

March 3, 2021

THE KEY STAGE 3 POST

Year
9

Year 9 Live @ St. John's

Year leader's message and Prayer



Prayer

Dear Lord

Thank you for your grace and mercies that we experience every day. Thank you for your love and compassion towards us. May we seek each day to understand who you are and how to please you in all our ways. May we know that you are always there even in the midst of difficulty and may your peace permeate our hearts. Amen

Dear year 9,

During this Lockdown period, my birthday was an extraordinary time for me because it was the first time I would not have the freedom to be with my friends and family. Like many others, a lockdown birthday can come with many disappointments; the highlight of my birthday was shopping for essential items in the local supermarket (it would not have been my first choice!) However, with every disappointment, there are always opportunities to develop and learn from your experiences. During my visit to the supermarket, I noticed an empathy tree at the shop entrance; on this tree was around 40 separate tags on the branches with the names of people who sadly passed away from Covid over the last year. I spent several minutes looking at the tags keeping a safe distance, and reading the stories of these people and their hobbies and interests. As I read each label, it was amazing to see how these people shared my hobbies, interests, hopes, and dreams for the future. This experience put things in perspective on my birthday; I was, of course, disappointed that I was limited to what I could do, but I knew I had to follow the lockdown guidelines, show empathy and respect to save lives. As your Head of Year, I would like you to reflect on the last few days of Lockdown, and show your empathy to your peers as you return to St John's on the 8th March. Be mindful that your experiences of Lockdown are massively different and that everyone has experienced challenging times. I have always believed that each one of you knows right from wrong, and I will be looking for these qualities over the coming weeks and months.

Mr. Magee - Head of Year

Head Teacher, Senior Deputy Head Teacher and Assistant Head Teacher (KS3) sharing

Mr. Barron - Head Teacher

Music to Discover



There have been many psychological studies which suggest that, due to the development of young people between the ages of 13-16 and the incredible activity of the brain during these years, the music that one listens to at that age is often the music that will stay with you for the rest of your life. The point being – don't listen to rubbish now or you will miss out on a lifetime of enjoyment! Whilst you might not be ready to take on board musical appreciation advice from your old, balding and boring Headteacher (even though earlier on in my career at St John's I taught Music for 20 years and know a little bit about the subject), I recently stumbled across this interview with rock legend Dave Grohl – lead singer and guitarist with the Foo Fighters. Here he talks about the music he recommends for children of your age to listen to in order to best develop your music education. You can watch the short interview: [-- Click Here --](#). In the interview he selects three classic albums: [CLICK IMAGES ABOVE](#).

Although I can appreciate the Bee Gees' 'Saturday Night Fever' (although it's not quite my cup of tea), the other two albums – The Beatles' 'Sgt Pepper' and AC/DC's 'Back in Black' – are two of my favourite albums of all time, whilst also being two of the most important records in the history of popular music. Now is the time for you to start listening to music with a timeless quality; these albums would be a very good place to start your musical journey; enjoy!

Mr. O'Shea - Senior Deputy Head Teacher

Katalin Karikó



Our lives have been utterly changed over the past 12 months. We have seen and heard of many heroes who have lifted us along the way, from Captain Tom, to our NHS staff, to our key workers and volunteers who have helped others. But there is one key hero, I'm sure most of you have never heard of. She is Katalin Kariko, the Hungarian born scientist. It is her lifelong work that led to the discovery of a Covid Vaccine. Katalin dedicated the last 40 years of her life to science, facing huge obstacles along the way. She had to flee Communist Hungary to pursue her love of science. Forbidden from taking money out of the country, she sold the family car and hid the proceeds in her 2-year-old daughter's teddy bear. Her work was ridiculed by some of her fellow scientists, funding for her research was often cut as other didn't believe in her and she was demoted on more than one occasion. However, she never gave up. She said "When I am knocked down I know how to pick myself up". We can learn much from Katalin in whatever path we take in the future. Follow your dream, believe in yourself, don't let obstacles stop you; never give up and importantly, learn how to pick yourself up after any setback.

Mr. Steadman - Assistant Head Teacher (KS3) Reflect & React!

