AUTUMN TERM 2 NEWS ...

Friday 17 December 2021



Message from the Principal

Welcome to our end of term newsletter. You will see from the contents what a busy and successful term it has been. Congratulations to many of our students who have been successful in a range of sporting events and other competitions. As a college, we pride ourselves on the broad range of extra-curricular activities we offer. It has been wonderful to see these start up again and to see the high participation rates from our students. Many thanks to the staff who often go above and beyond to ensure these experiences are made available to all our students.



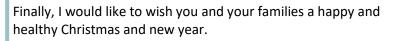
Alongside these enrichment activities, students have continued to work hard in the classroom. Well done to Year 11 who approached their trial exams in a calm and mature way. We will continue to give them all the support they need to ensure a smooth and successful transition to their chosen destination. We advise Year 11 to rest well over the holidays and use this time to organise their notes ready for the final push towards exams next term.

We continue to promote high expectations around behaviour, attendance and punctuality. Thank you for your support with these. This week we have been able to reward the majority of students for their positive attitudes to learning and displaying our values through reward events, certificates and even a special celebration breakfast. We are delighted that attendance rates at the school have remained consistently above the national average so thank you for your support with ensuring students come to school every day ready to learn.

As you are aware, schools have been asked to test all students on their return to school in January. In order to achieve this effectively and efficiently, we will be staggering the return to school for each year group in January. Please read the email that has been sent alongside this newsletter containing arrangements for the start of term. In addition, can I please remind students to continue to test themselves twice a week using the Lateral Flow tests.

At the end of this term, we are saying goodbye to a number of colleagues who have secured positions elsewhere. We would like to thank them for their commitment and hard work at the college during their time with us, and wish them all the best in their new ventures.

Ayesha Abdullah – TA apprentice Abbie Willis - TA Annie Southin - TA Matt Dean—Exams Manager Mitesh Mohan—IT Technician Shazia Moosa – Humanities teacher Ellie Gallagher – Humanities teacher Pat Thompson – Assistant Principal







CONTACT US:

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TERM DATES ...

Academic Year 2021 - 2022 Term Dates

Spring Term 2022		
Training Day	Tuesday 4 January 2022	
College Opens	Wednesday 5 January 2022: Years 10 and 11 at 8.30am Thursday 6 January 2022: Years 9 and 7 at 8.30am Friday 7 January 2022: Year 8 at 8.30am	
College Closes	Friday 11 February 2022	
Half Term	Monday 14 February – Friday 18 February 2022	
College Closes	Friday 8 April 2022	

Summer Term 2022		
College Opens	Monday 25 April 2022	
May Day	Monday 2 May 2022	
School Closes	Friday 27 May 2022	
Half Term	Monday 30 May – Friday 3 June 2022	
School Opens	Monday 6 June 2022	
College Closes	Wednesday 13 July 2022	
Holiday starts	Thursday 14 July 2022	

Academic Year 2022 - 2023 Term Dates

Autumn Term 2022		
Training Days	Friday 26 August and Tuesday 30 August 2022	
Bank Holiday	Monday 29 August 2022	
College Opens	Wednesday 31 August 2022	
Half Term	Monday 17 October to Friday 21 October 2022	
College Closes	Friday 16 December 2022	

Spring Term 2023		
Bank Holiday	Monday 2 January 2023	
Training Day	Tuesday 3 January 2023	
College Opens	Wednesday 4 January 2023	
Half Term	Monday 20 February to Friday 24 February 2023	
College Closes	Friday 31 March 2023	

Summer Term 2023		
College Opens	Monday 17 April 2023	
May Day	Monday 1 May 2023	
Half Term	Monday 29 May to Friday 2 June 2023	
School Opens	Monday 5 June 2023	
College Closes	Friday 14 July 2023	
Holiday starts	Monday 17 July 2023	

UNIFORM REMINDER...

UNIFORM REMINDERS: YEARS 7—10

Thank you all for your support with students' uniform this term. We expect students to come to school looking smart and ready to focus on their learning. Please see below for reminders about specific requirements in case certain items need to be purchased over the holidays.

Full details can be found on our website: https://www.sirjonathannorth.org.uk/prospective-students/key-stage-3/uniform/



In addition, please send your child to school with an outdoor waterproof coat –hoodies and denim jackets are not allowed.

