



Queensbridge Connect

Punctuality

Attendance and Punctuality matter. Whilst the overwhelming majority of pupils are on time every day, some are late for school. Every time you arrive late to school you miss the beginning of vital lessons, miss important instructions for the rest of the school day and are learning bad habits which could affect your employability in the future. You are expected to be in form ready to learn for an 8.45am start.

Going forward we will now have late detentions on a Wednesday and a Friday.

Wednesday detention – if you are late once on Monday, Tuesday or Wednesday then you will have a 15 minute detention on Wednesday after school. If you are late more than once during this period you will receive a 40 minute detention after school.

Friday detention – if you are late once on Thursday or Friday you will receive a 15 minute detention after school on Friday. If you are late twice (Thursday and Friday) then you will receive a 40 minute detention on Friday after school.

October 14th and 15th:
October 19th:

Year 9 Blackwell day trips (S followed by Q Band)
iDay

'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! 7MOA and 10RGE remain top of their Year Group Leader Board for a second week running, well done!

Position	Year 7	Year 8	Year 9	Year 10	Year 11
1st	7MOA	8HNG	9ARY	10RGE	11MAE
2nd	7PST	8TWH	9DSU	10KYO	11KMC
3rd	7GNO	8FWA	9JCO	10MGO	11MPR

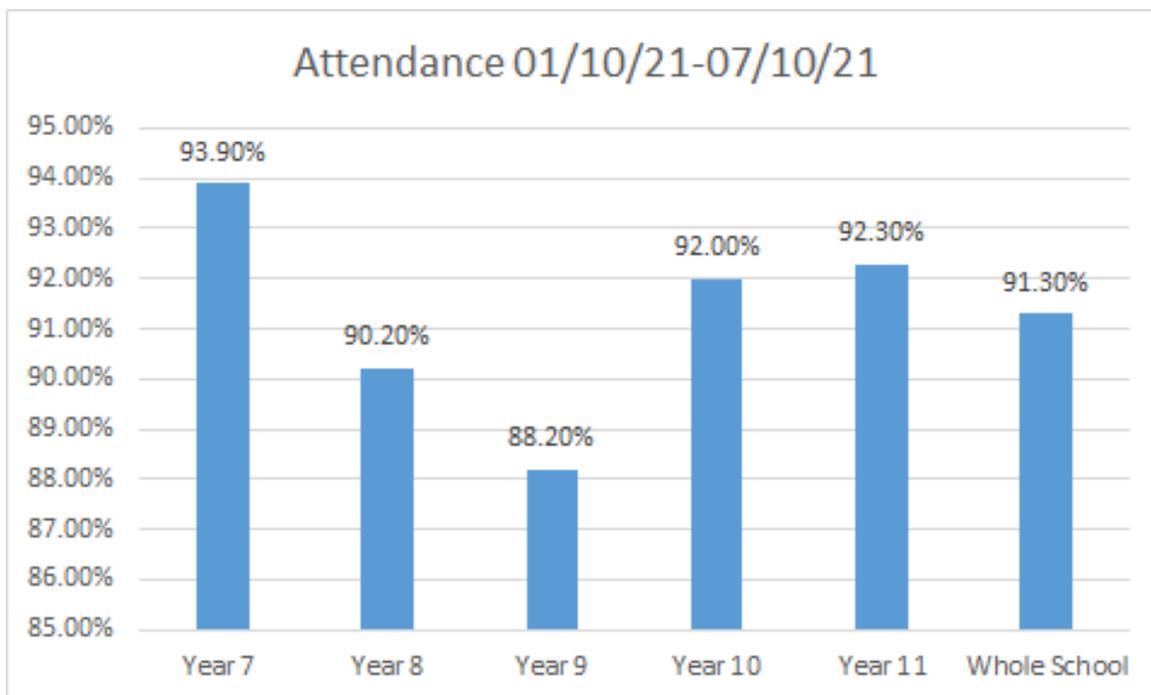
Attendance by Form and by Year Group

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. 8FWA remain top of their Year Group Leader Board for a third week running, well done!

Position	Year 7	Year 8	Year 9	Year 10	Year 11
1st	7CTH	8FWA	9ARY	10FBI	11RST
2nd	7SKU	8HNG	9JDE	10MGO	11SFE
3rd	7GNO	8SAU	9RCS	10WTE	11SWA



The winning form for this half term in each of the above categories will be invited to Recognition form time event on Friday 22nd October! Watch this space!



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
Curtis D-W	Evie J	Laaibah H	Ash B	Aleesha H



Dylan P	Lily W	Ella-Rose S	Ethan P	Natalie S
Olivia C	Natasha C	Cassie P	Alana W	Layth H

Well done all!

