

THE KEY STAGE 3 POST

Year
7

**We are looking forward to welcoming everyone back to school on:
Monday 8th March!**

Following the latest government announcement and the letters sent from Mr Barron, I am incredibly pleased to be welcoming you all back to school on Monday 8th March! The most recent lockdown has been a real challenge for everyone, and I hope you are looking forward to seeing your friends and teachers once again. The challenges of home learning and completing lessons online have made me realise just how much I enjoy being face-to-face and interacting with my students. While Microsoft Teams has been a fantastic tool in delivering live interactive lessons, I cannot wait to get back into the classroom and teach students in the same 'physical' rather than 'virtual' room.

Just a polite reminder that everyone will now be required to wear a face-covering whilst in lessons as well as in all communal areas within the school. Everyone must have their face covering and a spare mask before coming into school each day. All students must follow the rules regarding face coverings, which will keep everyone as safe as possible.

Hopefully, by the time you have read this newsletter, you would have completed your first Lateral Flow Test (LFT) for COVID. All students must complete three LFTs, with the further two tests taking place during the school term. You will be informed when your next test is due, which will follow the same procedure as your first test. I must stress the importance of all students following all the COVID rules and regulations while in school; everyone must continue to play their part in keeping the school community as safe as possible during the COVID pandemic.

I am very much looking forward to welcoming you all to the MUGA on Monday 8th March; please be there by 8:40am in your full school uniform and with your learning kit, diary, and reading books so that you are ready for learning. Keep safe and see you all on Monday morning! Mr Sumner – Head of Year 7



How do you feel about returning to school?

After a long period of home learning, are you feeling excited about returning to school? However, you might also be feeling nervous or concerned about coming back after a long time away from school.

Coming back to St John's and mixing with other students might be a challenge after spending a significant amount of time at home.

So, what can we do to support each other?

Kindness and consideration towards everyone will go a long way to keeping everyone safe and happy while in school. If, in the unlikelyhood that there someone acting contrary to our St John's values, please speak to a member of your Pastoral team or a teacher straight away. Do not let someone spoil your safe return to school. Speaking to an adult in school will resolve any issues that you might encounter. Also, it will go a long to keeping everyone safe and happy in what is already a challenging time for everyone.

P Q I L B L T Q S S U I Z C A H S K T N
O C E V P R D Y E J E V R E Y R G A L R
W C H O J N P J S W O O U B D V D S M E
L O O M I S G W X U J E R X F L U W J Q
Q G S W A R I N Z T Z U K P E N H L E G
Y J S B C B N T A P Y T E M F G E J C F
E R K C O T V Q J T F U R C Q I X Z N G
R J O Q H X R F L Q X P Y K N S A U A N
Y P M T H C C P A I A M C I Z E U X D Z
F N R K S Q J L F N W A M A R D I P N U
H H R P I I G Z U U S R C M U S I C I V
S H R D L K H E B P G T G I M A T H S I
I F C L G O D C O K Q T N S Y D Y Q X J
N Z E S N F X O D G X S S U A S M J P N
A T Y W E T Z Q X H R Z V L C S X G D V
P A M S X S C Q V P O A I D C F A O F F
S Y F O X P K N B D E G P Y J Q C L U A
U O S E U Y C Y G O L O N H C E T L Y L
H I N W A O S G A O J H N X Y O T A U P
F Y L G B M O X J F R O G D U R E N E X

Word Search Challenge
Take a picture of your completed Word
Search by Sunday 7th March and send it to
Mr. Sumner for a GC!

MATHS	ENGLISH	SCIENCE
MUSIC	GEOGRAPHY	HISTORY
DESIGN	ART	PE
FOOD	RE	TECHNOLOGY
DRAMA	SPANISH	DANCE

Junior Bake-Off Entries

Well done to everyone who has taken part in the Junior Bake-Off. It was fantastic to see so many of your baking efforts that were submitted during the lockdown period. Here are some examples of your amazing home baking:



Judyta (7CHP) has
baked Doughnuts with
strawberry jam.



Parneet
(7HBM) has
baked muffins
and a carrot
cake



Ugonna (7SGC)
has baked a
vanilla cake



The winner will be announced at the first
assembly of this term!

Bringing the community back together...



