UTC BRIEFING 3

#engineer your future

UTC PLYMOUTH

Message from Jo

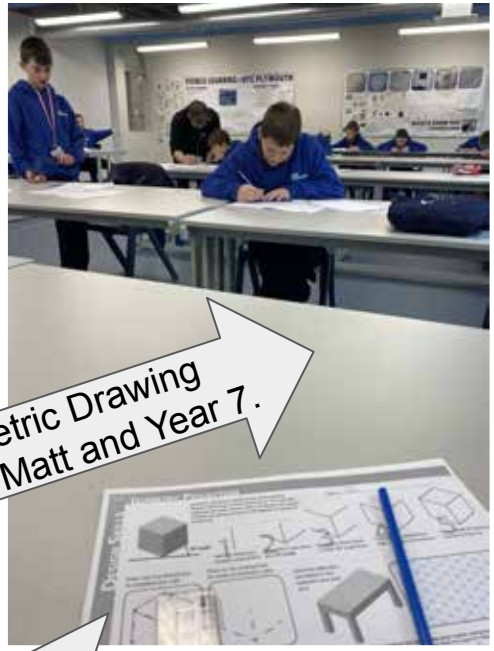
Dear UTC Plymouth,

This week, I have spent most of my time on Zoom meetings and I have to say, I am finding it very difficult. Sitting behind a screen all day can be very tough. I have made a decision that every day, I will make sure I take regular breaks away from the screen. Here are some of the pictures I have taken this week. I feel very lucky to be able to spend time on site and see what is happening in our Educare setting.

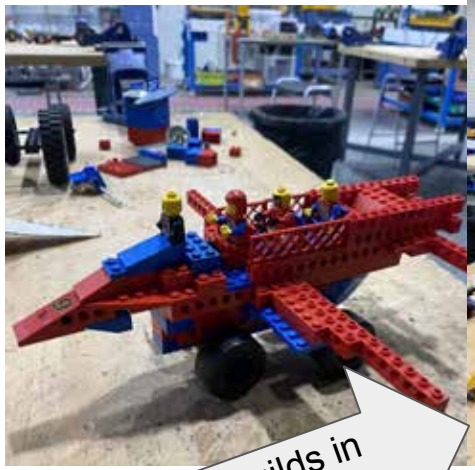
Keep working hard and keep safe!

UTC PLYMOUTH

Jo's Pics...



Isometric Drawing with Matt and Year 7.



Amazing builds in engineering!

Upcycling with Year 11.

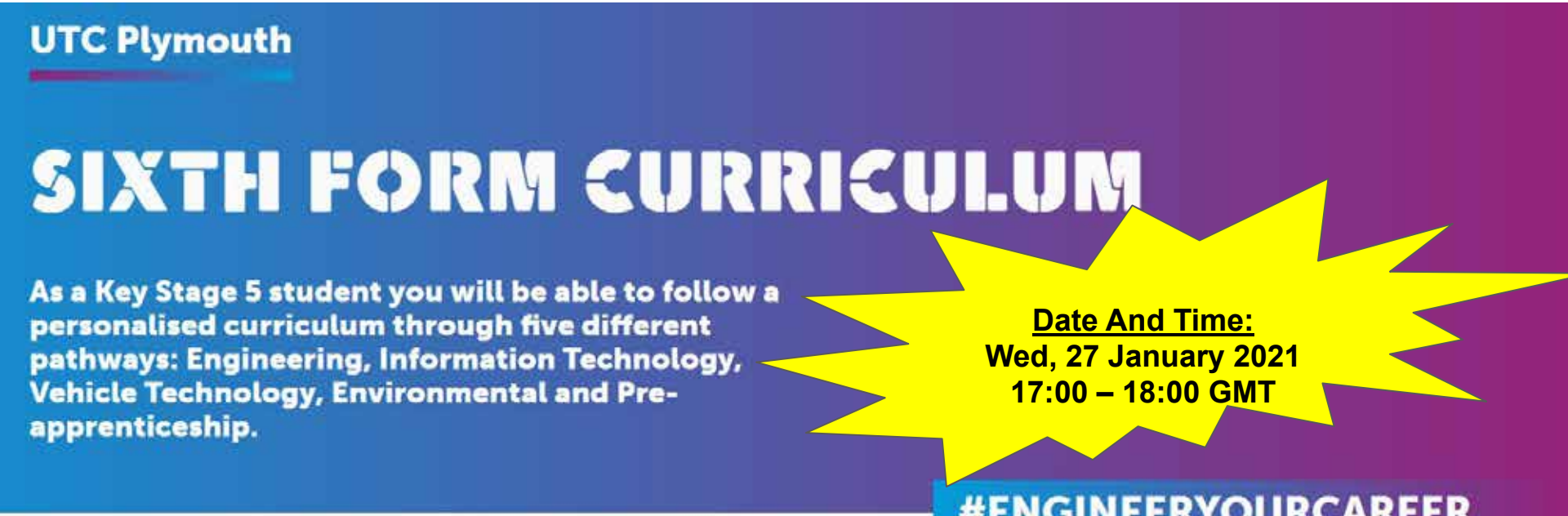
Year 9 Oracy!

