



Larger than LIFE

Stokesley school's weekly LIFE bulletin



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



Week beginning 19th April 2021

Edition Twenty Five

Half Term 5: Ambition



Mrs Millett's assembly last week was about equality, equity and doing the right thing, and we thought these were great - and really important - themes to carry over into this week's LIFE bulletin. So, what did you take from that assembly? How was it relevant to you? Because we promise that it was relevant to every single one of us in school, whatever our age, whatever our gender, whatever our role, whatever our background, whatever our skin colour, whatever our religion, whatever our beliefs.

One of the things that Mrs Millett really focused on in her assembly was the power of speaking out, and of making sure you don't sit in silence allowing things to happen to you or to other people around you. She referred to the Martin Luther King Jr quote below:

“There comes a time when silence is betrayal.”

Here at team LIFE, we totally appreciate that it can sometimes be difficult to speak out when you think something is wrong. You perhaps don't know exactly what to say, or who to talk to, or are worried that you'll be seen as a 'grass' or a 'snitch'. Sometimes, though, you have to rise above those worries and think **'Who do I want to be?'** Do you want to be someone who stands by and lets other people get away with causing upset and unhappiness? Or do you want to be a force for good in the world? We certainly know what we think...

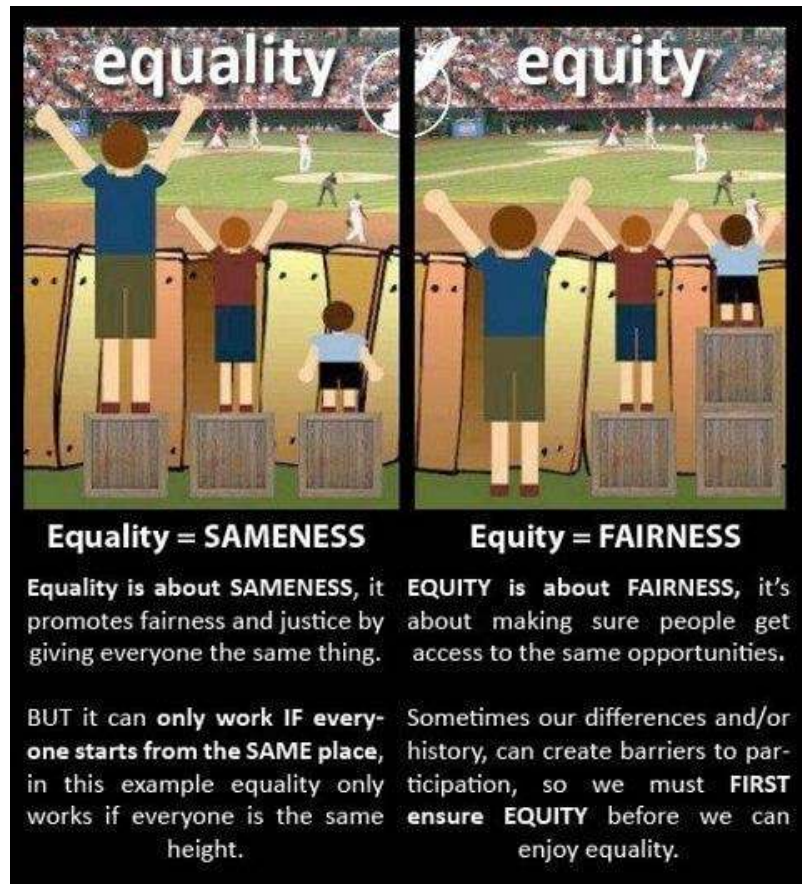
In an assembly coming up soon from Team LIFE, you'll get some more information about exactly where you can go in school, and who you can talk to about a range of things that might be bothering you or someone you know, but for now, here are a few suggestions to keep you going:

- talk to a trusted adult in school. This might be your tutor, your head of year, a teacher or a TA that you work with, or someone else that you feel comfortable talking to;
- if you're not comfortable talking in person, perhaps sending an email might be better to get you started;
- use the 'I'm worried' button on the Student Dashboard to voice your concerns and get in touch with the school's wonderful ethos team;

- if you're not confident enough to talk to an adult in school yourself, perhaps talking to someone at home might be a good starting point;

Words of the week

Equality - everyone has the exact same resources and opportunities.
Equity - resources and opportunities are distributed based on the needs of the recipients.



