

# THE KEY STAGE 3 POST

Issue 10

Year 7

## This Week's Message...

Dear Students, Parents/Guardians,

I hope everyone is continuing to stay safe and well.

"Courage, determination and fight in abundance." I think if anyone had these words used to describe them, it would make them feel very proud indeed.

This quote was taken from a local News story. It has been used to describe a 5-year-old boy, who has managed to raise £1 million for the Evelina London Children's Hospital. He completed a 10KM charity walk. This is quite a challenge for any 5-year-old; my own daughter is coming up to 4 and I would be extremely proud of her if she managed to do this! What makes this a truly inspirational story, is that Tony is a double-amputee. Sadly, Tony had both of his legs amputated after suffering abuse from his biological parents in 2017. After receiving his first set of prosthetic legs, earlier this year, he challenged himself to walk 10KM in them. He succeeded and continues to raise much more than the £500 he originally set out to achieve.

A truly inspiration story, one of many we have heard during our lockdown. What can we take away from this? Well, Miss McCormack has written about the idea of a growth mindset. Believing in oneself and overcoming obstacles. What I like about both Tony's story and what Miss McCormack has written, is this idea of a journey. Our lives are made up of lots of different paths and each one we walk down we will encounter obstacles that we need to navigate. We are inherently creative beings and we have been gifted with the skills to overcome any challenge... as long as we put our mind to it. In issue 8, I mentioned the idea of the growth mindset. I believe this is the key to overcoming obstacles and opening doors and opportunities in your life.

This pandemic is a part of your life's journey. When you look back, how will you see it? I challenge you to take something positive away from this experience in your lives. Use it to enrich the next part of your journey!

Click [HERE](#) to see the News story.

Take care & stay safe,  
Mr Steadman



"It is incredible to think that just a few weeks ago Tony could barely take a few steps. He is such a strong and determined boy and we are so proud."



SHOUT OUTS

### Top good comments!

- Liam W - 7STA
- Ayomide O - 7HB
- Dilara C - 7SDC
- Izabella N - 7STA

## Quote of the Week

NOTHING IS IMPOSSIBLE.  
THE WORD ITSELF SAYS  
'I'M POSSIBLE!'

AUDREY HEPBURN

## Wall of Fame!

- |                  |                       |                         |
|------------------|-----------------------|-------------------------|
| Liam R<br>PE     | Harry B<br>Geo/Maths  | Olivia N<br>Art         |
| Brandon G<br>Art | Oliver S<br>Top 10 GC | Vanshraj D<br>Top 10 GC |
| Daria P<br>Dance | Mark B<br>Top 10 GC   | Alicja S<br>Art         |

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

## Tutor Corner

I hope you and your families are keeping safe and well. I want to share with you a talk I recently listened to by psychologist Carol Dweck. During her talk, she spoke about a high school in Chicago where students who did not pass a test got a grade of 'not yet' instead of 'fail'. As a Psychology teacher who recognises that we all learn in different ways and in different time frames, this really stuck with me. If you 'fail' a test you may feel like you've got nowhere to go, but if you get the grade 'not yet', you are on a learning journey. This allows you to develop a growth mindset; the belief that even the most complex of skills can be developed through effort. People with a growth mindset regard failure as a challenge. Therefore, my main message to you, as you continue your journey through St John's, is to never see failure as a sign of giving up, see it as a great opportunity to learn more and overcome the obstacle!

Finally, a quick message for 7OMP, please continue your fantastic work. It has been a pleasure being your form tutor!

Best wishes to you all,

Miss McCormack

Bringing the community back together...



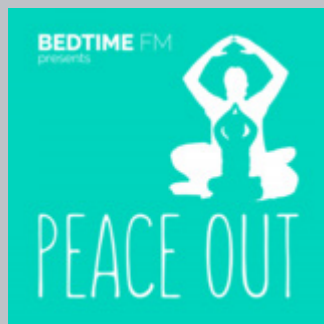
# Well-being Tasks

“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

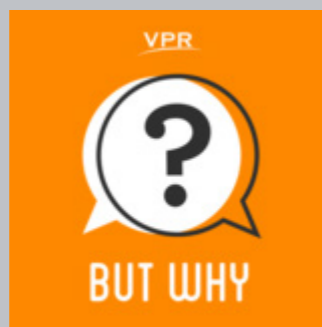
Podcasts are an excellent way to learn and laugh. You can listen alone or with your family. They are great for long car journeys or walks in the park.

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.

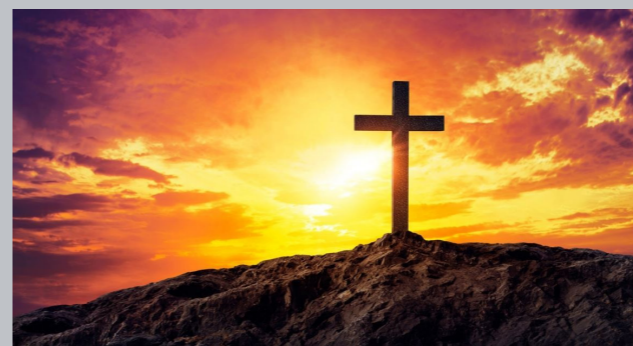
## Message from Susanne Gibbons, Assistant Chaplain.

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

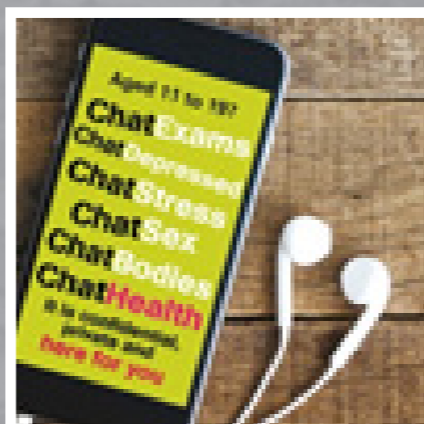
Find below some helpful support services that you can turn to during this difficult time.



## 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

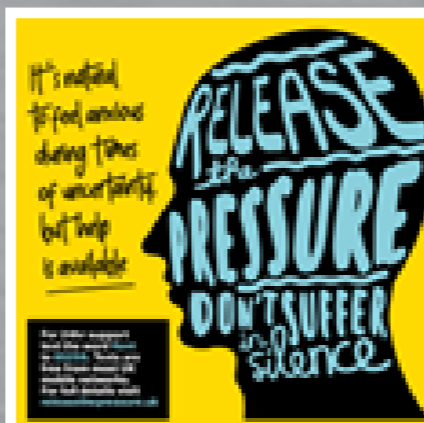
If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou. Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit [www.kentyouthhealth.nhs.uk](http://www.kentyouthhealth.nhs.uk) for more info #KentTogether.



## 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...

