



## YEAR 8 NEWS

**After a great camp to start the year**, filled with many adventurous activities such as a giant swing, sky cycle, canoeing and high ropes, Year 8 have settled in to the rhythms of school life.

This term, we have had a special focus on 'together', and this has been a consistent message we have been communicating through both our Year meetings and at chapel. In our meetings, we have been encouraging students to work as a team, to treat others the way they would wish to be treated, and to support each other in their learning. At chapel, Rev Oliver has been encouraging us to look at the Bible to see what it looks like to live as the body of Christ.

Alongside this, we have been reminding students to:

- **Be punctual:** Arriving on time not only maximizes learning opportunities but also fosters discipline and respect for others.
- **Be prepared:** Ensuring they have all necessary learning materials contributes to a smoother and more effective educational experience.
- **Adhere to uniform guidelines:** Consistent uniform compliance promotes a sense of unity and equality within our school community.

These habits are essential in creating a positive and productive learning environment for everyone.

In our Pastoral Care classes, we have begun to look at Growth Mindsets, the idea that abilities and intelligence can be developed through dedication and hard work. This perspective fosters

resilience, a love for learning, and a willingness to embrace challenges. We believe that cultivating a growth mindset will empower our students to face challenges with confidence and persist in the face of setbacks, ultimately contributing to their overall success and well-being.

Next Wednesday, Year 8 students will participate in a workshop titled "Thinking Traps," presented by Toolbox Education. This session aims to help students identify and manage unhelpful thoughts that can lead to anxiety, self-doubt, or disengagement. The workshop will equip students with strategies to challenge and reframe these thoughts, fostering a more positive and resilient mindset.

We are looking forward to seeing Year 8 continue to grow in their resilience, character and learning in the year ahead.

**Mr Samuel Mills & Mrs Roslyn Rodriguez**

*Year 8 Advisors*

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