

# THE KEY STAGE 3 POST

Issue 9

Year 9

## This Week's Message...

Dear Students, Parents/Guardians,

This week I want to share an idea with you. It isn't my idea, but I love the concept and feel it could have a positive impact on our decision making, and lead to a happier and healthier lifestyle. I will highlight 2 different examples to explain it and perhaps you will be able to relate it to your own experiences.

There are two ways to see the world, "some people see the thing that they want (Type A), and some people see the thing, that prevents them from getting the thing that they want" (Type B)

I am confident that if I ask you, do you **want** a qualification in a particular subject you would all say "absolutely, yes" and if you were Type A, you understand exactly where you are at the moment and, through listening to advice from your parents or your teachers, you know what is required to achieve that qualification and you are happy to invest the time. However, if you are Type B, you still want a qualification but your focus is different; you focus on all the different things that stand in your way of achieving the qualification. Things like, "I am never going to pass; I have never been any good at that subject" or "what's the point of even trying, I don't have enough time"; this mindset limits you and in the long run will prevent you from achieving your goals and your sense of achievement.

Another example relates to "Inspired by Christ". The great thing about being part of St John's is our close link to religion and many students, particularly after our yearly retreats, have a strong need/want to have a bigger commitment to their faith. The Type A person, understands that it is a commitment and through the support of the chaplaincy team, speaking with members of staff or their parents, make the decision to have that commitment and are happy to invest the time. Type B will still feel that need/want; however, they focus on the other things that prevent it; perhaps the influence of their friends, scared of the type of commitment required or comparing themselves to others and stop pursuing what they want. A very damaging mindset that can have a negative impact on your happiness and your ability to be resilient in difficult situations in the future.

I truly believe that you all know the difference in right and wrong, and this week's message is all about pursuing what you want and the importance of having the right mindset in every situation.

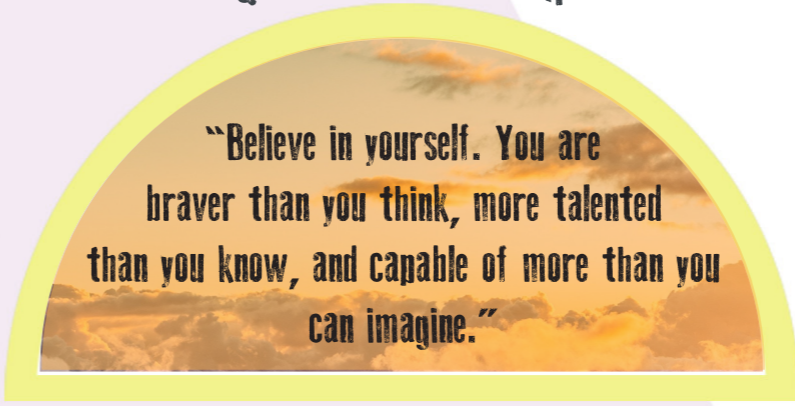
Mr Magee and the whole Year 9 team



SHOUT OUTS

Top good comments!  
Patrick B - 9AST  
Ayman H - 9CFI  
Ariadne L-B - 9JSA  
Holly L - 9CFI

## Quote of the Week



## Form Tutor Message

I'm a passionate basketball fan, so my family says. My son already joined Crusaders and he misses his weekly trainings.

"Mrs Stawiarska talks a lot about how wonderful she is at this game" - my form probably had enough of my idealistic basketball talks. I miss my training session and my team terribly; I miss joy that comes along with it.

My initial approach to lockdown was...it sucks, but then...or does it? A boost of positivity hit me. I have decided not to dwell on what this situation took away from me, instead my approach is ... rethink... this is a chance! We were given so much time, so many new opportunities to engage in something else, something different. Maybe this means even more fun!

My goal was, well still is, to find something else, so...I paint, cycle a lot, running was never my thing but...I can do it now - without being resuscitated after short distances, like 100m. I read a lot- never had enough time! It's fun.

Anyway... I want to share something with you. I would like share a very inspirational, reflective story of one person, but you will have to engage yourself in reading, do some homework :).

My nephew plays basketball as well and his most recent purchase was this: a pair of basketball shoes. "Auntie, these aren't just any basketball shoes, they have a meaning" he explained. Then he told me about this chap... Giannis Antetokounmpo: now an NBA star known as Bucks, before ... poor and disconnected from society, part of the landscape, hidden away.

I would like you to search him up, and find out why his story is so inspirational.



<https://www.bbc.co.uk/sport/basketball/48832050>

Once you finish reading, you will understand a very special quote that Pope Francis wrote. The issues he raises, the attention he seeks.

