



JSTC Newsletter Lower School

Monday 25th May 2020

Welcome

Welcome to the sixth edition of the JSTC Lower School Newsletter. It has been nine weeks now since schools were closed to help prevent the spread of Covid-19 and we continue to be proud of the way you have worked to adapt to the 'current normal' with regard to your schoolwork. We know lots of you are working diligently through the tasks set for you on Class Charts, but as we enter half term we want to

encourage you to put down your pens and step away from the tables and enjoy some downtime!

JSTC Challenge

Every week the PSHCEE team have been thinking up fun challenges for you to have a go at, and this week is no different! The challenge this week will test your coordination, knowledge of angles and your spatial awareness as you attempt to try and bounce a ball off a flat surface and on to a target beyond it.



This challenge can be attempted with any type of ball and can be completed inside or outside (please don't take part in this challenge inside if there is a likelihood that you will break something!). Your challenge is to bounce the ball onto a flat surface (e.g. a table) and for the ball to then bounce off the table and on to a chair, where a target will be set out. Video your attempts and send them to pshcee@jstc.org.uk

Song of the Week



The chosen tune this week is called 'Shut Up and Dance' by Walk the Moon. Why not take the opportunity to go back through the newsletters and create a playlist from our Songs of the Week, or your own chosen tracks to help boost your mood and lift your spirits?

Alongside our Song of the Week we have also been including a short workout for you to try whilst you listen to the song. This week why not get out in the fresh air and have a go at the following activities:



- 30 seconds jogging on the spot
- 30 seconds high knees

Cirque du Soleil

Cirque du Soleil is an amazing entertainment company and they have a number of features available on their website at the moment. Watch a 60 minute special featuring extracts from their shows, see behind the scenes, watch stage make up tutorials, take part in a workout program, learn to juggle and more!

<https://www.cirquedusoleil.com/cirqueconnect>



- 30 seconds leg raises
- 30 second plank

Make sure you carry out the exercises safely!

ENJOY!



The response to the '2000 Hours Challenge' has continued to be good, with more and more of you participating each week. We are loving seeing the photographs of your daily exercise, that arrive in our inbox. We are challenging you all to take part, if possible, in some form of physical activity each day as this can have both physical and mental benefits. During this lockdown period it may seem more difficult to achieve this aim, but it is still just as important to your well-being.

THE CHALLENGE

We are challenging Key Stage 3 students at JSTC to collectively achieve 2000 hours worth of physical activity this week (Monday 25th May to Sunday 31st May). There are a number of different ways you can achieve this target, and you don't have to record one hour of activity all in one go. Don't worry if you can't manage 60 minutes—every contribution will help us move towards the target! Some examples of activities you could count are: walking, jogging/running, cycling, horse riding, bouncing on a trampoline, circuit training e.g. the Joe Wicks daily workout, any other activity that gets your heart rate raised.

Remember, all exercise should be carried out according to the most recent government guidelines.

How do I log my hours?

Once you have completed the challenge, fill in the details on the '2000 Hours Challenge' form on Class Charts. If you do not have a printer, write your own log, and email these completed forms to pastoral.year9@jstc.org.uk by Monday 1st June. We would love to see some photos of you taking part in your physical activity!

There will be 1 positive point added on Class Charts for each student that emails in a completed form showing they have completed at least 5 periods of physical activity over the 7 days. The student in each year group achieving and recording the most active minutes each week will receive 5 positive points! Good luck and enjoy!

Lincolnshire Virtual School Games



Organised sporting activities have obviously had to be curtailed during the lockdown period, but the Lincolnshire School Games team have been hard at work designing a series of events that can be completed at home. The current challenge is focused on running.

There are three levels to the event: 1K beginner, 3K intermediate and 5K advanced.

This is our opportunity as a County to have some structured sport and competition. For this competition you will need to complete and keep the time for a chosen run (1km, 3km or 5km). You will then need to enter this time into the entry form—check for this on Class Charts or search 'Lincolnshire Virtual School Games'. From there you will input some information so the School Games Team know which school you attend and then you will need to attach a link to your timed run.

