

Year 11 Mock Exams

Year 11 students will begin their Mock Examinations next week in school. These examinations are designed to give the students a sense of what to expect in the Summer, as well as enable them to refine both their revision strategies and their examination approaches and techniques.

We delivered a pre-exam briefing to students in assembly this week. Vitally important is that they arrive at their exam venue fifteen minutes before each exam, bring all the necessary equipment with them and behave impeccably.

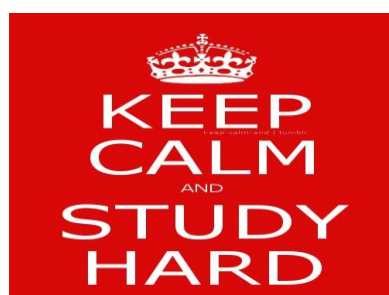
In line with recent JCQ guidance, they must also retain all of their marked scripts in case the Summer GCSE exams are cancelled for any reason. These scripts will be returned to them in the week beginning Monday 15th January 2024 alongside their mock grades.

Students will receive a summary of their mock results alongside their final short report. These documents will be issued at the beginning of February 2024 and there will also be a face-to-face event in school that month where parents will be given guidance on how to support their children in the run in to the final exams.

Any exams can be a stressful time for all students so knowing how to properly prepare is the key to avoiding stress and performing well on the day. Fortunately, there are some proven methods which should help the Year 11 students as they move into the second week of their exams:

1. Say NO to cramming. Studying in 25 minute blocks, and having 5 minutes rests in between, benefits long-term retention.
2. Eat well, with a balanced diet. Eating healthy snacks will help (almonds if you're not allergic, fruit and yoghurt are good choices).
3. Alternate revision venues. According to psychologists, simply changing the room to study can improve retention. This is because the brain makes subtle associations between the topic studied and the background sensations it has at the time.
4. Exercise. Science says that just 20 minutes of cardio can improve memory. Exercise also serves as a useful "stress-buster" and will increase energy levels.
5. Practise, Practise, Practise! Completing past paper questions is a highly effective study technique.

Mr Kirke



Week A
Assembly Theme
How to be a positive member
of our community
Events all week
Year 11 Mocks

Monday 4 December

Year 11 Assembly Main Hall
Carol Service Ss Peter & Paul
(see page 3 for full details)

Tuesday 5 December

Year 10 Assembly Sports Hall
Year 8 Winter House Games

Wednesday 6 December

Year 8 & 9 Assembly Sports Hall

Thursday 7 December

Year 7 Assembly Sports Hall

Friday 8 December

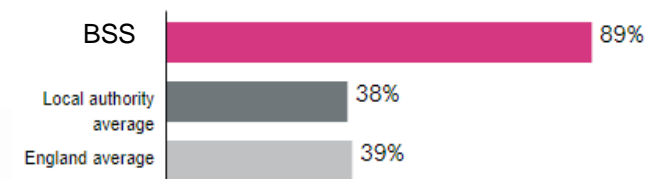
Year 12 & 13 Assembly Sports Hall

Bishop is excellent because...

GCSE 2023

Entering EBacc

A pupil is considered to have entered for the English Baccalaureate if they entered for qualifications in English, maths, sciences, a language and either history or geography.



Follow us @BishopStopford1



office@bishopstopford.com

What did Bishop Stopford students do in 1965?

Christmas Hampers!

1965-2023

... it's part of who we are



Headteacher's Log
December 1965

The parcels for old & necessitous people are now completed. Miss Sherwood is organising delivery today. We have 39 parcels of between 14/- and 15/- value each. Each parcel contains basically sugar, butter, tea, tinned fruit & cream, soup or tinned meat, biscuits, sweets & an extra item e.g. eggs, Xmas pudding.

17th Distribution of parcels. The final number to be sent out was 40.

'Each parcel contains basically sugar, butter, tea, tinned fruit and cream, soup or tinned meat, biscuits, sweets and an extra item e.g. eggs, Xmas pudding' (1965)

What a delight to read the Head's log book for our school from 1965 and to see that we are carrying on a great tradition! We're at that point again where The 'Hamper Collection Buzz' is in the air!

Accommodation Concern visited on Wednesday to lead the Years 8 and 9 assembly. Highlighting the vital work taking place in the heart of Kettering made a real impact on our young people.

This year we are supporting six local charities, gifting food, toiletries, second hand or home made socks, gloves and items to keep warm, as well as the precious gifts of time, creativity and love which go into producing these fabulous hampers.

