

THE KEY STAGE 3 POST

Issue 4

Year
8

This Week's Message...

A quick message from your Head of Year

Dear Students, Parents/Guardians,
I hope you are well and enjoyed celebrating VE day over the Bank Holiday weekend.

Whilst on the topic, Mr Murphy would like to remind you that in recent weeks the History Department has set work to be undertaken at home which involves the creation of VE Day posters, VE Day bunting and the Holocaust Memorial stones. He would like this work to be kept somewhere safe and brought into school upon our return. The VE Day posters and VE Day bunting will be used as decorations for the VE/VJ Day Celebration Tea Party scheduled to take place in September. The Holocaust Memorial stones will be used to create a Holocaust Memorial, within the school grounds, to commemorate the 75th Anniversary of the Liberation of the Camps in 1945.

This week I thought I would take the opportunity to share with you some GC data from Mr O'Shea. Since the school closed, staff have logged 2942 GC, 759 of which have been issued to Year 8 students. This is a credit to how hard you have continued to work from home in such difficult circumstances. It brings our overall Year group total to 13,686 since September – a fantastic achievement; you really should be proud of yourselves!

Our top achieving Year 8 form group in lockdown is 8CCA with 168 GC, but 8MNM are still leading the way with 2642 GC overall since September. A great effort by all!

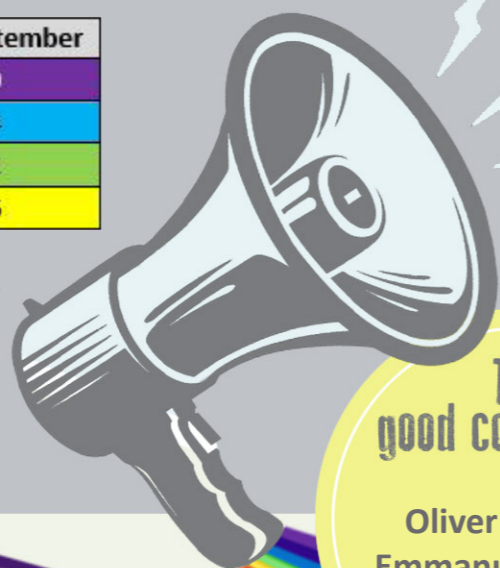
The following students are the top 5 GC achievers for Year 8 since lockdown so well done to Ethan T (8CCA), Elliott B (8MNM), Jessica L (8CCA), Luca B (8CRC) and Nathan T (8CRC).

The table below refers to the House system. St Clare are still out in front (well done Mr Ward!) with St Ambrose currently in second place, despite not achieving as many GC in lockdown as St Patrick. It's all still to play for!

House	GC Since Lockdown	GC Since September
St Clare	1187	19,020
St Ambrose	846	16,774
St Patrick	909	16,052
Grand Total	2942	51,846

I wish you all a pleasant week – keep working hard, take care and stay safe.

Miss Munns.



SHOUT OUTS

Top
good comments!

Oliver R (8SWP)
Emmanuel E (8CCA)
Mela B-R (8CRC)

Why not try this week...

Writing a Covid-19 related prayer.



Wall of Fame!

Carlvin O Science	Harrison G Geography	Karamvir D Geography
Oliver B (8MNM) Computer Sci	Kieran B Maths	Ranjot S Maths
Katerina N Computing	Anna-Marie I Computing	Muhammad Q Spanish

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

This week's home share!



Kieran B (8MNM) has been practicing his DIY skills, with the support of his Dad, over the past few weeks. He has designed and made a little table for his bedroom, predominately from wooden crates.

The pictures show the different stages of its construction. You look thrilled with your efforts and very pleased with the final product Kieran – well done. The DT Department will be impressed with your handiwork!

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...

