



# THE JOHN FISHER SCHOOL

26 JANUARY 2024



## PARENTS/CARERS NEWSLETTER



DANIEL  
SPARGO  
-MABBS  
Foundation

The drug education charity

PARENT/CARER  
ONLINE TALK



WHAT A WEEK  
OF SPORT!



GUINNESS  
SIX NATIONS



SIX NATIONS  
AT JFS

'NURTURING YOUNG CATHOLIC GENTLEMEN.  
ASPIRING FOR ACADEMIC, CULTURAL AND SPORTING EXCELLENCE.'

# The Week...

Dear Parents and Carers,

I recently came across an interesting piece of research about reading which I would like to share with you.

The cognitive benefits of reading are well-known but researchers at Sussex University have shown that reading also has an important part to play in reducing stress levels in young people. A team led by cognitive neuropsychologist Dr David Lewis examined the impact of a range of activities, including listening to music and playing video games, on heart rate and muscle tension which are both indicators of stress. Reading came out on top of all other activities considered, reducing stress levels by 68%. In the words of Dr Lewis, "Losing yourself in a book is the ultimate relaxation".

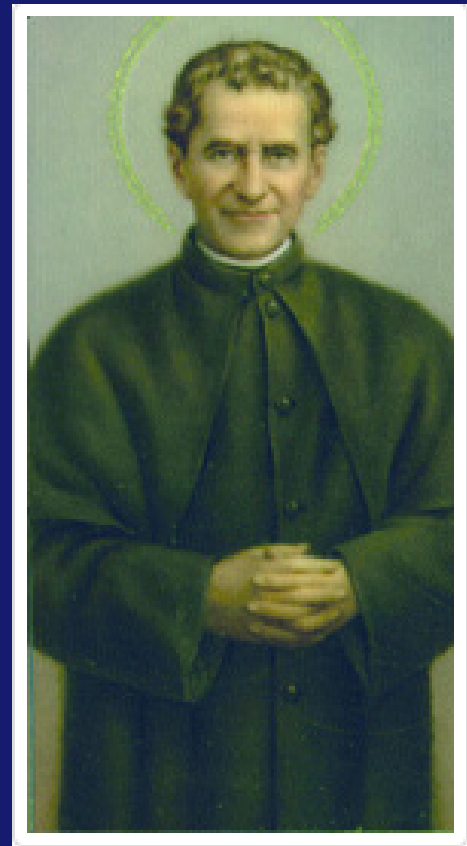
What is the secret of reading's power over stress? According to Dr Lewis, immersion in an engrossing book is "more than merely a distraction but an active engaging of the imagination as the words on the printed page stimulate your creativity and cause you to enter what is essentially an altered state of consciousness."

Does it matter whether you read on a screen or a printed page? There is substantial agreement among researchers is that paper is better, although the reasons why this is the case are not yet fully understood. It has been observed that our comprehension of information communicated on paper is greater than through the medium of a computer or smartphone screen. There are several theories as to why this is the case, ranging from the way our brains cope with static and moving text to different respiration patterns when reading on paper or screen.

At a time when schools are relying increasingly on screens to facilitate learning, these research findings should give us pause for thought. Indeed, a recent article in the Guardian refers to a "soon-to-be-published groundbreaking study" on this topic from neuroscientists in the US which suggests that "we should not yet throw away printed books".

Next week is the feast of St John Bosco, one of the patron saints of Catholic schools, so I will finish with a prayer which asks his intercession: *'St. John Bosco, friend of the young, teacher in the ways of God, your dedication to empowering the needy inspires us still. Help us to work for a better world, where the young are given the chance to flourish, where the poor's dream for justice can come true, and where God's compassion is shown to be real. Intercede for us as we bring our needs to you and to our heavenly Mother, the Help of Christians. Amen.'*

With all good wishes,  
R.F.Teague  
Headteacher



## Mass Times w/b 29 January 2024

Tuesday	8.00am
Thursday	8.00am
Friday	8.00am

All are welcome!



