

16 April 2021

Weekly newsletter - No 26



Welcome to the Summer Term!



We hope you were able to enjoy your Easter half term with restrictions starting to lift, we look forward to having your children with us for the final term of the academic year.

YEAR 11

Year 11 Prom: We have decided to extend the date for prom deposit payments until Friday 30 April 2021. Please ensure you have paid the deposit to secure your child's place.

Well done to our year 11's on completing their first week of exam's, please find below the upcoming exam timetable.

YEAR 11 EXAM TIMETABLE

Week B Monday 19 April	Maths Paper 2 Calculator	Maths Paper 2 Calculator		Normal lessons	Science Physics Paper 2	Science Physics Paper 2
Week B Tuesday 20 April	English Language Paper 2	English Language Paper 2		Normal lessons Art	Business Studies Paper 2 Art	Business Studies Paper 2 Art
Week B Wednesday 21 April	History Paper 2 Geography Paper 2 Computer Science Paper 2	History Paper 2 Geography Paper 2 Computer Science Paper 2		Normal lessons	French Listening <i>Catch up sessions for students absent</i>	Normal lesson <i>Catch up sessions for students absent</i>
Week B Thursday 22 April	English Literature Paper 2	English Literature Paper 2		Normal lessons	Maths Paper 3 Calculator	Maths Paper 3 Calculator
Week B Friday 23 April	History Paper 3 <i>Catch up sessions for students absent</i>	History Paper 3 <i>Catch up sessions for students absent</i>		<i>Catch up sessions for students absent</i>	<i>Catch up sessions for students absent</i>	<i>Catch up sessions for students absent</i>
Week A Monday 26 April	Hospitality Practical Assessment	Hospitality Practical Assessment		Hospitality Practical Assessment	Hospitality Practical Assessment	Hospitality Practical Assessment
Week A Tuesday 27 April	Hospitality Practical Assessment	Hospitality Practical Assessment		Hospitality Practical Assessment	Hospitality Practical Assessment	Hospitality Practical Assessment
Week A Wednesday 28 April	Hospitality Practical Assessment	Hospitality Practical Assessment		Hospitality Practical Assessment	Hospitality Practical Assessment	Hospitality Practical Assessment

WEIBENING

Please don't forget if you need some support, visit our school website and check out the Wellbeing Coronavirus Support Pack!
It is important to remember to keep in touch with friends and family, have a structure/routine to your day, take control - don't suffer in silence, talk to someone!
Below are some contacts for support if you need them at any time:

Parent Helplines



Family Lives: 0808 800 2222 (MON-FRI: 09am-9pm, Weekends 10am-3pm).



NSPCC: 0808 800 5000 (MON-FRI: 09am-6pm, Weekends 09am-5pm).



Parents Helpline: 0808 802 5544 (MON-FRI: 09:30am-4pm).

Crisis messengers (Available 24hrs)

shout

SHOUT: Text "CONNECT" to 85258



The Mix: Text "THEMIX" to 85258



Young Minds: Text "YM" to 85258

Helplines providing 24/7 Mental Health Support

If someone's life is in danger, immediately call: 999.



Childline: 0800 1111



NELFT: 0300 555 1000



Samaritans: 116 123

Also try: Childline Calm Zone:

<https://childline.org.uk/toolbox/calm-zone/>

Visit this website for activities, breathing exercises, videos and games to help let go of stress

Just a



TAKE CARE OF YOURSELF

Stress Awareness Month

Advice on managing stress at important moments video

Watch this video to learn strategies for managing your emotions

<https://www.youtube.com/watch?v=VGqDAUZwhas>

Young People's wellbeing guide for stressful situations- Children's Society

A guide about coping with stressful situations and advice on how to manage

<https://www.childrenssociety.org.uk/site/default/files/2020-10/Young-People-Guide-to-Stressful-Situations.pdf>

Exam Stress

Booklet offering tips and advice on dealing with exam stress and worry.

https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/exam_stress_print.pdf

Catch it, check it, challenge it, change it: CBT Technique: Simple steps to address anxious thoughts and gain a new perspective

CATCH IT: What anxious thoughts are you having?

