

# ST. SAMPSON'S HIGH SCHOOL WELL-BEING NEWSLETTER

Thank you for your support this half term. We do hope you enjoy our newsletter with its focus on mental health and well-being. There continues to be so much to celebrate in the community of St. Sampson's High School. Enjoy the read!



## DATES FOR THE DIARY:

- 28th Feb - school starts
- **1st March - PTA meeting**
- 3rd March - Y9 Parents' Evening & Parent Workshop to discuss queries about new behaviour and rewards system
- **11th Mar - deadline for Y9 options forms**
- 24-26th Mar - Silver DofE practice expedition
- **28th Mar - Thematic Day**
- 30th Mar - CFE Sports Event
- **31st Mar - Bronze DofE Group 1 practice expedition**
- 5th Apr - Y11 Tutor Photos
- **5-6th Apr - Bronze DofE Group 2 practice expedition**
- 7th Apr - last day of term

## WELLBEING



AT  
SSHSS



'A positive sense of well-being enables an individual to be able to function in society and meet the demands of everyday life. People in good mental health have the ability to recover effectively from illness, change or misfortune.'

**Mental Health  
Foundation, UK**

# A MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers,

I can't quite believe it but we have reached the end of another half term.

We are now half way through this academic year which has been impacted by the COVID-19 pandemic.

Once again, thank you for all your support through this period; it is truly appreciated and our partnership has been crucial in enabling schooling to continue as close to normal as possible.

We will relay the following expectations to all students this week but would be grateful if you would support us in getting 'back to normal' by reminding your children and ensuring they have full correct uniform after the break.

There are also normal expectations that pupils must not use their phones in and around school at any time.

The government has confirmed that exams will go ahead for all Year 11s this year. Examination boards have made some amendments to their exams in light of COVID. These vary from subject to subject. However, all subjects will still have full exams and it remains as important as ever to revise well and work hard towards them. Should the pandemic have an increased impact in the coming months, the government does have a contingency plan to revert to TAGs (Teacher Assessed Grades).

## Uniform

When we return after the half term break, it is a return to normal uniform expectations. We are able to keep windows closed most of the time to maintain an ambient working environment in classrooms. We will keep doors open and open windows for a short period of time at regular intervals to refresh the air supply. All of our rooms are fitted with CO2 monitors so we can adjust ventilation should it be required. We can therefore return to normal uniform expectations after half term where hoodies and coats will not be worn inside the school building. The following are key areas that pupils will be expected to follow:

- Shoes – Must be black shoes and should be changed for PE lessons.
- Trousers and Skirts – No joggers or leggings can be worn. Tights may be worn under a skirt.
- Blazers and ties – must be worn.
- Hoodies/Sweatshirts – No hoodies may be worn. This includes PE hoodies, which can only be worn during PE lessons. Should pupils wish to, they may wear the knitted pullover from the uniform list – or a plain white t-shirt or vest under their shirt.
- Piercings – no facial piercings other than only one stud per ear.

The full school uniform list is available [here](#).

## PUNCTUALITY AND ATTENDANCE

PUNCTUALITY AND ATTENDANCE IS AN AREA WHICH WE CONTINUE TO WORK HARD TO ADDRESS. WE NEED TO MAKE SURE WE GET BACK TO PRE-COVID LEVELS. ONE THING THAT IS CLEAR IS THAT ATTENDANCE IS FUNDAMENTAL TO THE SUCCESS OF OUR STUDENTS AND WE MAKE NO APOLOGIES FOR DRIVING THIS EVERY SINGLE DAY. STUDENTS SHOULD ARRIVE IN SCHOOL NO LATER THAN 8.25AM READY FOR AN 8.30AM START TO THE DAY. PLEASE REINFORCE THIS MESSAGE AT HOME.

We are planning to make some changes to our school's approach to rewards and sanctions.

We will continue to use ClassCharts as a way to record both positives and negatives but pupils will now be able to accrue 'Spendable Merits' which can be used in an online rewards shop.

The 'Spendable Merits' total will be the difference between the merit points and the negative points a pupil may receive. For example:

- Child A has 457 merits and 200 negative points.

Their 'Spendable Merit' total is 257 points.

- Child B has 500 merits and 7 negative points.

Their 'Spendable Merit' total is 493 points.



Spendable Merits can be redeemed in the SSHS online shop in exchange for a number of different rewards, including: positive calls home, hot chocolate Friday tokens or larger rewards such as 'Dip and Dine' opportunities. You will continue to receive notifications of the merits and negative points your child has accrued with regular contact via ClassCharts.

In order for this new approach to be launched successfully we will need to give everyone an equal opportunity to achieve.

