



# Assembly notices

4th May 2021

## Reflection for the week

American President Franklin D. Roosevelt once said that 'we have nothing to fear but fear itself'.

Fear is something that we all feel. And by fear's very definition, it is often viewed as being a negative emotion.

However, without fear we wouldn't be here. Fear is our warning system – it keeps us safe and away from harm.

Our ancestors would have been killed off by wild animals or by reckless acts if we didn't have fear. Therefore, fear should not always be seen as a negative emotion.

Fear becomes negative when we allow it to control us. If we can learn to manage our fears we are able to successfully allow it to guide us through life. As human beings, what we need to do is learn how to manage fear. Fear becomes dangerous when we begin to fear it – *fearing* fear.

Fear is a part of our evolutionary make up.

If and when you do struggle to manage fear, consider the use of the following strategies to help cope, taken from NHS Inform:

**Take time out** - It's impossible to think clearly when you're drowned in fear or anxiety. The first thing to do is take time out so you can physically calm down. Distract yourself from the worry for 15 minutes by walking around, making a drink or having a bath.

**Breathe through panic** - If you start to get a faster heartbeat or sweating palms, the best thing is not to fight it. Stay where you are and simply feel the panic without trying to distract yourself. Place the palm of your hand on your stomach and breathe slowly and deeply. The goal is to help the mind get used to coping with panic, which takes the fear of fear away.

**Face your fears** - Avoiding fears only makes them scarier. Whatever your fear, if you face it, it should start to fade. If you panic one day getting into a lift, for example, it's best to get back into a lift the next day.

**Look at the evidence** - It sometimes helps to challenge fearful thoughts. For example, if you're scared of getting trapped in a lift and suffocating, ask yourself if you have ever heard of this happening to someone. Ask yourself what you would say to a friend who had a similar fear.

**Don't try to be perfect** - Life is full of stresses, yet many of us feel that our lives must be perfect. Bad days and setbacks will always happen, and it's important to remember that life is messy.

**Visualise a happy place** - Take a moment to close your eyes and imagine a place of safety and calm. It could be a picture of you walking on a beautiful beach, or snuggled up in bed with the cat next to you, or a happy memory from childhood. Let the positive feelings soothe you until you feel more relaxed.

**Talk about it** - Sharing fears takes away a lot of their scariness

**Go back to basics** - Simple, everyday things like a good night's sleep, a wholesome meal and a walk are often the best cures for anxiety. However your relationship with fear – consider something that causes you worry – anxiety – fear – what techniques can you try to help you next time you have a moment where you feel that fear is in control.

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

### ***Year 9 Options***

This week our Year 9 Options process continues.

Pupils in year 9 will begin a four week careers fair which will help guide them through the Options process and provide careers advice in this important stage in a child's schooling journey.

This week pupils will receive presentations from different departments on why their subject areas are important for study, what the GCSE course outline is and how the subjects link to career pathways.

Pupils in year 9 will choose their option subject in our Options Guidance Evenings, which will take place week commencing 17<sup>th</sup> May 2021. Please look out for appointment letters, which were sent out in the post last week.

### ***Keeping safe – stranger danger***

We live in a community that is, generally, caring and supportive of each other. However, as in any part of the world there are people that we cannot trust and that we need to be wary of. Therefore, it is important that everyone – especially children and young people – is wary of strangers.

- When travelling to and from school, or even just socialising with your friends at the park or a playground:
- Be alert to what the things happening around – have the confidence to know when something is not right and be strong enough to seek help when needed
- Never approach or talk to strangers who are in cars or vans and never get into a car or van with a stranger
- Don't be afraid to say 'no' to a stranger. If a stranger makes you feel unsafe, always 'yell and tell'
- If someone makes you feel unsafe then run to a safe zone – a place where there is someone who you can trust and talk to – maybe a school, a shop, a police station or a friend's house
- Never give your name, phone number or address to a stranger – whether in person or online
- Never follow a stranger – keep your distance from them – and do not accept any gifts from them
- Look out for one another.

## ***Punctuality to school***

It is compulsory to attend school on time. This is for many reasons, but one of the main reasons is health and safety. At school we are in loco parentis – in other words we act on behalf of your parents/ carers – and as such, we need to know where you are and that you are safe.

In addition, being punctual is a quality that is important in having now and in the future:

- Punctuality shows that you are organised
- It shows that you are dependable
- It reflects professionalism and attention to detail
- It shows respect for your teachers and other pupils.

Again, you are reminded that:

- All pupils in Key Stage 3 should be in school no later than 8.40am.
- All pupils in Key Stage 4 should be in school no later than 9.40am.

