

# Parent Bulletin

## Secondary

Dear Parents/Carers,

Welcome back! I do hope you and your child(ren) enjoyed the half term holiday and the glorious weather. As we embark on the final half term of the academic year I wanted to take the opportunity to remind you of all the different elements of our remote learning offer and ask you to encourage your child to access as much of it as possible.



- Students have access to between five and six remote lessons every day. These are planned and delivered by teachers at Goresbrook School.
- Weekly assemblies are being delivered by Heads of Year. Students can access these on Teams.
- Our CCE offer is running every Wednesday and Mr Davis has put together a booklet that students can complete to track what they do to help develop their character whilst students are at home.
- Class reader books are being delivered for twenty minutes every day. Students are able to access a recording of a member of staff reading and follow along with a copy of an e-book they have been sent
- Master class seminars. We are running a series of optional seminars on a range of important topics relating to the world around us. Students can access these on Teams.

It is of course, very important that students access their lessons at a very minimum. Students did a fantastic job of working hard last half term and we must continue to build on this over the next seven weeks.

As always, we will do whatever we can to support you and your child. Your child's success and happiness is our absolute priority. Thank you for your ongoing support.

Have a lovely weekend.

Megan Harris

Principal- Secondary



If you would like to give a special thanks to a teacher or member of staff, do feel free to use this link below.

[https://forms.office.com/Pages/ResponsePage.aspx?id=0flzgtak1Ee\\_PGCwkfBquJuPMAcXTiFAoVd6Hx5NY0VUOVISQVIFVkvZVVzhBTUI4V0czV1dBUzZYQy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=0flzgtak1Ee_PGCwkfBquJuPMAcXTiFAoVd6Hx5NY0VUOVISQVIFVkvZVVzhBTUI4V0czV1dBUzZYQy4u)

Miss Aziza Ajak  
Vice Principal



If students are still struggling with operating Microsoft Teams, Word or OneNote, please ask them to our IT team so we can solve this as soon as possible.

[Student.support@goresbrookschool.org.uk](mailto:Student.support@goresbrookschool.org.uk)

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Messages from  
Heads of Year



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### Year 7

A warm (remote) welcome back year 7. I hope that everyone enjoyed the break and is ready for their final half term of their first year in secondary school - what a year it has been! When we all first met one another in September we could have never predicted we would be finishing the year this way, we are living through unpredictable times and I am really proud of you all. I am also feeling excited to finish this academic year seeing you all working hard from home and embracing the new technological skills that you have learnt over the ten last weeks – you have done an excellent job year 7, keep it up!

Excellent  
WORK

Miss Rose - Head of Year 7

### Year 9

Welcome to the final half term of the year! This is the final leg of the race, so you really need to dig deep and push on to get the best out of your studies. If you are experiencing any issues or are stuck on any tasks, please ensure you email your teachers or myself and we will endeavour to resolve your issues as soon as possible.

The coaching competition is really heating up, with Viso out in front, Simien hot on their heels, Crestone not far off and Makalu with a little catching up to do. I'm really looking forward to seeing how the competition plays out for the rest of the term. You can tune in on Wednesday's at 1:30pm as this is when our Success Signpost assembly takes place to follow the competition.

Let the hard work commence!

Mr H Sesay—Head of Year 9

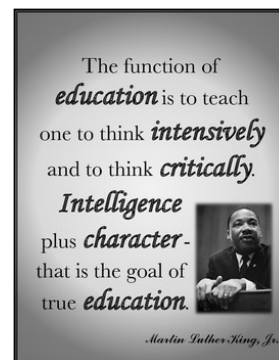


### Year 8

I hope you all had a restful half term. Year 8 we are now going into our final half term where all the hard work from the whole year contributes. This half term's phrase is 'Lets do this' and it's a call for everyone in Year 8 to end the year on a high. The best way to do this is to get as many purples as possible, working to the best of our ability, completing the accelerated reader competitions, following the class reader stories and as always being 1% better today than we were the day before.

I am looking forward to see what Year 8 can achieve this half term.

Mr A Osei-Miller—Head of Year 8



### Year 10

A fantastic first couple of days back from Year 10 this week, hitting the ground running and starting back up where they left off. Work is not only completed, but is completed to a high standard and sent in on time.

English assessments are taking place over a few days and I am sure that students are putting their efforts in to showing off what they have learned throughout the remote learning period.



I am looking forward to Monday's celebration assembly already as we have two weeks' worth of awards to hand out with lots of points up for grabs.

Mr A Davis - Head of Year 10

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**Career of the week: Crown prosecutor**—Crown prosecutors make sure that decisions to bring people to court are fair and likely to succeed.

### Average salary (a year)

£32,000 Starter to £115,000 Experienced



### How to become a crown prosecutor

You can get into this job through:

- working towards this role
- applying directly

### Direct application

You can apply for this job if you've trained as a solicitor or barrister and have completed your Legal Practice Course or Bar Professional Training Course and a 2-year training contract or a 12-month pupillage.

### Work

You must be a qualified solicitor or barrister in order to get into this career. You can train for these roles through the Crown Prosecution Service Legal Trainee Scheme. You'll need at least a lower second class degree for this.

