

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, **YOU ARE NOT THE RAIN**”

Author—Matt Haig

February 2022  
Volume 3

## Year Leader Message...

This has been a short half term but a full one none the less, and this last week has been a particularly busy one for Year 10; three assemblies, a live 'Human Nurture' performance, mock interviews and work experience details to name some. As usual, there are many things to celebrate in our third newsletter and it is fantastic that so many of our students are getting involved in extra-curricular activities despite starting their GCSE courses. This is testament to your character and will serve you well when you come to applying for colleges, apprenticeships and interviews.

In this newsletter we have included resources from Young Minds 360 which deal with mental health and wellbeing, it would be useful to look at these over half term—this is something we all need to look after more carefully. You will also find a reminder of the work experience details you received this week. Have a restful half term.

- Mr Digby and Mrs Anderson

## SPOTLIGHT ON MOCK INTERVIEWS...

THE BARCLAYS LIFESKILLS WEBSITE HAS LOTS OF USEFUL INFORMATION ON PREPARING FOR INTERVIEWS. HERE IS THEIR 10 STEP APPROACH:

1. RESEARCH THE ORGANISATION
2. PREPARE POSSIBLE QUESTIONS
3. RESEARCH CAREER PROGRESSION AND TRAINING OPPORTUNITIES
4. SORT OUT EXTRA SUPPORT YOU MAY NEED
5. PLAN THE ROUTE
6. FIGURE OUT WHAT TO WEAR
7. THINK OF A QUESTION YOU WOULD LIKE TO ASK
8. PRACTICE WITH FAMILY OR FRIENDS
9. READ THROUGH YOUR NOTES
10. GET A GOOD NIGHT'S SLEEP



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### MENTAL HEALTH FOCUS

By Miss Walton, Student Wellbeing Mentor:



## ACHIEVEMENT

WELL DONE TO GYMNAST JAKE WHO HAS BEEN GIVEN A WONDERFUL OPPORTUNITY TO VISIT ITALY AND TAKE PART IN A GUINNESS WORLD RECORD ATTEMPT FOR BEING A HUMAN SKIP!

OUR U16 GIRLS BASKETBALL TEAM REACHED THE LAST 16 SCHOOLS IN THE COUNTRY AND PLAYED TAPTON HIGH SCHOOL IN SHEFFIELD LAST WEEK—A MASSIVE ACHIEVEMENT. WELL DONE TO THE TEAM



### Vex Robotics

The Year 10 Vex Robotics team were involved in an Engineering event ran by #CAD2CODE and supported by the #Reece Foundation this week. They were learning how to program their competition robot for the autonomous section for the Vex V5 robotics 2022 game 'Tipping Point'. The team - Peter, Annabelle, Mathew, Daniel and Alex - are competing in the regional final at Nissan on March 23<sup>rd</sup> March. Best of luck!

WELL DONE TO MADDIE LIDDELL WHO PLAYS FOR THE U15 GIRLS RUGBY TEAM FOR HOUGHTON RUGBY CLUB—GREAT TO SEE ONE OF OUR STUDENTS COMPETING SO HIGHLY IN REGIONAL TEAMS

## Desert Island Discs — Mr Digby:

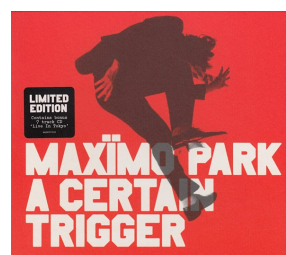
By Wilbur Ares Royle

In this episode of Durham Johnston discs I interviewed Mr Digby on his 3 chosen songs.

