



Larger than LIFE

Stokesley school's weekly LIFE bulletin



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



Week beginning 17th May 2021

Edition Twenty Nine

Half Term 5: Ambition

We've focused on ambition and respect in two of our bulletins this half term, so it only felt right to focus this week on our third school value: being **ready**. On a simple, surface level, being 'ready' maybe seems like too small a thing to have as one of only three school values, don't you think? But when you start to unpick the word and think about what it really means, you start to realise just how important it is!

Being ready is about being prepared, and if you're prepared then you've so much more chance of being successful in whatever it is that you're about to do. I'm sure you'll have heard the Benjamin Franklin quotation below before at some point in your life:



But what does it actually mean? I suppose when you break it down it's simple: if you're not prepared (ready), then you're not giving yourself the best possible chance of success. In school, there are loads of ways that you can show that you're ready (and they're not that hard to do). Have a think about each of the examples below, and how doing it will help you to be more successful in your day.

- Bringing all of your equipment to school .
- Arriving on time to school and to each of your lessons.
- Coming to school in the correct uniform.
- Ensuring that you have any books or resources that you need for your lessons.
- Getting your planner and equipment out on your desk straight away at the start of the lesson.
- Completing any Independent work on time and bringing it into school.

Word of the week	<p>Prepared - ready to do or deal with something.</p> <p><i>The astronauts were prepared for the launch.</i> <i>She prepared her lunch the night before so that she could have a lie in!</i></p>
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Oracy challenge	<p>This week we'd like you to try and avoid using any fillers in your speech where you possibly can.</p> <p><u>What are fillers?</u></p> <p>A filler word is an apparently meaningless word, phrase, or sound that marks a pause or hesitation in speech. Also known as a pause filler or hesitation form. Some of the common filler words in English are um, uh, er, ah, like, okay, right, and you know</p> <p><u>Why do we use them?</u></p> <p>More often than not, we use filler words and phrases such as “um” and “like” because we're thinking or we're uncertain of what to say next.</p> <p><u>How can you stop using them as much as you do?</u></p> <p>If you think you use fillers too much in your speech, click here to read some top tips on trying to avoid using them as much.</p>
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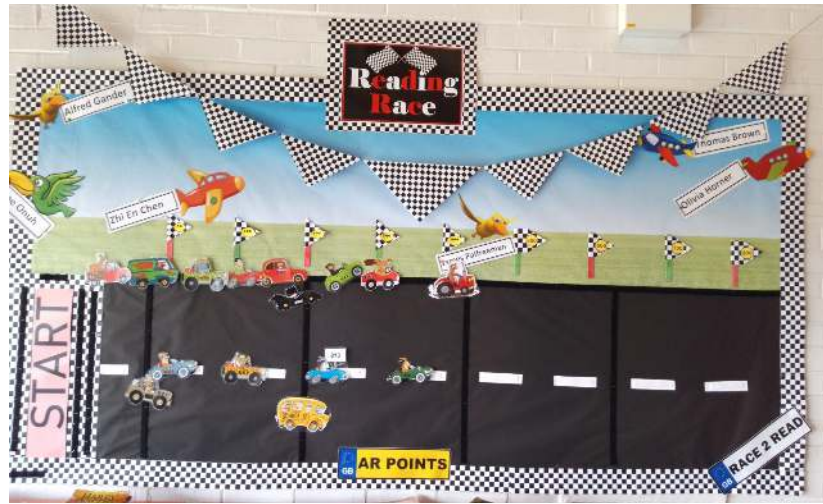
Fact of the week	<p>Male pandas do a handstand when they wee to compete for dominance by marking trees. Whoever wees the highest, wins. Who knew!</p>
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Good news story	<p>Read this incredible story about how one young man's bravery saved someone's life.</p>
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Lighthouse messages	<p>New podcasts from Kooth</p> <p>Kooth has released some new podcasts. You can listen to The Pressure of Expectations, The Road Out of Lockdown - Part 2 and Things we wished we'd known about coming out.</p> <p>(these are available on both Spotify and Apple Music).</p>
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Safeguarding messages	<p>Always be ready and prepared to support your friends and family and talk to us if you need help with anything. In return, we will always be ready and prepared to get you through your concerns and worries the best way we can.</p>
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News from the OLC	<p>READY, STEADY, GO!</p> <p>Are you READY to READ, RACE and reap the REWARDS?</p>
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The termly 'Class Accelerated Reader Race' is nearly at the halfway point with Mr Hamer's students, 7Y3, ploughing ahead in their tractor! 7Y2 (Mrs Thompson's class), 7X2 (Mrs Millett's class) and 8X3 (Mrs Lake's class) are in hot pursuit for the accolade of highest class point total and the individual prizes it brings for the winners. Always be ready with a book and keep reading and quizzing to add points to your class total.

["Never trust anyone who has not brought a book with them."](#)

Lemony Snicket, Horseradish

Spotlight on careers

Getting ready for work... Rate and improve your skills

No doubt you'll already have many skills that will impress potential employers and help you stand out. Understanding where your strengths lie is not only a great way to help your skills develop, but also to highlight those areas where you're not so great (we all have them). And the good news is, the more you use them, the better you'll get.



Use the [Rate Your Skills tool](#) to find out what you're good at and where you can improve.

