ST JOHN PAYNE

AVITA PRO FIDE



NEWSLETTER December 2024

St. John Payne Catholic School, Patching Hall Lane, Chelmsford, Essex, CM1 4BS 01245256030 | office@sjp.essex.sch.uk | Headteacher: Mr Thomas Coen, BA (Hons), PGCE, MA, NPQH



Dear St John Payne Community

The half-term began with the community uniting in prayer at our All Saints Masses, followed by remembrance of our beloved departed. We thank Fr Paul, Fr Martin, Fr Damien and all our Deanery priests for bringing Christ to our community, and for offering the Sacrament of Reconciliation to almost three hundred children.

With Year 11 practice exams concluded, I thank the students for their maturity. Invigilators noted their responsibility, and it is nice to see results offer much cause for encouragement and a foundation upon which to build in next summer's public exams.

With each week of Advent beginning in traditional fashion with prayer and the lighting of our wreath, last night's Carol service was a joyous celebration as we continue to anticipate the coming of Christ.

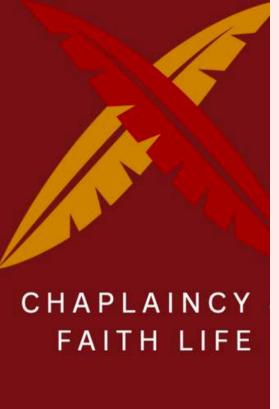
We look forward to welcoming the students back to school on Monday 6th January. On behalf of us all, I offer the prayers of our community for a Holy, happy and restful Christmas & New Year.

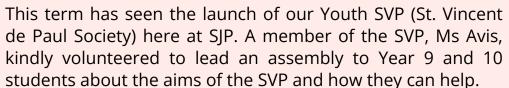
In Faith,

God Bless.

Mr T. Coen Headteacher







Youth SVP is an invitation for young people aged 11-18 to come and join our Vincentian family. Worldwide the SVP's mission is to tackle poverty in all its forms by providing practical assistance to people in need. The St Vincent de Paul Society was founded thanks to a young student who walked through the poorest streets of his community on his way to university lectures each day. The poverty he came across inspired him to be the change and make a difference to those around him in need. Today the SVP works in communities around the world to continue this legacy. With a formula of 'See, Think, Do' groups of young members meet in schools and parishes across England & Wales to discuss and put into action support for the people around them.

We have had two meetings so far this half term establishing the group. Today, after some very passionate and inspiring speeches to the group, we appointed our leadership team who are as follows:

President: Marie-Ellen **Vice President:** Isabella

Secretary: Piotr

Treasurer: Imandhi **Communications Officer**: Cemya

We will meet again in January to start planning our first events. If you have not yet come along, please do! Watch out for more details about our next meeting and ways to get involved in helping support our community within Chelmsford through the SVP.



The RS department is pleased to share the success of a number of students in a recent national competition, where students were invited to imagine themselves present at a major event in the life of Christ. A competition that draws over 5,000 entries. Ieva 8S, Divya 8S, Betty 8S, Clara 9C, Zachary 9C, Tiya 9D, Marta 9F, Connie 9S,

a, Clara 9C, Zachary 9C, Tiya 9D, Marta 9F, Co Ayobami 9S, Tenuj 9S.

The above students were awarded book prizes for their outstanding entries. Congratulations to you all!





Mrs Garland and Mrs Schluter

NEW STAFF INTRODUCTIONS



Mr Riches - HOD Music



Mrs Gunn- HOD Science



Miss Heidelmann-Science Teacher



Mr Lusby-Science Teacher



Mr Hewlett-Head of Sixth Form



Mrs Sykes-ML Teacher



Miss Daniel-Science Teacher



Mrs Good-Finance Assistant



Miss Regan-Pastoral Mentor



Mrs Zawadska -Librarian



Miss Smart-LSA



Miss Zheng-Catering Assistant

STUDENT AWARDS



Student Awards

	Total Year Group Achievement Points	Highest Form Achievement points	Highest Achievement Points In the Year
Year 7	21,861	7C 5805	Aaron F 7C 302 Achievement Points
Year 8	14,052	8S 3098	Robbie R 8D 233 Achievement Points
Year 9	14,151	9F 3278	Rio G 9D 186 Achievement Points
Year 10	9,343	10A 1647	Freddie G 10S 191 Achievement Points
Year 11	4,784	11B 1005	Ariel O 11A 203 Achievement Points