@thejfschool



@thejfschool



The John Fisher School



John Fisher School Sport

# PARENT MENTAL HEALTH DAY

## SATURDAY 27TH JANUARY 2024



## What is Parent Mental Health Day?

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.



## Factors which may impact parental mental health

The Cost of Living Crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.



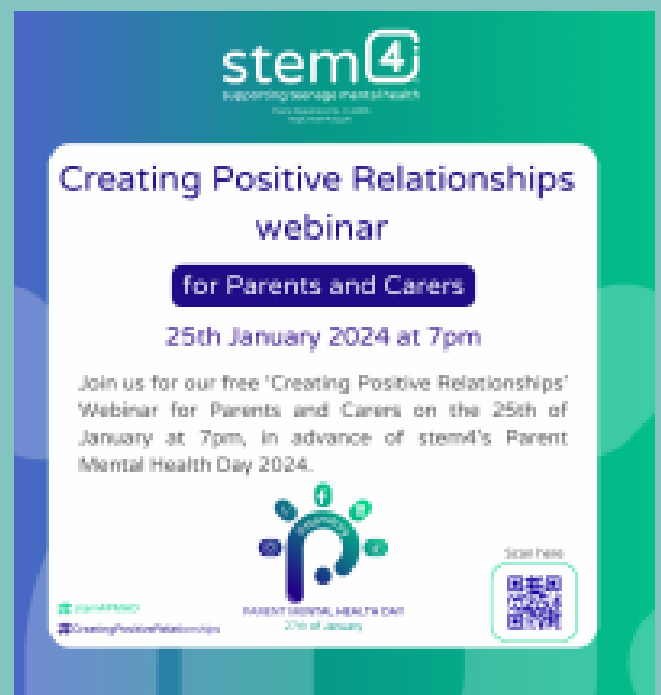
## For Parent & Carers

To boost your relationships this Parent Mental Health Day we are encouraging you to take time to **Connect, Play, & Reset** with the aim to create positive relationships at home.



#PMHD2024

For more resources: <https://stem4.org.uk/parentmentalhealthday/>



## Head Boy: Round 2

The six applications for Head Boy have now been whittled down to a final three by their peers. In Stage 1, students created and manned a display-stand in our "Awareness Fair", where they highlighted a chosen cause that they would like to champion as a student-leader. The current Student Leadership Team evaluated all candidates and selected five to go through to Stage 2. In Stage 2, the candidates delivered a five minute presentation to the rest of Year 12. Students then voted for the cause they felt was best delivered. Three candidates now remain and will be interviewed next week before a final appointment is made.

Below is a list of the final candidates, their chosen running-mate to be Deputy Head Boy, and the cause they have chosen to champion:

- James O with Liam P, championing Men's Mental Health
- Oscar F with Reece G, championing Food Poverty
- Andrew A with Brandon N, championing awareness of Climate Change

Well done to all of these students for the tireless work and commitment they have shown to date.

## Any Spare Crockery/Containers?



Food Tech would be really grateful for any odd bits and pieces people might like to donate from their kitchen cupboards, eg. platters, crockery, cutlery and containers/tupperware boxes. In particular, any colourful, mismatched plates/bowls would be useful for our Year 11 students when they are showcasing their work, as it makes them look different and gives them a pop of colour.

**Education Wellbeing Service Webinar**

**Social Media & Gaming - What Parent/Carers Need to Know**

**DATE / TIME**

Tuesday 6th February 1-2 pm

Wednesday 7th February 6.30-7.30 pm

**LOCATION**

Online - Hosted on Teams

Sign up to this event for free on Eventbrite by following the link in the description

wellbeinginschoolsevents@swistg.nhs.uk



The Education Wellbeing Service is offering a Webinar for parents and carers on Teens use of screen time, social media and gaming.

