



This Week



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@SJNCCSchool

11 November 2016

From the Principal:

In the upcoming weeks our students will be focussing on charitable causes. This week students and staff have been participating in the annual Poppy Appeal and next week Children in Need. Year 9 have started their collection of items to put in hampers for their annual contribution to Age Concern. There will be more events occurring over the next few weeks. We are, as always, extremely proud of the way our students continue to support so many worthwhile causes.

Alison Merrills

THOUGHT OF THE WEEK

'Real generosity is doing something nice for someone who will never find out.'

Frank A Clark

COLLEGE CALENDAR

14-18 November	Interfaith Week
17 November	Year 8 Transition Parents' Evening
18 November	Year 8 Black Country Museum Trip

TIP OF THE WEEK



Communicate any problems. If your bus is always late or you have to take your little brother to school and it always makes you late, just explain this to your tutor who can see how we can support you to get you to school on time.

YEAR 9 ARE 'THINKING OF OTHERS' THIS WEEK AND FOR THE REST OF THIS TERM

Year 9 have had two major events to think about this Week: Remembrance Day and the Launch of the Hampers assembly to support the Charity AGEUK.

We remember all who have been lost in war and conflict and those left behind. We are remembering the elderly as we create Hampers for AGEUK that will be collected in December and distributed by AGE UK before Christmas.

If you feel you can support your daughter in any way, it would be greatly appreciated. Thank you.

Mrs Thornber, Year 9 Progress Leader



STARS OF THE WEEK

With 100% attendance and no late marks last week, our Stars of the Week are:



Year 7	Summer Stiles 7.3
Year 8	Khushi Ganatra 8.5
Year 9	Chloe Martin 9.4
Year 10	Maddy Ashberry 10.6
Year 11	Abigail Hailes 11.5



Carl Hartley, Assistant Principal

YEAR 8 PARENTS' EVENING

Parents of Year 8 students have the opportunity to meet their daughter's tutor on Thursday 17 November from 5.30 - 7.30 pm. We would strongly advise all parents to make an appointment with your daughter's progress tutor to discuss her transition into Year 8.

Mr Barnes, Year 8 Progress Leader

HUMANITIES STARS OF THE WEEK

This week's Humanities Stars of the Week are:

Business Studies	Giulia-Cristiana Apreutesi 10.3
Geography	Shadeyh Thomas-Porter 11.4
History	Maariyah Khalifa 9.3
Religious Studies	Tabrek Al-Ethari 9.5
Travel and Tourism	Lauren Hubbard 10.4



Humanities Team

SPOTLIGHT ON YEAR 11

With the mock exams just one week away, students should now be in the full thrust of revision. Knowing how to revise is a key to success; simply reading through notes can be beneficial but the biggest impact on success is practising exam-style questions in timed conditions. Subject teachers will be setting tasks like this for homework and any students who want more practice can always ask their teachers for sample questions. Completing the tasks in timed conditions allows students to get used to the exam timings so they can streamline their performance.

Good luck to everyone who is preparing for these exams; remember: hard work at this stage will make a tremendous difference... but don't forget to take a break!

Kai Sheldrake, Assistant Principal

WOMAN OF THE WEEK

Junko Tabei

At the age of 33, Junko Tabei was the first woman to climb Mount Everest. She was the first woman to complete the seven summits. Currently, Director of the Himalayan Adventure Trust of Japan, an organization working on a global level to preserve mountain environments. *'Technique and ability alone do not get you to the top; it is the willpower that is the most important. This willpower you cannot buy with money or be given by others; it rises from the heart.'*



CHILDREN IN NEED 2016

Next Friday 18 November will be a non-uniform day for students. The theme will be to dress as your hero or wear spotty clothes. We are asking students for a donation of £1 towards this fantastic cause. We are looking forward to seeing everyone dressed up!



The Student Council Executive

NUS CARDS

We have an exciting announcement for all Year 11 students: you are all now able to purchase an NUS card! The cards enable you to get some fantastic discounts on a wide range of things, from travel, education, the theatre and cinema, and many online retailers including Apple, Microsoft and Amazon. NUS cards can be purchased from NUS.org.uk for £12; just click on "NUS Extra" and follow the instructions.



Kai Sheldrake, Assistant Principal



YEAR 9 POOLES CAVERN VISIT

On Thursday 3 November we took ninety four Year 9 students to Pooles Cavern in Buxton. The aim of the visit was to introduce the students to a visitor attraction and a National Park which we will be working on over the next few weeks. We had a tour of the Cavern and then walked up to Solomon's Temple for a fantastic view over the Peak District National Park. *'Visiting Poole's Caverns was an awesome experience! Walking up to Solomon's Temple made you feel like the Queen of the world and the caves were so beautiful and interesting. Definitely a good trip to go on!'* **Sia Rivat 9.7**

Mr Pope, Humanities Team



ADVERSE WEATHER CONDITIONS

We would like to remind parents of the arrangements in place in the event of adverse weather conditions. Should we judge the weather conditions on site and/or in the local area to be a health and safety risk, we may be forced to close the College.

