

THE KEY STAGE 3 POST

Issue 4

Year 9

This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,

My message this week is inspired by Michael's (9AST) report on "My Hero". I have a number of heroes that inspire me in different aspects of my life. However, I would like to focus on Michael Jordan. Michael Jordan is widely known as the greatest Basketball player ever, winning 6 NBA titles and is well known for never losing in an NBA finals series, achieving the Most Valuable Player (MVP) in each final series that he played; an incredible achievement.

His passion and dedication for the sport is unrivalled and his high personal standards have proven himself to be a leader and a role model for the rest of his team. However, it isn't his successes that make him my hero, it is his failures.

At the beginning of his basketball journey, Michael wasn't considered the most talented basketball player, in fact, during high school, Michael tried out for the high school basketball team and wasn't picked to play in the top team; his brother was picked and Michael was devastated as he watched his brother play. Being rejected for something or being criticised are the major reasons why someone might give up or stop pursuing a dream or ambition. But Michael's character, resilience and sheer determination to succeed, didn't allow this to happen. He picked himself up, he set small manageable goals, improving his 3-point shots, improving his defence and working tirelessly to get stronger. This hard work and discipline resulted in him being selected the following year and gaining a full scholarship to North Carolina College. From there, he went on to be the best college basketball player in 1983-84 and was drafted into the Chicago Bulls NBA team where he enjoyed much professional success.

My message is very clear this week and my hope is that you read this and think about your own lives. Have you ever had a desire to do something perhaps in school or even in your personal life, but have been told you are terrible at it or someone has said 'why are you even trying?' I want you to think about your reaction; are you going to be like Michael Jordan and show your resilient qualities by setting goals, practicing hard and getting better - showing "Excellence for All", or are you going to give up, forget your dreams and allow other people to influence your life and expectations?

Stay safe everyone,

Mr Magee and the whole year 9 Team,



SHOUT OUTS

Top good comments!

Ellen B (9FJU)
Emeka E (9FJU)
Sahib P (9AST)

Why not try this week...

Complete a Time Planner



Wall of Fame!

- | | | |
|----------------------|-------------------------|--------------------------|
| Bailey, 9AST
RE | Callum, 9AST
RE | Maria, 9CFI
RE |
| Owen, 9LBE
FDT | Nazmin, 9CFI
History | Eva, 9FJU
English |
| Alex, 9EM
English | Ayman, 9CFI
English | Ariadne, 9JSA
History |

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

This week's home share!



This week I would like to highlight Michael's (9AST) work for Mr Rowlinson. This task required each student to write a report on their hero. Michael selected Clement Attlee, the British Prime Minister from 1945-1951. Clement Attlee's government created the NHS and social security benefits.

This impressive piece of work shows great understanding and appreciation. Excellent work, Michael, and I hope you continue this work ethic in the future.

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...

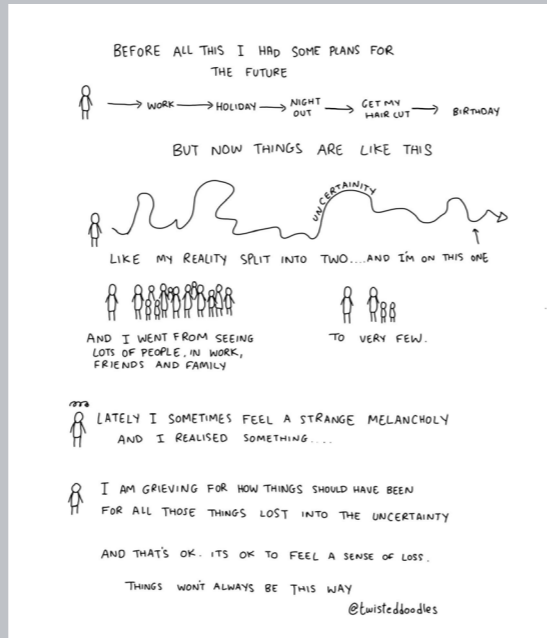


Well-being Tasks

“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 9 – Mrs 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

*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.*

Bringing the community back together...



