

“Education is the most powerful weapon which you can use to change the world”

Nelson Mandela

April 2022
Volume 4

Year Leader Message...

Following on from our 'April Fools' assembly I wanted to remind you about the importance of the Summer term. The Summer term is when students head off for study leave and return to sit their examinations. You will be in their position next year so it is vital that you set the correct example for the lower year groups on how to behave in and around the school building and outside.

Remember that there are lots of areas of the school, not just the hall, that are used for examinations.

We also spoke about the fantastic achievements of some of our students, we know that there are more of you out there doing fantastic things in sport, in the arts and around the community. Please share that with us so we can celebrate alongside you and showcase the fantastic year group that we are.

You will also have the opportunity to go on work experience towards the end of year 10, this is another amazing opportunity to explore life outside of school and provide an insight into your chosen careers. Make sure you speak to parents and carers and do not miss this opportunity

Please relax and enjoy a very well deserved break, keep safe and make sensible decisions.

Wishing you and your families a very Happy Easter!

Mr Digby and Mrs Anderson



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MENTAL HEALTH FOCUS

By Miss Walton, Student Wellbeing Mentor:

Spotlight on....Coping with Anxiety

Take time to try these two methods to aid the physical symptoms of anxiety:

- 1) Breathing: take a deep breath in through the nose for a count of 1, 2, 3, 4, and out through the mouth for a count of 1, 2, 3, 4, 5, 6—the longer outbreath is proven to lessen that initial panic and refocus your breathing to a calmer state.
- 2) Sense: focus on your senses—what can you feel? Smell? Touch? Focus on that – the weight of your feet on the ground for example.

Remember it will pass!



ACHIEVEMENT

WELL DONE TO JOUD EQAB WHO HAS PARTNERED WITH THE BRITISH RED CROSS TO RAISE OVER £100 FOR THE UKRAINE APPEAL. JOUD ALSO WORKS AS A SENIOR EXPLORER WITH DURHAM SCOUTS, LEADING A YOUNGER GENERATION OF BUDDING EXPLORERS — WHAT AN INSPIRATION!

WELL DONE TO JOSEPH KENNEDY-WHARTON WHO ROWS FOR DURHAM AMATEUR ROWING CLUB AND SHOWS TRUE DEDICATION TO HIS SPORT, PRACTICING 2 NIGHTS A WEEK AND ON WEEKENDS.

WELL DONE TO EIRENE EDDY WHO HAS BEEN ACCEPTED AS A MEMBER OF THE DURHAM UNIVERSITY JUDO SOCIETY DUE TO HER LONGSTANDING TRAINING AND ACCOMPLISHMENTS IN THE SPORT.

SIMON MCKIM IS A COMMITTED AND COMPETITIVE WATER POLO PLAYER AND PLAYS FOR SEDGEFIELD WATER POLO CLUB. SIMON TRAVELS ALL OVER THE COUNTRY COMPETING—WELL DONE SIMON!

WELL DONE TO HAYDEN GILLILAND WHO ACHIEVED A DISTINCTION IN HIS GRADE 7 VIOLIN EXAM.

WILL TERRY HAS BEEN SELECTED TO REPRESENT THE NORTH EAST IN THE DOUBLE SCULL AT THE JUNIOR INTER-REGIONAL ROWING REGATTA IN NOTTINGHAM THIS MONTH—GOOD LUCK WILL!

CHARLOTTE WINSHIP AND IMOGEN THOMAS ARE THE FIRST YEAR 10 STUDENTS TO ACHIEVE 50 HOUSE POINTS— A HUGE ACHIEVEMENT, WELL DONE TO BOTH!

WELL DONE TO MADELEINE LIDDELL WHO IS ACHIEVING GREAT SUCCESS IN HER LOCAL RUGBY TEAM HOUGHTON HORNETS!

WELL DONE TO GRACE HUNTER WHO SINGS WITH THE YOUNG CATHEDRAL SINGERS AND PERFORMS FREQUENTLY AT THE CATHEDRAL.

WELL DONE TO ANGELOS GIDOPOULOS WHO HAS RAISED £54.30 TO DONATE TO OUR SCHOOL UKRAINE APPEAL.

WELL DONE TO FABIO SKEATES WHO IS A LONGSTANDING VOLUNTEER AT LOCAL CHARITY RECYCLE YA' BIKE. FABIO WORKS ON RESTORING AND REPAIRING BIKES TO GIVE THEM A NEW LEASE OF LIFE AND IS SUPPORTING YOUNGER GENERATIONS TO DO THE SAME,

DURHAM VIRTU(AL)-OSOS

The Year 10 Vex Robotics teams was competing today at the regional competition. This was the first time we as a school have entered the event. They are named the Durham Virtu(al)osos due to their shared passion for Robotics and Music here at Durham Johnston.

