

THE KEY STAGE 3 POST

Issue 3

Year 9

This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,
 Last Sunday was "Good Shepherd's Sunday" and was celebrated at St John's Church through live streaming online. "Good Shepherd's Sunday" takes place on the fourth Sunday after Easter, where Jesus highlighted the contrast between a Divine Shepherd and A Hired Man. It is this key message from last Sunday I would like to focus on, as I feel it has great relevance in the current lockdown situation.
 A Divine Shepherd describes someone who cares deeply for their friends and family and will do anything to protect and care for them, regardless of the hardship or how difficult things might be.
 In contrast, a hired man describes someone who isn't a Shepherd, someone who is willing to play the part for a short time, however when faced with hardship or difficulties will turn and run. This type of person can be damaging for community because of their selfish motivations and hunger for personal gain.
 Throughout this lockdown period something that has become clear is the close connection I have with my friends and family and the support we give each other through these difficult times. I look at their actions, kindness and willingness to spend time on messaging and video calls that clearly shows that they follow the Good Shepherd's example and are willing to support me even with their own personal struggles. As I move through lockdown and back to normal life, I will endeavour to remember the kindness and the people who were there for me.
 This week I ask that you reflect on your relationships with friends and ask yourself, have you surrounded yourself with people who are willing to support you in times of need? Also, reflect on your own personal actions towards others and see if throughout the year, you could have handled a situation differently to follow the example of the "Good Shepherd".
 We are all very fortunate to be part of such a wonderful community at St John's and I ask that you continue to be "Inspired by Christ".

Regards,

Mr Magee
 and the Year 9 Team

Why not try this week...
 Read Harry Potter with Daniel Radcliffe!



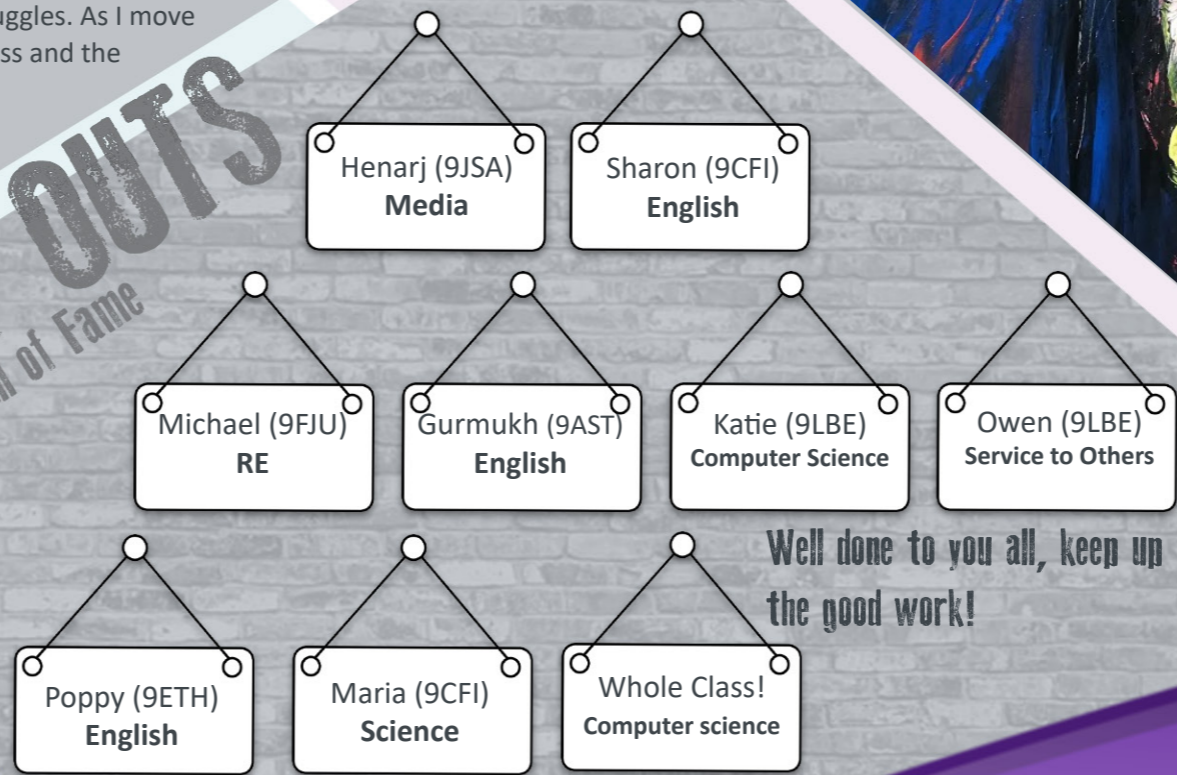
This week's home share!

