

**END OF
SCHOOL
LOCKDOWN#2
FRIDAY
5/3/2021**



Mr Murray—Head of Year 10

Dear Year 10

Firstly, and most importantly, once again I hope that this newsletter finds you and your family well.

I did have all of this newsletter's content ready and I'd planned to send it out to you before half-term but simply ran out of time; largely as a result of the unforeseen consequences of the very successful Virtual Year 10 parents evening (a big 'thank you' to you and your parents/carers for your part in this). However, sometimes these things happen and while it was a bit of a personal frustration at the time, on reflection it worked out quite well given the Prime Minister's announcement that we would be returning to school at the earliest possible time on Monday 8th March.

For me, this was really good news as, despite the fantastic steps that your teachers have made to provide an outstanding alternative online learning provision for you, there really is no substitute for face-to-face teaching and learning. Furthermore, while I personally enjoy being at home, I have really valued coming into school once a week and catching up with colleagues and the Y10 students who have been accessing their online learning from school and, no doubt, we will all benefit greatly from being back at school in terms of our learning and our well-being. All of the Y10 team look forward to seeing you all on Monday 8th Monday.

Take care and don't forget your masks



Murray's Tips for In-School Learning Success

1. Attend school every day unless you have to isolate or you are REALLY, REALLY POORLY.	3. Be 100% Respectful to ALL members of our school community and your people at home. Stay out of trouble!!!
2. Involve your parents/carers in your learning; ask them questions, for opinions, for their own experience etc. They are arguably as influential on your learning as your teachers!	5. Accept ALL help offered and if you need help, PLEASE ASK. You are most definitely not alone. Returning to school will pose challenges for most of us. It's OK!
4. Do ALL of your class/home and any catch-up work. There are no short-cuts to learning success. And you can only influence what is within your control	6. Try to keep things in perspective— ultimately, you are all much more than an exam grade(s). All you can ever do is your best

**Mr Barron's Music to Listen to in Lockdown
Otis Redding – 'The King of Soul'**

In the 1960s, American soul music developed down two clear paths: 'Motown' and 'Stax' – named after the two most prominent record labels of the era. 'Motown' (from Detroit) had great artists and great songs, was very much aimed at a pop audience and was very much a slick, commercial brand of soul music, creating legends such as Diana Ross and the Supremes, Marvin Gaye, Stevie Wonder and the Jackson 5.



However, I preferred artists from the Memphis 'Stax' label – Sam & Dave, Wilson Pickett, Rufus & Carla Thomas, and the greatest of them all, Otis Redding. Stax music was grittier, funkier; their musicians were totally racially integrated (a huge deal for 60s America), but more than that, they had SOUL in abundance!



You can easily pick up an Otis Redding greatest hits album, which will give you a great flavour of some of his greatest songs across his short career (he died tragically in a plane crash in 1967 at the tender age of 26), however, his 1965 studio album 'Otis Blue', is an all-time classic and one of my favourite albums of all time; with timeless songs such as 'My Girl', 'Wonderful World', 'A Change is Gonna Come', 'Respect', and one of the greatest soul love songs of all time, 'I've been loving you too long'; listen to this track and you will hear the very epitome of soul music. This is THE album that got me into soul music for the first time.

With 8th March fast approaching, you might well be looking for a way to relax and to take your mind off your coming back to school; look no further than the movie 'The Blues Brothers'. A fantastic comedy and 'feel good' movie, full of the greatest soul songs and artists of all time, including cameo appearances from Aretha Franklin, Ray Charles, as well as Otis' own 1960s backing band. (Do ask an adult's permission first though, as it is a Cert 15 – don't get me into trouble!)

Service to Others—Mr Murray

Firstly, a big thank you to the Balgores Property Group in Gravesend for the donation of a laptop computer, which will be put to very good use in the support of Year 10 student learning. This was facilitated by a Year 10 parent and if any other employers can help with similar donations, they will be gratefully appreciated. The pandemic has highlighted that it most definitely is not a 'level playing field' for our students in terms of access to technologies that enable home learning. And secondly, yet again I was impressed by public servants last week to the extent of sharing my gratitude publicly. Via social media. Working in the public sector has lost some of its kudos over recent years but the pandemic has brought into focus just how much we rely on them. I do hope that some will seriously consider careers providing service to others in the future.