Miss Styles' Top Tips For Returning to School

TOP TIPS

What to do

1. Start by going to bed early and try to have the recommended 8 hours sleep each night.
2. SET AN ALARM to allow you enough time to get ready – it's important that you arrive to school on time so that your day gets off to a good start.
3. Find your diary and have it signed ready for when you are back on Monday morning. (Remember to place this back into your school bag the night before).
4. Check your NEW timetable, which was given to you before lockdown. This way, you will know what lessons you have for the first day back. (If you do not have it, I will have spare copies!)
5. Reading book – Lookout for a new book to read or if you are still reading your one previously, make sure it's packed in your bag.
6. Learning Kit – Check in your school diary the items you need and make sure you have them!
7. School uniform – Before Sunday night, have a look for all your items of uniform, including: school shoes, P.E kit and trainers. Get them out ready so you can check you haven't misplaced anything.
8. Check you have everything packed in your school bag on Sunday night, including any subject books and lockdown work.
9. FACE COVERINGS - You must have at least x2 black/blue masks and they must be worn whilst walking around school and in your lessons. If you are exempt, YOU MUST be wearing your pass.
10. HAND GEL - bring a bottle into school with you. It is always handy to have when outside of the school building or about to eat lunch.

The Plank Challenge with Jayden and Adrian

Jayden (7OMP) and Adrian (7SGC) have been taking their PE lessons to the next level by demonstrating their fitness and agility by holding "the plank" position for as long as possible. How long can you hold "the plank"?

Jayden's top tips for holding perfect position":

- Keep your body weight on your toes and elbows
- Maintain a straight back
- Keep your knees above the ground



Adrian's strategy for success:

- Before starting the challenge, try to fill your lungs with as much oxygen as possible
- Keep your eye on the ground and do not laugh or talk. This will waste vital oxygen!

Well done to the following Year 7s who have been nominated by their teachers for excellent effort and work



Maths Zane 7STA	Maths Diana 7SGC	Maths Shreya 7MJC	Maths Chloe 7HMB	Maths Paulina 7HBM	Food Tech Luis 7KCA
Maths Amelia 7OMP	Maths Hannah 7KCA	Maths Julia 7MJC	Maths Olivia 7HMB	Maths Emily 7HMB	Food Tech Ellenor 7SGC
Maths George 7HMB	Food Tech Ruby 7STA	Food Tech Ben 7STA	Food Tech Adrian 7SGC	Food Tech Julia 7MJC	Food Tech Shreya 7MJC

Bringing the community back together...





Walking in and around Gravesend

Miss Styles and Mr Sumner have been exploring the canal footpath that runs from Gravesend to Shornemead Fort. Following the No. 1 National Cycle Route, this easy-to-follow route starts at the Canal Basin Marina (located next to the prom) and consists of a rough-track footpath heading east towards Cliffe Woods. From the boating marina, take care of the pathways through the industrial area in Denton. However, once you have negotiated some abandoned tyres and other dumped items, you will find the canal running in a perfectly straight line. Keep the canal to your right-hand side and follow the footpaths past the Met Police Training Centre, and you are away from all the traffic and noise of the town. To get to Shornemead Fort, you will need to follow the canal path for about 30 minutes until you get to a gate with a signpost. Turn left, walk over the cattle grid, and the fort is about 15 minutes along the path. Both Miss Styles and Mr Sumner were amazed at the number of grazing horses in the fields and how quiet this part of Gravesend can be. Top tip – make sure you have a good pair of boots as the area around the fort can be very muddy and wet after any rainfall. However, the views over the fort and the River Thames are well worth the effort!

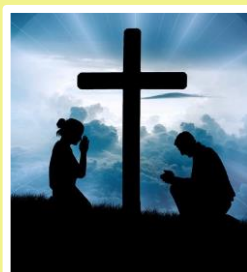
THINK SAFETY – you must not walk this route on your own and you must first have permission from your parents or carers. Why not ask your parents or carers to accompany you? Be extra careful when the footpaths are next to the road. You must look and listen out for any traffic and vehicles.

Walking distance: approximately 6 miles

Walking time: About 2 hours

Prayer for the start of school

Dear Lord,
Use my eyes to see my friends
Open my ears to hear my teacher
Open my mind to learn new things
Let my heart remember you are near when I'm afraid
Help me to love others like you do
I want to shine your light so bright in my school.
Amen



Don't forget your face covering!

You must have a face covering ready for Monday 8th March. Remember, it must not be a designer brand. The face covering below is easy to find in shops and supermarkets.



What is Easter? Just chocolate eggs and hot cross buns? Miss Hodgins (Head of RE) explains:

Easter is one of the most important festivals in the Catholic calendar. It celebrates Jesus rising from the dead, three days after he was crucified on the cross. The date of Easter Sunday (falls during the school Easter holidays) varies from year to year and is set out in the Church's Liturgical calendar. It is celebrated on the first Sunday after the full moon, on or after 21st March.

