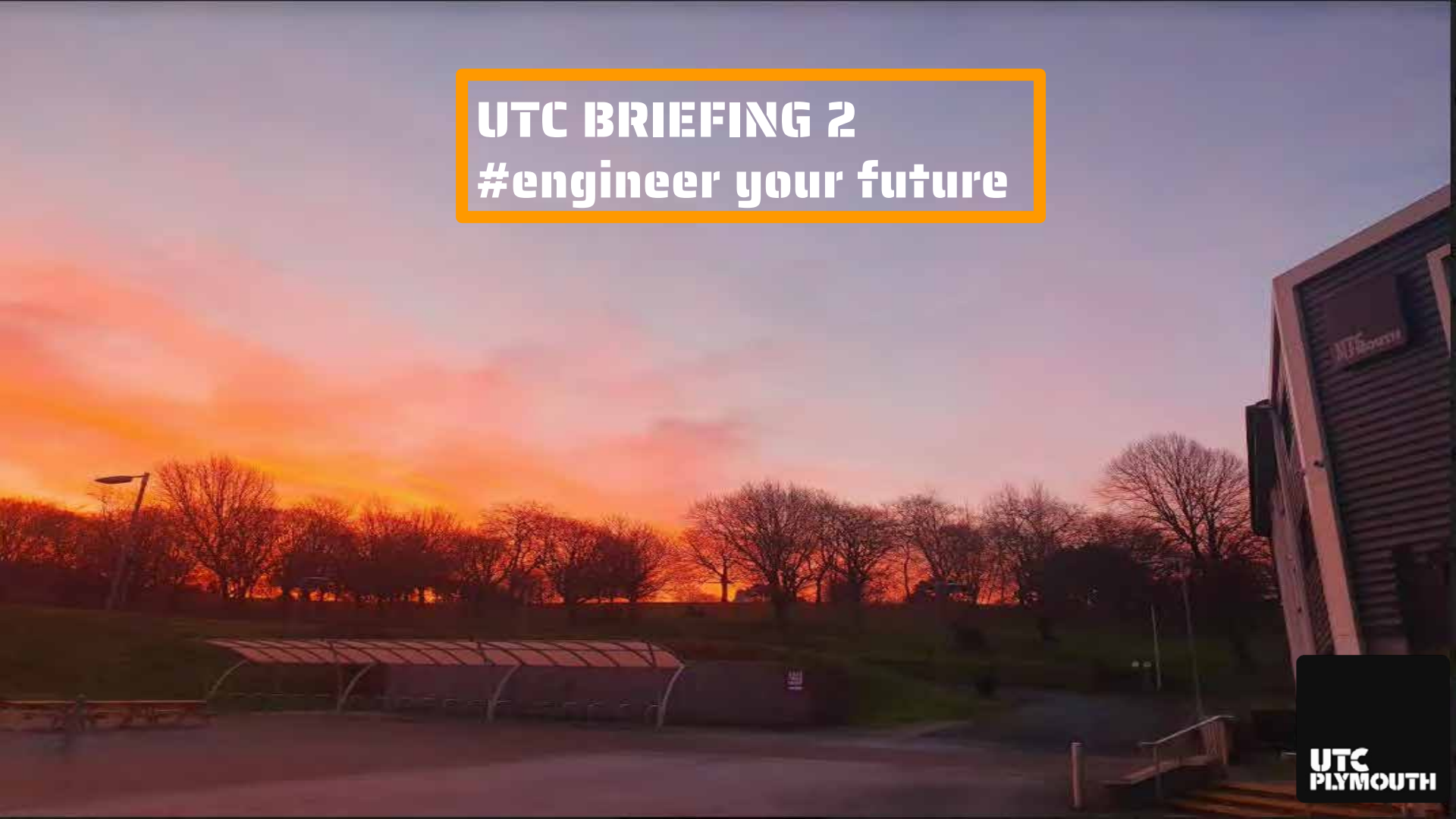
UTC BRIEFING 2
#engineer your future



Message from Jo

Dear UTC Plymouth,

Wow - To say I am proud of you is an understatement! We have had a record number of work hand ins, participation in live lessons and emails from students and it's only Week 1! Students both at home and at school continue to make us all smile. We are missing the school being full already, so each week I am going to show you pictures that make me happy.