I would describe myself as a reflective person and encourage you all to have a think about what you have learnt from this lockdown. It is said that the worst times bring out the best and worst in us. So, what better time to learn from our mistakes and nurture the good seeds we have planted during this lockdown. For example, the 25th March marks a year since I planted one of these good seeds. The age-old resolution of getting fitter and healthier was my target. I went from hardly being able to run down the road to now being able to run half marathons at a decent pace. I lost quite a bit of weight and would say I have met my target. The above is something I wish to continue and integrate back into 'normal' life as much as possible. More importantly, I need to think about the things I did not do so well and change them. I do think I could have been a little more patient with my children and innovative with their playtime! When reflecting, it is key not to hold these mistakes against yourself but to be constructive and make a change. Reflection is at the heart of change. Whatever the experience you have had, it is key now to think about the future. How do you take what life has thrown at you and use that experience to enrich your life and that of others?

**We do not learn from
experience... we learn from
reflecting on experience**



Students' Corner!

Celebrating our year 9 students for their excellent work



Atwal H	Panashe M	Diana P
Ethan T	Jasmeen A	David B
Jeena B	Ruby D	Naomi E



Saubia G	Gustas K	Jessica L
Katerina N	Carlvin O	Adwoa O-D
Luca B	Ranjot S	Kieran B

Year 9 students encouraging us and sharing tips on how to manage school work

Elliott B - 9MNM



In lockdown, I do work in advance, so I only have to do the work that's set on the day it's due. I do this so I'm not spending hours on work that was set a week ago. It helps me stay positive because I'm not stressed out as I don't have 6 homeworks a day.

Alisha A - 9JSP



Lockdown is challenging for many and most can agree that it's hard to look for the positives in such a negative situation. Being at home can be tough on many and not being able to see family or friends is even tougher. Social distancing can affect people in many ways, some might feel very lonely or might be sad that they can't see their loved ones. In situations like this, people have to look for the positives or try to stay positive. Some of the things that I have been doing during lockdown to stay positive is I've started to bake more; I bake cupcakes and different types of cakes because it makes me happy. I like to go on walks and explore nature, I enjoy listening to music, coloring and drawing. During lockdown there have been many positive impacts on my life in general. I have become closer to my family and have spent a lot of quality time with them. There are many hobbies that people can take up to stay more positive during lockdown and people can just take time for themselves or a break from what they are doing so that they don't feel overwhelmed or stressed in such a difficult situation like this.

James G - 9CFA



During the lockdown I have found learning online much easier; the teachers have been really supportive as well as my mum and dad. I have been trying to keep in a good routine of going to bed and waking up at a reasonable time weekdays just like when I'm at school. When it's time for me to do my schoolwork I take myself somewhere quite in the house and get on with my work.

Positivity and Prayer together is a powerful tool to get us through anything.

Stay away from negative people. They have a problem for every solution.

Prayer *Our Father,*

Who art in Heaven,
hallowed be Thy name;
Thy Kingdom come,
Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil

Amen.



Teaching and Support Staff Corner



Deputy Head of year 9 and Year 9 Pastoral Manager sharing

Mrs. Green- Deputy Head of Year 9

We are proud of you!

Year 9 we are so very proud of you! As I reflect on the many conversations that I have had with so many of you and how well you have adjusted to this very new way of learning, I must say how impressed I am with you. To further add to that, you have shown great resilience in these circumstances and have been able to give good advice to others on how to cope and be successful in difficult situations. Your maturity is admirable and noteworthy. You have discovered at a very early age, that you have the power, opportunity and choice to determine how a situation will or will not impact your life; taking the positives from it and coming out stronger than you were before. As you progress in life, please remember, like Covid, you will have other challenges. But it is your decision, how you respond to these challenges and the impact that you allow them, to have on your life. Be blessed.



Mrs. Buckingham- Pastoral Manager of Year 9

Hello Everyone!

It's official! School starts on 8th March.

I'm excited and a little bit anxious. It's been a long time since we have all been together. It means I've got to get up early! I'm a bit worried about all the things I have to remember – wearing my mask, washing my hands, cleaning my desk, duties. I know some of you may be a bit worried. Don't be. Mr Magee, Mrs Green and I will be here to help. Start getting ready now. Make sure you have your school bag, learning kit, diary and a reading book. Find your uniform, try it on, just in case you have grown a few inches! Find your shoes. No trainers allowed! Don't forget your mask plus a spare, small bottle of hand sanitiser, small pack of tissues and, most important, your red, Year 9 badge. Lots to remember, so start getting your things ready now so there is no stress on Monday 8th! I'm really looking forward to things getting back to normal and the only way it will happen is if we all follow the rules – wear a mask around school and in lessons, regularly wash our hands, use the sanitiser, socially distance when we can and make sure we test ourselves. See you all on the MUGA Monday 8 March at 8.30am. Don't be late!



