



Larger than LIFE

Stokesley school's weekly LIFE bulletin



Stokesley School
& Sixth Form College
Being the best we can be



Week beginning 15th March 2021

Edition Twenty Two

Half Term 4: Give it up for Lent?

Welcome to your LIFE bulletin. We hope that you enjoyed your three days back in school last week and that you're looking forward to the week ahead. We absolutely love having you all back; school feels like it's meant to feel again.

This week, the theme of your bulletin is **ACHIEVEMENTS**, a theme inspired by NASA's successful landing of the rover 'Perseverance' on Mars after its seven month journey. If you're interested in the story of this rover, head over to The Day (via the student dashboard) where you can read loads more about it and watch some fascinating videos too.

What we'd like to focus on more specifically, though, is this idea of achievement and achieving things. It's a word used lots in schools, but what does it actually mean?

Achievement: a thing done successfully with effort, skill or courage.

When you look at that definition, you can see that achievements don't necessarily have to be massive things. They can sometimes be smaller, more personal things that matter to you. Take some time, now, to think about things that you have achieved. These might be things that you've done today, this week, this month, this year, during lockdown, or in the years building up to today.

If someone asked you '*What's your greatest achievement?*', what would you say? If you don't know straight away, it's well worth having a think about, as it's the sort of question you might get asked in an interview later on in your life. It's a nice question to ask other people too: why not give it a go with your friends and family this week?

Have a great week

Team LIFE

Words of the week

Perseverance - continued effort and determination

*Through hard work and **perseverance**, he passed his exams with great success.
She had to have great **perseverance** to get to the end of the race.*

Oracy challenge

Our challenge this week is for your LIFE lesson. We know that it's important to be able to speak and make contributions in your lessons, but did you know that it's also really important to be able to listen? This week, we'd like you to really pay attention to the contributions that other students are making in your LIFE lesson (and in your other

lessons), and to see whether you're able to add anything to what they've said or ask them a question. You'll realise that, when you really listen, you feel far more involved in the lesson and what's being discussed.

Good luck!

Fact of the week

The ampersand symbol (&) is formed from the letters in *et*—the Latin word for "and."

Good news story

We think [this young boy](#) who thought on his feet in an emergency deserves recognition in your weekly bulletin. Do you think you'd be good in this sort of situation? Are you good at thinking on your feet?

Lighthouse messages

When a friend opens up to you about how they are feeling, or tells you about something they are struggling with, you might find the conversation difficult to know what to say. [Young Minds](#) have some great advice on what you can say and how you can support your friend, while looking after your own mental health too.

News from the OLC

YEAR 8 & 9 ACCELERATED READER CLASS RACE
Despite only a couple of weeks to go, the Accelerated Reader class race is still running this term. If you can remember, last term, a racing track display was mounted with individual moving vehicles representing your Accelerated Reader class and the progress in points. The scores were reset to zero at the end of last term and your class car is up and running, back at the starting line and ready to enter the race. Most classes have already gained points from reading in lockdown this term and your car just needs moving from the starting position to enter the race. Please, carry on reading and quizzing to help your whole class achieve winning status in the Accelerated Reader POINTS Race (and win individual treats).

WORLD BOOK DAY WINNERS
Thank you for all of your wonderful entries this year. I was overwhelmed by the quality of your submissions. Unfortunately, we can only select a few outright winners and they are:
BOOKMARK DESIGN:
Sally Jenson, Year 7
Joe Whitfield, Year 8. (Joe, I need your original to make copies from please.)

STORYTIME - NAME THE BOOK FROM THE EXERT
Izzy Martin, Year 8

ANIMAL CHARACTER & BOOK QUIZ
Matilda Rookes, Year 7
Katherine Stewart & Lydia Riding Garcia, Year 8

Congratulations! I will come and find you in your pod where you will be awarded your prizes and certificates

Spotlight on careers

Change the World - What an Achievement!

The greatest achievement of all would be to change the world for the better, right? There are career roles in Technology which aim to do just that -

‘Tech for Good Careers’

Whether it’s an app that helps you buy environmentally friendly food or a game that raises awareness of homelessness, there are loads of incredible innovations out there.

Digital technology can actually change the world and also have a huge impact on the social issues we are facing.

If you’re interested in how technology can change lives for the better, you might want to look into pursuing a career in this sector.

Check out these five ways that your career in Tech could literally [Change the World - what an achievement!](#)



Mrs Metcalfe

Me again Yr 7! Hope you have enjoyed your first week back in school! I think in the past some of you may have taken coming into school for granted a little but now realise it is the best place for you to be to learn and grow as a person!

I do like the word “achievement”, it’s a really positive word don’t you think? What can you achieve in a lesson, a day, a week, a month, a year; need I go on? We use this word a lot in school and rightly so! You should be proud of your achievements, no matter how small. And I think what we need to remember as well, is that what may be a small achievement to one person can be a huge achievement to another, so try not to compare and focus on your own achievements (am I using that word too much?).

