



# ST JOHN PAYNE CATHOLIC SCHOOL

## NEWSLETTER FEBRUARY 2022

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Headteacher: Mr Thomas Coen, BA (Hons), PGCE, MA, NPQH





# HEADTEACHER'S COMMENTS

In preparation for the summer's public examinations, students in Years 11 & 13 sat practice assessments throughout January & February. We have been pleased to hear our invigilators praise their attitude and approach, which is sure to support their continued efforts in the coming months.

In January Year 11 students attended an Alter Ego Creative Solutions performance of Unacceptable, commissioned by Essex Youth Service to highlight sexism, sexual harassment & sexual violence.

Year 7 students recently attended a presentation on engagement and respect when gaming online, this year's theme for safer internet day. On Tuesday many also enjoyed online quizzes organised by Miss James during social time to help highlight safe practices, a complement to a presentation shared during PSHE. Later in the year students will attend a presentation by The 2 Johns of eSafetyTraining, with parents & carers invited to an evening presentation to gain insight into how they can support their children to remain safe and successfully access the benefits of life online.

Students will have opportunity to reflect further on these and a range of other important issues through our RSE & PSHE programmes. Having in January reflected upon the Holocaust and the brutality of all genocide, intolerance, exclusion and discrimination, during February's LGBTQ+ history month we have highlighted the contribution of a historically marginalised section of society.

Elsewhere in the newsletter our Chaplain Hannah details our commitment to inclusivity and diversity. Amid the many examples of struggle and discrimination, and of innumerable achievements in literature, engineering, academia, public service and the armed forces, politics, law, philosophy, science and the arts, I am struck by a reflection from Emile Griffith, a bisexual boxer who won a 1962 bout by knockout, his opponent dying ten days later having never regained consciousness, 'I kill a man and most people forgive me. However, I love a man and many say this makes me an evil person.'

As spring approaches, we can hope the restrictions of the past two years become a footnote in history, part of the fabric of our lives in years to come - not least for our students, for whom time and distance is sure to offer clear perspective on the challenges of such a formative period in their lives.

We know that for some members of our community the world is forever changed, and that life following the return to familiar, customary routines will always hold a sense of sorrow and loss. As we continue to assure our whole community of our support, they especially will remain in our prayers.

**Thomas Coen, Headteacher**





# CHAPLAINCY & FAITH LIFE

This Half term, we have marked the Feast of Epiphany through Bible Reflection and the feast days of some of our school saints with Prayers on their Feast Day – St Thomas Aquinas, St Angela Merici, St John Bosco and St Anne Line.

We have been very pleased to welcome the local clergy in to celebrate Friday Form masses for our students – Students and form tutors have helped prepare the Masses.

## Upcoming Events:

### Lent

The **Lenten Service** will take place on Thursday 31st March at 6pm, with the whole school attending the following day. All families are warmly invited to attend this service, followed by refreshments.

If any students would like to take part in the Lenten Service by doing a reading, music, IT, drama, scene setting, creating prayer cards, please see Hannah in Pastoral to put your name down.

Lent begins on **Ash Wednesday** 2nd March. We will have services for the whole school to mark this Holy Day, focussing on the Lent observances of Fasting (giving something up), Penance (doing something extra) and Prayer.

**Reconciliation** – As part of our Lenten observances, students will also be invited to receive the Sacrament of Reconciliation on Wednesday 9th March. More details will follow on this.

**Retreats** - In March, Year 8 students will all go to Walsingham House at Abbotswick for their retreat days with their form.

### LGBTQ+ History Month

February is LGBTQ+ History Month. Working with some of our LGBTQ+ community in school, we will mark this with assemblies and opening discussion for students on how people of all backgrounds are welcomed as members of the Catholic Church and of our Catholic school community. We believe we are all born in God's likeness and image and that He is pleased with what He has created.

Throughout the month we have reflected on the contributions of a community that has historically been overlooked, forgotten, often rejected and scorned. We actively promote an understanding of the value and beauty of diversity in all its forms, and of our role as Catholics in making sure everyone is treated as children of God.

Pope Francis has given clear direction that he wants to establish an inclusive church. As Catholics we know that more than the places in which we worship, this means us. Our hearts must be always open, radiating fellowship and love. Our Holy Father has said, 'homosexual people have a right to be in a family. They are children of God. Nobody should be thrown out or made miserable over it.'

We are proud of our diversity, proud of our difference, proud of the love and welcome that defines our community, and proud to live Christ's greatest commandment, *Love one another as I have loved you.*

**Hannah Kelly**

**Lay Chaplain and Pastoral Mentor to Year 7 & 8**







# THE ARTS AT ST JOHN PAYNE

AVITA PRO FIDE





## GCSE DRAMA – Year 10 & 11 Theatre Trip

After a devastatingly long period of closure due to the pandemic, the West End is open again for business! This meant that we could finally take our Year 10 & 11 GCSE students to London to watch a piece of live theatre. Being able to watch live theatre is essential for our students, as their final written exam requires them to answer a 30-mark question where they analyse and evaluate a live performance.

