



Issue No 17

Friday 21 January 2022

Dear Parents and Carers

Mr Elliott completed an excellent whole school assembly this week on the theme of kindness. He talked about his own personal superheroes and what he admired about them, but he also told students how they can all be superheroes with kindness to themselves and to each other. It resonated with us and our behaviour principles of positivity, respect and kindness.

We all need more of this in the world, and we can do our bit by ensuring all the relationships we have are positive. Please try to have a conversation with your child this weekend about positivity, respect and kindness.

Here are the 10 things Mr Elliott asked students to do to build their kindness superpower:

1: Say sorry when something goes wrong. It can be hard to admit your failings but doing so will, honestly, make you feel better, the person apologising will feel better and you will both go away thinking the other person is really nice. I tell you, it's a superpower!

2: When others are being unkind to or about someone, don't join in. In fact, tell them you're not. In fact, tell them they're wrong.

3: Say hello to more people around school. Be friendly and don't shout down the corridor at them. Just say 'hi'. I wonder how many people in the school don't have someone say hello to them?

4: Make dinner one night this week. Don't do it because it's your turn or whatever, do it because it's kind. And whilst you're at it, do it without cooking meat because that's a kind thing for the planet.

5: Wear a mask. Sure, if you have a genuine issue, you're exempt and nobody minds but wearing a mask is an act of kindness to others around you. Nobody likes it, so just do it.

6: Say thanks every time someone does something for you. Every Single Time. Doesn't have to be a huge thing, just 'Thank-you'. Thanks for holding a

door. Thanks for your book. Thanks for the lift to school. Thanks for my lunch. Thanks for an excellent lesson; your teaching is inspirational and your bald head is mesmerizing.

7: Next time you're on your chosen social media app, be relentlessly positive. Don't criticize or mock or be mean. Just be kind. Remember YOU WILL FEEL BETTER!

8: Pick up a piece of litter and bin it.

9: Go home tonight and tidy your room. And if your room is already tidy then find some things in your room that you don't need any more and pass them on to someone who might.

10: Be kind to yourself. In fact, do this before all the others. There's that old saying about treating others like you'd want to be treated, but it comes right back at you. Treat yourself as you'd want others to treat you."

Clubs

There is a new schedule (updated for the Spring Term) [extra-curricular clubs](#) available on our website. The list includes lunchtime and after school clubs. For after school clubs please book your child's place using the [booking system, also on our website here](#). Why not encourage your child to try something new for the new year? Please remember that the changing rooms are available for lunchtime and after school clubs so students must wear school uniform and bring kit to change into for clubs.

Why not try our School Food?

We have a new Catering Manager and we are keen to encourage students to try our food, particularly hot food on cold days when classrooms are being well-ventilated. There are two places to choose from, serving slightly different foods.

The school meal weekly menus are always [available on our website here](#). In addition to the

Calling all Golfers!

If your child is a member of a golf club and would be interested in representing the school in local competitions, please contact Mr Clarke in the PE department.

Safeguarding

Following the success of our County Lines workshop for years 7,8 & 9 with St Giles Trust in the Autumn term, we are pleased to announce that a free webinar is being offered for parents and carers as follows. [Free Suffolk Parent / carer webinars delivered by St Giles Trust](#) To book please click on the link here.

West Suffolk Parent and Carer Webinar
[Webinar Registration - Zoom](#)

Date: Weds 23 March 2022

Time: 6.30pm - 8pm

This webinar will help parents and carers to identify signs and triggers that a child may be involved in county lines and how to appropriately respond to such an indicator. We strongly recommend you make time to attend, if you are able. (Please share the link).



Beverley Tucker
Co-Headteacher



Tom Grey
Co-Headteacher

Reluctant Reader Tip 7:

Be enthusiastic about what your children are reading: Ask them to describe a character or to read aloud an exciting bit. You might read a teen/YA book yourself; the plot-driven nature of many of these books means they are relatively easy reads – perfect after a day at work.

Thought for the Week

“If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.”
Roald Dahl

Epiphany

The Feast of the Epiphany, which always falls on 6 January, marks the beginning of a season which recognizes Jesus to be the Son of God.

The word ‘epiphany’ means ‘manifestation’ or ‘appearance’, and the Feast of the Epiphany marks the recognition of the newborn Jesus by the world. Later, the Church remembers the Baptism of Christ by John, when a voice from heaven declares Jesus to be God’s beloved Son. Finally, on 2 February, the season of Epiphany ends with the Feast of the Presentation. Jesus is brought to the Temple by his parents according to the law of Israel. There, he is recognized by Simeon, who declares him to be ‘a light to lighten the Gentiles and the glory of God’s people Israel.’ The traditional service for this feast includes a procession of candles, and so it is often known as Candlemas.

All past issues of this Newsletter are available [on our website](#).