If you are late to school, you will be issued a Late Detention, served at lunchtime.

## ***Year 11 lunch time support***

We will be providing lunchtime support for pupils who need to catch up on missed learning. Teachers will ask certain year 11 pupils to meet with them in 1A5 at lunchtimes to have one-to-one tuition sessions or for pupils to complete work.

## ***Key Stage 3 reading***

Every Friday Key Stage 3 classes will begin form time reading sessions.

Form time reading is designed ensure that all pupils in KS3 are taking part in regular reading for pleasure and to improve their reading for meaning. It will also ensure that pupils improve their reading age and reading comprehension, which will in turn support their progress across all subjects.

We look forward to hearing your reviews:

Year 7 – *Boy in the Striped Pyjamas* or *Private Peaceful*

Year 8 – *The Woman in Black* or *Frankenstein* or *Blood Brothers* or *Stone Cold*

Year 9 – *Lord of the Flies* or *Trash*

### ***Extra-curricular clubs***

We are delighted that extra-curricular clubs have returned this half term. More clubs have been added this week and are listed below.

Everyone should try to attend an extra-curricular club because by participating you will develop your communication skills, meet new friends and become more confident.

<u>Day</u>	<u>Club</u>	<u>Year Group</u>	<u>Staff member</u>
Mondays (AM)	Basketball Club	Year 11	Coach Fernando
Mondays (PM)	CCF	Year 10	Ms Webb
	Boxing fitness	Year 10	Mr Paton
Tuesdays (PM)	St John's Cadets	All year groups	Ms Webb
	Basketball Club	Year 8	Coach Fernando
	Boys football	Year 8	Mr Klassen
	Netball	Year 8	Ms Bartley
Wednesdays (PM)	Basketball Club	Year 9	Coach Fernando
	Boys football	Year 9	Mr Paton
	Girls football	Years 8 and 9	Mr Olaniran
	Netball	Year 9	Ms Bartley
Fridays (AM)	Basketball Club	Year 10	Coach Fernando
Fridays (PM)	Basketball Club	Year 7	Coach Fernando
	Boys football	Year 7	Mr Paton
	Girls football	Year 7	Mr Olaniran
	Netball	Year 7	Ms Bartley
	Boxing fitness	Year 11	Mr Paton

If you wish to attend a club in the Summer Term you must have parental consent. Please speak to Ms Webb or Mr Olaniran for a letter.

### ***Taking pride in your environment***

Please be mindful of the environment that you work in. Nobody wants to work in an untidy or messy classroom. Nor do they wish to use a toilet which has been used carelessly.

This is our school. Look after our school.

Additionally, as you have been told repeatedly, germs spread in toilets – when you use them properly and carefully, this reduces the amount of germs that can infect you.

### ***Toilets***

A seemingly growing number of pupils across all year groups are going to the toilet during lesson time. You are reminded that we adjusted our school rules on going to the toilet during lesson time in sympathy with your lack of routine during the lockdown.

Unfortunately, we will return to the rule of not going to the toilet during lesson time in the Summer Term if too many pupils are requesting to be excused from their lessons.

- You should use the toilet before school and at lunchtime
- Only two pupils are permitted in one toilet block at any one time
- You should only use the toilets that have been assigned to you.

### ***Uniform notice***

When you are in school you are expected to be in full school uniform and our expectations on appearance and professionalism has not faltered.

- Look after your school uniform
- Piercings: nose piercings, smiler piercings, eyebrow piercings or multiple piercings are not allowed – and boys are not allowed piercings at all
- Hair: no cuts, lines or high top. We do not permit afros and hair must be your natural hair colour.

### ***Equipment***

You are reminded of the basic equipment that you are expected to bring to school:

- Several blue or black pens
- Several HB pencils
- A ruler with cms and inches
- A pencil eraser
- A scientific calculator
- A reading book

You should also try to bring a glue stick, highlighters and a dictionary to school.

## ***Social Distancing***

Schools must continue to enforce social distancing, year group bubbles and Covid-19 specific rules, such as wearing face coverings in communal areas and now in classrooms.