Therefore, on Thursday 13<sup>th</sup> January 2022, forty SJP students visited The Fortune Theatre in London to watch an evening performance of *The Women in Black*.

The play, which is based on the 1983 book of the same name by English author Susan Hill, follows the story of Arthur Kipps. Kipps is a lawyer obsessed with a curse that he believes has been cast over him and his family by the spectre of a Woman in Black. He engages a sceptical young actor to help him tell his terrifying story and exorcise the fear that grips his soul. It all begins innocently enough, but then, as they reach further into his darkest memories, they find themselves caught up in a world of eerie marshes and moaning winds. (<https://www.thewomaninblack.com/the-show>)

The students were gripped throughout the performance, enthralled by the atmosphere and illusion created around them and as result there was quite a lot of jumping out of seats, screaming, goose bumps, shrinking into chairs and nervously checking over shoulders! The play is not easy to forget and the trip has provided the students with lots to write about in their final exam.

This trip was the first time many of our students have been to a London theatre and we would like to commend all the Year 10 & 11 Drama students for their amazing behaviour and for representing the school so brilliantly.

### Student Theatre Reviews:

*"The suspense was insane, the fear radiated across the audience"*

*"It was amazing and the actors were brilliant"* – Katie 11A

*"A chilling, blood curdling tale that had me gripping onto the edge of my seat"* – Finbar 11C

*"Brilliant actors, spine chilling performance"* – Leah 11C

*"An incredible, spine chilling play that left me with the heebie-jeebies"* Menzel 11F

Mrs. Nowlan

Head of Drama



# NEW STAFF INTRODUCTIONS



**Miss Rachel Odendaal—Learning Support Assistant**

We welcome Miss Odendaal, who joined the Learning Support team in January and is enjoying supporting students in the Maths department.

**Mr Spencer Churchill—Catering Manager and Mrs Heidi Pearson—Pastoral Mentor**

Mr Churchill and Mrs Pearson both joined the school at the start of this month.

We extend a warm welcome to them and wish them well in settling into their new roles at SJP.







**ST JOHN PAYNE**



**SIXTH FORM**



# ST JOHN PAYNE



# SIXTH FORM

## Year 13 Mental Health Ambassadors



We are group of five Year 13 students who are passionate about the wellbeing of the school; specifically targeting Year 7 and 8 students. We began this group in late 2021, and with training and assemblies such as one during Anti Bullying Week which we prepared and led, we have been equipped with the right tools to help the school as best we can. We feel the importance of upper and lower-year student communication, as we have been through similar struggles to get through secondary school. From nerves about making friends in Year 7, to teenage struggles, we wanted to create a safe space for students to come and enjoy their time away from all of that, and encourage them to discuss their mental health. We meet every Wednesday lunch time in the library where we socialise, and it's a great time where we can come together from different parts of the school and have fun. We want to encourage anyone who wants to, to come and join us!

**Tom, Abbie, Madeleine, Molly and Archie**



# ST JOHN PAYNE

# SIXTH FORM



## Ellie's Charity Chop!

During half-term, Ellie is getting her hair cut to benefit two charities. The Little Princess Trust will be given Ellie's hair to make into a wig and Ellie is asking for sponsorship, with donations being made to our Abbie's Angels page to support the Teenage Cancer Trust. Please support Ellie by following this link: <https://www.justgiving.com/fundraising/sjp-abbies-angels>



On 12<sup>th</sup> February, I am going to be cutting my hair in honour of Abbie. My hair that I cut off will be made into a wig for those who need it via the princess trust.

Where I will be cutting it off





# ST JOHN PAYNE

# SIXTH FORM



## SJP Showcase 2022

We are excited to announce the SJP Showcase on Wednesday 9th March! On Monday we held auditions for the showcase and were delighted by the calibre of the talent that St John Payne has to offer, from music to dance, teachers to students, it is not a night you would want miss. The showcase is student-run with refreshments and a raffle with amazing prizes on the night. All proceeds from the tickets and raffle will go towards Teenage Cancer Trust. We look forward to seeing you there!

Aoife and Rowan

**WEDNESDAY 9TH MARCH**  
**7:30PM - AQUINAS HALL**

# SJP SHOWCASE!



**Tickets – £5 Adult – £3 Child (10 & under)**

**Refreshments & Raffle on the evening!**

**All proceeds go towards:**







# STUDENT AWARDS

AVITA PRO FIDE





## Year 7

### HOY Award

Thabani Z-N 7F for excellent progress in lessons.