From Monday 28th February 2022, all merit and behaviour point totals will be reset. To ensure that we do not miss out on giving pupils with high merit scores the credit they deserve we will keep accurate records of the totals of all pupils so that no one is disadvantaged as we move into the new system. We will, of course, keep all records of any incidents where pupils have not met our expectations.

This is an opportunity to ensure that we have a consistent approach to rewards and sanctions at SSHS and that pupils, parents and staff work together to maximise attendance, progress and attainment for all.

# OUR AIM

To understand that emotional well-being is a continuum and we will all experience episodes of poor emotional health and well-being during our lives, whether we have a diagnosis of a mental health illness or whether we generally experience good mental health.

# OUR OUTCOME

Everyone has a responsibility to promote positive mental health, and to understand about protective and risk factors for mental health. Some young people will require additional help and all staff should have the skills to look out for any early warning signs of mental health problems and ensure that those with mental health needs get early intervention and the support they need.



Article 24 of the United Nations Convention on the Rights of the Child states that all under 18s have the right to the best health possible.

## LEARN - PSHCE TOPICS

Yr 7: how to maintain a healthy diet and life choices, along with the benefits exercise offers  
Yr 8: tackling racism, religious discrimination and promoting human rights.

Yr 9: effective ways of coping and managing peer pressures.

Yr 10: empathising with the effect of family breakdowns and bereavements.

Yr 11: exploring and discussing British values, human rights and community cohesion.





# MUSIC IS GOOD FOR THE SOUL!

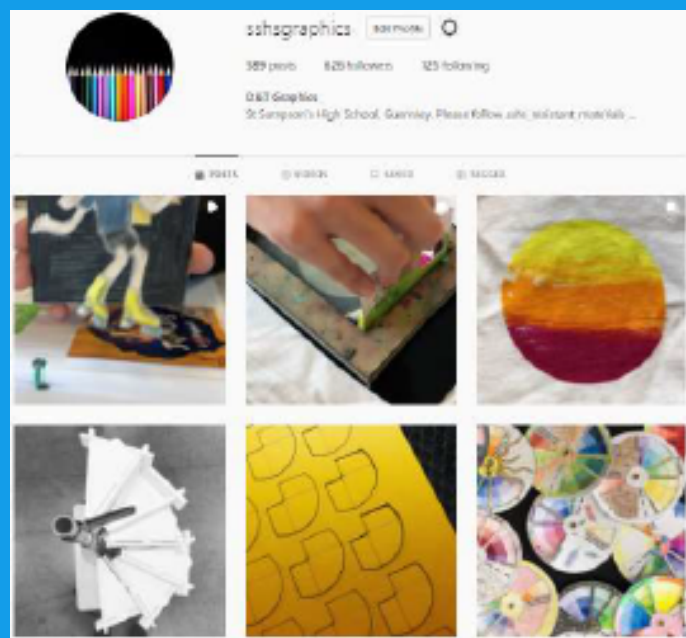
OUR CHAMBER CHOIR, COMPOSITION PIECES, ORCHESTRA AND STAGESOUND GROUPS HAVE BEEN BUSY PREPARING FOR THE UPCOMING EISTEDDFOD COMPETITION.

WE WOULD LOVE TO SEE THE SSHS COMMUNITY COMING TOGETHER TO SUPPORT OUR STUDENTS, SEE THE TIMETABLE BELOW:

