

Monday 22nd June 2020

John Spendluffe Newsletter

Upper School - Issue 8

This Week

This week there are a number of celebrations and awareness days happening this week in the UK and around the world. From the curious National Catfish Day, celebrated in the USA on 25th June, to the very popular 'Bring Your Dog to Work Day', celebrated Internationally.

You can find out what else is going on this week at: awarenessdays.com. Perhaps you will engage in National Writing Day and send us your work or send us a photo of your picnic in support of National Picnic week. If you do get involved in anything, we would enjoy seeing how.

Last week, Year 10 online lessons got off to a flying start. There have been technical issues for both

staff and students with laptops freezing, internet cutting out, and animal distractions but overall, it has been an overwhelmingly positive experience. Remember, if you have any issues please contact office@jstc.org.uk or pastoral.year10@jstc.org.uk so that we can get you online and learning.

Year 11, you should have now submitted your Year Book page. Your pastoral team are well under way with bringing everything together. While it may not be quite the same as previous years, it will definitely be a fantastic way to mark your time at JSTC!

The Spendluffe Weekly Challenge

Chubby Bunny

You have probably already heard of the 'Chubby Bunny' challenge and many of you will have played it before so we are expecting some brilliant entries.



Your challenge, if you wish to accept it, is to place a marshmallow into your mouth and say the following phrases "Pudgy Bunny, Fluffy Bunny, Fuzzy Bunny, and Chubby Monkey".

You need to repeat this process until you cannot fit any more marshmallows into your mouth and you cannot clearly say the phrases.

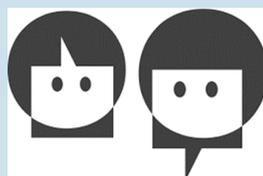
Send your submissions to pschee@jstc.org.uk or on the official JSTC Facebook page.



Keeping Mentally Healthy

Kooth

Kooth is an online support hub providing anonymous and confidential wellbeing and counselling support for you and it's completely free for you to use. You can also find helpful self-help articles and forums where you can connect with others that may be in a similar position to you! You may remember the Kooth assembly you had back in October, well they are still ready to help you, and even more so in these uncertain times. Head over to the [Kooth website](http://kooth.org.uk) and 'log in' to access their support.



Healthy Minds



Healthy Minds Lincolnshire provide emotional wellbeing support for children and young people up to 19 years old.

Everyone at some point might find it hard to cope with how they are feeling or what is happening in their life and this has never been more true than now.

Healthy Minds Lincolnshire provide early support when you start to feel that life is getting out of control and you need some help to cope.

You can access their many ways to support you by going to the [HML website](http://hml.org.uk).

Hegarty Heroes!

There has been some fantastic work on Hegarty Maths since the last newsletter update. In total, JSTC students have answered a whopping 17,759 questions!!

The Hegarty Heroes for the last two weeks are as follows...

Most questions answered: 10.3a - Miss Bolland

Most hours of learning: 10.2 - Miss Griffiths

Keep up the great work everyone!

Remember – if you haven't yet logged in to Hegarty, you set your own password by going to www.hegartymaths.com, select 'Student Log in', search for 'John Spendluffe' and then enter your name and date of birth.

If you need any help please email Mrs Startin k.startin@jstc.org.uk



Uniform Suppliers

Changes to JSTC uniform suppliers

Please be aware that JSTC is changing the suppliers of our school uniform.

The following applies to those students who will be in years 8 to 11 from September.

Cojos of Louth will still supply the basic school PE kit – these items can be purchased by visiting their store in 6 Mercer Row, Louth, LN11 9JQ (please ring before your visit as opening times vary 01507 607584).

Nationwide Uniform in Spilsby will be providing the school blazer, tie, skirt (please be aware from September the school skirt is changing and the one which Nationwide supply, embroidered with the JSTC logo, is the ONLY skirt that may be worn and must be no more than 1 inch or 2cm above

the knee), joggers, leggings and sweaters. They also sell school trousers for both boys and girls and school shirts. Nationwide provide an online purchasing service via their website nationwideschooluniforms.co.uk or you can visit their shop at Vale Rd, Spilsby PE23 5HE please ring 01790 754522 first to see if they are open and you may have to book a visiting time to comply with Government social distancing.

By the end of the year it is anticipated that Nationwide will be the sole suppliers of the JSTC school uniform with parents able to purchase all items from them, with no stock of uniform being held in school.

SPECIAL OFFER – From Cojos - Students in Year 9, 10 and 11 may purchase a PE Hoodie for just £5 whilst stocks last - sizes XS through to 2XL. Plus for all school years a shower-proof rain jacket with a ¼ zip is reduced to just £10, again whilst stocks last.