### What you'll do

#### Day-to-day tasks

In this role you could be:

- checking facts and documents for each case
- advising which charges are suitable
- explaining decisions to defence lawyers, witnesses, the police and other agencies
- deciding if there's enough evidence to convict, and if it's reliable and can be used in court
- preparing the case for the prosecution
- making sure relevant evidence is put before the court
- presenting the case to a panel of magistrates or judges, or to a judge and jury, depending on the court
- questioning the defendant and witnesses
- summing up the case for the prosecution

You'll also be:

- training other prosecutors and caseworkers
- representing the CPS at casework conferences

### Restrictions and requirements

You'll need to:

- pass security checks
- pass enhanced background checks

### What it takes

#### Skills and knowledge

You'll need:

- legal knowledge including court procedures and government regulations
- knowledge of English language
- excellent verbal communication skills
- active listening skills
- analytical thinking skills
- the ability to read English
- to be thorough and pay attention to detail
- the ability to think clearly using logic and reasoning
- to be able to use a computer and the main software packages confidently

### Working environment

You could work in an office or in a court.

Your working environment may be emotionally demanding.

### Career path and progression

With experience and further training you could progress to senior crown prosecutor.



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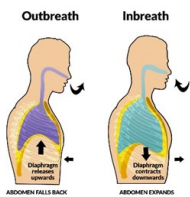


### Don't Hold Your Breath!

As you read this, let me ask you to take a deep breath in and out. Now take another really deep breath in and out but this time be mindful about what parts of your body move as you inhale and exhale.

What did you notice? Did your shoulders go up and down a little or a lot? Did your chest rise and fall? If you answered yes to those questions then you may need to rethink how you breathe.

Think of a sleeping baby. As they breathe deeply, it is the belly that goes up and down, not their chests. So, what can we learn from them and why is this so important? Correct breathing ensures oxygen flows naturally around our body, enabling our muscles to relax and not hold tension. When we are worried about something, without realising, we might take shorter breaths or even hold our breaths. This can make us feel tight chested or have a bruised feeling around the ribs. In this case we often start taking deeper breaths to compensate. If we breathe the wrong way however, we won't get enough oxygen and the physical symptoms may get worse. We may experience butterflies in our belly, the digestive system may become overactive or even underactive and we may get headaches. Being aware of our breathing and our bodies can help with many physical and mental health problems. Our oxygen receptors are located in our diaphragm. The receptors send a warning to the brain saying "*red alert, no oxygen*" which can sometimes lead to anxiety, panic attacks and hyperventilating. This can be prevented by focussing on our breathing and how we are holding our bodies.



Outbreath Inbreath

Diaphragm contracts, moves down. ABDOMEN FALLS BACK

Diaphragm relaxes, moves up. ABDOMEN EXPANDES

1 – Lie or sit down comfortably on a chair. Relax your hand on your belly or place a small object on there. Try to relax your body and focus on your hand.

2- Gently at first, practise watching your hand rise and fall as you breathe in and out, in through your nose and out through your mouth. You want to see your belly rise and fall like a sleeping baby's.

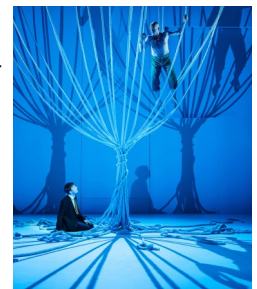
This will help circulate oxygen into your blood stream and enable a greater sense of well-being. Adopting mindful breathing helps reduce anxiety and stress, relax muscles and tension and give us more energy throughout the day. Keep practising this technique as much as you can. Mindfulness can really help us to live in the moment rather than overly worry about the future or dwell on the past. Taking a moment in the day to practise breathing and empty our minds helps us to unwind and cope better with the here and now.

Lynne Northcott from Place2Be.

### WATCH A MONSTER CALLS LIVE!

The New Vic Theatre put on a performance of 'A Monster Calls' that was live streamed on **Friday 5<sup>th</sup>**! Don't miss this fantastic opportunity to watch the production back. It is especially designed for young people and will provide amazing entertainment and allow you to see our incredible Class Reader on the stage.

You can find it by following this link - [https://www.oldvictheatre.com/whats-on/2020/your-old-vic/a-monster-calls-stream?utm\\_source=Facebook&utm\\_medium=Your%20Old%20Vic&utm\\_campaign=Socials&utm\\_term=AMC%20FB%20Event&utm\\_content=AMC%20FB%20Event&fbclid=IwAR3H\\_mZXBhCOKPxr\\_Fj8mjwz-JTfI0usDXRtkATG2dnCOSIDSSKn64nRo6s](https://www.oldvictheatre.com/whats-on/2020/your-old-vic/a-monster-calls-stream?utm_source=Facebook&utm_medium=Your%20Old%20Vic&utm_campaign=Socials&utm_term=AMC%20FB%20Event&utm_content=AMC%20FB%20Event&fbclid=IwAR3H_mZXBhCOKPxr_Fj8mjwz-JTfI0usDXRtkATG2dnCOSIDSSKn64nRo6s) simply searching: 'A Monster Calls – New Vic Theatre'.



This opportunity is highly encouraged for all students as we have read the novel together and it is an amazing story.

Ms Laura Johnston  
Head of English