

Niamh Lowe and Rob Fisk

Lockdown Newsletter

Friday 26th February 2021



Message from Niamh

Hi Everyone!

I hope you all had a lovely break and caught up on some much-needed sleep! I am starting this term with a lot more hope and positivity than I ended the last one and I'm sure many of you feel the same.

There is finally light at the end of the tunnel and the end is in sight! Summer BBQ's, Seeing our friends and family (some of which we may not have seen since the start of last year), holidays and summer are all coming, keep this in mind when you are having a bad day and feel like you are losing your way on your path.



For now, let's all work together and follow the guidelines that are in place so we can adhere to the roadmap. For any of you that know me you will know that I am a strong believer in the concept of 'everything happens for a reason'. Recently I've been reflecting a lot on the past year mainly what we have missed out on but then I decided to find the reason, find my reason why this happened. I truly believe that this experience has changed my life, I was appointed as Head Girl, I found so much joy in my job this summer, I'm closer to my friends and family than I have ever been and my perspective on life has changed. I am now so grateful for the little things in life and I will never take the gift of life for granted again and I have learnt a lot about myself.

There are positives that can be taken from this awful situation. So, this week, before we return to school, I encourage you to discover what positives you can take from this and carry the lessons you have learnt throughout this into your daily life.

Coming back into school for some may cause huge anxiety and worry but please do not worry, put trust in those above to ensure we are all safe and looked after.

Have a wonderful week!

Message from Rob

Hi all, I hope you had a great break over half term, and made the most of the chance to relax and unwind a little. For me, it was an opportunity to get out a bit and also to focus on work outside of the normal school day. I definitely think a break to the routine of online learning was great and helped recharge me for our last few weeks before we're back in school.

My favourite thing about the break was probably that it left me more time to focus on my coursework for computer science and spend time with friends and family. Just doing little things like calling my friends or doing quizzes with my family definitely helps to keep me happy so the break was a welcome one for sure.

I've been doing lots of work for the STEP papers this summer - although I don't know if or when they'll actually happen - recently and that's taken a huge amount of my time but I've definitely enjoyed it. Getting a taste of what I'll be able to study at university was really exciting to me and a good reminder to study around your interests and explore what sparks your curiosity in life.

I think as we approach the return of school you should remember that the most important thing is to remain physically and mentally healthy - being on top of your health and relieving any stresses you're able to will help you a lot in life and in school as a part of that. Of course, work as hard as you can while staying comfortable, but don't forget to take breaks and do things that keep you happy.

Make the most of the good days when you have plenty of motivation and don't get down about the bad ones - try to do something that keeps you active and something that makes you happy too every day, and have a great week!

Positive news this week

An end to lockdown



Many of you will have seen the Prime Minister's press conference on Monday and if you didn't watch I'm sure you'll have read some news about a proposed path out of lockdown over the coming months.

Notably, this includes a return to schools on the week of March 8th and a potential end to restrictions on June 21st which I'm sure we'd all love to see. Of course, there is still a very long way to go and we must all remain vigilant and stay safe if we want June 21st to be a reality, but it's certainly a great symbol of hope to have that end date. Stay safe everyone, because the end to everything caused by this pandemic might be in the foreseeable future!

It's worth noting especially that as we return to school we have to be careful to stay safe. Keep your distance wherever possible, wear your masks and make sure to sanitise your hands regularly.



What's coming up?

Marie Curie

The charity Marie Curie aims to use March as a month of fundraising, raising awareness and spreading information as a part of their 'Great Daffodil Appeal'. Marie Curie is a charity working on the frontlines of healthcare with those affected by terminal illnesses. They ensure that patients can get the absolute most of the time they have, providing specialist care and support to help prolong lives and make people that bit happier in their final years.



The carers and nurses that work for Marie Curie have continued to provide care where possible, though it has been more difficult during this past year and so has fundraising for the charity. Their fundraising is now entirely online but they have a wide variety of events and challenges throughout the month of March, all of which will go to help the wonderful people at care homes and hospices throughout the country.

