

Good morning Year 9,

I hope you are all keeping well. Like many of you I was eagerly watching out on Sunday to see what sort of message we would be getting about the near future, and unsurprisingly there is not much change! While there is a little more leniency in terms of going out for exercise, which I absolutely encourage you to take, remember that all of the rules for social distancing remain in place and for your safety, and that of your families, you should still stay at home as much as is possible.

First and foremost, a big thank you to all of those who are making sure they get logged in and get their work done everyday. There are some of you who don't seem to be managing to log in- can I please remind you to log in to Show My Homework and not just go on the website without logging in. Doing this can make it difficult to ascertain if you are engaging or not and will help to avoid any awkward phone calls!

With the change in timetable you will notice there are now some slots for catching up or extension work instead of English or Maths a couple of times a week. These periods can be used for any subject, but the English and Maths department will be providing extension work for you if you wish to still work at them during these lessons.

As the weeks have gone on, certain things have become more difficult. For me, I have found that I'm simply moving around less, something which I'm not particularly happy about! I know that many of you are following the PE departments videos or doing PE with Joe Wicks, but something I have done recently which some of you may enjoy is started a competition with a friend using the challenges on Fitbit for number of steps in a week. Most fitness apps on phones and watches will have something similar, so it can provide some motivation for you and your friends or family at this time. Just don't wear down the carpet walking in circles!

Another opportunity for you to remain active it to get involved in Croydon SSP Secondary Schools Virtual Athletics. The competition is now live and we want as many OAC students to get involved as possible. It's quick and easy to take part, just follow these simple steps:

- Go to [croyondssp.co.uk](http://croyondssp.co.uk)
- Practice the skills
- Record your score
- Submit your score via the forms online (on the above link) on Monday 18<sup>th</sup> May.

At this time, it doesn't sound like we will get to see each other in person over the next while. As an Academy we are working at new ways of delivering lessons to you, but more on that later!

Stay safe,

Mr Falvey  
Year 9 Family Leader



Executive Principal – Mr Andy Booth

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