You will find information on this by:

- visiting the College website www.sjncc.leicester.sch.uk
- listening to BBC Radio Leicester or by visiting its website:

www.bbc.co.uk/leicester

In the unlikely event that the College is forced to close before the usual time of 2.55 pm, we will inform parents by text message. Should you prefer your daughter to remain in College until 2.55 pm, a record of this will have been kept in the Main Office.

YEAR 10 AND 11 DANCE

On Friday 4 November, 23 Year 10 and 11 Dance students visited Curve, Leicester to watch *'Until the Lions'* by Akram Khan.

This contemporary piece was very intense and had a story, yet the movement was very abstract. The musicians were placed around the performance space and interacted with the dancers. This made it extremely captivating!

The students enjoyed watching the performance and had some very interesting interpretations of the story!

All students behaved beautifully and some said it was their first trip to the theatre. Well done to all involved!

Miss Matthew, Expressive Arts Team

YEAR 7 CATCH UP CARDS

From next Monday 14 November, we are starting a new measure of support for Year 7 students – 'Catch Up Cards'. As you are aware, absence has a significant impact on student progress and we want to support your daughter to catch up work missed through unavoidable absence. For this reason, if your daughter's attendance has fallen to 96% or below, she will be given a 'Catch Up Card' if she has a further absence after Monday 14 November. Your daughter must immediately see those teachers whose lessons she's missed and establish what needs to be completed to catch up. The teacher will sign your daughter's Year 7 'Catch-Up Card' to indicate that work has been set, and then again once the completed work has been checked by them to be of a satisfactory standard. The work must be completed and taken to the teacher for a second signature before Thursday afternoon on the week following your daughter's absence. Once it is signed, your daughter will need to hand it in to her Progress Tutor. If your daughter doesn't present a signed off card by the deadline, then she will be expected to stay in a supervised 'Catch Up' session in the library on the Friday (the day following the deadline) from 2.55 pm until 3.25 pm. Your daughter will be given a 'Catch Up' ticket and you will receive a text message to inform you of this supportive intervention. You will then be responsible for your daughter's journey home from school at the later time. Please support your daughter to catch up on any work missed in advance of the deadline.

Mr Hartley, Assistant Principal

HOW YOU CAN PROTECT YOUR DAUGHTER'S MENTAL WELL-BEING

According to a study from NHS England, more than one in four women aged 16-24 now have a mental health condition, with three times more young women than men reporting symptoms of depression and anxiety.

So what can you do to help ensure the mental well-being of your daughter?

Decide jointly on rules for phone and computer use

Instead of stressing about your daughter's use of her mobile, think about how you use your own phone. "Girls sometimes describe how they're trying to tell their mum something, and she's not really listening because she's checking emails on her phone – or it keeps buzzing the whole time with new messages," says Jane Lunnon, Head of Wimbledon High School for girls. "We have to role-model how to use technology in our own lives." Have some rules on technology, but decide on them together. "Talk to your children about what they think would work. That way, you'll nail down rules they have a vested interest in and will want to keep."

Take time out yourself

Remember to look after yourself and your own mental health. "Make sure you're not living a totally stressed-out life," says Mumsnet founder Justine Roberts. "Daughters need to see their mums taking time out for themselves, getting enough sleep, and not spending the whole time in a frantic panic".

Show them it's OK to fail

Girls need to know that it's fine to fail, that we all fail at times in our lives, and that what matters is not so much failure, but how you deal with it. "Take on new challenges; show your daughter how to be adventurous. And when something doesn't work out – because not everything can – she can see you pick yourself up and carry on. It's all

about building resilience.

Hang out with them

Do nothing, and do it together. "The precious commodity of unpressurised time is the best thing you can give them," says Roberts. "You're letting them know that you're hanging out with them just because you want to be with them.

Sit down together at meals

Try to make sure you all put away your phones and laptops and sit down together for a meal at least a few times a week to chat. If you can't eat together, sit down and talk over a cup of tea.

Watch for signs of mental health problems

Look out for the warning signs of mental health problems.

"Withdrawal is the big thing to be wary of, especially if a teenage girl is withdrawing from events that involve her friends," says Dr Caroline Schuster, a chartered psychologist. "It's normal for teenagers not to want to go to family events, but at that age their friends feel like the most important people in their lives, so if they're not taking up invitations to go out to meet them, it's a warning sign." So too, she says, are repeated stomach problems, changes in appetite, behaviour, energy levels, sleep and academic performance. Several of these symptoms together can signal depression. If you have worries about your daughter's mental health, take them seriously.

Life should be fun

"We all need to remember that life is essentially fun, or should be," says Lunnon. "Girls need reminding of that. Savour opportunities to laugh with them, and don't take yourself too seriously – encouraging girls to laugh at themselves is important."

Source: The Guardian