UTC PLYMOUTH

OUR SIXTH FORM EVENT!

It's never too early to consider your future! Sign up and see what we are about at the UTC Sixth Form!

https://www.eventbrite.co.uk/e/utc-plymouth-sixth-form-open-evening-tickets-137974277779



KS5 PATHWAYS YRS 12-13

UTC PLYMOUTH

#ENGINEERYOURCAREER

A STEAM CURRICULUM FOR THE FUTURE

ENGINEERING PRE APPRENTICESHIP	TECHNICAL ENGINEERING	ACADEMIC ENGINEERING	CREATIVE ART & DESIGN	DIGITAL TECHNOLOGIES
Level 2 NVQ Diploma in Performing Engineering Operations (Engineering Practices) + GCSE Mathematics GCSE English Language	BTEC Level 3 (3 A-Level equivalent) Extended Diploma in Manufacturing Engineering + AS - Core Mathematics	BTEC Level 3 Diploma in Manufacturing Engineering (2 x A-Level equivalent) + A - Level Maths or A - Level Physics	Art and Design Level 3 Qualification Extended Diploma (2-3 A-Level equivalent) + A - Level English	BTEC Level 3 (3 A-Level equivalent) Extended Diploma in Information Technology + AS - Core Mathematics
NEXT STEPS... Trade Apprenticeships or L3 Qualification	**NEXT STEPS...** Higher Apprenticeships / Degree Apprenticeships / Higher Education			

www.utcplymouth.org - 01752 284250 - info@utcplymouth.org - @utcplymouth - /UTCPlymouth

REDUCING NOTIFICATIONS IN EMAILS AND GOOGLE CLASSROOM

We have noticed that the amount of emails that students are getting from google classroom is quite excessive. To reduce this I have made a quick instructions guide to show you how to turn off email notifications from your google classrooms.

If you follow the guide the only emails you will get from google classroom is if your teacher adds a comment directly on the work you have completed.

Any problems please let me know! Scott :)

Instructions:

You can choose whether you receive notifications for a specific class. For example, if you don't want any notifications for your Math class, you can turn them off, but you'll still get notifications for your other classes.

Note: If you turn off notifications for a class, all notifications for that class are turned off.

- **Go to classroom.google.com.**
- **At the top, click Menu (the three grey lines)**
- **Then Click Settings.**
  (You might need to scroll down.)

Under Settings

- **Next to Receive email notifications, click the switch to Off.**
- **Next to Class notifications, click the Down arrow.**
- **Next to the class name, click the switch to Off.**

Message from Bex.

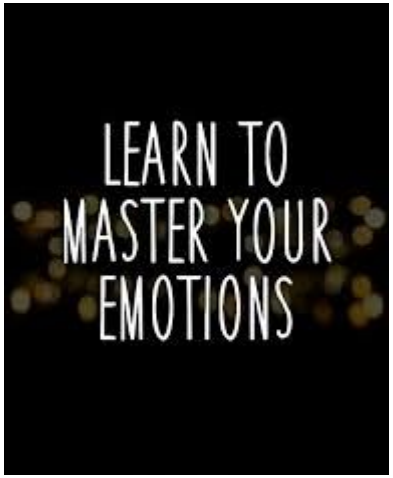
As I said last week, looking after your mental health is as important as looking after your physical health. These small actions will make you feel good as well as making those around you feel good during these times of being stuck at home! Look particularly at the 30th. One of my life mottos is 'your day is worthwhile, once you make someone smile!'

