

THE KEY STAGE 3 POST

Issue 8

Year
7

This Week's Message...

Dear Students, Parents/Guardians,

I will start this week's message with the following proverb:

"Fear and Courage are Brothers."

Miss. Marchant has written a section in this week's newsletter which highlights the importance of being brave. I would like to take a moment to reflect on the above proverb. When I saw Miss Marchant's article, it got me thinking about the fact that we cannot be brave without the existence of fear.

A very famous scientist, by the name of Isaac Newton, explained that 'for every action, there is always an equal and opposite reaction.' This pandemic has presented fear and therefore the opportunity to show courage. When fear arrives, whatever form that it presents itself in, sit with it until courage shows up. We all have courage in us, but we must be exposed to fear to have the opportunity to demonstrate it. I will spare you all the story of The Wizard of Oz and the Cowardly Lion!

The deputies have made a mental well-being checklist for you this week. I think it is fair to say that the longer we are in this situation, the harder it is becoming to stay positive (regardless of the relaxation of lockdown). Being able to stand up to fear and show courage, takes effort and I strongly believe that this is down to an individual's mindset and having a healthy 'growth' mindset. The words 'I can' are important, but this does not guarantee success. If you fail, it does not matter; the fact that you tried, increases the chance of succeeding the next time. Resilience is a quality many students will need to utilise over the coming months.

Last week I managed somehow to get Jurassic Park into my message and this week I have another dinosaur link. It was given to me by a children's program called 'Dino Dana', not something I automatically choose to watch! My daughter loves watching this show and pretending to be a dinosaur. One episode featured a dinosaur called Maiasaura, the name meaning 'good mother lizard'. This dinosaur protected their young fiercely, but not just the parents, but the grandparents and extended family as well. They lived in large groups and protected one another. Much like modern day elephant herds.

We all need support to stand up to fear sometimes and I know when we do return that our community will protect one another and face the unknown together. Showing courage and guidance towards those in need.

Stay safe,
Mr J. Steadman



SHOUT OUTS

Top good comments!

Matas B - 7HB
Albert W - 7MJC
Paul A - 7AMA
Austeja K - 7MJC

Quote of the Week

**"Never underestimate the difference YOU can make in the lives of others.
Step forward, reach out and help.
This week reach to someone that might need a lift."**

Pablo

Wall of Fame!

Mariah L FDT	Daisie M Geography	Tehillah A PE
Alex C RE	Zuzanna S FDT	Brandon G Maths
Austeja K Maths	Ciaron M RE	Stephanie K FDT

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

Deputy Corner

How can I be brave?

What does it mean to be brave? Bravery is being ready to face danger and show courage. This has been significantly apparent throughout the pandemic in terms of how our communities have shown 'Service to Others' even with the fear of infection. Unfortunately, life involves a certain amount of fear. Being brave can help you face your fears. Bravery is about recognising that life can be uncertain and frightening. Sometimes we must feel the fear and do it anyway; by taking sensible risks. Some jobs rely on bravery each and every day, such as firefighters, paramedics, and soldiers. However, there are ways to be brave in your life too.

History presents many brave people that we can look up to. One of whom is Stormzy, who has opened up about his depression, [Click here](#) to see his interview. Stepping out of your comfort zone and being yourself no matter what, is brave. This could include how you laugh, what clothes you wear and expressing your emotions. Many of you will be familiar with the powerful lyrics from the film The Greatest Showman; 'I am brave, I am bruised, I am who I'm meant to be, this is me.' Bravery is important in life. It is commanded in the Bible that we should 'Be strong and courageous...for it is the Lord your God who goes with you.' (Deuteronomy 31:6). This week allow the Spirit of God to enable you to be brave. Lockdown brings difficulties and so does Home-school, but be brave and keep going.

God Bless,

Miss. Marchant

Bringing the community back together...



Extra Shout Outs

Science

- Luca B
- Jake C
- Jason D
- Luke G
- Harelina K
- Cindy M
- Isabel M
- Isobel O
- Rosella P
- Alice P
- Rebecca S
- Molly S
- Mya T

Extra Shout Outs

Spanish

- Cindy M
- Amelia B
- Ella D
- Chloe M
- Jakub M
- Stephanie K
- Tayah D-S

Photography



Well done again to Amelia B (7OMP) for adding to her photography portfolio this week! She has named the image below, "Tunnel to the Future."



Extra Shout Outs

RE

- Jason D
- Luke G



Bringing the community back together...



Well-being Tasks

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

“How much good inside a day? Depends how good you live `em”

Shel Silverstein

For weeks now we have been providing you with opportunities and ideas for improving your overall well-being. Some of us still remember what it was like to be a teenager (hard!), but we have never lived through anything similar to what you're going through right now. These last few weeks we have been witnessing yet another change – some of your friends or siblings, neighbours or colleagues, have been heading back to school amidst all of this uncertainty.

We know it's all been a challenge and we want to help you take the best care of yourselves you can under the circumstances.

Attached to this week's bulletin you will find a Well-Being Checklist – a quick tool to help you identify key components of a good day. We strongly encourage you to try and incorporate all of them in your day-to-day life; if there's anything that you're missing, or aren't sure how to tackle, feel free to use our tips or reach out to a member of your Year Team. We are here to listen and support, and help you live as many good days as possible.



[Click Here](#) for your PDF checklist.



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

All-Powerful God, when my thoughts surge up and seek to shake my rest in You, when anxiety and agitation and fear rise up to disturb me, please remind me to bring everything in prayer to You, to lay it all at Your feet with thanksgiving for Your provision and care, so that nothing will break the calm and security which I possess in You. I thank You, merciful and gracious God, that I can bring all my requests and burdens to You.
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.



Single Point of Access (SPA)

If you are concerned about a young person's mental health and are not sure what extra help is needed, you can call the Single Point of Access (SPA) ON 0300 1234496. The SPA is there to help you explore the difficulties and find the most appropriate response. We are still #HereForYou.

If you are a parent or teacher you can also access useful resources and service information at: www.kentresiliencehub.org.uk



Big White Wall

Big White Wall provides mental health support for young people aged 16-18 in Kent. Visit www.bigwhitewall.com to access the supportive online community which includes lots of guided support course and resources.

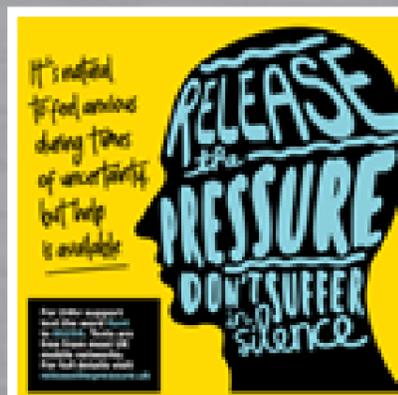
Kooth also provides free, safe and anonymous online support for younger people: #KentTogether #HereForYou



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 #MentalHealthAwareness-Week

Bringing the community back together...