Student Awards



HOY Awards Term 1

Isla I- 7B



Agastya D 8C



Oliver M 9A



Eloise S 10C



Fariha Y 11B



Form, Vice and Sports Captains Year 10 2024-26

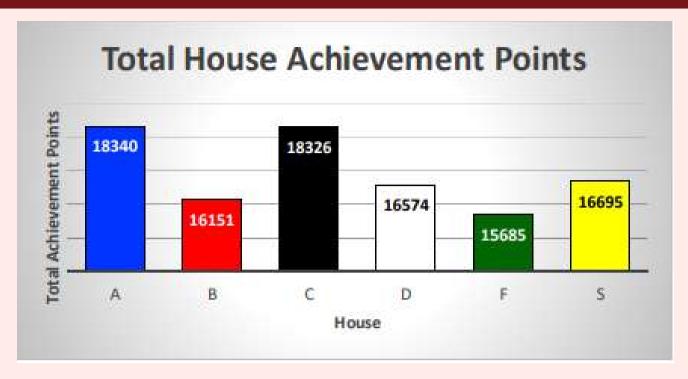
I am very pleased to announce that the following students have been voted in as the Year 10 captains – well done to all. They will remain in this position until the end of Year 11. The Heads of House, Katy our Chaplain, your form tutors and I look forward to working with you all this year.

From Mrs Coleman, Head of Year 10

	Form	Vice	Sport		
10A	Dominik K	Noah T	Tallulah C		
Madacas and	Ellie-May R	Gibbeh T	Freddie R-E		
10B	Jason N	Sophie N-G	Dean M		
	Grace-Rose P	ace-Rose P Shaun B			
10C	Lore S, Angel O and Joanna N				
10D	Jayven D L C	Denie C	Sanmi A		
	Arabella g	Suhana G	Amy B		
10F	Daniel T	Kaitlyn B	Benji E		
	Thabani Z-N	Julia L	Sophia S		
105	Aoife P	Archie B	Jasmin R-L		
	Manogyna K	Christian F	Chester B		

Student Awards





Congratulations to Mr Lyus and the Augustinians for leading in achievement points during the first term. However, Mr Newman and the Carmelites are close behind, so the competition remains strong. Below are some highlights from the houses' accomplishments in competitions through out the term. Well done to all, Miss James and Mrs Watson.



Sporting Achievements 🧪





On Wednesday 4th December, 12 of our students went to the London Aquatic Centre in Stratford to take part in a swimming gala called the Panathlon. All students behaved incredibly well and participated with great enthusiasm. Our year 8 team came in 1st place and were awarded gold medals. Our year 7 team showed great resilience and also came away with medals.

Congratulations to Ivy C, Jessica L, Mia W, Sienna F, Dylan M, Shay M, Joshua P, Henry R, Rian H, Charlie R, Leo F, and Danny R.

Martial Arts for Sports Readers

On 23rd November, during PSHE, the participants of sports readers received a lesson in martial arts, by Phoenix Martial Arts Academy. Not only was this a fun experience for our Year 7 & 8 buddies, but also an enriching opportunity for us sixth formers to bond with our buddies. Every Wednesday and Thursday morning, we listen to our Year 7 & 8 buddies read or completing worksheets, which does allow for some connecting with them, however, the fifteen minutes we spend with them reading, twice a week, does not provide us an adequate amount of time to get to know each other.

So, our martial arts session a few weeks ago, allowed us to have fun with our buddies, and gave us an opportunity to create more conversation with them. Martin, who led the session, first all of all made us do a few warmup exercises, then we completed a few different punching and kicking exercises with the pads. This was a new experience for the large majority of us: sports readers gives students opportunities to engage in different sporting activities, we may have never known we would have enjoyed, before trying. Consequently, it allows both age groups to develop a passion for a new sport, hence the 'sport' in 'sports readers', demonstrating how regardless of age, anyone can pick up a new hobby. For example, my friends and I emailed Martin asking about more information!

Even though this was the first of many different activities with our sports reader buddy, it has already allowed for us to develop our friendship with them, through fun sports activity and the opportunity to take a break from regular PSHE lessons.







Sporting Achievements 🧪



Sports Readers 23/24 Reward trip to the Lion King

Going to see the Lion King production was an amazing experience! The school allocated students from sports readers (year 9s and year 13s) to go, free of charge- which is a great privilege. After briefly looking around Covent Garden and having something to eat, we sat down to watch the production. The production was extremely pretty and extravagant, with very impressive acting to accompany. A particular highlight to me was the stage design; it was able to convey the atmosphere well and was very intricate and detailed. A favourite example of this was during "I just can't wait to be king" with a great use of bright colours. This was especially inspiring as someone who takes Art A-level. On top of this, the display of culture throughout the play was really exciting to watch and appreciate. Overall I really enjoyed the experience and am very happy I was able to go!

Netball Season Update

This season has kicked off with great energy for our netball teams! All teams have played league matches, delivering some impressive performances already. U14 Netballers are through to the next round of the Essex Cup Plate competition. U16 had a great game on Thursday which had a great community feel about it but means they will no longer be progressing in the competition. Keep attending training regularly, as it's the key to continued

By Isaak C & Ellen S Y13













Sporting Achievements 📈



Basketball Season Update

Lots of home and away fixtures have been played. Big thanks to all students who table (score) and referee other year groups.