### Highest Achievement Points.

Freddie G	7S	185
Owen T	7C	160
Aoife P	7S	129
Alicja Y	7B	136
Nour B	7C	143
Nathan O	7S	144
Maisy M	7C	145
Connie W	7S	148
Eloise S	7C	151
Rodney S	7C	156

# STUDENT AWARDS



## Year 8

### HOY Award

Ryan T, 8C - highest number of achievement points.



# STUDENT AWARDS

### Highest Achievement Points

Evelyn S	8B	174
Taymour B	8S	175
Ariel O	8A	179
Freya C	8B	137
George H	8S	146
Connor S	8B	151
Chenell C	8B	154
Blake D	8C	155
Charley Y	8B	161
Zinachidi E	8B	165





Year 9

## HOY Award

Jessica J 9B– Outstanding attitude and progress.



# STUDENT AWARDS

### Highest Achievement Points

Harrison W	9B	230
Elsie W	9S	141
Cezary C	9B	149
Victory M	9B	150
Lucas B	9B	117
Amine G	9S	121
Greena R	9A	123
Micaiah F	9A	128
Jeneta O	9B	128
Ayomide O	9S	136



## Year 10

### HOY Award

Katia F 10C -Katia has achieved the highest subject progress in the Year following the January tracking.



# STUDENT AWARDS

### Highest Achievement Points

Edward W	10C	166
Ellen S	10A	108
Ava C	10B	107
Luke W	10F	97
Lisa D	10F	92





# STUDENT AWARDS

**Year 11**

**HOY Award**

**Tamsin C 11B.**



A dedication to both school and home study. Upholding resilience through difficult times and supporting the school community with a smile on her face.

David P	11B	58
Alena M	11B	59
Nikita D	11A	61
Joshua S	11C	64
Hannah Y	11C	69



# STUDENT AWARDS

	Total Year Group Achievement Points	Highest Form Achieve- ment points	Highest Achievement Points In the Year
Year 7	10303	7S: 2295	<b>Freddie G (7S)</b> 185 Achievement Points
Year 8	9527	8C: 1824	<b>Evelyn S (8B)</b> 148 Achievement Points
Year 9	9050	9S: 2022	<b>Harrison W (9B)</b> 230 Achievement Points
Year 10	5554	10B: 1118	<b>Edward W (10C)</b> 166 Achievement Points
Year 11	3314	11B:616	<b>David P (11B)</b> 59 Achievement Points





## January Winner

Millie was awarded a Jack Petchey for her selfless behaviour in volunteering to work with the Maths department outside of her 6th form lessons. It has been noted that she worked with the department all of last half term and continues to do so. The Maths department expressed how it is a real asset to all the classes and Millie was even mentioned in Mrs Green's lesson observation from an external moderator. The whole department are very proud of Millie, as are the whole school community. We also wanted to give special mention of your efforts in helping to coach the girls football team.

## February Winner

Dolapo has been nominated for his citizenship and contribution to the life of the school throughout your time at SJP. Dolapo, has led by example, actively participating in many SJP events. Alongside his studies he recently helped organise an event for the PTA with other business studies students, where the adult members were extremely praising of his hard work. He is a young man who continually works hard to support all those around you; both students, staff and whoever comes in to contact with you are a better person for the experience.

The whole of the SJP community are very proud of you both!





# STUDENT SPOTLIGHT

AVITA PRO FIDE





# STUDENT SPOTLIGHT

## AVITA PRO FIDE

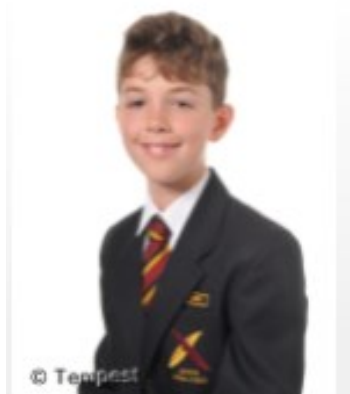
Congratulations to Franci in 9D, who has been selected to play rugby for Essex. We are very proud of you.

Congratulations Franci!



Congratulations to Luke in 9S, who has been selected for Essex Hockey. We are very proud of you.

Well done Luke!



Before Christmas you may remember that two of our Yr 9 students Gene & Joe 9A hosted a Teacher Podcast in order to raise money for the Charity Kids Inspire. The boys raised £422 for the charity. Thank you to the staff who participate, to Mr Sullivan who produced the podcast, and to everyone who donated.

Congratulations and well done to you boys. We are very proud of you.



Miss Dunn,  
Head of Year





# STUDENT SPOTLIGHT

AVITA PRO FIDE

**A Level English Language**

**Amelia 12C - National Competition Winner!**

In the autumn term the Year 12 English Language students entered a national competition run by Aston University. This was a great opportunity for the students to practise their close analysis skills and to use some of the complex A Level terminology that they had been working hard to learn.

