

THE KEY STAGE 3 POST

Issue 9

Year 8

This Week's Message...

Dear Students, Parents/Guardians,
I hope you and your families are well.

This week's idea for my message came to me whilst watching the Everton vs. Liverpool game on Sunday evening. It was a Merseyside derby that I was really looking forward to after football's recent return, but, I'm afraid to say, I was left disappointed by the experience.

I expected a fast-paced, end-to-end game, with players eager to make the most of their time to shine, and goal scoring opportunities galore. Instead, what I actually watched, in my opinion, was a very lacklustre, goalless game that didn't represent the standard of the Premier League, especially as Liverpool are aiming to soon secure their first league title in 30 years!

Maybe I, along with the other 5.5 million viewers, set the expectations too high. Players, who had only enjoyed limited training hours, looked understandably tired at times, despite the extra substitutions and water breaks. An unfamiliar situation for them, as well as not playing for so long, must have heightened levels of anxiety for them too.

With no fans in the stadium, broadcasters have been replicating artificial fan noise over the action to give games a more authentic feel in these unusual times. It got me wondering about how much players rely on their fans when they need encouragement to perform better, or praise (in the form of clapping or cheering) when they have kept possession and had a good passage of play to create a shot at goal.

With verbal feedback only currently provided by teammates and the manager, I further thought about the players' mental strength and the importance of self-belief. When you make a mistake, either on the playing field or in the classroom, do you have the ability to pick yourself and keep going? As rewarding as it is to allow others to positively affect our performance through their acts of encouragement, sometimes (as footballers, and other sports performers such as jockeys and snooker players are now experiencing) we have to be confident to believe in ourselves and be determined not to give up, not be forced off the ball by an opponent, or be beaten by a maths equation we are struggling with. Instead, we must remember all the hard work and effort we have put in to get to this point and be strong-minded to battle on, even in difficult times.

There will be a time in the not-so-distant future, when you will be sat at an exam desk in the Sports Hall with nothing but your preparation to get you through; no encouragement from your friend, no praise from your teacher, no wise words from your family. Will you flick through your paper, remember how far you've come and give it your best shot, or let the silence get the better of you?

Take care, keep safe and have a lovely week ahead.
Miss Munns.



SHOUT OUTS

Top good comments!

- Yuvraj K - 8GOC
- Gustas K - 8CCA
- David B - 8SHP
- Jessica L - 8CCA

Quote of the Week

"Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you can imagine."

Wall of Fame

Gustas K Spanish & Maths	Harrison G Maths	
Matas P Spanish	Dolly O Spanish	Thomas L Science
Belle N Science	Karina S Science	Arian P Maths
Carlvin O Maths	Anna-Marie I Maths	Nicola O Maths
Adwoa O-D Art	Ty M RE	Ranjot S RE

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

Tutor Corner

Hello Year 8,
I hope you are all doing well.

When Miss Munns asked me to write a section for the newsletter, I really didn't know what I was going to say to you all. Being at home is strange and a very different way of living for me. I was stuck about what to write, until Saturday, when I got to drive to the coast and go for a walk with my friends at a social distance. We had the best time. We chatted, we ate fish and chips and doughnuts with ice cream and, for the first time in a long time, I felt how much I matter to those closest to me. When I got home, I was grinning from ear to ear.

I got home and started thinking about those still not able to see ones they care most about and how lonely that must feel. My thoughts are with anyone who feels alone at this time or those who don't have loved ones around. You all know I love my musicals and I wanted to attach this song from 'The Waitress' to listen to. It talks of the importance of mattering to people and letting them know how much you care. Take the time this week, Year 8, to let those who matter to you know.

Mrs Gibbons/Miss Hardy, Miss Gosling, Miss Munns and everyone at STJ - you matter to me!

<https://www.youtube.com/watch?v=HoMI4JqbFgo>



Miss Comiskey.

Bringing the community back together...



Well-being Tasks

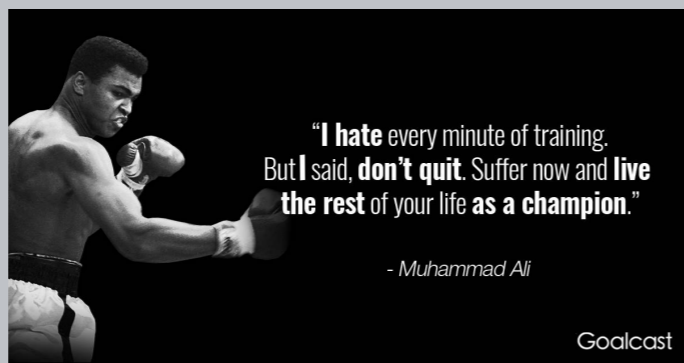
“We have learnt that amid the fear, there is also community, support and hope!”

“You must expect great things of yourself before you can do them.”
Michael Jordan

This week we want you to push! The sun is out and many people will now start to be getting outside more due to the relaxation of lockdown. We want you to be creative with your exercise.

Completing daily exercise is proven to promote positive moods and mindsets. It doesn't have to be a 12-mile run, but simple exercises can really help keep you fit and healthy. We have seen some fantastic achievements in PE during the lockdown period. If you are stuck for something to do this week, why not have a bit of fun whilst exercising and create your own DIY obstacle course. Check out the below video for some ideas. We would love to see some pictures of you completing your daily exercise challenges.