A reminder that adherence to the uniform code falls within our behaviour policy so sanctions will be issued to students who do not follow it, apart from in exceptional circumstances.



- ⇒ **5 January**—Years 10 and 11 Return to College
- ⇒ 6 January—Years 7 and 9 Return to College
- ⇒ **7 January**—Year 8 Return to College
- ⇒ **20 January**—Year 11 Parents' Evening
- ⇒ **27 January**—Year 8 GCSE Options Evening
- ⇒ **11 February**—College Closes
- ⇒ **14-18 February**—Half Term Break





STUDENT COUNCIL NEWS

This term we have been working hard as the student council executives to make improvements within the college.

We held our first two student council meetings of the year and trained the student council representatives to make sure the voices of all student body are heard. Furthermore, we had a meeting with the kitchen staff and outside suppliers to discuss some new vegetarian and vegan options for the menu.

On the 19th November we held a non-school uniform day to support Children In Need and we raised £830! We would also like to thank the tutor groups who contributed to the Laura Crane Christmas present collection. We are sure that the charity will be very grateful for the gifts that have been sent. The last day of term will also be a Christmas themed non-school uniform day in support of Save the Children.

We thank you all for your support and will continue to work with you throughout the rest of the year to improve the school even further.



EXPRESSIVE ARTS DEPARTMENT

On Thursday evening, the Expressive Arts team staged the 'Music Is Back!' concert. Over 60 students from years 7 - 11 performed a wide range of solo and group pieces, the standard was exceptional and each and every student who took to the stage should be extremely proud of themselves and of their performances. It was especially nice to be able to invite family and friends onto school site for the first time since Covid restrictions allowing our students to perform 'live' to an appreciative audience! The premises team, along with Bev (our technician), did an amazing job of decorating the dining hall with lights and backdrops to create the perfect atmosphere for an endof-term concert.

Well done to all the students involved on the night!

Mr Lee, Subject Leader Music





COMPUTER SCIENCE DEPARTMENT

We have had 258 Year 9, Year 10 and Year 11 students participate in UK Bebras 2021 Computional Thinking Challenge where our students had to complete as many challenges as possible in 40 minutes. Challenges fell into three categories with points being deducted for incorrect answers.

Best in School for KS4: Prema 11.9 and Simra 11.5

Best in School for KS3: Kate 9.3

Gold Awards go to 20 Year 9 students for highest marks.

Well done to all!

Ms Stone

Curriculum Team Leader Computer Science







SPORTING SUCCESS 2021-22



NETBALL

Year 7 West Leicester SSPN Netball Champions B league – A team Year 7 West Leicester SSPN Netball 3rd Place B league – B team Year 8 West Leicester SSPN Netball Champions Year 8 County Netball Quarter Finalists

Year 9 West Leicester SSPN Netball pending

Year 10 West Leicester SSPN Netball Champions Year 11 West Leicester SSPN Netball Champions

BASKETBALL

Year 7 West Leicester SSPN Basketball Champions Year 8 West Leicester SSPN Basketball Champions Year 9 West Leicester SSPN Basketball Champions KS4 West Leicester SSPN Basketball Champions

ATHLETICS

Year 7 West Leicester SSPN Indoor Athletics Champions – A team Year 7 West Leicester SSPN Indoor Athletics 3rd place – B team Year 8 West Leicester SSPN Indoor Athletics champions



BEAUTY OF NATURE COMPETITION

Following a very successful batch of entries from staff and students during the Beauty of Nature competition, I would like to announce that the very first Sir Jonathan North Girls' School Calendar is **now on sale**.

Each of the A4 wall calendars includes 14 images in total, which were submitted throughout the coronavirus pandemic, specifically to get our community out and about during lockdown, to appreciate the beauty of nature around us.

All profits will be donated to MIND, the Mental Health Charity that provide advice and support to empower anyone experiencing mental health problems. This charity campaign to improve services, raise awareness and promote understanding of mental health.

Cost £5 per unit

Order via beehive / store / calendar / Beauty of Nature

Each unit will be made after ordering, we estimate 1 week turnaround in delivery to you at school.

Thank you very much for your support with this. I hope you have a restful and enjoyable break.

Mrs Goodwin & Mr Mckinlay



REWARDS

To mark the end of our first term we have been recognising and rewarding our students in a number of different ways.

