



The Bulletin

Your Weekly News Update from The Suthers School

In Brief:

Active listening and contributing positively was the focus of our assembly this week, reinforced in form time. Students have been showing how effectively they can

World Book Day may not have been the event we'd hoped for, but you should have received a digital token via email for all students to make use of.

Epraise shop. Do you have any suggestions for items available in our Epraise shop? If so, please write them down and submit to the box in the library from Monday 22nd March.

Are you a baking superstar?



Looking Ahead

- ◆ Fri 26th March Last day of term, Easter holidays
- ◆ Mon 12th April Return to school for Summer term

Follow us on Twitter and Instagram @SuthersSchool

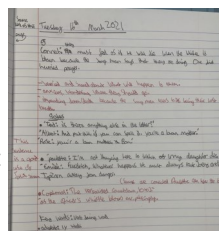
WE ARE BACK!

This week has seen the return of our students to where they belong and we're delighted to be back in the classroom learning. Our staff team have been relentlessly working to ensure the highest provision and standards are set for our students and our first week back has been fantastic. We talked extensively about how important our optimism is during the time we find ourselves in and all students are prepared and thriving in reconnecting with their learning.



RED PENS AT THE READY

In adapting back to learning in the classroom our students are embracing the use of their red pens as a key tool. It has been brilliant to see them really taking responsibility for their own learning through taking ownership over the notes being made in their exercise books. We've talked to students about how they can utilise this strategy across their subjects and we're starting to see some brilliant examples like Luca's book here.



RETURN TO SCHOOL TIPS

STOP BREATHE THINK CHOOSE

Over the last 12 months we have needed to adapt to lots of change and experienced things that feel beyond our control.

Sometimes our emotions can feel out of our control and this can lead us to make unhelpful choices.

So, as we prepare to make some changes here is a 4-step approach to support you on your return to school and in your day to day life:

STOP

Stop what you are doing. Don't say anything. You can even politely ask for a moment on your own.

BREATHE

Take a few deep breaths right into your stomach. Just focus on the inhaling and exhaling and how your stomach rises and falls. This helps to calm your brain.

THINK

Think about the choices you can make and if they lead to a positive solution, are helpful and kind.

CHOOSE

Chose your response and deliver it with integrity and manners.

By actively choosing to respond, and not immediately reacting, we can decide how we want to behave and feel.



THANK YOU TESTING TEAM

Our voluntary Covid testing team have worked so hard over the past few weeks to help all our students return to school safely. We can't thank them enough!

