

THE KEY STAGE 3 POST

Issue 8

Year
9

This Week's Message...

Dear Students, Parents/Guardians,

This week I read an article about a woman in Australia who was decorating her home. She removed the wallpaper and written on the plaster underneath was a helpful message that had been hidden for 22 years. The message read "If you are papering this room again, it takes 8 rolls of paper to cover the whole room, I know this because I only bought 6 rolls, and this was not enough". A great idea to give advice to others, and I wonder if the person who wrote the message knew the impact of their words 22 years later or that the message would be uploaded online and seen by millions.

Although the story is unusual and funny, I would like to focus on the power of messages; if you could give one piece of helpful advice that would be found 22 years later, shared online and seen by millions, "What would it be?" Would you highlight that regardless of how bad things may feel, you can always draw strength through your faith and close relationship with God? Would you talk about your experience of 2020 and the importance of the support shown by your family and friends? Or would you talk about time and the importance of not wasting it?

Wishing you all the best for the week ahead.

Mr Magee and the Whole Year 9 Team

Quote of the Week

**"Never underestimate the difference YOU can make in the lives of others.
Step forward, reach out and help.
This week reach to someone that might need a lift."**

Pablo

Deputy Corner

Dear Year 9,

When I was 14, my parents decided to move our family to England.

I thought it was the worst thing that could have ever happened to me. The doubt, uncertainty and anxiety dominated my every waking moment. I wasn't sure what to expect, I didn't know whether I would make any friends or when I would see the rest of my family again.

I imagine many of you might be feeling something similar right now.

So it is now, more than ever, important that you remember, as Philip K. Dick aptly put it, that; "Everything in life is just for a while." Everything you're going through right now, as hard as it may seem, will have its expiry date. One day, things will get better. Until then, your teachers and pastoral team (and a good book!) will be on hand to help you get through this.

Miss. Adamek



Pastoral Manager Message

The Year 9 Pastoral team are missing the students a great deal and are very proud of the way everyone is working. There has been some amazing work undertaken and submitted to teachers. Keep it up! We appreciate how challenging this is and thank you all for doing your best.

We would like to thank all the parents and carers too who are juggling home-schooling with work and other responsibilities. If there are any questions or issues, please do not hesitate to contact one of the team via email, we are working from home too, but are available to answer any questions or deal with any issues that you may have.

There have been several questions surrounding options for Year 10. The school is organising the options and confirmation will be released to students and parents in the coming weeks.

Please rest assured that you will be kept fully informed of any changes regarding returning to school.

Take care everyone. Stay safe.

Mrs. Buckingham

Shout Outs! Wall of Fame

Nazmin H
History

Michael L
History

Fayo K
Geography

Bailey W
History

Ayman H
Geography



Top good comments!

Mati P - 9LBE
Imogen M - 9ETH
Alexandra G - 9EM
Nancy J - 9CFI

Bringing the community back together...



Well-being Tasks

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

“How much good inside a day? Depends how good you live `em”

Shel Silverstein

For weeks now we have been providing you with opportunities and ideas for improving your overall well-being. Some of us still remember what it was like to be a teenager (hard!), but we have never lived through anything similar to what you’re going through right now. These last few weeks we have been witnessing yet another change – some of your friends or siblings, neighbours or colleagues, have been heading back to school amidst all of this uncertainty.

We know it’s all been a challenge and we want to help you take the best care of yourselves you can under the circumstances.

Attached to this week’s bulletin you will find a Well-Being Checklist – a quick tool to help you identify key components of a good day. We strongly encourage you to try and incorporate all of them in your day-to-day life; if there’s anything that you’re missing, or aren’t sure how to tackle, feel free to use our tips or reach out to a member of your Year Team. We are here to listen and support, and help you live as many good days as possible.



[Click Here](#) for your PDF checklist.



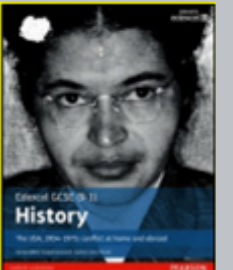
Notices

GCSE History Resources- Mr Smith

I have set up all students in Year 9, who study GCSE History, onto the Pearson Active Learn website platform, so that they can access textbooks and revision guides for every topic studied on the three year GCSE course.

If you study GCSE History, you will have received an email from me to your school email account, with a Username and Password to activate your account and access the GCSE History textbook and revision guides.

If you have any issues activating your account, then please email me: BSmith843@stj.kent.sch.uk



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

All-Powerful God, when my thoughts surge up and seek to shake my rest in You, when anxiety and agitation and fear rise up to disturb me, please remind me to bring everything in prayer to You, to lay it all at Your feet with thanksgiving for Your provision and care, so that nothing will break the calm and security which I possess in You. I thank You, merciful and gracious God, that I can bring all my requests and burdens to You.
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.



Single Point of Access (SPA)

If you are concerned about a young person's mental health and are not sure what extra help is needed, you can call the Single Point of Access (SPA) ON 0300 1234496. The SPA is there to help you explore the difficulties and find the most appropriate response. We are still #HereForYou.

If you are a parent or teacher you can also access useful resources and service information at: www.kentresiliencehub.org.uk



Big White Wall

Big White Wall provides mental health support for young people aged 16-18 in Kent. Visit www.bigwhitewall.com to access the supportive online community which includes lots of guided support course and resources.

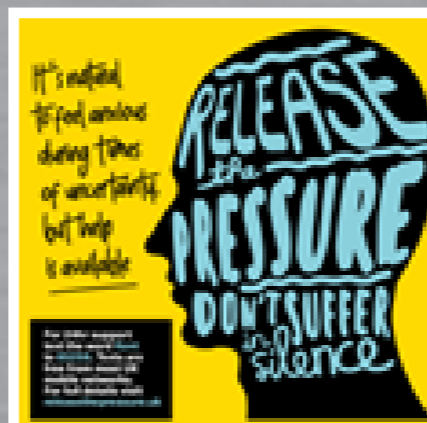
Kooth also provides free, safe and anonymous online support for younger people: #KentTogether #HereForYou



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 #MentalHealthAwareness-Week



Bringing the community back together...