**Rethink: Pope Francis warns poor have become part of landscape.**



<https://www.bbc.co.uk/news/world-53055220>

I miss you, my Dear Students!

Take care, stay safe and well,

Mrs Stawiarska

Bringing the community back together...





# Well-being Tasks

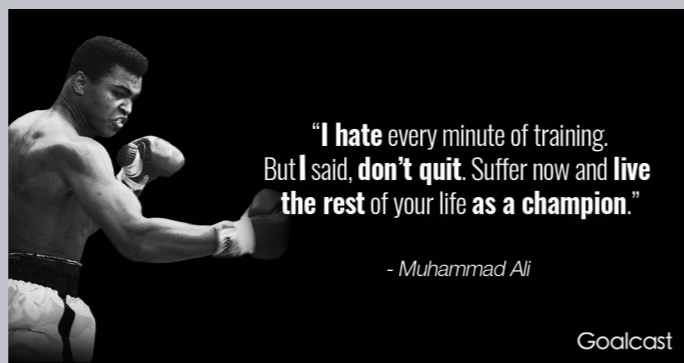
“We have learnt that amid the fear, there is also community, support and hope!”

“You must expect great things of yourself before you can do them.”  
Michael Jordan

This week we want you to push! The sun is out and many people will now start to be getting outside more due to the relaxation of lockdown. We want you to be creative with your exercise.

Completing daily exercise is proven to promote positive moods and mindsets. It doesn't have to be a 12-mile run, but simple exercises can really help keep you fit and healthy. We have seen some fantastic achievements in PE during the lockdown period. If you are stuck for something to do this week, why not have a bit of fun whilst exercising and create your own DIY obstacle course. Check out the below video for some ideas. We would love to see some pictures of you completing your daily exercise challenges.

<https://www.youtube.com/watch?v=NdJtdfYoMc>



## HOME – SCHOOL SUPPORT

Dear Parents/Guardians

As a school, we recognise that your experiences of lockdown, just like our own, would not all have been plain sailing. We also understand that, for some of you, there is a real danger of feeling isolated from your friends, family and community at this uniquely challenging time.

Whilst we, at St John's, have been working hard to try to further enhance our communications with you through our weekly Newsletters, we understand that isn't necessarily the same as speaking to a member of our community or hearing a familiar voice.




Therefore, from this week onwards, we are offering you the opportunity to contact the school to request a 'call back' from a member of our Year Group Pastoral Team. Whether it is a concern you may have with Home Study, a particular problem that you or your child is going through or even an opportunity to have a general chat with someone from St John's, if you would like to speak to a member of our Pastoral Team, please email your request through for a 'call back' to the relevant pastoral manager email address below and we will get in touch with you in due course.

We would love to hear from you, so please do make use of this opportunity.

- Year 7 - Miss J. Styles: [jstyles@stj.kent.sch.uk](mailto:jstyles@stj.kent.sch.uk)
- Year 8 - Mrs Hodges: [lhodges@stj.kent.sch.uk](mailto:lhodges@stj.kent.sch.uk)
- Year 9 - Mrs L. Buckingham: [lbuckingham@stj.kent.sch.uk](mailto:lbuckingham@stj.kent.sch.uk)

Show My Homework is changing its' name!  
There will be:

- ✓ A new app icon and website logo (see below)
- ✓ NO changes to the way you currently use or access the app and website.



### This Week's Prayer

Thank you, Lord, for being there for me and allowing me to cry out to you in my times of need. It is amazing to me that the Lord of the Universe would take time to listen to me and to care about what I say. God, there are things happening around me right now that I do not understand. Some of these things make me feel weak, helpless and afraid. Even in the midst of this, I know that you are the Lord. I know that the situation is in Your hand, and I trust You. I beseech you for strength and for wisdom that I would be able to endure this situation and be able to handle it in a way that would bring glory to Your name. In Jesus name. Amen.

Bringing the community back together...





# #HereForYou Social Media Campaign

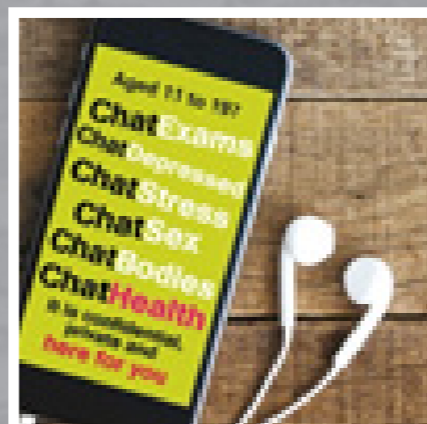
Find below some helpful support services that you can turn to during this difficult time.