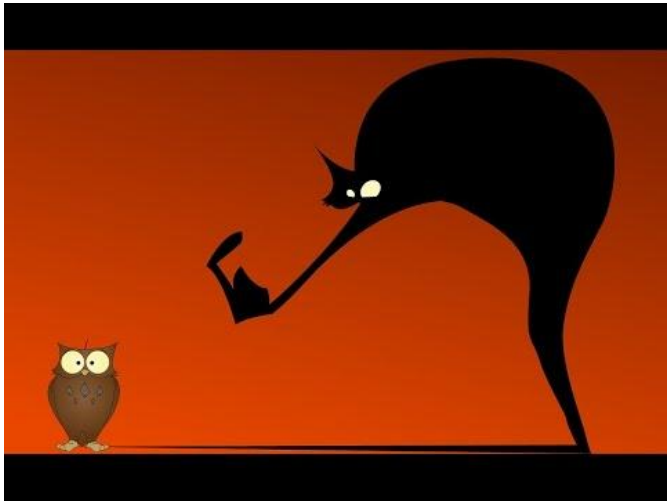
Have a go... it may make you feel good!

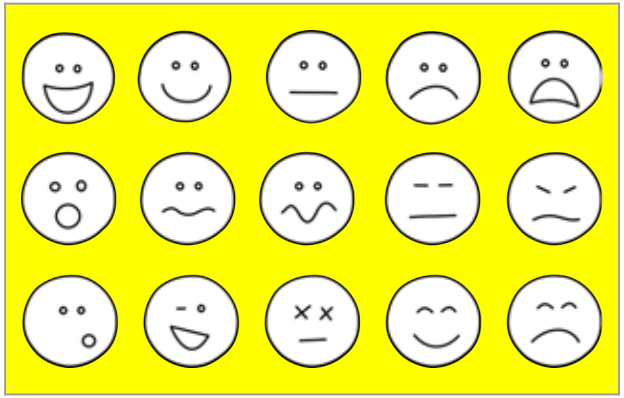
UTC PLYMOUTH

Message from Nathan

Understanding your Emotions







#TALK

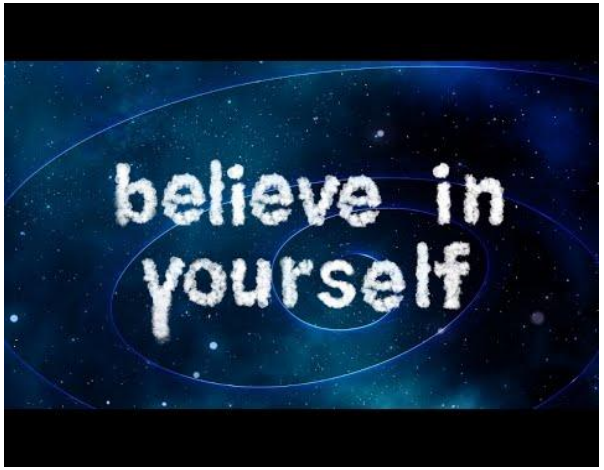
#ITSOKNOTTOBEOK

UTC PLYMOUTH

Message from Nathan

Support strategies for dealing with your emotions

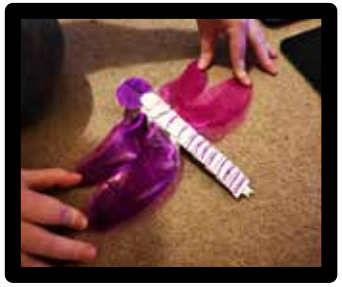
	How I feel	What I can do
5	I need some help! 	• Ask to take a break • Do an activity you enjoy to help you relax • Go to a safe space • Get some fresh air • Take 10 deep breaths • Let your parent or teacher know that you have a
4	I'm really upset 	• Ask to have a break • Go into the garden or for a walk • Take 10 deep breaths • Write down in a diary/worry book • Let your parent or teacher know that you have a
3	I've got a problem 	• Let your parent or teacher know that you have a problem and need help • Play with a fiddle toy • If you have a pet smooth them • Take 4 or 5 deep breaths
2	Things are pretty good. 	• Play with a fiddle toy • Think of my favorite things • Say “I'm going to be ok” to yourself • Take 3 or 4 deep breaths
1	Feeling Great! 	• Enjoy the feeling • Pat yourself on the back • Have fun