So therefore, we are obliged to remind you that we all have a duty to abide by the additional school rules:

- You must keep two metres apart where possible from staff in the school
- You must keep at least one metre apart from other pupils in the corridors and stairwells
- You must not shake hands, fist bump or hug other pupils
- When wearing a face covering, do not touch the part of the face covering that is in contact with your mouth and nose
- When wearing a face covering it should cover your mouth and nose
- Be aware of what you touch – avoid touching handrails or door handles. You should sanitize your hands after touching handrails or door handles – consider this especially when using public transport
- You must not lend nor borrow equipment
- Wash your hands regularly and properly – for at least twenty seconds – especially when arriving to school, before and after lunch and when leaving school
- Gloves are not effective ways of preventing the spread of germs and diseases
- You must stay in your year group bubble – you are not allowed to wander around the school unsupervised. You are not allowed to mix with any other pupil from another year group whilst you are in the school – including lunchtime. Entering an area of the school where there is a bubble which is different to yours will lead to cross contamination and further restrictions on your movement around the school. This includes crossing areas at lunchtimes.
- Only two pupils are permitted in a toilet block at any one time – and pupils should not go into any other toilet block other than those assigned to you.

Please also be reminded that if you are seen fist-bumping or making physical contact with others, you may be issued with a fixed term exclusion. If a pupil even playfully slaps, touches or grapples with another pupil they will be issued with a fixed term exclusion. You should not touch anyone.

You are reminded that that any pupil who acts in a way that causes panic will be sent home immediately with a meeting arranged with their parent/ carer before they can return to school.

Behaviours that cause panic include, but are not limited to, fake coughing or sneezing on others, making physical contact with others, spitting, fighting, play fighting and claiming that they have Covid-19.

Additionally, please continue to be vigilant and reflect on the seating plan of the canteen and main hall at lunchtime. Tables are in rows facing forward. This is in place purposefully as when people face each other when they eat there is a greater chance of the spread of saliva spreading involuntarily when talking or eating and hitting someone's face. This means that germs are more likely to spread.

Therefore, when eating lunch you must sit forward.

Seating plans in lessons must also be kept to. Pupils are not allowed to move seats, as you need to be socially distant from as many people as possible. The less different people you are near the better for you. If pupils disregard this notice then they are putting others at potential risk. We cannot and will not accept this.

Please be mindful of your noise levels when being escorted from your classroom for an option subject, lunch or at the end of the day. Excessive noise causes anxiety for many people and it disrupts lessons that are going on. Pupils who make excessive noise around the school will be sanctioned.

### ***Staying safe online***

- Never give out your real name to a stranger on the internet
- Never tell anyone you do not know where you go to school
- Never give out your address or telephone number to someone you do not know
- Tell an adult immediately if someone makes inappropriate suggestions, makes you feel uncomfortable online, or asks you to send something to them online, for example photographs
- If someone you do not know does any of the following – these are danger signs – you should tell your parent or carer immediately!
- If they insist on having your address or phone number
- If the person emails you pictures which make you feel uncomfortable and which you would not want to show to anyone else
- If the person wants to keep their chats with you secret
- If the person tells you that you will get in trouble if you tell an adult what has been going on
- If the person wants you to email or send pictures of yourself or use a webcam in a way which makes you feel uncomfortable
- If the person shares information with you and tells you not to tell anyone else about it
- If the person wants to meet you and tells you not to let anyone know

### ***Social Media and Fake News***

There has been a massive increase in the amount of fake news and clickbait on social media platforms over the past 5 years. You must be careful about trusting what you read:

- Consider the source of the information – click away from the story to investigate the site, its contact information and its mission
- Check the author – do a quick search on the author – are they credible? Are they real?
- Check the date – reposting old news stories doesn't mean they're relevant to current events
- Check for subjectivity – does the author seem biased? Consider if your own beliefs could affect your own judgement
- Read beyond the headlines – headlines are there to create sensation
- Check the sources where an article claims to have got their research
- Consider that a story might be an example of satire – and therefore has been exaggerated for comedic reasons

- Use fact checking sites.

### ***Cyber-bullying advice***

Social media sites, including messaging apps, claim to have a zero-tolerance approach to cyber-bullying, however in a recent survey, 91% of people say that they were not satisfied with how the reports were dealt with.

All apps/ sites allow you to:

- Report abuse
- Block users.

If cyber bullying affects you speak with your parents or carers and it can be reported to the police – cyber bullying is a criminal offence. If the police were to investigate they can find the culprit pretty easily – especially as every post, message, picture or video added to the internet leaves a digital footprint – even if the person who has added the post deletes it, the post still exists somewhere.

However, some things should be considered:

- It is easier for cowards to write something abusive behind a computer screen than to say it in person
- Any post that is uploaded can be shared or screenshotted and sent to anyone
- Cyber bullying is a criminal offence. A cyber bully could therefore get a criminal record
- Cyber bullies can have their accounts deleted.

Stay safe.

*Attitude Determines Altitude*