## Moodspark

This #MentalHealthAwarenessWeek, Moodspark is #HereForYou.

They provide mental health support to young people in Kent, and their website is full of useful resources and service information for parents and teachers too: [www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk) #KentTogether.



## ChatHealth

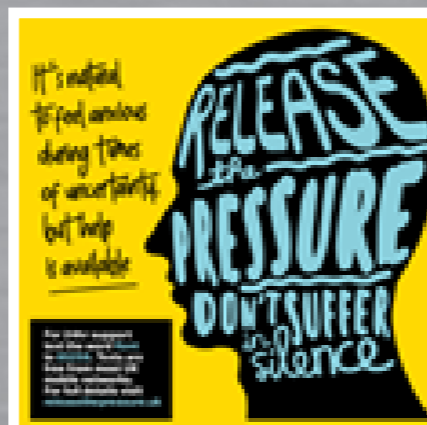
If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou. Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit [www.kentyouthhealth.nhs.uk](http://www.kentyouthhealth.nhs.uk) for more info #KentTogether.



## Kooth

Aged between 10-16 and need mental health support? Kooth is #HereForYou.

Please visit [www.kooth.com](http://www.kooth.com) to register for our supportive online community where we have lots of guided support courses and resources for you. #KentTogether



## Release the Pressure

Text 'Kent' to 85258 for in the moment help when life gets overwhelming and you need immediate support. No fee, no registration or data required - it is silent, free, confidential and anonymous. We are here for everyone, young people and adults, 24/7 - text any time, day or night, whenever you need mental health support. We are #HereForYou 24 hours a day, seven days a week, whenever you need mental health support. #KentTogether



## Kent Child Health

If your child is aged 4-19 and is struggling with their emotional health, you can access support from the Children and Young People's Counselling Service.

Go to [www.kentcht.nhs.uk/school-health](http://www.kentcht.nhs.uk/school-health) or ring 0300 123 4496 for more information. #KentTogether #HereForYou #MentalHealthAwarenessWeek



Bringing the community back together...





# The Great STJ Cook Off! Winners!

Thank you to everybody who submitted an entry to the STJ Summer Cook Off Competition. We had some brilliant entries and it has been very difficult to judge. All those who entered will receive good comments and prizes will be awarded when we are back to school in Assembly.



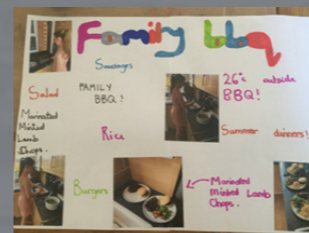
**1st Prize goes to Owen B  
£20 Meal Voucher**

Owen made Eton Mess, making his own meringues and accompanying them with Dandelion and Lemon Cookies. We loved Owen's presentation and the originality of his recipe. Well done, Owen.

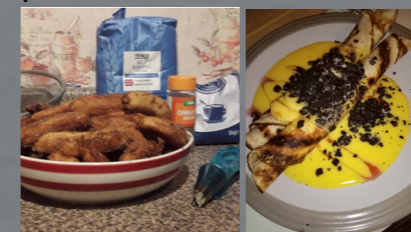


Here are the other entries!

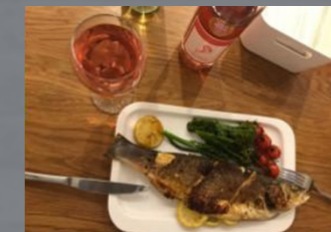
Mariah L – Yr 7



Nathan T - Year 8  
Churros & Father's Day  
pancakes



Chloe M - Yr 7  
Seabass with oven roasted  
tomatoes



Narjes Yr 8  
Fluffy fruit  
pancakes



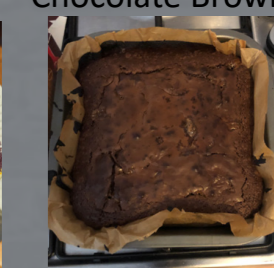
Lily B - YR 7  
Afternoon Tea



Stephanie K  
Sandcastle Rainbow Cake



Charlie F  
Chocolate Brownie



**2nd Prize goes to Zuzanna S  
£15 Meal Voucher**

Zuzanna made a wonderful Vanilla Azure Coast Cake and we just loved the creativity that went into the decoration of this cake. Well done, Zuzanna.



**3rd Prize goes to Jacob H  
£10 Meal Voucher**

Jacob recreated a family recipe for Strawberry Trifle and we loved the story behind this recipe and the finished dish looked delicious. Well done, Jacob.



Bringing the community back together...