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!

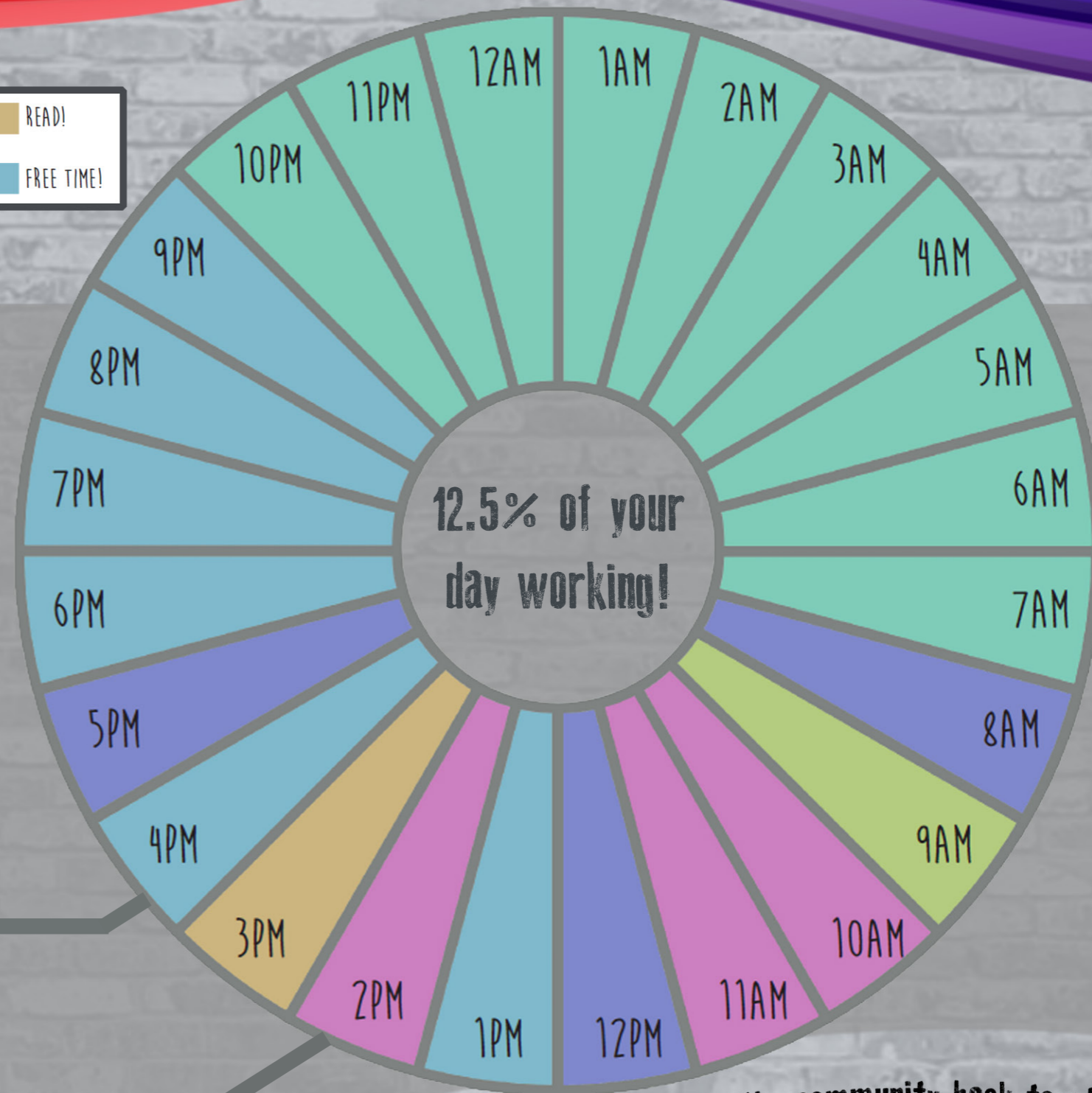
■ SLEEP!	■ EXERCISE!	■ READ!
■ EAT!	■ WORK!	■ FREE TIME!

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