<https://www.youtube.com/watch?v=NdJtdfYoMc>



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




Therefore, from this week onwards, we are offering 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 relevant pastoral manager 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 7 - Miss J. Styles: jstyles@stj.kent.sch.uk
- Year 8 - Mrs Hodges: lhodges@stj.kent.sch.uk
- Year 9 - Mrs L. Buckingham: lbuckingham@stj.kent.sch.uk

Show My Homework is changing its' name!
There will be:

- ✓ A new app icon and website logo (see below)
- ✓ NO changes to the way you currently use or access the app and website.



This Week's Prayer

Thank you, Lord, for being there for me and allowing me to cry out to you in my times of need. It is amazing to me that the Lord of the Universe would take time to listen to me and to care about what I say. God, there are things happening around me right now that I do not understand. Some of these things make me feel weak, helpless and afraid. Even in the midst of this, I know that you are the Lord. I know that the situation is in Your hand, and I trust You. I beseech you for strength and for wisdom that I would be able to endure this situation and be able to handle it in a way that would bring glory to Your name. In Jesus name. Amen.

Bringing the community back together...



#HereForYou Social Media Campaign

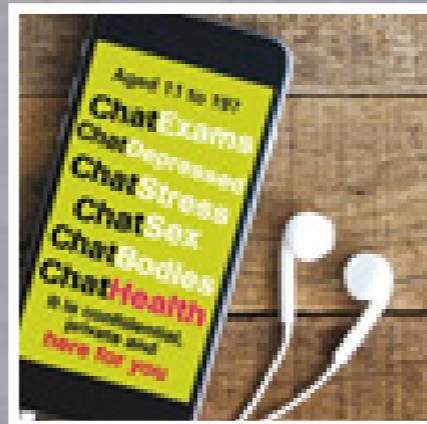
Find below some helpful support services that you can turn to during this difficult time.



Moodspark

This #MentalHealthAwarenessWeek, Moodspark is #HereForYou.

They provide mental health support to young people in Kent, and their website is full of useful resources and service information for parents and teachers too: www.kentresiliencehub.org.uk #KentTogether.



ChatHealth

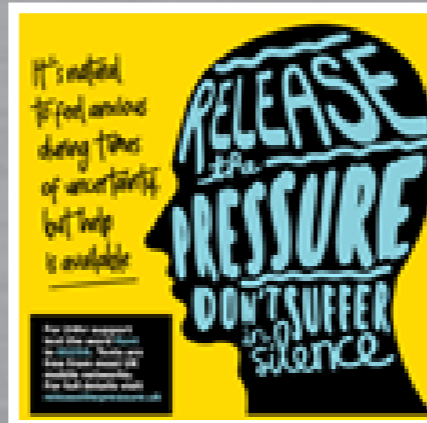
If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou. Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit www.kentyouthhealth.nhs.uk for more info #KentTogether.



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



Release the Pressure

Text 'Kent' to 85258 for in the moment help when life gets overwhelming and you need immediate support. No fee, no registration or data required - it is silent, free, confidential and anonymous. We are here for everyone, young people and adults, 24/7 - text any time, day or night, whenever you need mental health support. We are #HereForYou 24 hours a day, seven days a week, whenever you need mental health support. #KentTogether



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

Bringing the community back together...



The Great STJ Cook Off! Winners!

Thank you to everybody who submitted an entry to the STJ Summer Cook Off Competition. We had some brilliant entries and it has been very difficult to judge. All those who entered will receive good comments and prizes will be awarded when we are back to school in Assembly.



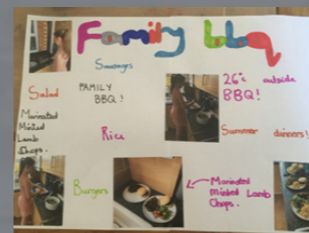
**1st Prize goes to Owen B
£20 Meal Voucher**

Owen made Eton Mess, making his own meringues and accompanying them with Dandelion and Lemon Cookies. We loved Owen's presentation and the originality of his recipe. Well done, Owen.

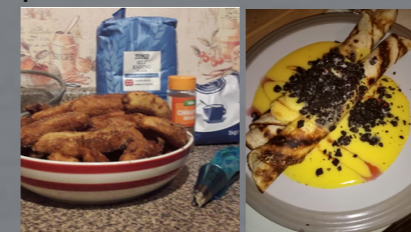


Here are the other entries!

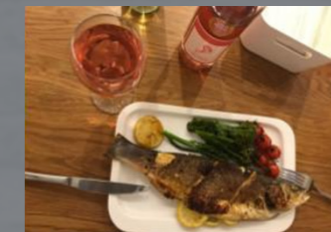
Mariah L – Yr 7



Nathan T - Year 8
Churros & Father's Day
pancakes



Chloe M - Yr 7
Seabass with oven roasted
tomatoes



Narjes Yr 8
Fluffy fruit
pancakes



Lily B - YR 7
Afternoon Tea



Stephanie K
Sandcastle Rainbow Cake



Charlie F
Chocolate Brownie



**2nd Prize goes to Zuzanna S
£15 Meal Voucher**

Zuzanna made a wonderful Vanilla Azure Coast Cake and we just loved the creativity that went into the decoration of this cake. Well done, Zuzanna.



**3rd Prize goes to Jacob H
£10 Meal Voucher**

Jacob recreated a family recipe for Strawberry Trifle and we loved the story behind this recipe and the finished dish looked delicious. Well done, Jacob.



Bringing the community back together...

