



Message from the Principal



It hardly seems any time at all since we were welcoming students back on site in August, and here we are celebrating the end of the first half term. As always, it has been a busy and productive term, with lots to celebrate and look back on.

We are thrilled with the way our new Year 7 students have settled in, working hard in the classroom, and participating in all the extra-curricular clubs available. Every day we see examples of the ways in which they demonstrate our 4 values of respect, resilience, resourcefulness and reflectiveness. Well done Year 7! Keep it up.

One of the highlights of this half term was our Open Evening. It was fantastic to see over 200 students taking part as ambassadors and showcasing the wonderful facilities and opportunities on offer at the school to over 300 families who came to view the college. The feedback was extremely positive and our students were worthy role models of what it means to be a Sir Jonathan North student.

We continue to promote high expectations around behaviour, attendance and punctuality. Thank you for your support with these. Our new behaviour policy has seen increased opportunities for students to be rewarded for their positive attitudes to learning and displaying our values, through points, postcards and certificates. Every year group assembly celebrates the tutor group with the highest number of achievement points and best attendance; competition is hotting up. Please take time to read about why attendance matters later in the newsletter.

The green shoots of 'normal school' can be seen all over the site as a range of clubs and activities resume. Sporting fixtures have begun; rehearsals are on-going for our Spring Term performance of Legally Blonde; Eco Club, Knitting Club, Debating Club, Classics Club, and the many music groups that have begun continue to provide opportunities for students to develop new skills, interests and friendships. Alongside these, as a school community we have also supported a number of charities through fundraising efforts. In the run up to World Mental Health Day last Sunday, we were all encouraged to wear an item of yellow in support of Young Minds who work to promote positive mental health in young people. More information about supporting wellbeing can be found later in the newsletter. This week samosas have been sold in support of the Red Cross and Red Crescent, who work alongside people caught up in conflicts across the world, with a particular focus on Afghanistan.

Please take time to read the rest of the newsletter for more information, reminders and useful signposts for parents on a range of issues.

I wish you and your family a happy and healthy half term.

Best wishes
Mrs Angus



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Sir Jonathan North College



www.sirjonathannorth.org.uk



Punctuality to lessons

Promoting high standards in behaviour, attendance and punctuality means we are preparing students for life beyond school and ensuring all students can come to school and learn uninterrupted. To this end, from October 25th, students arriving late to lessons without a legitimate reason, will be given a 30 minute after school detention. As with all detentions, this will be communicated to parents and carers via Beehive.

Uniform

Thank you for your support with uniform. The majority of our students arrive dressed appropriately and ready to learn.

Please use half term to ensure that all items of uniform conform to college expectations. Detailed information can be found here on the [website](#).

Here are some of the most frequent concerns we have:

- Tight skirts – skirts should be pleated in Years 7-10.
- Short skirts – skirts should be knee length and pleated in Years 7-10.
- Ankle-length trousers – trousers should be full length
- Tight trousers – pen test – could you drop a pen down the trouser leg?
- Facial piercings – Yr 7 to Yr 10 NO facial/nose piercings. Y11 are permitted one small nose stud but **no** rings.
- Long nails – nails should be natural and a safe length for PE and practical subjects.

A reminder that our behaviour policy states that students will receive a C1 for uniform concerns in the first instance, but will be issued with C2 detention where concerns are on-going and unresolved.

NEW from 1st November

We will be serving food in the Dining Hall between 7.45am and 8am in the Dining Hall. This will be free to students in receipt of free school meals.

Look out for an email after half term outlining what will be available for students to purchase.



ATTENDANCE MATTERS

It is vital that all students have excellent attendance at college. Research shows that even a few days of absence can have a negative impact on students' performance. Our target for all students is 100% attendance .

We know that attending on a regular basis is the key to your child doing well at school and will set them up with a good routine for later in life and the working world. It also gives them opportunity to:

- Make lots of friend and feel included
- Learn new things and develop many skills
- Increase confidence and self esteem
- Improve social skills and develop lifelong habits
- Achieve their full potential and fulfil aspirations

Every single day a child is absent from school equates to a day of lost learning. See the table below. Give your child every chance to do well by attending school every day.

Every School Day Counts			
Attendance during the school year	Equates to days absent	Which is approximately	Which means the number of lessons missed
97%	6 days	1 week	36 lessons
94%	10 days	2 weeks	72 lessons
90%	19 days	4 weeks	120 lessons
85%	29 days	6 weeks	180 lessons
80%	38 days	8 weeks	240 lessons
75%	48 days	10 weeks	300 lessons
70%	57 days	11.5 weeks	360 lessons
65%	67 days	13.5 weeks	420 lessons

Regular attendance at school is the most important factor in a young person reaching their full potential.