TOP TIP: Look at photos if you are feeling down.

Message from Gemma

Hi all,

Well, we've made week one such a success.

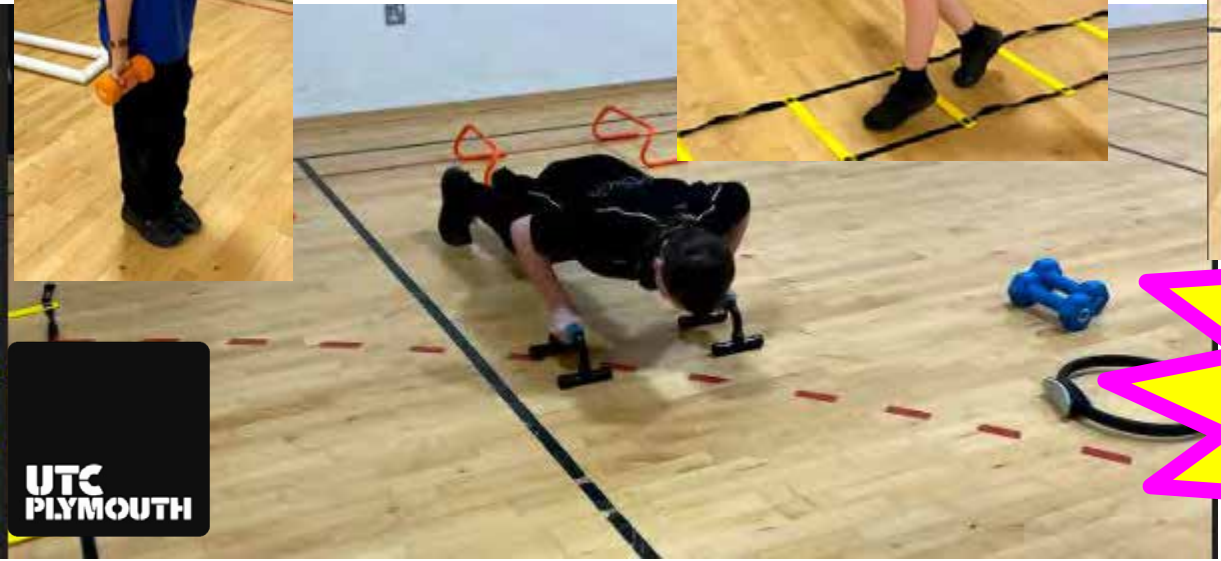
WELL DONE!

We are working hard, making the best of this situation and supporting each other like the family we are! Remember, if you are struggling with any aspect of life whether that be school work, home, loneliness, mental health please reach out. We are all still here!

Take care

Gemma x

The Importance of looking after your mental and physical health...



Don't forget about Lucy's Daily Challenges!

UTC PLYMOUTH

Educare PE year 9

UTC PLYMOUTH

UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11th Complete 15 minutes of dance cardio ★	**12th** Play sport outside with a family member	**13th** Complete a 'wake up with Joe' workout of your choice ★	**14th** 5 min challenge: How many keepy uppys can you do with a Football?	**15th** Run 3k + record time *Can you find a phone app to help you with this?* ★	**16th** 5 min challenge: How many press ups can you do?	**17th** Go for a 30 - 45 minute walk
18th 5 min challenge: How many sit ups can you do?	**19th** Complete 20 minutes of Yoga ★	**20th** Complete 5 minute HIIT workout ★	**21st** Complete the staircase workout ★	**22nd** Jog faster or further than last Friday	**23rd** Complete the partner HIIT workout ★	**24th** Complete a 'wake up with Joe' workout of your choice ★
25th Do the 20 minute 'strong' workout ★	**26th** Complete the partner yoga Workout ★	**27th** 5 min challenge: How many burp-ees can you do?	**28th** Complete the Cha Cha Slide plank Challenge ★	**29th** Jog faster or further than last Friday	**30th** Complete the boxing workout ★	**31st** 5 min challenge: How many squats can you do?

