

# THE KEY STAGE 3 POST

Year 9

## This Week's Message...

Dear Students, Parents/Guardians,

**"Be humble, be hungry, and always be the hardest worker in the room"** or in this case, track. This week's message is inspired by Mr Steadman; it is one of his favourite quotes and it has really got me thinking this year and I want to share an example with you of someone who I believe demonstrates this and why.

Usain St Leo Bolt, born 21st August 1986 in Jamaica, has been described as "The World's Fastest Man", with a career that has taken him to 3 Olympic games, winning 8 Olympic gold medals, in addition to winning 20 gold medals from 21 athletics events, making him widely known as the greatest sprinter in history.

He has publicly expressed on numerous occasions that he owes all his success to God, tweeting in 2012, "I want to thank God for everything he has done for me, cause without him none of this would be possible." I believe having this strength in faith has supported him throughout his career and has allowed him to focus on others - keeping himself humble in recognising the efforts of those around him. Bolt would regularly engage with and write notes to the young people volunteering at the events before a huge race to show appreciation for their efforts. At a time when he would be forgiven for focusing and visualising the race ahead, he decided to think of others during this time.

Usain's hunger to train for long periods over many years, even after achieving so many gold medals and world records, is an inspiration to anyone who has a desire to be successful.

Considering all his achievements, his humble nature and desire to win, it is even more impressive to think that Usain Bolt suffers from scoliosis, which causes a curve in his spine. This results in him being in a lot of pain and discomfort, he needs to do extra stretches and work much harder in order to train and compete.

This week, consider your own attitude to education and hobbies; what steps are you taking to be in a position to be ready for Year 10? Are you humble about your talents/achievements? Are you hungry in your desire to improve and get better every day? And, as you return to school in the coming month, will you be the hardest working person in the



Best wishes as always

Year 9 Pastoral Team

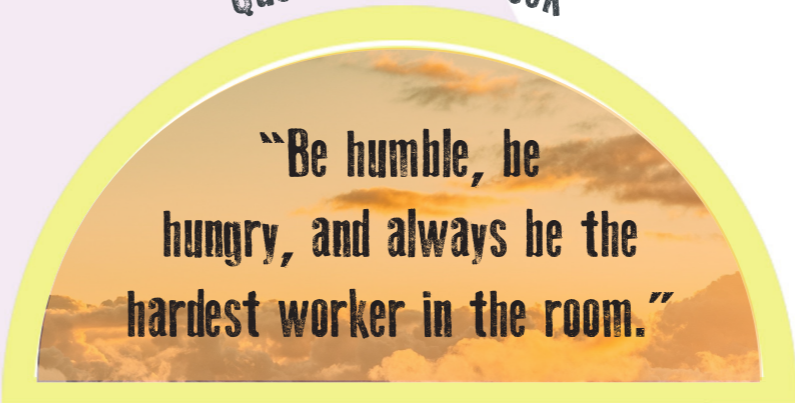


SHOUT OUTS

Top good comments!

- Tayla C- 9ETH
- Daniel A- 9AST
- Katie I- 9LBE
- Nancy J- 9CFI

## Quote of the Week



**"Be humble, be hungry, and always be the hardest worker in the room."**

## Tutor Message

I would like to talk to you about the idea of a name. Some parents spend a great deal of time thinking of just the right name for their child, others formulate one quickly! In the Sikh community, religion plays a significant role in selecting a baby's name. Sikh names are usually picked out from the Sikh's Holy Book, the Guru Granth Sahib. In Western culture, most names have a very literal meaning. Names are important and give us a sense of identity. People have their names assigned to them for a variety of different reasons dependant on culture and personal preference.

In the United Kingdom, the most popular boys' names for 2019 were Muhammad, Noah, George, Oliver, and Charlie. For the girls, it was Olivia, Sophia, Lily, Ava, and Mia. Within my Year 9 form, there are many of these names present on my register. Interestingly, if we were to look at our Year 9 community, very few Year 9 students share the same first name. At a glance, we have three who share Sean and for the girls, three who share Katie and Chloe; to be added to the three Sophia variants. We have only two of each for Daniel, Poppy, Jack, Callum, and Luke. I find this idea of naming very curious.

### What do some of these names mean?

- Chloe**- In bloom or radiant
- Katie**- Pure
- Sophia**- Wisdom
- Poppy**- Red flower in bloom
- Sean**- God Is Gracious
- Daniel**- God is my judge
- Jack**- God has sent a gift
- Callum**- One that brings peace
- Luke**- Light

All these names, and what they impart, seem to fit in with our schools' ethos: Service to Others, Inspired by Christ, and Excellence for All. Considering that our name is among the first things that we are given in life, that surely is a very good ethos.

Ask yourselves these questions: What does your name mean, and does it reflect who you are? What makes one Sean different from another Sean? I would like to think it is how we portray ourselves and our impact on the people around us.

I hope you are all well and continue to stay safe during this difficult time.

Mr Thompson



Bringing the community back together...