Year 9 teaching and support staff sharing and encouraging students

Ms. Noor- Year 9 Form Teacher

Find beauty in your uniqueness.

You have been born into a world from the view through a computer of some kind. Maybe there was never as much focus on the outward appearance. If you ever find yourself comparing yourself to online images know that this kind of 'beautiful' is not true-when the extensions, eyelashes, makeup and filters are removed; recognise that it never even existed in the first place. Learn to look beyond the latest beauty crazes and Snapchat filters, and find what's true, and never let go when you find it. When you feel fragile and not 'beautiful,' there might be some days when you wobble, but on those days, note that beauty is your uniqueness, admire the parts of you that make you unique from anyone else, instead of finding sameness. There is a reason why God gave you your presence, and it will be noticed by the right individuals at the right moment.

Mr. Coode- Year 9 Form Teacher

Reflection and Positivity

As I reflect on this time, I find I miss things I took for granted, but on the positive front, I have learnt lot of new things. I have used Teams for the first time! That was a steep learning curve, but I set myself weekly challenges to improve. There were some tiny steps at first: sharing the screen and using a laser pointer then annotating a slide. I have managed to use MS Forms too. The more I have tried, the more I want to know. As I write, I am looking towards using Bit Paper and knowing about MentiMeter. I have tried to discipline myself to keep to working hours too. I have watched Homeland on Netflix. I have been on muddy walks and got back to my Kindle. (I'm enjoying Slade House - a good buy at 99!)

I hope you can all see positives at this time, as well as problems. I hope your challenges can be made into opportunities and I hope that we will emerge from this stronger and ready to be more than we were at the start.



Ms. Walker – Science Teacher Never Give UP!

These days, a lot of us are focused on the virus and the fact that we are unable to do things normally. Unfortunately, this has caused many of us to lose focus and just want to give up. However, in the words of Canaan:

"You should never give up on life, no matter how you feel. No matter how badly you want to give up."



Mr. Ward- Teacher of PE

My Favourite Stadiums

Gelora Bung Karno Stadium- I love my football stadiums and have been fortunate to watch or play football in such grand surroundings. One of my favourites is the Gelora Bung Karno Stadium in Jakarta in Indonesia. Back in 2002, I was fortunate to be selected to play for the Middlesex Wanderers AFC; a touring team that goes around the World playing football and promoting the Corinthian spirit of the game. One of our touring games was in the capital against the National side. It was beamed live on TV to everyone in Indonesia. The arena reminded me of the old Wembley Stadium that was being rebuilt at the time, but what did strike me was the humidity which was not what we were used to as it was energy sapping. We took the lead in this game but the conditions began to tell against a side that had narrowly failed to qualify for the 2002 World Cup and we ended up being beaten 4-1. It took me about 4 hours to cool down after the game but it was a quality experience to train and play in such a theatre.



Anon Teaching Staff

Remember

As we are set to restart school, remember the lessons that Lockdown had taught us. Remember how you longed to meet your friends to charter and natter. Remember how you missed to see the different faces, different voices and the different smiles. They all helped to uplift our souls and well being. Do not forget the lessons that Lockdown has taught you. Remember, how you missed sitting on your chairs and enjoyed the learning atmosphere of the classroom. The banter you had, the lesson structure, and the openness of learning. Remember how you missed the face to face teachings and the guidance provided by your teachers. Remember a very important lesson Lockdown had taught you. Remember, the value and respect of education. You now need to step up as we regain our school learning. Let's get ready to take on the challenges with vigour and pride.

Arts and Intellectual Corner

Mrs. Matthews - Teacher of Food Technology

Do you know what these are!



The picture shows shapes that have been created using a 3D printer. They are not made from wood, plastic or paper but they are made out of food. It is now possible to create food shapes using 3D printers, just like the ones we have in the DT room, only tweaked slightly to print edible 3D food.

The technology was first showcased back in 2015 and has since been developed to print foods using complex food gels and starches to make sweet and savoury printable shapes. It is hoped that the technology in the future can be modified to adjust for individual nutritional needs, textures and flavours.

The gels that are used, like inks and shapes, are created using computer programs that allow you to custom-design shapes, colours and add in flavours. Research is being advanced to see if the technology could be used for medical manufacturing that would allow vital nutrients found in food to be stored within the gels and then eaten in the same way a multivitamin tablet would be taken.

