

Monday 15th June 2020

# John Spendluffe Newsletter

## Upper School - Issue 8

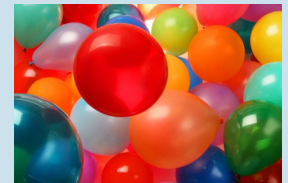
### This Week

The weather may have taken a turn for the worst but hopefully the sun will soon be back out and shining. Especially as Saturday 20th June marks this year's Summer Solstice, the longest day of the year (most hours of daylight). People all over the country will be out celebrating this event. If that includes you, then send us a photo of how you joined in.

Year 10 begin their online lessons via Microsoft Teams this week. The introductory sessions were successful, getting students up and running in preparation. Staff and students are excited to be returning to 'normal' lessons, though we expect

there may be more technical issues than usually experienced in a classroom!

Year 11, you would have now completed your exams and be looking forward to the Prom. It is disappointing for you and staff that we cannot celebrate your completion of school. Do not let these events pass you by, do something to mark the occasions at home. Following the government lockdown guidelines, there are many possibilities. If you do choose to celebrate, please send us a photo that we can use in a future newsletter.



## The Spendluffe Weekly Challenge

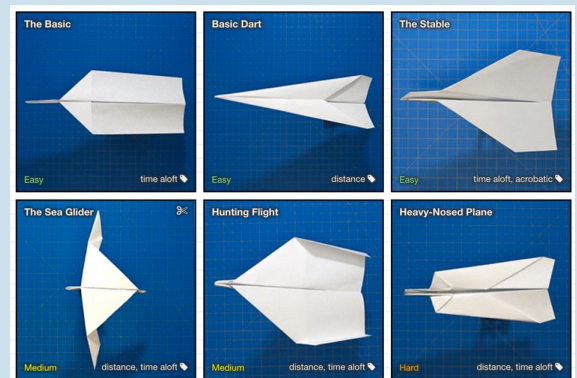
### Fly me to the moon

It is unlikely that any of us will be boarding a plane anytime soon. This is about as close as we can get.

Your challenge, if you wish to accept it, is to make a paper plane. Your plane needs to be able to fly for more than 2 metres.

You may choose a standard paper plane design, but what is stopping you from getting creative with your 'aircraft'.

Send your submissions to [pschee@jstc.org.uk](mailto:pschee@jstc.org.uk) or on the official JSTC Facebook page.



## Exercise?!

### National School Sport Week

The annual National School Sport Week campaign takes place in the last week of June every year to celebrate the important role of Physical Education and school sport in enhancing young people's wellbeing.

This year, the Youth Sport Trust has teamed up with Sky Sports to run a national campaign which will aim to unite the country - families, schools, sport and businesses - in a celebration of the power of sport to bring people together, even during isolation.

The UK-wide campaign will challenge people to take on their families, friends, and neighbours in virtual sporting challenges – helping them to

connect in an unprecedented period of school closures and social distancing.

Anyone can register to take part and will receive videos and activity cards to help them plan a series of challenges across the week for their families, neighbours, friends, or colleagues. For more information and to sign up to take part in this summer's National School Sport Week at Home, go to:

<https://www.youthsporttrust.org/national-school-sport-week-home>



# More Exercise?!

## 2000 Hours Challenge

We are challenging Key Stage 4 students at JSTC to collectively achieve 2000 hours worth of physical activity this week (Monday 15th June to Sunday 21st June). 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.year10@jstc.org.uk](mailto:pastoral.year10@jstc.org.uk) by Monday 22nd 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!

**MOVE YOUR WAY.** How much physical activity do kids and teens need?

**At least 60 minutes every day.**  
Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.

**60 minutes a day**

**As part of their daily 60 minutes, kids and teens also need:**

**Muscle-strengthening activity**  
at least 3 days a week

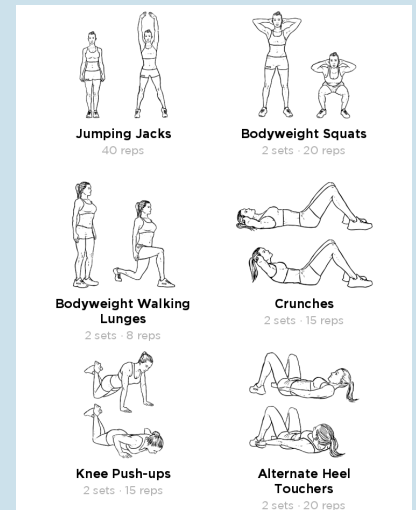
**Bone-strengthening activity**  
at least 3 days a week

**AND**

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

Walk. Run. Dance. Play. **What's your move?**



## Tutor Messages

### 10-CVH

I hope you are all coping and doing well. I hope you have been completing your work set by your teachers, but more importantly that you are taking time to look after yourselves and your families. I will leave you with two things (because I miss you trying to work them out when its my form day): 1.5x0.3+3.1 and 'What begins with T, ends with T and has T in it?' **Miss Hewson**

It's been months since we were last together for tutor time and although that time has passed quickly, I haven't forgotten about you. I am so pleased and impressed by how well you have adapted to the new way of learning and motivating yourselves to work independently. It has not been an easy time for anyone. Working from home has provided me with lots of

distractions too! I can imagine studying has been the last thing you wanted to do at some points, but by doing little and often, you have given yourselves the best chance for Year 11 and your futures. Well done! I hope it's not too long before we get to see each other again. Until then, stay safe, keep smiling and keep in touch if I can help with anything. **Miss Wright**

### 11-CG

Dear 11-CG, where do I start!?! I feel robbed of working with you through your exam period with all the ups and downs this brings. I would have loved to hear all your 'fashion plans' for the prom and to bid you well as you begin the next phase of your life. All that said, I hope all the hard work you put into the 5 years at JSTC help you on the way to success in your studies, in life, in your general well being and I wish you good luck and happiness for the future. **Mrs Grove**