The competition basically entails 2 schools working together against another 2 schools, several times over, in a competition called "Tipping Point ". This is done through autonomously coding the robot you have built and manually piloting the robot to score points.

Big congratulations to the team - Anabelle, Peter, Mathew, Daniel and Alex (and Bob the Robot) for winning the regional competition at the first attempt against 16 other North-East school teams.

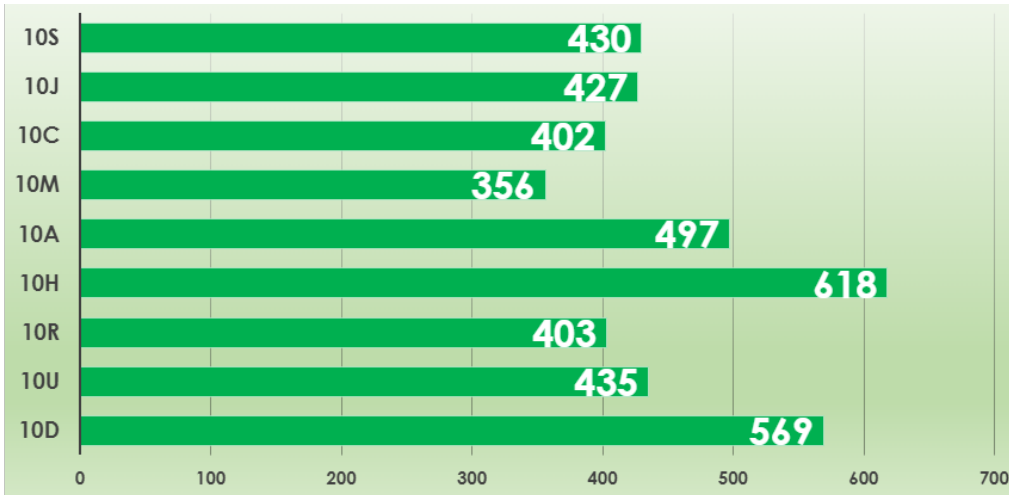
Perhaps the most 'Durham Johnston' thing of the day was after winning the qualifying heat, they had a chance to select any of the teams to compete alongside in the knock out stages (a bit like the hunger games) . Instead of choosing the next best team (which would have been the logical, competitive move) , they chose 5th place to team up with. This was done because , although they were not the best technical team around, they felt this team had helped them throughout the day more than any of the others and that winning wasn't the only thing that counted.



BOXING SUCCESS

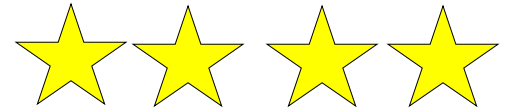
John Dixon became reigning Tyne Tees and Wear North East Champion which took him to complete for a national title. The National finals were held in Guilford. John got beat in a very close match with a 3/2 split—what an achievement and an experience though, well done John!

HOUSE POINTS LEADERBOARD



A close race between 10HH and 10DA for most of this term, but 10HH have won the race with an outstanding 618 house points—well done to Mr Brigg's form class!

You will receive your 'Breakfast of Champions' after Easter.



DESERT ISLAND DISCS

In this edition of Desert Island Discs, our Subject lead for Music Mr Holmes talks about his top 3 records:

Record 1: 'I Was Glad' by Hubert Parry

"Although I started out as a pianist, a chance encounter at Birmingham Conservatoire led to me becoming a Choral Scholar (member of the choir) at Birmingham Cathedral, a post I held for four years. I discovered a world of beautiful choral music, and still today I sing Evensong once a week in term-time in the Chapel of University College, Durham (the Castle) and on a more ad-hoc basis in other places. This stirring anthem is also an important piece of national history, as it has been performed at every Coronation since 1902. It even includes a special section in the middle only to be included if the monarch is present at any subsequent Performance".

Record 2: 'Misalliance' by Michael Flanders and Donald Swann

I think the comedy song is a much under-rated genre, but this is a perfect example, and it is a song I have performed many times. It seems to be about plants (another of my great loves in life) but it has an underlying message about everybody's right to their own identity and opinion. I love that music and comedy have the power to convey a message, whilst simultaneously entertaining and bringing joy.

Record 3: 'I Want to Break Free' by Queen

I love this song as much for the video as for the song, some see it as a parody of my all-time favourite TV programme, Coronation Street. I also like the fact that the shooting of this video was a collaboration between the band members and the leader of the Royal Ballet - musical styles and genres really know no boundaries.

