



Newsletter

22nd September 2023 | Issue 43



Dear Families,

I took immense pride in showcasing our school on multiple occasions this week. On Tuesday the Student Leaders and I welcomed a wide variety of senior leaders from British Forces Cyprus HQ. Following a short presentation from myself summarising the journey of school improvement, our VIPs toured the school before meeting with students and staff. On Wednesday we were visited by three candidates on interview for the role of Assistant Chief Education Officer. As part of the recruitment process they undertook a quality assurance exercise observing learning in different classrooms. It was great to receive their feedback, which was hugely



positive, as they commented upon our consistencies in lesson format, the quality of education generally and the rapid adoption of our new whole school values of Integrity, Commitment and Respect. They did feel that there is a missed opportunity for wider collaborative learning activities and agreed with the ongoing drive to further increase the level of challenge in lessons.



Upcoming School Events

This Week

Monday 25th September

School Photos

European Day of Languages

Wednesday 28th September

KS3 Swim Gala

Thursday 29th September

SJS Coffee Morning 0800—1000 hrs

Bookings required via SJS.enquiries@modschools.org

Next Week

All Week

Year 12 and 13 Geography Residential

Monday 2nd October

Berlin Wall Unity Day

Inter School Swimming Gala : 1130—1500hrs

Tuesday 3rd October

Senior Mathematics Challenge

Wednesday 4th October

HPV Vaccinations

Thursday 5th October

Headteacher's Surgery @ Akrotiri Hive 0900—1000hrs

DCS School Assurance Visit



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St John's School Writers

We are excited to announce that we will be publishing a weekly piece of extended writing from our wonderful English and Drama students at St John's School in the weekly newsletter. This week, Ellen in Y11 explores the challenges associated with supporting men's mental health and how we should work together to overcome them.

Why Men Fear Being Human

I must warn you that once you engage with what I am about to expose, you will never see our world the same. The same world that we call our home; the same world we walk on; the same world we metaphorically associate with the fairy-tale story of Goldilocks. Not too hot, not too cold but just right.

However, very little in this world is right, and our reality is far from a fairy-tale. Especially when it's narrowed down to the vulnerability of people. I fear, as someone who cares incredibly deeply for others, that we have become too judgemental as a society on how a person should behave, look, react or even deal with a vast variety of situations people experience throughout their lives. Ignorant people have a clogged vision when it comes to the mental health of men. We expect boys at such a young age to have the capability to solve their own problems independently. To know where the missing piece is to their handmade puzzle and to fill in the cracks with glue as an attempt to blend the scars hidden. Who set this toxic system up? Who is to blame for all the suicides that have occurred over the years? We will never be capable of profiting off those lost lives. How can we, when individual characters are limited? How can you construct on a foundation that was already about to crumble and manufactured over with lifeless promises?

We should be protecting everyone. Why aren't we? We should be striving to make our home feel homely for all householders. So, I will ask again - why aren't we? To be a human is complicated, nevertheless that does not by any means mean we should indulge ourselves to create an even more complex atmosphere. You can't assure me that you've never known any man to have resulted in sacrificing his own life due to mental health. If that has slipped your mind, I will remind you of the devastating death of Robin Williams and how he was trapped in his bubble of depression while still serving us with the fresh smiles that he was humanly capable of scraping up. All of his efforts were simply to entertain the very people that laughed when he needed comfort. Imagine that: being at your lowest, fearing so greatly to allow the echo of your thoughts to splurge off your tongue into 3D and have others become aware of your suffering. Being strangled so tightly there's no space to grasp anymore air.

It truly shatters my heart to be informed that a very minor movement is taking place for men, as mental health has no gender. Mental health is a compulsory gift and a curse we have been designated the moment we enter this dear world. However, the choice to cure the curse as well as support it is and should be an option available to anyone and everyone. Approximately 116-123 men per year have committed suicide all due to the lack of attention, lack of affection and lack of attendance of a loved one.



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St John's School Writers

Why Men Fear Being Human cont...

Emotion is the language of self-expression and feelings are the movement of thoughts that transcend into a portrait, painted with different shades of different colours. When being forced to suppress emotion, we are directed into building a dam that obstructs our feelings, in addition removing creativity which produces an empty canvas left blank. This canvas represents our experience as human beings: our past; our present and our future. What's the point of a canvas if there's no paint? What's the point of a brush if there's no canvas? All of us are connected. We communicate through emotion. So please check up on the people you love. Even if they seem to be in contempt, it may just be a disguise.