Click on the STAR next to each challenge to access the video link or resource.

★

Each Friday try to increase your speed or distance when running.

UTC PLYMOUTH

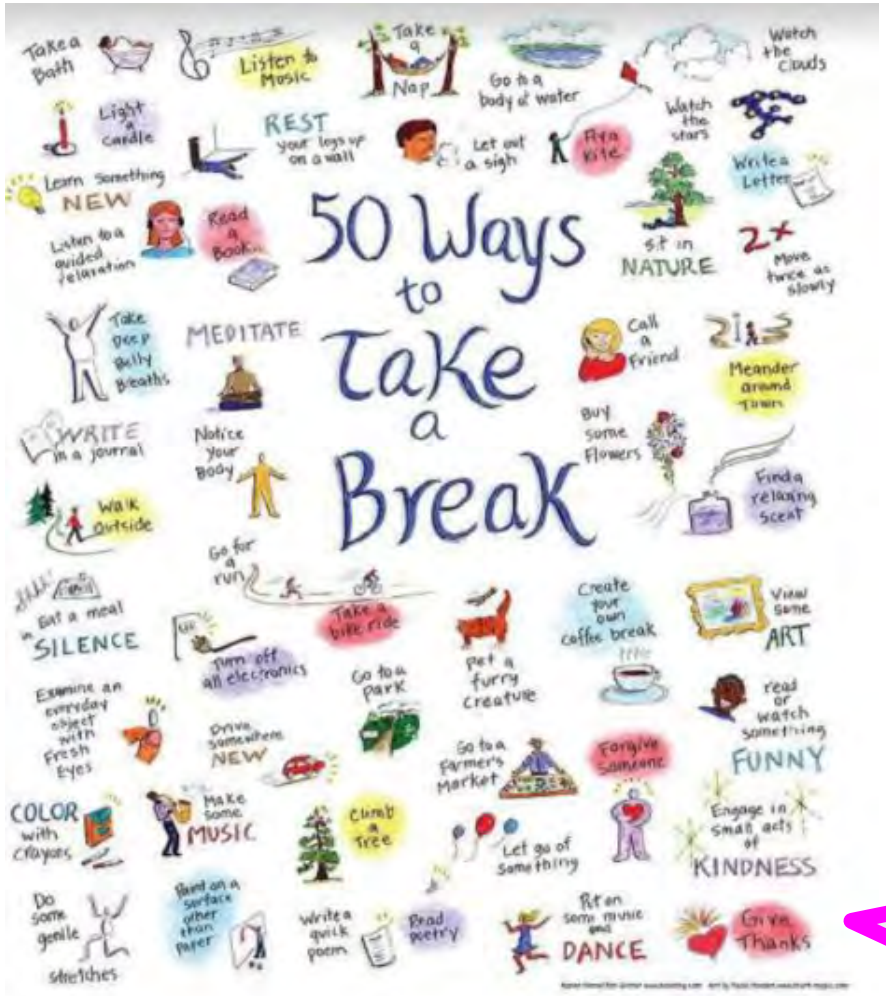
You can find this on your Google Classrooms!

Message from Bex.

Looking after your mental health is as important as looking after your physical health. The 'action for happiness' calendar gives you an action to complete each day. Thirty actions to look after ourselves and others while we face this time together. Here is this weeks...

Have a go... it may make you feel good!

UTC PLYMOUTH



Do more = Feel better

Doing more of the things that make you feel good actually gives you more energy. Try to notice the things that bring joy to your life (through achievement, enjoyment or closeness to others) and plan these in to your week. But don't forget about the things which are important to do and would cause stress or negativity if they weren't done (homework, hygiene etc).

