



Newsletter

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Ministry
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Dear Families,

I hope you all enjoyed a nice half term and manage to find some leave together as a family?

We are now into the final half term of this academic year. The next seven weeks are sure to be busy both at school and at home as many of you begin to undertake your move to new postings. Understandably this period of time can be unsettling for all, however we stand ready to support in any way we can, so please do reach out to the school should your child require any additional support, advice and guidance.



Year 11 will be pleased that their GCSE exams largely taper to an end next week, so they are into the final straight! Unfortunately for our A-Level students there are a few more weeks to go. Following the public exam series, we move into the Mock Examinations for Year 10 and Year 12. Students are in possession of their Mock Examination Timetables and revision must be well underway for these important exams that will influence their academic provision next year and for Year 12 their University Predicted Grades.

Upcoming School Events

Week Commencing 10th June

Week 1

All Week

GCSE and A-Level Public Exams

Tuesday 11th June

Year 11 Last Day of School

Thursday 13th June

SJS Coffee Morning 0800—1000 hrs

Bookings required via SJS.Enquiries@modschoools.org

Week Commencing 17th June

Week 2

All Week

GCSE and A-Level Public Exams

Tuesday 18th June

Annual Awards Afternoon @ The Astra Cinema, Akrotiri

Thursday 20th June

Head Teacher's Surgery : 0900—1000 hrs @ Akrotiri Hive

Week Commencing 24th June

Week 1

All Week

A-Level Public Exams

Tuesday 25th June

Year 8 Parents Evening

Thursday 27th June

SJS Coffee Morning 0800—1000 hrs

Bookings required via SJS.Enquiries@modschoools.org

Year 11 Prom, Columbia Hotel



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The week at St John's School



On Friday 24th May our Year 12 Biologists had the opportunity to visit the Akrotiri Environmental Centre. This opportunity presented the chance to undertake and practice a wide variety of fieldwork activities in support of their classwork.



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Our Curriculum

Over the past year we have collectively reviewed and revised our curricula for each and every subject. Some subjects are further ahead than others and the processes around curriculum development will be ongoing with frequent revisions and updates. You can find the latest curricula for each and every subject on our website. Upon opening the link you will be able to see what your child will be studying at any stage in their educational journey at St John's School and explore how you may help them at home.

www.stjohnsschoolcyprus.com/curriculum

The screenshot shows the website's navigation menu at the top: About Us, Admission, Attendance, Careers, Curriculum, Information, News, and Contact Us. The breadcrumb trail reads: Home / Curriculum / English & Drama. The main heading is "English & Drama" with a photo of four students in a classroom. Below the photo is the section "Year 7-13 Curriculum rationale" with a quote from Margaret Atwood: "A word after a word after a word is power." The text describes the curriculum's aim to help students understand their power and place in the world. A button for "Year 7-13 Curriculum rationale 2023" is visible. On the right, a search bar and a list of subjects are shown, including Sixth Form, Options, Curriculum Intent, PSHE, Psychology, Art, Business Studies, Computer Science, Food Technology, Design & Technology Product Design, English & Drama, Geography, History, Modern Foreign Languages, Mathematics, Music, Religious Education, Physical Education, and Science.



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WHAT IS HEAT ILLNESS?



THE HEAT IS ON

IT'S TIME TO BEAT THE HEAT!



Heat illness is a serious, potentially life-threatening condition. It can affect anyone at any time during any activity.



CONTACT US

- AKROTIRI: 94120 6397 OR +357 2527 6397
- EPISKOPI: 94120 3648 OR +357 2596 3648
- DHEKELIA: 94120 4458 OR +357 2474 4458
- BFC-JSHU-GpMailbox@mod.gov.uk



Joint Services Health Unit



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TREATMENT

1 Case = more at risk.

ACT QUICKLY...COOL NOW
THIS IS A MEDICAL EMERGENCY

Move the casualty to the shade and start to cool them down.



Remove heavy clothing & boots and raise their feet if conscious.



Spray or drizzle water over the remaining light cloth.