When you go home tonight, I want you to tell the people you love just how much you adore them. I want you to terminate 'be a man' out of your vocabulary as being a man has no requirement. Being a man doesn't require you to suppress all your feelings. Being a man doesn't require you to crush every traumatic memory into a cube. Really allow your son to be in tune with his emotions. I assure you this will not only prevent a destructive mindset to him. Instead, as he grows with it will enable your relationship as a family to flourish into a meadow watered with deep trust and admiration. Let's paint our own canvas freely with no judgement in sight. Normalise the normal.

Ellen (Y11)

Year 8 HPV Vaccinations

The School Health Team will be delivering the HPV vaccination in school on the 4th and 10th October 2023.

Please can we ask parents/carers of students in Year 8 to complete your child's Human Papilloma Virus (HPV) vaccine consent form by 02/10/2023. You can do this by following this link:

<https://forms.office.com/e/Qd0ZAUFbNQ>

Details of the HPV vaccination can be found at:

<https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/>

If you have any additional questions please contact your School Nurse Mrs Martin-Bates, whose email is:

cressida.martin-bates299@mod.gov.uk





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School Photographs : Monday 25th September 2023

Tempest Photography will be taking school photographs on Monday 25th September at St John's School. Once the photographs have been taken, Tempest Photography will provide us with further details as to how you maybe able to purchase your child's photos, which are priced from £8.

If you DO NOT wish your child to have a photograph taken, please let us know by emailing SJS.Enquiries@MODSchools.org

Individual Portraits

All children will have their photograph taken individually.

Sibling Portraits

Families wishing to have sibling photos taken can do by attending Episkopi Primary School at 1400hrs on Wednesday 27th September.



SJS Coffee Mornings

On Thursday 28th September 0830—1000hrs, parents of students at St John's School are cordially invited to join our coffee morning, should you wish to book a place, please email SJS.Enquiries@MODSchools.org.

Limited to 15 people, I look forward to touring you around the school, visiting lessons and answering any questions or concerns you may have.



www.facebook.com/stjohnsschoolcyprus

Let's be friends!

Be sure to add us as a friend of Facebook to keep up to date with what is happening at St John's School



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Term 1 Extra Curricular Activities

Extra-Curricular Clubs and Revision – Term 1 SJS



	Monday	Tuesday	Wednesday	Thursday	Friday
2 nd Break 1235 – 1300hrs	RE GCSE Intervention Week 1 only W12 (by invitation)			The 'ology (Psychology/Sociology/Criminology) film club W13 (bring lunch)	
After School Enrichment 1400 – 1500hrs	Grease Rehearsals Hall GCSE Music Support M10 (Year 11 Only) Duke of Edinburgh Sports Hall Year 9 – 13 Model United Nations Debating Society W9 Reading and Creative Writing N11 Year 7, 8 and 9 PE Club's Water Polo Club (Sept) Netball (Oct-Dec) Senior Volleyball (Oct-Dec)	Whole Staff Training	Grease Rehearsals Hall RE GCSE Intervention Week 1 only W12 (by invitation) Chess Club Courtyard with Mr Guyton French GCSE Workshop Week 1 : Speaking : Week 2 : Writing	Grease Rehearsals Hall	Grease Rehearsals Hall

Duke of Edinburgh Meeting : Monday 25th September

For students in Year 9 or above wishing to undertake the DofE award there is a meeting for students in the school hall between 1400hrs and 1500hrs on Monday.



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Nut Free School

As you will likely be aware, a significant number of our staff, students and visitors have a severe allergic reaction to nuts and peanuts. Severe allergic reactions result in anaphylaxis.

Nuts and Peanuts can cause severe allergic reactions in a wide range of ways. A person with an allergy does not have to eat nuts or peanuts to have a severe reaction, this can be caused by surface contact and airborne particles. This allergy affects approximately 1/50 children and adults.

In recent years we have seen a sharp increase in snacks containing peanuts and a rise in the use of peanut butter in sandwiches.

As a school we have a responsibility to keep our students, staff and visitors safe and to reduce risk of harm. As you can imagine in a busy school environment this can be a challenge and following consideration, we feel the only way to protect those students is by removing the allergens from the school.

What this will mean?

- Peanut and nut based products will no longer be sold in the canteen.
- Students, staff and visitors **will not** be able to bring products containing nuts or peanuts into school.

Items that are found to break this rule will be confiscated and disposed of safely.

What products will not be allowed in school?

- Peanuts and nuts and products containing peanuts or nuts.
- Peanut butter or peanut based chocolate snacks (Snickers/ Reece's pieces etc).
- Items where peanuts or nuts are listed as main ingredients.
- Nut or peanut based oils or products.

What products are allowed?

- Items that "may contain nuts" and "may contain traces of nuts" or "made in factories that use nuts"
These present a low risk and are not direct ingredients in the products.