Otilia (9LBE) has been an absolute star of home learning, her teachers have emailed me with special praise for the quality of work and her desire to make progress in her education. The art work that she has created is a visual representation of the amount of time and effort she is spending at home to improve; she is a real role model for all students at St John's. Her impressive attitude will put her in a very good position in the future as she completes her GCSEs.

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



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

Bringing the community back together...

Top good comments!

- Tayla - 9ETH
- Gabija - 9CFI
- Sharon - 9CFI
- Poppy - 9ETH



Well-being Tasks

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

“We do not learn from experience... We learn from reflecting on the experience.” John Dewey

What are you going to learn from 2020?

This week's well-being task follows in a similar vein to the Time Capsule and it is all about You.

Attached to Show My Homework you will find a Reflective Journal, aiming to help you document your days and push you to contemplate the sort of person you are, and would like to be, during this trying time.

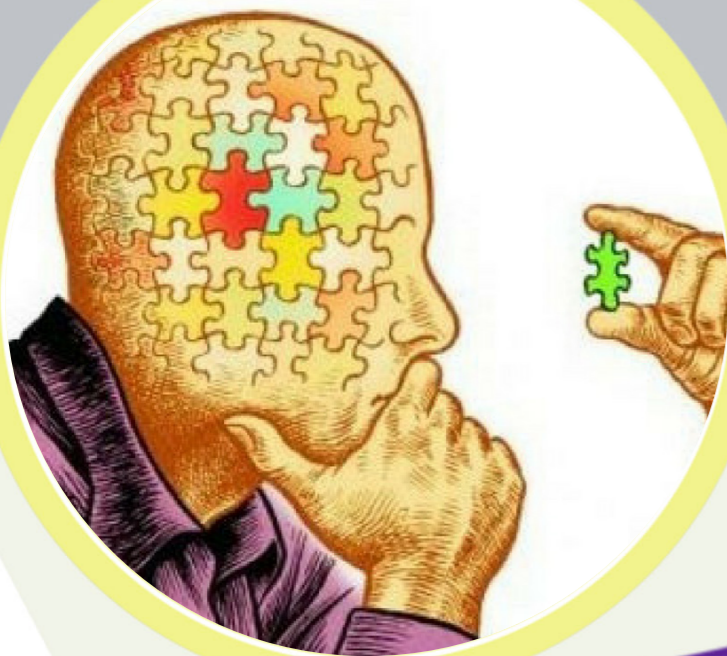
While everyone is discussing changes around the world, we want you to spend this week focusing on yourself and the way you're changing during lock-down. It is an opportunity to reflect on your interests, experiences and values.

It is also a chance for you to learn something new about yourself!

Who Am I?



Self-Reflection



Visors for the NHS - Update



We are continuing the production of visors. Above, you will see the many visors that have been produced and will be deployed to institutions such as the Ellenor Hospice. Please do contact the school if you work or know anyone who works in any local care homes that are in need of this PPE, then please do contact the school and we will do our utmost to try and provide, subject to materials.

Below: One of the visors Luke H (Year 9) designed and made being put to use in the NHS!



This Week's Prayer

*Loving God,
We pray for all those suffering because of the coronavirus, may they know your healing power.
When we are afraid for ourselves and loved ones, give us your strength and courage.
When we feel alone and isolated, reassure us with a sense of your presence.
Give wisdom to those in authority and may our community work together for the good of all.
We give thanks for those who care for others and ask you to bless them in all they do.
We ask this in the name of Jesus, healer and physician.
Amen*

Bringing the community back together...



Staying Safe Online

“Staying at home in order to protect the NHS and save lives means we are spending more time online. This means we must all be extra vigilant, follow good security practice and make sure our children are safe too. It’s also important that we check the facts behind what we read and remember to take regular breaks.” Minister for Digital Culture, Caroline Dinenage



This Page...

