



### Pastoral Curriculum

We return this term “Back Stronger” and are focusing on:

**Aspirational** - completing work to the best of our ability at all times

**Respectful** - by being kind and considerate in the way we talk to each other and challenging unkind and inconsiderate comments especially banter

**Engaged** - by being focused in lessons.

We are teaching our students about the need for silence for concentration in lessons when focus is needed and ARE points will be awarded when students do this

Throughout this term the school community will be working together on these three #ARE traits to ensure success in upcoming assessments and examinations and to be stronger individuals and members of the community.



### Positive Self Talk - Respect, Be Kind and Considerate to Yourself

Self-talk is your internal dialogue. It is influenced by your subconscious mind and it reveals your thoughts, beliefs, questions and ideas.

Self-talk can be both negative and positive. It can be encouraging and it can be distressing. Much of your self-talk depends on your personality. If you are an optimist, your self-talk may be more hopeful and positive. The opposite is generally true if you tend to be a pessimist

These scenarios below are examples of when and how you can turn negative self-talk into positive self-talk. Again, it takes practice. Recognising some of your own negative self-talk in these scenarios may help you develop skills to flip the thought when it occurs.

- **Negative:** *I failed and embarrassed myself.*
- ♥ **Positive:** *I'm proud of myself for even trying. That took courage.*
- **Negative:** *I've never done this before and I'll be bad at it.*
- ♥ **Positive:** *This is a wonderful opportunity for me to learn from others and grow.*
- **Negative:** *There's just no way this will work.*
- ♥ **Positive:** *I can and will give it my all to make it work.*



**How** - Check in with your feelings during the day, if you find yourself being negative or unkind to yourself **turn it around**. Surround yourself with **positive people**, find the **humour** in a situation to boost your **positive self talk**. Gain inspiration from our **ARE** statements around school, you can do these for yourself.

**Remember** - **YOU** control and manage yourself, **YOU** can be **kind and considerate** to others in the use of your language and to yourself as well as knowing how you can lift another person, “*Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.*”

### #weAREbackStronger #weAREengaged #weAREsilent

On our return to school we carried out our 'reset.' This is a session where we refocus on our core values of **Aspire, Respect and Engage**. This half term we have explained to our students that in order to achieve excellence there are times when silence is needed as this helps us engage, focus which helps us remember. Research has shown that silence helps reduce cognitive load as it removes distractions. This 'frees-up' space to enable us to think and recall. This way we can more efficiently remember more and do more. In class, we are using up to 15 minutes of 'silent work' with Years 7, 8 and 9 and up to 20 minutes with Year 10 and up when full engagement and concentration is needed. You may find it helpful at home when your child is doing their homework to suggest your child works in silence for a short period of time. You will find that this will help them no end.

We Respect.  
We follow routines.  
Classrooms:



**Harmful Sexual Behaviour** - All staff have received enhanced training on Harmful Sexual Behaviour, how to spot this and how to respond. When assessing concerns we use the Hackett Continuum Tool in order to support both victim and perpetrator. Please follow this [LINK](#) to view this tool.

Trends within concerns are monitored and analysed. The main issues that arise around Harmful Sexual Behaviour tend to be around students viewing or sharing inappropriate or pornographic images or around the subject of banter.

1. Please ensure that you are regularly checking your child's phone and that you are having open conversations about this. If you have not already done so, please sign up to the Online Safety Network [HERE](#), which contains lots of useful, continuously updated information to support with online safety including videos to watch
2. A second area that the school is focusing on is around 'banter'. The pastoral curriculum has been focusing on the harm that banter can cause and instead of 'banter', to focus on being kind, respectful and considerate to others.



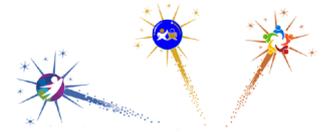
Our **Attendance Matters** slot during Form Time focused on the importance of empathy in a job environment. We focused on the development of important key skills

associated with our dealings with other people, with an emphasis on jobs in Healthcare, Education, IT and in the Automotive Industry. The ability to understand things from the other person's perspective, whether explaining the results of a blood test or demonstrating a complex piece of software, is much sought after by recruitment officers. Coming in to School, being part of a thriving and busy community, and being kind and considerate of others, is an important way to develop these “soft skills”.