- ◆ Youve got to be in it to win it- Students with 100% and 0 behaviour points were entered into a prize to win a £5 gift voucher. This was drawn in assemblies in front each year group.
- ◆ Celebration breakfast-- Students who are in the Top 20 for achievement points across the whole school were invited to have breakfast with Mrs Angus and the pastoral team. They were awarded a certificate and enjoyed eating American style pancakes and croissants.
- ◆ Attendance certificates- Students with above 96% and above attendance have all be awarded a certificate

We would like to congratulate all students who have been recognised for their efforts this term. Well done!

Mrs Coton **Assistant Principal**



YEAR 7 HAMPER APPEAL

We are incredibly proud of the fundraising completed by the whole of year 7 in the penultimate week of the year. They raised an amazing £470 towards creating Hampers for Age UK. The hampers will be distributed to those in need this Christmas by Age UK. The students sold a wide range of homemade and shop bought cakes, cookies, donuts and brownies.

Each Hamper will contain a Christmas Card from the tutor group along with Christmas pudding, Christmas cake slices, a box of Quality Street, a box of mince pies, a tin of fruit, a tin of custard, a pack of chocolate biscuits, a jar of jam, tin of soup, a pack of biscuits for cheese, a tin of red salmon and a box of teabags.

We have been really impressed with the resourcefulness, resilience and respect shown by

the students as they independently baked cakes at home, showed fantastic enthusiasm speaking to other students and teamwork working with each other in their tutor group.

Well done Year 7 from Mr Pope, Mrs Sidpara and Mrs Coton



SCIENCE DEPARTMENT

We had another successful Chemistry Week at SJNGC, the number of participants this year has been incredible with approximately 200 students getting involved. The theme this year was sustainability to coincide with COP21 in Glasgow. A generous grant from the Royal Society of Chemistry enabled us to run a number of different and varied activities.

Thank you to our amazing science technicians, all science teachers, Mrs Vyas (our LRC manager) and KS4 triple science students for assisting with the activities.

Mrs Mynott
Deputy Team Leader Science



Lunchtime activities were based around the 3R's – reduce, reuse and recycle. These activities were open to all students and our highly capable KS4 Separate Science students assisted in their de-

Reuse Using thermosoftening polymorph

which can be melted and modelled

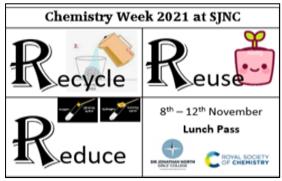
repeatedly.

Recycle Using yoghurt pots to plant bulbs.

Reduce Making hydrogen gas on a smaller

scale; hydrogen being a sustainable

fuel for the future.









Chemistry Master Class provided by Sophie Allan from the National Space Academy.

Invited Year 9 students were treated to a fantastic session on looking at how a colony on a future 'Earth ship' would be able to run using the principles of sustainability - propulsion and fuel (bottle rockets, discussion of hydrogen fuels cells and bioethanol vs fossil fuel derivatives), reusability (reusing rocket parts to avoid space debris and unnecessary mining of raw resources) and radioactive sources (building cloud chambers to observe radioactive decay products and discussing the shortage of Plutonium for space us as a non-renewable resource).





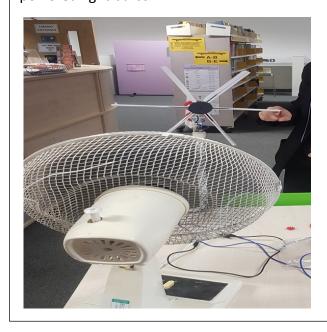
SCIENCE DEPARTMENT CONTINUED...

Learning Resource Centre - a quiz on decomposition, all students could enter.



Drop in session on sustainable energy delivered by CLS/Museum Educator Services in the library.

Students assembled wind turbine kits which powered light bulbs.



Year 8 students took part in a 40 minutes live text chat session with 5 different scientists in the "Clean World Zone".

The students connected with the scientists and researchers making the world a cleaner and healthier place.

So many questions were asked ranging from:

"What does your work contribute to stopping climate to change?"

"Do you have pets?"

"What is a pHD?"



SJNGC LOGO

A dedicated team of Y10 students are making the letters SJNGC out of recycled materials. The letters are made from aluminium mesh and sewn together with copper and subsequently stuffed with materials such as bottle tops, newspaper and polystyrene.