Mrs Metcalfe

We know that "Ready" is one of our school values and it covers a wide range of things: -

- Do you have the correct equipment each day?
- Are you always on time to school and lessons?
- Do you attend school everyday?
- Do you always have the correct uniform?
- Are you ready to listen to the teachers and others?
- Are you ready to learn at the start of each lesson?
- Are you ready to complete homework?
- Are you ready to behave at all times?

Now the vast majority of you can answer "Yes" to all of these questions all of the time but unfortunately some of you can't and this is when the problems start. We are all human and of course we get things wrong every now and then and can have bad days but what if a lot of these questions are "No" on most days? Surely that means

	<p>you need to do something about it! Secondary school is about learning and leaving with plenty of opportunities (we know that though). But it is also about growing as a person and essentially into a young adult. Being “Ready” is also about being ready for life and the things that you will move on to. All of the questions above could be asked of a job, but the difference is that if you say no to any of those questions in a job, then you are unlikely to have a job for very long.</p> <p style="text-align: center;">“Great things were going to happen in my life, and I had to do my part in preparing myself and being ready.” - Ben Carson</p>
<p>Mrs Bailey</p>	<p>Are you Ready? This is a very important question Y8. I know that the vast majority of you <u>are</u> ready, and are always ready! And that is something that we need to celebrate! But can you honestly say you are always ready to learn? And if not why not? This week I am going to ask you to complete a questionnaire which will give you, and your tutors and I, an idea about just how ready you actually are and I want you to be honest. As a follow up I will ask the same questions a couple of weeks later. Will you rise to the challenge and be better at being ready? Are YOU ready to be ready?</p>
<p>Mrs Brosnan</p>	<p>Morning Year 9,</p> <p>These weeks seem to be passing quickly. The focus of this week is being “ready” and this is something that has been flagged up in our tutor time tournament: we need to ensure we have everything ready for school the night before. Then, when we are in school, we need to ensure that we are getting to lessons on time.</p> <p>Being prepared ultimately leads to less stress. If you are not prepared they you can feel stressed out about how your day will go and start overthinking the small things: Will I get in trouble? What if I have to do green pen work? Will I get detention? Will my parents get called?</p> <p>All of these worries are diminished when we are prepared. When you leave education and go into the workplace it’s really important that you have mastered this skill and are able to prepare for each day/week/month/year.</p> <p>This week I would like you all to embed an evening routine where you complete the following: Check your planner <ul style="list-style-type: none"> - Do you have independent work due? - Do you need subject specific items with you tomorrow? Pack your bag <ul style="list-style-type: none"> - Have you got all of your equipment (Bag/Chromebook 50% charge/2 pencils/2 working Black pens/1 Green pen/Pencil Case/Ruler/Pencil Sharpener/Rubber/Scientific Calculator/School Planner) - If you don’t have all of this - have you got money to purchase this in the morning? - Take your bag to the front door, so you don't forget it. Uniform <ul style="list-style-type: none"> - Is your uniform ready for tomorrow? - Do you have the correct footwear out? </p>

- Have you got your tie?

Finally, keep in mind that most of the above can be replaced at the school shop on a morning. This is in my office. You can come and replace equipment first thing on a morning - not after the whistle has gone.

Have a wonderful week!

Thank you

Mrs Brosnan

Mr Wilson

Ready

In 1907, Baden-Powell, an English soldier devised the Scout motto: **Be prepared**, he wrote that to be prepared means “ **you are always in a state of readiness in mind and body to do your duty**”

Are you always ready for school, ready for your lessons and ready for your exams?

You need to start preparing for the future, soon you will be the oldest year group in the school and this time next year you will hopefully be sitting your exams.

You have your year 10 exam week coming at the end of June so preparation is key, you want to be ready for the exams so that you can perform to the best of your ability.

Famous sporting quotes, from coaches and performers who all valued being **ready** and **prepared** throughout their careers.

The will to win is important, but the will to prepare is vital. Joe Paterno NCAA coach.

If you fail to prepare, you're prepared to fail. Mark Spitz Olympic swimmer.

It's not the will to win that matters - everyone has that. It's the will to prepare to win that matters. Paul 'Bear' Bryant NCAA coach.

Make sure you are prepared and ready for whatever comes your way in the future.

Mr Hamer

You have spent the last few years with your teachers reminding you of the value of being READY. For the majority of you this has probably meant being ready for school, wearing the correct uniform, having the correct equipment and being prepared for your lessons. However, I am sure that if I was to ask if you are ready now, you would be thinking about a bigger meaning for the word.

As you approach the final week of your time with us at Stokesley, you will no doubt be wondering if you are actually ready to leave. The initial response is most likely a resounding 'Yes, I can't wait', especially after the recent assessments and the idea of a long summer ahead.

Remember that you are leaving a whole community behind, becoming more independent and saying goodbye to a number of your friends. You will have mixed emotions, excitement, slight sadness, as well as some trepidation about your future. I am confident that, as long as you remember all the advice from your teachers and parents about being prepared, being punctual and being positive, you will be ready for whatever the future brings.

The only question remaining, is am I ready to say goodbye to you all?

[People Get Ready - Ziggy Marley.wmv](#)

[Ant & Dec - Let's Get Ready to Rhumble \(Ant & Dec's Saturday Night Takeaway\)](#)