



# Newsletter

6th March 2026 | Issue 140



Ministry  
of Defence

Dear Families,

We come to the end of a week that began with significant turbulence. I am pleased in the role that St John's School was able to play a key role in supporting Akrotiri families initially on Monday where the site provided temporary accommodation, which included staff supporting children and families. Since Monday we have done much to provide the conditions and ability for students to attend school safely, ensuring a degree of continuity which I hope to be able to maintain moving forward.



Collectively as a school we are keen to support our families in any way we can and if there is anything any of our families may need that the school can assist with please do contact us directly at [Colin.Guyton@modschoools.org](mailto:Colin.Guyton@modschoools.org)

## Upcoming School Events

### Week Commencing 9th March

Week 2

Wednesday 11th March

Whole School Fitness Challenge (Breaktimes)

Thursday 12th March

British Forces Cyprus HQ School Visit @ 0900 hrs—Postponed

Headteacher's Surgery : 0900—1000 hrs @ Akrotiri Hive

Post-16 Options Afternoon: Monday 2nd March at 1430 hrs—Postponed

### Week Commencing 16th March

Week 1

Monday 16th March

Year 11 Core Mock Examination

RAF STEM Workshops

Tuesday 17th March

Year 11 Core Mock Examination

RAF STEM Workshops

Year 9 HPV and booster vaccination

Wednesday 18th March

School Governors Meeting @ 1000 hrs

Thursday 19th March

DofE Silver Practise Expedition: Day 1

Year 12 and 13 BTEC Exam Results published at 1000 hrs

SJS Coffee Morning 0900—1000 hrs

Bookings required via [SJS.enquiries@modschoools.org](mailto:SJS.enquiries@modschoools.org)

Interschool football tournament (away) @ 1130 hrs

Friday 20th March

DofE Silver Practise Expedition: Day 2

Comic Relief Talent Show @ 1300hrs

### Week Commencing 23rd March

Week 2

Monday 23rd March

Year 11 Core Mock Examination

Year 6 Open Afternoon

Tuesday 24th March

Year 11 Core Mock Examination

Wednesday 25th March

Year 6 Open Afternoon

Thursday 26th March

Headteacher's Surgery : 0900—1000 hrs @ Akrotiri Hive

Friday 27th March

Last Day of Term— school closes at 1230 hrs



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## This week at St John's School



Over last weekend our students participated in the Duke of Edinburgh Bronze Expedition. They had lovely weather and although it was hard on foot they successfully undertook the expedition with a smile.



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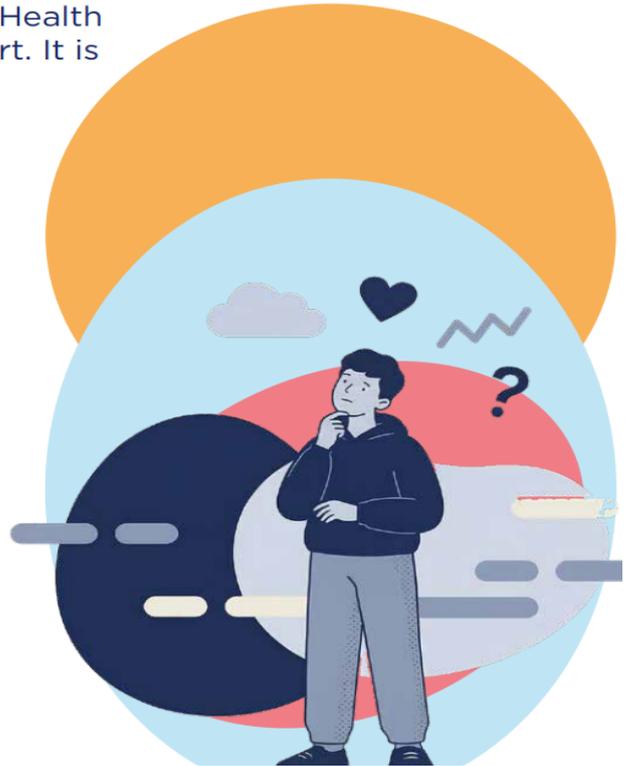
At this unsettling time SSAFA Community Health would like to offer some advice and support. It is important you know you are not alone.

## Why do I feel this way?

After experiencing an event that has been scary, upsetting or stressful:

- You may feel a mix of emotions, such as, worried, upset, scared, sad, afraid, angry, confused, stressed or others.
- You may feel these emotions on their own or all at once.
- You may even not feel any emotions at all.
- You may also have these feelings at a later date.
- You might have certain feelings in your body, like a tightness in your chest or like your tummy is churning.

Either way, all this is normal and you are not alone.



## Where can I go for online support?

There are a number of trusted online services that offer support if you want to talk, learn ways to cope, or connect with others.