This is an on-going project with S and C completed! They will be displayed on completion as a permanent reminder to all within the college that we need to think about sustainability now and into the future to look after our beautiful planet.



RECORDING TEST RESULTS...

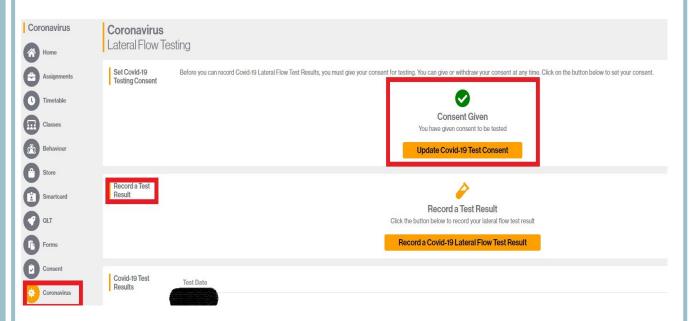
IMPORTANT INFORMATION REGARDING HOME TESTING

We are asking students to continue to test twice a week (Sunday and Wednesday evenings).

You (or your child) need to report the result of each of the tests to:

- 1.NHS via Test & Trace self-report website: https://www.gov.uk/report-covid19-result
- 2. School via BEEHIVE (you can use yours or your child's account): https://beehive.lionhearttrust.org.uk

If your child is reporting their result, please ensure they do this accurately and correctly.



Please see below screenshots of where to locate the results page on Beehive.

Please note, as parents you can only add this information from a web browser (preferably chrome), therefore you cannot use the app to do this. The other thing to note is that if you have previously logged in, you may need to clear the cache (by logging off, holding shift and pressing F5 and then log-

COVID VACCINATIONS

If your child is 12 years old or over and has not yet had their first vaccination, please use the link below to book a vaccination appointment for them.

If you know your child had their first vaccination 12 weeks ago you are now able to book their second vaccination.

Check the link below for the local centres that offer vaccinations for 12-15year olds.

leicestercityccg.nhs.uk/my-health/coronavirus-advice/coronavirus-vaccine/

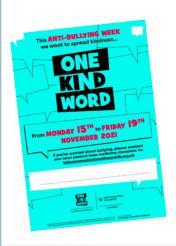


WELLBEING ...

WELLBEING CHALLENGE!

The Student Well-Being Champions are encouraging everyone at SJNGC, staff and students alike, to do at least one positive thing every week, to promote positive mental well-being. The Champions are posting one tip every week and encourage everyone to attempt to do that activity.

Anti-bullying week took place in November, with the theme of kindness and the challenge was to catch up with a friend. Another challenge was to go for a walk and have a social media detox.









Safeguarding: Sources of support and guidance

Emergency! Ambulance, Fire, Police: 999

Safeguarding concerns: Leicester city council - 0116 4541004

Childline

Free, confidential advice & support for those 18 & under 0800 11 11

NHS: 111

FRANK: Confidential drugs information and advice

Confidential, emotional www.samaritans.org 03001236600

> Rape Crisis line 0808 802 9999 (12:00-14:30 and 19:00-21:30)

Samaritans:

support.

116123

Victim support: Helping victims of crime 08 08 16 89 111

LGBT+ helpline: 3.00pm - 5.00pm Tuesdays & Wednesdays, 1:00pm -3:00pm Thursdays

07935 669611

Leicester Sexual Health

clinics:

0300 124 0102

(Haymarket Health Centre)

online mental health services

for young people and adults.

https://www.kooth.com

CRUSE Bereavement counselling: 0333 554 9157

Domestic abuse Helpline

www.nationaldahelpline.org.uk

0808 2000 247

Anxiety UK 03444 775 774

Crimestoppers: Give crime information anonymously -0800 555 111

Forced Marriage unit:

020 7008 0151

Drinkaware:

Alcohol support services

0300 123 1110

To book an appointment

Karma Nirvana: Honour-based violence & forced marriage

0800 5999247

BEAT: Eating disorders Helpline: 0808 801 0811

0116 2211857

Mind: Mental health charity: 0300 123 3393

Resources to support your wellbeing:



overall sense of wellbeing. Remember, if you have any significant concerns about your wellbeing, you

A habit tracker Done helps you create healthy routines by helping you to set goals, track your progress and then motivating you with streaks/ chains. It lets you set a goal and track it multiple times a can help you to build and quite habits/activities. The free version helps you to create 3 habits or goals

Couch to 5K

Exercise can make you feel better both physically and mentally. C25K is a running app that takes you from 0 to being able to run 5K in 8 weeks. It gradually builds you up to this providing 3 guided sessions per week which can be played over your favourite playlists to inspire you to keep going. Works even for the most reluctant athlete! How many km can you cover?