**Anti-Bullying Pledge** - We are asking all members of our school community to sign an anti-bullying pledge click on the Stop Bullying image. We believe this is a powerful way for everyone connected to the school to commit to making the whole school community a better place. This pledge recognises that, if we all pledge to be kind, bullying would not exist. We invite everyone connected to the school to sign their name in a collective stance against bullying. So if you are a student, mum or dad, an older or younger brother or sister, an aunt or uncle, step dad or step mum, an adult or friend of a student at school, please show your support by signing our pledge and taking a stand against bullying. We intend to use the names of all signatories publicly to show the community support against bullying. As we are all united in the belief that bullying has no place at Thorpe St Andrew School and Sixth Form. By completing the linked pledge, you are giving us permission to show your name in our collective stance against bullying.



The following articles are available on our website. To read these in full, please visit our [website](#) or click on the links/images below.



Congratulations to Lydia Jones (Year 13) who won first place in the Beyond The Frame NUA Photography Competition.



Year 11 and Parents Revision Skills 2022. Please [watch this video](#) for what you should be expecting to see in preparation for examinations.

**Clubs** - If an afterschool club is cancelled for any reason we will endeavour to send a text out to parents. If students are unsure if a club has been cancelled please visit their Year Group office for confirmation.



With prices rising and more families finding ends hard to meet, follow this [LINK](#) to the Norwich Food Bank and how to get vouchers for it.

The local distribution centre is

**Witard Road Baptist Church (WRBC), Witard Road, Norwich NR7 9XG**

Opening times: Monday 2:00pm – 3:30pm (excl. Bank Holidays).

Families in Broadland can also access the Help Hub [HERE](#), which can help with a variety of issues.



Joel Marsh (Y13), Heidi Gibbs (Y10) and Kiran Gopee (Y9) represented Thorpe in the Eastern Region Snowsports Association School's Race, held at the Norfolk Snow-

How do you explain the invasion of Ukraine to your children? Many parents, seeing what is happening on the news, will be asking this question, not knowing what to do for the best. These resources from Young Minds and BBC Bitesize may offer some support:  
From Young Minds:

[Top tips for talking to your young person about the events in Ukraine](#)

From BBC Bitesize:

[How to talk to your teenager about the invasion of Ukraine](#)

If any students are worried and need to speak to someone, please speak to any member of staff as they are there to help.



Eve Neild played in the Norfolk Schools Golf Championship, representing Thorpe St Andrew and won overall. Hayden Bradley and Eve Neild won the teams competition.



Students kick started their Post 18 Pathway today and were joined by Nicola Rushby from Lincoln University who had some very eager students watching her presentation this morning.



Kooth's London and South East team offer monthly information sessions for parents and carers interested in finding out more about Kooth services. Please click on this [LINK](#) for a webinar on Thursday 28 April 2022 from 6.00 pm to 7.00 pm.



**PSHE Survey.** As part of our ongoing commitment to parental voice and shaping our curriculum, please complete this survey on our PSHE Curriculum.

To complete the survey, please click [HERE](#), thank you.



May Day - Monday 2 May 2022  
Year 8 Parent Consultation Evening - Wednesday 11 May 2022  
Please click [HERE](#) for School Calendar dates.

**Coats in Class.** - As part of our movement back to more normal operations we have decided that from Monday 16 May 2022, coats will no longer be allowed to be worn in classrooms. This date ties in with the start of external examinations and coats are also not allowed to be worn in examination halls. Hoodies are not acceptable school attire or a replacement for the school jumper or a coat, therefore we will follow our school behaviour routines and either ask for the item to be removed, confiscate the item or issue further consequences.



**YOUR OPINION MATTERS TO US** - Please click on this [link](#) to complete the survey.



**BUY TICKETS NOW**

**PROM 2022**

Please purchase your Prom ticket via ParentPay for the Class of 2022