

Brakenhale School

Year 10 News



Friday 8th February 2018

Dear Year 10 Students

How time flies when you're having fun! As we come to the end of this half term there is an opportunity to look forward to the rest of the year. It is important to recognise your achievements this half term. The golden ticket initiative has been met with great success across the year group. So many of you have been recognised for your outstanding efforts in lessons and around school. Your continued ability to be respectful and polite to other students and staff is excellent to see. On top of this the year group has seen outstanding efforts from students who have represented Brakenhale across a range of subjects. We have students organise and lead sporting competitions, represent school within sporting fixtures, dance shows and drama performances. In addition to this many students have been involved in the maths challenge, competing under intense conditions.

It makes us as a year 10 team immensely proud of all your achievements and gives us hope for future accomplishments. With this in mind we want you all to start setting yourself goals for the following term, year and end of year 11. These are your short, medium and long term goals that will enable focus and success across your subjects. As ever we are here to support you in any issues that you may think will hinder your progress. Every Thursday a self-esteem workshop will run in RS1. This will focus on providing a platform to talk about all issues and concerns regarding mental health and allow a positive approach to mental well-being. In addition to this you have the support of the SSC team and your tutors. Please come and speak to us or email us regarding any issues you may have or questions you need answering.

With a focus on positive mental well-being and the respect and care for yourself and others, we want to run an initiative in year 10 called 'friendly February'. Each day will focus on a positive step towards your own and others happiness. Please look over the attached flyer with details of what you can do. Let us start the second half of this term full of positivity and with a focus on what you want to achieve. An additional thing you can do to boost your positivity is exercise, please check the weekly plan for sports clubs that are running every day. Mr Jackson-Sankey has also started a boxing club which runs every morning at 8am in the sports hall. The club is open to all abilities, please turn up in your kit ready to start at 8.

Attendance as you all know is forever at the forefront of boosting your success. As we end this term it is unfortunately not on a positive. Our overall attendance as a year group falls way below the 95% target. It is vital that you make the most of everyday and avoid booking doctors and dentist appointments in school time where possible. Well done to 10A who now top the weekly attendance and yearly attendance for year 10!

We all hope you have a restful half term, take care of your well-being and health and start the new school week focussed on your own personal goals.

Kind regards

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High Expectations and Challenge for All

Please share with us your views on what you like about the school and what we can do to improve by clicking on the links below:



Fab & Drab

[Fab](#)

[Drab](#)

Please let us have your nominations for any members of staff who have exceeded your expectations this week:



**Staff Member
of the Week**

[Staff Member of the Week](#)

Paper copies of nominations can be dropped into the boxes in main reception

ESTEEM



Managing feelings, emotions and mental wellbeing can be challenging for anyone. So, whether you are up, down or going round and round, why not come and meet up for a chat about how you're feeling; doing, or anything else you want to share.

Talk is cheap, but the rewards are priceless!

**EVERY THURSDAY
LUNCHTIMES
R51**

Key Dates

Date	Event
21st February	PSHE p5 - girls movement studio, boys sports hall
1st March	PSHE p.1
1st March	p.3 Maths challenge - invited students Main Hall

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High Expectations and Challenge for All



MONDAY

5 Do something supportive and friendly for your colleagues

12 Try to involve others and invite them to join your conversations

19 Look for the good side when other people frustrate you

26 Make positive comments to as many people as possible today



TUESDAY

6 Show an active interest by asking questions when talking to others

13 Smile at the people you're with and try to brighten their day

20 Send an encouraging note to someone who needs a boost

27 Thank three people you feel grateful to and tell them why



WEDNESDAY

7 Thank someone and tell them how they made a difference for you

14 Tell loved ones why they are so special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones

THURSDAY

1 Send someone a message to say how much they mean to you

8 Notice the good qualities of everyone you meet today

15 Be kind especially when your first instinct is to be unkind

22 Give sincere compliments to three people you meet today

FRIDAY

2 Ask a friend what good things have happened to them recently

9 Say friendly things to people who work in your local shop or cafe

16 Respond positively to everyone you meet today

23 Make a plan to meet up with others and do something fun

SATURDAY

3 Be gentle with someone who you feel inclined to criticise

10 Tell a loved one about their strengths that you value most

17 Call a friend to catch up and really listen to them

24 Take time to speak with a neighbour and get to know them

SUNDAY

4 Get in touch with an old friend you've not seen for a while

11 Put away digital devices & really focus on who you're with

18 Make an effort to have a friendly chat with a stranger

25 Do an act of kindness to make life easier for someone else

"People forget what you said and what you did. But they never forget how you made them feel" - Maya Angelou

Week commencing – 19th February 2018

	<u>8am club</u>	<u>Tutor</u>	<u>Notices</u>	<u>Lunchtime</u>	<u>After school clubs and fixtures</u>
<u>Monday</u>	Boxing Sports Hall	House quiz	Tutor meeting in CR3 8.25	Keyboard Club – M01	Homework club – LRC Spanish support – C03 French support – C05 EAL homework support club – Connexions room
<u>Tuesday</u>	Boxing Sports Hall	Main Hall Assembly		Identity group -T01 Pops Choir – M01	Homework club - LRC Homework club – LRC Hockey Club Netball Club U15 Football Club Free Fall girls dance company
<u>Wednesday</u>	Boxing Sports Hall	Window to the world	REMEMBER YOUR PE KIT! p.5 PSHE girls - movement studio boys - sports hall	Guitar & Ukulele group LS1	Homework club - LRC Table Tennis Club Girls Football Club STEM club – Miss Metcalfe Football vs Maiden Erlegh HOME
<u>Thursday</u>	Boxing Sports Hall	Sports Hall Assembly		Esteem - mental health drop in RS1	Homework club - LRC Trampoline Club Badminton Club Art club – A02 EAL Young interpreters club – Connexions room Terranova boys dance company
<u>Friday</u>	Boxing Sports Hall Girls ONLY	<u>Computer rooms</u> <i>Show my homework</i> <i>Pixl Lit</i> <i>My Maths</i>	<u>Tutor meeting at 8.35 in B13</u>	Band practice LS1	GCSE + Btec Sport revision and catch up