Congratulations to the following members of Year 10 who were recently recognised for their outstanding attitude to home-learning:

- ⇒ Dragos Baci
- ⇒ Patrick Barron
- ⇒ Owen Biggs
- ⇒ Bavandeep Dhesi
- ⇒ Milanveer Dhesi
- ⇒ Francesco Faro
- ⇒ Aaron Green
- ⇒ Aima Hameed
- ⇒ Ayman Hameed
- ⇒ Katie Illingworth
- ⇒ Ella Leydon
- ⇒ Mati Perdian

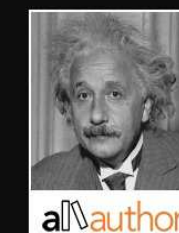
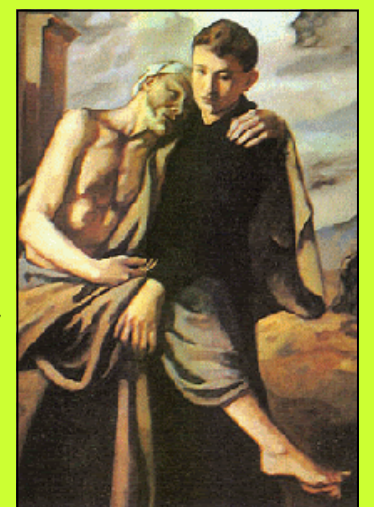


Prayer

We pray for the whole St John's community fully aware that there are many families out there who have suffered illness, loss, unemployment, financial hardships and other struggles as a result of the pandemic.

Prayer to St. Aloysius (Y10 Adopted Saint)

Dear St Aloysius, you were a faithful follower of Jesus who steadily strove to do his best by generously serving the sick during a pandemic. Please help our young people today who are faced with the difficulties and challenges that a new pandemic brings them in a fast-paced world full of change and potentially harmful distractions. Show our young people in Year 10 along with all members of our school community how to harness their talents and energies in order to serve others' needs and as a result of this service, their own needs too. Amen



In the middle of every difficulty lies opportunity.

-Albert Einstein

Mr Self (Deputy Head of Year 10)

Valentine's Day in Korea



Hello Year 10 - 잘 지내십니까? (= I hope you're well?)

Well, it was recently that time of year when you think about the person you quite like and get them something nice – unfortunately we didn't get this newsletter out in time for Valentine's Day but nonetheless I thought you'd still like to know about how it is celebrated in Korea. Like in the UK, chocolates go down well, cute teddy bears, or, according to a suggestion on Google on my phone, you can even buy your loved one an oven for Valentine's Day!

Of course, like all holidays and events, Korea has its own unique take on it. Critically, boys do not buy gifts for girls! That's right boys - put your pocket money away! In Korea, Valentine's Day

is when a girl expresses an interest in a boy, or boys, as it's deemed ok to hand out multiple gifts to multiple people if you're single. Usually chocolate – Hershey's is popular this time of year, and a gift-wrapped pack from the convenience store usually does the trick.

Of course, before you think you got off easy boys, Korea also has White Day on the 14th March. This is when boys buy gifts for the girl they like, and now you're expected to do a bit more than just chocolate. Look out for cute teddy bears, flowers, and 'couple rings' – a basic pair of cute matching rings you can both wear for as little as \$5!

Already got a boyfriend or girlfriend? As well as the chocolate, it's all about 'couple' things – nothing says 'love' in Korea more than wearing the same outfits or having matching phones, watches etc. However, just remember one last thing – keep it secret! You never tell your parents in Korea you have a boyfriend/girlfriend until you're ready to get married – then you hope they like whoever you're dating!

Still single even after Valentine's Day and White Day? No problem... Single's Day (also known as Black Day) is on 14th April... dress up in black everything, meet other single friends, and eat black food together in a shared pool of misery!



Miss Gardiner (Y10 Form Tutor)

Calligraphy

I have taken the opportunity during this lockdown to brush up on my calligraphy skills and, I must say, I have found it to be a very relaxing and satisfying endeavour!



I first learnt calligraphy in the 1980s when I was at primary school and it is a skill I have only had occasional use for since then. However, I treated myself to a new set of calligraphy pens and realised that I could still remember how to write the lower and upper case alphabets from memory. I definitely think this was a case of muscle memory, as it felt like my hand *knew* and *remembered* how to form the letters. I've included a picture of one of my latest attempts at calligraphy! If you'd like to have a go at calligraphy yourself, there are plenty of tutorials on YouTube that you could try!

Virtual School Trip....

Our Year 10 Virtual trips have taken us all over the UK, Europe, every other continent on Earth and into space to the



International Space Station and the Moon. We now go even further and celebrate the landing of the Perseverance rover on February 25th; we now go to Mars! Enjoy the images of literally another world at: <https://mars.nasa.gov/news/8873/nasas-perseverance-rover-gives-high-definition-panoramic-view-of->

County Lines—Mrs Fenton and GCSE Citizenship Students

County lines is a term used to describe gangs and organised criminal networks that are involved in exporting illegal drugs into one or more areas within the UK. The 'County Line' is the mobile phone line used to take the orders of drugs. The importing areas (areas where the drugs are taken to) are reporting increased levels of violence and weapons-related crimes as a result of this trend.

County Line dealers exploit young or vulnerable children; this includes children who are in care or come from a less wealthy background. Also vulnerable adults. Children are groomed by members of County Lines' gangs and are bribed with gifts such as new shoes, technology and money. Violence is used to control and recruited children become runners, forced to transport drugs across the country.

