

# IN TOUCH



## MESSAGE FROM THE HEADTEACHER

As we approach the season of Christmas, I want to take a moment to send the best wishes of everyone at SJBC to you and your families.

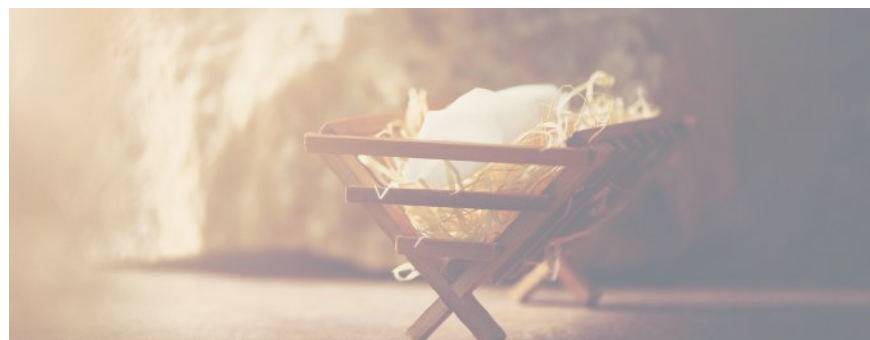
As we reflect on the past year, I would like to express my thanks for your continuing support for the school. Your partnership with us, to provide support and guidance for our young people is invaluable. Together, we have witnessed the growth and achievements of our students, and it is through our collective efforts that we continue to thrive as a school community.

Christmas is a time of reflection, gratitude, and joy. It is a season that emphasizes the importance of love, compassion, and togetherness, values that we need more than ever during troubled times. I know that you will join with our whole school community in praying for peace and prosperity for all, across the world, in the year ahead. We particularly remember staff and students at our sister school in Bethlehem, Palestine, at this time.

Can I take this opportunity to remind you that students return to school on **8 January at 8.35am.**

Wishing you a blessed Christmas and a New Year filled with hope, prosperity, and continued success.

Paul Dunne  
Headteacher



**Free Beginners English lessons for parents and families of students at St John Bosco College** Classes starting Thursday 11th January 4:30 - 6:30 pm  
Please email [dparrott@sjbc.wandsworth.sch.uk](mailto:dparrott@sjbc.wandsworth.sch.uk) to reserve a place.



Mini Christmas party with treats from Brazil, UK & Turkey for the final Parent's English lesson of 2023. Join us when we restart on Thursday's in January 4:30 -6:30pm.



## DAILY ACTIVITIES TO IMPROVE WELL-BEING OVER THE CHRISTMAS BREAK...

TRY ONE ACTIVITY A DAY, TO IMPROVE YOUR PHYSICAL AND MENTAL HEALTH.

**Day 1**

Write down three things that you are grateful for.

**GRATITUDE:** People who write about gratitude tend to feel more optimistic, experience better sleep and less stress, and generally feel happier about their lives.

**Day 5**

Follow this routine (x 3):

- 25 star jumps
- 10 lunges (each leg)
- 5 sit ups

**Day 9**

Write down three positive things about yourself

**Day 10**

Leave a positive note for a family member to find in your house

**Day 2**

Do a chore in the house without being asked eg cleaning your room or washing the dishes

**Day 6**

Give yourself a tech free evening and turn off all devices at least three hours before bed

**Day 7**

Do something nice or helpful for someone that means a lot to you

**RELATIONSHIPS:** Healthy relationships can help build a sense of self worth and belonging. This helps to improve our mental and emotional wellbeing

**Day 11**

Make yourself a hot drink and enjoy it undistracted

**Day 3**

Go for a walk or run before eating a meal

**EXERCISE:** Being active is not only great for your physical health, but it can also cause chemical changes in your brain, which helps to improve mood and reduce stress



**Day 4**

Make an active decision to smile more today

**Day 8**

Aim to walk 10 000 steps today

**Day 13**

Download a relaxation app to your phone and try using it.

**Day 14**

Spend 30 minutes doing something you love, eg baking, painting or playing an instrument



## CONGRATULATIONS!



Our warmest congratulations go to Alex in year 13 who recently became the National Junior Judo Champion in the 81kg category.

We are very proud of him and wish him good luck in future competitions ... who knows, one day he might be our first SJBC Olympian?!



