

THE KEY STAGE 3 POST

Issue 4

Year
7

This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,

I do hope all is well and you are continuing to stay safe.

Once again, I have been blown away by the number of shares and responses I have had from both staff and parents. I thank you sincerely for this and ask you to keep these submissions coming in.

I thought it would be nice to share with you a little of our standard weekly assembly content. Mr O'Shea has provided me with the most up-to-date good comment totals for the closure period. I would like to congratulate the following 5 individuals in Year 7: Daisie M, Martina P, Izabel H, Brodie L and Jake C. These students are currently the top five students for good comments in the Year Group, but it's very close at the top.

As for Form Group totals, congratulations to Mr Dale's form who have topped the table with 151 and are actually the 3rd highest form in the school currently! They are followed by 7CHP (138), 7MJC (126), 7STA (126), 7OMP (98), 7HB (94) and 7AMA (88).

Last week I talked about the monotony of my days and how they seem to just repeat themselves. I then heard this week that a few students were struggling with routine and adjusting to this huge change that has happened to us all. So, this week my 'Try it' task is based around the concept of structuring our days. I wanted to see my whole day in a picture, so I drew it out on the computer. The face of the clock being my inspiration, I started by drawing a circle. I then separated it into 24 segments to represent the hours in a day. I started to fill it in with different colours that represented various activities. I did this until it was full! I started to type on it and even split some of the segments in half, because activities are not always perfect hours. There it was... my day on a page.

This allowed me to see more clearly where I should potentially add breaks in (check out the '24 different ways to take a break' well-being page) or where I should make a segment free to read more. I have dedicated a page in the newsletter to this; do have a look if, like me, you are looking for different ways to organise your time and to be more productive!

I wish everyone a lovely weekend. Stay safe.

Mr Steadman



SHOUT OUTS

Top good comments!

Matthew C (7STA)
Max E (7AMA)
Finley H (7MJC)
Mark B (7SDC)
Phelim H (7HB)
Lacey R (7MJC)

Why not try this week...

Complete a Time Planner

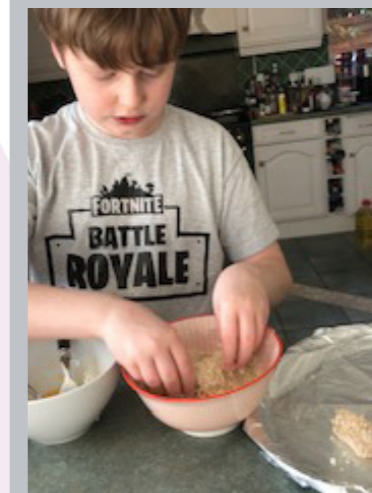


Wall of Fame!

Harry M Geography	Cindy M RE	Manmeet S Art
Tobi B Geography	Brodie L DT	Oliver S ICT
Umair M Transition	Daisie M RE	Liam W FDT

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

This week's home share!



Well done to Mark B (7SDC) who has been getting 'hands on' in the kitchen at home. He has been making his very own chicken nuggets.

The things we do when the McNuggets are out of commission! Well done to you, Mark, I do hope that your family enjoyed the meal!

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!



History

In recent weeks the History Department has set work to be completed at home which involves the creation of VE Day posters, VE Day bunting and the Holocaust Memorial stones. This work must be carefully kept and brought into school on our return. The VE Day posters and VE Day bunting will be issued as decoration for our VE/VJ Day celebration tea party in September.

The Holocaust stones will be used to create a permanent Holocaust Memorial on the School grounds to commemorate the 75th Anniversary of the Liberation of the Camps in 1945.

Thank you to all who contributed to these projects, it really was a wonderful response. Above Amelia B (7OMP) produced this VE Day poster for her neighbours!

Mr C Murphy



Art

Phelim H (7HB) completed all 5 of his Art set tasks to a high standard. He also has a 'shout out' from his Food Technology teacher and his Spanish teacher this week!

Phelim has had multiple 'shout outs' since the 1st edition from multiple staff members. They all agree with me that there is a tremendous amount of work going on at home. Thank you and well done.



PE

Mr Steadman obviously didn't reflect enough last week as I made a name typo regarding this story! Credit to Liam R who completed the 26 challenge by doing 26 seconds of skipping 6 times during the day.

Well done!

Bringing the community back together...



Extra Shouts!

FDT

Freddie P
Lily B
Phelim H

Spanish

Alicja S
Karina G
Phelim H
Edis K

Extra Shouts!

Maths

Isobel O
Cindy M
Grace E
Anisha A
Martina P

RE

Rebecca S
Grace E
Mya T
Brandon G

Spirited Arts



Karina G (7SDC) has created an excellent submission for the Spirited Arts competition. Karina titled this 'Love and Trust' and explains that the work portrays our connection with God. Well done, Karina.

Home Grown



Rebecca S (7OMP) whilst in lockdown, has planted some potato plants. This is something she has done in previous years successfully. The hope is that she can grow these potatoes and distribute them to her elderly, vulnerable neighbours. A very worthy cause and a great way to get outdoors. Well done Rebecca.