It has me thinking about my own achievements and what I achieve on a daily basis, for example, today I have already taught a few lessons which were successful and took me time to plan. Over the years I have achieved so much I am proud of, from things like passing my driving test to dancing on stage in front of thousands of people in a foreign country! If someone asked me to write down a list of my achievements, I am not sure I would have the time and that’s simply because I BELIEVE WE ALL ACHIEVE SO MUCH ON A DAILY BASIS! I don’t even think I can answer the question at the top of this bulletin about what my greatest achievement would be without a lot of thought! I mean, just think about this past year and the things the world has achieved! Wow!

If some days you feel like you may not have achieved anything, just take a few minutes to have a think; I bet you will find at least one! And I do like this quote (you know I love a good quote) - [“Big achievements come one small advantage at a time, one step at a time, one day at a time.”](#)

Mrs Bailey

Good morning Y8! You have now been back at school for a week! Well technically 3 days but you have taken those first steps! Well done!

This bulletin is all about achievement and I want you to think for a moment of people who are in the public eye and have made great achievements.

You may be thinking of a great sportsman, Steve Radcliffe, Tanni Grey-Thompson, or Tiger Woods?

Tiger Woods achieved success at an early age and was considered a ‘child prodigy’,

but this doesn't mean that Tiger was born able to play great golf. By the time he was 13, about your age, he had clocked up 10,000 hours of practice! He was committed to being the very best he could be.

Tiger Woods achieved success with commitment, hard work and practice!

Tanni Grey-Thompson and Sir Steve Redgrave are also top athletes who have between them won many gold olympic medals. Steve Redgrave had dyslexia but is regarded as the best rower of all time; Tanni Grey-Thompson, who lives just down the road from here in Stockton-on-Tees, was born with spina bifida and is paralysed from the waist down but is regarded as Britain's greatest paralympian!

All these athletes are successful because they practised and practised and then practised some more! Repeated practice or persistence (see above for this word of the week) equals achievement!

We don't say: '*Practice Makes Perfect!*' for nothing!

I would like you to think about all the achievements you have made in your life so far. How did you learn to ride a bike for example? No-one gets on a bike for the first time and rides perfectly! It takes practice!

How did you learn to read and write? Again, practice!

Mr McGreal spoke about resilience in his assembly last week. Resilience is the ability to recover from adversity / hardship.

'If at first you don't succeed.... try and try again!'

Achievement comes with commitment, hard work, persistence and resilience!
Remember, Y8: do your best and you will achieve!

Mrs Brosnan

Morning Year 9,

I love the word "achievement" it is such a broad term, but the positivity of the word is infectious.

Some achievements can be as little as "getting out of bed on a morning" all the way to "surpassing your targets".

What does this word mean to you? When was the last time you felt you achieved something?

We sometimes feel that celebrating our personal achievements can make us selfish or big headed. I would completely disagree with this analogy. I don't think you give yourself enough credit for how much you have all personally achieved this year. Granted, it may not "rock the world" but if it has some significance to you and has made you feel good, then it is an achievement.

We are so good at highlighting flaws in ourselves (it's easier) but seem to struggle when it comes to pointing out our achievements and positive attributes. This is something I want us all to develop. One way we can do this, as a year group, is to continue to point these achievements out to one another through kindness.

If you see someone doing something well - tell them.

If someone is kind to you - thank them.

If you can see someone is lacking in self-esteem - give them a compliment.

The more we expose ourselves to positivity and celebrate achievement, then the more it becomes ingrained within ourselves.

Mr Wilson

Hi all, I was great to see you all back last week, even if it was only for three days!!

I came around into every form last Tuesday and thanked you all for your achievements and engagement in the lockdown and stated that I wanted this to continue for the remainder of this academic year. You only have just over a year left in school and need to make the most of that time.

As a year group we are sometimes reluctant to celebrate our achievements and this is something we need to change. We should be proud of all of our achievements from both inside and outside of school and should be celebrating them with the year group.

Respecting others' achievements, we are all happy to respect certain achievements, but we need to respect all achievements, wherever they come from. To be successful in all walks of life takes hard work, resilience and self-discipline and these are qualities that we should all want.

Take your inspiration from Jasmine Harrison, 21 from Thirsk, North Yorkshire who recently became the youngest solo female to row the Atlantic ocean, in just 70 days, three hours and 48 minutes. A real inspiration to all of us.

Mr Hamer

What have you achieved recently? Well, let's look at everything that you have achieved during the weeks of lockdown. You managed to organise yourselves and access the lessons every day via your computers - definite independent skills. You completed work that was set by all of your teachers whilst being stuck indoors, definite - motivation skills. You returned to school with a positive frame of mind and engaged with your peers and teachers as if you hadn't been away - definite adapting skills. You have demonstrated all these against a backdrop of negative messages from the media. You are not a lost generation! You are young, resilient, intelligent people who have already demonstrated skills necessary to succeed in life.

Looking forward, you need to ask yourself what can I achieve over the next few months of education? If you continue to put these skills into practice, there is no saying what the answer is. Now is the time to prove to yourself (not anyone else) that you are capable of continuous hard work in order to achieve the results that you truly deserve.

[Foo Fighters: Times Like These \(Live\) - SNL](#)