Notices

Lunch provision

If pupils have a particular sandwich/baguette request for lunch time then they can pre order this during break time. You will need to speak to Mr Goodgame in the canteen during break to arrange this.

Reading

All pupils should have a reading book in their bag every day. After half term this will become part of our equipment check and it is a good idea to get into the habit now. If you are struggling to find the right reading material then you can go and see Ms Howe in the library who is happy to help.

Reading Groups have launched! You can just turn up to a reading group. All groups have books and chocolate biscuits ready to go.

Audience	Day	Time	Teacher and Room
Year 7	Monday	3.30-4.30pm	Ms Howe - Library
KS3	Wednesday	3.00-3.40pm	Ms Denton - 214
KS3	Wednesday	3.00-3.40pm	Mrs Williams - 125
Year 7	Wednesday	3.00-3.40pm	Mr Rees - 306
Year 7	Wednesday	3.00-3.40pm	Mrs Luong - 113
Year 9	Wednesday	3.00-3.40pm	Mrs Ashton - 304

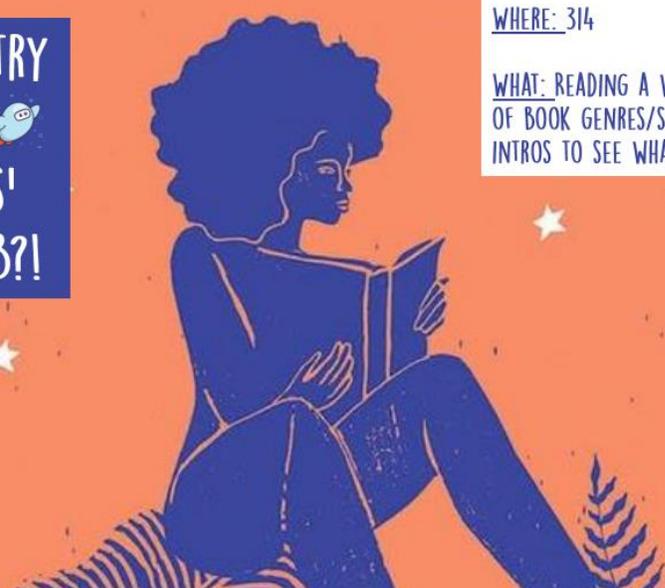


KS4	Wednesday	3.00-3.40pm	Mrs Paetel - 309
Year 8	Thursday	3.00-3.40pm	Mrs Acharya-Woodage – Library
Year 7	Friday	2.45-3.15pm	Ms Codling - Library
KS3	Friday	2.45-3.15pm	Ms Thomas – 225
Year 8	Friday	3.00-3.30pm	Mrs Biswas - 307

For
KS3
&
KS4

WANT TO GET INTO READING?
HAVING A HARD TIME FINDING A BOOK FOR YOUR ENGLISH HOMEWORK?

WHY NOT TRY
'SORA
SAMPLERS'
BOOK CLUB?!



WHEN: EVERY THURSDAY

WHERE: 314

WHAT: READING A WHOLE VARIETY OF BOOK GENRES/SAMPLES AND INTROS TO SEE WHAT WE LIKE!

