



## Keeping Busy

There never seems to be a normal week in school anymore. Each week there is something new or different happening – in next week's newsletter we will include a list of our clubs and activities.

This week we have had our annual Open Evening and two Open Mornings, and the parents' Interfaith discussion last night. Thank you to everyone that took part in these events: it all contributes to the rich variety of life in our school. Next week we have the first Focus Day of the year, more details of which appear below.

## Cambridge House Mass

We have an annual Mass for each house and the first of these for 2018-19 is with Cambridge House this morning. I am grateful to Father Jeffrey for celebrating the Mass for us and to the readers, singers and musicians who are taking part. It is good that once each year the houses can pray together in this way. During the Mass students will be bringing up water droplets: parents of students in the house might like to ask why!

## Sixth Form Open Evening

This takes place on **Tuesday week, 16 October**. Students in Year 11 are often surprised how early they are required to make decisions about next year so I thought an extra week's notice would help. The deadline for applications is in December but this is the opportunity to find out what is on offer here and to talk to our teachers about what grades will be required for each course. We have a larger Sixth Form than usual this year and it is possible that we will reach capacity next September, so it will be necessary to apply this term to be sure of a place.

## School Funding

I was not one of the headteachers that marched to Downing Street last week but I had mentioned the funding pressures on schools in the previous week's newsletter. This march was unprecedented but reflects the concern there is about the current situation. I explained previously that the issue is not so much about the amount of money being given to schools, but rather the amount that we have left to spend once all the costs are covered. I mention this again now as last week we heard that schools will be asked to pay up to 40% more in pension contributions next year; this is a typical example of how we have increased costs that are out of our control. We await the detail of this new charge.

Sean Hayes



*'A year of reading ... a lifetime of memories.'*

## A Message of thanks to St John Fisher from the University of Oxford



**MYRIAD**  
Mindfulness and Resilience in Adolescence

I would like to pass on my thanks to all the staff and pupils at St John Fisher School from the MYRIAD project at the University of Oxford. I visited the school last week to help support the teachers in delivering a mindfulness programme to your pupils as part of the research. I have been delighted by the welcome it received. The students showed such respect and maturity during the lessons I had the privilege to visit. Not only that, their politeness around the school has been exemplary. I have been given a wonderful experience of what a friendly, caring environment a school can be. You can be very proud of them all. A special thanks to your reception staff for their welcome and friendliness throughout my visit. I'd also like to thank the kitchen staff for feeding me all week! The sun shone for the whole week, which showed your beautiful buildings and grounds at their best.

MYRIAD is a £6.4m national research project funded by the Wellcome Trust and being carried out by the University of Oxford. We are working with 84 schools across the UK investigating how schools prepare young people to improve resilience and manage emotional health during these pivotal years. We will be collecting data from thousands of pupils. It will help to answer questions about young people's ability to flourish and deal with the ups and downs of life. You can read more about it at: <http://www.myriadproject.org/>

A huge thank you must go to Ms Catherine Wilson who has made it possible for us to work with you. Thanks also go to Ms Ennin-Mensah, Ms Essilfie and Ms Roberts for their commitment and enthusiasm in teaching this program with such excellence. Also thanks to all the staff who have taken part in the adult Mindfulness classes and then gone on to train in the 'b' program (which is a school program for young people).

We sincerely hope this is the start of a sustainable legacy of mindfulness for your pupils and we hope that the close links with the University of Oxford for the duration of the research will be of benefit to your lovely school. I look forward to returning and will now be in close contact with the MYRIAD Research Lead, Ms Catherine Wilson to help us with the next steps.

**Liz Lord**

*Schools Liaison, MYRIAD project, University of Oxford*

## The Year 11 Five Ps

Positive, Preparation, Planning and Production results in Progress.

We are adopting the five Ps for year 11 as our theme for the year. Every two or three weeks we will focus on one area. The first of these is about being **POSITIVE**. We will be updating you each week with thoughts and advice on how to best tackle Year 11.

“Your positive action combined with positive thinking results in success” Shiv Khera

### Positive

Following on from Mr Double’s assembly this week it was my turn to be positive. In keeping with my love for mathematics, I turned to thinking about positive and negative values. When dealing with positive numbers you are able to solve complex equations and be successful, when given a similar situation but dealing with negative numbers, your confidence starts to drop, doubt sets in and success feels less likely. Life follows a very similar trend: negative thoughts make situations feel unachievable; but, once replaced with positive thoughts, success becomes the more likely outcome.

“Once you replace negative thoughts with positive ones, you’ll start having positive results.”  
Willie Nelson

If you’re in need of help to see the positives, come and have a chat. You all have a lot more to be positive about than you realise.  
*Miss White*

## Home Languages – GCSE and A Level

If English is not your first language, we might be able to offer you the chance to complete a GCSE and/or A Level in a range of Home Languages. You will not have formal lessons but you will need to attend workshops and/or use past papers to practise your skills before you are entered. We currently have a great success rate for a number of languages including: GCSE Greek, Portuguese, Polish, Gujarati, Persian, Italian, Bengali, Russian and A Level Polish, Portuguese and Spanish. There are other languages available (for example Arabic and Turkish). Should you like to be entered for these exams, please see Miss Rodriguez. This is mainly for students in Year 10 and 11, as well as 6th formers, but other year groups may start preparing now.

## Today is World Teachers Day

The Pearson Teaching Awards take place each year in London. As well as accepting nominations for awards, their website encourages parents and carers to **#ThankATeacher** on behalf of a child. It’s easy to do, and every teacher mentioned receives a card of thanks in the post. So if you would like to say thank you to a teacher – or several – please visit the website today:  
[www.teachingawards.com/thank](http://www.teachingawards.com/thank)



## Focus Day

Friday 12 October is the first Focus day of the academic year. The programme is as follows:

Year	Focus for the day	Registration Area
7	Sports Numeracy / Calorie Counting	Sports Hall
8	Visit to Imperial War Museum, Duxford	Tennis Courts
9	Energy Workshop	Technology classrooms
10	Science Activities	Science classrooms
11	Maths & Motivation	Hall
Sixth Form	Post 18 preparation day	Atrium



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## Winning Start to SJF Netball

The girls have been attending Netball club on Monday’s after school in record breaking numbers. For the Year 9’s, 10’s and 11’s their hard work in both lessons and at training has paid off in their most recent fixture against Jack Hunt. Two teams, one from Year 9 and a combined Year 10 & 11 team, travelled to Jack Hunt on Monday to play their league fixture. A fixture last year which saw both SJF teams lose narrowly. The year 9 team took an early lead in the first two quarters with both attack and defence working hard. The girls played well together and implemented a number of skills that have been a focus at training. The girls continued their domination throughout the final two quarters ensuring that they secured a convincing win, the final score 9 -2. The year 10 and 11 team had to face a nail biting end to end game with the score bouncing from one goal difference to even throughout. The girls dug deep and kept their composure and managed to secure the win in the final quarter, the final score was 4 - 3. It was a tremendous effort by both teams and one that the girls should be proud of.  
*Mrs D Maudsley*

**OPEN EVENING -  
YEAR 6 PRIZE DRAW WINNER  
Congratulations to:  
Eesa Yaseen  
from St Thomas More Primary  
who has won  
Queensgate Shopping Vouchers**

**Academic Tutoring  
Year 11  
8 October – 19 October**