Sleep Cycle:

Do you worry about your sleep, feel you don't get enough of it or that your quality of sleep isn't great? This app claims to track your sleep cycle throughout the night, based on movement and sound analysis. It works to wake you up when you are at your lightest sleep which means you'll be much less groggy and grumpy

Headspace:

Literally giving users a workout for the brain - led by former Buddhist monk Andy Puddicombe - the premise is to take ten minutes a day to listen in and clear your mind. So what are the benefits? Users report better attention spans alertness and instant calm

My possible self:

If your mental health is a concern, My Possible Self may help. Use the 'moments' function to monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help 'modules' to tackle issues such as stress, anxiety, loss or major life changes.

Exercise is good for the mind and the body, but sometimes finding the time to workout can seem next to impossible. Luckily. Wakeout has you covered with a library of over 300 free exercises which can be done in 30-second chunks in the places where you spend most of your time

- Listen to audio books
- Watch a film Bake/cook
- Make something
- Draw/colour Speak to a friend
- Help others Organise your room
- Play sport
- Social media detox Go for a walk
- Listen to music/make a playlist
- Organise your files
- Write a letter/journa
- www.healthforteens.co.uk

Meditopia:

Provides guided meditations in different lengths of time (from three minutes to 25 minutes) to help you relax, de-stress, and sleep. There are also Sleep Stories, bedtime stories that can help you catch some z's.

Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness motivation, focus and breath.

Mindshift:

An app designed to help young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

Calm Harm:

Developed by a Clinical Psychologist, it provides tasks to help you resist/manage the urge to self-harm. You will be able to track your progress and notice

WELLBEING ...

NEW INSTAGRAM GUIDE FOR PARENTS

Instagram have released a brand new guide for parents /carers containing lots of useful information such as:

- ◆ Tips for parent/carers.
- Tips for talking to teens.
- Managing account privacy.
- Balancing screen time.
- Filtering offensive comments.
- and much more.

The guide can be found **HERE**.



SCHOOL NURSE

The school nurse service can still be contacted by text:

07520 615387





SECOMMUNITY SUPPORT GRANT

To make a claim for crisis support from the Community Support Grant, email your name and contact number to:

C19support@leicester.gov.uk.



FREE SANITARY PRODUCTS

These are available from the Pastoral Bases if students require any, please just speak to the Pastoral Teams who will be happy to help.















DO WHAT YOU CAN, ENJOY WHAT YOU DO, HOVE YOUR HOOD

LEARNING RESOURCES CENTRE...



Students were invited to enter Climate Change Competition as part of the COP26 Conference in Glasgow during November 2021.

We are delighted Seyi, Year 8, Dena, Year 8 and Alretaj, Year 10 poems were selected for digital publication. You can view these poems at:



Twitter: https://twitter.com/MidlandsCLS/status/1459143699842088963?s=20

Facebook: https://www.facebook.com/midlandscls



The Library also participated in Celebrating Chemistry Fortnight 8th-19 November 2021 on the theme of Sustainability by hosting Museum Educator Services workshop on Wind turbines.

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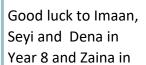
Taynob



About Us on the theme of 'UNIVERSE' was a poetry, science and coding project for students to get involved and was open to all to enter.

We are pleased to have had 4 entries which has been forwarded to the National competition organisers.

Well done, Seyi, Year 8. All entrants got 1 achievement point; bar of chocolate and a free book for participating in the National competition.





Year 9 for winning the overall competition!

'BookChat' Reading Club resumed this term. Meeting every month to chat about books, stories, characters and to encourage other students to read club's recommendations written, graphic, poster reviews and/or book trailers. Our 1st

via written, graphic, poster reviews and/or book trailers. Our 1st meeting was Wednesday 1st December 2021 during lunchtime. Book trailers produced are uploaded on Youtube at the following link where you can also see past trailers produced by students: https://www.youtube.com/channel/UCRojucesi5sRenIYo747htQ

Students reading and selecting a book to recommend & Review during BookChat Reading Club!