Holy Week and Palm Sunday takes place before Easter Sunday and is the celebration of Jesus's arrival in Jerusalem riding on a donkey. Crowds of people came out of the city to greet him, throwing down palm branches on the road. As a reminder of this event, small crosses or sometimes branches (Palm Crosses) made from palm leaves are given out in Church with some people keeping these in their homes all year, as a symbol of their faith.



Maundy Thursday is the Thursday before Easter Sunday, which is when the Last Supper took place. This is when Jesus ate the Passover meal with his disciples, breaking bread and drinking wine. It is also a reminder that Jesus sacrificed his life for mankind.

Good Friday is the Friday before Easter Sunday and it commemorates the crucifixion of Jesus. Good Friday can be seen as a day of mourning in church and people remember Jesus's suffering and death on the cross.



Easter Sunday marks Jesus's resurrection after the crucifixion on the Friday. His body was taken down from the cross and buried in a cave tomb. The tomb was guarded by Roman soldiers and a stone was placed over the entrance. On Sunday, Mary Magdalene and other disciples visited the tomb. They found the stone had been moved and that Jesus's body had gone. Jesus was seen later that day by Mary and the disciples, and forty days afterwards by many people. This is called the resurrection.

Bringing the community back together...



Hello Year 7,

There is no denying that this year has been a rollercoaster of emotions for everyone. Whether you are raring to return to school or loving the time alone we can all use an escape sometimes. For me, the ultimate escape is a good book that I can sit with and get lost in.

Recent studies have even shown that regular reading can support our mental health and just six minutes of reading a day can reduce our stress levels by up to 60%! With this in mind I have compiled a selection of book suggestions for whatever you might need this week.

Books to escape with

- Minders By Diana Hendry
- Stone Cold by Robert Swindells
- Cue for Treason by Geoffrey Trease

Books to make you smile

- The Book of Delights by John Masefield
- The Bubble Wrap Boy by Phil Earle
- The Girl With All The Gifts by M. R. Carey

Books to give you hope

- Wonder by R.J. Palacio
- Stargirl by Jerry Spinelli
- Fish in a Tree by Lynda Mulally Hunt



Books to make you laugh

- Boy and Going Solo by Roald Dahl
- The Secret Diary of Adrian Mole aged 13 ¾ by Sue Townsend
- What Not To Do If You Turn Invisible by Ross Welford



Books to inspire you

- Ugly by Robert Hoge
- I am Malala by Christina Lamb and Malala Yousafzai
- The Hero Next Door by Olugbemisola Rhuday-Perkovich

Don't forget the school rules?

Remember, all mobile phones and devices must be switched off and secured away in your bag / pocket before you arrive at school.



Absolutely no chewing gum on the school site



Miss. Cole's "where in the world" North Korea!



As a Geography teacher, many students have asked me: "what is your favourite country that you have visited?". Although I have many favourites, I think North Korea is the strangest country I have visited. North Korea is infamous, and not much is known about the country. However, everyone knows the leader Kim Jong Un! When I was there, many rules had to be followed: no taking photos of construction, no taking pictures of the military, no bringing in religious material, no leaving your tour group, and you're only allowed on particular floors of the hotel, making sure to leave all currency behind (which I admit I did bring some back) – but I was pleasantly surprised by how ordinary the country was. On tour, we walked around the capital Pyongyang (supervised) and visited the Mansu Hill Grand Monument (pictured), and the main square where I managed to catch a circus show.

I went at the best time of year, which is May, meaning that everyone was in the local park celebrating, and we even played tug of war against the Olympic Team (we obviously lost!) Though not much is known about this country, it is one of my favourites, the locals were amiable, and it's not what I imagined.

Bringing the community back together...



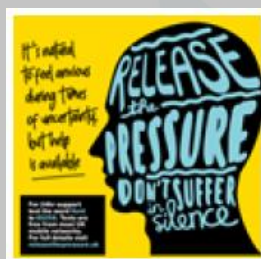
Extra Support



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 #MentalHealthAwarenessWeek



Release the pressure

Life can get really tough sometimes, but talking can help. We have a highly trained and experienced team available 24/7 to provide expert support no matter what you are going through. <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

Don't suffer in silence: text the word Kent to 85258 or call 08001070160



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



ChatHealth

If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou.

Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit www.kentyouthhealth.nhs.uk for more info #KentTogether.



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



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