

Top 10% for Attendance!



We are delighted to have received an **FFT National School Attendance Award** this week for attendance.

FFT collects data nationally from over 10,500 schools, and awards have been given to those with attendance in the top 10% and top 25% nationally. Our student attendance is in the top **10%!** Attendance is the 'top priority', according to His Majesty's Chief Inspector, so we are delighted that we continue to see such high attendance at our school. This is a mark of the value every family puts on the daily provision we make for our young people. Well done to each family for your commitment and to each student for enabling us to achieve this significant national award!

Miss Silverthorne

The Importance of Fieldwork

Geography fieldwork requires a vast amount of preparation; logistics and transport, risk assessments, allocation of equipment and obviously the planning of learning. But the amount of planning required is definitely worth the gains for learning.

Students enjoy fieldtrips to Woburn Safari Park (Year 7), GCSE students to Carding Mill Valley in Shropshire as well as Stratford in East London. A Level students have recently visited the Dorset coastline. The learning gained is obvious, but the social and personal skills developed are in team work and working in unfamiliar surroundings. These provide opportunities to demonstrate leadership and resilience. Our students have thoroughly enjoyed and benefited from their opportunities, but don't take my word for it! See page 5.

Mrs Harvey



Week B

Assembly Theme

Have your say: Democracy

Events taking place all week:
GCSE & A Level PE –
Internal Moderation.

Monday 23 January

Year 11 Assembly (Main Hall)
Praying Parents (7pm)

Tuesday 24 January

Year 12 & 13 Assembly (Sports Hall)
Year 10 Computing trip, Bletchley Park

Wednesday 25 January

Year 8 Assembly (Main Hall)
Year 9 Assembly (Sports Hall)
Year 11 Geography Fieldtrip, London
Year 9 & 10 Future Plans Event

Thursday 26 January

Year 10 Assembly (Main Hall)

Friday 27 January

Year 7 Communion (Main Hall)
Year 11 Geography Fieldtrip, London
Year 8 Reports issued



We are a Church of England School...

We are delighted to be contributing to the Church of England's Growing Faith initiative. This is a national project which considers how to engage young people with the established church. We are very proud to have been invited to take part. Here is an excerpt from their latest report which features our school and our students. More information on the project can be found [here](#).

We look forward to developing this work in partnership with the Church of England.

Mrs Hutchinson

WE HEARD FROM....



YOUNG CHRISTIANS FROM BISHOP STOPFORD CHURCH OF ENGLAND SCHOOL IN KETTERING

Some wonderful young people told us what it looks and feels like to be empowered to participate.

In their own different ways, all the young people spoke about the need to allow our worship, Bible reading and mission to be **affected and informed by how young people experience the world** around them. They all expressed the importance of adults and children learning, growing and acting together. A **longing for intergenerational understanding and unity** was strong, and they spoke about giving space and a platform for young people to participate fully.

Core Values in Action Awards

Congratulations to the following students who are receiving Core Values in Action Awards:

- Katie Pickford (9G) and Catriona Noble (7G) who were both involved in the organising of the Festive Fair held at St Peter and St Paul's Church in Kettering. They each also ran a stall to raise funds for the Church and stayed late into the evening to ensure the church was left tidy for an important service the following morning.
- Olivia May (7W) played violin at church to accompany the anthem and then a solo after communion and at the end of the service. Olivia played beautifully and had many compliments afterwards.

If you would like to nominate someone for a Core Values in Action Award, please email office@bishopstopford.com

Miss Silverthorne

Music News

Congratulations to Alex Phan (11P) for passing his Grade 7 Piano exam and Oliver Haseldine (10P) for passing his grade 7 drums exam.

The Music Department



Safe Space

Short winter days, dark evenings and a new bitter snap are making January challenging. While we might be dreaming of spring and summer, Eleanor, (10P), has some suggestions to help support our wellbeing throughout the year. She recently delivered this excellent resource to her tutor group and I'm delighted to share her thoughts with you:

Misconceptions about Emotions and States of Mind

- Emotions come and go - it's ok to feel negative ones. It's when we hold on to those emotions or are unable to manage their impact, that we might seek help.
- Happiness is a feeling, not a goal. It's temporary. There's a preconceived idea that pleasure and happiness are life's destination. But life is packed with challenges and inconveniences as well as joy and excitement. When we remain level-headed and open minded towards those challenges, these experiences help us to grow and build resilience.

Dopamine Detox

- We are used to constantly feeding ourselves with things which bring pleasure: food, time on our phones and screens. However, these can lead to dependency and feeling low if we don't have access to them. When we start embracing solitude, silence and space to think, things become calmer and we can be more mindful.
- Some people might not use their phone for a whole week or only eat fruit and vegetables for a short time. However, this isn't sustainable or suitable for some lifestyles, so it's worth considering taking a longer amount of time to make smaller changes and habits.

