

# Southchurch Weekly News



07 January 2022

## Weekly newsletter - No 16

### Welcome to the Spring Term

Happy New Year and welcome back, we hope you had a lovely Christmas break!

The government guidance now recommends that students in year 7 and above wear face coverings in classrooms. This advice is to support students and teachers as they return to school this term and builds on the existing guidance that recommends face coverings should be worn in all communal areas.

It is the student's responsibility to ensure that they have a suitable face covering with them when they come to school.

The school holds a *small* emergency stock of face masks which can be issued to students who genuinely forget their masks. However, the school is unable to issue masks on a repeated basis and we ask that your son/daughter is supplied with a suitable face covering to bring to school each day.

Also, please remind them to put it on before entering the building, as this will reduce the time getting the students through the reception door in the mornings.

## SPORTS INFO

**Sports Fixtures:** *Due to increasing level of Covid-19 infections, the decision has been made to temporarily stop students and parents spectating at any sporting fixtures held at the school. We hope you understand that, as a school, we want to keep everyone as safe and well as possible during this current climate. We would like to thank you for your continued support.*

## NEXT WEEK'S MENU

### THE FILLING STATION

### WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BBQ Pulled Pork Served with Boiled Rice, Guacamole & Grated Cheese	Breaded Chicken Strips Served with Potato Wedges & a choice of Baked Beans or Salad	Pork Sausages Served with Yorkshire Pudding, Mixed Vegetables or Baked Beans Mashed Potato & Gravy	Chicken Fajita Served with Roasted Cubed Potatoes & Salad	Beef Burger or Cheese Burger in a Bun Served with Chips & Baked Beans or Coleslaw
Vegetarian Meal	Vegan Bean Chilli Served with Boiled Rice & Guacamole	Vegetable Fingers Served with Potato Wedges & a choice of Baked Beans or Salad	Creamy Vegetable Bake Served with Mixed Vegetables or Baked Beans Mashed Potato & Gravy	Roasted Vegetable Fajita Served with Roasted Cubed Potatoes & Salad	Vegan Burger in a Bun Served with Chips & Baked Beans or Coleslaw
<b>Pasta &amp; Sauce , Jacket Potatoes with Assorted Fillings &amp; Fresh Soup Available Monday - Thursday</b>					



### Fresh Soups

Monday:

**Tomato**

Tuesday:

**Vegetable**

Wednesday:

**Chicken**

Thursday:

**Roasted  
Butternut  
Squash**



## CAREERS

Please click on the link [here](#) for virtual work experience opportunities from Springpod.

Virtual work experience teaches digital skills, teamworking and communication, as well as understanding of how the employment system works.

Please encourage your child to sign up and take part.



# Library Corner

Word of the week:

*Betterment*

Definition: (noun) making something or becoming better.

This week's theme is: **GOALS**

### Did you know?

Ancient Egyptians celebrated the beginning of the year in July.

Women are more likely to make New Year's resolutions than men.

Young people are more likely to make resolutions than older people.

Nora Ephron, screenwriter of the film *When Harry Met Sally*, once resolved to eat more waffles.

2			7	4		6	3	1
1	6	3	5	9		7		4
		7		1		2	5	9
	3		4			5	7	
		2	6	3	1	9		
			8		7		2	
			7					
5		8				3	9	
3		6			5		1	2

Fill the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1-9

Aims	Y T N O I T U L O S E R
Goals	R D W M M L B T E L H Y
Resolution	A U W W P L E D L T V F
January	U I S H R J Q V L N K A
Health	N D M Y O N D A A E W T
Travel	A M Y S V K E C T R S A
Improvement	J E J B E H B Q W N T S
	R M O K M U G O A L S H
	R P P Q E F L C Q O F G
	T T D Y N O S H P I N D
	K Y S D T B W G B A I H
	O A L W Q W R N K C O A



# LIBRARY INITIATIVES

## Reading Leaders

The reading leaders initiative will start back up again next week. To those involved, please remind yourself when your session takes place!

## Rewards

We had a great time at the Christmas Party at the end of last term. Well done to everyone who earned their place. Keep it up for more rewards at the end of this term...!

## Homework Club

A reminder that homework club is open to everyone, every day. Help is always available to those who need it!

## Library News

- **There are MANY overdue books. Please bring back any library books you may have. Fines will start to go out for missing books soon.**
- Remember to quiz each book you finish on Accelerated Reader to add to your word count. There are prizes for year 7s and 8s who reach 100,000, 250,000, 500,000, 750,000 and 1,000,000 words. See Miss Neil in the Library for your log-in details.

# Wellbeing

Hello everyone,

I hope you have had a peaceful Christmas and New Year.

I know that a lot of people find January quite a difficult month to deal with. Why not have a go at some of the challenges that the “Happier January” Action for Happiness calendar suggests?

All these Positive Psychology Interventions have all been scientifically tested to increase wellbeing levels.

**Happier January 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

**ACTION FOR HAPPINESS** Happier · Kinder · Together

## YOUNGMINDS

fighting for young people's mental health

Young Minds is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

They provide free 24/7 text support for young people. All texts are answered by trained volunteers.

**Young Minds Textline - text YM to 85258.**

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

If you have a look at their website you will see that they give excellent advice and information not only for young people but for their parents too.

Parents, you will find there is also an excellent A – Z Parents guide on how you can support your young person if you feel they are struggling.

I hope you have a good week ahead and a very happy New Year.

Mrs Belcher, Student Wellbeing Support