

THE KEY STAGE 3 POST

Issue 3

Year 8

This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,

I hope you are well and enjoying reading about the successes of the cohort each week. This week really is a 'bumper' issue with an additional 'shout outs' page due to the number of staff that have emailed me about the fantastic work that Year 8 are producing. It is so pleasing to know you are continuing to work so hard during these tough times – well done Year 8!

My message to you this week links to the 'try it' section, following another article that caught my eye in the news.....

Upon returning to school, children at a school in Hangzhou, China, wore social distancing hats to remind them of the importance of keeping apart from each other to reduce the spread of Coronavirus. The hats were all designed and made by the students themselves from cardboard, balloons and other materials. The aim was to create a 1m buffer zone around themselves.



The hats are reminiscent of those designed by Emperor Taizu who created hats, with long sticks coming out from either side, to prevent officials from whispering to one another during important meetings. They also share a resemblance to the 'anti-cheating hats' once worn by Anhui students.



My challenge to you this week is to see how 'crafty' you can get with making your very own social distancing hat. Make use of the resources available to you (remember to ask permission from an adult first!) to come up with the most colourful, creative and whacky hat that you can. I would love to see some of them make an appearance in next week's issue!

Keep safe and keep smiling :) Miss Munns.



SHOUT OUTS

Top good comments!

Sohail M - 8CRC
Jake L - 8SWP
Narjes S - 8GOC

Why not try this week...

Making a social distancing hat!



Ty M Art	Leon K English	Kieran B Science
Alisha A Geography	Nathan T RE, Science	Taranveer D PE
Jack R History, Geo	Japjit S IT	Thomas L FDT, Geo, Drama

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

Wall of Fame!

This week's home share!

Matas P (8SHP) has been hard at work this week on his poster for 'The Spirit of Normandy' VE Day Competition. Mr Murphy informs me that only the very best posters will be entered! Judging by your art skills and the hard work you have clearly put in, I reckon you stand a pretty good chance of being nominated Matas! Well done.



Don't forget!

Parents please email any images to your child's Year Leader to have an opportunity of appearing in next week's issue! For safeguarding reasons, this must come from the email address the school has on the system!

Bringing the community back together...



EXTRA! EXTRA! READ ALL ABOUT IT!

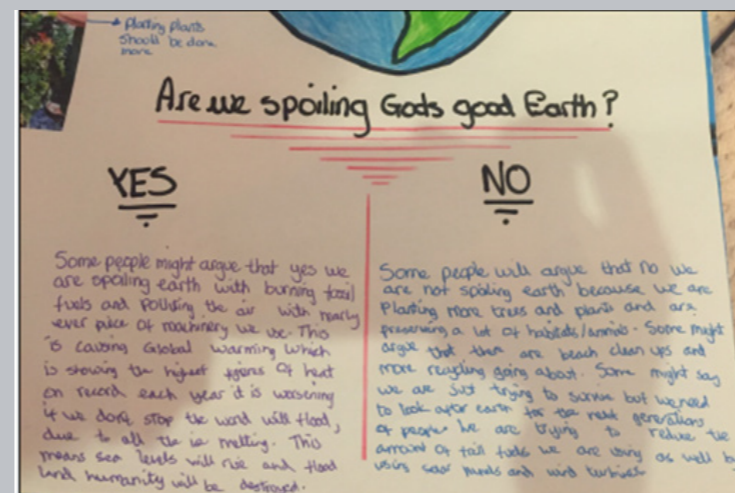


Spirited Arts Competition 2020

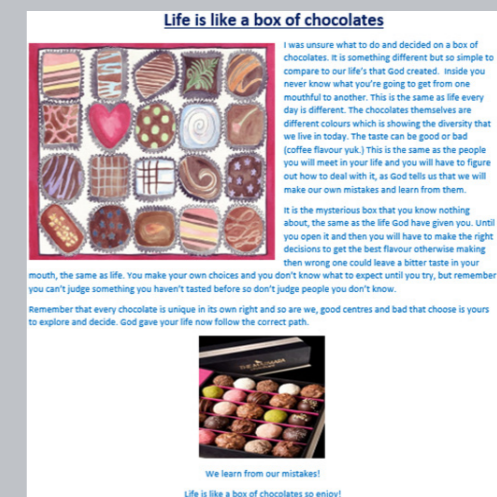
This is an exciting RE project that is conducted nationally by The National Association of Teachers of RE (NATRE). The competition is open to all pupils aged 4–19, and, in recent years, over 350,000 young people have entered the competition to make a work of art in RE. There are £25 cash prizes for the winners, and winning pieces may appear on the NATRE'S prestigious web gallery.