Regular Attendance means Punctual Attendance

Arriving on time for school is important as late arrivals are disruptive for the class and also means students miss the start of each lesson. Lesson 1 begins at 8.30am and your child is expected to be on the school site by 8.20am. It is essential that your child is at school on time and ready to learn.

We ask parents to:

Contact the College by telephone if your child is going to be absent, whatever the reason - illness, emergency dental/medical appointment, family emergency. Please send in a note/email to the tutor on your child's return to the College.

Students are not allowed to leave the College during the day unless a note is brought from home in advance. We ask you to make doctor's and dentist's appointments outside College hours where this is possible.

Students are not allowed to go on holiday during term time. This will not be authorised and you will be fined.

Continued on next page ...

What can
You do
to help?

What parents/carers can do to help their child's attendance:

- Make school attendance a priority
- Talk about the importance of showing up to school every day, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.

Sir Jonathan North Girls College rewards students who have excellent attendance through our rewards system, including best form groups attendance, Random Act of Kindness award for attending school and letters/postcards home.

If there are any circumstances which might affect your child's attendance, or you have any queries, please contact The Pastoral Team for the year group your daughter is in.

MULTI –FAITH REFLECTION ROOM

From next term, the multi-faith reflection room will be open for students to pray in at lunchtimes.

If you wish your daughter to use this facility, please [CLICK HERE](#). Your daughter will then receive a pass to give her access to the room. She will not be able to access the room without a pass.

Students are expected to follow the same high expectations as they do around the rest of the school. Any student who fails to do this will no longer be able to use the prayer room.



YEAR 11—POST 16 OPTIONS

Follow the link to the Transition Post 16 area of our website to view a list of College Open Day events that are taking place over the next few weeks as well as our Careers Newsletter.

<https://www.sirjonathannorth.org.uk/current-students/going-forward/careers/>



Ellie in Year 10 has shaved her head to raise money for the Alzheimer's Society in memory of her Nan and Grandad.

She has raised over a **£1000** to date and her 24 inches of hair has gone to the Little Princess Cancer Trust.

Well done Ellie!!





- ⇒ **25 October**—College Opens
- ⇒ **28 October**— Year 7 Tutor Parents' Evening
- ⇒ **4 November**—Year 10 Parents' Evening
- ⇒ **26 November**—**College Closed**—Queen's jubilee
- ⇒ **2 December**— Year 9 Parents' Evening
- ⇒ **17 December**—College Closes

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.



PLEASE REGISTER FOR BEEHIVE IF YOU HAVEN'T ALREADY DONE SO . . .

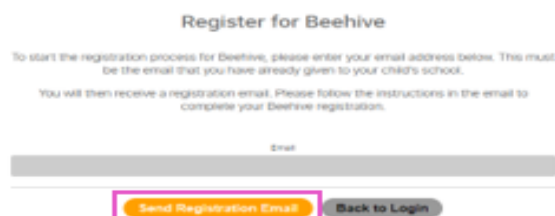
Getting started with Beehive



Creating your account

To create your Beehive account:



- First visit beehive.lionhearttrust.org.uk and click register
- Enter your email address (this should be the same address we use to contact you) then click **Send Registration Email**.
- Following this, you will receive a welcome email from Beehive with further instructions on how to register.

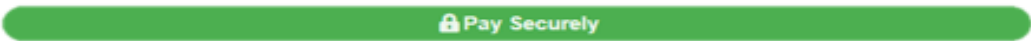


- Once you have completed the registration process, you can go back to beehive.lionhearttrust.org.uk and login using your email and the password you created.

Topping up your child's smartcard

To add money to your child's card:

- Log into beehive.lionhearttrust.org.uk
- Using the menu on the left, hover over the **Store** icon () and select **Smartcard**
- Select the amount you would like to add and click **Add To Basket**
- To complete your purchase, click on your basket () , then click **Checkout Securely**
- Enter your details then click **Pay Securely**



PASTORAL NEWS ...

Academic Year 2021 – 2022 Term Dates

Autumn Term 2021	
Training Days	Wednesday 25 and Thursday 26 August 2021
College Opens	Friday 27 August 2021
Half Term	Monday 18 October – Friday 22 October 2021
Jubilee Day	Friday 26 November 2021
College Closes	Friday 17 December 2021

Spring Term 2022	
Training Day	Tuesday 4 January 2022
College Opens	Wednesday 5 January 2022
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

PASTORAL NEWS ...