CHECK IT: Are you perhaps thinking that things are worse than they really are?

CHALLENGE IT: What is 1. The evidence for and 2. The evidence against these thoughts? Is there something you have overlooked?

CHANGE IT: Considering all of the above, is there another more helpful and balanced way of thinking?

On this week's menu...

THE FILLING STATION

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Tikka Masala Curry Served with Golden Rice & Naan Bread	Pork Sausages With Yorkshire Pudding Vegetables Mashed Potato & Gravy	Sweet Chilli Chicken Thighs Served with Sweet Potato Fries & Coleslaw or Baked Beans	Homemade Pepperoni Pizza Served with Garlic Bread & Salad	Chicken Goujons Or Battered Cod Served with Chips & Baked Beans or Peas
Vegetarian Meal	Vegetable Katsu Curry Served with Golden Rice & Naan Bread	Vegetable Stew & Dumplings Served with Mashed Potato	Fully Loaded Potato Skins Served with Coleslaw or Baked Beans	Vegetarian Meatballs Served with Pasta & Garlic Bread	Vegetarian Sausages Served with Chips & Baked Beans or Peas
Pasta & Sauce , Jacket Potatoes with Assorted Fillings & Salad Bar Available Monday –Thursday					

Breakfast Club

Please note that until further notice we will be unable to provide breakfast club facilities to ensure year group bubbles are not mixed.

PE EXTRA-CURRICULAR CLUBS

April - July

	Before School 7:30-8:15	After School 3:15-4:15
Monday		Detentions
Tuesday	Year 8 SBI	Y11 Intervention SBI DFA Year 9 RTH Year 9 Netball NST
Wednesday	PE Meeting	Y10 Intervention Week A Y9 Intervention Week B
Thursday		Y11 Intervention SBI TAT Year 7 DFA Year 7 Netball NST
Friday		Y11 Intervention DFA Year 8 Netball NST



Calling All Year 8's!

Join the Dead Poets Society!
Every second Friday after the Easter holidays.

Reading, understanding, and analysing the GREATEST poetry in preparation for Key Stage 4.



Friday Week B
commencing 23rd April

Join the MS Teams page for updates and poem materials
Register interest by emailing/messaging via
Teams Mr. Keane

Careers

Virtual Work Experience Opportunities and Insight Days with employers



Speakers for Schools Experience program connects young people without access to prestigious organisations to work experience placements and insight day opportunities, helping to build pathways to the top via an online portal, all for free.

Please encourage your child to register and view the brilliant opportunities available. The link to register can be found by clicking [here](#).

Year 11 Virtual Law and Business 3-day Work Experience Opportunity offered by The University of Law

We are aware of the extraordinary challenges students considering university study are facing and in 2020, we launched our first virtual work experience scheme, welcoming around 300 students who were unable to secure a work placement opportunity.

This year, the Real World Work Experience Scheme is expanding to cover even more professional areas across the legal and business sectors, with the aim of ensuring more students know what to expect and can develop key skills ready for the workplace.

The Scheme has a fully live and virtual 3-day programme (26-28 July), meaning students are able to learn from, and network with professionals safely from across the UK.

Further information and sign up here <https://www.law.ac.uk/landing/work-experience-scheme/>

Students will need to complete the supporting statement section (on the application form) outlining why they want to take part in the scheme in order to get a place. The scheme is unfortunately not suitable for any students younger than Year 11. The scheme is separated into Law and Business.

Some useful websites offering Careers advice for Parents:

<https://www.youthemployment.org.uk/careers-advice-for-parents/>

<https://www.parentalguidance.org.uk/>

If you have any career related questions, please email: asmith@southchurchschool.com