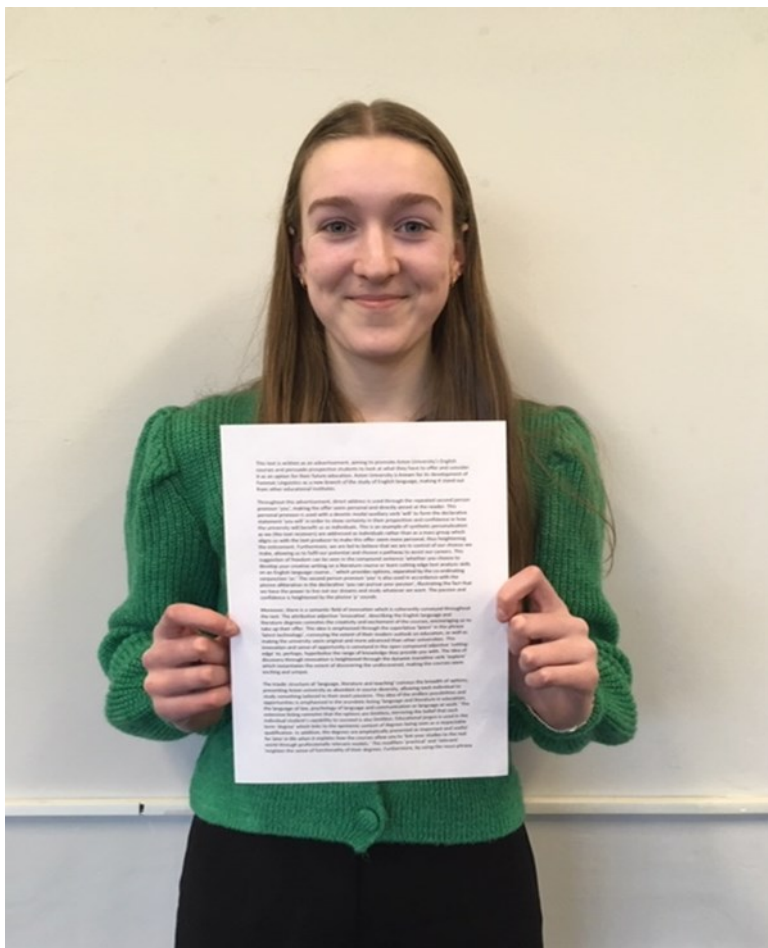
The students were given a short extract taken from the university website and were asked to analyse the text using any language frameworks or ideas from language study of their choice. Entries were judged anonymously by a panel of Aston University English Language academics.

All entries from SJP students were highly commended and Amelia was announced as the overall winner from the hundreds of entries submitted by Year 12 students nationwide. The judges were hugely impressed by Amelia's understanding of the text and her precise and ambitious use of linguistic terminology.

Amelia wins £50 in book vouchers along with an invitation for the whole A Level class to visit Aston University for a day in the summer term. Our visit will include a tour of the campus and two personalised talks delivered by Aston academics on topics of our choice. There will also be the opportunity to meet with current students at Aston to talk about university life.

Well done Amelia – this is such a fantastic achievement and we are very proud of you!

**Mrs Coen & Mrs Ingrouille**





# STUDENT SPOTLIGHT

AVITA PRO FIDE

## Library and Literacy News



Last term, students were welcome to enter the Christmas Reading Challenge. Participating students read a Christmas book and wrote a review. Winners received a certificate and a brand new book. This year's winners were Alicja in 7B, Connor in 8B (both pictured on the left) and William in 9B.



The library has seen two displays already this year. The first display marked the National Holocaust Memorial Day on the 27<sup>th</sup> January which featured information pamphlets and recommended reads. The second celebrated February a.k.a. 'The Month of Love' with a display of popular romantic books, both classic



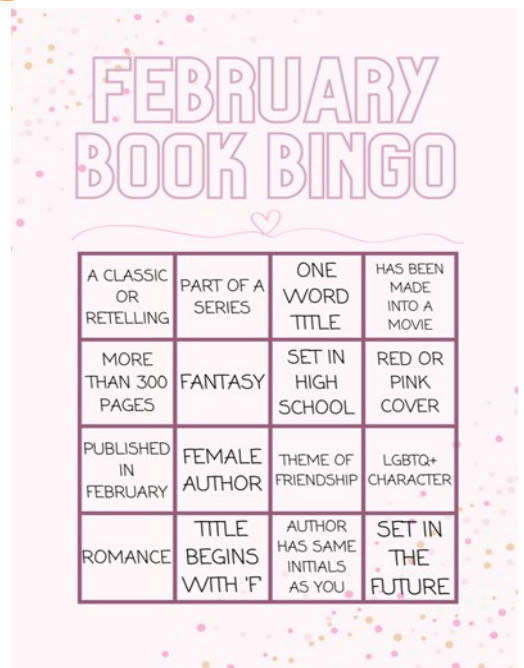
National Storytelling Week 2022 ran from the 29th January to the 5th February this year. To celebrate, Year 7 and 8 students created their own stories inspired by random objects given to each group during their weekly literacy lesson. 7A and 8B are pictured with their 'inspiring' objects.



