



This Week

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@SJNCCSchool

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From the Principal:

Research shows that teaching kindness really does make a difference with students being more tolerant of each other and enjoying more positive interpersonal relationships. One study reports that participants not only feel happier but also more energetic, calm and less stressed after helping others.

This week students and staff at Sir Jonathan North have been participating in 'Random Acts of Kindness' week and it has been heart-warming to witness both students and staff carrying out good deeds and/or giving gifts to each other.

'Good actions give strength to ourselves and inspire good actions in others,' Plato

Alison Merrills

THOUGHT OF THE WEEK

'Loneliness is the leprosy of the modern world'

Mother Theresa

COLLEGE CALENDAR

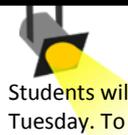
25 - 26 March	Duke of Edinburgh Day Walks
27 March	Year 10 Geography Fieldwork Trip
28 March	Year 9 University of Leicester visit
31 March	Year 9 Options Form Deadline

TIP OF THE WEEK



Listen to traffic news. If you depend on public transportation or car journeys to get to school, always keep an eye on the traffic.

SPOTLIGHT ON YEAR 11



Students will receive their maths mock examination results next Tuesday. To help with her revision, your daughter will receive a sheet with three marks on it: her total mark and grade from the March mock and her results from the November mock so that she can compare these. It will also inform her how many more marks she needs for the next grade - to give her something to aim towards. In lessons, the class teacher will either go through the whole paper or specific questions, depending on student need. All students have a list of topics which they are constantly looking through and coding in red, amber or green to highlight the areas they need to spend the most time working on to achieve the best result.

A common question that parents ask at this time of year is **'How can I support my daughter through her exams?'**. Parents have such a critical role to play. We would be grateful if you could support your daughter by asking her how she got on in the recent set of mock exams. All curriculum teams have a wealth of revision resources many of which can be found on the school website:

www.sjncc.leicester.sch.uk/parents/revision-programmes.html

Intervention sessions are in full swing. Please support your daughter by ensuring she goes to those she has been asked to attend. Most important of all, please help your daughter to arrive at school on time every day. With five school weeks left until the first exam, that is only 125 lessons in total!

We are always happy to offer support in any way we can so please do get in touch.

Alice King, Assistant Principal

STARS OF THE WEEK

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



Year 7	Juniper Andean 7.5
Year 8	Dominika Kozak 8.9
Year 9	Ella Saunders 9.6
Year 10	Precious Dube 10.4
Year 11	Savannah George 11.8



Carl Hartley, Assistant Principal

HUMANITIES STARS OF THE WEEK

This week's Humanities Stars of the Week are:

Business Studies	Melanie Radcliffe 11.2
Geography	Sanya Biringh-Betts 8.3
History	Najmo Hassan 9.3
Religious Studies	Grace Newton 8.2
Travel and Tourism	Zaynab Bhera 11.7



Humanities Team

EXAM NEWS

Expressive Arts exams will be taking place from Monday 27 March to Monday 3 April.

Art and Design students will spend two days creating their final responses to their externally set project. Students have been advised of which days they need to attend.

Dance students will spend two days adapting and refining their performance and choreography pieces in preparation for moderation on Friday 31 March.

Drama students will spend two days devising and rehearsing their pieces in preparation for their external exam on Monday 3 April. The timetable has been arranged to ensure students taking more than one subject can participate fully.

Please ensure your daughter is punctual, as a prompt start is required to maximise the time available. If your daughter is ill please notify the exams office at the earliest opportunity.

Mr Dean, Examinations and Assessments Manager

HERITAGE SCHOOLS AWARD

Following Sir Jonathan North's great success over the past two years in the historically-themed Young Writer and Young Investigator of the Year competition, the History Team has been recognised for its achievements and has won the Heritage Schools Award.

Congratulations to all students and staff involved for their hard work!

'I have enjoyed participating in the Lord Lieutenant's award as it has allowed me to discover a fascinating side to Leicester that I never would have known about.

Through this award

I have definitely improved my technical and research skills by producing a short documentary on this subject,' **Dibjeet Kaur 10.7**

Anika Goddard 10.1



YEAR 7 BASKETBALL RESULTS

On Wednesday 15 March we took the long journey to Belvoir High to play in the semi-final of the Leicestershire basketball competition. We played well and it was a tough battle with end to end baskets being scored up until the last quarter when the other team started to outscore us. We are determined to put in lots of practice and return next year stronger, more skilful and ready to win!

Final score was 23 - 14

Team:

Eve Wan, Asha Wilson, Emma Webb, Zoya Malik, Zoha Malik, Emma Burke, Mira Lakhani, Angeline Mupenda and Nadia Lamin.



Report by: **Emma B, Emma W, Angeline, Eve and Mira**

SJN POET PERFORMS AT

Year 11 student **Eleutheria Brissett** was a finalist in the Staffordshire Snap poetry competition and was invited to perform her poem earlier this month. As a result of her performance she has now been invited to a workshop 'VERBAL' to further her talent. VERBAL is a series of workshops with All-Star UK Poetry Slam Champion, Ben Norris taking place next month in Burton. Maya Whatton, Community Arts Management Intern at Staffordshire County Council who organised the competition, had this to say about Eleutheria's poem; I really enjoyed your poem **Nighttime**, parts of it reminded me of Grace Nichol's **Hurricane Hits England**, and it was beautifully read'. Well done Eleutheria!



Mrs Vyas, LRC Manager

INVITATION TO KNIGHTON FIELDS LANE BRIDGE SAFETY MEETING

A group of local residents are concerned about the safety of pedestrians using the bridge on Knighton Fields Road. They are requesting that residents need a safer way to pass under the bridge. They are meeting Councillor Elly Cutkelvin and traffic safety officers from the council at the bridge on **Monday 27 March at 6.30 pm** followed by a meeting at the leisure centre. If you are concerned about this issue, please go along to the meeting.

SAFEGUARDING SNIPPET : HOW SECURE IS YOUR PASSWORD/PIN?

Can we guess your password or your phone/tablet PIN?

If your password or PIN number is listed below, then we suggest that you change it immediately.

10 Most common passwords in Leicester:		10 Most common PIN Codes:	
1. 123456	6. Letmein	1. 1234	6. 6969
2. 111111	7. Leicester1	2. 1111	7. 9999
3. Password123	8. 'Spouse/partner's name'	3. 6666	8. 4321
4. Qwerty	9. 'Date of birth'	4. 2000	9. 2222
5. Football	10. 'Pet's name'	5. 0000	10. 1212

So, how do you create a strong password and still remember it?

Most modern systems require passwords to be at least eight characters long, with a combination of capital letters, lower case letters and numbers, or symbols. Quite commonly, people get around this problem by changing *password* for example to *Password1*, but this makes your password really easy to hack.

An eight character, all lower case, password could take a hacker 3 and a half minutes to guess, but by changing one character to uppercase, it would take them almost 15 hours!

So, create your own cryptic code that you will remember and you won't have to write it down:

- Make your password longer - aim for at least 8 characters (but less than 16)
- Mix it up - use a mixture of numbers, symbols, capital letters and lower case letters
- Avoid using names or numbers related to you or to your close ones eg Angelina1975 or 21July86

Now that you have your new password, don't apply the same password to every site you use as it makes it so much easier for hackers to steal your identity. Create three or four passwords and reserve your most secure one for your on-line banking.

Mrs Mason, Student Support Manager