



OBJ

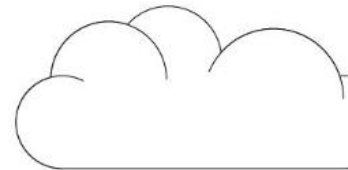
Queensbridge Connect



Mental Health Awareness Week

9 - 15 May 2022

#IveBeenThere



The Mental Health Foundation host their annual Mental Health Awareness Week next week. They started this event 21 years ago. Each year the foundation continues to set the theme, organise and host the week and this year the theme is loneliness.

We held our Queensbridge Focus week recently with a theme of Mental Health Awareness and hope that you found the information and resources during that week useful.

In school we want to take this time to focus on the importance of knowing **where to get support** externally but also **how to help yourself**.

We talk a lot in school about different places that young people can reach out for help and address any issues you may be facing. However, the decision to seek or accept help ultimately lies with you. This is the same with your lessons – teachers can give you opportunities and support to learn, but ultimately cannot do it for you!

Some of you may (correctly) point out that 'self help' is not always a solution for everyone as sometimes people need extra support. With this in mind, we hope that this week will help you develop your knowledge of the following areas which are vital for supporting your own wellbeing, and will compliment any additional support that you receive now or in the future:

- What can I do to deal with stressful things and stop them becoming overwhelming?
- Who supports me in my life?
- How do I support others?
- Where can I find resources and information that will help me?

Here are two links to help support you with this:

 [young-minds-coping-with-school.pdf](#)

 [Creating a self-care plan final.pdf](#)

Dates for the diary:

Tues 10 th May:	Y9 SLB vaccinations
Weds 11 th May:	Non uniform day (£1 donation – proceeds go to support a Homeless charity)
Mon 16 th May:	Y11 Exams begin
Thurs 12 th May:	Dance Show (tickets cost £4 and can be purchased via ParentPay)
Thurs 19 th May:	Y8 Parents' Evening
Fri 27 th May:	Break up for half term

Know your part, play your part'

Mr Horgan – Deputy Headteacher





Recognition

Recognition by Form - Top 3

We have seen large numbers of recognition points awarded this week. Keep up the good work!

Position	Year 7	Year 8	Year 9	Year 10	Year 11
1st	7SKU	8HNG	9ARY	10WTE	11SFE
2nd	7MOA	8SAU	9JCO	10ERI	11MAE
3rd	7ESW	8HHU	9JDE	10MGO	11SWA

Attendance

Attendance at school is important. We will continue to reward forms with excellent attendance on a half termly basis.

Recognition Awards

Well done to the following pupils that have achieved their recognition milestones.

150 Recognition points

Year 10	
Maria A	Sameer M
Eliza H	Cara M
Sid H	Merlina M
Mohammed H	Yaseen N
Amaarah H	Salma O
Esa H	Sulaimaan S
Hannah J	Tara S-A
Lili J	Alana W
Zain K	

Bronze – 250 Recognition points



Year 10
Satvir K Mohammed S Eva U

Silver – 350 Recognition points

Year 10
George J Moin K

Head of Year Recognition

Recognition in our school goes beyond receiving recognition points. Each week your Head of Year would like to share positive recognition for pupils within their year group here. This recognition can be for any positive contribution that has been made either in or out of the classroom.

Year 7	Year 8	Year 9	Year 10	Year 11
Elfie A	David A	Lucas C	Danyaal A	Safa F
Beatrix M	Otis B	Mila W	Natty H	Barney L
Aran L	Cian B	Ryan P	Amaarah H	Jihan A

Well done all!

Reading News

Wider reading on Form Time themes

Please find an article below that links with our theme from The Day:

<https://theday.co.uk/quiz-08-04/>



Word of the Week

C4 W2

Word of the Week

Commend



Definition

Verb – To praise formally or officially

Etymology

It comes from Latin 'mandare' meaning literally "to give into one's hand"

Morphology

It is made up of the prefix 'com' meaning together and 'mend' from mandare. We think this word took on this meaning in politics as it brings together ideas of unity and to commit or give.

Usage

In our recognition assemblies students are commended for their hard work.