Where do our hampers go?

- Kettering Food Bank
- Accommodation Concern, Kettering
- The Soup Kitchen, St Peter and St Paul's Church, Kettering
- The Food Shack Project, Kettering
- The Kingswood Hub, Corby
- Glamis Hall Community Centre, Wellingborough



Kettering
**Food
bank**

Core Values in Action Awards

Congratulations to those who will receive Core Values in Action Awards this week:

The following gave up multiple breaks and lunchtimes to help Miss Wood in the Library:

Amelie Colson (7P), Sienna Palmiero (7P), Miya Philip (7W), Katie Hailes (7W), Alicia Menzies (8W), Amy Bevitt, (8W), Taylor Snow (8W), Megan Noble (8W), Alice Ugorna (8W), Seb Stevenson (8P), Jamie Revell (8P), Albert Chirila (8P), Abhirup Anoop (9D), Yuvraj Kang (9G).

Katie (10G) and Thomas Pickford (7Y) for helping run stalls and activities in the Christmas Fair at Kettering Ss Peter and Paul.

Kate Ansaloni (7S) for a superb job of reading from *Exodus* for the St Botolph's morning service on Sunday.

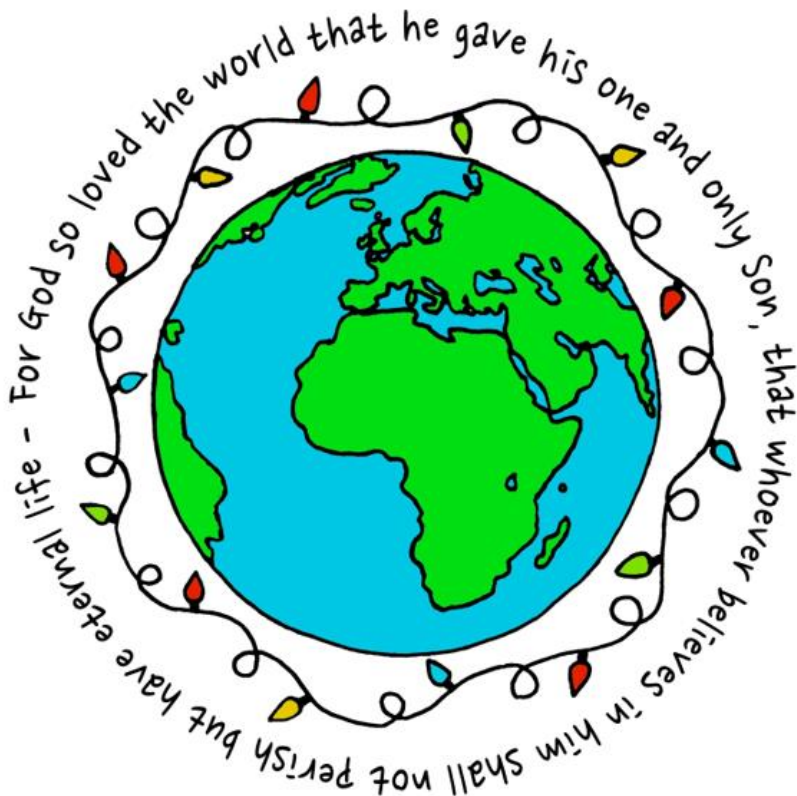
James Phan (7C) who collected 88 advent calendars and Christmas chocolates from the neighbours and delivered them alongside a donation of food to Kettering Food Bank.

Esther Hobbs (10S) who did great informal work experience at "Bookishly" during half term break.,

If you would like to nominate someone for this award, please email office@bishopstopford.com

Miss Silverthorne

Carol Service



Carol Service

Monday 4 December

6:30 - 7:30pm

**Parish Church of
St Peter and St Paul**

Market Place

Kettering

NN16 0AL

You are warmly invited to join us at our annual Carol Service at our local parish church. This is a significant expression of our faith ethos and an opportunity for us to come together and consider the true meaning of Christmas. Our theme this year is 'Christmas around the World'. The Carol Service will feature artwork, prayers, readings and poems as well as music from many of our students. All Year 7 entries for our Christmas Card Competition will be on display. *No booking required.*

Miss Silverthorne

The government has recently passed the Online Safety Act – legislation designed to protect and support young people online. The act creates an expectation that technology companies will put appropriate safeguards in place and recognise the power and influence of their sites on the lives of young people.

In school, we filter and monitor content, using SENSO and Smoothwall. These filter content which students can access and monitor use so we can follow up any concerns.

