

October 7, 2022

Secondary update

Dear Parents,

There were many opportunities this week for us to welcome parents onto the school site to meet with a variety of teaching staff. Huge thanks to Miss Butcher and Mrs Rock for hosting our Y11 Art parents on Wednesday, where parents were given the opportunity to view the work that has been completed so far and then understand what the next steps are in this subject. On the same evening, our department leaders met with KS4 parents to find out about study skills that will be beneficial for our students as they progress towards their GCSE examinations.

On Thursday morning Mrs McCullough, Mrs Teodoro and I welcomed parents onto site in the latest of our coffee morning series. The slides from the presentation can be accessed here. This coming week members of the Secondary SLT will be joined by Miss Coy who is our Head of Humanities and will be talking about all the subjects within that department as well as explaining a bit more about our sustainability initiatives and introducing our new Model United Nations ECA. If you are planning to attend, then please complete the Form through this link https://forms.office.com/r/zvkBwuh4Ee.#

It's also been a busy week for students with competitive fixtures on the sports field and in the swimming pool as well as the cast announcement for our next school show – Annie jr. It has been so lovely to have the option to remove masks in school and see the smiling faces of so many of our students and for subjects like Drama this development has been particularly rewarding.

The removal of masks has also highlighted some additional jewellery which has previously remained hidden underneath masks. Please note that nose studs are not allowed to be worn to school and from Monday we will be telling students that they will not be allowed to wear this piece of jewellery in school. The secondary school uniform policy states that students can wear minimal jewellery which should be limited to one pair of stud earrings and a watch. If necklaces are to be worn for any reason, then they must remain under the school shirt and be removed for PE lessons. Rings and bracelets are not permitted to be worn and I would also like to take this opportunity to remind the community that we only permit natural hair colours and students who come to school with unnatural colours will be asked to dye it back. Please can I ask for your support with helping us to enforce these rules.



As an inclusive school, SVS proudly supported Dyslexia Awareness Day on Friday by wearing red. For those who are dealing with dyslexia, this is an everyday challenge but one that can be and is overcome. With support, creativity and understanding, the very highest heights can be gained and all achievements celebrated.

Please read on to find information from different areas of the school, including an important message from our school counsellor Mrs Benaud, a plea for resources from our student-led Sustainability Team and the information from all subjects about the first set of secondary assessments in November.

Kind regards

Jon Pennock

Message from Mrs Gordon

This week students have been focusing on the learning skill 'questioning'. Teachers are known for asking many questions, however, it is also important for students to ask questions to aid their understanding and learning in lessons. They have been exploring what questions they could ask and when is a good time to ask.

It was lovely to see so many parents at the Key Stage 4 study skills evening, the presentation slides are available <u>here</u> for any parents who were unable to attend, or for Key Stage 3 parents who are interested to learn more.

This week our Year 9 students have a Maths Assessment on Monday 10th October. We are also fast approaching our first formal Assessment Week of the academic year and as we are now four weeks away we are sharing the information for each subject. Please find the relevant year group information through the links below.

Assessment Week 1 information

Year 7 Year 8 Year 9 Year 10 Year 11



Message from the School's Counsellor Mrs Benaud

Monday the 10th of October is World Mental Health Day.

The theme for this year is 'Make mental health & well-being for all a global priority'.

A really helpful way of understanding mental health is explained below by Beyond Blue Australia.

beyondblue.org.au

'It's an expression we use every day, so it might surprise you that the term 'mental health' is frequently misunderstood. 'Mental health' is often used as a substitute for mental health conditions – such as depression, anxiety conditions and others.

According to the World Health Organization, however, mental health is "a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

So rather than being about 'what's the problem?' it's really about 'what's going well?".

With this in mind, to celebrate World Mental Health day students will participate in wellbeing activities and cards will be placed around the school where students can share positive messages with each other and write what is going well for them.

Looking after our mental health is just as important as our physical health for all of us, and there are some things we can do to maintain our wellbeing.

Wellbeing Tips:

- Make sure you get plenty of sleep and rest
- Be active, get outdoors and connect with others
- Eating healthy and nutritious meals
- Talking about your feelings and emotions
- Practicing gratitude
- Spending quality time with family and friends
- Learning or trying something new
- Being kind and helping others
- Practicing mindfulness
- For parents- taking time out for yourself and doing something nice

Importantly, World Mental Health Day is a great opportunity for us to raise awareness and highlight that it is okay to speak about our mental health and wellbeing.



Below are some resources with further reading and information on mental health.

- www.beyondblue.org.au
- www.au.reachout.com/
- www.who.int/
- www.mentalhealth.org.au

Message from the Sustainability Club

Please see the below list of items we would like your help with if possible for our sustainability garden in the Secondary school.

- Soil
- Gardening tools
- Plastic Bottles/milk bottle
- Plastic Containers
- Old cooking Pots and Pans
- Old coffee pots
- Crates
- Cans
- Large Pots
- Watering Cans
- Plants/seeds

Thank you for your continued help and support.

Sustainability Club.



PE and sports weekly update:

U12 Boys football Match Report by Jo Hollings 7A. The team played their first match against GEMS Founders. It was their first game and unfortunately, they've lost 2-5.

"It was a good match, however we were a bit too deep so we couldn't get chances on the goal. So that's why we have only scored goals from penalty. The team now needs to work better on their attack tactics."

Upcoming games & events:

U12 Boys football vs RIS @SVS (KO 4pm) - 11th of October

U13 Girls football B vs Arcadia @ SVS (KO 3.45pm) - 13rd of October

U13 Girls football A vs KSAB (away game) - 13rd of October

U14 Girls Football vs Sunmarke (away game) - 25th of October

X country secondary @ Dubai 7's - 25th of October

U14 Boys football vs RIS @ SVS - 27th of October

U13 Girls football A vs WIS (away game) - 27th of October

Dubai fitness challenge opening ceremony: 28th of October

Challenge from 28th of October to 27th of November

Message from IT Support

RFID Cards- It is mandatory for all students to carry their RFID cards to school every day and scan it while entering / leaving school at the gates or in buses. In case of lost /damaged cards, please complete a RFID replacement form available at reception.



Message from Mr Kerba – Head of Islamic Studies

Al Salam Alukom wa Rahmat Allah.

Regarding the Greatest event of prophet Mohammad Birthday which will be on Saturday, October 8, 2022, Rabi Al-Awwal 12, 1444, Prophet Muhammad (PBUH) was born in Mecca on 12 Rabi Al-Awwal in the year 570 C.

Students are required to make home learning presentation and share it with their Islamic Teacher, about prophet Muhammed Birthday and the elephant Year to be sent to their Teacher by Monday October 10.

Quran Memorization Target 3.

(Al Kafiroon, Al Kauthar and Al Ma'un.)

Prayer room is open please read the prayer room Protocol Here.