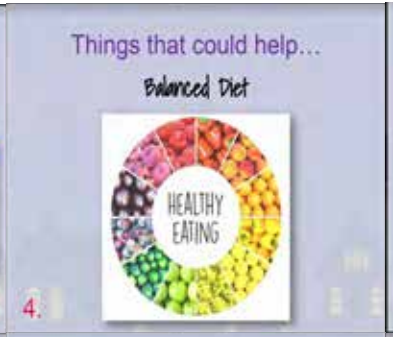
By balancing the 'should dos' and the 'good to dos' you can maintain positive wellbeing.

UTC PLYMOUTH

When things are feeling a little overwhelming, have a look at one of these top tips on what to do to take a break!

UTC PLYMOUTH

Nathan's Top ten tips for surviving Lockdown



Mental Health and Well-Being

Support is always available
Email your Mentor or contact your Pastoral Lead

Year 7 Virtual WAGOLL

English

Art

ECO Project

PE

UTC Plymouth is Searching for Eco-Warriors in year 7 and 9

Are you passionate about the environment OR want to test your journalism or web design skills?

Do you have a creative mind for recycling, repurposing and reusing?

Do you want something you can work on from home during Lock Down that is bigger than your lessons?

UTC Plymouth is looking to achieve Eco-Schools Green Flag Status by Easter (a tough deadline, but we think you can make it happen). This is only possible if YOU get involved.

We need:
An Eco-committee made up from every year group who will decide 3 target areas for the school to work on.

1. **Eco-warriors to investigate and report back on ideas that we can trial in school.**
2. **Journalists to feed green stories back to our new Eco-school website**
3. **A Web-site administrator to edit the website and make it a living eco-board for the whole school.**
4. **Proto-typers to trial new green ideas at home and report back.**

If you are interested in getting involved, please email helen.sowerby@utcplymouth.org with the role you would like to do and a subject title of Eco-Warriors.

Eco-Schools
Green Flag
Award Holder

Work Of the Week!

As you might be aware, Year 11 have had a tough ride recently with lots of uncertainty around their exams. However, no one expected the resilience, dedication and heart they have shown to continue to get the grades they deserve. On the next few slides are just a few examples of work from our boys who are aiming for those 7s, 8s and 9s in August! If they continue to work like this, we have no doubt they will be successful! **#makingutcproud #engineeryourfuture**

UTC PLYMOUTH

English work for lockdown week 1- image 5

It was a ghost town.

Desolate, distinguished, destroyed : the dire turmoil of bricks and mortar invaded the remains of the once exquisite place of worship. The devil had visited the church as a blazing inferno had roared and engulfed the now annihilated monument. Trickling embers passed frantically down the winding path that slithered around the squalor like a reptile. Bombarding the dystopian nightmare, a hailstorm of many more explosives fell rapidly upon the town. A ghastly orange grin rippled through the village as echoes of petrified screams perpetuated. Unfettered flames devouring hungrily, licking and lapping at the prestige temple, twisting and swaying in a dance without rhythm. Blackened bodies, lifeless soldiers, spiritless souls snatched before their time.

It was a ghost town.

A grey invader lingered through the ruins. A thick, obsidian blanket of smoke suffocated the inhabitants as they gulped for air like fish out of water. The city is blurred like an old painting; the buildings and trees silhouetted black, restricted by the opaqueness of the ebony clouds. The ruins were consumed in numerous shades of grey and black. The rancid smell drifted briskly, restricting the remaining humans of their sense to smell. The more the vermillion blaze paced through the village, the more the sinister smoke smothered the ruins, and more innocent citizens became lifeless, as their weak lungs collapsed in their skeletal bodies.

It was a ghost town.

Tempestuous rain cascaded from the black sky causing the destructive demon to hiss and squeal. Stagnant, mossy puddles filled the dystopian squalor as mother nature began to cry more pelting tears. The continual, relentless drizzle purified the cathedral once again, eradicated the devil, and now the ruins of the chapel were just a shadow, illuminated underneath the night's sky.