For Calm in a Busy World

- Take a walk daily or spend more time outdoors.
- Attempt 5 minutes of mindfulness or meditation a day.
- Build up *not* engaging with your phone for the first 30 minutes or hour of the day.

Media Influence

- It is important to be aware of the strong and sometimes subconscious influence of the media. Social media often displays the best moments in people's lives - the best characteristics, possessions and moments, filtering out the mundane days and struggles. It creates the impression that every day should be attractive and exciting.
- Even influencers (who post loads of videos and photos of travelling, laughing and having fun), have plenty of dull, draining days too - they just don't show them.
- It's really important to recognise there's nothing wrong with having challenging, tiring and boring days because they're part of life. We need them to build resilience.
- Tedious days make the small fun moments and memorable days so special.

Sleep

- Sleep is a key factor in our wellbeing. Good quality sleep of significant duration allows us to process the events of the day and reset for the next. It enables us to work to solutions for concerns and put worries into perspective.
- We'd like to share the details of a charity called 'The Sleep Charity'. It has a free helpline run by trained sleep advisors who talk to young people or parents about getting better sleep. The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am.

[Click here](#) to read more.

Mrs Smith

The infographic features a dark blue background with white and light blue text. At the top left is the logo for 'the national sleep helpline'. A large white circle with a blue outline contains the number '50%'. To the right of this circle, the text reads 'Around 50% of children will have a sleep issue at some point*'. Below this, the text asks 'WHAT IS THE NATIONAL SLEEP HELPLINE?' and states 'In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.' It then asks 'HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?' and lists six bullet points: 'Run by a team of specialist trained sleep advisors', 'Offer you some practical strategies and recommend services that could help', 'Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing', 'Listen without judgement and help you decide what next steps are right for you', and 'Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change'. At the bottom, the phone number '03303 530 541' is displayed, along with the helpline hours: 'Sunday - Tuesday & Thursday 7pm - 9pm' and 'Wednesday 9am - 11am'. Logos for 'the sleep charity' and 'Furniture Village' are also present. Small text at the bottom provides copyright information and a survey reference.

the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

POWERED BY the sleep charity

IN PARTNERSHIP WITH Furniture Village

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Year 9 Options Forms

The online Year 9 Options Form needs to be completed by **Friday 27th January 2023** at the very latest.

Please [click here](#) to access the options form. Please be aware that this needs to be done via a parental log-in. This is to ensure that parents and guardians have fully engaged with the Options process.

Please contact me on gkirke@bishopstopford.com if there are any issues with accessing the form or if you have any additional queries about the Options Process.

Mr Kirke



Sixth Form Application Deadline

This week, we have been delighted to show prospective students from other schools sixth form life at Bishop Stopford School. They have had tours and been able to visit lessons, experiencing our school on a normal working day.

The closing date for applications to join our sixth form for both internal and external students is **31st January 2023**. The electronic application form can be found on the school website [here](#).

Mrs Coe

GCSE Pod

GCSE POD is an online learning and revision resource with over 6000 short videos or “pods” covering 28 GCSE subjects. These pods have been developed by current subject teachers and examiners and essentially condense the relevant curriculums into bite size pieces. There is also a *Check and Challenge* feature within the software which allows students to test their knowledge and understanding through an interactive quizzing system.

Data reviewed by GCSE POD of 3,500 students demonstrates that those students who use the software frequently are more likely to exceed their predicted grades than those students who do not engage with it.

These invaluable resources can be accessed through [GCSEPod](#).

There is also a useful webinar for parents explaining how the product works. Please [click here](#) to access.

Mr Kirke

Cyber Security – update

We informed you last week of an attempt to breach our IT systems. Since then, we have been working with a specialist IT company through our insurance which covers us for cyber security incidents. They have performed in-depth investigations of our ICT systems. These did not identify any unusual activity on the network and there is no indication that this incident poses a risk to the school and its data.

We will continue to monitor network activity closely, and to introduce additional measures to strengthen network security, and mitigate future intrusion attempts.

Mr Harvey

The Importance of Fieldwork continued from Page 1

Geography is a gateway to numerous communities ranging from our local surroundings to the globe. The opportunity to explore our environment is crucial to understanding concepts we examine in lessons. The complex relationships between physical and human geography are experienced in new ways.



A Level

Dorset – Studland Bay, Swanage and Boscombe

“ Fieldwork is what geography is all about. Being able to see how the theory and concepts that are learnt in the classroom is vital to understanding further while also bringing even more enjoyment to the subject. While in Dorset completing the year 13 field trip, we all had amazing opportunities to study both the human and physical sides of geography, visiting Durdle door, Lulworth cove, sights known to geography students country wide, as well as nearby towns to see and understand how theory applies to the real world. One of the best parts of the field trip for me was the experience of being able to learn, experience and practice methods and techniques that I then used within the coursework element of my geography A-level. Overall fieldwork is crucial within geography, giving an all-round boost to the knowledge required for a geography A-level ”.