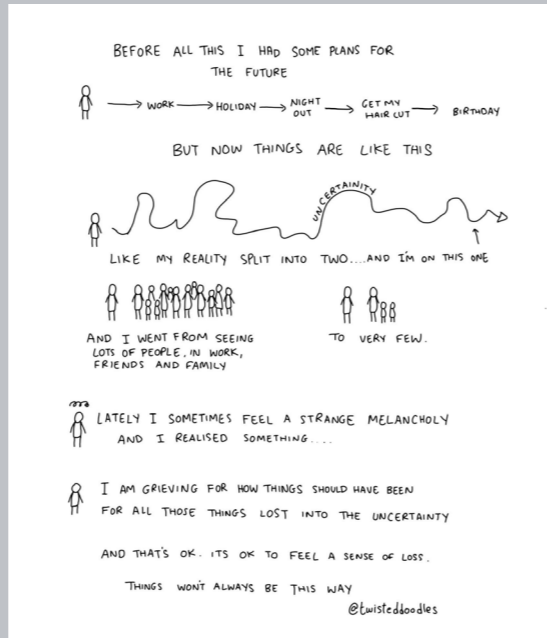


Well-being Tasks

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

“Rest and be thankful!” William Wordsworth

The Covid-19 pandemic, and the continuing lockdown, have disrupted our lives. Today, more than ever before in our lifetime, we are faced with enormous changes to our everyday existence, new challenges, and feelings of doubt and uncertainty. While the drastic measures imposed by the government have focused on our physical health, we want to make sure that you also understand the need to take care of your mental health. That is why this week’s Well-Being Tasks are suggesting multiple ways for you to take a break, kick back and relax. Yes, it is important to do your school work and maintain a routine – but it is equally important to take some time for yourself and do the things that make you happy. If you want to follow in Mr Khan’s yogic ways, or crochet like Miss Adamek, have a read!



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 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 8 – Mrs Hodges: Lhodges@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

Lord Jesus, you heal the sick.
We pray that the Coronavirus that has affected so many in our world can be contained, controlled, and cured.
We lift up to your mercy all those affected, all those working hard to study and cure this illness, and all health care professionals that are working day and night to keep us safe.
Help us, Lord, to trust in your merciful care.
Amen.

Bringing the community back together...



24 different ways to take a break

1 Home workouts

2 Call a friend

3 Read

4 Coffee break

5 Watch a Film

6 Watch a play

7 Meditate

8 Bake a cake

9 Light a candle

10 Do something creative

11 Study a new language

12 Watch a funny YouTube video

13 Acts of kindness

14 View some Art

15 Practice Yoga

16 Breathe

17 Learn about a new Culture

18 Create a Vision Board

19 Declutter

20 Unplug

21 Watch the stars or clouds

22 Home workouts

23 Write a journal

24 Take a nap

We have more information on all of these breaks. [CLICK HERE](#) to have a look!

Bringing the community back together...



The Time Planner!

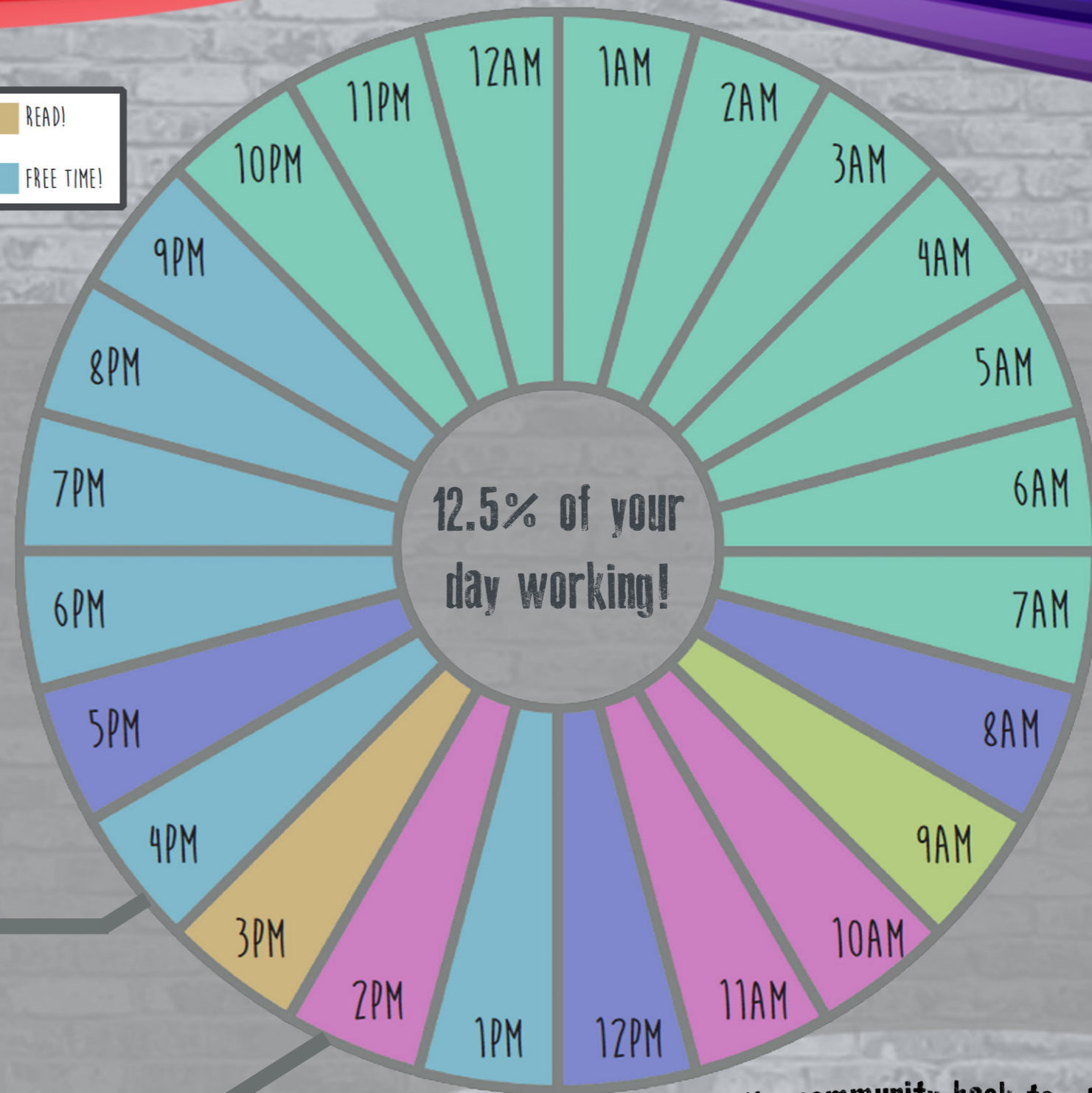
■ SLEEP!	■ EXERCISE!	■ READ!
■ EAT!	■ WORK!	■ FREE TIME!

