



Year 10 took part in a Shakespeare Workshop on 12th May. Production company, Drama Impact, performed scenes from Macbeth, and the students were invited onto the stage to act out scenes from Romeo and Juliet. They experimented with different techniques to help them engage with and understand the text better.



Year 11 have now started their GCSE examinations. It's been lovely to see students coming out of exams feeling positive and happy with papers. Well done girls – keep it up. Their last school



day was on Friday 12th May and the day was spent with a quiz about the 'goings on' since joining Mayfield, a final assembly and some free time to sign their beautifully decorated school shirts. We all wish them the very best of luck with their examinations.

On Tuesday we said goodbye to our Year 13 with a special barbecue on the field. We would like to thank all staff who supported the event and the Head Prefect Team for purchasing the food and drinks. Thankfully the weather was really good and it was a very enjoyable morning. We wish Year 13 well with their future exams and look forward to seeing their success.

13th-20th May was Mental Health Awareness Week and the theme this year is anxiety. It is important for students to understand that worries and anxiety are normal, everyone has fears, worries, concerns, particularly at stressful times. When a worry or concern starts to interfere with everyday routines, that is when someone may need more support. Students have been looking at worries they may have and thinking about what these worries look like, feel like, move like, etc. They have then been asked to be creative and make the worry less scary, this is seen in Harry Potter when a Boggart changes into the person's biggest fear, to defeat the Boggart the students have to make the scary thing ridiculous – Ron Weasley puts roller skates on a spider which makes it comical as it tries to stay on its feet. We asked our students if they could think about some of their worries in a similar way. We have also looked at hypothetical worries, the 'what happens if?' worries and current problems that are happening in real life. We then encourage the students to think about if there is something they can do about the worry, if not, they have to learn to let it go. If there are things they can do then we are encouraging them to plan for the worry so that they are able to face it and deal with it. For example, what is worrying them?, how does it make them feel?, what can they do about it?, when will they do this (now or later)?, what will they feel like when it is done?

Kindness Pledge: There is a strong link between kindness and anxiety. People who are kinder to others have a better self-esteem, which leads to improved confidence and less worries/anxiety. Also, people that receive the kindness feel better about themselves, this also improves self-esteem and confidence, thereby decreasing anxiety. The Anti-Bullying Ambassadors have been working on a kindness pledge (included with this bulletin), which was shared with all form groups, to give ideas on how we can be kinder and more inclusive within the school. I have also encouraged all students and staff to make their own kindness pledge, something they will do to be kinder both in and out of school. I will be sharing some of these in future newsletters.

Looking forward

Monday 22nd May

Year 7 Assembly in the Hall (IGN/JFT)

Tuesday 23rd May

Year 9 Assembly in the Hall (FC/JMT)

Year 7 & 8 Rounders at Meopham

Wednesday 24th May

Year 12 Assembly in the Hall (BST)

Thursday 25th May

Year 8 Assembly in the Hall (ANN/JFT)

Friday 26th May

End of Term 5

Monday 5th June

Term 6 begins

Year 12 UCAS Conference, p1-4

Monday 5th-Friday 9th June

Year 7-9 internal examinations

Tuesday 6th June

AL Biology trip to Shorne Woods

Monday 12th June

Year 10/12 Computing trip to Bletchley Park

Assembly theme

This week's Assembly theme: Charity

Giving what you can to charity; it's not the size of the gift but they thought that counts; thinking of others.

Our School Environment

Please continue to ensure all areas of school are left litter free.

Litter duty: 10W Please collect the litter picks and black sacks from Mrs Kemp's Office by 1.45pm and report to your Learning Leader and staff on the field at the end of lunchtime, 2.15pm.

Lost Property: All lost property is located in clearly labelled grey boxes in the Orangery (next to the vending machine). Please check for your lost items as these boxes will be emptied at the end of term.

Water: Please use the water stations around the school at break and lunchtime and remember to bring a bottle each day to minimise use of single use plastic bottles.

Reminders/Notices

Examinations: GCSE and AL examinations are now under way and will continue until the end of June. Please observe silence in any areas with exam signs. Years 7-9 internal examinations will take place from 5th-9th June.

End of day: All students should leave the school site by 4.30pm, unless a specific arrangement has been made with a member of staff/the school. Students who are on site between 3.30 and 4.30 must either be attending a club with a member of staff, using the Wills Library or working in the Dining Room. Sixth formers may use their study areas.

Road Crossing: A reminder that when moving between sites you should use the zebra crossing near Bainbridge building to cross Pelham Road. When crossing roads please ensure you are not on your mobile phone and are paying careful attention to your surroundings.

Reader's Corner

13 by 13



A big thank you to all who came along to our 13 by 13 launch event on Wednesday 17th May; it was great to see so many of you attend and we enjoyed talking to all of you about books! We hope you are now inspired to get started on the challenge; which book will you choose first? Some of you may have already made a start, but remember it is an on-going challenge so take your time and most importantly, enjoy it! We have included a wide range of genres within the collection so don't be afraid to try something new or a bit different to what you would usually read. Why not pop along to the Wills Library and borrow a book from our 13 by 13 collection to read over the half term break?

Revision is important- but don't forget to keep reading!

Our lower school students are busy preparing for their end of year tests after the May half term. Make sure you build in time for some relaxing activities to rest your body and mind in addition to your revision. Reading is a great way to relax and to escape from the worries and cares of our everyday life, so take a break from your revision now and again by enjoying a good book (and fuel your imagination in readiness for your end of year English test!)

16 by 16

Following on from the 13by13 launch, the 16by16 collection has now been updated.

Three books have been replaced with the following:



The Lottery and Other Stories
by Shirley Jackson

All My Rage
by Sabaa Tahir



All the Broken Places
by John Boyne

Please see attached poster for more information about these books which will be available soon from the library.

House Merits

	Merit	Community	Sport
Atholl	125	121	95
Chadwick	142	138	111
Darnley	114	151	123
Lynton	146	144	113
Penfold	127	121	113
Reekie	123	106	90
Westbrook	125	150	146

Online Safety



With the Online Safety Bill currently moving through Parliament, now is a good time to remind all

parents/carers about our partners at National Online Safety. They offer bespoke training courses on how to keep children safe online for parents/carers and offer some very informative guides and advice specifically for parents/carers.

To create a National Online Safety account, please visit the following website:

<https://nationalonlinesafety.com/enrol/mayfield-grammar-school-gravesend>