Girl's football Season Update

We enjoyed attending the U13 girls football tournament in our area. The girls came 3rd overall. We continue with our league matches and look forward to the light returning where when we can enjoy training again.





Cross Country Season Update

We enjoyed attending the U13 girls football tournament in our area. The girls came 3rd overall. We continue with our league matches and look forward to the light returning where when we can eniov training again.







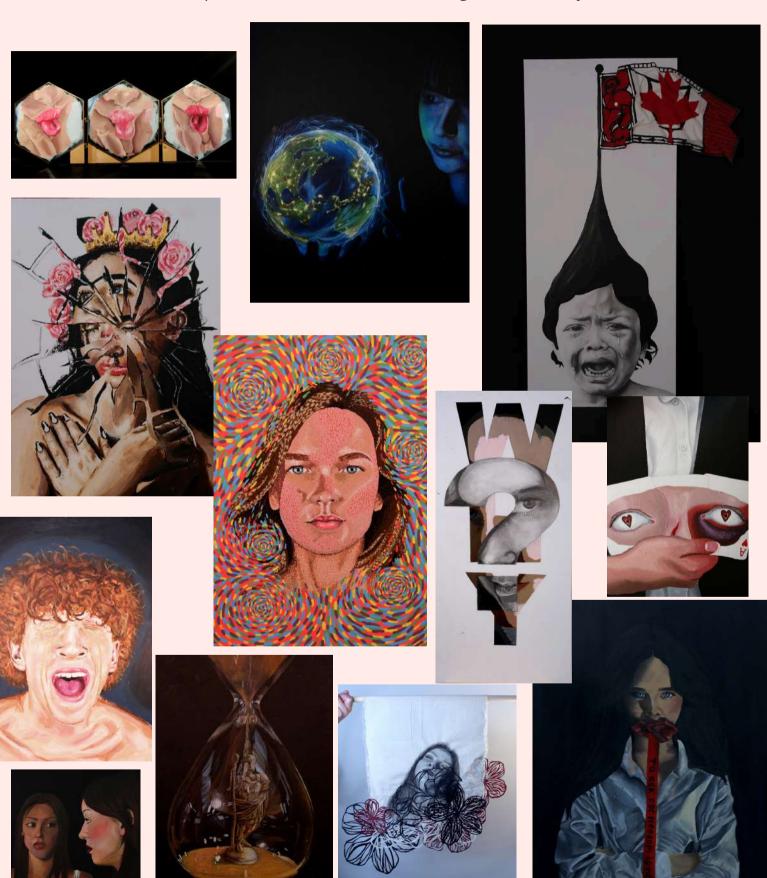
STUDENT SPOTLIGHT



Art and Design A level Work 24



Here are just some of pieces of work from the incredibly talented students who completed their A level Art and Design course this year.





SJP Linguastars



Term 1b 2024

There is nothing complicated about learning languages, but it takes hard work.

These students have showed particular grit, resilience, curiosity and effort in embedding

French/German knowledge into their long-term memory. They will have a very strong start to 2025 in French and German because they have not given up and have continued to ask questions and check their memory.

Year 7 French	Year 8 French	Year 8 German	Year 9 French	Year 9 German
Roisin S (7A)	Gianna R (8D)	Kinga F (8A)	Oliver B (9D)	Lydia B (9D)
Eliza C (7C)	Alyson H-G (8F)	Wiki G (8C)	Eleanor M (9F)	Gwynfor P (9F)
Kate T (7D)	Scarlett D (8B)	Divya K (8S)	Jake R (9B)	Joseph H (9A)
Janelle C (7F)	Mikhaila Q (8D)	Caelen (8C)	William B (9D)	Dylan P (9D)
Robert B (7S)	Elle T (8F)	Michael J (8F)	Martin S (9F)	Aiden Y (9F)

Moreover, SJP Top Linguastars are chosen amongst all others for their excellence.

Kamile R (7B) always working to the best of her ability. Outstanding piece of French writing this term.
 Aurana I (8B) Consistent effort week in week out with great class contribution showing resilience and grit.
 Haylee S (8B) Excellent attitude to learning in German. A brilliant start to German due to self-efficacy and grit.
 Sofia L (9B) Great engagement with SB.com and homework is always completed to the best of her ability.
 Ellen L (9B) works hard every single lesson. Positive attitude to learning leading to excellent results.
 Freya P (10D) Exceptional performance in GCSE French module 1 assessments due to impressive LCWSC vocabulary

recall and autonomous writing practice at home.

Joseph P (10C) Always gives 100%. Excellent knowledge of grammar and vocabulary due to effort in and out of lessons.

Rodney S (10C) Fabulous effort this half term with good progress after a difficult start to GCSE. Now he is

reaping the benefits of sustained effort at home and in lessons.

Erin W (11A) has become an outstanding linguist due to her great resilience, her ability to take feedback on

board to improve and dedication to her studies.

