



PARENT BULLETIN

FRIDAY 8TH NOVEMBER 2019

9 Ways Olympic Champions Develop Resilience
by @Inner_Drive
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- 1 Develop a positive personality
- 2 View your decisions as active choices not sacrifices
- 3 Use support available to you from other people
- 4 Identify your motivation for succeeding
- 5 Focus on personal development
- 6 View setbacks as an opportunity for growth
- 7 Strengthen your confidence from a range of sources
- 8 Take responsibility for your thoughts, feelings, and behaviours
- 9 Concentrate on what you can control

Reference: "A grounded theory of psychological resilience in Olympic champions" by Fletcher and Sarkar - Psych of Sport and Exercise 2012

Lesson Punctuality

In an effort to improve lesson punctuality for some students that are persistently late to lessons, if a student receives two or more late marks in a day they will now receive a no notice detention to make up the lesson time lost. Any student with a valid reason for lateness will be exempt.

Messages for Students

If you need a message passed to your child, please ensure you call Reception no later than 2.50pm. Messages are passed to students as quickly as possible but it is not possible to guarantee that any message called in after this time will reach a student before they have left classes at 3pm.

Safety

Please remind your children to take care on their journey to and from school, when out and about in the community and when crossing the busy roads around school, particularly at this time of year when it is dark.

WEEK NUMBERS TERM 2 2019/20

Week beginning Monday 11 th November	Week 1
Week beginning Monday 18 th November	Week 2
Week beginning Monday 25 th November	Week 1
Week beginning Monday 2 nd December	Week 2
Week beginning Monday 9 th December	Week 1
Week beginning Monday 16 th December	Week 2

Lost Property

The Student Office is currently holding a large number of items of lost property. If your child has lost anything recently, please send them to the Student Office to enquire if it may be there. Please try to label your child's property so it can be returned if found. Items not collected by the end of term will be passed to charity.

Diary Dates

Wednesday 20th November 2019 - Parent Forum 2
Thursday 29th November 2019 - Year 11 Options Evening
Monday 9th December – Y11 and Y13 Mock Exams begin
Wednesday 18th December 2019 – Christmas Show
Friday 20th December 2019 - End of Term 2

Non-uniform day and 1pm finish