Click here for more information and to book your free ticket: [Secondary/College Parents -Workshops | Eventbrite](#)

## Contact Information

### KS3 Administrator for Years 7, 8 & 9:

Mrs. Maynard  
[h.maynard@johnfishersschool.org](mailto:h.maynard@johnfishersschool.org)

### KS4 Administrator for Years 10 & 11:

Mrs Cody  
[m.cody@johnfishersschool.org](mailto:m.cody@johnfishersschool.org)

### KS5 Administrator for Sixth Form:

Mrs Cooney  
[c.cooney@johnfishersschool.org](mailto:c.cooney@johnfishersschool.org)

### Finance:

[finance@johnfishersschool.org](mailto:finance@johnfishersschool.org)

### General Enquiries:

[johnfishersschool@johnfishersschool.org](mailto:johnfishersschool@johnfishersschool.org)  
Tel. 020 8660 4555

### Reception Opening Hours:

Please note that Main Reception is open  
**from 7.30am until 4.00pm,**  
Monday to Friday  
during term time only.

### REMINDER

Parents and carers are asked to check that their contact details are up to date on Edulink. Changes can be made directly via Edulink or by contacting your Key Stage Administrator.



@thejfschool



@thejfschool



The John Fisher School



John Fisher School Sport



# The JFA

**WE NEED  
YOU!**



Social and fundraising events  
raising vital funds for JFS



Donated over £30,000 to  
I.T, Sports Hall Floor, Sixth  
Form refurb and Library in  
last 3 years.

**Next Meeting:**

Wednesday 7 February, 7.30pm  
Plough Lane Pavilion (CR8 3QJ)



# Pre-loved Uniform Sale

Date: Thursday 1 February

Time: 3.30pm – 5.30pm

Venue: Old canteen (entry via the Quad)

Any parents/carers with pre loved enquiries who cannot make the sale should email: [prelovedjfa@johnfisherschool.org](mailto:prelovedjfa@johnfisherschool.org)

We are desperate for pre-loved AKUMA kit if you have any items which are no longer needed and could be donated.



## Key Dates

**W/b 29 January**

Yr11 PPE2s

**Thursday 1 February**

Yr7 Parent Teacher Meetings and pre-loved uniform sale

**Friday 2 February**

Mufti Day

**W/b 12 February**

Half term break

**Thursday 22 February**

Epilogue

## Mufti Day- Friday 2 February 2024

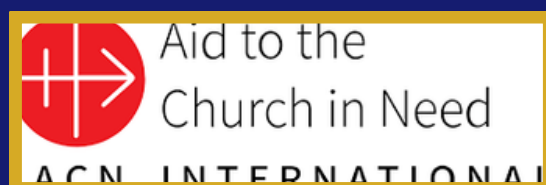
On Friday 2 February, we will be holding our half termly Mufti Day. We will be supporting three charities:

- The Daniel Spargo-Mabbs Foundation: We continue our long association with this charity. They are running both parent workshops and performing their award winning play to students during the week. Please see the information on the following page.
- Aid to the Church in Need: They support the work of churches all around the world.
- Local Families with Bleeding Disorders: a very important charity for us as a school as we have members of our community who suffer from this disorder.

Students are asked to donate £2 (£1 for Year 7 who will be in Games kit) via ParentPay.



Dont forget the parent/carers online talk by The Daniel Spargo-Mabbs Foundation on 7th February.



@thejfschool



@thejfschool



The John Fisher School



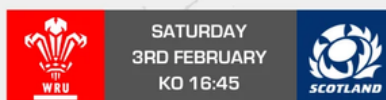
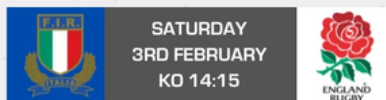
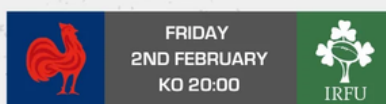
John Fisher School Sport



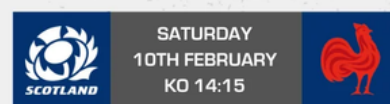
**GUINNESS  
SIX NATIONS**

# SIX NATIONS 2024

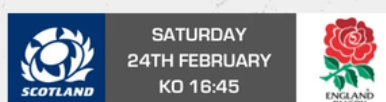
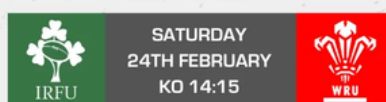
## ROUND 1



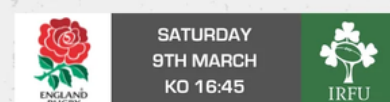
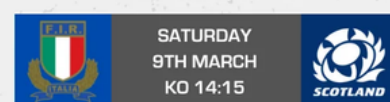
## ROUND 2



## ROUND 3



## ROUND 4



## ROUND 5



**GUINNESS**

**TITSEY  
- BREWING CO -**

**Draught  
Beers**

**Raffle**

**Food  
Available**

All money raised goes to supporting the Tour  
to South Africa and the school.

