

THE KEY STAGE 3 POST

Issue 10

Year 8

This Week's Message...

Dear Students, Parents/Guardians,
I hope you and your families are well.

My message this week relates to a subject that Mr Steadman wrote about a few weeks ago in one of his Year 7 newsletters. He told of a situation he encountered whilst out on his daily family walk. The once peaceful area during lockdown had become tainted with queues of traffic, overflowing rubbish bins, and litter blowing into the river. Sadly, the recent news reflects a similar negative story of the beaches in England.

As lockdown is gradually lifted, it is apparent that some seem to have lost all respect for the environment around them. At the start of lockdown, our beaches and parks were free from rubbish and our seas were a clearer blue, but as more and more people headed to the coast last week to enjoy the good weather, the impact of their travels was evident for all to see.



Littering not only causes a threat to our health but it can also cause harmful germs and bacteria. The effect of littering includes the trapping or poisoning of animals, as well as the killing of aquatic life, either directly through choking, or indirectly through its impact upon water quality.

During break or lunch time at school, you are asked to put your litter onto a tray which is then emptied into a bin; you do not leave your table in a mess for someone else to clear it up after you. At St John's, we encourage you to be self-sufficient, independent students who care for their school environment and respect others around them. It is nobody else's responsibility but your own to clear up your rubbish. If you are able to carry out this simple act at school, I have no doubt that as you start to head out more, you will continue to do so in the wider community too. It is important to leave the area clean for the next person to enjoy – if there are no bins available, then remember to take your litter home with you.

I have previously shared with you how students in our cohort are positively impacting upon the people in our local community. I hope you take inspiration from these role models amongst us and join them in taking responsibility for the world we love to live in.

Take care, keep safe and have a lovely weekend.

Miss Munns.



SHOUT OUTS

Top good comments!

- Ranjot S - 8SWP
- Ethan T - 8CCA
- Harrison G - 8SWP
- Rashanpreet S-8CCA

Quote of the Week

"Be a part of the solution, Not part of the pollution."

Wall of Fame

- | | | |
|------------------------|-----------------------|------------------|
| Lucas B
Maths & ICT | Elliott B
RE & ICT | |
| Jasmeen A
Maths | Ty M
Maths | John U
RE |
| Oliver B (8MNM)
RE | Danielius J
RE | Emmanuel E
RE |
| Yuvraj K
English | Anne-Marie C
ICT | David B
ICT |
| Japjit S
ICT | Arian P
ICT | Skye G
ICT |

Well done to you all, keep up the good work!

Tutor Corner

Hello everyone,
I hope you are safe and well.

I have been thinking for a while now about what to write for the newsletter, and I feel it would be best to give you some ideas which you could do at home just to get outside more, be with nature and take some time away from all of the hard work you have been putting in to your school work! Here are some of the things that I came up with that you could do outside: make a sculpture from twigs, make a drinks tray for birds, grow some vegetables, make a bird feeder, create a piece of artwork from things outside (e.g. leaves), design your own plant pot, or make a herb garden.

I decided out of this list that I was going to make a herb garden, using an old wooden pallet, some paint and plant pots, and I am really impressed with the final product!



Anything you finish please take a picture of and send it to me, as I would love to see what you have got up to!

Stay safe,

Miss Ratcliffe.

Bringing the community back together...



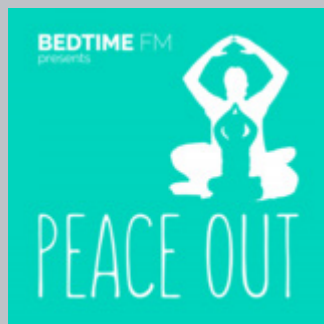
Well-being Tasks

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

“In Radio, you have two tools.
Sound and Silence.” Ira Glass

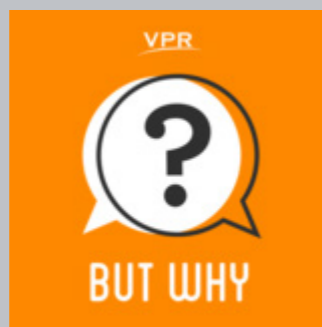
Podcasts are an excellent way to learn and laugh. You can listen alone or with your family. They are great for long car journeys or walks in the park.

