

THE KEY STAGE 3 POST

Issue 9

Year
7

This Week's Message...

Dear Students, Parents/Guardians,

I do hope you are all well and enjoying the amazing weather we are having at the moment!

For this edition of the Year 7 Newsletter, I am going to try to keep my message brief. My theme this week is about working hard and pushing oneself to be the best possible version that you can be. I have been inspired by the man you see on this page for a very long time. The sheer grit and determination that Dwayne Johnson demonstrates, inspires me to do better every day. I have always appreciated his quote 'Be humble, be hungry, and always be the hardest worker in the room'. This has all the elements I want to see from the students at school.

Mr Dale has spoken about risks and stepping outside of our comfort zones; this all links to that essence of hunger: we should endeavour to push through any difficult situation and excel. One of our mission statements, 'Excellence for All', embodies the idea of all students developing their knowledge and skills, regardless of their backgrounds and starting points. In order to do this, we must dig deep, take risks and have that hunger to succeed. You all have the ability to excel and be successful in your own chose fields, but without the hunger to do so it simply will not happen.

Being humble is very important. It is a quality that I look for in everyone I meet. The poet Tennyson once said that humility is, "the highest virtue, the mother of them all." It is the feeling that you have no special importance that makes you better than others. In the world of sport, it is very hard to show humility through competition.

I believe that humility is one of the best attributes that helps you facilitate learning. It establishes trust, which enables you to personally develop yourself and others. It is a virtue, sadly, I feel some high-profile, international leaders lack.

I want you to have some fun with the well-being task. Be creative and innovative to create your own obstacle course. When it comes to work though, be humble, be hungry and be the hardest worker in the virtual room!



Take care & stay safe,
Mr Steadman



SHOUT OUTS

Top good comments!

- Mark B - 7SDC
- Mya T - 7STA
- Charlotte L - 7STA
- Harmanjot S - 7HB

Quote of the Week



Wall of Fame!

- | | | |
|--------------------------|------------------------|------------------|
| Neeraj K
Maths | Alexia S
Maths | Daria P
Maths |
| Brodie L
Art/RE/Maths | Immacolata R
Art/RE | Sacha G
Art |
| Elliott B
Maths | Anand D
Maths | Zack B
Maths |

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

Tutor Corner

Hi Year 7,

I hope you and your families are all well and safe in these strange times. I want to talk to you about taking a risk and going out of your comfort zone, as you never know what may come from it. This time of a school year is always a little bittersweet, and this year even more so. It was at around this time, 10 years ago, that I did my first summer at a summer camp in America, which turned into 3 summers and a year of working in Florida. I was 19 when I first went and had no real idea of what to expect. No one I knew had done anything like this before; all I knew was I was going out for 3 months to a camp in upstate New York. I was sat at Heathrow airport, on my own, not knowing anyone, and I had no idea who was going to be at JFK airport, in America, to collect me. To say I was nervous, frightened and scared, is a huge understatement. Yet, at the same time, I was so excited; what would this summer bring? I had no idea. But what an experience! Taking myself out of my comfort zone and taking a risk, being away from home, away from friends and family, doing something I had never done before; it turned out to be the best thing and experience I have ever done and led me into teaching. So even though it may be scary and hard; it may be something you haven't done before; please don't let that put you off; go for it, as you never know where it may lead you.

Mr Dale

Bringing the community back together...



Extra Shout Outs

Maths

Carly B
Toni A
Matas S
Faiz M
Evie S
Charlotte L
Dasie M

Extra Shout Outs

Maths

Freddie P
Harelina K
Harmanjot S
Jacob H
Jake C
Marilyn Y

English Shout



Well done to Mariah L. I have received some very positive news and work in regards to her English home-learning tasks. There is an exceptional amount of effort going into these tasks. It is no surprise that Mariah is in the Newsletter every week!

Extra Shout Outs

Most Improved

Caitlin O'B
Keep it up!



Bringing the community back together...



Well-being Tasks

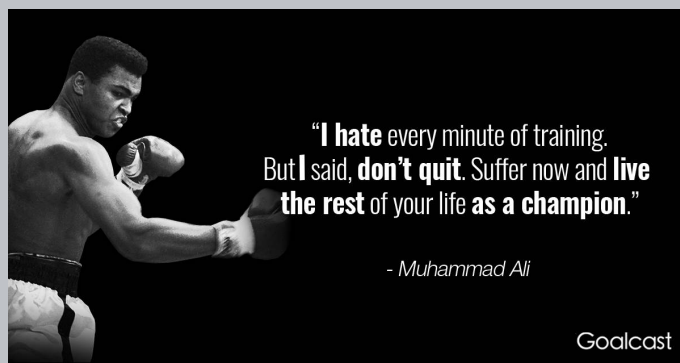
“We have learnt that amid the fear, there is also community, support and hope!”

“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

Year 8 – Mrs Hodges: Lhodges@stj.kent.sch.uk

Year 9 - Mrs L. Buckingham: 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

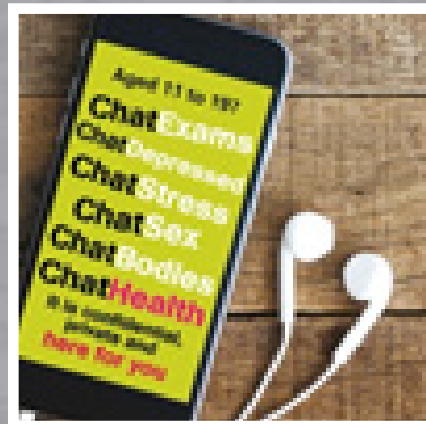
Find below some helpful support services that you can turn to during this difficult time.



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 #KentTogether.



ChatHealth

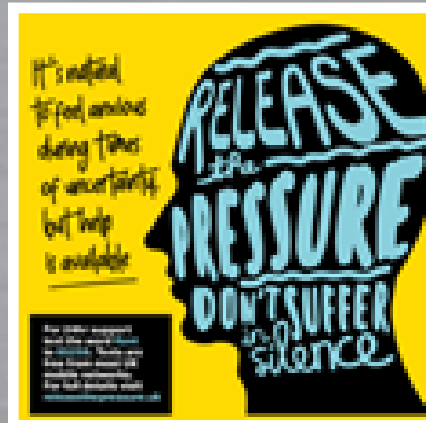
If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou. Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit www.kentyouthhealth.nhs.uk for more info #KentTogether.



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...



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.



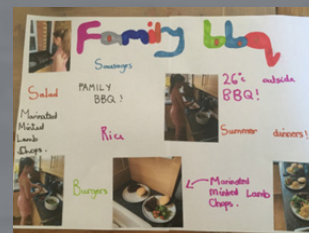
**1st Prize goes to Owen B
£20 Meal Voucher**

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.

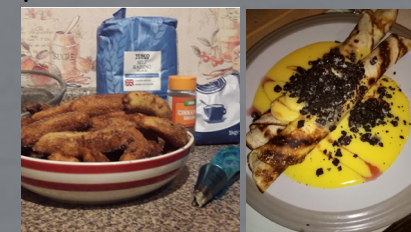


Here are the other entries!

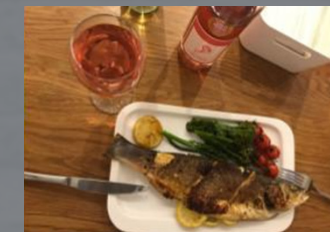
Mariah L – Yr 7



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...

