

CVS Year 11 Class of 2026 | The Year of the BEE | #5



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](https://www.chewvalley.org.uk/Year11/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 T1
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)

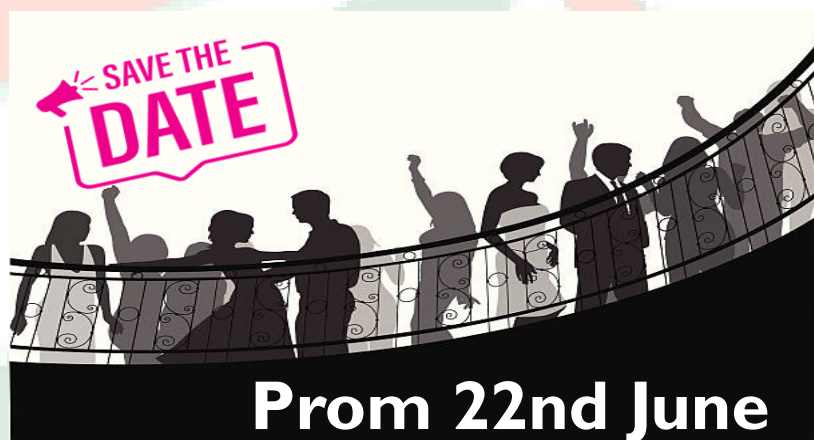
BEE

Best effort every day

CHEW VALLEY SCHOOL
YEAR 11 2026



7-9th April



Prom 22nd June

Don't forget parents' evening!

20th January

Term 3 is all about gaining momentum

6 Weeks of lesson content, hard work and getting into good habits before the exam season starts

BEE kind to each other

BEE on time to lessons

BEE prepared to work hard every day

You are doing so well!

Mr Cocks



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%.

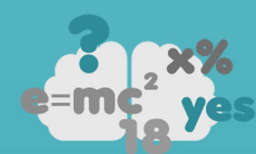
Warps Your View of Reality

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



Increases FOMO

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



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



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.



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

