

THE KEY STAGE 3 POST

Issue 8

Year 8

This Week's Message...

Dear Students, Parents/Guardians,

I hope you and your families are well.

In previous weeks I have written about certain people who are going above and beyond to help others through the difficult times we still find ourselves in, despite measures to gradually get back to 'normal'. In addition, I have shared pictures with you of students in Year 8 who have also been helping the local community and demonstrating 'Service to Others' with their selfless actions.

This week I learnt of another famous face in the media who is using his status to try and make a difference to others. With the Premier League having started on Wednesday, you'd be right to think that 22-year-old Manchester United player, Marcus Rashford, would have had more than enough things on his mind. However, as well as football, he has also been writing to MPs.....

At the start of lockdown, Marcus partnered with the charity 'FareShare' to cover some of the Free School Meals cost and distribute three million meals a week to children in the UK. Marcus has raised £20 million so far for this cause. What an achievement in itself! In his letter to MPs, he stated: "This is not about humanity. It's about looking at ourselves in the mirror and feeling like we did everything we could to protect those who can't, for whatever reason or circumstance, protect themselves."

As a child, the now England star, relied on free school meals and does not want other children to miss out; it is a campaign he is passionate about. According to Food Foundation, Wembley Stadium could be filled more than twice with children who have had to skip meals during lockdown – a heart-breaking figure. This week, his letter to MPs, was a plea for them to not cancel the food voucher scheme over the summer holiday period. On Monday, the Government rejected his request, but as I write this message I hear of a breaking news story that 1.3 million eligible children will now benefit over the summer, as Boris Johnson makes a U-turn on his decision. A true example that hard work and perseverance really does pay off – great work Marcus!

Take care and keep safe, Miss Munns.



SHOUT OUTS

Top good comments!

- Anu O - 8GOC
- Ethan T - 8CCA
- Aimee M - 8JPA
- Gurleen D - 8MNM

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!

- | | | |
|------------------------|---------------------------|------------------------------|
| Anna-Marie C
FDT | Alisha A
FDT & Science | Kadisha D'S
FDT & Science |
| Gurleen D
Geography | Braydon L-W
Geo & RE | Skye G
Geography |
| Sophie T
English | Steven L
English | Daniel A
Spanish |

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

Deputy Corner

Dear Year 8,

I sincerely hope this message finds you all safe and well. I am sure, like me, many of you have struggled with how to approach lockdown. Every day I hear news reports about people learning amazing new skills such as baking or knitting, or in some cases learning a new language or becoming more active. However, I have found that lockdown has been somewhat of a time capsule as the days become blurred together. Unfortunately, I am still without a new skill, a new language or some tasty self-baked treats.

What I have been able to do, however, and I urge each of you to do the same, is think about the time you were in school. Were you the perfect student? Were you giving it your all? Was there anything that you could have done differently? Now is the ideal time to reflect on the year and think about what changes you would make. Having done this myself, I am sure we can all find an area of improvement once some normality has resumed in our lives.

I personally look forward to seeing you all again soon as we laugh and enjoy the History lessons that I have been planning.

Mr. Khan

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

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.

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...



#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.

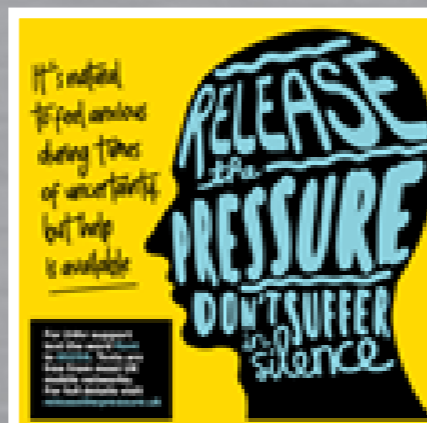
Kooth also provides free, safe and anonymous online support for younger people: #KentTogether #HereForYou



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...