8B



7A



This month, students were encouraged to enter into the library's 'February Book Bingo'. To win students had to complete a line, reading 4 books in total from categories of their choice. Winners received a certificate and small prize. The library has also introduced the new SJP Goodreads page which features 'bookshelves' of recommended reads for both lower and upper school. Students can scan the QR code and immediately access the bookshelves!

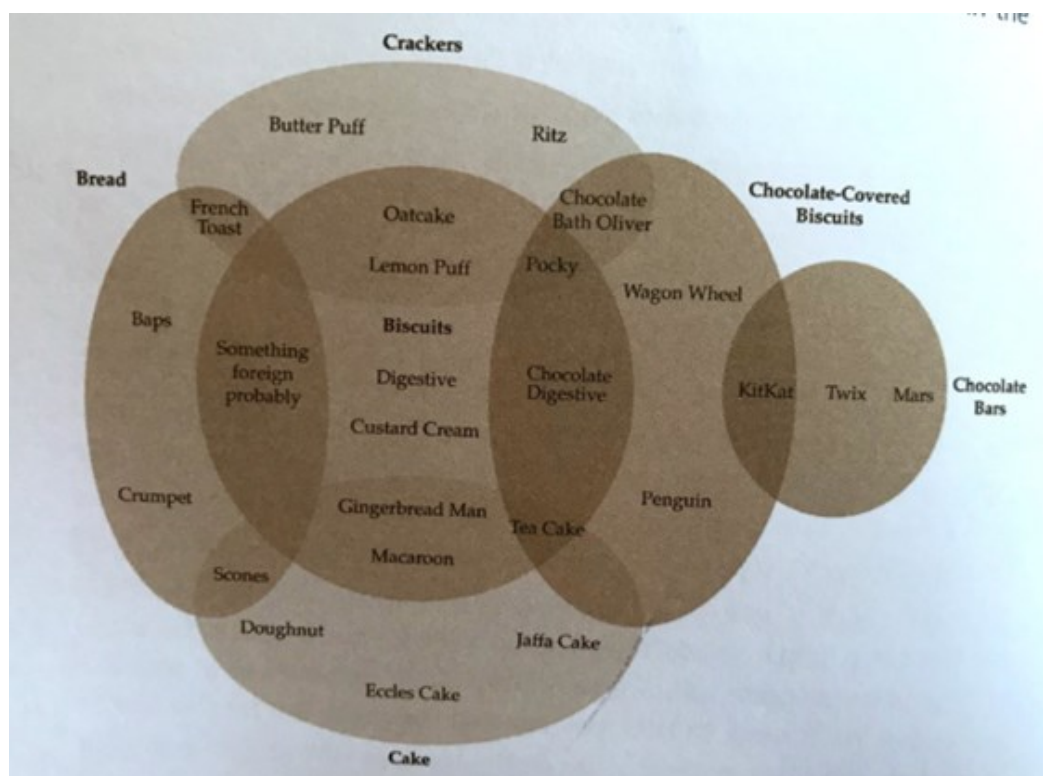
# SJP Mathematics Department

It was great to welcome back our students into the SJP community after the Christmas break.

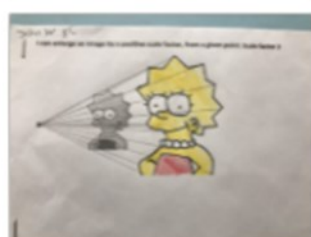
It has been a very busy start to the term for the maths students and maths team.

We welcome Miss Odendaal to the department as our specialised maths LSA.

This term students have been studying the Key Strand of Probability. Mr Newman decided to investigate this further through his study of biscuits and cakes! Please see his Venn Diagram below.



Students have also cover Transformations, including Enlargement along with Writing/Using formulae. Here are some examples of some of our extension activities.



Roast Beef  
Cooking instructions  
30 minutes cooking plus 15 minutes for every 5kg weight

weight	1kg	2kg	3kg	4kg	Challenge!
Beef	45	60	105	135	
Total cooking time	45	60	105	135	

Counting Car's  
How many cars will it take to travel 100 miles?

Woolly Wagon  
How many wagons will it take to travel 100 miles?

Triangle's Taxi  
How many taxis will it take to travel 100 miles?

Car's	1 mile	2 miles	3 miles	4 miles	5 miles	6 miles	Challenge!
Woolly Wagon							
Triangle's Taxi							
Counting Car's							

Students have also been practicing for the Junior and Intermediate UKMT Maths challenge, giving students the chance to 'think outside of the box' when it comes to problem solving and applying their maths knowledge.

