Ministry of Defence

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Dear Families,



On Tuesday we enjoyed an assembly led by our student leaders who guided us on how to maintain a positive mental health. The theme of this week assembly linked to World Mental Health Day, which was last Friday. Where times get hard our students have access to Kooth, which provides free online support and counselling on all sorts of things from anxiety and relationship advice to ideas for relaxing after a stressful day.

On the theme of health, students in Key Stage 3 also learnt how to restart the heart, with personnel from our local medical centres imparting key life saving skills to our

students so they know how to respond with life saving action should someone around them experience a cardiac event.

As well as the visit and support of colleagues from the BFC Medical Team, our Sixth Form students were engaged in a variety of presentations and workshops hosted by Newcastle University on Tuesday.

Upcoming School Events

Week Commencing 20th Oct. Week 2

All Week Autumn National Public Exam Series

Monday 20th October Mock Exam: A Parental Information Evening @ 1430hrs in Exam Room

Thursday 23rd October Headteacher's Surgery: 0900—1000 hrs @ Akrotiri Hive

Friday 24th October Last Day of Term

Week Commencing 27th Oct.	Half-Term Holiday
All Week	School closed to students and staff

Week Commencing 3rd Nov. Week 1

All Week Autumn National Public Exam Series

Wednesday 5th November School Photos

Thursday 6th November School Photos

SJS Coffee Morning 0900—1000 hrs

Bookings required via SJS.enquiries@modschools.org



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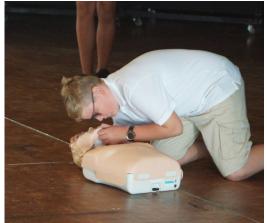


This week at St John's School



Students on Tuesday received our Integrity Quick Note having been nominated by staff for the kindness shown to others.









Students practiced vital life saving actions including CPD and the use and administration of a Defibrillator to 'Restart the Heart' in the event of a cardiac event. This training was provided by a large team of medical professionals from across BFC who visited on Thursday.



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2025 Poppy Appeal

We have had a delivery of Poppies to coincide with Remembrance Day. Students are invited to bring in a small donation to purchase and wear a poppy in the approach to the 11th November 2025.





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Headteacher's Surgery - Akrotiri Hive

On Thursday 23rd October 0900—1000 hrs, parents and/or members of the BFC community are welcome to drop into the Akrotiri Hive, without appointment, to meet the Headteacher, Colin Guyton, to discuss any ideas or issues concerning St John's School.

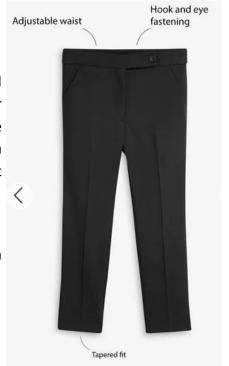
This approach draws similarities from the MP Local Constituency Surgeries you may be familiar with in the UK and it is hoped that it will prove a useful opportunity to share ideas that help improve the provision we provide to the young people in our care.



School Trousers

As per our uniform policy students are permitted to wear tailored school trousers to school. We request that these are either grey or black in colour. Students are not permitted to wear trousers that are of a stretchy and/or tight fitting material. Trousers should have a straight leg/tapered fit. Trouser material should be of a quality that does not provide any degree of transparency.

The school will strictly enforce this aspect of its uniform policy from Monday 3rd October 2025





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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Supporting your child in their mock examinations Y11 and 13

Parent Information Event: Monday 20th October @ 1430hrs in Exam Room

Mock examinations stand on the horizon for Year 11 and 13 students and get underway on Wednesday 27th November 2025. This round of examinations will be the final full set of exams prior to sitting their final exams in May 2025. The mock exams provide an insight into individual strengths and areas for development, whilst also providing evidence for exam boards in case of any unforeseen exam disruption.

To support students, parents and carers, we cordially invite all associated with Year 11 and 13 to join us for Monday's upcoming information evening that will explore how students may prepare for their exams and how they can be supported by parents and carers.



★ YEAR 11 EXAMS SUCCESS FAIR



MONDAY 20TH OCTOBER 2025





2.30PM - 4.00PM





Get Ready to Succeed!

Join us for an afternoon designed to help Y11 students (and their parents) prepare for the upcoming exams - with practical tips, expert advice and wellbeing support



Find our more information about – Preparing for Exams / Revision Techniques / Exam Anxiety and Stress / Wellbeing, Exercise & Nutrition Support from Teachers / How to encourage and motivate your child



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St John's School Writers

This term, Year 11 will complete their initial study of their GCSE English Literature texts prior to their December mock examinations, where they will have the chance to showcase their skills and knowledge from the past year. Students are completing their literature studies with Shakespeare's 'Macbeth'. The following essay is an excellent example of an analysis of the presentation of Macbeth's inner conflict during Acts 1 and 2 of the play, written in class under timed conditions. We recommend that all Y11 students give it a read!