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 2021
May Day	Monday 1 May 2021
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

RECORDING COVID RESULTS ...

Coronavirus

Please find attached a letter for parents from the Secretaries of State for Education and Health. Alongside the letter are some [frequently answered questions for parents](#), from Dr Mary Ramsay, Head of Immunisation.

A reminder that students should continue to test twice-weekly over half-term and take an LFD test the night before they return to their setting after the break.

IMPORTANT INFORMATION REGARDING HOME TESTING

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.

The screenshot shows the Beehive app interface for recording COVID-19 test results. The sidebar menu on the left includes options like Home, Assignments, Timetable, Classes, Behaviour, Store, Smartcard, QLT, Forms, Consent, and Coronavirus. The main content area is titled 'Coronavirus Lateral Flow Testing' and contains three sections: 'Set Covid-19 Testing Consent' with a 'Consent Given' confirmation box and an 'Update Covid-19 Test Consent' button; 'Record a Test Result' with a 'Record a Covid-19 Lateral Flow Test Result' button; and 'Covid-19 Test Results' with a 'Test Date' field.

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 logging back in).

If your child gets an invalid/void result they are to report this result and take another test immediately.

Well-Being Champions Update

Dear Students and Teachers at SJNGC,

Do you remember us from Assembly? We are the Wellbeing Ambassador/ Champions. If you don't know who we are, we are students who are trained to help and to promote positive well-being.

Thank you for taking part in Hello Yellow on Friday 8th October 2021. We collected money for a charity called Young Minds who support young people with Mental Health. It was lovely to see you all with yellow accessories in aid of this good cause.

We can't wait to meet students and teachers out and about in the playground this week. Please look out for us and have a chat. We want to promote positive mental health and well-being, through activities and interacting with each other.

How would you feel if you helped somebody? Amazing feeling, right? So, what are you waiting for let's talk!

From,
Wellbeing Ambassador / Champions




SIR JONATHAN NORTH GIRLS' COLLEGE
Lionheart Educational Trust

Safeguarding: Sources of support and guidance

Emergency! Ambulance, Fire, Police: 999

Safeguarding concerns: Leicester city council – 0116 4541004

<p>Childline: Free, confidential advice & support for those 18 & under 0800 11 11</p>	<p>NHS: 111</p> <p>FRANK: Confidential drugs information and advice 03001236600</p>	<p>Samaritans: Confidential, emotional support. 116123 www.samaritans.org</p>
<p>Victim support: Helping victims of crime 08 08 16 89 111</p>	<p>Kooth: online mental health services for young people and adults. https://www.kooth.com</p>	<p>Rape Crisis line 0808 802 9999 (12:00-14:30 and 19:00-21:30)</p>
<p>Anxiety UK 03444 775 774</p>	<p>LGBT+ helpline: 3.00pm - 5.00pm Tuesdays & Wednesdays, 1:00pm - 3:00pm Thursdays 07935 669611</p>	<p>CRUSE Bereavement counselling: 0333 554 9157</p>
<p>Crimestoppers: Give crime information anonymously - 0800 555 111</p>	<p>Leicester Sexual Health clinics: To book an appointment 0300 124 0102 (Haymarket Health Centre)</p>	<p>Domestic abuse Helpline www.nationaldahelpline.org.uk 0808 2000 247</p>
<p>Forced Marriage unit: 020 7008 0151</p>	<p>Karma Nirvana: Honour-based violence & forced marriage 0800 5999247</p>	<p>Homelessness: 0116 2211857</p>
<p>Drinkaware: Alcohol support services 0300 123 1110</p>	<p>BEAT: Eating disorders Helpline: 0808 801 0811</p>	<p>Mind: Mental health charity: 0300 123 3393</p>



SIR JONATHAN NORTH GIRLS' COLLEGE
Lionheart Educational Trust

Resources to support your wellbeing:

The apps below are all designed to promote well-being. Most have free trial packages and whilst they do not claim to solve any concerns you may have, they do provide alternative and additional resources to support your overall sense of well-being. Remember, if you have any significant concerns about your wellbeing, you should always speak to a trusted adult and consult with your GP.