Reading Recognition

Year 7	Year 8	Year 9
Layla S	Yahya A	Xavier G
Muhammad A	Danish A	Mimi H-S
Mahir A	Sam A	Abdullah I-U

Well done all!



Library News – Competition time!



You may have noticed that part of the library has been cordoned off – but the real question is, 'What did we find under the floorboards?',

The best guess will win a fantastic prize!

Manga Club – Tuesday 10th May at 3pm

Anyone welcome! Films, drawing and other manga/anime-related fun!



Foyles Young Poets Workshop – Wednesday 11th May at 3pm

Entering the Young Foyles Poet Competition? You should! Drop in for some poetry fun and leave with a finished poem!

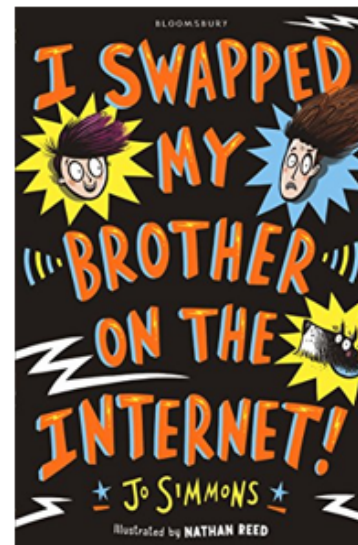


KS3 Book of the Week: I swapped my brother on the internet! By Jo Simmons

(Available as an audiobook on Sora)

Everyone has dreamed of being able to get rid of their brother or sister at one time or another - but for Jonny, the dream is about to become a reality with SiblingSwap.com! What could be better than someone awesome to replace Ted, Jonny's obnoxious older brother.

But finding the perfect brother isn't easy, as Jonny discovers when Sibling Swap sends him a line of increasingly bizarre replacements: first a merboy, then a brother raised by meerkats, and then the ghost of Henry the Eighth! What's coming next?! Suddenly old Ted isn't looking so bad. But can Jonny ever get him back?



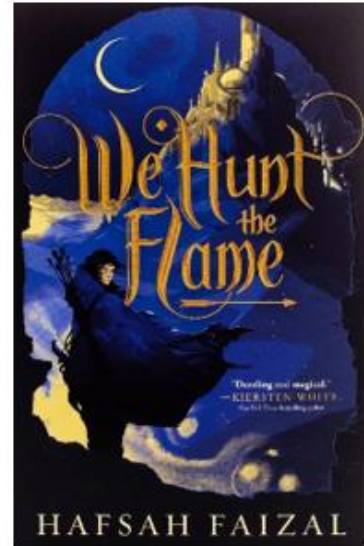
KS4 Book of the Week: We hunt the flame by Hafsa Faizal

(Available as an audiobook on Sora)



Zafira is the Hunter, disguising herself as a man when she braves the cursed forest of the Arz to feed her people. Nasir is the prince of death, assassinating those foolish enough to defy his autocratic father, the sultan. Both are legends in the kingdom of Arawiya – but neither wants to be.

Set in a richly detailed world inspired by ancient Arabia, *We Hunt The Flame* – the first book in the Sands of Arawiya series – is a gripping tale of discovery, conquering fear, and taking identity into your own hands.



Wellbeing

KOOTH - Free, safe and anonymous online counselling and support

Kooth is a free, safe and anonymous online mental wellbeing community for children and young people aged 11-25 years old. Kooth have introduced a new feature whereby each month they will be highlighting upcoming live forums and discussion boards for that month. To attend the live forums visit [Home - Kooth](#)

You can follow Kooth on social media:

Spotify: Kooth Podcast **Instagram:** @kooth_uk **Twitter:** @kooth_plc



[Kooth's tips on coping with loneliness](#)





Chat, listen, share, understand.

We can all feel lonely at times. And that's ok.



