



# Queensbridge Connect

Welcome to the final edition of Connect for this half term and what a week it has been. This week we provided breakfast to the 10 forms and their tutors who have excelled in terms of Recognition and Attendance since the start of the year. We will be repeating this each half-term so I urge you to all to collectively focus on meeting our expectations in terms of behaviour and attendance. Our assemblies the first week back will take place in the gym and will focus on our Expectations: **Ready Responsible Safe.**

I would like to congratulate you all for your effort and contribution to our very first iDay, it was wonderful to watch Miss Begum's film which really did capture the flavour of the sessions on offer in each year group.

Watch this space for upcoming events early next half-term: Diwali on Thursday 4<sup>th</sup> November, Children in Need on Friday 12<sup>th</sup> November and Anti-Bullying Week which will begin on Monday 15<sup>th</sup> November.

'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	7PST	8SAU	9RCS	10KYO	11NCL
2nd	7MOA & 7SKU	8JHD	9SWI	10WTE	11RST
3rd	7ESW	8FWA	9JCO	10RGE	11SWA

### Attendance by Form and by Year Group

Attendance at school is important. We will be sharing the top three forms each week with a termly winner and form prizes for the end of each term.

Position	Year 7	Year 8	Year 9	Year 10	Year 11
1st	7ESW	8TWH	9RCS	10KYO	11SFE
2nd	7MOA	8FWA	9SWI	10RGE	11SWA
3rd	7GNO	8JHD	9DSU	10MGO	11MAE

## Recognition Breakfast – Winners

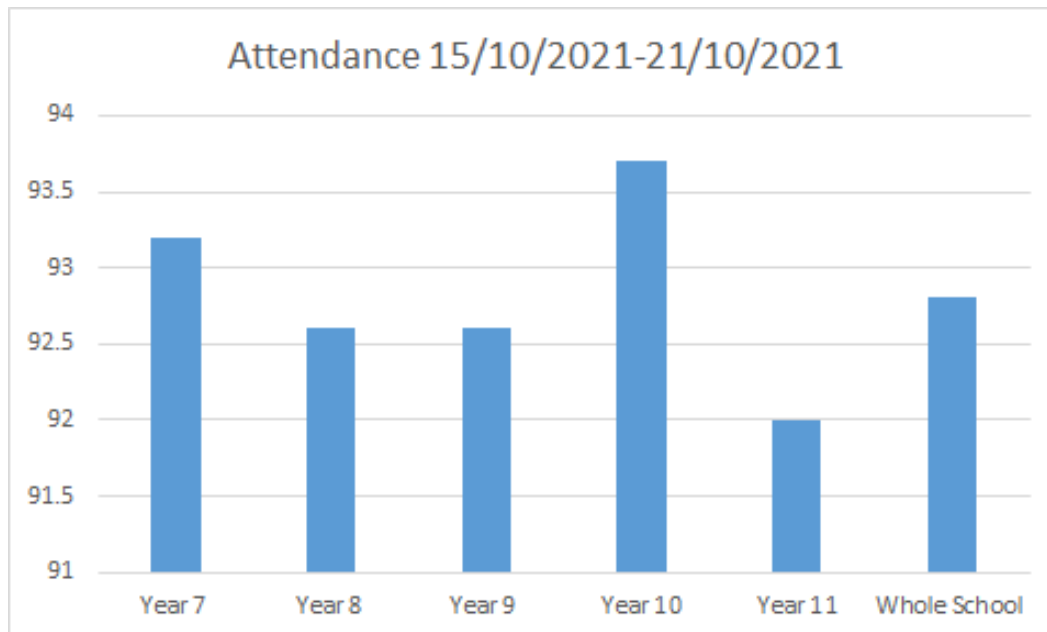




Well done to the following winners for this half term:

Year 7	Year 8	Year 9	Year 10	Year 11
7ESW	8FWA	9RCS	10RGE	11SFE
7CTH	8SAU	9JDE	10MGO	11SWA

It all starts again next half term and your form could win a reward; it all links simply to our QB expectations. Know your part, play your part!



### [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
Arlo B	Umar K	Xavier G	Romy M	Tia F
Aisha H	Aaron F	Tarik R	Husnain J	Leila S-B
Danyal A-N	Kian P	Suhani S Elvie S	Euan B	Julian R

Well done all!