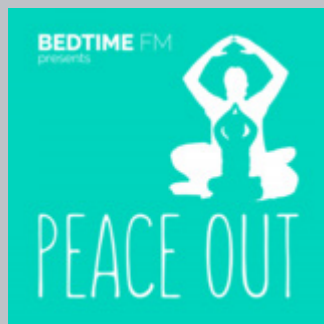
# Well-being Tasks

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

“In Radio, you have two tools.  
Sound and Silence.” Ira Glass

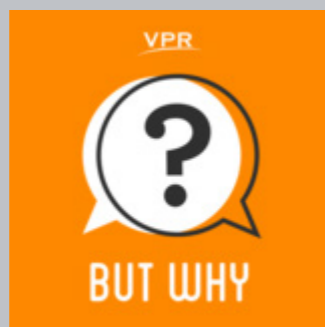
Podcasts are an excellent way to learn and laugh. You can listen alone or with your family. They are great for long car journeys or walks in the park.

Here is a list of some to help you unwind.



#### Peace Out

Short stories that help children calm down and relax by guiding them through visualization and breathing exercises. Perfect for parents or teachers who want to teach mindfulness and self-regulation to kids.



#### But Why?

This show answers questions submitted by kids. It tackles topics large and small, about nature, words and even the end of the world.



#### How Stuff Works

A collection of audio podcasts which include some of the most popular titles: Stuff You Should Know and Stuff You Missed in History Class.



#### How to boost teen motivation

The Unstoppable Teen Podcast with Kevin Mincher. Podcasts for teenagers which include, having better grades, self-confidence, relationships, health, and career prospects.

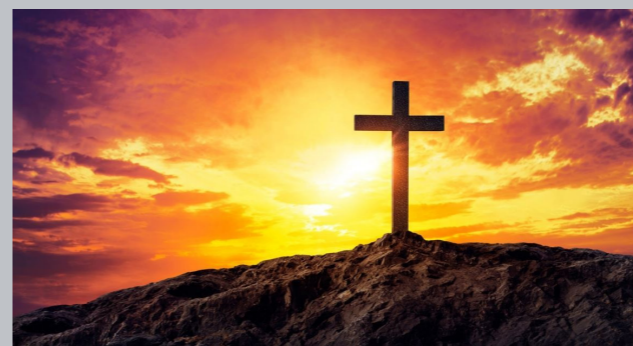
## Message from Susanne Gibbons, Assistant Chaplain.

Churches are opening their doors this weekend for collective worship.

Fr Moses is waiting to welcome parishioners and our school community back to our parish to celebrate Mass.

Social distancing will be observed, and we ask you to wear a face mask whilst inside the church.

The Mass times this weekend are as follows:



Saturday 4th July, St John's Gravesend.  
10am and 6pm

Sunday 5th July,  
8:30am, 10:30am and 6pm

Sunday 5th July, St Mary's, Denton, Rochester Road.  
9:30am and 11:30am.

These times may be subject to a weekly change. I hope to see some of you at Mass this weekend, and may God's blessing be with you and your families.

Thank you in advance, I hope you all have a great week.  
Susanne Gibbons

### This Week's Prayer

*I commit myself to the Will of God.*

*I give my heart and soul to God.*

*I deserve the best in Life.*

*I serve the best cause in Life.*

*I AM a Divine manifestation of God.*

*In Jesus Christ's name I pray,  
who lives and reigns with the Father and  
the Holy Spirit,  
One God  
forever and ever.  
Amen*

Bringing the community back together...



# #HereForYou Social Media Campaign

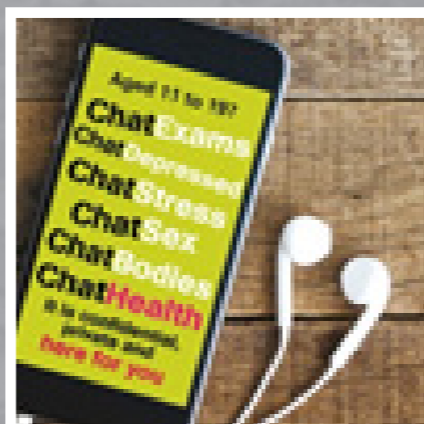
Find below some helpful support services that you can turn to during this difficult time.



## 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](http://www.kentresiliencehub.org.uk) #KentTogether.



## ChatHealth

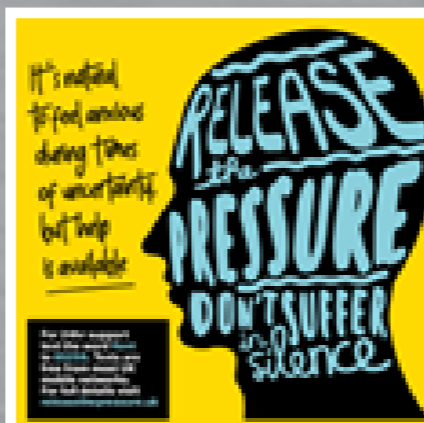
If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou. Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit [www.kentyouthhealth.nhs.uk](http://www.kentyouthhealth.nhs.uk) for more info #KentTogether.



## Kooth

Aged between 10-16 and need mental health support? Kooth is #HereForYou.

Please visit [www.kooth.com](http://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](http://www.kentcht.nhs.uk/school-health) or ring 0300 123 4496 for more information. #KentTogether #HereForYou #MentalHealthAwarenessWeek

Bringing the community back together...