HOME LEARNING DURING THE PANDEMIC CAN BE TRICKY TO NAVIGATE. YOUR TEACHERS APPRECIATE THE INDIVIDUAL CHALLENGES THAT YOU ALL HAVE AND ARE THERE TO SUPPORT YOU. THIS TOOL IS A SIMPLE ONE, BUT ONE THAT IF USED CORRECTLY, CAN REALLY HELP PLAN YOUR DAY. I THINK IT ALSO PUTS INTO PERSPECTIVE HOW MUCH TIME WE ARE ADVISING YOU TO SPEND ON YOUR TASKS AT HOME!

TO THE RIGHT YOU WILL SEE A DAY SPLIT INTO 24 SEGMENTS. THIS IS AN EXAMPLE, YOUR DAY WILL BE DIFFERENT COMPARED TO THIS AND CONTAIN DIFFERENT TASKS. TRY AND HAVE A GOOD ROUTINE AND STICK TO IT. YOU CAN USE THIS AS A GUIDE FOR YOUR OWN DAY. SEEING YOUR DAY LIKE THIS, AND BREAKING IT INTO CHUNKS, MAKES IT MANAGEABLE!

REMEMBER YOU ARE BEING ASKED TO COMPLETE 2-3 HOURS (YEAR 7/8) AND 3-4.5 HOURS (YEAR 9) OF STUDY. IT MAY BE THAT ONE OF THE WORK SEGMENTS YOU EXCHANGE FOR ANOTHER ACTIVITY. WE WOULD RECOMMEND NOT TRYING TO DO 2 WHOLE HOURS STRAIGHT, BUT RATHER TO HAVE REGULAR BREAKS.

YOU CAN ADAPT THIS BY ADDING IN SUBJECTS, SPLITTING SEGMENTS IN HALF TO REPRESENT 30 MINUTES, OR BY ADDING IN DIFFERENT TASKS!



We have created a PDF for you to use at home.
[CLICK HERE](#) for Year 7/8 and [CLICK HERE](#) for Year 9!

Could you try one of our 24 break tasks from the well-being section in your free time?

Split your work time up! Do not work continuously for over an hour.

Bringing the community back together...

NOW MAKE YOUR OWN!!!

USE THE TEMPLATE UNDERNEATH TO SPLIT YOUR OWN DAY UP. MANAGE YOUR TIME AND STICK TO THIS ROUTINE AS MUCH AS POSSIBLE. IF YOU ACCIDENTALLY MISS A WORK SEGMENT, NO WORRIES, REPLACE ONE OF THE LATER ONES OR DO AN EXTRA SEGMENT THE NEXT DAY!
 I HEARD A GOOD PHRASE ON THE NEWS WHICH WAS 'WIN THE MORNING': TRY TO GET YOUR WORK DONE EARLY AND THE AFTERNOON IS FREE TIME!
 YOU CAN ALSO USE THIS AS A POSTER AND PLACE IT ONTO YOUR FRIDGE OR WALL (SEEK PERMISSION FIRST!)

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