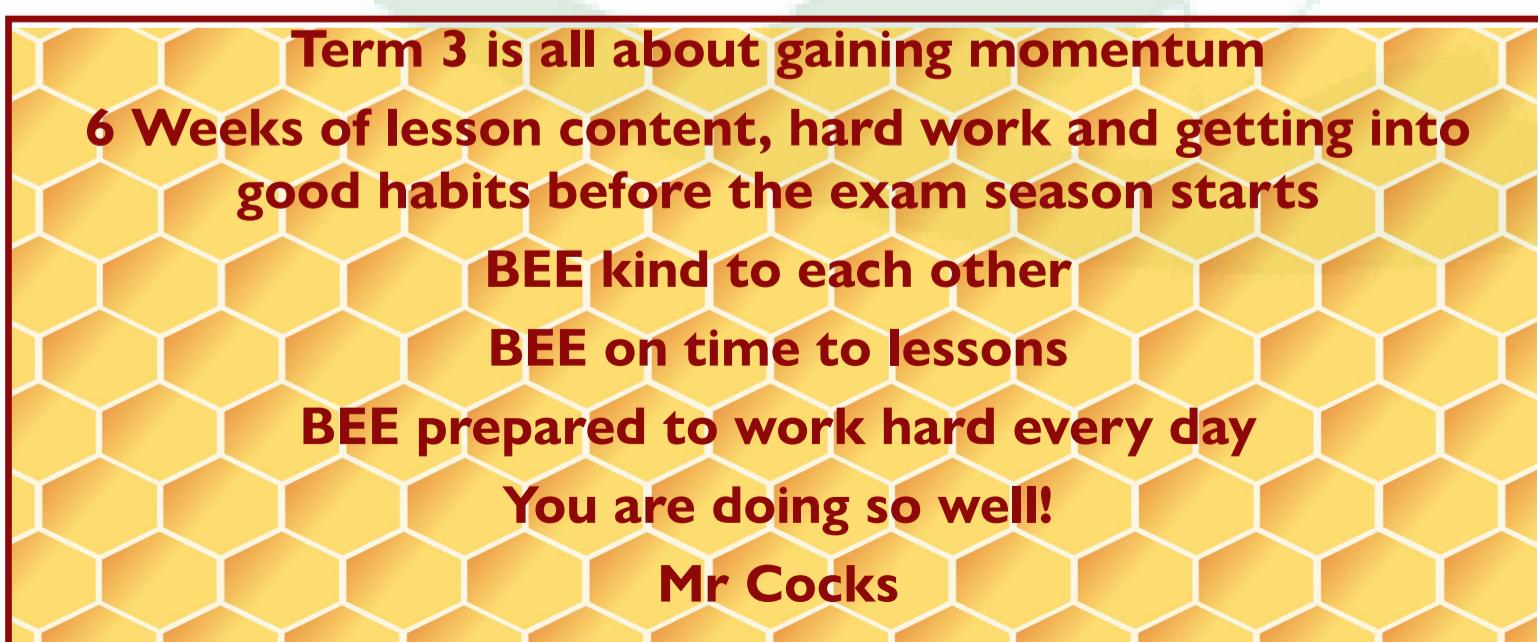
STUDY CAMP

7-9th April



Prom 22nd June

Don't forget
parents'
evening!
20th January





6 Reasons to Put Your Phone Away

by @Inner_Drive

www.innerdrive.co.uk



Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.



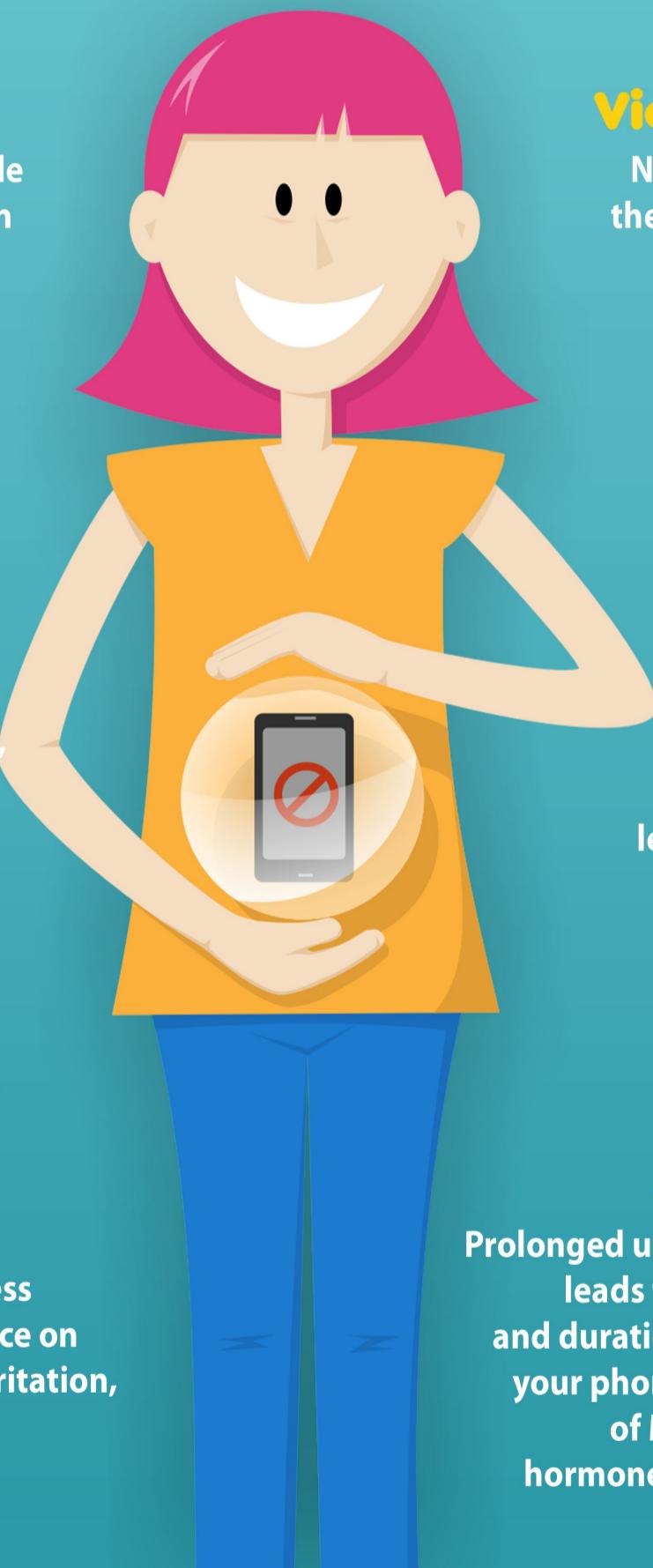
Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