Karol K (11C) has worked hard to incorporate all the advances grammatical structures we have covered into his own work

Ellen S (13A) demonstrates a resilient attitude to tasks and improved verb conjugation thanks to hard work and persistence.

Lilli O (13F) Despite some demanding listening/reading exercises, Lili exudes maturity and grit to improve knowledge and is progressing in her writing, speaking and summary skills.

Mathematics Department – SJP Autumn term newsletter



It has been a busy term for both the students and teachers within the maths team. Students have continued to work hard and complete their SPARX homework – Keep up the good work for the upcoming Spring term.

We are delighted to announce that 4 of our Functional maths cohort have passed their Level One BTEC award in Functional Maths. These students will look to extend their mathematical journey, having the opportunity to take the Level Two award (equivalent to GCSE G4 pass in maths) in the upcoming Spring Term.

Maths Homework update

Our SPARX superstars for this half term.

These are the students who have earnt the most XP points over this half term, showing resilience, dedication and outstanding hard work when approaching their maths homework!

Remember to always complete

your SPARX homework – you can always look to do extra via the XP Boost and Individualised learning tabs. We hope to see your name on the next list of Superstars!



Beyond the classroom

The Southend area yr12 and 13 Team Maths competition took place in November. Our pupils thoroughly enjoyed themselves in a highly competitive environment.



Mathematics Department – SJP Autumn term newsletter



Maths Enrichment opportunities

UKMT - Individual challenge update

The Senior Maths Challenge took place in October.

Ill participants, You worked hard on the practice papers and w

Congratulations to all participants. You worked hard on the practice papers and we have seen our schools ranking improve!

27 students achieved their Bronze award with 5 students achieving the Silver standard. Particular congratulation to those who achieved best in year or best in school certificates.

Best In Year – Dorian J, Ryan S, Stephan F and Alex F picture below

Students in year 7-10 will have the opportunity to experience this in the upcoming Spring term – more details to follow.



Year 11 Further maths GCSE

Our year 11 further mathematicians are working hard and attending additional lessons every Tuesday and Friday lunchtime. Mrs Peterson and Mrs Sanal are proud of both their attitude and work ethic. Keep this up – such an amazing opportunity that will make the transfer to A Level maths study so much easier.



Mathematics Department – SJP Autumn term newsletter



CSES Christmas lectures 11th December

'STEM CSES – ARU Christmas Lecture – YOUR LIFE IS MANUFACTURED! by Professor Tim Minshall and Dr John Taylor from The University of Cambridge.

Look around your house and, with the exception of the contents of your fridge or the fruit bowl, just about everything you see will have been manufactured! But have you ever thought about how all of these things we see every day got here, or where they came from? How many miles have the components of your phone travelled before they reach you? How many parts are there in the car you travel in? and how do they all end up in the right place at the right time? Can we continue to have the things we want and need without using up the World's finite resources? "Manufacturing A Better World" has been adopted as the vision of the University of Cambridge's Institute for Manufacturing. From supply chains, to 3D printing, to electric aeroplanes this presentation by Professor Tim Minshall will highlight the role that engineers will play in solving the many future challenges we face on Earth, and beyond.

This event was a little mind blowing! Can you imagine the 3D printing of individualised prescription medicine? It made us remember that maths is absolutely everywhere – it underpins most of modern-day society. An amazing opportunity and we will look to attend more of these STEM events. Don't forget to sign up to the CSES society for more events and other opportunities.

It was great to have the opportunity to attend a university – and what a university to have a short walk away. We hope to attend more of these events over the year.





We met the person who invented, created and produced 'kettle technology'. The concept of your kettle switching off when it hits boiling point. We also learnt that behind the success lies many failed attempts – more is learnt from failing: it's what you do when things fail that makes all the difference!

Maths enrichment report, Autumn 2024

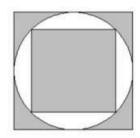
This term we've continued to provide monthly mathematical challenges for our students to complete. The response rate has been fantastic, so many thanks to all who have submitted entries – and to parents for encouraging them. In October, the first of the half-termly maths problem solving challenges was launched. The problem, given below, required students to form and simplify algebraic fractions using the formulae for the area of a circle and area of a square. The hard part – finding how to represent the dimensions of the shapes.

We were thrilled to see so many students attempt it, from several different year groups:

Regina L, Conor H, Robert B, Ahana B, Agastya D, Noel S and Olivia I. Special recognition should be given to Freddie G, who successfully completed the first extension too.

Squares and Circles

A grey square has a white circle inscribed and a grey square inscribed in the circle.



What fraction of the diagram is white?

Extension 1: If another white circle was inscribed in the smaller square, what fraction of the shape would be white now?

Extension 2: What would happen if the grey squares and white circles were inscribed recursively? Would they tend towards a limit?

The Maths Department is grateful to all parents/carers for encouraging and supporting students in getting involved with our regular problemsolving challenges. This really is an excellent way for students to deepen their understanding and enjoyment of maths.