### Support for young people from Armed Forces families

[KOOH.com/MOD](https://kooth.com/mod)

Provides free mental wellbeing support for young people aged 11-19 from Armed Forces families, both in the UK and overseas. You can chat online with trained mental health practitioners, use self-help tools, or take part in moderated community support.  
[www.kooth.com/mod](https://www.kooth.com/mod)

### Support for all Armed Forces family members

[Headspace](https://www.headspace.com)

Headspace offers free access to mindfulness, breathing, and relaxation tools to support mental wellbeing for families and armed forces personnel who sign up using a MOD email address.  
[www.headspace.com](https://www.headspace.com)

### HeadFIT

HeadFIT provides simple, practical tools to help you look after your mental fitness, including tips, exercises and self-help resources.  
[headfit.org/](https://headfit.org/)

### Togetherall

Togetherall is an online support service for Armed Forces family members aged 16+. It offers anonymous, 24/7 access to trained counsellors, a supportive community, and a range of self-help resources.  
[togetherall.com](https://togetherall.com)

### Other support available to all young people

[YoungMinds](https://www.youngminds.org.uk)

YoungMinds provides information, advice and support for children and young people experiencing mental health difficulties.  
[www.youngminds.org.uk](https://www.youngminds.org.uk)

### Mind (for young people)

Mind offers guidance, resources and support to help young people understand and manage their mental wellbeing.  
[www.mind.org.uk/for-young-people/](https://www.mind.org.uk/for-young-people/)

### The Mix

The Mix provides free, confidential support for young people, including information, one-to-one support and helpful resources.  
[www.themix.org.uk/](https://www.themix.org.uk/)





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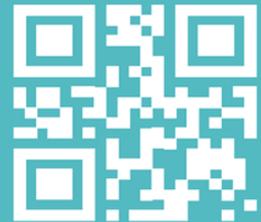
## Has your child accessed Kooth?

It is a free, safe and anonymous place for young people to find online support and counselling. There is a bunch of features and tools to support young people if they are not feeling their best. The website provides advice and tips on all sorts of things from anxiety and relationship advice to ideas for relaxing after a stressful day.

kooth



## Big changes can be hard at times



Visit [kooth.com/mod](https://kooth.com/mod)  
to get started

Kooth may be of particular use at the current time and provide opportunity for young people to manage any anxieties they may be feeling.

## Contacting the school

Parents are reminded that contact can be made through:

- [SJS.Enquiries@modschoools.org](mailto:SJS.Enquiries@modschoools.org)
- **00357 2596 3888 (0730—1500hrs)**





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## Year 9 Options Information Afternoon: 12<sup>th</sup> March at 1430 hrs

### *To be rescheduled*

As our Year 9 students move closer to making their GCSE choices, we are delighted to invite parents and students to our Year 9 Options Information afternoon, which will take place on Thursday 12<sup>th</sup> March from 1430 – 1530 hrs.

This afternoon is designed to support families at an important moment in your child's educational journey. The choices students make now will shape their next two years of study and we want to ensure that every student feels informed, confident, and excited about their decisions.

The event will begin with a short presentation outlining the options process and highlighting the significance of choosing subjects that align with students' interests, strengths, and future aspirations. This will provide a clear overview of how the options system works and what students should consider when making their selections.

Following the presentation, parents and students will have the opportunity to explore our Options Fair. Curriculum leaders from across the school will be present, each hosting an information stall for their subject. This will be an informal and valuable chance to speak directly with subject specialists, ask questions, and find out more about what each course involves, how it is assessed, and how it might link to future study or career pathways.

Whether your child already has clear ideas about their choices or is still weighing up different possibilities, this afternoon will provide the guidance and insight needed to make well-considered decisions.

We strongly encourage all Year 9 families to attend, as this is a key step in helping students choose a path that inspires and motivates them.

We look forward to welcoming you to what promises to be an informative and engaging afternoon.

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## Post-16 Options Afternoon: 2<sup>nd</sup> March at 1430 hrs

### *To be rescheduled*

We were intending to host our Post-16 Options Afternoon on Monday 2nd March. It was not possible to undertake this event owing to the school closure that occurred on Monday. We are looking to reschedule this event and will decide upon a suitable date when there is further clarity regarding the current situation concerning our Akrotiri families.



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## Leavers - Year 7 to 12

Sadly this academic year will see a significant number of students leave St John's School. We are aware that a number of you are starting to receive details of your next posting and that many members of our RIB will be returning to the UK through a staggered approach which has already begun.



If you know you will be leaving us before the new academic year, please can you inform the School Office as soon as possible. This will help us ensure that your child has a smooth transition to their new school and that all the information required is prepared and ready to send across to them. This also includes children in Year 11. If you are unsure of exact dates, or currently do not have a school confirmed, please still complete the form as these details can be added at a later time.

If you have any queries regarding this, please do not hesitate to contact Mrs Twyford on 00357 2596 8003 or alternatively you can email at [Hayley.Twyford@modschools.org](mailto:Hayley.Twyford@modschools.org).

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## Headteacher's Surgery - Akrotiri Hive

On Thursday 12th March 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.

The surgery is set to continue and should the Hive be closed I will position myself outside on the picnic benches.



[www.facebook.com/stjohnsschoolcyprus](https://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