Bringing the community back together...

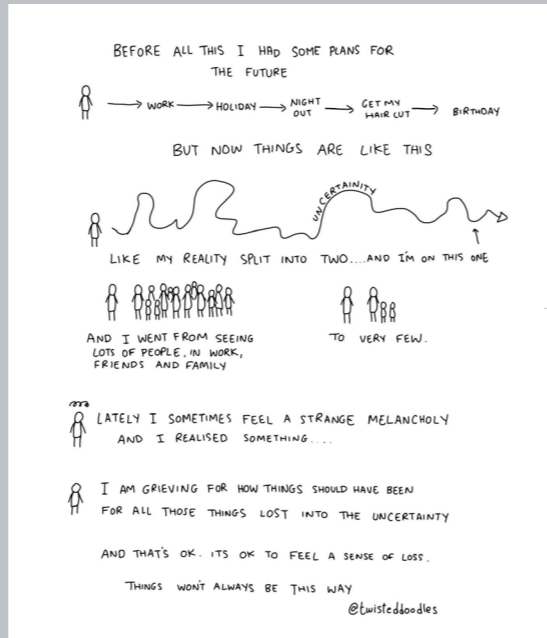


Well-being Tasks

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

“Rest and be thankful!” William Wordsworth

The Covid-19 pandemic, and the continuing lockdown, have disrupted our lives. Today, more than ever before in our lifetime, we are faced with enormous changes to our everyday existence, new challenges, and feelings of doubt and uncertainty. While the drastic measures imposed by the government have focused on our physical health, we want to make sure that you also understand the need to take care of your mental health. That is why this week’s Well-Being Tasks are suggesting multiple ways for you to take a break, kick back and relax. Yes, it is important to do your school work and maintain a routine – but it is equally important to take some time for yourself and do the things that make you happy. If you want to follow in Mr Khan’s yogic ways, or crochet like Miss Adamek, have a read!



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 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 Styles: jstyles@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.

Bringing the community back together...

The COMFORTING MUG of TEA says

DON'T BE SO HARD ON YOURSELF.

@twisteddoodles

This Week’s Prayer

Lord Jesus, you heal the sick.
We pray that the Coronavirus that has affected so many in our world can be contained, controlled, and cured.
We lift up to your mercy all those affected, all those working hard to study and cure this illness, and all health care professionals that are working day and night to keep us safe.
Help us, Lord, to trust in your merciful care.
Amen.



24 different ways to take a break

1 Home workouts

2 Call a friend

3 Read

4 Coffee break

5 Watch a Film

6 Watch a play

7 Meditate

8 Bake a cake

9 Light a candle

10 Do something creative

11 Study a new language

12 Watch a funny YouTube video

13 Acts of kindness

14 View some Art

15 Practice Yoga

16 Breathe

17 Learn about a new Culture

18 Create a Vision Board

19 Declutter

20 Unplug

21 Watch the stars or clouds

22 Home workouts

23 Write a journal

24 Take a nap

We have more information on all of these breaks. [CLICK HERE](#) to have a look!

Bringing the community back together...



The Time Planner!

■ SLEEP!	■ EXERCISE!	■ READ!
■ EAT!	■ WORK!	■ FREE TIME!

