

# THE KEY STAGE 3 POST

Issue 3

Year  
7

## This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,

The theme this week is reflection. Such an important part of our lives and a word that, just maybe, we do not pay it the attention it deserves. To better ourselves we must reflect on our actions and challenge ourselves to do better next time. It is easier said than done!

We are in the middle of a pandemic, and although we may have more time to reflect and ponder, it does not happen automatically; we must consciously reflect. The current times are quite overwhelming, and I find the days pass with that feeling of Groundhog Day. Get up, exercise, breakfast, look after the children, lunch, walk, work, dinner, work, then bed. I am finding the variety that life offers now is rather restricted!

There is always time to reflect and I have been doing more over the last week. I have reflected on how lucky I am to have my family with me, and that technology is now so advanced we can communicate with family who we are separated from. I have heard from friends I have not seen for years. I have seen more positive and uplifting stories on the News. We must build time for ourselves into the day and focus on our mental well-being. When you have a moment, just think, what have I done today that I can do better tomorrow? If we all did this, not only would we be improving ourselves but the lives of the people around us.

I have so many nominations this week that we have had to put in extra pages! As well as this, we have a section on online safety and a special page dedicated to the 75th anniversary of VE Day. A very apt page to go with the theme of reflection! Attached to your Show My Homework page will be a reflection log which you can either print or copy to use this week.

I do hope everyone enjoys their Bank Holiday weekend.

Stay safe,  
Mr  
Steadman



SHOUT OUTS  
Wall of Fame

Stephanie K  
FDT

Daisie M  
English

Elliot O  
Maths

Isobel O  
Geography

Brandon G  
DT, Science

Dilara C  
Science

Ella D  
Science

Bianka S  
Maths

Laura P  
Art

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

Top good comments!

Martina P-7OMP  
Izabel H-7SDC  
Brodie L-7HB

## Why not try this week...

Read Harry Potter with Daniel Radcliffe!

# Harry Potter

AT HOME

## This week's home share!

What a treat this was when I received the email! Austeja K, 7MJC, completed her well-being task this week by documenting her experience of the lockdown. It was wonderful to read that Austeja has been playing board games with the family and discovered the game UNO (one of Mr Steadman's favourites)! I am sure that in years to come this booklet will be something that can be shared with family and friends; to reflect, and learn, from the experiences we are having.

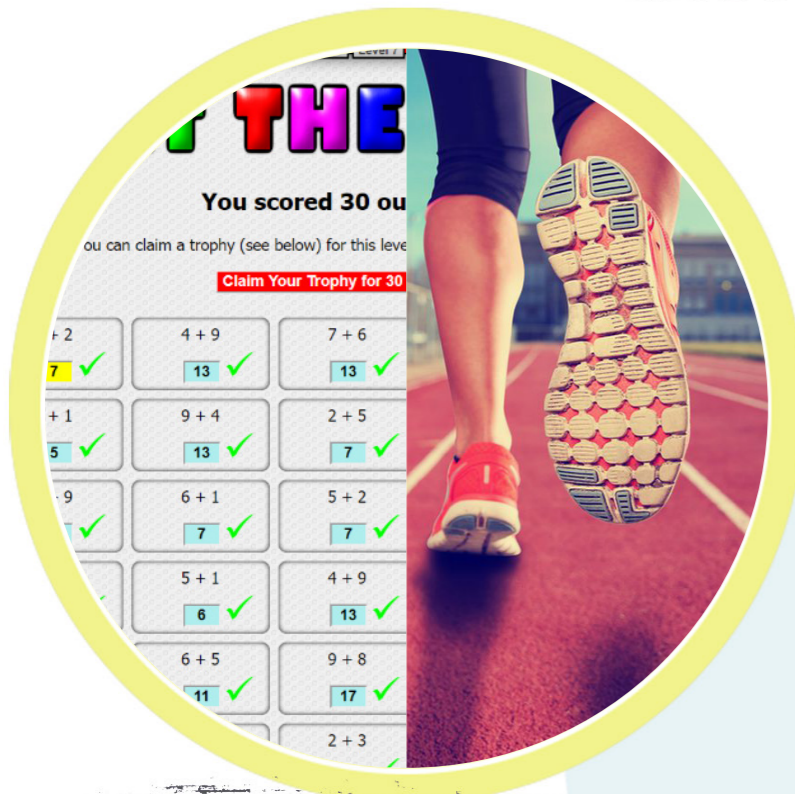
## Don't forget!