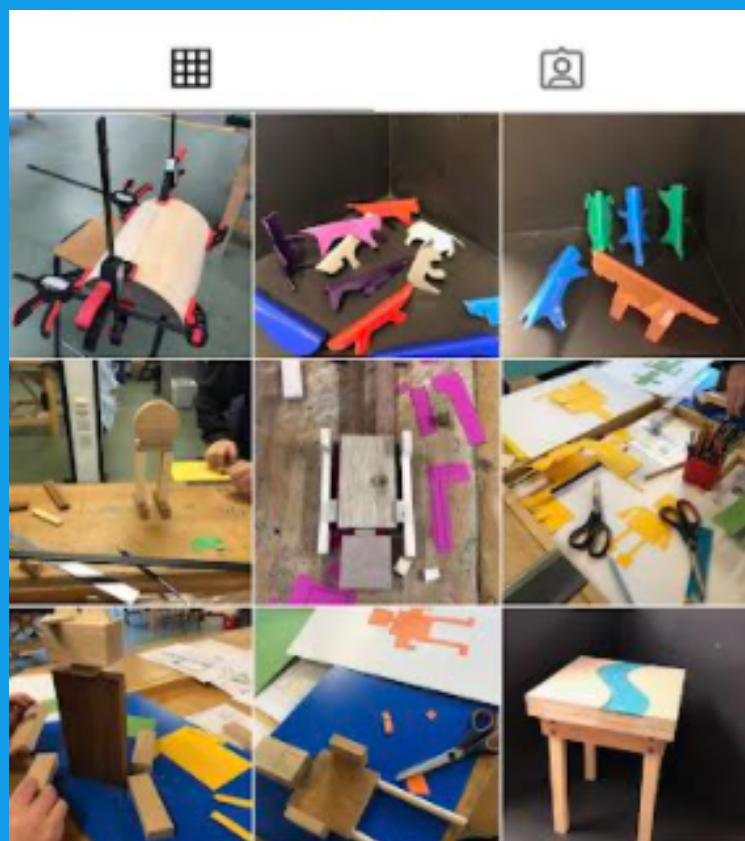
Date	Group	Programme
7th March	Chamber Choir	Catch a Falling Star Naughty
7th March	Compositions	Joe Salmon - Traffic Maali Simon - Une Melodie Pour L'esprit Charlee Hunkin - Mal Compris Josh Ogier - Flourishing Fanfare in Five
8th March	Orchestra	Scorpion Hanging Tree Wallace & Gromit
8th March	Stage Sound	Shut up and Dance! Longer You Can't Stop the Beat
11th March	Choir	Kuwa Na Krismasi The Drunken Sailor

# TECH DEPT ON INSTAGRAM

FOLLOW @SSHSGRAPHICS



AND NEW TO INSTAGRAM, SEE WHAT IS GOING ON IN RMT: FOLLOW @SSHRESISTANTMATERIALS



# THE 5 TS

## TALK

Time to reflect and discuss in Thoughtful Tuesday

## TEACH

time in subjects to discuss healthy lifestyles, nutrition and physical activity

## TOOLS

Take time to reach out and connect with each other, breathe, read, join a club

## TRAIN

Time for key staff to improve expertise in MHWB and mental first aid trained

## TAKE CARE

Time to seek specialist support when things feel too much

## DBH ART TRIP

Year 10 and 11 GCSE Art students visited the newly opened Transformation exhibition at the Mill Street Art Gallery. Students were given the opportunity to photograph a range of pieces from six of the best street artists in the UK.



**SEE MORE ON**  **SSHS ART DEPARTMENT**

## TAKE NOTICE

- 1st March - Zero Discrimination Day
- 1st March - World Music Therapy Day
- 8th March - International Women's Day
- 20th March - International Day of Happiness
- 2nd April - World Autism Awareness Day
- 5th April - International Day of Conscience
- 7th April - World Health Day





## U-13S RUGBY

Noah Mahy Y8 went to England to play an away game of rugby for his team.

They had a resounding win. Since then, he has been awarded the Players' Player of the Month getting 100% of the team vote for his efforts both on and off the pitch.

We are so chuffed for him!



## BE ACTIVE

Just twenty minutes of activity can help to lift your mood, clear your mind and help you to feel more positive. Try going for a walk after dinner or invite a friend for a stroll and a chat.

# DOFE DINNER



Students have been practising cooking on trangias in preparation for their upcoming expeditions. We had everything from chicken stir-fry to spaghetti bolognese, s'mores and hot chocolate delights! And the washing up was pretty good too!

# LIBRARY

READING IS SO GOOD FOR MENTAL HEALTH AND WELLBEING AND IT IS GREAT THAT SO MANY STUDENTS USE OUR SCHOOL LIBRARY. UNFORTUNATELY, WE STILL HAVE 100 BOOKS OVERDUE FROM BEFORE LAST YEAR'S SUMMER HOLIDAYS.

COULD PARENTS PLEASE CHECK WITH STUDENTS IF THEY NEED TO RETURN ANY, BEFORE WE SEND LETTERS WITH SUGGESTED REPLACEMENT VALUE.

The school library is available for you to complete homework from 8am, at break, lunch and after school on Tuesdays and Thursdays.

# GIVE: CHILDREN IN NEED/RED NOSE DAY

On Friday, 18th February we enjoyed a fantastic day of fun, food and fundraising in honour of Children in Need and Red Nose Day.

Our students rallied together for a mufti day and there were plenty of house activities on offer throughout lunchtime. Stay tuned for the fundraising total to be revealed next half term.



# CONGRATULATIONS, JOE!

Joe Salmon was awarded the Art for Guernsey Scholarship certificate by David Ummels who is the founder of Art for Guernsey. Joe will spend two weeks in London at the Royal Drawing School and his visit is paid in full by Art for Guernsey. David has said they will be sponsoring Joe for years to come as he has the right work ethic and ability to be a successful artist.