International Women's Day



This year International Women's Day is celebrated on the 8th March and the theme this year is #ChooseToChallenge. You can expect to hear more for our sex and gender diversity captain (Ashryn) very soon.

If you have any ideas, suggestions or contributions to make please send these over to the student voice email and we will make sure they make their way to Ashryn who will love to hear from you!

What you've been up to

CRY

We want to say a HUGE thank you to everyone involved in the JPSA 5 for CRY fundraising in the week before and during the half term! We ended up hitting our target of completing the £5,000 funding which will go toward screenings for undiagnosed heart conditions in the local community and even exceeding this year's target of £1040.81 by £300!



We're massively thankful for anyone and everyone that ran, donated or shared - all of the support on social media was wonderful to see and it's made us so proud of the school community - thank you!!



Total raised so far
£1,325.00

Total plus Gift Aid: £1,606.25

Target
£1,040.81

Raised offline: £0.00

LGBTQ+ History Month



We're extremely proud of our Head of Diversity, Fern and her work over the past few weeks. In the words of sociology teacher and OCR examiner Mrs Satchwell, "Fern has played a larger role outside of the school community to promote LGBTQ+ history month in the education sector in the UK."

Fern has taken part in an interview with Mrs Satchwell on behalf of OCR, where we discussed LGBTQ+ history month, why it is such an important issue to discuss in schools and the impact on curriculum, the role Fern has in school as Equality and Diversity Lead and what this entails, and the role of Sociology/Psychology in supporting the LGBTQ+ community.

This interview has been transcribed into a blog by OCR ([here is the link](#)), and has been sent to all OCR Centres across the UK to share with teachers and students around the country. A fabulous contribution to promote more awareness of LGBTQ+ issues, helping to end stigma and encourage openness in the wider community. Well done Fern!"

Archie and Ella - Mental Health

Hi Guys! We hope you are well, and have all had a lovely well-earned break! We both know that you may be starting to get fed up with this lockdown but as I'm sure you know we have had a day we are returning to school. We can finally see some light at the end of the tunnel. We both know that this may be something that you want and maybe for others this is something that you did not want. Either way we just want to give you some tips for transitioning back into school.

1. If you have outstanding work to do, do not leave it all to the last minute on Sunday nights, this really is not good for your physical and mental health. If you are really struggling let teachers know, they will understand. Little and often is the phrase I go by!
2. Sleep! We really cannot stress this enough, having at least 8-10 hours of sleep really can improve mood and motivation.
3. Catching up with friends before the 8th, try and catch up with a friend before we go back to school. Sometimes when you have been away from friends you may feel a bit out of the 'loop', catching up with a friend over facetime or exercising with them may make you feel a bit better.
4. Prepare for going back. This is a little bit of a repeat of number 2 but make sure you feel prepared. Pack your bag the night before, have your uniform ready, set an alarm and go to bed a little bit earlier.

We both know that this lockdown has been hard on everyone. It has been tough on all of us really including our amazing teachers. We really are excited to see all your lovely faces back in school. We will hopefully be able to see you all face to face at some point over the coming year.

Remember you are not alone, do not suffer in silence! We are all so proud of you and how you have coped! Archie and Ella.



We'd love to see what you are up to:

Good ideas of what to send in could be:

- Art, music or writing you've created recently
- Photos of things that have kept you busy and active
- Experiences you've had with members of the wider community
- And anything else you want to share that has kept you happy or healthy!

A quick reminder - there will be gift vouchers courtesy of the PTA going out to the best submissions we get over the course of this lockdown, and this is a great opportunity to share what you've been doing over the past few months!

Where you can access help and support if you need it:

1. Safeguarding section on the school website
2. emotionalwellbeing@johnport.derbyshire.sch.uk
3. Your year team, teachers and the safeguarding team over email
4. Youngminds crisis messenger- text YM to 85258, 24/7
5. The Mix- 08088084994, 3pm-12am every day
6. Childline- 08001111, 7:30am-3:30pm every day

For Parents- Youngminds parents' helpline- 08088025544, 9:30- 4 Monday- Friday

Have a great week!