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!

Bringing the community back together...



# EXTRA! EXTRA! READ ALL ABOUT IT!



## PE & MATHS

### Maths

Well done to Set 3 Maths who were challenged to 'Beat the Clock' by Mrs Fenton. Daisie M (21 Seconds), Harelina K (29 seconds), Caitlin O'B (29 Seconds) and Jake C (30 Seconds) all completed this within half a minute! Congratulations and keep up the good work!

### PE

Two excellent achievements in PE this week.

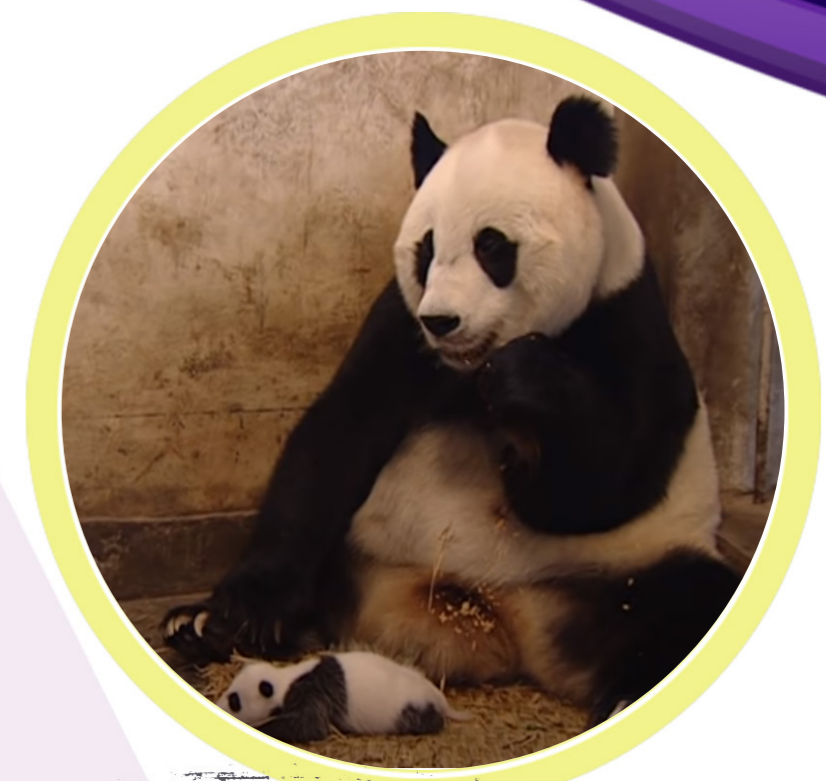
James R completed the 26 challenge by doing 26 seconds of skipping 6 times during the day.

Well done to Serenity O who shared a video of herself completing 200 sit ups!



## Stephanie K - FDT

Well done to Stephanie K who has sculptured this swan from an apple at home! A task set by her Food Technology teacher inspired Stephanie to put her cutting skills to the test!



## A little laugh!

Sometimes the simplest things make us smile. Have a look at this video.