WAGOLL
Brad D

UTC PLYMOUTH

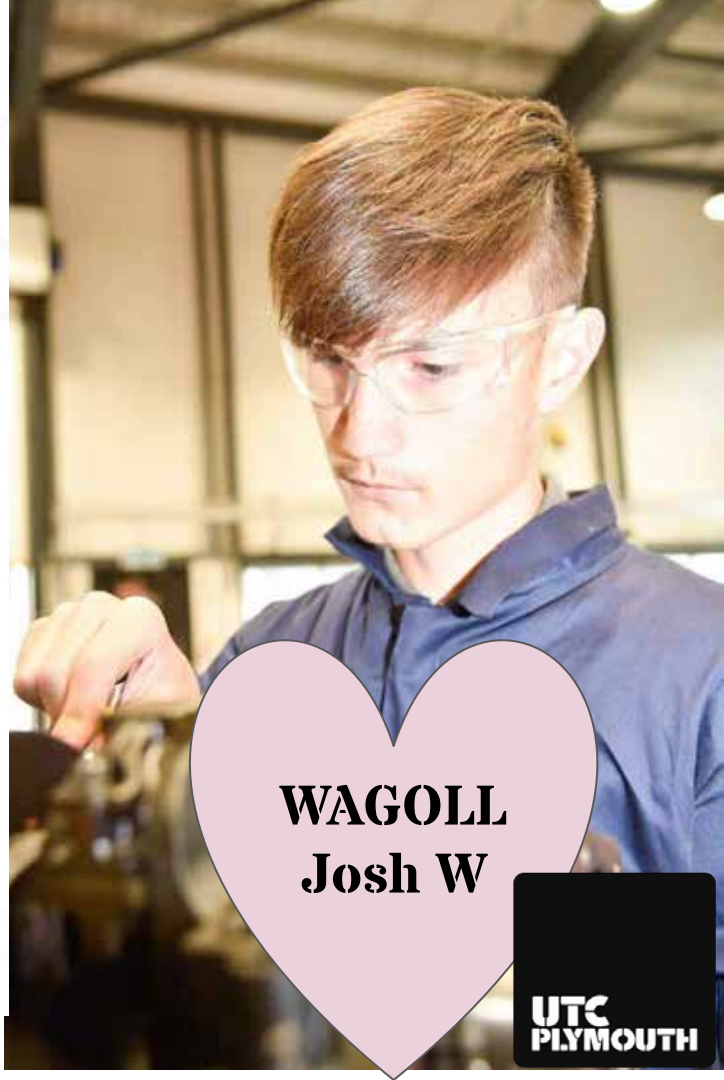
Lightning permeated the dense, ashen grey clouds. It furiously flashed so hot and bright that the sorrowful sky was blinded as it became a single sheet of chalky white. A small rumble of thunder echoed across the voluminous downhearted sky and repeated through the trembling town. Scudding across the agitated sky, a thick blanket of jarring, dusky black rain clouds threatened to release floods onto the harmless town beneath.

Unilluminated, murky and eerie: the night sky scowled down on the towns citizens with anger and fury - like a raging bull with a cloth in its face. The town was confined, small and scenic. Snake scale patterned pavements and colossal hulking abandoned buildings framed the edge of the town, which is dotted with tiny, isolated and blood-curdling houses. Coal black crushed pavements stretched as far as a human eye could see and they were watered by the striking relentless clouds that brutally threw down the rain. In a spine-chilling back alley in the town ran a narrow never-ending road that led to a vast, ancient and deserted church.

Mold green limbs were tangled above the decaying shattered roof of the disgusting church, forming a broad and displeasing canopy that barely permitted the blinding sun to burn through. The stealthy fingers of the shattered street light reached out tenaciously towards the rotten bodies. The immense church itself was coated in a thick layer of hideous rust - the colour of burnt copper.

