



## Assembly notices

Monday 20<sup>th</sup> July 2020

### Reflection for the week

*Well. It is here. The end of a very strange school year.*

*When we finish things in life, we often reflect on them – what went well? What could have gone better? It is this self-reflection that helps us to build on the successes of the past, so as to be more successful in the future.*

*You will have time now to rest and prepare for a very fresh start in September – where school will be up and running for you – albeit a little bit differently than it did before.*

*As the school year draws to an end you may count your blessings and look back with a smile on the memories created.*

*It is quite possible to find yourself feeling sorrowful about the mistakes made of the year that's gone by! This is completely normal. Everybody has done things they wish they could have done differently. Or perhaps the memories of the last month have been ones that you may wish to leave behind you forever. Instead of letting this get you down, look ahead. Every ending is a pathway to a fresh start. Each new year is an opportunity to make changes, set new goals and begin afresh.*

*The idea of a fresh start can seem overwhelming. It doesn't need to be this way. Whether you want to move on from negative influences in your life, or find yourself feeling a bit hopeless, or are faced with a big change – you are not alone.*

*Starting over is very much a part of everyone's life. Everyone needs a fresh start once in a while – sometimes more often than we would like.*

*As we end the year and look forward to September, consider the following for your new fresh start:*

*Make a plan – what is it that you would like to change? What would you like to stay the same? The answers to these questions will give you a starting point from which to build upon. Write it down and remind yourselves of what you would like from the year ahead.*

*Be patient – take one step at a time. Things cannot change at once. Break the bigger picture down into small chunks that are easy to achieve. The big changes will come from the little ones.*

*Take a brave step – step out of your comfort zone – this will take courage, but you will find that the outcome will not be what you expected.*

*Be resilient – if one way of making your change doesn't quite work out – do something different and try again. There are often more routes to a goal. Learn to be flexible.*

*Be realistic – setting yourself unrealistic goals may mean a higher chance of failure – and therefore may make you feel disheartened and want to quit.*

*Remember – that failure is the opportunity to begin again more intelligently (Henry Ford).*

**Please see the assembly notices for this week:**

### ***Return to school / induction day***

School will look a little different when you return in September. We will need to ensure that you are fully aware of new behaviour expectations, your new timetable and new health and safety rules which are linked to Covid-19.

As a result, before your actual first day of learning, you will be required to attend an **induction day**. The days are different for separate year groups and are as follows:

New year 11 pupils –	Tuesday 25 <sup>th</sup> August 2020 – 8.40am – 12.30pm
New year 10 pupils –	Wednesday 26 <sup>th</sup> August 2020 – 8.40am – 12.30pm
New year 9 pupils –	Thursday 27 <sup>th</sup> August 2020 – 8.40am – 12.30pm
New year 8 pupils –	Friday 27 <sup>th</sup> August 2020 – 8.40am – 3pm.
New year 7 pupils –	Thursday 3 <sup>rd</sup> September 2020 – 8.40am – 2.30pm Friday 4 <sup>th</sup> September 2020 – 8.40am – 2.30pm

All pupils will return to school on **Monday 7<sup>th</sup> September 2020**.

### ***Year 11 Results Day***

Pupils will receive their GCSE results on Thursday 20<sup>th</sup> August 2020 between 10am and 12pm.

Pupils should attend school either on their own or with one parent/carer only.

**Social distancing will be in operation.**

### ***Health and safety***

We hope that you have been and continue to be well, safe and healthy. We continue to remember in our thoughts and prayers those who have been directly affected by coronavirus – staff, their families, our pupils and their families. If everyone works together this will come to an end. Please follow the advice set out by the UK government:

- stay at home as much as possible

- complete your school work at home
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly

You can spread the virus even if you don't have symptoms.

### ***Mental Wellbeing***

Many of you will be feeling anxious because of the dramatic change to our lives. This is normal. It is okay to feel this way. Try to help your mental wellbeing in the meantime:

- Limit the amount of news you watch and read. The constant reminder will only add to your anxiety.
- Read a novel or listen to an audio book. This will act as escapism and take your imagination to new and exciting places.
- Limit the amount of social media you access – fake news thrives on social media platforms like Facebook, Instagram, Twitter and Snapchat. Fake news will only worsen your anxieties.
- Exercise – you are allowed out of your homes for a walk or another form of exercise. However, try out PE with Joe Wicks' – your teachers have been. Exercise releases chemicals called endorphins which trigger a positive feeling in your body.
- Keep to a routine – set an alarm in the morning, make your bed, brush your teeth, set aside time for school work, set aside time for downtime and exercise, and do not go to bed too late.

Stay safe. See you all in September.

*Attitude Determines Altitude*