Sometimes, the gangs take over a vulnerable person's home. This is called cuckooing. The home is used as a base from which to deal the drugs and in return the vulnerable person is offered free drugs for their personal use. The vulnerable people may have mental or physical illnesses that prevent them from seeking help.

A Trap house is where drugs are stored or sold, sometimes even manufactured. These houses are usually occupied by someone, usually adults, but children as young as 13 may be asked to stay there and carry on with the drug transportation. Trapping is the act of selling drugs. This could also be moving drugs from one town into another town and selling it

in one location. It is estimated that 46 000 children are involved in gang activities in England and 4000 teenagers in London alone are being exploited by county lines network each year.

There are signs that can indicate if a child or young person has become involved with County Lines. Do you know a child or a friend that is meeting unfamiliar adults and has shown a change in behaviour? Have they acquired money or expensive gifts they can't account for? Are there signs of physical assault, self-harm or unexplained injuries or a decline in school performance? Has the child gone missing from home?

If you or anyone you know is involved with County Lines, then please get help. You can contact the police by dialling 101 or 999 if it is an emergency. You can also speak to teachers or staff at school, if you are more comfortable talking to them.



"It's not mine so why should I pick it up?" - Mr Ward

This is a question that used to go through my mind whenever I saw litter on the floor, however, I see my role as a citizen on this planet as leaving it in the best condition I can. I can't change the world.....or can I? If everyone did their bit, turning off unnecessary lights, turning off the tap as you clean your teeth, turning of standby buttons and looking after their own litter, the results would be mind-boggling and off the scale! Every weekend I see this elderly gentleman walk around the area where we live and he picks up litter. I've spoken to him. I've asked him why he does it. I've never noticed the litter on my road before because....there simply isn't any, due to this gentleman.



On running down a particular country road several times during January I noticed how ravaged it was with all kinds of litter—both recyclable and black bag stuff. I wondered what it would look like if it was clean, what would David Attenborough say if he was here, could I make it happen?

"Great they've arrived!" I'm lucky, my kids have done this litter picking lark before and know the drill and they love it....why? "Dad makes us watch those Attenborough programmes on TV and he's just bought some litter pickers!!" This would probably be a couple of answers but I believe they also have a satisfaction in making a difference and know the reason behind it, is part of the bigger picture in life. 15 bags of litter collected so far with a lot more to go, it's a long and continuous process and not a SAS job. It feels satisfying inside and has given us a bit of purpose in these times as it has done in the "normal era." It soothes the soul, bonds us a family and makes a difference to nature, which we are passionate about. Try it and see how you can change where you live. "It's not mine so why should I pick it up?" because it's all of ours! If

So You Want to be a Doctor?

Ms Rooke (Y10 Pastoral Manager and Careers Advisor)

Becoming a doctor takes lots of mental grit and years of training but it is a fulfilling, well-respected and well-paid career (£55—£100,000 p.a.) There are many, many different specialties doctors can have - 60 to be precise. For example, podiatrists focus on feet and ankles, whilst dermatologists are skin specialists. Medicine is the most competitive degree course (studied over 5 or 6 years compared to the typical 3 years) and successful applicants entering the profession straight from school, are likely to have achieved at least a grade 7 in all of their GCSEs and 3 x A levels at grades A or A* including Biology and Chemistry. They will also complete a rigorous selection programme including aptitude tests and interviews.

It is not just about having outstanding grades though. Applicants also need to clearly demonstrate a genuine interest, desire and motivation to join the profession. For



example, relevant or complementary paid or voluntary work experience is essential. Medical schools are aware that it is not realistic for every applicant to gain experience in the NHS; so therefore, for example, they view volunteering in a residential care home as similarly valuable experience. A weekend job in a shop or indeed any formal experience of dealing with the public on either a paid or voluntary basis is beneficial.

Being a doctor is literally about 'life and death' and often dealing with other people's blood, other bodily fluids and 'matter'. Therefore, a number of key skills and personal characteristics are needed:

- Honesty
- Empathy and respect for others
- Resilience—especially under pressure
- Able and willing to take responsibility for own actions
- Conscientious
- Problem solving
- Managing risks
- Teamwork
- Effective communication— reading, writing, listening and speaking
- Personal Organisation

There are other routes to becoming a doctor, but you will need to have an undergraduate degree and A Levels (or have completed an equivalent access course) in Biology and Chemistry. You could also enter the healthcare industry as a nurse or paramedic and use this experience to progress to becoming a doctor. Whichever route you take, it is going to be very hard work, but such a worthwhile and rewarding career demands nothing less. If you would like more information then please [email me](mailto:).

Talent or Hard Work?

Mr Murray is not aware of YouTuber KSI's music (Public Enemy, Jay-Z and Kanye are his favourite rap artistes) but he did enjoy listening to KSI's honest thoughts on the virtues of hard work when interviewed by filmmaker Louis Theroux on BBC Sounds during the first lockdown. Enjoy! <https://www.bbc.co.uk/programmes/p08fffrp>

