



The Bulletin

Lockdown Edition [Issue 5]

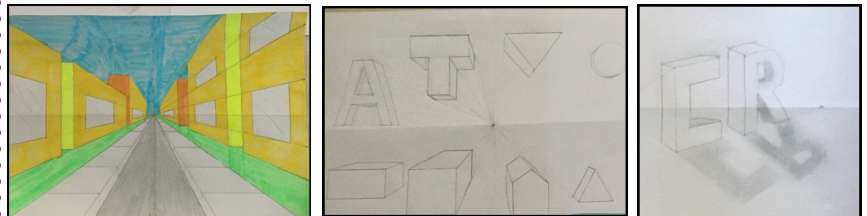
Congratulations to our **form stars of the week** who have been recognised for their **OUTSTANDING** approach to learning...

- 7EW: Summer
- 7SC: Alfie K and Teagan
- 7ZA: Oliwia and Isabella
- 7CH: McKenzie and Izzy
- 8CL: Adam and David
- 8MW: Aleks
- 9EB: Rio and Josh D
- 9RH: Kara and Matas
- 10JSW: Hannah
- 10JU: Megan and Amelia



COULD YOU BE A TORCH CHAMPION?

Each week teachers are invited to nominate a TORCH champion from their subject, a student who has shown great character strengths in their learning. This week Mr Wiles has nominated **Catrina Redican, Year 8**, for her outstanding effort in completing a two point perspective project for Design Technology. Mr Wiles said this first effort showed great tenacity and hard work as this is the first time the class have tried this skill in DT.



FEATURE TEACHER

We're sure you're missing your teachers, so our feature teacher section aims to help you find out information you might not already know about them. This week, one of our learning support staff...

Miss Foster-Brown

Teacher Journey: I use to work with Children's Social Services making sure children were being treated fairly and kindly by adults. While there, I realised just how important school was because it was a place children could go and be with their friends and leave their worries at home. It was then that I realised I wanted to work in a school.

Background: I was born in Nottingham and went to Nottingham Trent University to study Linguistics and European Studies. I liked it so much I stayed to do my Masters in International Development. I moved down to Brighton for a little while and worked for a charity that raised money for Refugee Children in countries like Myanmar who had been hurt by the wars there. I moved back to Nottingham just so I could help teach at The Suthers School.

Specialisms: My job title is Teaching Assistant and Academic Mentor which means I get to sit in all sorts of classes! Some of my favourites are English and Civics as we get to do lots of talking and listening. As an Academic Mentor it means I might tutor some of you on a one-to-one basis and you might want to come to me with concerns, thoughts, or interesting ideas!

Interesting fact: When I travelled to Borneo in 2010 I met lots of important people like the British High Commissioner and the Princess of Brunei!



WHAT IS YOUR CHALLENGE?

Over the past few weeks we set you the challenge of completing a TORCH related activity set by each of your subject teachers. This week we thoroughly enjoyed looking through your entries and everyone who entered will see house points added on Epraise.

Our stand out winners who will be receiving their backpack of goodies are...

Holly Wicker—Year 7

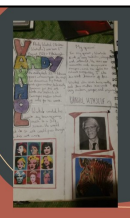
Holly Walker—Year 8

You can see snippets of their entries here, Mr Wiles was impressed with Holly Wicker's DT submission, just one of the many projects she completed and Holly Walker's comprehensive PowerPoint of evidence is fantastic!



Art-artist research page

- (my work is shown to the right!)
- About my work:
- I did an artist research page on Andy Warhol



ARE YOU READY TO RETURN?

With the news of students returning to school on March 8th, we know you'll be feeling a mix of emotions. To help prepare you for returning to school after working at home for the past 8 weeks, Miss Bentley has shared a suggested activity that you can complete for each day of the week to get physically and mentally ready for school...

Monday: Connect 🧑🏻‍🦉🧑🏻‍🦉

Making a connection with others makes you feel like you belong, you are important and valued. Try to connect with someone EVERY day. Why not talk to one of your friends via telephone rather than message or speak to someone in school that you haven't reached out to for a while.

🧘🏻‍♀️ **Tuesday: Be active**

Being active can make you feel great and it's a good way to reduce any anxiety you are feeling. It doesn't have to be intense or difficult, you could: take a walk, complete a YouTube workout, make up a dance

Wednesday: Take notice 🧐

Appreciate the things around you right now. This means being in the present moment. No worries about the future, no thoughts about past regrets. Try to notice the details in things around you.

📖 **Thursday: Learn new things**

Trying to learn new things every day: read books, research, listen to music, ask questions.

Friday: Give 🧑🏻‍🦉🧑🏻‍🦉

Giving or helping others feels great: open a door for someone, do some chores, compliment someone.