

THE KEY STAGE 3 POST

Issue 1

Year 7

This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,

I do hope all is well and you are managing to keep safe. It brings me great pleasure to introduce this first issue of our KS3 weekly newsletter. I'm sure it feels like a part of our normality has slipped away slightly, therefore the purpose of this publication is to bring a little something to you that keeps us linked together as the close community we are.

I look at the recent endeavours of people such as Captain Tom Moore, and the spirit and resilience they have shown in times of adversity. It has made me reflect on what we ourselves could possibly be doing in these challenging times. The students have demonstrated already, across the school, their commitment and resilience. For instance, we have had an excellent response to our rainbow project, with hundreds of submissions received; images which will now be making their way to the new NHS Nightingale Hospital. I thank all students who contributed and I must say that I felt a great deal of warmth and pride seeing my inbox fill up with colourful rainbows. It reminded me that even in the bleakest of climates beautiful things still happen and there is light in the darkest of places.

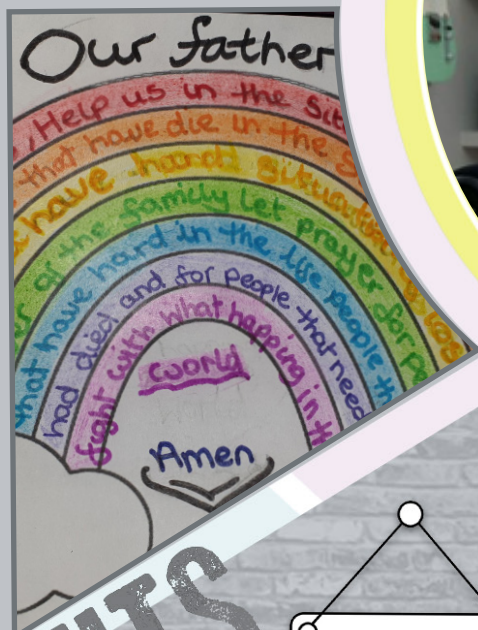
This newsletter is divided into sections which will allow us to still praise the students who are working hard from home. On the second page there are some well-being tasks that students may want to undertake. I would love for you to share images of you attempting the Joe Wicks workout or of you completing random acts of kindness.

I wish you all the best and please stay safe.

Mr J. Steadman



Rainbow by Patrycja M 7OMP



Why not try this week...

The Joe Wicks workout - 9AM YouTube



This week's home share!

Isabel (7MJC) has been choreographing her own contemporary dance pieces to enhance her creative and technical skills during her time at home. She has showed excellent control and a very clear use of contrasting dynamics in her piece. We are very pleased to see her passion for dance is still shining brightly despite not being able to go to classes at the moment!

Well done Isabel!

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!

SHOUT OUTS

Wall of Fame

- Jaspreet K
Science
- Liam L
Maths
- Honey C
Geography
- Phelim H
Maths & Art
- Lacey R
Art
- Liam K
Maths
- Nicola W
Maths
- Jacob H
Geography
- Rebecca S
Geography

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

Bringing the community back together...

Top good comments!

- Zack B- 7CHP
- Jaspreet K- 7CHP
- Freddie P- 7SDC
- Dannie T- 7AMA



Well-being Tasks

“We have learnt that amid the fear, there is also community, support and hope!”

Where do we start?

Can you pick one thing from the list and complete it to the best of your ability?

Think about any others you feel you can do in the coming weeks.

Get involved with random acts of kindness

Easy

- Make a cup of tea for someone you live with.
- Help with a household chore at home.
- Arrange to watch a film at the same time as a friend and video call.
- Tell someone you know that you are proud of them.
- Tell someone you know why you are thankful for them.
- Send a motivational text to a friend who is struggling.

Medium

- Call a friend that you haven't spoken to for a while.
- Tell a family member how much you love and appreciate them.
- Send someone you know a joke to cheer them up.
- Send someone you know a picture of a cute animal.
- Send an inspirational quote to a friend.
- Send an interesting article to a friend.
- Contact someone you haven't seen in a while and arrange a phone catch up.
- Spend time playing with your pet.

Challenge

- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation.
- Donate to a charity.
- Lend your ear – call a colleague and ask how they're finding the change in routine.
- Send an inspirational story of kindness people around the world are doing for others to someone you know.
- Donate to food-banks.
- Offer to skill-share with a friend via video call - you could teach guitar, dance etc.



Kindness during the Coronavirus outbreak

Jack needs your support!

Jack was diagnosed with Leukaemia in early 2018; in the beginning he was very sick and was hospitalised for 5 months. Jack needed intense chemotherapy every day for a long time. In order to make life as comfortable as possible for Jack, The Ellenor Hospice were able to come out to his home and deliver this treatment to Jack every day, so that hospital visits were kept at a minimum. The Ellenor offer this invaluable service free; they get no government funding and rely on the generosity of the community. However, unfortunately, in this current COVID-19 crisis, all fund-raising events have been cancelled. Ellenor urgently needs our help to keep hospice nurses and front-line clinical staff safe and able to treat and support our sick and vulnerable patients. They have launched an Emergency Fighting-fund, please help them today and donate <https://ellenor.org/emergencyfund> so that they can continue to help children like Jack.



Link to TV appeal - <https://www.itv.com/news/meridian/2020-04-07/sue-ryder-could-shut-hospices-in-lockdown-cash-crisis/>

Bringing the community back together...