At St John's we are delighted to take part in this competition for the first time. In the last 3 weeks all Year 7 and Year 8 pupils have been offered the opportunity to produce a piece of art based on their own ideas on a key religious or spiritual question. The RE Team will select the best 10 entries to be sent to NATRE and represent St John's in the competition. They have received some brilliant work and it gives me great pleasure to share with you three amazing entries from Year 8. These students have used their imagination and creativity to produce these wonderful, yet very different, pieces of work. The RE team are very grateful for the time and effort you have put in and we all wish you the very best of luck should you be chosen as one of St. John's 10 entries for the competition.

Alisha A - 8SHP



Divine N - 8GOC



Charlie H - 8CCA

Bringing the community back together...



Extra Shouts!
Top Good Comments
Charlie H
Amy K
Ethan T
Rashanpreet S
Harrison G
Michelle O
Andrew H

Extra Shouts!
Science
Ethan T
Angel B
Anu O
Panashe M
Michelle O
Stephen L
Ranjot S
Yuvraj K
Chantelle T
Braydon L-W

Extra Shouts!
Multiple shouts!
Anna-Marie C (Art, Science, RE & Geo)
Jessica L (RE, His, Geo & Science)
Lilp P (PE, History & Computer Science)
Skye G (Food Tech & Science)
Elliot B (Science & Computer Science)
Gustas K (History & Science)
Nicola O (History & Geography)

Extra Shouts!
Parm R – History
Yemisi F – History
Arian P – Geography
Somto M – Geography
Marco M – Art
Harvey B-D – English
Jeena B – Science



Bringing the community back together...



Well-being Tasks

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

“We do not learn from experience... We learn from reflecting on the experience.” John Dewey

What are you going to learn from 2020?

This week's well-being task follows in a similar vein to the Time Capsule and it is all about You.

Attached to Show My Homework you will find a Reflective Journal, aiming to help you document your days and push you to contemplate the sort of person you are, and would like to be, during this trying time.

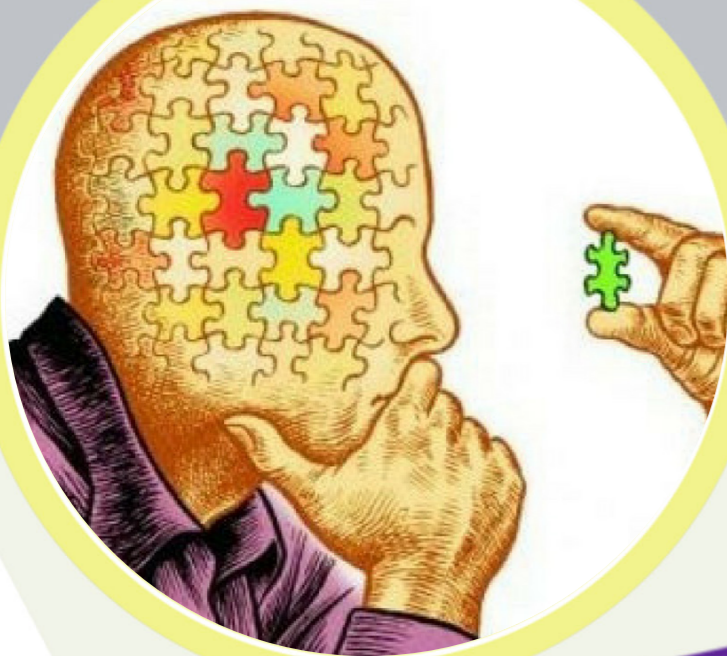
While everyone is discussing changes around the world, we want you to spend this week focusing on yourself and the way you're changing during lock-down. It is an opportunity to reflect on your interests, experiences and values.

It is also a chance for you to learn something new about yourself!

Who Am I?



Self-Reflection



Visors for the NHS - Update



We are continuing the production of visors. Above, you will see the many visors that have been produced and will be deployed to institutions such as the Ellenor Hospice. Please do contact the school if you work or know anyone who works in any local care homes that are in need of this PPE, then please do contact the school and we will do our utmost to try and provide, subject to materials.

Below: One of the visors Luke H (Year 9) designed and made being put to use in the NHS!



This Week's Prayer

*Loving God,
We pray for all those suffering because of the coronavirus, may they know your healing power.
When we are afraid for ourselves and loved ones, give us your strength and courage.
When we feel alone and isolated, reassure us with a sense of your presence.
Give wisdom to those in authority and may our community work together for the good of all.
We give thanks for those who care for others and ask you to bless them in all they do.
We ask this in the name of Jesus, healer and physician.
Amen*

Bringing the community back together...



