



Theme

This week we have focussed on heritage as it was St George's Day on the 23 April. St George is the Patron Saint of England and is the founder of the emblem for England - red cross on a white background. Not only is he renowned for slaying the dragon but he was persecuted as he would not show homage to pagan gods. Also this week we have reminded ourselves of St Mark who wrote one of the four Gospels as his Feast day was the 25 April. His symbol is the lion, often a winged lion to represent bravery and strength. Scripture came from: 'The Lord is my chosen portion...The boundary lines have fallen for me in pleasant places; I have goodly heritage.' (Psalm 16:6)

Catholic Social Teaching

One of the teachings is 'option for the poor', considering how best to support those less fortunate than ourselves near and far. As a school, each House raises money for a local and national charity with an annual House Charity Day. As a school, we support CAFOD. Our Sixth Form Leadership Team organised the first SJF Family Bingo evening to raise funds for CAFOD. It was a wonderful event. Thanks to all those involved in putting the event together.

Kate Pereira

CAFOD Family Bingo

On Thursday evening we held our first Family Bingo Night in aid of CAFOD – the Catholic Agency for Overseas Development, helping to raise money to support the amazing work they do for those in need. It was a wonderful evening with music, refreshments, the raffle draw and lots of fun with Bingo calling! What a fantastic evening. It was extremely well attended, and we look forward to doing it again next year! Our thanks go especially to the Sixth Form Leadership Team for leading this event and for all their hard work with planning, being prompt and being proactive. Thanks to our local community coming together and to Boots, The Entertainer, Mankind and to the students and families who donated such great prizes! Many thanks to all those involved, staff and students, who helped to make it such a successful evening.

Mrs Goodfellow, Lay Chaplain

Upcoming Events	
3 May	Rochester Yellow Day
14 May	Year 10 Parents Evening

Insight – University of Cambridge

Thursday 11 April Leila Myszka, Riana Ardeleanu, Simona Gorochova, Zohal Haydari and Emmanuel Kouassi took part in the Insight Sustainability Conference. They experienced a series of talks and activities led by experts from the University of Cambridge, each united by the theme of sustainability. Students took part in lectures focusing on the links between sustainability and psychology, engaged in discussions with artists and practitioners on the role art can play within sustainability, learned the history of the Paris Agreement, and joined in activities exploring the role of law in climate change before finishing the day with an interactive panel discussion. Panellists included a Project Manager from Mott Macdonald (a Management, Engineering and Development Consultancy), a Careers, Employability and Skills Lead at Long Road Sixth Form and Catering Manager at Darwin College who each shared their career journeys with the students. This gave the students an insightful opportunity to share their thoughts and engage in further discussion. The panel closed with an important takeaway message from the panellists 'A job or career can be green as long as you set out with the objective of promoting net zero and sustainability through your careers' Mrs Helcoop, Assistant Headteacher

Year 10 Work Experience, 10 – 14 June 2024

Year 10 parents have been sent a letter regarding the next stage of the work experience process. Students have received their placement details and a parental signature accepting the placement is needed and returned by Friday 10 May. If you have any queries regarding Work Experience please contact Miss Reeve louise.reeve@stjohnfisherschool.org.uk

Academic Tutoring
Year 8
22 April – 3 May 2024

House Competitions	
Cambridge	1955
Beverley	1868
Westminster	1854
Rochester	1706



Career of the Fortnight: Games Tester

Each fortnight our Careers team focus on a different job to help students explore the many career opportunities that are available. During tutor time they will have the opportunity to discuss, as a group, the career of the fortnight looking at the skills required, roles and responsibilities involved, working conditions, qualifications needed, annual salary plus more! To find out more about the Career of the Fortnight please visit the school website.

Mrs Maudsley, Careers Lead



Summer Examinations

We are now entering the summer exam season and we know this to be a stressful time for our students. As parents; we all want to be able to support our children as best as we can. Below is a guide for how students can best navigate exam stress. This guide includes some simple and effective strategies which can be used at home.

Navigating exam season

Student guide to managing exam stress

Exams can be a challenging time, and the pressure to do well can feel overwhelming, especially if you're feeling pressure from school or family.

It's perfectly normal to feel worried about your exams, but it's important that you find ways to manage your worries.

We've shared some advice below.

Know the signs of stress

What signs tell you that you are stressed?

- Perhaps you do certain things (shop, eat, sleep, study more, don't study)
- Perhaps you think certain things (catastrophise, 'I can't do this')
- Perhaps you feel certain ways (grumpy, sad, hopeless, helpless)

Recognise when you're stressed

Think about what signs tell you are stressed - perhaps you find you have a racing heart, or find it difficult to sleep - these are perfectly normal responses. Know the signs so you recognise when you're struggling

Develop coping strategies

There are different ways you can calm your body's stress response. Look online for guided breathing exercises or relaxation techniques (we love these [relaxation techniques from NI-5 Scotland](#))

Create a daily timetable

Create a plan and be realistic about what you can achieve each day. Planning your revision time will help you know what you want to study when, which can make revision seem less overwhelming

Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. If you can, use breaks as an opportunity to go outside, exercise or spend time with family and friends

Play to your strengths

Not everyone learns the same way, so consider your strengths and how you learn best. You may prefer to read, watch videos, draw diagrams, write lots of notes. Find what works best for you

Keep things in perspective

Remember that there's more to life than your grades. Exams are only a small part of the picture, and your results don't define who you are

Ask for help

Let your family, friends, and teachers know if you are struggling so that they can support you. If you're feeling overwhelmed and need to talk:

- Text CCN, NECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](#) for their free online chat
- Visit [place2be.org.uk/help](#) for more advice

place2be.org.uk



Extra-Curricular Activities 2023-24

Monday Lunchtime

All Years – Maths Help Club
All Years – Boys Basketball
All Years – Film Club
All Years – Chaplaincy Ambassadors - Chapel

Monday After School

Duke of Edinburgh activities
All Years - Boys/Girls Football
All Years – Girls Netball
All Years - Homework Club Study Centre

Tuesday Lunchtime

All Years – Keyboard – Room 102
All Years – Maths Help Club
All Years – Girls Football
Year 7 - Blooklet Club French – Room 211

Tuesday After School

Duke of Edinburgh activities
All Years Homework Club Study Centre

Wednesday Lunchtime

All Years – Maths Help Club
All Years – Indoor Mixed Cricket
Year 8 - Blooklet Club French – Room 211

Wednesday After School

Duke of Edinburgh activities
STEM Club - Lego League
All Years - Badminton – Sports Hall
All Years – Homework Club Study Centre

Thursday Lunchtime

Key Stage 3 – Art Club
All Years – Choir – Room 102
All Years - Maths Help Club
All Years – Girls Benchball
All Years – Girls Basketball
Year 9 - Blooklet Club French – Room 211

Thursday After School

Duke of Edinburgh activities
Adventure Training (Courtyard)
All Years – Fitness - Gym
All Years – Homework Club Study Centre

Friday Lunchtime

Years 8 & 9 - Inter Catholic Quiz Team
All Years – Gardening Club
All Years – Maths Help Club
Blooklet Club Spanish – Room 211

Friday After School

Duke of Edinburgh activities
All Years – Homework Club Study Centre

Breakfast - Free Bagels

Why not start the day with a filling breakfast. Our Breakfast club runs every day between 8.10am and 8.30am all students are welcome to come and join us in the Dining Hall for a free bagel.