## KEY DATES

Monday, 8th January 2024

Back to School at the normal time, 8:35am

Monday, 15th January

PPE exams week

sjbc\_battersea

St John Bosco College

@SJBC\_London

@SJBCWandsworth



# PPE TIME TABLES FOR YEARS 7 – 10

Year 8 - RUA Hall				
Monday 15th Jan	Tuesday 16th Jan	Wed 17th Jan	Thursday 18th Jan	Friday 19th Jan
Arrive for 8:35am Whole School Line Up				
Regular School Day	Period 1 lessons	Period 1 lessons	Period 1 lessons	Period 1 lessons
	Period 2 lessons	Period 2 lessons	Period 2 lessons	Period 2 lessons
	Tutor Time 10:30 - 10:55am			
	Break - Exam Line Up 11:10am			
	Exam 1 - 11:30 - 12:30 History	Exam 1 - 11:30 - 12:30 RE	Exam 1 - 11:30 - 12:30 English	Exam 1 - 11:30 - 12:30 Science
	Exam 2 - 12:30 - 13:30 MFL	Exam 2 - 12:30 - 13:30 Computing	Exam 2 - 12:30 - 13:30 Maths	Exam 2 - 12:30 - 13:30 Geography
	Lunch 13:30 - 13:50			
	13:50 Whole School Line Up, 14:00 Dismissal			

Year 7 - Sports Hall				
Monday 15th Jan	Tuesday 16th Jan	Wed 17th Jan	Thursday 18th Jan	Friday 19th Jan
Arrive for 8:35am Whole School Line Up				
Regular School Day	Period 1 lessons	Period 1 lessons	Period 1 lessons	Period 1 lessons
	Period 2 lessons	Period 2 lessons	Period 2 lessons	Period 2 lessons
	Tutor Time 10:30 - 10:55am			
	Break - Exam Line Up 11:10am			
	Exam 1 - 11:30 - 12:30 Maths	Exam 1 - 11:30 - 12:30 English	Exam 1 - 11:30 - 12:30 Science	Exam 1 - 11:30 - 12:30 History
	Exam 2 - 12:30 - 13:30 RE	Exam 2 - 12:30 - 13:30 Geography	Exam 2 - 12:30 - 13:30 MFL	Exam 2 - 12:30 - 13:30 Computing
	Lunch 13:30 - 13:50			
	13:50 Key Stage 3 Line Up, 14:00 Dismissal			

Year 10				
Monday 15th Jan	Tuesday 16th Jan	Wed 17th Jan	Thursday 18th Jan	Friday 19th Jan
Arrive for 8:35am Whole School Line Up				
Period 1 - Lessons	Exam 9:00 Science Paper 1	Exam 9:00 Maths (Non - Calc)	Exam 9:00 Science Paper 2	Exam 9:00 Maths (Calculator)
Exam 9:30 RE				
Tutor - 10:30 - 10:55				
Break 10:55 - 11:20				
Period 3 Lessons 11:20 - 12:10			Period 3 Further Maths (Exam)	Period 3 Lessons
Lunch 12:10 - 13:00				
Exam Line Up 13:00 MUGA				
Exam 13:15 English Literature	Exam 13:15 Option A DT, Spanish, Geography, French, History, Hospitality & Catering	Exam 13:15 English Language	Exam 13:15 Option C Computing, Art, PE, History, Performing Arts, Sociology, DT	Exam 13:15 Option B Portuguese, Business Studies, Music, Creative iMedia, DT, Psychology, Art, Geography

Year 9 - Sports Hall				
Monday 15th Jan	Tuesday 16th Jan	Wed 17th Jan	Thursday 18th Jan	Friday 19th Jan
Arrive for 8:35am Whole School Line Up				
Regular School Day	Period 1 lessons	Period 1 lessons	Period 1 lessons	Period 1 lessons
	Period 2 lessons	Period 2 lessons	Period 2 lessons	Period 2 lessons
	Tutor Time 10:30 - 10:55am			
	Break - Exam Line Up 11:10am			
	Exam 1 - 11:30 - 12:30 English	Exam 1 - 11:30 - 12:30 Science	Exam 1 - 11:30 - 12:30 Geography	Exam 1 - 11:30 - 12:30 Maths
	Exam 2 - 12:30 - 13:30 Computing	Exam 2 - 12:30 - 13:30 History	Exam 2 - 12:30 - 13:30 MFL	Exam 2 - 12:30 - 13:30 RE
	Lunch 13:30 - 13:50			
	13:50 Whole School Line Up, 14:00 Dismissal			

During the last two weeks of term, students have been working with their form tutors learning how to make a revision timetable and how to spread their revision across subjects, especially those that they find hard. Students should make sure that when they revise, they condense their revision into short blocks of time (maximum 45 minutes) with regular short breaks in between. All the relevant revision lists for every subject and every year have been placed on the year group page on MS Teams, sent home via ParentMail and have been placed on the school's website. Each of these revision lists have links to supplementary resources and online learning platforms. Parents are encouraged to frequently check in with their children to ensure revision has been taking place and to support them by providing them with a quiet, non-distracting area to revise.