The graphic below is a helpful one about the content of the Online Safety Act and its impact in school.

What Schools Need to Know about THE ONLINE SAFETY ACT

The Online Safety Act was passed into UK law in October 2023, with the aim of establishing major new layers of protection for children when they're online. The government has pledged "a zero-tolerance approach to protecting children from online harm" – and the act certainly includes more powerful legislation which should help to safeguard young people in the digital world. Our guide summarises the key points for schools ...

WHAT THE ACT WILL DO

HARMFUL CONTENT

Social media sites must rapidly remove illegal and/or harmful content such as bullying or harassing comments; pornography; and content that supports extremist activity or encourages or depicts violence, suicide, self-harm or eating disorders. If they fail to do so, they can be fined up to 10% of their global revenue while their executives may even face jail time.

NON-CONSENSUAL SHARING

It's now easier to convict online abusers or people who share intimate images without consent, while legislation on the criminality of deepfakes has been clarified. The new laws also relate to any individuals who even threaten to share such images. This should help to protect women and girls in particular online.

ANIMAL CRUELTY

Content featuring cruelty to animals is now prohibited, even if it originates from abroad (where the law may be different). Again, it is the platform's responsibility to remove this.

REPORTING AND FILTERING

Sites should have easy reporting mechanisms for children (or their parents and carers) to flag up problems quickly. They must also provide options to filter out unwanted content.

MORE TRANSPARENCY

Sites must be transparent about the hazards that any children using them could encounter – by publishing risk assessments for their platforms, for instance.

AGE-RESTRICTED MATERIAL

Sites must prevent children from accessing age-inappropriate material. This includes enforcing age limits and implementing robust age verification.

HOSTING MISLEADING ADVERTS

Scams and fraudulent adverts must be blocked or removed, or the hosting companies are liable to be fined.

What this means for you

The act has some specific implications for schools: it's essential that leaders understand the new legislation's scope and limitations. The act is certainly a positive step, but as artificial intelligence and other advances in tech continue to produce new challenges, schools will still need to remain extremely vigilant.

KNOW WHERE TO GET HELP

Look out for the Code of Conduct that Ofcom is creating in response to the Online Safety Act. Note that the new legislation doesn't mean an instant change: many of its elements will only come into force at the end of 2023. An Ofcom consultation on "protecting people from illegal harms online" will be running until February 2024.

REMEMBER THE ESSENTIALS

Remain mindful of your organisation's own online activities: the legal duty for schools to maintain appropriate software monitoring and filtering, for example, will not change.

WATCH FOR FUTURE DEVELOPMENTS

There are some issues on which the legislation remains less clear for now: whether it's possible for Ofcom to scan encrypted private messages (such as on WhatsApp) has yet to be resolved, for instance – making this an area where, for the moment, young people have less legal protection.

UNDERSTAND AND EXPLAIN

Staff should learn how to raise concerns with tech companies whose platforms contain anything upsetting or unpleasant. Students also need to be made aware of the newly strengthened laws relating to cyber-bullying, sexting or posting inappropriate content. Young people do make mistakes online – so the clearer their understanding of the possible consequences, the better.

ENGAGE WITH PARENTS

Schools should also explain to parents and carers the new possibilities that the Online Safety Act affords them in terms of protecting their children. Many parents may have previously felt that there was little they could do about changing online platforms' content; they now have a far greater level of support when complaining about a company or the behaviour of an individual.

Meet Our Expert

Take no mean in online deputy headteacher and Director of Safeguarding at The St Benedict's family of schools. He is a regular speaker at conferences and writes the '18' (among other journals) on school leadership, pastoral care and safeguarding. In 2022, he was named Pastoral Leader of the Year at the National Awards for Pastoral Care in Education.

National Online Safety
#WakeUpWednesday

Parent Governor Election Update

We are very pleased to have received six nominations for the two parent governor vacancies which means we must now hold a ballot.

All parents were sent information regarding the ballot yesterday. Ballot papers must be returned by post to school or via your child, by hand to Reception no later than Friday 8 December. We are unable to accept ballot papers via mail.

Please contact me should you have any questions or queries (lwood@bishopstopford.com).

Mrs Wood

Music News

Congratulations to Benjamin Hodges (7S) who passed his Grade 5 Cello exam with merit.