At the start of the appalling alley is an enormous, admired and elderly sweet shop. The shop stood stranded; it was ancient and in disrepair. Its crumbling walls were permanently sodden from years of exposure to the cruel elements and they were overwhelmed with moss and mould. The brickwork - gigantic, rectangular blocks of hefty bricks - was carefully crafted to form its solid structure, yet it was still crumbling in places and likely to tumble if a ferocious and vicious storm hit the collapsing, vulnerable building.

Strolling on the crushed, injured pavement; two soulmates clenched onto each other for a glimpse of safety. As they tip-toe through the daunting alley, a bolt of lightning shoots down, penetrating the thick,vile, smoky grey clouds for a final time.



CREATIVE WRITING:

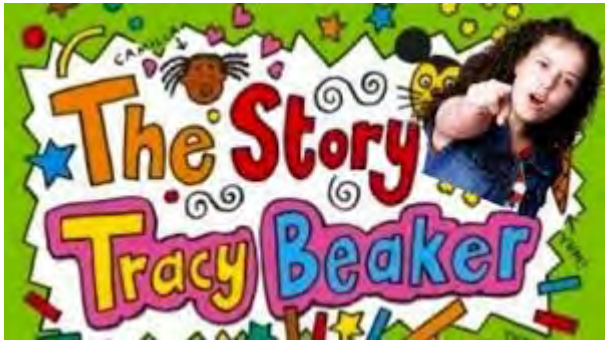
Motionless,mundane and misty; the once exquisite environment has now become nothing but memory. In mournfulness, a depressed crowd of locals stood puzzled amongst the coarse chalk. Contrarily, other residents rummage through worthless,dark-grey residue in search for answers but bleak emotions sit uncomfortably in their hollow hearts as reality presents itself.There were no answers to be found.

The military are inept. Shortsighted judgement and blind leadership lead to the astonishing architecture of the sacred church being blown to silent shreds. A scatter of furniture,pulverised pillars and once shimmering chandeliers now rest emotionless and bare amongst piles of debris.Some walls still stood,tall and strong like patriotic soldiers ready for war.

A confusing smell wafted and spread around the ruins, an abundance of scents fused together to create an attack on your sinuses. Aching the eyes and embedding itself in your clothes, the smell lingered around the area of the catastrophe.The small,rustic village had lost a limb.

Locals desperately clawed at the grain and gravel to revive their memories.large boulders covered what was left but the schilliating sun broke the walls stood great and tall which caused innocent voices to bounce around the entire building but now,the walls became transparent and no voices were to echo.This revolting act caused by large artillery and fearsome armed vehicles therefore this makes you question.Why?

Literacy during Lockdown!



Oak National Academy have created a FREE virtual library

They will provide one free book a week for children from their 'author of the week' throughout lockdown - this week is Jacqueline Wilson and the book is 'Tracy Beaker'.

A brilliant way to support children's literacy skills during homeschooling if access to books is limited.

Simple and free to read online / download ⬇️

https://library.thenational.academy/?fbclid=IwAR02waNzsRVBECtWJt6UlqJwocbknPujYRaSmZfMZ-SKw_k6klahDl5yjsk

UTC PLYMOUTH

Suggested Timetable...

We will be attaching a suggested timetable below for each Year Group to follow to minimise the impact of learning virtually. Staff will be posting lessons in advance for you to complete. All lessons and LIVE lesson invites will be on Google classroom. If you have any questions or queries regarding this, please do not hesitate to contact us.