Do you think you can explain the difference between equality and equity? Have a go with someone at home this evening, or spark up a conversation about it with your friends over lunchtime.

Oracy challenge

Your oracy challenge this week is simple: **think before you speak**. It sounds easy, doesn't it? But it's not always the easiest thing to do, especially if you're feeling angry, upset or frustrated.

Thinking before you speak is a really good habit to develop, to avoid causing trouble in your life, whether in your relationships, career or elsewhere. When you don't think before you speak, you're more likely to make badly informed statements and reduce your credibility, let alone hurt someone by 'putting your foot in your mouth', even if your intentions were genuinely harmless.

Other times, particularly when feeling defensive, we tend to be very reactionary and quick to answer back without proper thought. If it's unavoidable to say something negative, thinking before we speak helps us be more tactful and understand how to offset negativity with something positive.

Fact of the week

Ben & Jerry's was going to be a bagel company but the equipment was too expensive.

These days, Ben & Jerry's may be a beloved brand that offers all kinds of ice cream, but when Ben Cohen and Jerry Greenfield first started their business in the late 1970s,

it was originally going to be a bagel company. However, the cost of the necessary equipment was too high, so they instead decided to take a \$5 ice cream course that was being offered at Penn State. And the rest, as they say, is delicious dessert history.

Good news story

We like [this article](#) which pulls together some of the things that people did during lockdown to keep them going. Did you have a lockdown project? What was it?

Lighthouse messages

How can you support a friend with their mental health? Check out [Young Minds](#) advice on how to respond when a friend opens up to you, what you can do to support a friend, looking after yourself and where to get help.

Kooth have some new podcasts available:
How to catch more Zzzz
Overthinkers Anonymous
Both are available on Spotify and Apple music.

News from the OLC

OLC Extra Opening Hours.
For any students who would like to use the OLC out of their Accelerated Reader lesson, the following time slots are now available for you to pop in and borrow or / and return books:
TUESDAY Form time and after school: YEAR 7
WEDNESDAY Form time and after school: YEAR 8
FRIDAY Form time and after school: YEAR 9
Due to Covid restrictions the maximum number of students at one time is 30.
Please enter via the fire exit on the field.

Spotlight on careers

[What is Equality in the Workplace?](#)



Equality is the fair treatment of people regardless of their gender, race, disability, religion, nationality, sexual orientation or age. At school or in the workplace, equality means making sure people are given equal opportunities, equal pay and are accepted for their differences.

What is discrimination in the workplace?

Imagine you're at a movie theatre with your friends. You and your friends go to buy some tickets but the person behind the counter says they only sell tickets to people

with blue eyes. This means some of your friends will get to see the movie and some will not. That's pretty unfair, right?

With that in mind, discrimination is the unfair treatment of someone for their gender, race, nationality, sexual orientation, religion, age or disability. In the UK, it is against the law to discriminate against someone in a variety of circumstances including at work and in education.

The UK Government puts discrimination into the following four categories:

- Direct discrimination: Treating someone less well than others (like paying someone less money than others because of who they are).
- Indirect discrimination: Putting rules in place that apply to everyone, but that put someone else at an unfair disadvantage (like having job requirements that exclude disabled people).
- Harassment: Unwanted behaviour linked to someone's differences such as name-calling, bullying and stereotyping.
- Victimisation: Treating someone unfairly because they've complained about discrimination or harassment

Mrs Metcalfe

I hope you have all had a good first week back after Easter and you are used to your daily routine again (and dare I say, things looking a little more normal in the wider world).

