

# Weekly Update



#20 Thursday 26<sup>th</sup> March, 2020.

## Wellbeing & Culture Special

Welcome to the first of our RDUTC Wellbeing and Culture Weekly Update Specials. From PE workouts to VR museum tours and cultural documentaries to competitions, we will share with you a veritable smorgasbord of content. We hope you enjoy it!

### Message from Sarah

Hi Everyone,

I hope this news letter finds you all in good health and coping as well as possible with the strange and challenging times we are living in. If I'd been told a month ago that RDUTC would be closed to virtually all students for the foreseeable future and the country would be in lock-down, I wouldn't have believed you. However, we are and it is and we have to make the best of it for the health of the Nation and to safeguard our amazing NHS and the fantastic staff who work in it.

I am in daily contact with all our staff and am receiving extremely positive feedback from teachers about how students are engaging with our online learning programme in Microsoft Teams. There have been very few teething problems that we know about. Those that we are aware of, we are working hard to resolve as quickly as possible. If you are having issues with any aspect of Teams, please email Hugh at [hboughton@rondearingutc.com](mailto:hboughton@rondearingutc.com) or call the Hot Line number which was included with your work book. We are very keen to post examples of high quality and/or creative work on social media. Please keep sending in what you're doing to your teachers via Teams.

Steve and I are working with our Employer Partners to source a range of online learning activities and qualifications that we can make available after Easter to supplement learning on Teams. These will be courses and qualifications that employers would like you to have to improve your personal and employability skills. Mark and Lynn are also looking into websites and films that you can access to improve your cultural awareness.

This newsletter is promoting physical activity in particular and we would encourage all students and parents to have a go at Joe Wick's work out. It would be great if we could all come out of this bizarre situation fitter and healthier than before it started!

Stay safe, look after yourselves and keep working!

Sarah



## Star Wars Score Live

Click the image on the left to experience the BBC Concert Orchestra playing music from Star Wars at the BBC Proms. Enjoy this amazing performance recorded live at The Royal Albert Hall back in 2015.



Follow Ron Dearing UTC on social media



## A Focus on Culture and Wellbeing



The British Museum was founded in 1753 and opened its doors in 1759. It was the first national museum to cover all fields of human knowledge.

Enlightenment ideals and values – critical scrutiny of all assumptions, open debate, scientific research, progress and tolerance – have marked the Museum since its foundation.

The Museum is driven by an insatiable curiosity for the world, a deep belief in objects as reliable witnesses and documents of human history, sound research, as well as the desire to expand and share knowledge.

Click the image on the left to watch a fascinating documentary telling the story behind the discovery and subsequent restoration of the Sutton Hoo treasure.

## Daily PE Sessions with fitness trainer Joe Wicks

Click the images below to follow Joe's daily fitness workout. Get those knees up and get your heart pumping!



## VIRTUAL TOUR OF THE VATICAN MUSEUMS IN ROME



Soaring vaulted ceilings, intricate murals and tapestries, the Vatican's museums are creatively rich sites. Don't forget to look up when exploring the seven spaces in the museum's virtual tour including the Sistine Chapel.

Wander around the rest of Vatican City with a [You Visit](#) tour that takes in Saint Peter's Basilica and Square, complete with a tour guide narrating each interactive space.

[Click the image on the left to get started.](#)

## Tips to look after your mental health and well-being during lock down

- Keep to some sort of routine - make a plan!
- Plan times that you will complete school work and maybe revisit topics you didn't quite grasp!
- Plan time to do some wider reading/reading for pleasure.
- Learn a new skill!
- Go for a walk, run, bike ride or some other form of exercise- once a day and keep your distance!
- Smile and say hello - small acts of kindness boost morale!
- Keep in touch with friends by social media etc. Think of it as physically distancing rather than socially.
- Don't isolate yourself from family members in your household – eat and socialise together, unless of course someone is self-isolating.
- Relax too – switch off from all other distractions and try and practise relaxation techniques.