



Assembly notices

Monday 14th June 2021

Reflection for the week

Francis was a young man who returned to the school he had once attended. Francis had become a professional footballer playing in the Premier League at the age of 18.

He started off playing for his local team on a Saturday and was scouted by two Premier League clubs. At the age of 15 he was signed for £15 million.

Francis' preferred position was a winger. He would score a lot of goals, and this was picked up by Sky Sports News when the news of his £15 million transfer hit the headlines.

Francis' favourite position to play was up front – as a striker – and he loved this position because this was what he found most natural – easiest almost – he had a natural flair for finding the goal.

When Francis returned to his school, he met the extremely excited pupils who were sat where he used to sit only a few years before.

One of the pupils put up their hand and asked a question: how did you become a success?

Francis' response was that he loved to play upfront and score goals and was good at it from a young age. One day though, he was pulled aside by his local team manager and was told that if he didn't work on his weaknesses that he wouldn't make it.

Francis hated to defend – he was a clumsy tackler, he found precision passing hard and he didn't have the discipline that defenders needed. He didn't enjoy this aspect of the game because they didn't come natural to him.

BUT he wanted to be a success.

So Francis practised his shots, his runs – the things he enjoyed and was good at.

BUT he worked harder on the things he found more difficult – defending, tackling, precise passing and so on.

It took a lot of time – he had to be patient – and it was frustrating and sometimes he wanted to quit and not bother

BUT he didn't. He knew that if he didn't work hard in all of these areas he would not have been the success he is now and the greater success he will be in the future.

This week is National Sports Week. Athletes, no matter what the discipline or sport, have to work hard to become successes. As young people preparing for their futures – you should take an important message away from Francis' story.

If you want to leave school with good GCSEs, get a well-paid job – buy nice cars, clothes, phones etc. you will have to work at everything - not just in the lessons or subjects that you enjoy or that you are naturally good at.

If you love English and are really strong in that subject, but weak in Maths – you need to work harder in Maths.

And it's the same for other subjects.

Success in these areas will not appear overnight. It will take time and patience – *but it will work*.

Successful people are well rounded and have learnt skills from a range of different areas and subjects.

To be a success, like Francis, you will have to put in the time and effort:

- Be focussed in lessons – behave well so that you can concentrate.
- Do your homework and do it well.
- Use the internet or your library to read around your subjects.
- Take ownership and control of your own learning.
- Revise when tests and exams are on their way.
- Listen to your teachers and the advice they give you.

Francis had the right attitude. He is on the way to a very high altitude.

Please see the assembly notices for this week:

Social Distancing

Schools must continue to enforce social distancing, year group bubbles and other Covid-19 specific rules.

You are reminded 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
- 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 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.

In addition, 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.

Formal Examinations

Year 10 formal examinations will begin on Monday 21st June 2021.

Years 7, 8 and 9 formal examinations will begin on Monday 28th June 2021.

All pupils should be actively revising for their formal examinations. You may find that making notes, completing past papers, completing mind maps, creating mnemonics or creating revision posters will be useful ways of recalling and remembering information.

Please be aware that following your formal examinations that we will rank you in terms of your attainment and progress. Depending on the results of these formal examinations you may move class.

Formal examination guidance can be found on Google Classroom on the year group pages. I.e.:

- Year 10 Whole Year Group
- Year 9 Whole Year Group
- Year 8 Whole Year Group
- Year 7 Whole Year Group.

Hot weather

After a wet and torrid season of Spring, we are finally welcoming the Summer months. Where the sunshine is brilliant for lifting our moods, we also need to remember to be safe:

- Before you leave school in the morning apply sun cream
- If outside for a long time, try to find some shade
- Do not throw water – the throwing of water is classes as a 'water-fight'. Pupils caught throwing water will receive a fixed term exclusion in line with our discipline and behaviour policy.

You should bring a bottle of water to school which you can refill. Please be aware that you are not allowed to have cups of water outside of the canteen.

The Local Community

Please remember to be considerate to our neighbours in the local community.

In particular you should not loiter in the area and you should go straight home after school. Please remember that you are a part of a wider community – so please be very mindful of your noise levels and behaviour in the local area. You should not be congregating in the estates unless you live there.

We respect our neighbours so, therefore, if any pupil brings the name of the school into disrepute because of their anti-social behaviour in our community, they will be sanctioned with a fixed term exclusion, in line with our discipline and behaviour policy.

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.

Key Stage 3 reading

Every Friday Key Stage 3 classes will continue 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 Davy
Mondays (Lunch)	Basketball Club	Year 8	Coach Davy
Mondays (Lunch)	MUGA	Year 7	Mr Paton
Mondays (Lunch)	MUGA	Year 9	Ms Daniels
Mondays (PM)	CCF	Year 10	Ms Webb
	Boxing fitness	Year 10	Mr Paton
Tuesdays (Lunch)	Basketball	Year 7	Coach Davy
Tuesdays (Lunch)	MUGA	Year 8	Mr Paton
Tuesdays (Lunch)	Basketball	Year 9	Coach Davy
Tuesdays (PM)	St John's Cadets	All year groups	Ms Webb
	Basketball Club	Year 8	Coach Davy
	Boys football	Year 8	Mr Klassen
	Netball	Year 8	Ms Bartley
Wednesdays (Lunch)	MUGA	Year 9	Mr Paton
Wednesdays (PM)	Basketball Club	Year 9	Coach Davy
	Boys football	Year 9	Mr Paton
	Girls football	Years 8 and 9	Mr Olaniran
	Netball	Year 9	Ms Bartley

Thursdays (Lunch)	MUGA	Year 10	Mr Klassen
Fridays (AM)	Basketball Club	Year 10	Coach Davy
Fridays (Lunch)	MUGA	Year 10	Mr Olaniran
Fridays (PM)	Basketball Club	Year 7	Coach Davy
	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 an after school 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

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.

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.

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

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.

Mental Health Awareness

Last week was Mental Health Awareness Week. It's important to continue to take care of yourself and get the most from life. Below are 10 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up loads of time. Anyone can follow this advice. Why not start today?

1. Talk about your feelings
2. Keep active with at least 20 minutes of rigorous exercise per day
3. Eat well – a diet that is good for your physical health is also good for your mental health
4. Stay away from drinks with caffeine, such as energy drinks

5. Keep in touch with your friends and family
6. Take a break – 5 minutes to stop, reflect and breathe does more than you think
7. Remind yourself that you are talented and make time for the things that you are good at
8. Accept who you are – you are unique and that is amazing
9. Care for others – remember – you cannot always tell if someone is struggling
10. Lastly – ask for help if you need it. Speak to someone you trust, like a family member, a teacher or a doctor – and if you want to speak with someone who you don't know, you can call organisations like the Samaritans (phone 116 233) or Child Line (phone 0800 1111)

Stay safe.

Attitude Determines Altitude