## CONNECT

On the school website is a form where you can fill in any concerns or worries that you have.

Visit [stsampsonshigh.gg](https://stsampsonshigh.gg)

Choose 'Student Opinion' or 'Parent Opinion' and tell us what you think.

**Article 14: You have the right to an opinion and for it to be listened to and taken seriously.**

# #WAKEUPWEDNESDAY



## National Online Safety



Each Wednesday, keep an eye on our Facebook page for some top tips about keeping safe and respectful online. If you're feeling uncertain or worried about something that has happened online, talk to a teacher or trusted person.

# SPORTS NEWS

B  
a  
s  
k  
e  
t  
b  
a  
l  
l



Y7 & 8 Boys beat LMDC and LBHS

B  
a  
d  
m  
i  
n  
t  
o  
n



KS3 Girls 4th in League  
KS4 Girls 3rd in League

B  
a  
s  
k  
e  
t  
b  
a  
l  
l



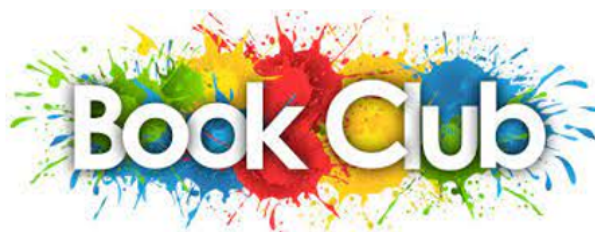
Y7 Girls beat LMDC

# ASPIRATIONS

WITH EXAM SEASON NOW OFFICIALLY UPON US, OUR Y11 STUDENTS WILL BE FEELING MANY EMOTIONS, ESPECIALLY AS THEY HAVE JUST RECEIVED THEIR FEBRUARY MOCK EXAM RESULTS. IT IS THEREFORE IMPORTANT THAT GOING FORWARD, WE PUT STRUCTURED SUPPORT SYSTEMS IN PLACE, BOTH IN SCHOOL AND AT HOME, SO THAT THEY MAKE IT THROUGH THIS TIME WITH AS LITTLE STRESS AS POSSIBLE.

IN ORDER FOR THIS TO BE A SUCCESS FOR OUR Y11 PUPILS, WE WILL NEED YOUR SUPPORT. PLEASE ENCOURAGE YOUR CHILD TO ATTEND ON A REGULAR BASIS. THEY WILL NEED TO BRING THEIR OWN FORMS OF REVISION, OR ACCESS REVISION RESOURCES ONLINE ON THEIR IPADS - MOBILE PHONES WILL NOT BE USED DURING THESE SESSIONS. SHOULD YOU HAVE ANY QUERIES REGARDING THESE REVISION SESSIONS, PLEASE DO NOT HESITATE TO GET IN TOUCH:  
[SIOBHAN.MCILROY@STSAMPSONSHIGH.SCH.GG](mailto:SIOBHAN.MCILROY@STSAMPSONSHIGH.SCH.GG)

There are currently 8 full school weeks left until GCSE exams start in May and our students need our support now more than ever. In order to maximise this support, we have launched whole school revision sessions for Y11, to take place every Tuesday until the exams begin. Students are to make their way to the main hall, where they will independently study throughout three, 25 minute sessions. After the first two sessions, there will be a longer break, where pupils can have a snack, stretch their legs, check their phones etc. We have decided to introduce these sessions for a number of reasons. Many of our pupils actively avoid revision as they simply do not know how to start. We want the best for our pupils and therefore are prepared to do what we can for them.



## All years welcome

### EVERY THURSDAY LUNCH AT 12.30

Jodie will be in Room **BF2**  
which is **MEETING ROOM 3**,  
at the top of the canteen stairs.



# COMPETITION TIME

Individuals, schools, and community groups are invited to work up their proposals for a flag in line with the competition terms & conditions and design guidelines set out below. The deadline for entries is March 2022.

The flag will be flown on the mast at the Weighbridge roundabout in St Peter Port, and Castle Cornet from May 27th 2022.

The winning flag will be sent to Her Majesty The Queen, together with an official celebratory Platinum Jubilee message from Guernsey.



More info and entry forms:  
[www.platinumjubilee.gg](http://www.platinumjubilee.gg)

Her Majesty The Queen will become the first British Monarch to celebrate a Platinum Jubilee, seventy years on the throne in 2022. To celebrate this historic occasion, the States of Guernsey are launching a competition for islanders to design a unique Guernsey Platinum Jubilee flag.

**GET IN TOUCH**



ST. SAMPSON'S HIGH SCHOOL