Year 7 Timetable:

Year 7		Day				
Timing	**Period**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
9-9.10		Briefing- read this week's briefing	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE
9.10 - 10.05	**1**	Maths	Science	English	Maths	Engineering
10.05 - 11.00	**2**	English **LIVE LESSON**	Maths	Science	PSHE	Engineering
11.00 - 11.20	**Break**	Break	Break	Break	Break	Break
11.20 - 12.15	**3**	History/Geography	PE - recapping topics	Oracy- Have a discussion with someone at home about what is going on in the world this week	German	Eco Project **LIVE LESSON**
12.15 - 13.10	**4**	Science **LIVE LESSON**	English	Maths - **Live drop in session**	Science	Eco Project
13.10 - 14.05	**Lunch**	Lunch	Lunch	Lunch	Lunch	Lunch
14.05 - 15.00	**5**	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	ICT	Engineering **Live Session**	Art	Catch up on any incomplete tasks

Suggested Timetable...
Year 9

UTC PLYMOUTH

Year 9						
Timing	**Period**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
9-9.10		Briefing- read this week's briefing	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE
9.10 - 10.05	**1**	Maths	Science	Engineering **Live Session**	English	Eco Project
10.05 - 11.00	**2**	History/Geography	Maths	Maths - **LIve drop in session**	Maths	Eco Project
11.00 - 11.20	**Break**	Break	Break	Break	Break	Break
11.20 - 12.15	**3**	English **LIVE LESSON**	English	English	PSHE	Engineering
12.15 - 13.10	**4**	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	ICT	Science	Art	Engineering
13.10 - 14.05	**Lunch**	Lunch	Lunch	Lunch	Lunch	Lunch
14.05 - 15.00	**5**	Science	PE - recapping topics	Oracy- Have a discussion with someone at home about what is going on in the world this week	Science	Catch up on any incomplete tasks

Suggested Timetable...
Year 10

Year 10						
Timing	**Period**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
9-9.10		Read the weekly briefing	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE
9.10 - 10.05	**1**	English	Physics	IT or Computing	Maths	**Completion of extension tasks**
10.05 - 11.00	**2**	Engineering/VTech **Live Session**	English	Engineering/VTech	Science Catch up	**Hand in Day/Catch Up**
11.00 - 11.20	**Break**	Break	Break	Break	Break	
11.20 - 12.15	**3**	Maths	Maths	Art **'Live ART Lesson'**	Art	
12.15 - 13.10	**4**	Art or Vtech	Biology	Maths - **Live drop in session**	English	
13.10 - 14.05	**Lunch**	Lunch	Lunch	Lunch	Lunch	
14.05 - 15.00	**5**	IT or Computing	PE - recapping topics	English	IT or Computing	
15.00-15.45	**6**	Chemistry	Wellbeing- Reading, Art. Something you enjoy	Art	Engineering/VTech	

Suggested Timetable...
Year 11

Year 11						
Timing	**Period**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
9-9.10		Read the weekly briefing	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE
9.10 - 10.05	**1**	IT or Computing	English	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	Physics	**Completion of extension tasks**
10.05 - 11.00	**2**	Maths	Physics	IT or Computing	English	**Hand in Day/Catch Up**
11.00 - 11.20	**Break**	Break	Break	Break	Break	
11.20 - 12.15	**3**	English	Vtech	Engineering	Biology	
12.15 - 13.10	**4**	Chemistry	Maths	Chemistry	IT or Computing	
13.10 - 14.05	**Lunch**	Lunch	Lunch	Lunch	Lunch	
14.05 - 15.00	**5**	Biology	Wellbeing- Reading, Art. Something you enjoy	Maths	Art	
15.00-15.45	**6**	Engineering	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	English	Maths	

Important Contact Details...

- UTC- 01752 284250
- Reception: reception@utcplymouth.org
- Jo Ware Head of School: jo.ware@utcplymouth.org
- Gemma Laing Director of Pastoral Care: gemma.laing@utcplymouth.org
- Bex Waters Year 10 Support: bex.waters@utcplymouth.org
- Mike Hall Year 9 Pastoral Lead: michael.hall@utcplymouth.org
- Nathan Tills Year 7 Lead: nathan.tills@utcplymouth.org
- Natasha Ive Year 7 Lead: natasha.ive@utcplymouth.org
- Esther Knight SENCO: esther.knight@utcplymouth.org
- Jasmin Chapple Safeguarding Lead: jasmin.chapple@utcplymouth.org

Please note Mentor email addresses can be found on our website: https://utcplymouth.org/