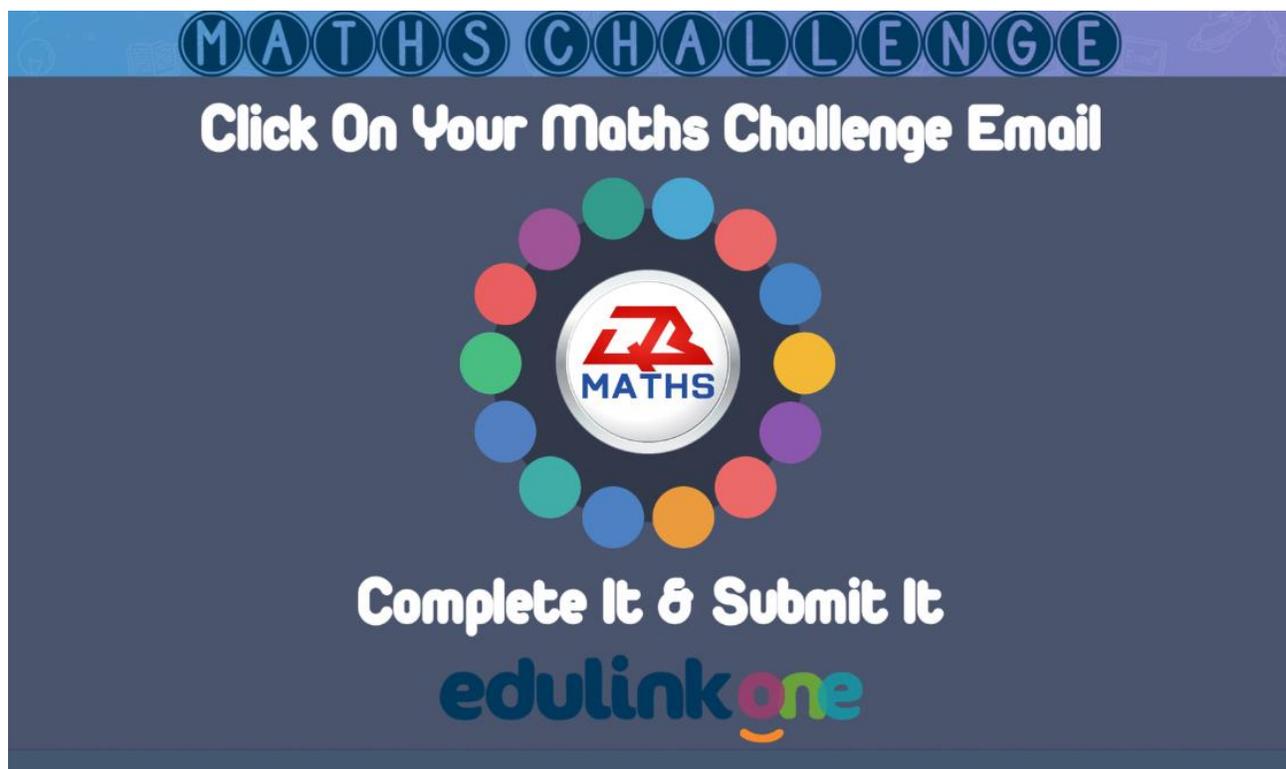
Maths Challenges

Engage yourselves with some interesting Maths challenges every week.

Answer the problem in your Maths challenge email and send in your replies to Mrs Wadhawan.



All correct entries will enter into a draw to win some exciting prizes.



MATHS CHALLENGE

Click On Your Maths Challenge Email



Complete It & Submit It

edulinkone

Science Catch-up – Years 9, 10 & 11

To support with Science catch-up, Mr Altaf has sent an email (in outlook) containing useful links with topics that you are currently learning in class along with the learning that took place during the pandemic. If you have missed any lessons, please direct yourself to these links to catch-up at home. Remember Science drop-in is also available (Year 9 & 10 on Thursday and Year 11 on Wednesday).



Wellbeing

Mental Health

Mental health conditions can affect anyone, any day of the year. Here are some tips on how you can start looking after your own wellbeing:



- ✓ Exercise can improve your mood.
- ✓ Exercise has a positive impact on Depression, Anxiety, ADHD, and more.
- ✓ Exercise relieves stress, improves memory, helps you sleep better, and boosts overall energy levels.
- ✓ Food can affect your mood.
- ✓ Healthy food will give you more energy and helps you think clearly. Try to choose food and drinks that are low in sugar.

Sleep

Sleep is important; if you do not get enough sleep it can cause:

- ✓ Reduced decision-making skills
- ✓ Poorer memory and reduced concentration
- ✓ Reduced work efficiency and shortened attention span
- ✓ Increased risk for weight gain, depression, diabetes and cardiovascular disease
- ✓ Reduced alertness
- ✓ Poorer judgement
- ✓ Reduced awareness of the environment and situation
- ✓ Slower than normal reaction time

How much sleep should you be getting?

Age group	Recommended hours sleep	Not Recommended
6-13 years old	9-11 hours	Less than 7 hours More than 12 hours
14-17 years old	8-10 hours	Less than 7 hours More than 11 hours





Young Minds

As part of Hello Yellow on 8th October we raised money in support of World Mental Health Day with all proceeds going to Young Minds.

Young Minds are the UK's leading mental health charity for young people. They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

YOUNGMINDS

Check out [Young Minds](#)

Young Minds textline offers you free, 24/7 text messaging support wherever you are in the UK. If you need someone to talk to about how you are feeling, text **YM** to **85258**.

World Mental Health Day

The theme for World Mental Health Day (as set by the World Federation for Mental Health) is "**Mental Health in an unequal world**".

I invite you to think about how an "unequal world" might affect people's mental health, and why the World Federation chose this as the theme. Why might some people be more likely to suffer with poor mental health than others, and how can we help?



I would also like to highlight the following resources that may be of help to you. In the spirit of this year's theme, I have chosen resources focusing on experiences that usually don't get as much awareness, acceptance and support as others:



CD Youth: <https://ocdyouth.org/>

OCD Youth aims to increase awareness and access to support for anyone under 25 affected by OCD.

It is run by young people with OCD, for young people with OCD.



Voice Collective: <http://www.voicecollective.co.uk/>

Supporting children and young people who hear, see or sense things other people don't.



Edward's Trust: <https://edwardstrust.org.uk/>

Supporting people through grief and loss.