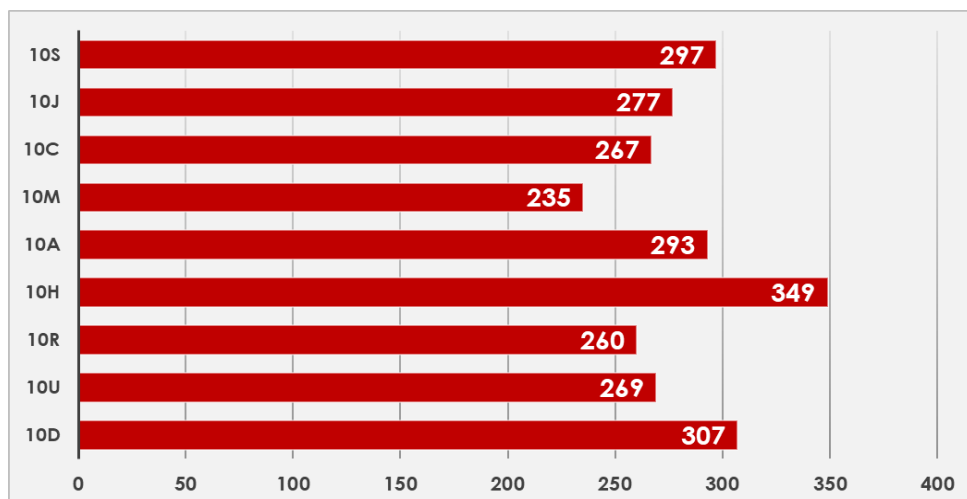
The first song is **'Suburbia' by the Pet Shop Boys**; this song is from the 80s and Digby says this is the soundtrack to his youth, School and college days. Whenever he hears this track it reminds him about leaving School and going to College – a milestone in your life. The iconic opening bars of the song is of particular interest and instantly takes him back as soon as he hears it. 'Suburbia' is a song inspired by a film of the same name about a group of rebellious youths in suburban LA and became the band's second UK top-10.

The next song we discussed is **'Spiders' by Moby**. It is from the Hotel album released in May 2005. Mr Digby says this song is something he has played for years, often to get to sleep. 'Spiders' is inspired by David Bowie and Moby's connection to past musicians when he felt disconnected from the world in which he lived. The lyrics are particularly poignant: *"come back to be spiders, uncrush my hands, let peace and beauty reign and bring us love again, like you can"*.

Finally, though by no means the least important, our last song is **'Acrobat' by Maximo Park**. Maximo Park are a local band, hailing from Newcastle-Upon-Tyne and are currently touring the UK. 'Acrobat' is taken from the album 'A Certain Trigger' and Mr Digby says this is his go to band, one he has been following for years.



## House Points Leaderboard



### 'Orange' by Ichigo Takano

Review by Daniel Brown 10JW

TW: this novel contains references to depression and related issues.

Orange is a science-fiction/manga book, but not as in space, aliens, and certainly nothing as far out as *Marvel comics or films*. It involves a young girl, Naho, who receives a letter from herself 10 years in the future - and I'll leave it there, for the rest of it must be read. I could not possibly give it a description good enough to describe it.

It starts off as a regular love story, and gets progressively more heart wrenching and less so a love sci-fi (it is still a romantic sci-fi, that has to be said) and more of a rabbit hole adventure with the relationship between the group (Kakeru, Naho, Takako, Suwa, Azusa and Hagita) and the tragic mystery of Kakeru.

It isn't complicated, but it isn't simple. It is tragic, funny, mysterious, thrilling and the first of a series (6 novels) that will keep your wallet drained as you buy the next one, and the next one. Or, you could alternatively read the entire thing in a bookshop (a crime that I am *definitely not guilty of*).

If anything else, try it out at Waterstones in Durham. And if you get hooked and suddenly find yourself finishing it, buy the next one, because the author really does deserve the reward. It has also been turned into a TV Show.

## BURSARIES AND FUNDING



The Durham Johnston Educational Fund Durham is inviting applications from students who require financial assistance to aid their career or education.

The fund will consider applications up to £250 to support the purchase of uniform, equipment, books, and materials. Full details and an application form can be found on their website: <https://www.cdcf.org.uk/apply-for-a-grant/grants-for-individuals/durham-johnston-educational-fund/>



The School Benevolent Fund is an independent registered charity which offers a grant towards shoes and coats for school pupils. A grant of up to £35.00 can be awarded towards a winter coat and up to £35.00 for a pair of shoes for families who are eligible. A full list detailing who is eligible can be found on the application form. [www.durham.gov.uk/schoolbenevolentfund](http://www.durham.gov.uk/schoolbenevolentfund)

## Work Experience Placement to be confirmed by Friday 27th May 2022

You are expected to arrange your own work experience placement. This could be with parents or other family members, someone from the list I have given you or someone who is none of the above. It is **your responsibility** to organise this so do not ignore it or leave it until the last minute as you will miss out on this opportunity and must be in school that week.

