



## Focus Day

Friday was another hugely successful Focus Day. Most of this week's newsletter is given over to reports of the various activities that took place. My thanks to the staff who planned and delivered the sessions and to the people from various organisations that worked with groups of students throughout the day.

## Mrs Pereira

Our new headteacher is visiting today. She will be going into a few lessons and meeting with some of the School Council. I am sure you will make her welcome.

## Public Speaking Competition

We wish the best of luck to Sabina Strug who is representing us this Sunday at the Catenian Public Speaking Competition at Ratcliffe College. Her chosen topic is entitled "The idea of peace on earth is naive". We are sure you will do us proud.

## Celebration Assemblies

Next week we have the Celebration Assemblies for this term. We have brought them forward as the last week is busy with the Sponsored Walk, Anniversary Celebrations and Easter Liturgies.

## Parents Evening

A reminder that next Tuesday's is for Years 8 and 13 and will run from 4.00pm to 6.30pm, so school will finish at the usual time.

*Sean Hayes*



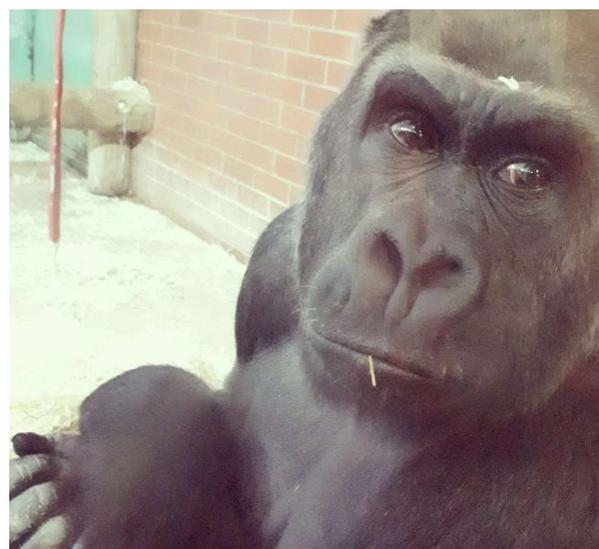
Follow us on Twitter:  
[@sjfpeterborough](https://twitter.com/sjfpeterborough)

**Academic Tutoring  
Years 11  
25 March - 5 April**

## Focus Day

### Year 7

As part of the Humanities Focus day programme, year 7 students were given the opportunity to visit Twycross Zoo. Students particularly enjoyed feeding the Lorikeets stroking the goats and watching the many Chimpanzees in their new enclosure.



"I really liked the scary Gorilla" *Muminah Mansha*

"I liked the giraffes who were hitting each other with their necks".  
*Halifa Arshad*

Overall, an enjoyable and worthwhile visit which we will do again next year to see the new Rhino and Tiger displays.

### Years 7 & 8: Italian Day

Students who did not go on the visits out stayed in school for an Italian day. During the day they took part in four separate activities linked to Italian culture. They had a chance to learn some basic Italian words and phrases, used Italian music to influence their own musical compositions, took a tour of the archaeological sights of Rome and found out about gladiators and finally had the opportunity to research an aspect of Italian culture, influenced by their own interests and hobbies. Students enjoyed the opportunity to work independently and find out new things.



### French Day Trip To The Opal Coast

Last Friday was our yearly day trip to France. Not only did we have to wake up early, we also had to go on the longest rollercoaster ever! Windy weather turned the ferry crossing into quite an experience but we were not going to let this ruin the day. Our first visit was to a traditional sweet factory where the sweet maker explained the process: ingredients, equipment and techniques. A couple of students were put to work making chewy Haribo-style sweets. Tasting the violet-flavoured hard-boiled sweets was a definite highlight for many. The afternoon started with a trip to the local shopping centre in the hope of spotting a good bargain and finally getting our hands on baguettes and croissants.

We are now in the process of planning the next day trip, so stay tuned for any announcement next term.

*Miss Rodriguez, Head of Languages*

### Year 9

We looked at healthy lives, but rather than focussing on diet and fitness, we learned about staying safe and self-esteem. Sanchez, a police officer who used to attend SJF, told us about knife crime and how committing it can affect yours and others' lives. I could tell by the silence in the room how much everyone was listening. We learnt about chlamydia and how to stay safe from it and how other pathogens are spread, their symptoms and how they can be treated. We also had a lesson on self-esteem with Mr Gorgeous, from a company called KIP (Knowledge is Power) Education. We discussed why a positive body image is so important to us and how we think about ourselves and our capabilities. Altogether the day was very educational, I'm sure everyone in Year 9 will have taken something away from it.

*Rebecca Smith*

### Year 10

Year 10 Focus Day was a tremendous success with a focus on Healthy Lifestyles. The year group took part in a number of activities; Dance, Fitness, First Aid, CPR and Healthy Eating. During the dance sessions students got their groove on learning various street and hip hop routines led by a professional dancer. First Aid was based on saving lives, students were shown the recovery position, CPR and looked at case studies relevant to the year group. The fitness session, led by Dan Jarvis, started with a presentation on healthy active lifestyles and students then completed a high intensity full body circuit to work every muscle in their bodies. Healthy Eating was a resounding success with students enjoying samples of diet and low calorie food versus high fat. Could they make the right decision? They took the challenge and most could correctly identify the low fat choices and were happy to make the swap for life. They cooked up a storm making egg muffins and wraps based on the food pyramid ensuring they were filled with fruit and veg alongside their protein, which they had burned off in one of the fitness sessions. An absolutely great day was had by all.



*'A year of reading ... a lifetime of memories.'*

### Year 11

Year 11 watched Big Brum's Production of 'Dr Jekyll and Mr Hyde' – here are some of their comments:



"I thought the performance of Dr Jekyll and Mr Hyde was very eye opening and helped me visualise the characters and scenes"

*Lewis Beeton-Jones*

"The play gave us an insight into different interpretations of the characters. I found it useful and think that it was interesting to have visual reference"

*Erin O'Shea*

### Sensory Garden Workshop

On Focus day we were very pleased to host Jeni Cairns, our garden designer, who delivered a series of design workshops for years 7 & 8. Students were invited to consider what they might want to include in their sensory garden and they came up with a whole range of designs, including amazing lighting, water features, planting and gazebos. Jeni will now take the students' ideas and incorporate them into several different designs. The next step will be for students to view these and to decide which design they want to adopt.



Your Year 11  
Study Room  
Period 5  
Wednesday and Thursday

**ROOM 211**

Positive  
Preparation  
Production  
Planning  
Progress