UTC PLYMOUTH

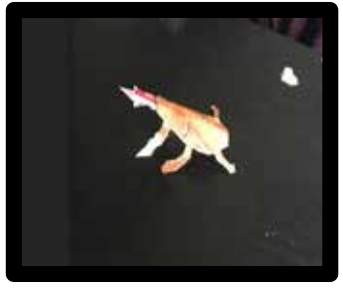
Year 7 Recycled Mini Beasts Art Gallery













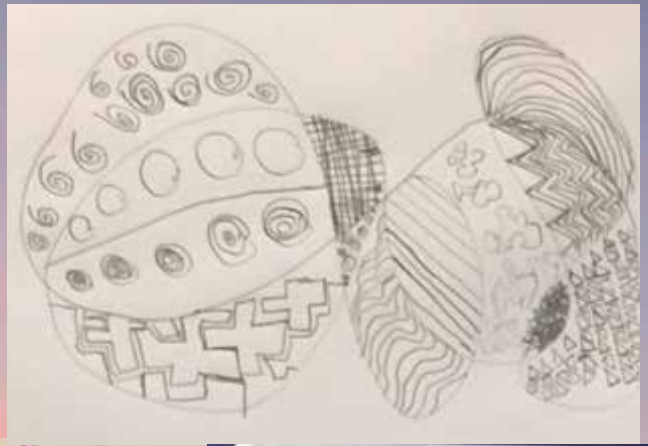

Celebrating UTC's young Artists!

In Year 7&9 they were introduced to Kandinsky about his art and his background. They then began to start their own piece related to Kandinsky

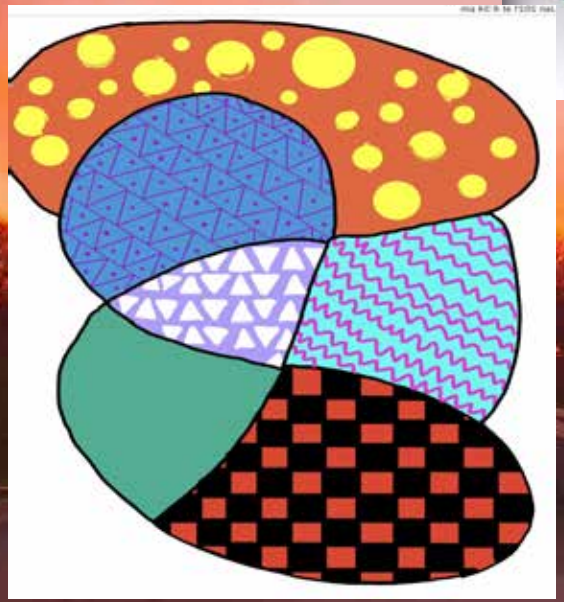
Year 10's were on a different topic celebrating Craig Redman and the type of art he was producing and also his background on why he produced this.

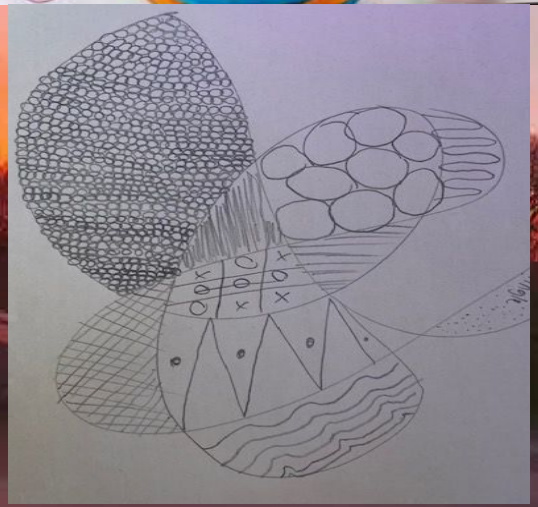
Here are a few examples!