How does Shakespeare present Macbeth as a conflicted character in Acts 1 and 2 of 'Macbeth'?

Shakespeare presents Macbeth as a highly conflicted individual at the beginning of the play as he attempts to decipher between his morality and his ambition. He suffers from this conflict from the moment the witches tell him their prophecy to the guilt he feels after the murder of King Duncan. This internal struggle arising from his opposing motivations makes it difficult for him to achieve success in either area.

Shakespeare demonstrates Macbeth's uncertainty and hesitation in Act 1 as he decides whether to kill the king. This is shown through Macbeth's soliloquy where he states, 'we still have judgement here'. The abstract noun 'judgement' is a reference to his moral conscience because, at this point, he still has the chance to alter the events to come. The concept of 'judgement' literally means how something or someone is perceived and as Shakespeare is writing in the Jacobean era



where Christianity was the main religion, this alludes to God's 'judgement' on whether Macbeth would go to heaven or hell. Furthermore, Macbeth claims that 'as his host', he should protect the king and 'not bear the knife' himself. When referring to himself as a 'host', Shakespeare is demonstrating the trust that is put in Macbeth, due to it being his castle that King Duncan is staying in. Imagery is also used here as he describes himself murdering the king. The symbol of the 'knife' is important here as it has connotations of death or severe injury. This shows his juxtaposing ideas as he knows that he has the option to do the moral thing but, due to his ambition, he still seeks the heinous act of regicide. During this soliloquy, the writer uses caesura several times to highlight the hesitation he has to usurp the king due to the consequences that will follow – showing his conflict with himself.

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Further on in the play, Shakespeare uses the dagger soliloquy to reveal his inner turmoil and ambition as he hallucinates a bloody dagger in front of him. The question, 'is this a dagger?' shows the audience his confusion and uncertainty over what he is doing. His lack of control as he can't even 'clutch' the 'dagger', further shows that he is questioning the limits he must push himself to in order to attain the crown. The dagger itself acts as a symbol of a weapon to literally inflict harm upon its victims but also a symbol of his conscience. It acts as a symbol of his conscience as he still understands the immorality of his potential actions. The dagger then becomes covered in blood as a symbol of the harm he will inflict, foreshadowing that his mind will be set and he will go onto murder King Duncan. Shakespeare depicts him as questioning here to show that he is not an entirely malevolent character. At the beginning of the soliloguy, Macbeth uses direct address to the dagger when he asks if he can hold 'thee'. This irrational thinking of speaking to inanimate objects highlights his internal struggle before even committing the sin. He begins by speaking in a disjointed rhythm, however, by the end of the soliloguy Shakespeare writes in perfect iambic pentameter to show his gain in confidence and determination for power. The final two lines are written as a rhyming couplet of 'knell' and 'hell'. This is significant as it shows Macbeth's control now of the situation. A 'knell' is a bell rung at a funeral, demonstrating his shift from intent to action. This soliloguy shows that, despite the amount of emotions he feels throughout, at the end he resolves the conflict and approaches the task ahead much more rationally and confident than before.

Despite being rational before the murder, after committing regicide, Macbeth is consumed with fear of himself and an unshakeable remorse. Shakespeare's use of hyperbole in the phrase 'will all great Neptune's oceans wash this blood clean...No' uses vivid imagery and symbolism to show that Macbeth feels no water can free him from this awful sin. The god of the sea, 'Neptune' is referenced to show that he doesn't believe that all the water in the world could clean both the literal and metaphorical 'blood' from his 'hands'. Hypophora is also used in the metaphor as Macbeth poses a question to himself and answers it. This conflict between his guilt and his ambition is currently outweighed by his guilt as he has just committed the wrist sin there is. Due to the Divine Right of Kings in Christianity, it means that God himself elects the king, and he is the closest to God. This shows the clash in Macbeth's religion with his actions. He also says that he 'could not say amen', which highlights the spiritual intervention that God has had in rejecting him because of his immorality. Macbeth is in a constant fear with himself and is psychologically extremely troubled with the way he has acted upon his ambition by being disloyal and untrustworthy.

In conclusion, Shakespeare presents Macbeth's conflict through as Macbeth finds himself conflicted between his moral conscience and external temptations.