



## Thank you

Students and staff have settled in very well to the new systems across school and it is very good to see the excellent learning that is taking place. Thank you to all staff and students who are working together to ensure everybody is safe.

## Virtual meetings

You will have seen the news this week about the increased cases of COVID 19 across the country. It is very important we are all very careful and responsible so that the most vulnerable in our communities and families are kept safe. All evening events this term such as parents evenings will be virtual and more details about these will be sent out nearer the time. Similarly, as you are already aware we cannot accept visitors at school at the moment, so any parental meetings will be conducted by phone.

## Arrival at school

The staggered start at the beginning and end of the day is working as intended in keeping year groups apart. In order for this to work students must arrive at the school building at their allotted time and not later or earlier. For some students this means ensuring they allow time to walk into school, so they arrive on time, either down the path or around the all weather pitch (Years 7 and 9). The staggered start times are below:

Years 7, 8 and 12: 8.30am

Years 9, 10, 11: 08.40am

Year 13: 9.00am

## Year 13 PPEs

Year 13 PPEs have gone very well this week. The exams gave Year 13 a chance to have a go at the sort of exams they will sit in the summer, as they did not get a chance to do this in Year 12 at the end of the year. Early PPEs for this year group will enable students and teachers to plan for the next steps in learning to ensure students are able to succeed.

## Year 11

Mr Young has spoken to all year 11 students this week in form time about the GCSEs in the summer, revision and extra Period 5 sessions. We will be shortly starting Period 5 intervention for Year 11 students and information about sessions will be shared as soon as possible.

Kate Pereira

## Student Wellbeing

These last two weeks have been incredibly busy. Students have had to get up earlier than they have done for six months, remember their old routines, get their brains going, become more active and also manage the anxiety that can come with returning to school after such a long break; along with the all the new Covid routines, which can feel quite restrictive. We are so impressed with all our students and the resilience they have shown during the last six months, as well as over the last two weeks. However, emotional resilience can be drained quickly and students need to find strategies that work for them, so that they can relax and manage any difficult thoughts or feelings.



This week, we would like to remind students about .b: a mindfulness technique which many used last year:

### Stop

**Notice** how you are feeling at this moment, or any sensations in your body

**Feel your feet** on the ground and let the ground anchor you

**Feel the sensations of breathing** in your nose or chest / stomach as you breathe in and out

**...and Be**

The purpose of this short exercise, which you can do anywhere, is to very quickly switch your brain's mode, from thinking and doing, to sensing and being. The focus on breathing can also have the effect of slowing your heart rate and making you more aware of what is going on in the present.

## Covid-19 Related Absence from School

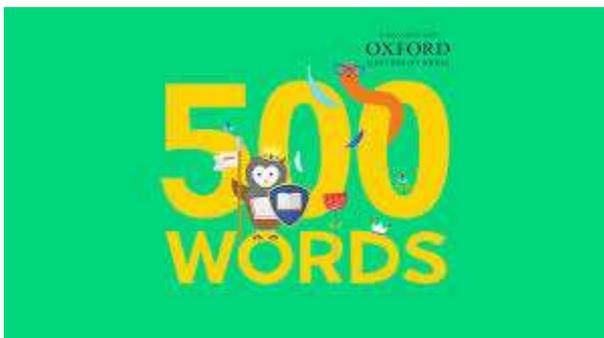
A Quick Guide for Parents can be found on the school website

<https://www.stjohnfisherschool.org.uk/september-opening/>

## Literacy Corner

Virgin Radio holds a writing competition every year in July where students write a story in 500 words based on a specific theme. This year's theme was '500 words – Black Lives Matter'. I would like to give you the opportunity to write a story using the same topic in practice for next year's competition. The winner will receive a prize. The winner of this year's competition was 'Kristofer Was Quiet In School Today' by Lucy. Read the story, found on the w drive in Teams or the link below, to get some inspiration. The deadline for submitting your story is Monday, 5 October. You can submit your stories to Miss Meagher on Teams. Good luck!

<https://500words.me/finalist-stories/kristofer-was-quiet-in-school-today>



## Word of the week

This week's word of the week (WOW) is 'conserve'. Don't forget to use it in lessons, where appropriate, to get some extra merits!

### Conserve

*verb*

1. protect (something, especially something of environmental or cultural importance) from harm or destruction.  
"the funds raised will help conserve endangered meadowlands"
2. prevent the wasteful overuse of (a resource).  
"industry should conserve more water"

Similar:

- preserve
- protect
- maintain
- save
- safeguard
- keep



## Face coverings

Thank you for the swift and positive response by students and parents to the wearing of face coverings at school. Over the past two weeks most students have worn a robust appropriate face covering which they bring in to school and wear very well. The small minority of students who forgot their face coverings were given a disposable mask to start them off with the understanding they would provide their own afterwards. This approach has worked very well. Now we are moving into the third week we are now able to sell disposable face masks at Student Services for 25 pence each. **Disposable masks will not be given out by staff free of charge anymore.** Student Services will be the only place to buy a face mask if students have forgotten theirs on a particular day. Thankfully over 99.9% of the student population have their own face covering each day.

**Academic Tutoring  
Year 11  
21 September 2020 -  
2 October 2020**

## Covid 19

### What you need to tell us!

If you are self-isolating or quarantining please contact the school and give us the following information:

- Your child's Name and Tutor Group
- Reason for isolation/ quarantine
- Date of expected return to school

Phone on 01733 343646  
or use the Gateway app