w/c 11th Jan
Year 7
Kandinsky
Doodle



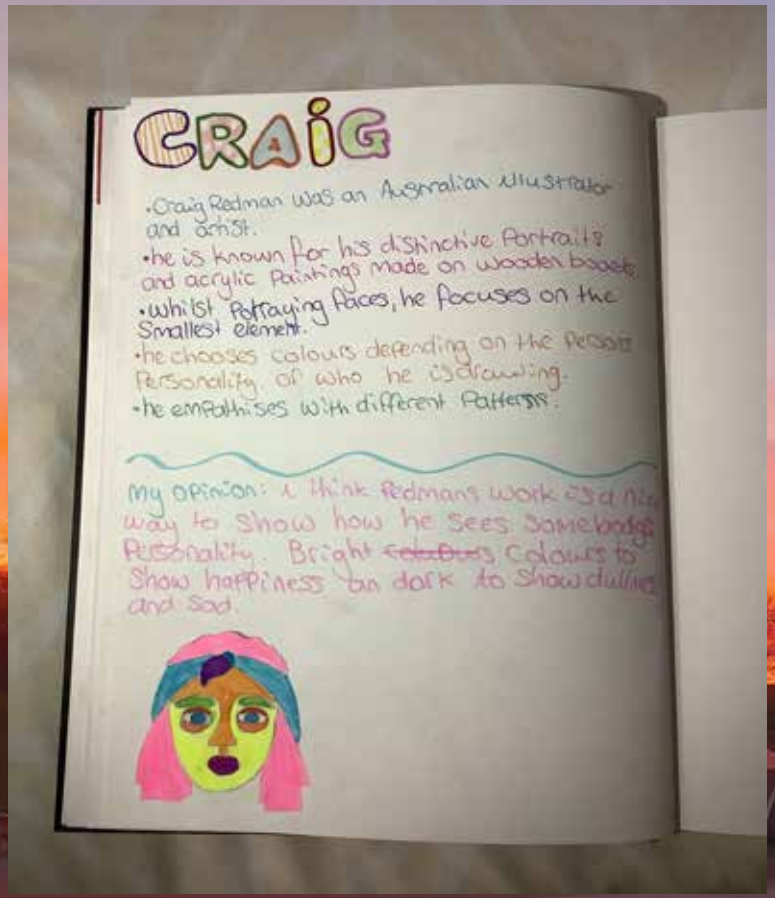
w/c 11th Jan
Year 9
Kandinsky
Doodle

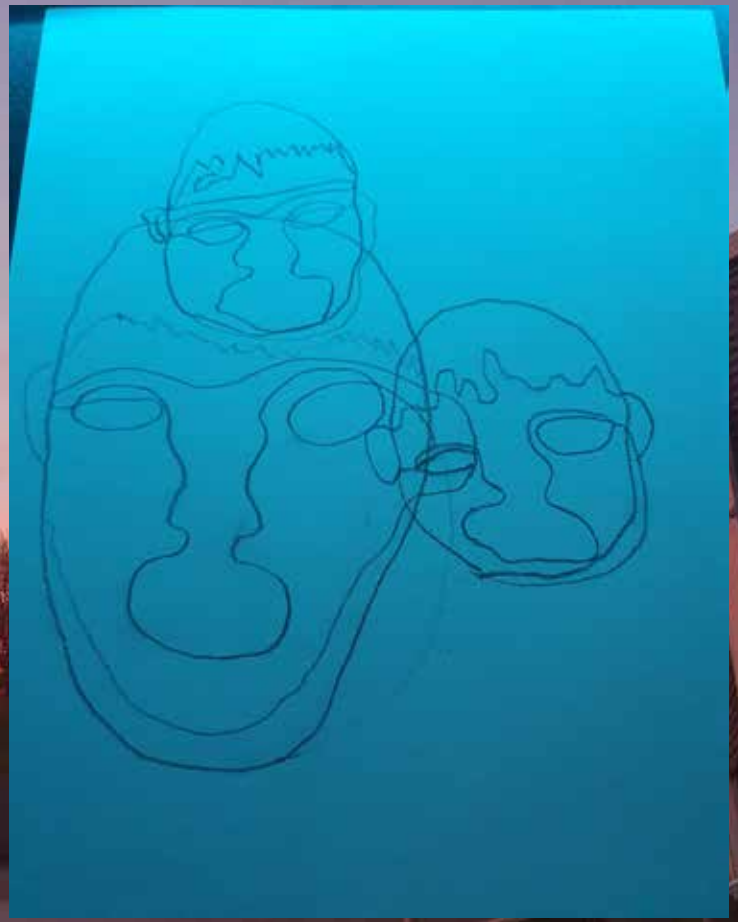




Year 10's

W/c 11/01/21

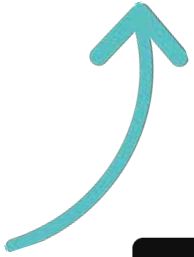




Educare PE year 7

Capture the flag!