Anon Teacher

The Venus flytrap's- Magnetic field



The Venus flytrap (*Dionaea muscipula*) is a carnivorous plant that encloses its prey using modified leaves as a trap. During this process, electrical signals, known as action potentials, trigger the closure of the leaf lobes. An interdisciplinary team of scientists has now shown that these electrical signals generate measurable magnetic fields. Using atomic magnetometers, it proved possible to record this **bio-magnetism**.

The Venus flytrap consists of bi-lobed trapping leaves with sensitive hairs, which, when touched, trigger an action potential that travels through the whole trap. After two successive stimuli, the trap closes and any potential insect prey is locked inside and subsequently digested. Interestingly, the trap is electrically excitable in a variety of ways: in addition to mechanical influences such as touch or injury, osmotic energy, for example salt-water loads, and thermal energy in the form of heat or cold, can also trigger action potentials. For their study, the research team used heat stimulation to induce action potentials, thereby eliminating potentially disturbing factors such as mechanical background noise in their magnetic measurements.

<https://www.sciencedaily.com/releases/2021/02/210202113815.htm>

Ms. Gardner - English Teacher

A significant moment in "Macbeth" –

Stars
HIDE YOUR
Fires
LET NOT
light SEE
AND DEEP
MY BLACK
DESIRE

"Stars hide your fires,
let not night see my
black and deep desires"

Macbeth delivers this line in Act One Scene Four of the play and, to me, this subtle moment is pivotal to the understanding of Macbeth's character. Here, Macbeth realises that there is an extra step in the way to him becoming King (as Malcolm has been made heir to the throne) and he calls on darkness to provide cover for his evil thoughts. While the blame for Macbeth killing the King often falls on Lady Macbeth, and her powerful manipulation of her husband, I always remind students that Macbeth delivers this line *before* Lady Macbeth ever mentions murder to him. So, the question is: would Macbeth still have murdered the King even without his wife's intervention? Or would his murderous thoughts have just remained merely "desires" and never been acted on?

Anon - Support Staff

Beyond Social Media!

The use of computers and technology has transformed how humans now live and work on the planet, but children and younger people

tend to mostly gravitate to the social media aspect and so brush aside and down-play other important 'know how's' of computing.

Establishments, for their survival, now use advance technologies and computer systems in meeting the demands of their customers or clientele. It is about who can deliver the fastest while not compromising quality at the best cost.

A word of advice to St. John's up and coming public officials, inventors, explorers, millionaires, billionaires, CEOs, presidents of large or small companies, or even if you choose to keep a low profile: knowing such things as word processing or desktop publishing, spreadsheets, databases, scheduling, programming, graphics and design are key components to your success. Therefore, seek to know more beyond social media.

To your success!



Our Teachers displaying their talents



Live Love Laugh Corner

Time to unwind with puzzles., prizes, laughter and more.....



Correct submissions will enter a raffle. Please use the email at the bottom of the page. The winner will receive a prize.

**DEAR MATH,
PLEASE GROW UP AND
SOLVE YOUR
OWN
PROBLEMS,
IM TIRED OF
SOLVING THEM
FOR YOU.**



*Where are
your roots?*



What slangs are unique to your roots?
Jamaican Patois- mi deh yah
English Translation- I am here
Northern Irish- What's the crack,

SUPERMARIO MATHCHALLENGE

Use your math skills to find the value of each icon.

$$36 = \text{Mario} + \text{Princess} + \text{Mario}$$

$$\text{Toad} \times \text{Bowser} = 0$$

$$\text{Mario} \div \text{Toad} = 2$$

$$\text{Mario} = \text{Princess}$$

$$\text{Mario} + \text{Bowser} + \text{Princess} + \text{Toad} = \text{Question Mark}$$

Don't forget!

Parents please email any images to your child's Year Leader to have an opportunity of appearing in next term's issue! For safeguarding reasons, this must come from the email address the school has on the system!

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 Newsletters, we understand that isn't necessarily the same as speaking to a member of our community or hearing a familiar voice.

Therefore, we are continuing to offer 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 L. Buckingham: Lbuckingham@stj.kent.sch.uk



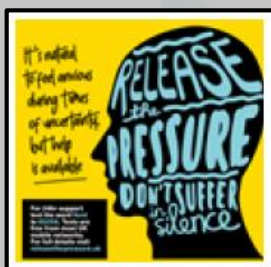
Extra Support Corner



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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