## Maths Awards and Competition winners

We are delighted to announce the winners to our Christmas maths challenge. Both students were awarded the prize for original thinking and clear structured working – Congratulations to Logan and Vincent.



Christmas Maths Challenge - Vincent Wierzbicki 7A

$L=W$  - Square

L	W	H	Volume	Length
20.0000	20.0000	10.0000	4000	40
30.0000	30.0000	5.0000	4500	40
15.0000	15.0000	12.5000	2812.5	40
33.0000	33.0000	3.5000	3811.5	40
25.0000	25.0000	7.5000	4687.5	40
24.0000	24.0000	8.0000	4608	40
26.0000	26.0000	7.0000	4732	40
27.0000	27.0000	6.5000	4738.5	40
28.0000	28.0000	6.0000	4704	40
27.2500	27.2500	6.3529	4717.425	39.9558
26.6680	26.6680	6.6660	4740.741	40

Christmas Maths Challenge

Problem	Length	Width	Height	Volume
1	40	40	10	16000
2	40	40	5	8000
3	40	40	12.5	20000
4	40	40	3.5	5600
5	40	40	7.5	12000
6	40	40	8	12800
7	40	40	7	11200
8	40	40	6.5	10540
9	40	40	6	9600
10	40	40	6.3529	11111.11
11	40	40	6.6660	11111.11

To find the largest volume I did the biggest height. To find the smallest height I did the biggest width. I figured out the smallest height which is 0.5 as the biggest width is 39. I then figured out that the height would be 0.5 as the width is 39. I then found the lengths by the widths for the possible areas. I found the areas by the heights for the volumes. I found the biggest volume.

Each formulae:

$$S/C = 40 - AD$$

$$D = 2x$$

$$C = A \times D$$

By Logan (TS)

See Mr Newman and our Twitter page for the next challenge!

Congratulations to Millie who won the Jack Petchey Award for her volunteer work within the maths department.



We would like to take this opportunity to wish you a Happy and safe Half Term break.

The Mathematics department at SJP



## Student Success at the Indoor South of England Championships

Onyeka competed at the indoor south of England Championships this weekend in the 400m. He won his heat with a PB of 49.62 and went on to win the final with another PB of 49.07. He took a second off his PB overall. This has now placed him as 2nd in the UK U20 rankings behind an athlete 2 yrs older than him.

Onyeka is competing this coming weekend in Sheffield at the National championships and is now the highest ranked athlete competing in the 400m so hopefully he will come home with a medal. Please join us in wishing him good luck!





# Key School Events





Congratulations to the new Year 7 Captains—from Mrs Coleman

Your Form Tutors, Heads of House and myself are looking forward to working with you all over the course of this year—well done!



# HOUSE CHESS RESULTS

Place	House	Points Awarded
1 <sup>st</sup>	<u>Servites</u>	600
2 <sup>nd</sup>	Dominicans	500
3 <sup>rd</sup>	Benedictines	400
4 <sup>th</sup>	Franciscans	300
5 <sup>th</sup>	Augustinians	200
6 <sup>th</sup>	Carmelites	100



# CHRISTMAS WREATH COMPETITION

Year 7	
1 <sup>st</sup>	D
2 <sup>nd</sup>	C
3 <sup>rd</sup>	B
4 <sup>th</sup>	S
5 <sup>th</sup>	A
6 <sup>th</sup>	F

Year 8 – No entries

Year 9	
1 <sup>st</sup>	F

Year 10	
1 <sup>st</sup>	D
2 <sup>nd</sup>	S
3 <sup>rd</sup>	F
4 <sup>th</sup>	B
5 <sup>th</sup>	C
6 <sup>th</sup>	A



Year 11	
1 <sup>st</sup>	A
2 <sup>nd</sup>	B

Year 12 – No entries

Year 13	
1 <sup>st</sup>	D



# CHRISTMAS WREATH COMPETITION

Place	House	Points Awarded
1 <sup>st</sup>	<b>Dominicans</b>	600
2 <sup>nd</sup>	<b>Benedictines</b>	500
3 <sup>rd</sup>	<b>Franciscans</b>	400
4 <sup>th</sup>	<b>Augustinians</b>	300
5 <sup>th</sup>	<b><u>Servites</u></b>	200
6 <sup>th</sup>	Carmelites	100



# CHRISTMAS DECORATIONS COMPETITION

Year 7		Year 8		Year 9		Year 10	
1 <sup>st</sup>	C	1 <sup>st</sup>	B	1 <sup>st</sup>	C	1 <sup>st</sup>	S
2 <sup>nd</sup>	D	2 <sup>nd</sup>	S	2 <sup>nd</sup>	F	2 <sup>nd</sup>	D
3 <sup>rd</sup>	A	3 <sup>rd</sup>	D	3 <sup>rd</sup>	A	3 <sup>rd</sup>	C
4 <sup>th</sup>	S	4 <sup>th</sup>	C	4 <sup>th</sup>	S	4 <sup>th</sup>	A
5 <sup>th</sup>	B	5 <sup>th</sup>	A			5 <sup>th</sup>	F
6 <sup>th</sup>	F	6 <sup>th</sup>	F			6 <sup>th</sup>	B