Check out this video Reef in year 7 sent in from home, showing off his Football skills! Amazing!



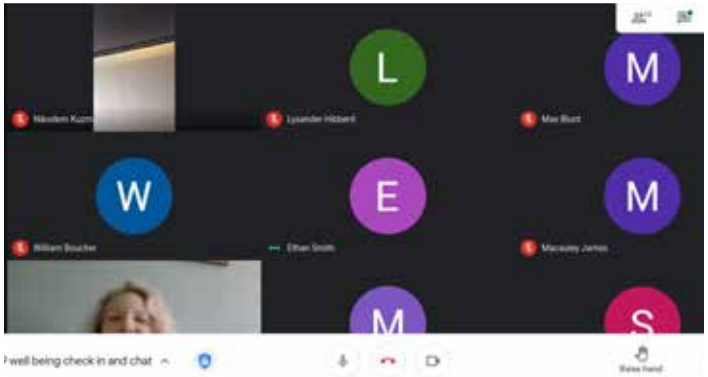
UTC PLYMOUTH

Year 9

How sweet?! - A lovely year 9 parent sent in treats for staff on site! Thank you!

Rayne's 'Lockdown Lego' project! Awesome!

Educare Engineering project - How cool?!



We have now had 2 virtual year 9 well being check ins! Look forward to seeing you on the next one!

Educare PE year 9

Pump it up!

This week the students completed a range of activities, some serious and some fun as you can see in the videos provided!

Congratulations to James and Max who completed an intense AMRAP (As many reps as you can) circuit, with James smashing Mike's record in the process!

Keep an eye on the PE classroom as this challenge will be available to you all to try at home shortly!

Alternative training methods..

'PE phone home'

'Bring sally up' attempt no.2

PE & SPORT QUIZ!!

Each year group has been set a multiple choice quiz to complete this week. It can be found in your PE classroom.

Each quiz is slightly different, leaving us with a PE champion crowned for year 7, 9 and KS4!

There is also some fun, trivia general knowledge questions around sport for you to have a go at! Good luck!

There will be a prize for the overall champion of each quiz!!

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.

You can find this on your Google Classrooms!

LIVE from Saturday ›

Take part your way

From Saturday 30 January, 9am on YouTube

We'll all be doing our Big Garden Birdwatch from home this year, but if you don't have a garden, you can still get involved on social media. Here are just a few highlights.

- **Saturday 10am** Chris Packham and Megan McCubbin, live from their garden in the New Forest.
- **Sunday 10am** Notes on Nature Live with special guests Deborah Meaden, Simon Mayo, Mike Dilger and Brigit Strawbridge Howard.

Take part in the world's largest wildlife survey & become a citizen scientist.
It takes just 1 hour, and you don't have to leave home!

#biggardenbirdwatch on YouTube, Twitter

Sign up on the RSPB website

Message from Pete Bragg

UTC Plymouth Virtual Careers Briefing

CAREERS EDUCATION

KS4 & KS5 VIRTUAL BRIEFING ISSUE 1

https://drive.google.com/file/d/1pKrQs7kVwOZWqI_e6-z6tD4wMJGUBsIT/view?usp=sharing

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 - **LIVE Lesson (first 30 minutes)**	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 - Topics recap (work on google classroom)	Oracy- **LIVE Session** with Nathan or 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	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

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 - Topics recap (work on google classroom)	Oracy- **LIVE session** with Mike or 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 **LIVE Session**	English **LIVE Lesson**	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	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 - Topics recap (work on google classroom)	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	Physics	UTC PE @ HOME JANUARY DAILY FITNESS CHALLENGE	Physics	**Completion of extension tasks**
10.05 - 11.00	**2**	Engineering **LIVE Lesson**	English **LIVE Lesson**	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**	Maths	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 Family Support Worker: 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/