If you **DO** know someone who can offer you a placement, complete the '**WORK EXPERIENCE PERSONAL PLACEMENT**' form **IN FULL**. The nominated person on the form will be contacted by Futurework who carry out vetting, insurance and Health and Safety checks for **EVERY** placement so please ensure your information is correct.

If you **DO NOT** know anyone who can offer you a placement, look at the list of employers who have offered placements in the past. This is a good starting point to consider. Come and see me and I may be able to give you contact details for that employer or use a search tool like Google to obtain these.

Ideally try to call **IN PERSON** and ask to speak to the person who will authorise work placements. Be polite and if they agree to your placement ask them to complete the '**WORK EXPERIENCE PERSONAL PLACEMENT**' form.

If you are still unsure about where to do your placement or need any help in organising it then you must **COME AND SEE ME**. I have a database available that we can look at to see what other opportunities are available to you.

All placements are to be confirmed to Mr Kennedy by **no later than Summer Half Term (Friday 27th May 2022)**.

Any information provided after this date may result in a placement not being approved. There are many vetting and administrative procedures required before your placement starts which all takes time.

Mr Kennedy  
Subject Leader in Careers and Guidance



### Why do we value work experience at Durham Johnston?

*It provides a good opportunity to gain useful skills and experience working with a range of people from all sorts of different backgrounds.*

*It provides the opportunity to experience the everyday realities of working life.*

*It helps students discover their abilities and limitations.*

*It provides students with the opportunity to develop their communication skills with a wide variety of people*

*It empowers students to take charge of their own futures.*

*Students are able to demonstrate their skills to employers.*

*It helps young people to learn about themselves and their strengths and weaknesses, whether they are a good communicators, do they work well in a team, and do they enjoy the work as much as they expected to.*

*If it turns out that the job is not a good fit, then it is better to find out on a short placement than to embark on a full-time job*



# New Year prep

## Emotionally looking ahead



We have dealt with many unexpected events over the last few years. The pandemic has meant that planning can be challenging. This practical tool can help you consider events or situations that are important to you over the next year.

Here are some examples:

Moving to a  
new school

Exams

Anniversary  
of a bereaved  
loved one

Holiday  
abroad

Bigger social  
events

Event/situation	How do they make me feel	What is in my control to help me	Who can I go to for help or support?

# Chatterbox chats

Boost your mood and share ideas with each other

The graphic is a circular arrangement of 9 segments, numbered 1 through 9. The segments are colored in shades of orange, pink, and blue. The prompts are as follows:

- 1: Tell me a positive motto!
- 2: One thing you are looking forward to
- 3: Think of acts of kindness to do this year
- 4: One new thing you will try this year
- 5: How do you stay active?
- 6: Where is your favourite place?
- 7: Three things that help your wellbeing
- 8: Who can you talk to when you feel lonely or worried?
- 9: Tell me a positive motto!

Category labels are placed in blue octagons around the circle:

- Talk (top-left)
- Feelings (top-right)
- Physical (bottom-right)
- Wellbeing (bottom-left)

# Chatterbox chats

Boost your mood and share ideas with each other

## Make your chatterbox

Pupils should follow these instructions to make a chatterbox. The staff leading the activity may help everyone complete each step at a time.

1. Cut out the chatterbox chat template.
2. Flip the template over with the blank side is facing up.
3. Fold diagonally in half (starting from the bottom left corner, fold your chatterbox, so the bottom left corner meets the top right corner. Your chatterbox should make a triangle. Crease the edge well.
4. Unfold the chatterbox, and do the same thing but starting with the bottom right corner, fold the activity picker in half diagonally. You should now have a creased point in the middle.
5. Stay on the blank side and fold each corner so the points meet in the middle. Your chatterbox will now look like a smaller square.
6. Flip the chatterbox over so you are on the printed side. You will now do the same step on this side, folding each corner into the middle. Your activity picker will now look like an even smaller square
7. Now fold in half, so your square is a small rectangle. Unfold and fold in half again on the other side.
8. Slot your thumbs and first fingers under the flap. You're now ready to use your chatterbox!