## Notices

### Student Email

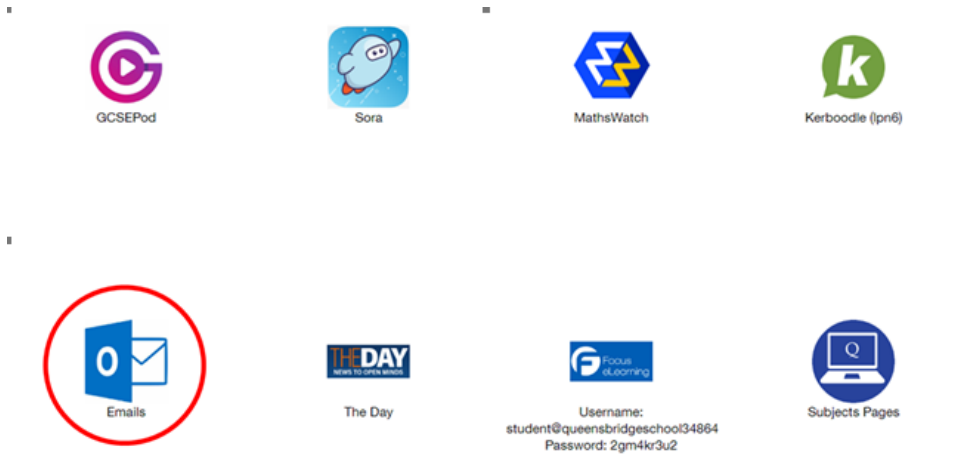
Your emails are now on Outlook. Teachers will not be checking or responding to emails via your Gmail account. To access your outlook emails please do the following:

In Edulink click links:



Click "Emails"



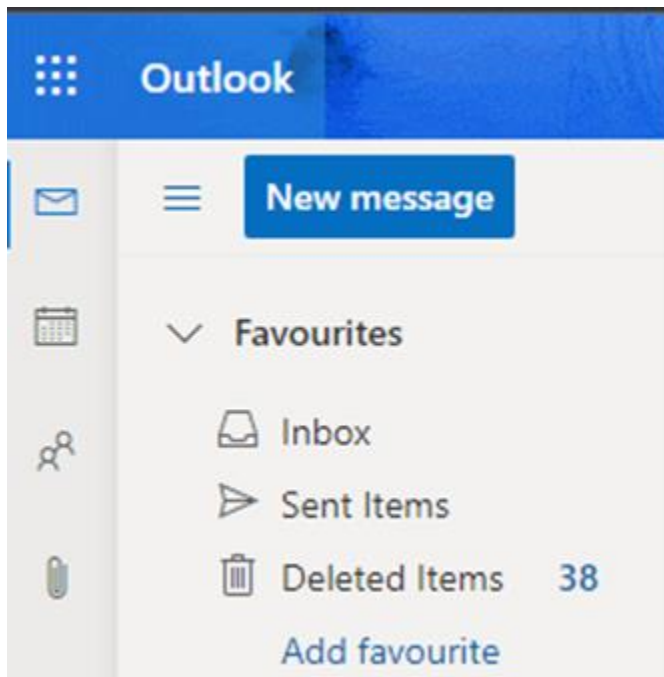


Sign in with your usual login details e.g. [18Joe.Smith@queensbridge.bham.sch.uk](mailto:18Joe.Smith@queensbridge.bham.sch.uk) (number id the year you joined in year 7) and your password is the same as your password for Edulink.

The Microsoft Sign in screen features the Microsoft logo at the top left. Below it is the heading "Sign in". A text input field is labeled "Email, phone or Skype". Below the input field, there are two links: "No account? [Create one!](#)" and "Sign in with a security key [?](#)". At the bottom right of the form is a blue button labeled "Next".

From here your inbox is shown and you can create messages to teachers by clicking "New Message".





Important note: If you could previously log into Edulink but now receive an error message, you may need to reset your password as logins expire periodically. To do this, please log into a computer at school and you will be prompted to change your password.

## Wider reading on Form Time themes

### ***Week commencing 1<sup>st</sup> November – Stress***

Please find two articles below that link with Stress from The Day:

[Power nap key to healthy brain say scientists - The Day](#)

[Simone Biles in Olympic mental health crisis - The Day](#)

## Healthy eating promotion – win a Fitbit





## Win a Fitbit

**The more healthily you eat, the more points you earn.**

Healthy credits are collected through the cashless payment system between 1st November and 16th December 2021.

The winner will be announced on Thursday 17th December 2021

Ask a member of the Aspens team for more information.