Here is a list of some to help you unwind.



Peace Out

Short stories that help children calm down and relax by guiding them through visualization and breathing exercises. Perfect for parents or teachers who want to teach mindfulness and self-regulation to kids.



But Why?

This show answers questions submitted by kids. It tackles topics large and small, about nature, words and even the end of the world.



How Stuff Works

A collection of audio podcasts which include some of the most popular titles: Stuff You Should Know and Stuff You Missed in History Class.



How to boost teen motivation

The Unstoppable Teen Podcast with Kevin Mincher. Podcasts for teenagers which include, having better grades, self-confidence, relationships, health, and career prospects.

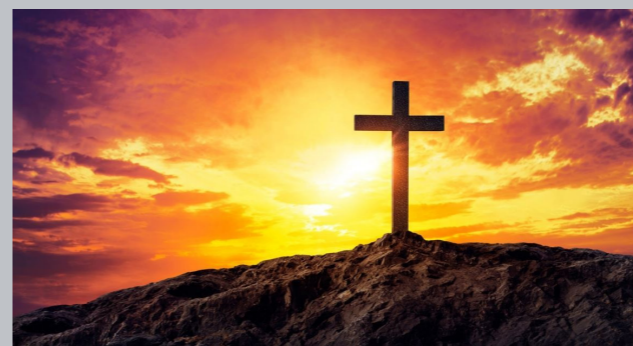
Message from Susanne Gibbons, Assistant Chaplain.

Churches are opening their doors this weekend for collective worship.

Fr Moses is waiting to welcome parishioners and our school community back to our parish to celebrate Mass.

Social distancing will be observed, and we ask you to wear a face mask whilst inside the church.

The Mass times this weekend are as follows:



Saturday 4th July, St John's Gravesend.
10am and 6pm

Sunday 5th July,
8:30am, 10:30am and 6pm

Sunday 5th July, St Mary's, Denton, Rochester Road.
9:30am and 11:30am.

These times may be subject to a weekly change. I hope to see some of you at Mass this weekend, and may God's blessing be with you and your families.

Thank you in advance, I hope you all have a great week.
Susanne Gibbons

This Week's Prayer

I commit myself to the Will of God.

I give my heart and soul to God.

I deserve the best in Life.

I serve the best cause in Life.

I AM a Divine manifestation of God.

*In Jesus Christ's name I pray,
who lives and reigns with the Father and
the Holy Spirit,
One God
forever and ever.
Amen*

Bringing the community back together...



#HereForYou Social Media Campaign

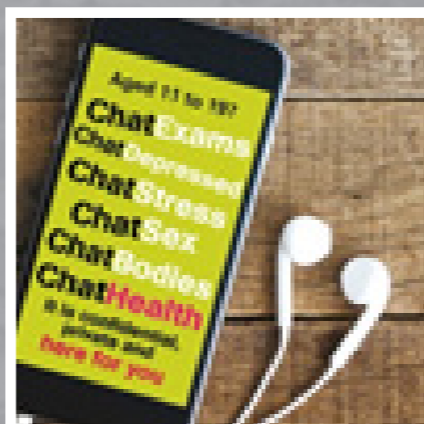
Find below some helpful support services that you can turn to during this difficult time.



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 #KentTogether.



ChatHealth

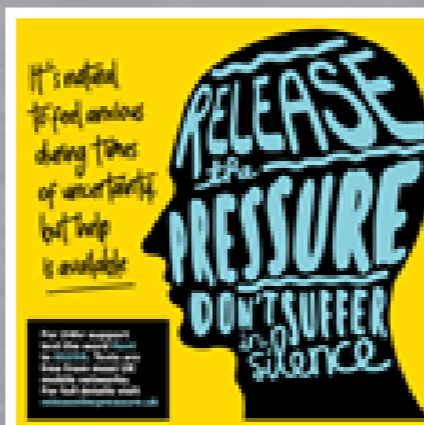
If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou. Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit www.kentyouthhealth.nhs.uk for more info #KentTogether.



Kooth

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

Please visit 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 or ring 0300 123 4496 for more information. #KentTogether #HereForYou #MentalHealthAwarenessWeek



Bringing the community back together...