Mrs Armstrong



Christmas Dinner

CHRISTMAS FEAST

13th Dec for years 7 – 9
14th Dec for years 10 - 13

Roast Turkey, Stuffing & Pigs in Blankets
OR
Vegan Soya Bean & Cranberry Wellington

Both Served with Seasonal Vegetables,
Roast Potatoes & Gravy

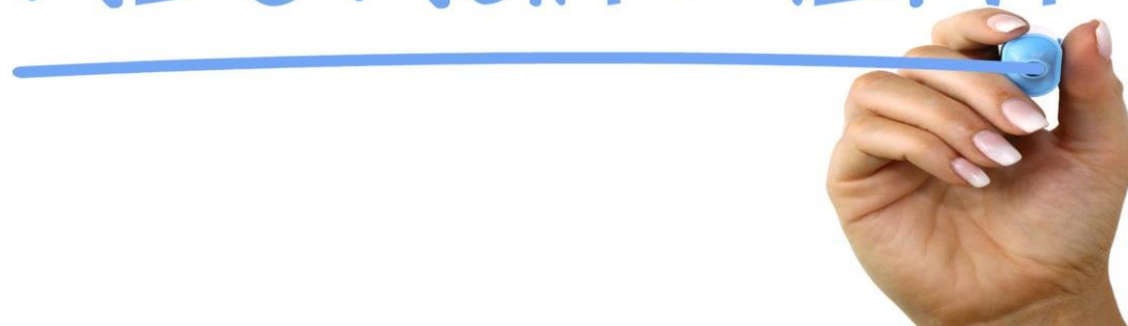
&
Christmas Pudding with Vanilla Sauce
OR
Stained Glass Window Shortbread

Two Courses for £.3.50

Payment to be made via ParentPay by the 8th December

Miss Curchin

RECRUITMENT



We currently have the following exciting opportunity for an outstanding and ambitious individual:

[Teacher of Mathematics](#)

[Exam Invigilators](#)

[Teacher of Drama](#)

Successful candidates will work alongside colleagues, senior staff and governors and will play an integral part within the school.

Please visit our website vacancy page, where you will be able to view additional information regarding the role.

We hope you are interested in applying from you.



Cucina

WEEK 2
Cucina

WEEK COMMENCING		V - Vegetarian	
25/10/2023	15/11/2023	04/12/2023	16/01/2024
18/05/2024	08/06/2024	29/04/2024	20/05/2024
01/07/2024	22/07/2024	10/06/2024	
CLASSIC HOT & HEARTY			
CLASSIC MAIN MEALS		VEGETARIAN MAIN MEALS	
MONDAY Traditional Sausage & Mash, Peas, Carrots & Onion Gravy	MONDAY Vegan Sausage & Mash, Peas, Carrots & Onion Gravy (VE)	TUESDAY Ramen Bar, Choose Your Toppings	TUESDAY Ramen Bar, Choose Your Toppings
WEDNESDAY Hand Carved Roast Turkey, Roasties, Roasted Roots & Gravy	WEDNESDAY Mature Cheddar, Broccoli & Leek Quiche with Roasted Roots or Garden Salad (V)	THURSDAY American Style Ground Beef & Macaroni Hash with Slaw & Garden Salad	THURSDAY Smashed Butternut Squash Mac & Cheese with Slaw & Garden Salad (V)
FRIDAY Chip Shop 'Fryday', Fish, Pizza or Fishcake with Chips, Peas & Tartare Sauce	FRIDAY Crispy Onion Pakora Burger with Mango Chutney, Chips & Peas(VE)		
DESSERTS			
MONDAY Apple Pie & Custard	TUESDAY Sticky Date & Golden Syrup Pudding	WEDNESDAY Jam Sponge & Custard	THURSDAY Pancake Bar with Fruit Toppings
		FRIDAY Manager's Special	
FRUIT & YOGHURT POTS AVAILABLE DAILY			
HOMEMADE SOUP & FRESHLY BAKED BREAD		JACKET POTATOES Topped with a Choice of: Cheese,	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lebanese Cauliflower Khobez (V)	Chinese Style Vegan Noodles (VE)	Loaded Jamaican Jerk Chicken Burger	Sri Lankan Fried Chicken	Manager's Special

NATURALLY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fork Friendly Onion Bhaji Kebab (V)	Onion Bhaji Naan (V)	Vegan Soya Bean & Vegetable Ramen (VE)	The Big Plant Burger (VE)	Vegan Bean & Jalapeno Burrito (VE)

TRATTORIA				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Manager's Special Pasta	Mozzarella & Tomato Pizza Or Spicy Sausage	Manager's Special Pasta	Mozzarella & Tomato Pizza Or Piri Piri Chicken