## Wellbeing

### Stress

3<sup>rd</sup> November 2021 is National Stress Awareness Day.

Childline facts:

- 30% of children and young people spoke to Child Line about their mental or emotional health in 2018/19. According to the most recent facts on stress, Childline provided over one-quarter of a million counselling sessions to children and young people.

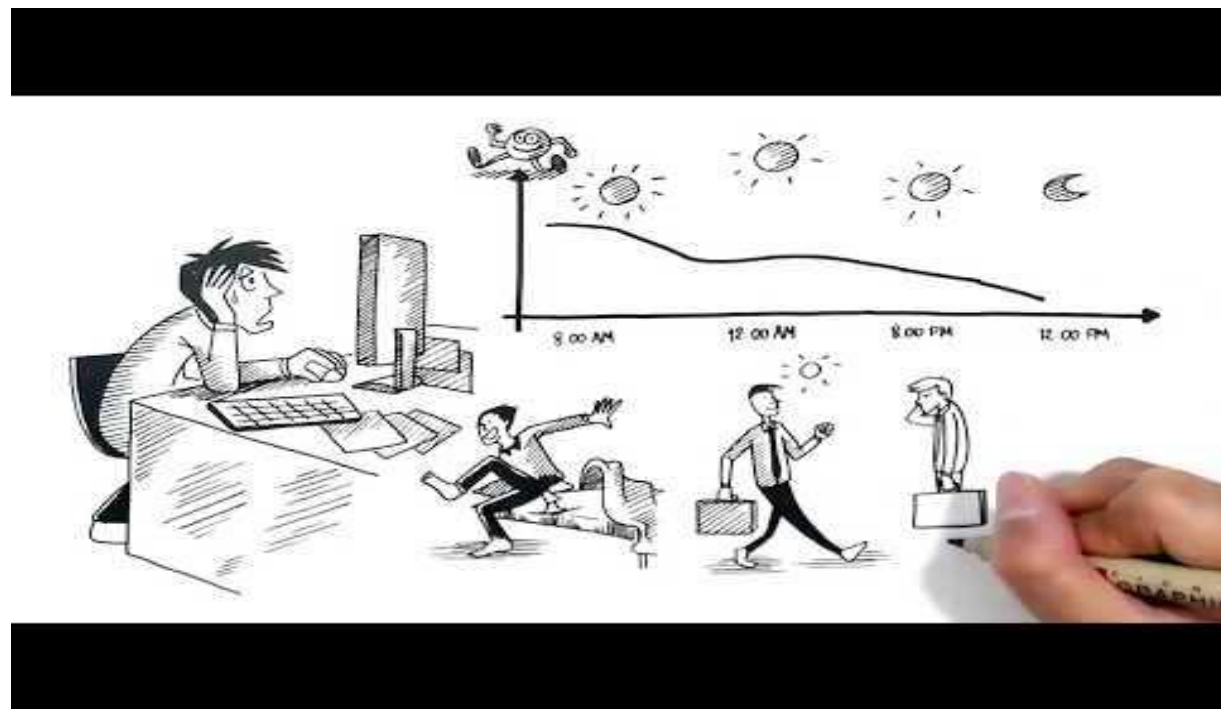


How to deal with exam stress is a common concern for UK students, according to Childline exam stress statistics.

Stress can often be seen as something that we need to avoid but this isn't true. Stress can be positive and our stress hormone, Cortisol, is needed to rise and fall throughout the day. Stress becomes an issue when an individual experiences too much stress and has difficulty coping.

This video by Braive (2m 30s) is a useful way of understanding how stress and anxiety can build up in a person's life.

### [Stress Bucket](#)



### Five tips on managing stress





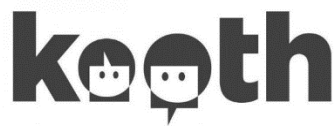


## KOOTH - Free, safe and anonymous online counselling and support

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





**Reading**

**QB LIBRARY  
AFTER SCHOOL**

**BOOKS!**

**GRAPHIC NOVELS!**

**BEAN BAGS!**

**OPEN:  
4.15 MON-THUR  
4.00 FRI**

**WHY NOT READ A BOOK IN COMFORT?  
BEAN BAGS OR BOOK BENCH? IT'S  
YOUR CHOICE.  
STUCK FOR WHAT TO READ NEXT? ASK  
MS HOWE FOR ADVICE.**