Staying Safe Online

“Staying at home in order to protect the NHS and save lives means we are spending more time online. This means we must all be extra vigilant, follow good security practice and make sure our children are safe too. It’s also important that we check the facts behind what we read and remember to take regular breaks.” Minister for Digital Culture, Caroline Dinenage



This Page...

You will find on this page a few helpful links to help keep your family safe online during this lock-down. As well as this we have gathered a few ways, linked to our reflection task this week, that you may wish to consider during this time.

Helpful Links

[AACOSS](#)

[CEOP Education Packs](#)

[Fake News Lessons](#)

[Netflix – Parental controls](#)

[Government Advice](#)



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Above: A 'Meaningful May' Action Calendar linking to our reflection log and random acts of kindness task from week 1.

Right: Some examples of good coping strategies to get us through the lock-down.

Effective self-help & coping strategies

Activity	% found helpful	% found unhelpful
Face-to-face calls with friends	72%	3%
Watching TV / films	72%	6%
Exercise	60%	7%
Learning new skills	59%	4%
Reading books	55%	6%
Gaming	49%	5%
Face-to-face calls with family	47%	8%
Spending time with family	48%	23%
Breathing techniques	38%	14%
Social media	31%	36%
Reading / watching the news	13%	66%

https://youngminds.org.uk/media/3708/coronavirus-report_march2020.pdf

Bringing the community back together...



VE DAY Special

A selection of student's work commemorating VE Day

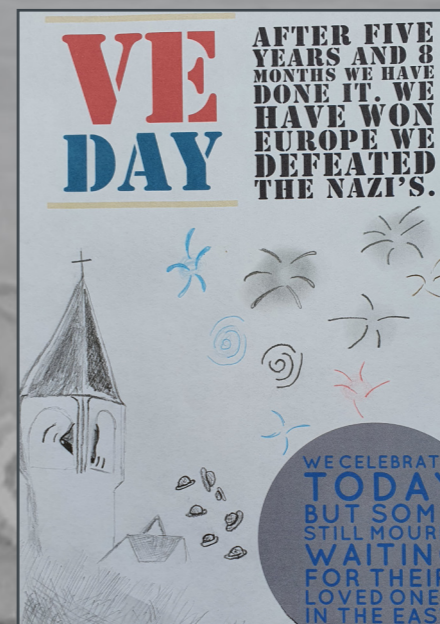
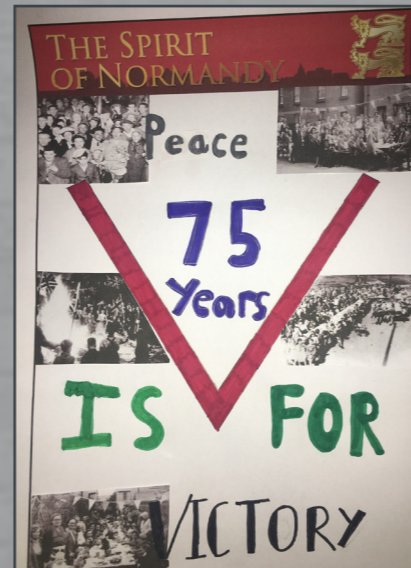
Victory in Europe is celebrated on May 8th every year. This is the day in 1945 when Germany and her Allies finally surrendered and the war in Europe, which had raged since September 1939, came to an end. In his address to the Nation, the Prime Minister, Winston Churchill, did emphasise that the war as such had not come to an end as Japan remained undefeated.

Plans were in place this year to commemorate VE Day on Thursday May 7th (Public Holiday on the Friday) with guest speakers to include World War 2 Veterans - soldiers and civilians. However, this is not to be. This is most unfortunate as this year is the 75th Anniversary of the original VE Day!

We have, however, not forgotten the event and a Home Study task given to all Year 7 and Year 8 students was to create a poster that celebrates the 75th Anniversary of VE Day. The response has been exceptional. These will be displayed in the School when we eventually return. It is still planned to have a VE Day commemoration - even if delayed! Perhaps combining with the VJ Day in September.

After much deliberation of all those posters sent in by email or via Show my Homework, a selection of ten was made. These have been forwarded to the Spirit of Normandy Trust who are running a competition for schools nationwide. Veterans of World War 2 will decide on the overall prize winners in due course - and perhaps one or more students from St John's will feature as a prize winner.

Mr. C. Murphy



Well done to all students who have taken part!

Bringing the community back together...