You have one more week to submit your times before the competition moves on to the next event in the series. The best attempts in our area will go up against those selected by the other seven School Games Organisers as the School Games team work towards a county final event.

You do not have to publish on social media but if you do and are under 13 years of age you should have a parent post on their behalf. More safeguarding advice is also in the attachment.



We have now signed up to a website called Hegarty Maths. All students have access and may start to see some of their home learning set on Hegarty rather than Mathswatch.

To log in, all you need to do is go to www.hegartymaths.com, search for John Spendluffe to find our school, then enter your name and date of birth. You will be asked to set your own password – make sure it is something you will remember easily!

You can choose a lesson and work independently until we start to set specific tasks for you. If you have any problems logging in, please contact Mrs Startin on k.startin@jstc.org.uk

NEW Skirt for JSTC students from September

The JSTC school skirt is to be changed from September to a more practical one with a box pleat to the back and an embroidered logo on the front left. This will be the **ONLY** skirt girls are permitted to wear.

The skirt may be worn no higher than one inch, 2cm, above the knee and will compliment the remainder of the JSTC uniform.

This skirt may only be purchased from our suppliers, Nationwide Uniforms of Spills by via their website nationwideschooluniforms.co.uk and then search by secondary school to find JSTC.

The skirt is reasonably priced and comes in a variety of waist sizes and lengths in order to comply with the JSTC requirements.



Film Competition

The Childnet Film Competition is now in its 11th year and is open to all young people based in the UK. The challenge is to create a positive, short online safety film or a storyboard with a script in response to this year's theme.

ChildNet are looking for films or storyboards that tell them why you want an internet that allows people to feel free and safe online and how we can make this happen. Once again they are on the look-out for films with a positive and clear message about the ways that we can use of the internet.

There are 3 different categories this year:

- **Solo category** – Young people make their own film, with minimal support from an adult.
- **Group category** – Work with siblings or family to make a film.
- **Storyboard category** – Create a short storyboard and script for a film.

How to enter:

1. Select which category you wish to enter.
2. Download the competition pack which contains everything you need, including competition packs and film making advice.
3. Start getting creative, plan and making your film or map out your storyboard.
4. Submit your entry and all consent forms via: film@childnet.com by 5pm Monday 22nd June.

Further information: <https://www.childnet.com/resources/film-competition/2020>

Last week saw some big changes to Class Charts which hopefully most of you are now aware of. Staff have been adding positives on to Class Charts for a range of achievements. Congratulations to the students below who have achieved the most positives and will receive a £10 voucher.

Year 7

Abia Raza

Year 8

Ryan Herbert

Paige Izzard

Year 9

Christina Hirst-Wright

Lucy Franks



Half Term Activity Ideas

There might not be work set for you on Class Charts for this week, so if the words 'I'm bored' make an appearance in your household why not give some of these activities a go!

- Read a book
- Learn how to make a friendship bracelet
- Create a playlist of your favourite songs
- Go through your phone camera albums and make a memory board

Family Time

- Cook an evening meal for your family
- Play a boardgame
- Camp out in the garden
- Do some geocaching whilst out on a walk
- Video call a family member you don't live with

Fitness Time

- Go on a bike ride
- Go for a walk
- Complete the mini workout in the newsletter
- Play a ball game with a member of your family
- Make a homemade energy bar or fruit smoothie

Solo Time

- Create a lockdown collage and add one picture to it each day



Contact Us

We would love to hear about some of things you have been getting up to during this period when we aren't at school. Also, if you have any concerns we might be able to help with then you can contact the pastoral teams on the following email addresses:

Year 7—pastoral.year7@jstc.org.uk

Year 8—pastoral.year8@jstc.org.uk

Year 9—pastoral.year9@jstc.org.uk

