

# This Week

Volume 18, Issue 7

16 October 2015

## From the Principal:

The College takes its many responsibilities for the health and safety of students, staff and visitors seriously. Students can learn the skills which will help them to 'stay safe' as they inevitably become more independent from both their parents and their teachers.

In light of events this week, please can we ask you to remind your daughter about the need to be aware of her safety on her journey to and from College. As the dark nights draw in, students should use well-lit areas and avoid walking by themselves. Students should avoid taking short cuts through isolated areas including the 'mud dumps' and Nature Reserve.

If anything happens or has happened in the last few weeks on your daughter's journey which worries/has worried her, such as a member of the public speaking to her in a way which makes her feel uncomfortable, she should report it to you and to a member of staff, giving a detailed description if possible.

Thank you for your support.

Alison Merrills

## THOUGHT OF THE WEEK

The secret to happiness... be satisfied and be grateful.

Mitch Alborn

## COLLEGE CALENDAR

Term dates for 2015-2016 are available on the College website:

[www.sjncc.leicester.sch.uk](http://www.sjncc.leicester.sch.uk)

26 October	College re-opens
12 November	Year 7 Science Think Tank Trip

## TIP OF THE WEEK



Use a timer. Once you know how long it actually takes you to complete different tasks in the morning, use a timer to make sure that you adhere to those times.

## SPOTLIGHT ON YEAR 11

Assertive Mentoring appointments have been ongoing this week and we are delighted with the positive frame of mind of Year 11 students.

We know from our Assertive Mentoring meetings that many students have started revising which is excellent news, especially since mock examinations are just around the corner. Over the October half-term holidays, students will be continuing to do so.

### Top 10 Revision Tips for Students:

You can support your daughter by helping her to follow these tips:

- Do not revise for more than one hour without taking a 5-10 minute break. Have a glass of water or something similar to drink.
- Stay focused. Do not waste time on social networks and mobile phones.
- Revise one or two subjects in the evenings after College.
- Revise specific topics in each subject, not everything at once.
- Tackle the most difficult topics first.
- Cover each subject several times and re-visit each one near to the exams.
- Turn off the TV, radio or any loud music. Quiet background music may help some students.
- Reading is not enough. Making brief notes in either words or pictures will help.
- Answer questions from past papers, sometimes under exam conditions, to test learning.
- Do not leave revision to the last minute.

Kai Sheldrake, Assistant Principal

## STARS OF THE WEEK!

One student with 100% attendance and no late marks in the previous week is selected at random from each year group as the 'Star of the Week.' Their names are announced in assembly and they can choose a small prize. Everyone has a chance to win every week. Just be here and be on time!

### Our Stars of the Week are:

Year 7	Kyrah Kennady 7.7
Year 8	Nina Sikand 8.6
Year 9	Erica Russell-Wale 9.3
Year 10	Lily Gilbert 10.5
Year 11	Munira Osman 11.6



Sadie Ram, Senior Assistant Principal

## WOMAN OF THE WEEK

Dr Mae Jemison

First African-American woman in space.



'It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live.'

## YEAR 7 'RELAX INSIDE' CURRICULUM

This week Year 7 students have begun the Year 7 'Relax Inside' Curriculum, based on some mindfulness techniques. On Mondays, during morning registration up until Christmas, students will be colouring and listening to calming music. Every student will be provided with an A5 colouring booklet. The aim of the sessions is for students to start the day and the week by relaxing and focusing their minds.

Colouring enables the students to focus their attention and thoughts in the present moment. Current research suggests that doing this helps them to focus on their senses, and their thoughts and feelings which, in turn, will help them promote positive mental health.

We are asking students to relax, listen to the music and take their time to make each piece of colouring the best piece of colouring they can do.

We hope that they enjoy having some peaceful time to themselves.

Mrs Allen, Languages Team

## YEAR 11 DANCE WORKSHOP



On Wednesday 7 October Year 11 dance students were invited to an exciting dance workshop afterschool with Pete Shenton a local dance/ theatre choreographer. During the session, students explored the theme of beauty, which links to their Year 11 GCSE Performance Piece Unit.