# The Daniel Spargo-Mabbs Parent/Carer Live Webinar



## 'I Wish I'd Known' – a workshop for parents and carers on young people, drugs and decisions from the DSM Foundation

We would like to invite you to a parents/carers drug and alcohol awareness workshop by webinar led by drug educators from the drug education charity the Daniel Spargo-Mabbs Foundation. This will be held on Tuesday 6 February, 6.30-8.00pm.

The world for young people is a very different place than it was for their parents, including in their vulnerability to risk from drugs and alcohol, with levels of exposure and access greater than ever before, partly thanks to social media. This workshop provides a great opportunity for you as a parent or carer to become more aware of what issues face your children, and what you can do to help them stay safe. There is also the opportunity to ask confidential questions before the workshop via the online survey link you will receive, and during the workshop itself.

The workshop will involve finding out about:

- levels of young people's exposure to drugs and alcohol – what, where, when and how
- what young people, and their parents and carers, need to know about the risks of drugs and alcohol
- factors that affect young people's decisions about drugs and alcohol, including teenage brain development
- how to have effective conversations with your child, and practical suggestions for what you can do to support them to stay safe
- where to go for more information and support.

The DSM Foundation was set up by Fiona and Tim Spargo-Mabbs in 2014 after the tragic death of their 16-year-old son Daniel as a result of taking ecstasy ([www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)). The aim of the charity is to support young people to make safe choices about drugs, and they work with students, teachers, parents/carers and professionals in schools, colleges and community organisations across the UK.

Fiona has become a leading UK expert on drug education, including how parents can best support their children. She has spoken to parents and carers across the UK and internationally and is regularly asked to speak by the media. She is author of two books for parents, the award-winning 'I Wish I'd Known – Young People, Drugs and Decisions' (Sheldon Press, 2021) and 'Talking the Tough Stuff with Teens' (Sheldon Press, 2022), and was awarded an OBE in 2023 for services to young people.

Please click the link below to register for the event:

[https://us06web.zoom.us/webinar/register/WN\\_T1GSMDxDRB-I5\\_w3R0Y7QQ](https://us06web.zoom.us/webinar/register/WN_T1GSMDxDRB-I5_w3R0Y7QQ)

After registering, you will receive a confirmation email from the Foundation containing information about joining the webinar.



@thejfschool



@thejfschool



The John Fisher School



John Fisher School Sport



# What A Week Of Sport!

## Basketball



Another win this week for Basketball means that our Year 8, 9, 10, 11 & seniors have all reached the Surrey Cup Semi Finals!

Year 8, 10 & 11 are currently undefeated as Basketball continues to grow.



## Rugby League



Today the Year 8 & 9 teams played their London and South East Champion Schools Regional Finals at Brunel University. Both teams played some fantastic rugby resulting in both age groups being crowned champions. They now proceed to the national rounds



## Year 8 Cricket



The Year 8s took part in the Wallington U13 Indoor Cricket Tournament facing some tough opponents. In a sport that is growing in popularity and developing each year, this was a challenging first outing of the season. Again, some outstanding team and individual performances resulted in the team winning the competition.



## Rugby 7s



On Tuesday the U15B team kicked off the Sevens season with a small tournament at Dunottar School playing against A teams. In challenging conditions they managed to win a small four team tournament showing real strength in depth.

Well done to all the students for their efforts, and thanks to staff, parents and carers for the continued support to help school sport thrive.



@thejfschool



@thejfschool



The John Fisher School



John Fisher School Sport





@thejfschool



@thejfschool



The John Fisher School



John Fisher School Sport