Our Christmas challenge is due in at the start of January, and we hope for as many as possible to get involved.

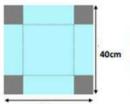
Students need to maximise the volume of a Christmas gift box made from a given sheet of cardboard, by varying the height of the box. The solution will be posted to Satchel One in the New Year.

Remember – 5 house points are awarded for each valid submission.
Please hand in your completed submission to Mr Newman or any of the maths teacher.

All submissions by 6th January.



A company wishes to sell pre-packaged Christmas hampers, and is trying to design the container the items will be placed in. They have decided to make the containers in the shape of an open box, formed from a square of cardboard of length 40 cm.



40cm

The company wants the boxes to have the maximum possible volume, but doesn't know how high the sides of the box should be.

Your task:

Find the height of the box that gives the greatest volume, and what that volume is.

lints:

There is an exact solution to this that involves **calculus** (which is taught at A level). However, the problem can be solved in other ways. Spatial reasoning and ratios is one way. Another would be to investigate the volumes obtained using different heights. Spreadsheets are allowed.

Assessment:

You will be assessed on the quality of your method/explanation, as well as your answer. Where answers are not supported by a clear method your entry will not count. A written explanation, supported by calculations/equations/spreadsheet printouts would be ideal.

Criminology and Sociology



Criminology and Sociology learners had the opportunity to meet with officers from the Essex Police Community Policing Team this half term. Over thirty learners met with the officers to ask questions about the routes of entry to the force, crimes that have been dealt with and the skills required to be an effective officer. Pictured are learners that have expressed interest in joining the police, or going into law and were given information about the application process.

Criminology is offered at A Level, and Sociology at both GCSE and A Level.

Mr Matthews Head of Sociology and Criminology



Tenuj 9S

SJP Earth Society December Update



SJP Earth Society December Update The last few months have been very busy for the Earth Society.

We started in September with the planting of silver birch saplings for each new Year 7 form. We have tried to make an international difference by sponsoring a lion with Colchester Zoo, a donkey with Redwings Horse Rescue and green turtle with WWF, all thanks to your generous donations, thank you!

Students can still guess the name of the tiger cub to win the soft toy and our first of 3 Thursday lunchtime hot chocolate events we sold out in 15 minutes! In last week of term, we will host our 3rd Earth Society Quiz for KS3 students – be sure to let your Head of House know if you would like to participate (one Year 7, one Year 8 and one Year 9 student per House team).

Early next year we will share our future ideas and projects, both local and international.

Merry Christmas SJP community, from the Earth Society

Year 11 Hospitality and Catering & SJP Christmas Reading Competition



Year 11 Hospitality and Catering pupils have been cooking up a storm for their mock practical examination. This was their opportunity to put into practice all they have learned in their practical lessons. The practical element of their examination is three hours to cook two nutritious dishes, with suitable accompaniments, for two different customers. This follows several hours of designing and planning of their dishes, also under examination conditions, which forms a part of the overall examination of twelve hours. They did a great job and although under pressure to get everything done, we saw the production of some amazing dishes which were beautifully presented. Sadly we are not allowed to share the photos from the mock itself but below are a sample of just a few of the beautiful dishes cooked at other times by our Hospitality and Catering pupils. Congratulations and well done to Jamie, Faye, Primrose, Lucas, Zara, Patryk, Morgan, Tiane, George, Sarah, Aron and Archie.





I Count.

1250 students blessed to walk these buzzing corridors, But a passion to stand out, inside me, forcefully roars! Adorned by heartfelt academia, are each of these floors, Yet out of my heart, a yearning to be of value still pours. But how can I count?

Six spectacular houses stretching from A to S,
From this I wish to count: how? I cannot confess!
This incredible institute's dedicated head teacher here since 2018,
From a community with a shepherd so supportive, I would expect no less!
But how can I count?

Seven-year groups: thousands of joys in just one school,
How possibly could someone not feel so small?
Teachers and classmates there for every success and each fall,
Yet, in this great place, I still feel a weight, left for me to pull...
But how can I count?

Exceedingly thirty bright minds in each form,
A place of such greatness: who could possibly stand out as part of this educator's exceptional norm?
Here, since 1959, has stood proudly a school that makes me feel warm,
Though, into a pupil of difference, I still wait to transform...

But how can I count?

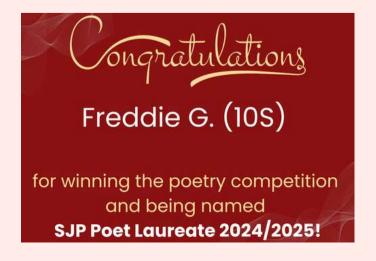
Well, over the last three years, what I have learned above all,
Is that this fantastic school could not leave someone feeling so small.

Through many chances of service, tenderly prepared, my weight is ready for me to pull,
I, with glee, realise, there are opportunities to count for us all!