Mental Health Awareness Week
9th of May - 15th of May

Join our mental health and wellbeing community today to **chat with a professional and connect with peers** by visiting [kooth.com](https://www.kooth.com)



Kooth's tips on coping with loneliness



- 1 Practise gratitude
- 2 Be mindful of making comparisons
- 3 Start Something New
- 4 Share how you are feeling or lend a listening ear
- 5 Finally, be gentle and patient with yourself

Join our mental health and wellbeing community today to **chat with a professional and connect with peers** by visiting [Kooth.com](https://www.kooth.com)



Year 11 – Exam Stress

If you are feeling stressed, worried or anxious about exams then you can contact Kooth and access free online counselling and emotional wellbeing support.



The advertisement features a teal background with the Kooth logo at the top center. Below the logo is the title "Coping with Exam Stress?". In the center, three stylized human figures (two blue, one yellow) are sitting at a long orange table, each using a laptop. Surrounding them are several white sticky notes with red and blue corners, each containing a coping strategy: "Positive affirmations", "Moving your body", "Mapping out your studies", "Taking a moment", "Talking about what's on your mind", "Journaling and music", "Taking care of your needs", "Take a break", and "Switching off". At the bottom of the image, a white banner contains the text: "Find free, safe and anonymous mental health and wellbeing support on **Kooth.com**".

Find free, safe and anonymous mental health and wellbeing support on **Kooth.com**





What's on Kooth in May

May 6th	May 9th	May 10th
<p>Live Forum: Emotions- Alternative ways to explore and manage</p> <p>7.30 pm - 9pm</p>	<p>Kooth Podcast: How to Tackle Loneliness</p>	<p>Discussion Board: Mental Health Awareness Week - Loneliness</p>
May 11th	May 16th	May 18th
<p>Live Forum: Support Friends - After a Crime</p>	<p>Discussion Board: Accepting our Body</p>	<p>Discussion Board: Foster Care Fortnight</p>
May 21st	May 23rd	May 24th
<p>Discussion Board: A Moment for Meditation</p>	<p>Live Forum: Misrepresentation in the Media</p> <p>7.30 pm - 9pm</p>	<p>Discussion Board: National Epilepsy Week</p>

Find all of this & much more on [kooth.com](https://www.kooth.com)



[Podcast Alert](#)

You access all of the free podcasts provided by Kooth on Spotify.

[Signposting for support](#)

This is a reminder that you can access a wide range of support through the 'Links' tab on your edulink account. From here you can be taken to a wide range of support services that are available to you.



Wider Learning Menu – Summer Term

Wider Learning – Summer 2022

Club	Venue	Year Group
Monday After School		
Indoor Cricket	Astro	Years 7, 8, 9 & 10
Netball	Netball Court	Year 7 Girls
Duke of Edinburgh Expedition Training	113	Year 9 & 10 Bronze award pupils
Sound Lab	229	Years 8 & 9
Dance	Theatre	Years 7, 8, 9 & 10
Basketball	Bottom Gym	Years 7, 8, 9 & 10
Girls Design and Technology	114W	Year 9
Tuesday After School		
Table Tennis	Lounge	Years 7 & 8
Manga Club	Library	All Year Groups
Wednesday Before School – 8AM		
Orchestra	229	All Year Groups
Wednesday After School		
Chemistry Club	225	Year 7
Health and Fitness Club	Top Gym	Years 7, 8 & 9
Girls Night – Summer Sports	Field	Years 7, 8 & 9
Chess	Lounge	All Year Groups
Dance	Theatre	Years 8, 9 & 10
Drama Club	232	Year 7
Factfulness/reading group	214	Years 7, 8 & 9
Netball	Court	Years 8 & 9
Guitar	229	All Year Groups
Foyles Young Poet Writers Workshop	Library	All Year Groups
Thursday After School		
Football	Field	All Year Groups
Hockey	Astro	Years 7, 8 & 9
Debate Club	125	All Year Groups
Dance	Theatre	Years 7, 8, 9 & 10
Eco Council	214	All Year Groups
Commonwealth Dionysus Project	Arts	Years 7 & 8
Friday After School		
Dance	Theatre	Years 8, 9 & 10
Drama Club	232	Years 8 & 9
MFL Club	306	Year 7
Reading Club	Library	Year 7
QB Jazz Band	229	Years 7, 8, 9 & 10

Coming soon!! Dungeons and Dragons Club / Podcast Club / Lunchtime Open Mic

