



Assembly notices

Monday 4th October 2021

Reflection for the week

Being able to forgive yourself is an important part of self-care. It is about recognising that you have done something wrong, being brave enough to admit this and say 'sorry' and learning from your mistakes.

Being able to reflect on your actions helps you to deal with life more effectively.

We often beat ourselves up when we make mistakes or don't deal with things in a certain way. Doing this while you feel guilty will only make you feel worse.

Consider the teaching from Jesus in the Sermon on the Mount: *Do to others whatever you would like them to do to you.* However, instead think *treat yourself how the same way that you would care for someone else.*

Having self-compassion will make you feel more upbeat and happier. It will make you feel less anxious. It will help you to accept things that have gone wrong and help you to move on.

- Try not to be so self-critical
- Are you being too harsh on yourself?
- Would you say to others what you say to yourself?
- Change the language in your head – replace negative words with positive words
- Tell yourself comforting things
- Accept that suffering is a part of life – and that life moves on
- Encourage yourself to make positive changes
- Put your hand on your hand, heart, arm or hand – feel the comfort and warmth of your touch to help calm you down when you panic.

Please see the assembly notices for this week:

Health and safety

Our Covid-19 Health and Safety structures continue this week. The partial 'bubble' system continues, meaning that you will move around the school when you have your lessons in specialist subjects, for example, Art, PE, Drama, Photography, Graphics and for Science experiments. However, you will not move for every lesson.

Please be reminded that you no longer have to wear a mask in lessons or around the school; however you may wish to do so if you feel more comfortable.

The previous lunchtime arrangements continue - this is so that you can have more space to eat your lunch and more space outside.

We are strongly insisting on the following:

- You must respect other people's space when lining up, in the corridors and in the playground.
- 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
- Wash your hands regularly and properly – for at least twenty seconds – especially when arriving to school, before and after lunch and when leaving school
- 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 should sit forward.
- You must 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.

Finally, please be assured that all areas of the school will be extensively cleaned throughout the school day.

Formal Examinations

Formal examinations for years 7, 8 and 9 begin on Monday 11th October 2021. You will now have received your Guide to Examinations booklet and your examination timetables. You should ensure that you are revising for these examinations.

Formal examinations for years 10 and 11 will begin on Monday 8th November 2021. You will receive your formal examination guidance and timetables this week.

- Start you revision early – this will mean that you can spread out your revision and avoid last-minute panic
- Find a quiet place to revise – avoid listening to music with lyrics, and ideally leave your phone in another room to avoid distraction
- Have regular breaks – give yourself regular rewards for revising and give your brain a rest
- Find a revision method that works for you – active revision is important – just reading information will not help you to recall information or skills – try mind maps, mnemonics, past papers
- Test yourself – what have you been able to remember?
- Teach someone else – a parent/ carer, aunt or uncle, or even your sibling
- Look after yourself – have at least 8 or 9 hours sleep a night and ensure that you have breakfast, lunch and dinner. Try to complete at least 30 minutes of rigorous exercise a day
- Try to stay calm – if you feel as though you are panicking or if you are experiencing brain freeze – stop – focus on your breathing – slowly breathe in for 10 seconds and release for 10 seconds – get oxygen into your brain. Also, ground yourself – focus on what you can see, hear, taste, smell and feel – remind yourself of your sense experiences.

Uniform

You are reminded of uniform expectations:

You must have the correct uniform. **This includes haircuts which should be of a straight forward style – natural colour without lines or patterns. Lines cut into eyebrows are not allowed.**

Boys are not permitted to wear earrings. Girls are permitted to wear a small stud in the lobe of each ear. **No other piercings are permitted.**

Uniform includes: school blazer, school tie in house colours, formal white collar shirt, grey or black trousers (not denim), black or grey skirt for girls, black or grey socks, school shoes (not boots/ canvas shoes/ trainer style shoes).

Hair colour must be natural

For girls who wear a hijab this must be only plain dark blue, plain black, plain white or plain grey. Pupils who have breaches of school uniform will be sent home until corrected.

Taking pride in your environment

The school has spent nearly £1million over the Summer holidays on important repairs to the school building, decorating, equipment and making sure that the school is a wonderful learning atmosphere for you. Please respect all parts of the school whether it be the classroom, corridors, toilets, canteen, main hall or playground. This is your school. Look after your school.

Additionally, please be reminded that germs spread in toilets – when you use them properly and carefully, this reduces the amount of germs that can infect you.

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.

Booster Classes and Extra-curricular clubs

Extracurricular timetables are available in form rooms and on the school's website.

Please note that we need your parents/ carers' permission for you to attend a before or after school club. Booster clubs take precedence over extra-curricular clubs and are compulsory.

Letters for clubs can be collected from reception.

There are many clubs that you can get involved with:

- *GIRL'S FOOTBALL*
- *BOY'S FOOTBALL*
- *NETBALL*
- *BOXING FITNESS*
- *BASKETBALL*
- *TABLE TENNIS*
- *DEBATE MATE*
- *HISTORY CLUB*
- *ROBOTICS CLUB*
- *CHRISTIAN CLUB*
- *READING CLUB*
- *CCF ARMY CADETS*
- *ST JOHN AMBULANCE*
- *SCOUTS*
- *GIRL GUIDES*
- *MFL HOMEWORK CLUB*
- *STEM CLUB*

SAFEGUARDING, WELLBEING AND HEALTH

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.

E-Scooters

Electric scooters (e-scooters) are banned on our school site this academic year because:

- Of complaints from the local community about pupils riding the scooters unsafely after school
- The riding of scooters on the pavement in Clapham Road is hazardous to pedestrians
- Some pupils had been seen riding scooters while leaving the school site.

Therefore, pupils who attempt to bring e-scooters onto school site will be asked to return their scooters to their homes and return to school on foot or by public transport.

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.

This week's safeguarding question...

This week's question is:

Why do you need a note to leave the classroom?

All of your teachers at the school have a duty to make sure that you are safe – and this includes knowing where you are if you are not where you should be. This is why teachers will stop you in the corridors to check why you are out of class.

We need to know that you have permission to be out of class so that we can make sure that your class teacher knows where you are. This is important in case someone needs to find you or in the case that the fire alarm goes off.

Attitude Determines Altitude