But how can I count?

Countless chances for everyone to take part and volunteer,
Making yourself matter: this friendly foundation of faith leaves all without fear!
With abundant avenues to join in, my voice for others to hear,
Many grand opportunities for us to count, left for one to steer.

I count.



KEY SCHOOL EVENTS



Lion's Club Peace Poster Competition

We were incredibly lucky and honoured to be sponsored by the Chelmsford Lion's Club to take part in an International Peace Poster competition. This begun with students in the school designing a poster of how they envision peace. All of Key Stage 3 were involved, which meant almost 600 entries. From this we selected 20 students who spent the day creating a larger scale version of their original design.

At this stage the Lion's Club representative, Christine Bennett and 2 of her fellow members, including the ex mayor of Chelmsford, came in to see the finalists in order to select one to go through to the next stage.

We are incredibly proud of Nkechi who was selected as the overall winner (see photo below). She was presented with a certificate and Hobbycraft voucher.



The next stage was the regional/ national final which saw Nkechi's poster come 3rd in what was considered a very, very close race. Nkechi is very talented and we are extremely proud of both her and her design!





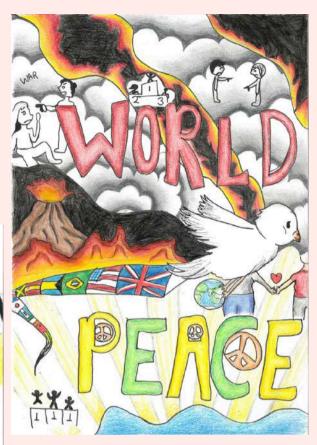
Lion's Club Peace Poster Competition

We were incredibly lucky and honoured to be sponsored by the Chelmsford Lion's Club to take part in an International Peace Poster competition.











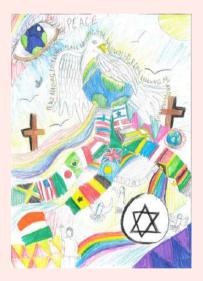


Lion's Club Peace Poster Competition

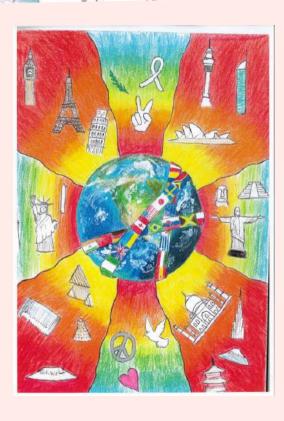
We were incredibly lucky and honoured to be sponsored by the Chelmsford Lion's Club to take part in an International Peace Poster competition.



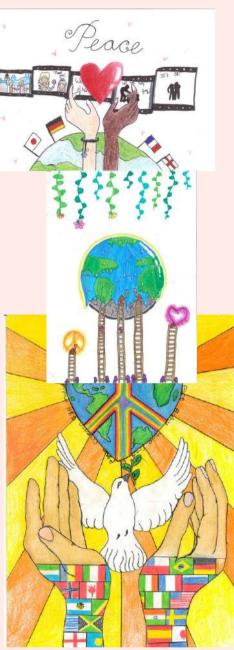


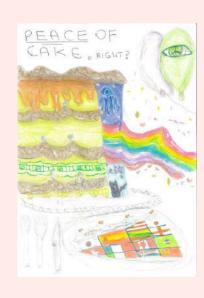












SJP Whole School Musical 2025



Rehearsals are going well for this year's whole school musical. The 102 cast members are working tirelessly in lunchtime and afterschool rehearsals to put on this timeless and energetic Roald Dahl story.

'Matilda The Musical JR. is an adaptation of the Olivier Award-winning musical about a young girl with special powers who stands up to a tyrannical headmistress'.

Show Information:

Show dates: Wednesday 5th February 2025, Thursday 6th February 2025, Friday 7th February 2025 7pm

>Tickets £7 adult / £5 child >Available on ParentPay now for cast members >Tickets will be released to the whole school in January 2025



SJP Whole School Musical 2025











Winter Music Concert 2024



The inaugural Winter Music Concert was a resounding success, bringing together students, families, and staff to celebrate the incredible musical talents within our school community. The event featured a variety of performances, each showcasing the dedication, creativity, and passion of our students. The evening began with a warm and festive atmosphere, as attendees filled the hall with excitement. The concert featured a mix of performances from different musical groups, including soloists, small ensembles and choir.

One of the evening's highlights was the performance by the student soloists, who demonstrated impressive vocal and instrumental talents. Their renditions of both classical and modern pieces showcased the diverse abilities of our students

The event was not only a celebration of music but also a reminder of the importance of fostering creativity and artistic expression in our school.















Sixth Form



UCAS Update

This has been a very busy term for all of our sixth form students, but especially the year 13 students that have been applying to university.