Year 11		Year 12		Year 13	
1 <sup>st</sup>	A	1 <sup>st</sup>	F	1 <sup>st</sup>	D
2 <sup>nd</sup>	F	2 <sup>nd</sup>	D	2 <sup>nd</sup>	A
3 <sup>rd</sup>	D	3 <sup>rd</sup>	A	3 <sup>rd</sup>	C
4 <sup>th</sup>	C	4 <sup>th</sup>	C	4 <sup>th</sup>	B



# CHRISTMAS DECORATIONS COMPETITION

Place	House	Points Awarded
1 <sup>st</sup>	Carmelites & <b>Dominicans</b>	600
2 <sup>nd</sup>	<b>Augustinians</b>	500
3 <sup>rd</sup>	<b>Franciscans</b>	400
4 <sup>th</sup>	<b>Servites</b>	300
5 <sup>th</sup>	<b>Benedictines</b>	200



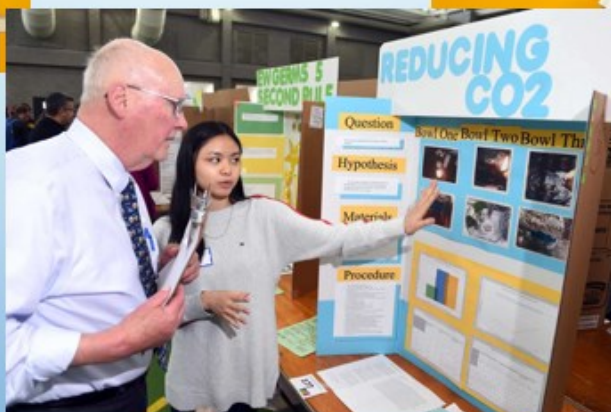
## CURRENT HOUSEPOINT TALLY

	House	Housepoint Total
1 <sup>st</sup>	<b>Servites</b>	5630
2 <sup>nd</sup>	<b>Benedictines</b>	5381
3 <sup>rd</sup>	Carmelites	4647
4 <sup>th</sup>	<b>Dominicans</b>	3945
5 <sup>th</sup>	<b>Franciscans</b>	3861
6 <sup>th</sup>	<b>Augustinians</b>	3821



## SCIENCE FAYRE

JAN - MAR COMPETITION



JAN - MAR COMPETITION

## SCIENCE FAYRE

- CREATE YOUR VERY OWN SCIENCE PROJECT.
- BRING YOUR PROJECT TO SCHOOL AND DISPLAY IN AQUINAS HALL ON FRIDAY 25<sup>TH</sup> MARCH P4 IN AQUINAS HALL
- THIS WILL BE JUDGED BY SLT ON FRIDAY 25<sup>TH</sup> MARCH P4 IN AQUINAS HALL

### IDEAS:

- What type of food allow mould to grow the fastest?
- Does having worms in soil help plants grow faster?
- Can plants grow in pots if they are sideways or upside down?
- Does the colour of hair affect how much static electricity it can carry? (test with balloons)
- How much weight can the surface tension of water hold?
- Can some people really read someone else's thoughts?
- Which soda decays fallen out teeth the most?
- What light brightness makes plants grow the best?
- Does the colour of birdseed affect how much birds will eat it?
- Do natural or chemical fertilizers work best?
- Can mice learn? (you can pick any animal)
- Can people tell artificial smells from real ones?
- What brands of bubble gum produce the biggest bubbles?
- Does age affect human reaction times?
- What is the effect of salt on the boiling temperature of water?
- Does shoe design really affect an athlete's jumping height?
- What type of grass seed grows the fastest?
- Can animals see in the dark better than humans?



# BEC TEACHER TRAINING

## **Recruiting Now for Teacher Training!**

**Are you bored with the daily grind? Do you have skills and talents that aren't being used?  
Would you like to do a uniquely satisfying job that makes a real contribution?**

Why not join our Teacher Training Programme?

BEC Teacher Training trains local teachers for local schools. With over 25 years of experience and rated an outstanding provider by Ofsted, our friendly and professional team works in close partnership with over 50 Essex schools to train primary and secondary teachers. Our trainees tell us that training with us is a 'first class experience' that gives them 'all the skills they need to be a successful teacher'. All our trainees get jobs when they reach the end of the course, with the vast majority choosing to take up positions in local schools as they take their first steps in this exceptionally rewarding career.

"Teaching is honestly wonderful. It's a joy to be a teacher!" says former trainee Maddie.