<p>Done: A habit tracker <i>Done</i> 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 day (useful for revision!). It can help you to build and quite habits/activities. The free version helps you to create 3 habits or goals.</p>	<p>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?</p>	<p>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 rising.</p>
<p>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.</p>	<p>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.</p>	<p>Wakeout: 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.</p>
<p>Other activities:</p> <ul style="list-style-type: none"> • 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 • Read • Listen to music/make a playlist • Organise your files • Play board games • Write a letter/journal • www.healthforteens.co.uk 	<p>Calm: 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.</p>	<p>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.</p>
<p>Meditopia: Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath.</p>	<p>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 change.</p>	

WELLBEING ...



Autism Support and Online Safety Event for Parents and Carers

Thu 18th Nov 2021 from 10am onwards
PLEASE NOTE THE REVISED TIME AND LOCATION

Join us in person at The Pitches in Hinckley, or watch the event online, to discover what support is available for families of children with diagnosed or suspected Autism in Leicester, Leicestershire and Rutland. You will be able to hear from guest speakers; meet with local support organisations and chat with other parents and carers.

For further information on this free event, please click here or visit <http://autsupport.eventbrite.co.uk>



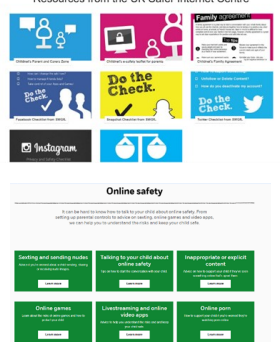

STAYING SAFE ONLINE

We would like to draw your attention to some excellent web-sites that can help you have conversations with your children about on line safety and ensure the necessary privacy settings are in place on their devices.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Resources from the UK Safer Internet Centre



SCHOOL NURSE

The school nurse service can still be contacted by text:

07520 615387

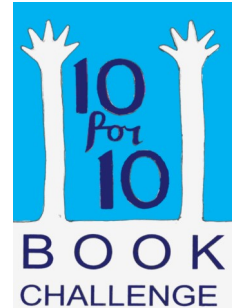


LEARNING RESOURCES CENTRE...



Learning Resources Centre (Library) Activities

This term has seen the library launch two reading challenges to encourage students to read for pleasure; 10 for 10 aimed at year 10's, and, BookBuzz where all Year 7's were given an opportunity to select a brand-new book to keep forever from a selection of 17 different titles chosen by BookTrust.



The library with the English Team and the whole school community follows Reading challenges to motivate, inspire and allow students to experience different worlds, issues and settings to broaden their imaginations and knowledge. We also, try to link the reading with any local, national or international issues or events.

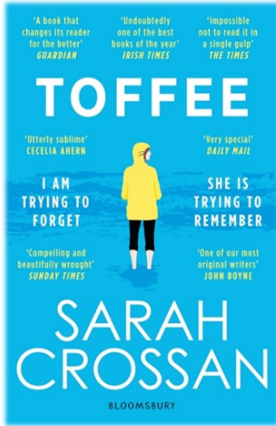
This term we have been following the Black History Month, when we invited two Leicester based speakers - Sandra Pollock, OBE and Nirmala Bhojani, Founder of Women of the World Awards, Leicester. to come and talk about 'Why Black Lives Matter' to make sense of our present from our past.



We also celebrated National Poetry Day which was on 7th October, with a booklist of Novels in Verse, see the next page for some suggestions.



THINGS TO DO ...



Her Name is Marla

Her name is Marla, and to her I am Toffee, though my parents named me Allison.

Actually it was Mum who made that decision; Dad didn't care about a howling baby and her name the day I showed up.

He had more important things on his mind.

And now, Marla sleeps in a bedroom next to mine with forget-me-nots climbing the papered walls, snoring, lying on her back, lips parted.

Sometimes, at night, she wakes, walls, flails and begs the air to leave her alone, leave her alone. I scuttle in, stroke her arm with my fingertips. I'm here, it's OK. You've just having a bad dream.

That usually settles her; she'll look up like I'm the very person she expected to see, shut her eyes and float away again.



MORNING STATE

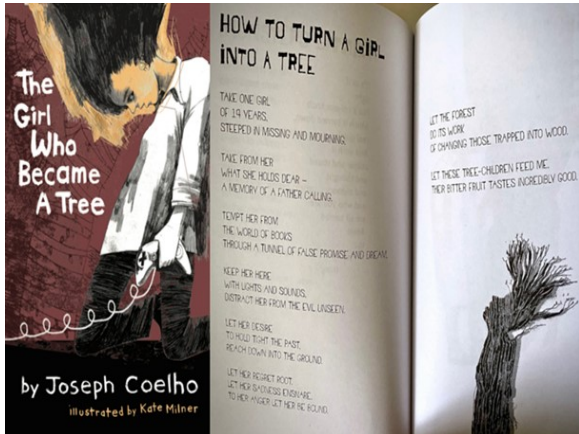
Through the gates past the bikes wave to Taryia dodge a fight