How many times were you kind last week? What does kindness mean? When I think of kindness, I think about the small things we can do everyday that might just make someone's day. Opening the door for someone or asking them how their day has been can often make someone else's day better, especially when we are prone to thinking about the negative things that happen in a day and not the positive.

A few years back I did a 100 days of happiness where I took a photo everyday for 100 days in a row of something that made me smile each day. I posted them online and shared them with my year group at the time and encouraged them to do the same. I am wondering whether I need to perhaps do it again. What do you think?

There is one phrase which has always stuck with me which a friend always used to say (and she got it from Thumper in Bambi) - "If you can't say something nice, don't say nothing at all". I think that is a good philosophy to live by to be honest, because nothing good ever comes from saying something not nice.



<p>Mrs Bailey</p>	<p>Hello again Y8! I hope you have had a good first week back after your Easter break.</p> <p>This week I would like you to <u>think</u> about what you say to others, and also how you say it (see also the Oracy Challenge above).</p> <p>Do you <i>think</i> before talking? or do you say the first thing that comes into your head without considering the possible negative impact of your words?</p> <p>When words come out of your mouth you can't take them back, and if you aren't careful your words can get you in trouble!</p> <p>So Y8, before you say something: T H I N K !</p> <p>T: Is it True? It is very important to always ask yourself if what you want to say is actually true. Is it true or is it all lies? Misinformation hurts others and reflects the person who is spreading falsehoods as someone who cannot be trusted. Learn to be truthful when you speak.</p> <p>H: Is it Helpful? Just because something is true, doesn't mean that it will be helpful to the person hearing it! It means helping the person feel better about themselves or to help them make the right decision - something Mrs Millet talked about in her assembly.</p> <p>I: Is it Inspirational? By this I don't mean that everything you say should be inspirational. But if you wanted to inspire someone would you 'diss' them? Would you say something hurtful? No you wouldn't!</p> <p>N: Is it Necessary? Do your words really need to be said? Are you adding to the conversation in a positive way?</p> <p>K: Is it Kind? We live in a digital age where everyone is quick to make knee-jerk reactions and criticise others. Being kind is more important than ever. Remember: <i>'if you haven't got anything kind to say, don't say anything!'</i></p>
<p>Mrs Brosnan</p>	<p>Morning Year 9, We have completed a whole week already. This seems to have flown by. If we think back to Mrs Millett's assembly. Do you think we are all the same and strive for equality? OR Do you think we are all unique and should strive for equity? I believe that you should all have access to the same opportunities and should all be treated with respect. How can you do this?</p> <p>Look at the oracy challenge at the top and take the rest of tutor time to discuss the following: Do you really think before you speak? Do you think about the impact your words have? Do you say negative things to peers to try and impress your friends?</p> <p>Remember: 'if you haven't got anything kind to say, don't say anything!' Speak up, tell me or your tutor about it - DON'T BE A BYSTANDER!</p>
<p>Mr Wilson</p>	<p>Morning Year 10. Well done for a positive first week back after Easter, keep up the good work.</p> <p>I hope you have enjoyed getting back to some sort of normality with things starting to open up again in the wider society. Hopefully, this will continue to happen as this</p>

term progresses.

The better weather has made all of us feel a bit happier, getting outside for some sun and fresh air is something that we all need to do to keep on top of our mental and physical health.

Have a good week.

Mr Hamer

Are you ambitious? From what I have seen over the past week, the answer is a resounding yes. You have returned from the Easter break and straight back to assessments. The attitude and focus that you have shown in order to achieve the best possible results that you are able has been astounding. I have had discussions with your teachers, parents and many of you, and it is evident just how important these assessments are to you - we are all proud of you.

Although the exams in the hall finish this week, please keep up with this effort and concentration, some subjects are carrying out ongoing assessments in the classroom, which are just as important. Continue to demonstrate your ambition, keep revising and working hard until the end of this half term, you will reap the benefits in the end.

[Des'ree - You Gotta Be \('99 Mix\) \[Video\]](#)