Contact us today to find out more about teacher training. Call 01268 477611, email [louise@billericayscitt](mailto:louise@billericayscitt) or visit our website [www.billericayscitt.com](http://www.billericayscitt.com) for more information.





# Pastoral Care Mental Health Wellbeing

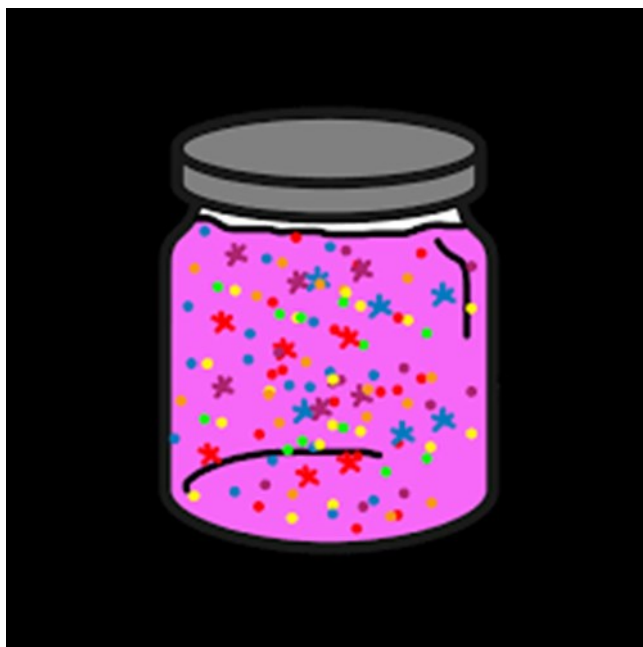
AVITA PRO FIDE

## Make a Mindfulness Jar

Find a clean, empty jar. Pop a tablespoon of glitter and/or stars in it, fill it two thirds with water, add a drop or two of food colouring if you like and screw the lid on firmly.

Use this jar whenever you feel jumbled up inside or when your mind is really busy. Give the jar a shake for a moment then hold the jar still and watch as the sparkling contents whirl about and slowly settle. The glitter is just like our thoughts, sometimes jumbled and busy, sometimes calm and still.

When we sit still, relax into our breathing, and watch our thoughts, the mind slows and settles down too, just like the glitter in the jar. When we feel shaken up it can be hard to know what to do. When the mind is calm it is easier to work out the solutions to our problems or talk about what is upsetting us. Use the mindfulness jar whenever you'd like to feel calm.





# E-Saftey

AVITA PRO FIDE

Today we're going to learn:



How to identify  
TikTok adverts



How brands and  
creators have to  
behave on TikTok



What safety tools  
are available to  
help manage your  
TikTok experience



## Adverts, Creators and You

MediaSmart



### TikTok 101

**Aiming to inspire creativity and bring joy to people's lives, TikTok is a short-form video streaming and sharing platform.**

Launched in 2018, it has since become one of the most downloaded apps in the world. TikTok is a global hub for inspiration, education and entertainment.

To ensure users have the best experience possible, the TikTok 'For You' feed recommends unique content to each individual user.

TikTok's algorithm is interest-based. The algorithm learns what users like and do not like by tracking their actions and behaviour – whether they watch a video to the end or skip straight past.

From there, the platform serves each user content that's relevant to them. This creates digital communities and subcultures of people with similar interests. Users colloquially refer to these segments as 'sides'



**Intro...**

[Media Smart - TikTok: Adverts, Creators and You CLASSROOM FILM \(vimeo.com\)](#)

[Media Smart - TikTok: Adverts, Creators and You CLASSROOM FILM \(vimeo.com\)](#)



# E-Saftey

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## TikTok tactics

TikTok has a Safety Center which monitors its content to ensure a safe and enjoyable experience. But it is importance that you know how to take action when faced with content that breaks guidelines.

? Can you match the function to each of the icons below?

- Send message
- Turn off Post Push
- Report
- Block



? How would you tell TikTok you're just not interested in a video you've been served?



Report



Turn off Post Push

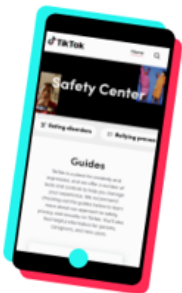


Block



Send message

## Other useful links



**TikTok Safety Center:**  
<https://www.tiktok.com/safety/en-us/>



**TikTok Community Guidelines:**  
<https://www.tiktok.com/community-guidelines?lang=en>





# E-Saftey

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## IT News – Safer Internet Day

Well done to Y7 and 8 students this week who took part in Safer Internet day events in Merici hall. 40+ students competed in a Booklet e-safety quiz and the winner from the first round was Honor and second round was Tia.

Y8 students have been working on a e-safety video project this half term and used the knowledge gained to partake in the Safer Internet day competition.

*A report from Miss James*