Students participated in a contemporary style warm up, technique and used improvisation to explore the idea of perfection.

Students will have the opportunity to build some of these ideas into their exam work and this has hopefully developed their knowledge and understanding of the topic.

Students commented,

'I now look at dance and choreography in a different light.' **Bethany John**

'It helped me to understand the choreographic process and how to use visual stimuli.'

**Molly Cleere**

'It allowed us to break boundaries within dance.' **Robyn May**

Well done to all students involved!

Miss Matthew, Expressive Arts Team

## DANCE T-SHIRTS FOR SALE

Dance t-shirts are now on sale at break time in the Expressive Arts office. They are £5 and we have various sizes in stock. They can be worn in Dance lessons, at Dance clubs and as part of our college productions.



**Mrs Glynn,**  
Expressive Arts,  
Curriculum team Leader

## STARS OF THE WEEK IN EXPRESSIVE ARTS

Every week in Art, Dance, Drama and Music we select a 'Star' student, someone who has shown a special talent or made a special effort in our subjects. They get 'Star' billing on our wall of success in the Expressive arts corridor. At the end of each half term we will draw one name randomly from the list of stars and they will receive a prize in assembly!

Here are the Expressive arts stars so far:

<b>Art</b>	Fazila Parekh 9.9	★
	Aishah Ameen 10.1	
<b>Dance</b>	Jessica Cartwright 9.2	★
	Jasmine Chambers-Sheridan 10.1	
<b>Drama</b>	Neha Datta 9.8	★
	Ella Power 10.2	
<b>Music</b>	Shannon Hamill 9.1	★
	Megan Erridge 10.3	

Expressive Arts Team

## STUDENT COUNCIL NEWS

On Tuesday 29 September, Student Council representatives from each tutor group gathered in the dining hall after school for a training session. We began with a really useful feedback session, where we got some impressive ideas about what we needed to improve in school. We had interesting conversations with the representatives who were buzzing with ideas - it was great to finally meet everyone! All the ideas will be passed on to Ms Merrills in our next meeting with her, so we will be able to give representatives feedback at our next meeting. We also discussed what it meant to be a student council representative, and that it was important to have good communication and listening skills. Your school council representative has a very important job, as they are the voice of *your* tutor group.

After we finished taking down ideas, it was time for some well-earned pizza. It was a great opportunity for The Student Council Executive to meet other students informally and get to know everyone.

Afterwards, we went outside to play some team building games. The weather was on our side that afternoon as we took a group photo in the sunshine, and played team building games.

We hope everyone enjoyed the training session, and we all look forward to seeing you again for our next meeting. Remember to pass on any concerns or ideas to your representatives, so we can make those crucial changes.

The Student Council Executive (Zainah Adam, Lashana Nasser, Bethan Asher and Francesca Santy)

## SIR JONATHAN NORTH SPORTS U15 GIRLS NATIONAL SCHOOLS BASKETBALL RESULT

On Tuesday 13 October, the Year 10 Basketball team played in their first national school match this year against Rawlins College. We have not yet trained as a team this year whereas Rawlins have been working hard at training since the start of the season. However, this didn't stop us from playing an amazing match as a team. We managed to win the match with a final score of 71-39. Well done to the whole team: Jess Gulliver, Charlotte Rainton, Lois Taylor, Neve Considine, Katie Wilson, Anna Copping, Josie Chappell and Charley Schofield. Also big thanks to Ms Bryan for helping us get this win. We look forward to our next match, wish us luck!

Charlotte Rainton and Jess Gulliver 10.8



### UPCOMING FIXTURES

Date	Year Group Involved	Sport
27 October	Year 10 and 9	Netball



### RESULTS

#### Year 7 Netball

SJNCC	V	English Martyrs 'A'	SJNCC	V	English Martyrs 'B'
13		0	5		0
SJNCC	V	New College	SJNCC	V	Samworth
9		2	5		0

#### Year 10 Basketball

SJNCC	V	Rawlins (National Schools)
71		39

PE Team