You will find on this page a few helpful links to help keep your family safe online during this lock-down. As well as this we have gathered a few ways, linked to our reflection task this week, that you may wish to consider during this time.

Helpful Links

[AACOSS](#)

[CEOP Education Packs](#)

[Fake News Lessons](#)

[Netflix – Parental controls](#)

[Government Advice](#)



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Above: A 'Meaningful May' Action Calendar linking to our reflection log and random acts of kindness task from week 1.

Right: Some examples of good coping strategies to get us through the lock-down.

Effective self-help & coping strategies

| Activity | % found helpful | % found unhelpful |
|---------------------------------|-----------------|-------------------|
| Face-to-face calls with friends | 72% | 3% |
| Watching TV / films | 72% | 6% |
| Exercise | 60% | 7% |
| Learning new skills | 59% | 4% |
| Reading books | 55% | 6% |
| Gaming | 49% | 5% |
| Face-to-face calls with family | 47% | 8% |
| Spending time with family | 48% | 23% |
| Breathing techniques | 38% | 14% |
| Social media | 31% | 36% |
| Reading / watching the news | 13% | 66% |

https://youngminds.org.uk/media/3708/coronavirus-report_march2020.pdf

Bringing the community back together...



VE DAY Special

A selection of student's work commemorating VE Day

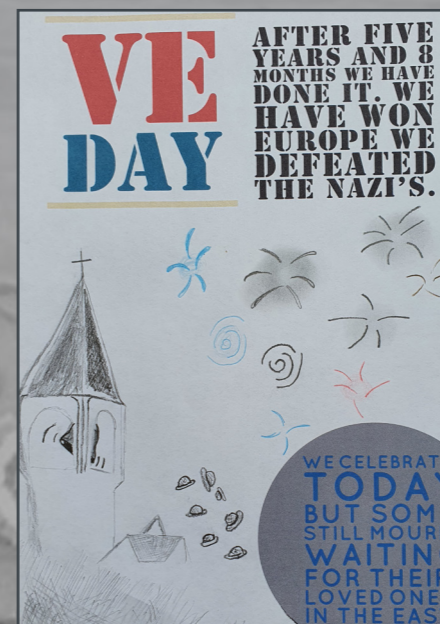
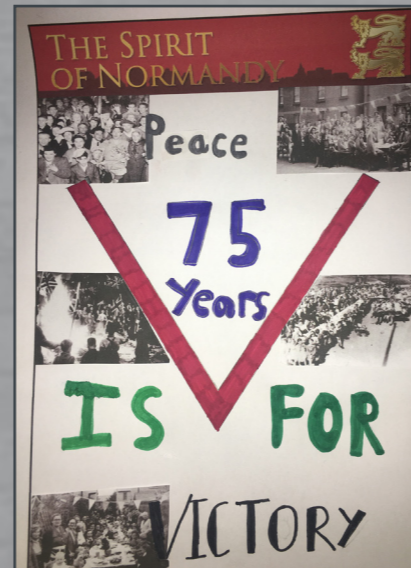
Victory in Europe is celebrated on May 8th every year. This is the day in 1945 when Germany and her Allies finally surrendered and the war in Europe, which had raged since September 1939, came to an end. In his address to the Nation, the Prime Minister, Winston Churchill, did emphasise that the war as such had not come to an end as Japan remained undefeated.

Plans were in place this year to commemorate VE Day on Thursday May 7th (Public Holiday on the Friday) with guest speakers to include World War 2 Veterans - soldiers and civilians. However, this is not to be. This is most unfortunate as this year is the 75th Anniversary of the original VE Day!

We have, however, not forgotten the event and a Home Study task given to all Year 7 and Year 8 students was to create a poster that celebrates the 75th Anniversary of VE Day. The response has been exceptional. These will be displayed in the School when we eventually return. It is still planned to have a VE Day commemoration - even if delayed! Perhaps combining with the VJ Day in September.

After much deliberation of all those posters sent in by email or via Show my Homework, a selection of ten was made. These have been forwarded to the Spirit of Normandy Trust who are running a competition for schools nationwide. Veterans of World War 2 will decide on the overall prize winners in due course - and perhaps one or more students from St John's will feature as a prize winner.

Mr. C. Murphy



Well done to all students who have taken part!

Bringing the community back together...