The students have been writing their personal statements, choosing their university courses, whilst their teachers have been writing their references. So far, we have managed to send off over 70 UCAS applications, which is a huge achievement, and those that have not yet been sent off will be ready to sent in early January, well ahead of the UCAS deadline on 29th January 2025.

Many of the students have been receiving offers back from the universities and many have been called to interview. A very exciting time.

Mock Exams

When we return after Christmas our year 13 students have their mock exams. The students seem very motivated for their mock exams producing revision timetables for the Christmas period.

I want to wish the very best of luck to all of our year 13 students!

Year 11 into Sixth Form: Applications

In the new year, our year 11 students will be attending a sixth form subject fair on the 17th January, run by our current Year 12 & 13 students, where they will be able to discuss their subject choices. Our current sixth form students will share their experience of the subjects they chose, which will help our year 11 students choose the best options for them. After this our Year 11's will complete their Sixth Form application online using a platform called Applicaa. All year 11's will receive a link to apply and the deadline for their application is 31st January.





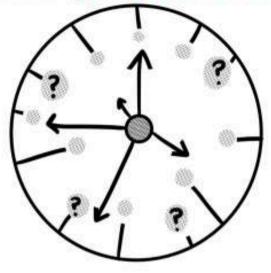
Sixth Form



Dealing with Pressure

Information for parents and carers

Did you know?









Increasing numbers of young people are seeking help because of exam-related stress and the pressures of doing well in their academic studies. The NSPCC has reported that there has been a sharp rise in the number of counselling sessions for 16-18 year olds, with many people worried about getting into universities and others concerned about their parents' reactions to results.

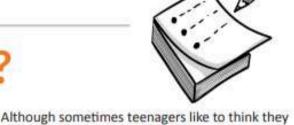
Reward effort more than grades - research shows that praising effort gets better results.

What can you do?

Your child's welfare is really important to us.

Learning how to be independent at the same time as considering their own future can sometimes feel overwhelming. Here are some ways that you can help them.

- Sometimes, some quite basic things are really crucial in periods of pressure: your child's mental energy, quality of sleep, ability to rest and recover, how much physical activity they are doing, their nutrition and how they are able to handle stress.
- It is important that they develop a Growth Mindset, looking at goals, motivation, focus and self-belief and understanding that if they cannot do something at the moment, they can persevere and achieve.
- One of the key trigger points for high degrees of pressure is when students do not feel that they are in control of their work. Getting organised so that work is not last minute helps to reduce stress.
- The best way to revise is in short, manageable chunks with breaks in between.



- Although sometimes teenagers like to think they
 can handle very late nights, that is not what the
 evidence suggests. Lack of sleep will quickly lead
 to underperformance and feelings of stress and
 anxiety. Encourage them to get eight hours sleep a
 night.
- Research shows that high use of social media
 is linked to poor mental health. One recent
 study shows that young adults who used social
 media heavily were three times more likely to be
 depressed than occasional users. Another study
 discovered that young people who exceeded two
 hours of social media use per day were more likely
 to claim that their mental health was 'fair' or
 'poor' than occasional users.
- Sometimes it is good to take your child out of the house for a break – go for a walk or for a drink, simply to get some fresh air. Experts say that this very simple act can make a difference to our mental health.

For support and advice, go to www.childline.org.uk

Sixth Form

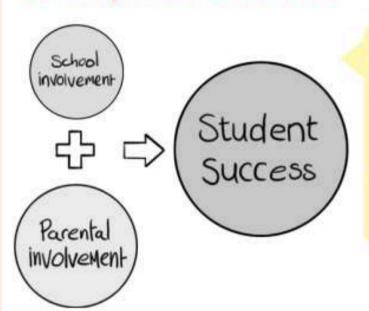


Preparing for Post-16 Education

Information for parents and carers



Did you know?



There is a significant difference between Year 11 and Year 12. The courses are more challenging in the sixth form, and the pressures on students are significant.

However, there are a number of ways in which students can prepare for this change and help to bridge the gap.





What can you do?

Many colleges run a Post-16 Preparation Day soon after the completion of GCSEs and a number of things happen that will help to prepare your child for post-16 education. These may involve taster lessons or taster days where they can sample the lessons and routines of being in a more independent setting.

- The transition to being in post-16 education should start happening over the summer as students await results and prepare for starting courses. It is helpful if you can encourage them to do some background reading on their subject, or perhaps watch some TED talks or documentaries.
- Many schools give out summer work that needs to be completed for the first few weeks back – ask your child if they have this to complete.

- or absolutely anything that gets them involved more deeply in things that interest them and perhaps pushes them out of their comfort zone.
 Many museums and art galleries are free, and many others have a reduced student rate.
- Your child may come home telling you they have 'free periods' – most of the time these are actually 'study periods' or 'independent learning' periods where students should be doing wider reading, prescribed work or working independently. Check what the expectations are!
- Be prepared for a dip! The jump from KS4 to KS5 is a big one. Be prepared that your son or daughter may find the new level quite challenging at first, and it takes a few weeks to become comfortable with the new standard of work and expectations.