(Alister, Year 13 Geography student)

GCSE

Carding Mill Valley – River Fieldwork

“I found the trip really useful because it allowed me to apply all my prior knowledge about rivers in a practical way. It also meant I was able to understand our enquiry as I could compare the data we collected and it in real life for myself.”

(Emily, Year 11 Geography student)





The countdown to *School of Rock* begins!

Our production of *School of Rock* takes place on Friday 24 and Saturday 25 February at the Lighthouse Theatre. Tickets are now available to purchase from the Lighthouse [website](#).

With the production fast approaching and excitement building, we will be hearing from the students involved over the next few weeks. Our first article comes from a member of the Pit Band.

Mrs Fraser and Miss Thurlby

School of Rock Preparations

"I'm really enjoying the whole experience of being involved in the School of Rock. Being in the Pit Band, alongside a group of like-minded musicians, has been something that has really inspired me to want to continue to be part of band after the production. I have been practising the songs at home on my own, watching videos to aid me as well as coming together and preparing with the other musicians in the band. As a group, we have attended after school and lunchtime rehearsals as well as arranging to meet in our own time because we have enjoyed playing so much!

Over the course of rehearsals, I have learnt new techniques as I have never worked alongside actors- it is really interesting listening to and performing musical cues.

I can't wait for the rehearsal at the Lighthouse Theatre and look forward to seeing you at a performance!"

Oliver Haseldine (10P)

WANTED FOR SCHOOL OF ROCK COSTUMES



Do you have any old school shirts?
If you would like to donate these to the School of Rock cast, please drop them into Reception. Thank you.

Mrs Smith

If you would like to place an advert in the programme for *School of Rock*, email jpointer@bishopstopford.com by January 30th 2023, with a copy of the advert, formatted using Microsoft Word. Adverts cost £25 for an A5 page or £15 for A6.

Mrs Pointer

RECRUITMENT



We currently have the following exciting opportunities for outstanding and ambitious individuals.

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.

[Teacher of Maths](#)
[Teacher of RE](#)
[Teacher of Spanish](#)

[Head of Year](#)
[Teaching Assistant](#)

We hope you are excited by the opportunity to work with us. We look forward to hearing from you.



Cucina

WEEK 3	Classic Favourites	EASTERN	Great British	SOUTHERN STYLE	Fish & Chips
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MAC N CHEESE BAR Variety of Toppings	JAPANESE CHICKEN CURRY 50/50 Rice	ROAST TURKEY Stuffing, Yorkshire Pudding, Gravy	BEEF CHILLI CON CARNE Nachos, Rice, Sour Cream	FRESHLY BATTERED FISH/ SALMON FISHCAKES
VEGETARIAN MEAL	VEGETARIAN MAC BAR Variety of Toppings	GOAN SWEET POTATO & CHICK PEA CURRY 50/50 Rice	BUTTERNUT SQUASH, BRIE & ROASTED ONION WELLINGTON Gravy	MIXED BEAN CHILLI Nachos, Rice, Sour Cream	CHICKPEA & CORIANDER BURGER Wedges, Coleslaw
VEGETABLES	GARDEN SALAD	STIR FRIED GREENS	SEASONAL VEGETABLES	SWEETCORN	PEAS CHIPS
PASTA POTS	TOMATO & BASIL				
	PESTO PASTA	VEGAN BOLOGNAISE	CHEESE SAUCE	CARBONARA	ARRABIATA
JACKET POTATO	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
HOT PUD	WAFFLE BAR Fruit Compote	CHOCOLATE ORANGE MOUSSE	STICKY LEMON SPONGE Custard	BANANA BREAD & BUTTER PUDDING Custard	APPLE & PEAR CRUMBLE Ice Cream
FRUIT POT	SELECTION OF FRUIT POTS AVAILABLE DAILY				
JELLY POTS	SELECTION OF JELLY POTS AVAILABLE DAILY				
YOGHURT POTS	SELECTION OF YOGHURT POTS AVAILABLE DAILY				

TRY OUR HOME MADE **SOUP**
WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS

PIZZAS, WRAPS & PANINIS FRESH OPTIONS EVERY DAY

TAKE HOME A TAKEAWAY Collect Before You Go Home

LUNCH MEAL DEAL Check out what's on offer today!

WATCH OUT FOR OUR **POP UP & STREET FOOD PROMOTIONS**

All of Our Deli Range, Sandwiches, Salads & Desserts are **FRESHLY MADE HERE DAILY**