<https://www.youtube.com/watch?v=93hq0YU3Gqk>

*Bringing the community back together...*





# 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.

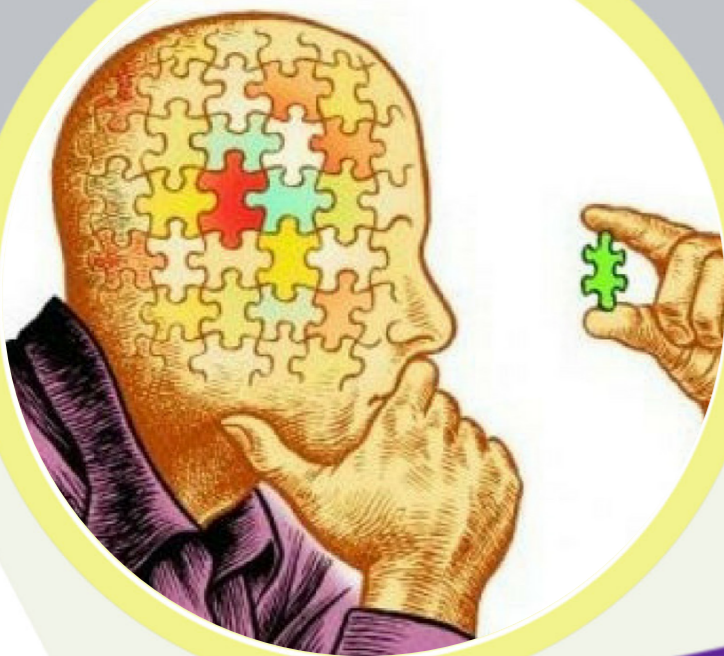
While everyone is discussing changes around the world, we want you to spend this week focusing on yourself and the way you're changing during lock-down. It is an opportunity to reflect on your interests, experiences and values.

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*

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# 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](http://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](https://youngminds.org.uk/media/3708/coronavirus-report_march2020.pdf)

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# VE DAY Special

## A selection of student's work commemorating VE Day

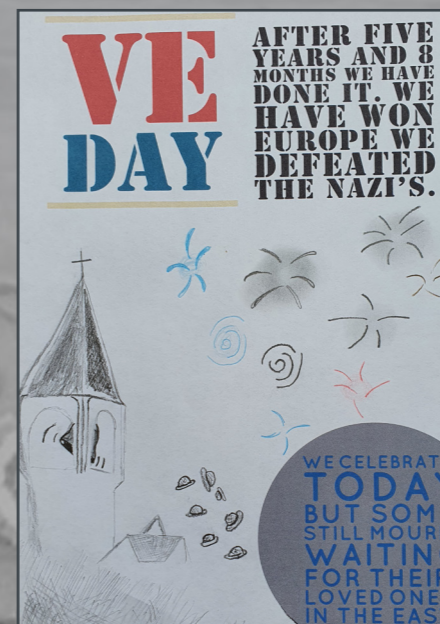
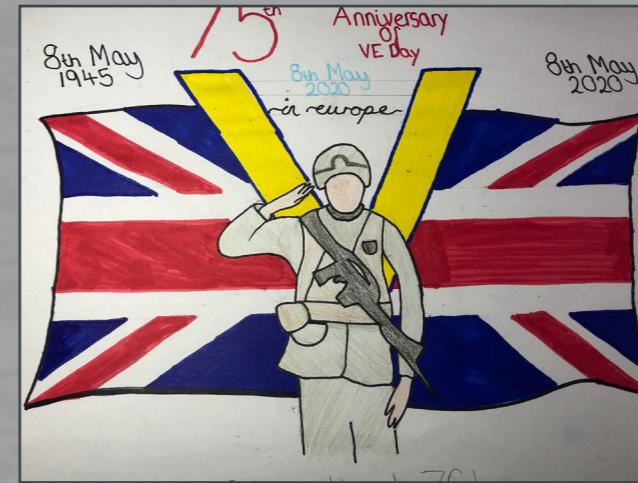
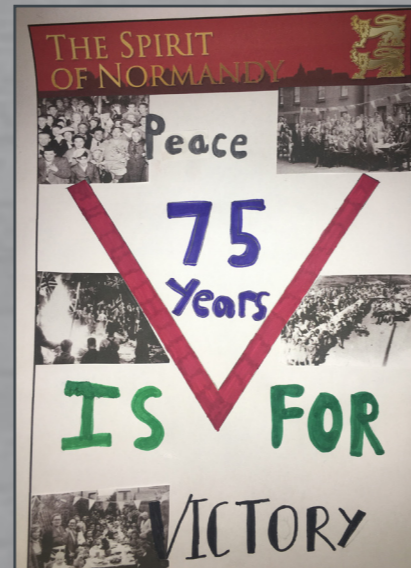
Victory in Europe is celebrated on May 8th every year. This is the day in 1945 when Germany and her Allies finally surrendered and the war in Europe, which had raged since September 1939, came to an end. In his address to the Nation, the Prime Minister, Winston Churchill, did emphasise that the war as 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!

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