PASTORAL CARE, MENTAL HEALTH & WELLBEING



Young Minds Link

Useful numbers over the Festive period

Samaritans - 116 123

NHS - 111

Mind - 0300

1233393

Kooth - Text 85258

Childline - 0800

1111

Chelmsford Food

bank - 07512 574542

Papyrus - 0800

0684141

Wellbeing Advent Calendar 2024

© 360 SCHOOLS

O 25. DECEMBER FEELINGS

O 2. CALM SPACE

Create a cosy corner either

Take a few minutes to check

O 26. FESTIVE PLAYLIST

Create a festive playlist for



O 3. CONNECT WITH A COLLEAGUE

Reach out to a colleague or friend you haven't spoken to in a while - share a cuppa and a catch up

O 10. GRATITUDE LIST

Write down 5

things you are grateful for this

year. Reflect on how this has positively impacted your life.

O 27. SELF CARE RITUAL

Dedicate at least 30 inutes to a self care activity - this could be a long bath, exercise or reading a book - whatever helps you unwind.

O 4. CHRISTMAS RECIPE SWAP

Create a space in the staff room (or online) where colleagues can share their favourite winter recipes.

O 11. REST AND RECHARGE

Go to bed on time

this holiday season

enjoy all the fun.

O 28 MINDFILL WALK

Take a wintery walk outside, paying attention to all the sights and sounds.



O 29. WATCH A FESTIVE FILM

Choose a feel good film, prepare some snacks and enjoy a entertaining few

O 5. HOLIDAY JUMPER DAY

Have a festive jumper day where everyone can wear a fun or favourite item of clothing.



Spend 15 minutes journ



O 13. TREAT YOURSELF

Do something special for yourself today – you deserve it, Happy Holidays

Share an quote, image or podcast with a friend/

O 12. BRINGING HOPE

SCHOOL STAFF

O 9. MERRY MOVES

dancing, a walk looking at holiday decorations or even

skating or a chilly







PASTORAL CARE, MENTAL HEALTH & WELLBEING



E-SAFETY



This half term Mr Marsh and the Network manager, Mr De Vries, have been visiting Year 7 tutor groups to deliver important advice regarding staying safe online and while using social media.

We asked the students to consider the following when going online.

- Don't include your location, this can be controlled in privacy settings.
- Even with location switched off are you still giving away your location?
- When possible, delay your posts until you arrive home from your event.
- Avoid 'going live'. It is the most likely way you could post something negative.
- Keep your 'bio' info free. Avoid adding full name, school, age, home town and links to other social media platforms you have.
- Consider turning off 'comments' on your posts if you find you have negative comments regularly.
- When you post always think, would you be ashamed for your Nan or Grandad, Mum or Dad to see the contents.
 - Do not share your password with your friends. If you have change it.
 - If you have and use the login for a 'shared account' you should stop using it.
- If you see something a friend has posted which you think is bad then tell the friend they should remove it and if it is really bad or upsetting then report the post to Instagram (this is anonymous).

In addition, we ask that all student follow the school advice to "STOP" "BLOCK" and "REPORT" if they are having any problems online or on social media.

Essex police have some excellent advice on the website below regarding online gaming and smart phones.

<u>https://www.essex.police.uk/police-forces/essex-police/areas/essex-police/au/about-us/sort-your-settings/</u>

Mr P Marsh Assistant Headteacher



The Christmas Season

Bulbs of light boasting of impressive colours: proud greens, cosy yellows, and radiant reds, A joyful sign of Adventtide once again, to dazzling decor all turn their heads...

Delightful displays from terrific tinsel to tremendous trees,

Though something remains hidden, lost to this fabric appease.

But what is the reason for this season of hope?

An abundance of turkey and trimmings,
Festive food and warm beverages galore!
Mince pies and candy canes; chocolate selection boxes, with their alure,
Surely it can't just be the indulgence of this time of year that we are called to adore.

But what is the reason for this season of peace?

Cards of Christmas cheer flowing through the letter box,
Sweets and secret Santa gifts fill to the brim stockings and socks.
Smiles gleaming from face to face, whilst to the satisfying crinkling of wrapping paper: all are listening.

Yet the true presence still is missing...

But what is the reason for this season of joy?

Calming carols sung by choirs of many,

Services and celebrations in schools and churches, aplenty!

Nativity scenes buzzing cheerfully: wise men, shepherds, and the Holy Family,

A time of calm and reconciliation: though some feeling is still missing, that of true glee!

But what is the reason for this season of love?

Advent candles blazing with the Prince of Peace's glory, From the lectern, beams out the world's greatest story! 'Today in the town of David a Saviour has been born to you..."

This time of good tidings and blessings making all new.

Christ is the reason for this season.