Text to Mum
Arrived, I'm safe
switch it off
they confiscate

Cut past science slip inside wave of students catch a ride

Reach the toilets fix my face check my homework pencil case

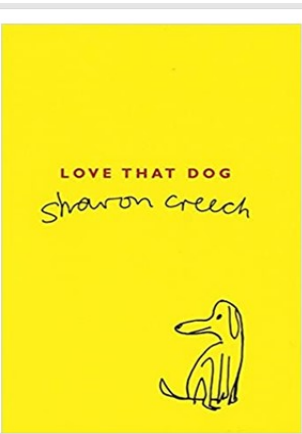
Meet Sabrina by the hall
Were you on Facebook?
You see his wall?



SEPTEMBER 27

I don't understand the poem about the red wheelbarrow and the white chickens and why so much depends upon them.

If that is a poem about the red wheelbarrow and the white chickens then any words can be a poem. You've just got to make short lines.



Gameplay

on the pitch, lightning faS, dribble, fake, then make a dash

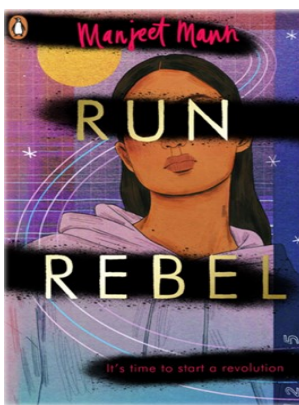
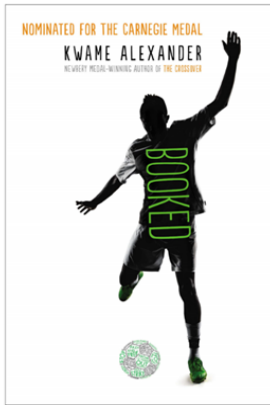
player tries tO steal the ball lift and step and make him fall

zip and zoom to find the spot defense readies for the shot

Chip, then kick it in the air take off like a Belgian hare

shoot it left, but watch it Curve all he can do is observe

watch the ball bEnd in midflight play this game faR into night.



SECRET CORNERS

St Martin's has many hidden places concealed by oversized gravestones.

I head towards our secluded corner, screened in on three sides and camouflaged by a giant oak.

I can hear their voices. I poke my head round. Tara squeals and jumps up and down.

AmberAmberAmber!

She grabs me and gives me the biggest squeeze ever.

I've missed your beautiful face!

Tara is the only person who calls me beautiful. I try and believe it.

David holds out his arms.

Sister from another sister, come here!

He gives me an almighty hug, which makes my heart do a little flip.

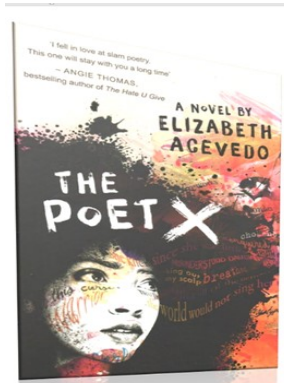
Brother from another mother!

I can barely get the words out, David's embrace is so tight. He smells of strawberry chewing gum and Lynx.

I take a moment to try and breathe him in and sink into his shoulder.

Being with these two grounds me like the giant oak that shields us.

I feel rooted and protected as he stands in front of me, his hands still on my arms, grinning, chewing and smelling great. He looks different. Slightly more tanned.



Unhide-able

I am unhide-able.

Taller than even my father, with what Mamí has always said was "a little too much body for such a young girl."

I am the baby fat that settled into D-cups and swinging hips so that the boys who called me a whale in middle school now ask me to send them pictures of myself in a thong.

The other girls call me concealed. Ho. That. Fast.

When your body takes up more room than your voice you are always the target of well-aimed rumors, which is why I let my knuckles talk for me.

Which is why I learned to stony when my name was replaced by knucks.

I've forced my skin just as thick as I am.

A Freak Like Us

Dragon's real name is Nicola, but Tippi and I changed it when she was two, where she was fierce and fire-breathing, stomping around the apartment and chomping on crayons and toy trains.

Now she's fourteen and a ballet dancer she doesn't stomp anywhere—she floats.

Lucky for her she's completely normal.

Although

I do wonder if being our sister sucks sometimes.

if being our sister makes her a freak too.