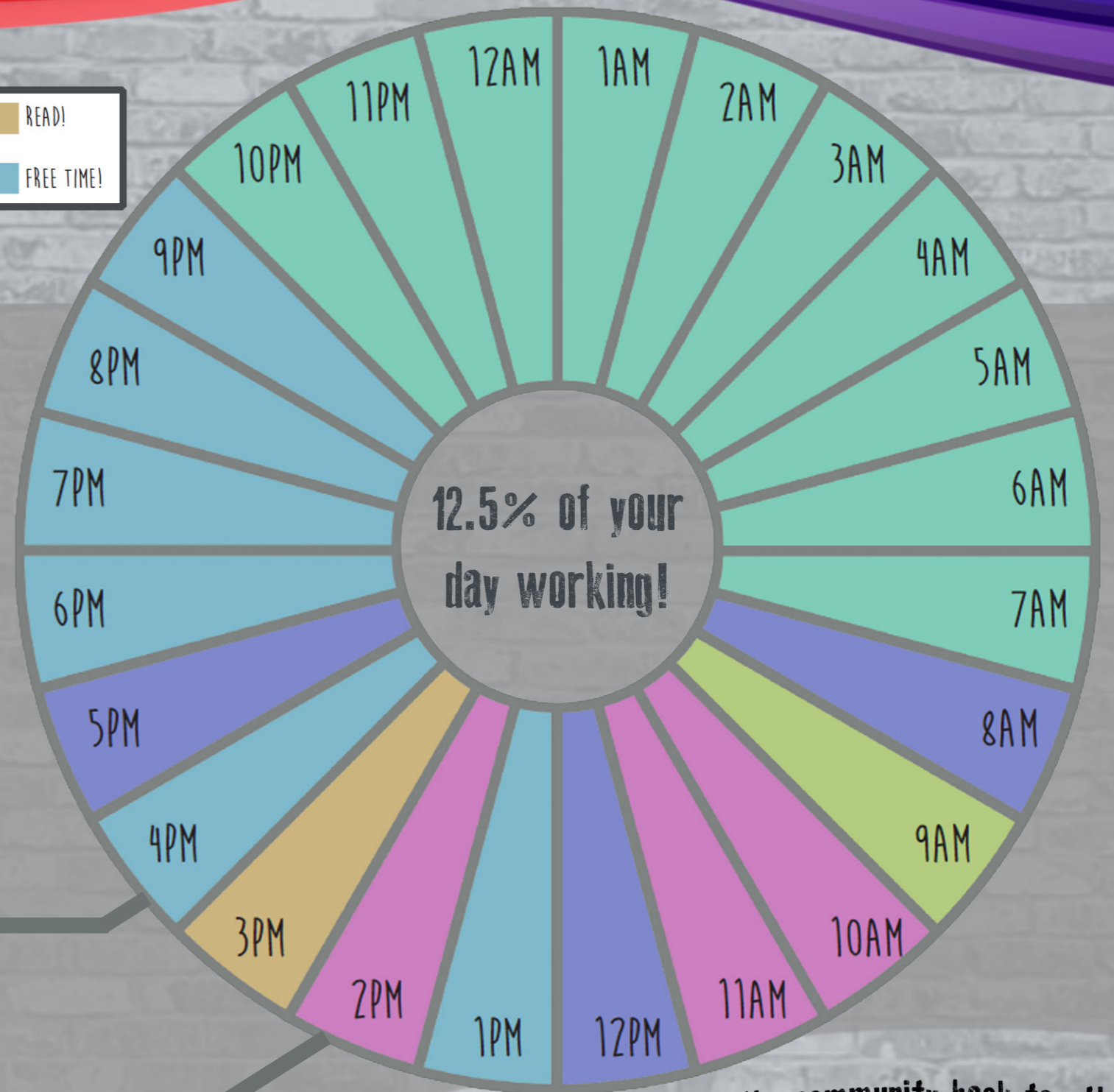
HOME LEARNING DURING THE PANDEMIC CAN BE TRICKY TO NAVIGATE. YOUR TEACHERS APPRECIATE THE INDIVIDUAL CHALLENGES THAT YOU ALL HAVE AND ARE THERE TO SUPPORT YOU. THIS TOOL IS A SIMPLE ONE, BUT ONE THAT IF USED CORRECTLY, CAN REALLY HELP PLAN YOUR DAY. I THINK IT ALSO PUTS INTO PERSPECTIVE HOW MUCH TIME WE ARE ADVISING YOU TO SPEND ON YOUR TASKS AT HOME!

TO THE RIGHT YOU WILL SEE A DAY SPLIT INTO 24 SEGMENTS. THIS IS AN EXAMPLE, YOUR DAY WILL BE DIFFERENT COMPARED TO THIS AND CONTAIN DIFFERENT TASKS. TRY AND HAVE A GOOD ROUTINE AND STICK TO IT. YOU CAN USE THIS AS A GUIDE FOR YOUR OWN DAY. SEEING YOUR DAY LIKE THIS, AND BREAKING IT INTO CHUNKS, MAKES IT MANAGEABLE!

REMEMBER YOU ARE BEING ASKED TO COMPLETE 2-3 HOURS (YEAR 7/8) AND 3-4.5 HOURS (YEAR 9) OF STUDY. IT MAY BE THAT ONE OF THE WORK SEGMENTS YOU EXCHANGE FOR ANOTHER ACTIVITY. WE WOULD RECOMMEND NOT TRYING TO DO 2 WHOLE HOURS STRAIGHT, BUT RATHER TO HAVE REGULAR BREAKS.

YOU CAN ADAPT THIS BY ADDING IN SUBJECTS, SPLITTING SEGMENTS IN HALF TO REPRESENT 30 MINUTES, OR BY ADDING IN DIFFERENT TASKS!

We have created a PDF for you to use at home.
[CLICK HERE](#) for Year 7/8 and [CLICK HERE](#) for Year 9!



Could you try one of our 24 break tasks from the well-being section in your free time?

Split your work time up! Do not work continuously for over an hour.

Bringing the community back together...

NOW MAKE YOUR OWN!!!

USE THE TEMPLATE UNDERNEATH TO SPLIT YOUR OWN DAY UP. MANAGE YOUR TIME AND STICK TO THIS ROUTINE AS MUCH AS POSSIBLE. IF YOU ACCIDENTALLY MISS A WORK SEGMENT, NO WORRIES, REPLACE ONE OF THE LATER ONES OR DO AN EXTRA SEGMENT THE NEXT DAY!
 I HEARD A GOOD PHRASE ON THE NEWS WHICH WAS 'WIN THE MORNING': TRY TO GET YOUR WORK DONE EARLY AND THE AFTERNOON IS FREE TIME.
 YOU CAN ALSO USE THIS AS A POSTER AND PLACE IT ONTO YOUR FRIDGE OR WALL (SEEK PERMISSION FIRST!)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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