LEARNING RESOURCES CENTRE...



2021 Bookbuzz National Competition for YEAR 7's

Every year all Year 7s get to choose one free book from a selection of titles as part of the 'BookBuzz' initative chosen by BookTrust. So, we hope all Year 7's are enjoying their chosen free book. Some happy students with their chosen books.



There is an opportunity to win a bunch more of books for themselves and the school by designing a different book cover of one of the 17 BookBuzz books or based on the book they have chosen. ANY entries shortlisted by BookTrust organisers, will be on the BookBuzz website gallery and your daughter could be a digitally published artist! Students can pick up the design form from Mrs. Vyas in the library.

CLOSING DATE: FRIDAY 25th MARCH 2022. Good luck!

2021 Christmas Fiction Reads to Cuddle Up With – Recommendations

Age 10-11



Tamarind never knew her Indian mum, Chinty, who died after she was born. So, when she arrives at her ancestral home, a huge mansion in the Himalayas surrounded by luxuriant gardens, she's full of questions for her extended family.



Diary entries of experiences giving a realistic portrayal of autism. Tally is 11 & she's autistic

12-13



Story of an Afro-American teen dealing with colourism, racism & bullying, but, is given hope by the power of an inspirational & a kind teacher.



. Izzy's family is under the spotlight when her dad comes out as Danielle, a trans woman. Now shy Izzy must face her fears, find her voice, confront the bullies & stand up for her family.

13-14



Epic love story infused with West African mythology. Simidele is one of the Mami Wata mermaids, duty-bound to collect the souls of those who die at sea & bless their journeys back home to the Supreme Creator.



Avery has a plan: keep her head down, work hard for a better future. Then an eccentric billionaire dies, leaving her his entire fortune. No one, least of all Avery, knows why.

15-16



The unflinching story of Char, a young woman trapped in the underworld of human trafficking.



Olivia's father, left for a meditation retreat in the mountains & never returned. To make sense of his shocking departure, Olivia retraces his path to a place known as the Levitation Centre.

LEARNING RESOURCES CENTRE...

Empowering Non-fiction Books to Read for all Ages



Empowering stories of 50 famous and under-celebrated women. This book redresses the imbalance for young girls of colour by empowering them to break new ground for themselves and inspire others along the way.



This is a book about heroes who did it differently: people who broke the mould, dared to be true to themselves, and transformed the world. 100 truelife tales with dynamic colour artwork.



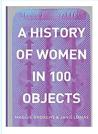
This book will empower you to navigate your world and help to create a more positive society.



Trove of iconic and hidden amazing Muslim heroes.



Generation Hope looks at everything from climate change and plastic pollution to radical kindness and animal welfare. Facts, statistics and practical tips for taking-action are laid out in a graphic bite-size style, making this book a quick read.



What objects tell us the history of women? What are the items that symbolise the journey of women from second-class citizens with no legal rights, no vote and no official status to the powerful people they are today? And what are the objects that still oppress women, even now?



Motivational book based on the Japanese concept of finding happiness in everyday life.



True stories of young women who made a big difference! From authors to activists, painters to politicians, inventors to icons, these inspiring teenagers are proof that girls can change the world.



Butterfly is the inspiring story of how one woman saved fellow refugees from drowning--and how she went on to become an Olympic swimmer and now works with the UN as a Goodwill Ambassador.



From wildlife conservation to clean water, air pollution to plastic waste, climate justice to climate strikes, listen to a generation of young people of colour demanding urgent change for the world they will inherit.



. An inspiring memoir of how, through hard work and determination, the girl from the South Side of Chicago built an extraordinary life. A tale of ups and downs, triumphs and failures, this is an honest account from the early years - first kiss, first school, first love - to the wonders of the White House, and the moment Mrs Obama shook hands with the Queen of England.



On the outskirts of the Milky Way, floating slowly through space, there hangs a planet unlike any other. It has oceans, deserts, jungles and mountains. It has life that swims, life that soars and life that swings through the trees. It is a place of dazzling variety and infinite wonder - and it's the only world we've got.

Meet the humans, from around the world, who are fighting to save our planet