Fan air over the casualty



If conscious, get them to drink cool water.



If unconscious, place the casualty in 3/4 prone (recovery) position.



Moderate & severe cases must be safely evacuated for medical care.



SIMPLE TIPS TO PROTECT YOURSELF

TIP #1

Drink water throughout the day, and especially before, during & after activity.



TIP #2

Heat acclimatisation can reduce the risk - take time to improve heat adaptation through a structured programme.



TIP #3

Prepare correctly before any activity - good sleep, nutrition & hydration are key. Avoid alcohol.



TIP #4

Avoid hottest part of the day (limit physical exertion & activities) when the UV rays are strongest.



TIP #5

If you must go out, walk in the shade, apply sunscreen, and wear a wide-brimmed hat.



TIP #6

Dress appropriately - wear light-coloured & loose fitting clothing.



TIP #7

Avoid stimulants such as caffeine, energy drinks, and performance-enhancing supplements before any activity.



TIP #8

Look out for each other, especially vulnerable people. Alert others if you or someone else feels unwell and pause the activity.



LOOK OUT FOR

SIGNS & SYMPTOMS



AGITATION



NAUSEA OR VOMITING



LOSS OF COORDINATION



CRAMPS



DISTURBED VISION



CONFUSION



DIZZINESS



COLLAPSE OR LOSS OF CONSCIOUSNESS



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Polo Shirt	€ 8.00
Skirt	€15.00
Shorts	€15.00
Boys Trousers	€10.00
Girls Trousers	€10.00
Jumper	€15.00
Cardigan	€15.00
Blazer	€25.00
Hoodie	€20.00
PE Kit	
House Shirt	€15.00
Black Plain Shorts	€ 5.00

Polo Shirt



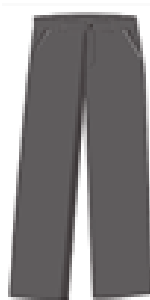
Skirt



Shorts



Boys/Girls Trousers



Jumper



Cardigan



Blazer (Limited stock and sizes)



Hoodie



House Shirt



House Shirt



Black Plain Shorts





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CREST Award

Well done to our Year 7 students who have attended their Science Extra Curricular class each week since the beginning of the academic year. They have been working towards their Silver Award.

Last term they worked extremely hard to make and test bath bombs in order to investigate how the amount of sodium bicarbonate affects the reactions taking place when a bath bomb is put in water!



Contacting the school

Parents are reminded that contact can be made through:

- SJS.Enquiries@modschoools.org
- SJS.Attendance@modschoools.org
- **00357 2596 3888 (0730—1500hrs)**



www.facebook.com/stjohnsschoolcyprus

Let's be friends!

Be sure to add us as a friend of Facebook to keep up to date with what is happening at St John's School



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Anxiety Unravelled;

An on-line course delivered over three 1 hour sessions

June 5th - Session 1: What is anxiety?

This session explores anxiety to ask what is it, where it comes from and why it's actually essential for human beings to experience anxiety. The way adults respond to their children's anxiety is explored as well as reflecting on the way our children's anxiety can be stressful for parents.

June 12th - Session 2: How we talk about anxiety

This session is a cognitive exploration of anxiety. Exploring what can get in the way of how we deal with our children's anxiety. Thinking about our own responses and the way we model dealing with stress, concerns and worries. The way we communicate through verbal and non-verbal responses.

June 19th Session 3: Helping my child deal with anxiety

This session delivers practical tips and strategies that can be used to help parents help their children understand and deal with anxiety.

More information and sign up details can be found here - [Army HIVE Info: 'Anxiety Unravelled' - a free course for military parents from Bounce Forward](#)

Leavers - Year 7 to 12

Sadly this academic year will see a significant number of students leave St John's School. We are aware that a number of you are starting to receive details of your next posting and that many members of our RIB will be returning to the UK through a staggered approach which has already begun.

If you know you will be leaving us before the new academic year, please can you inform the School Office as soon as possible. This will help us ensure that your child has a smooth transition to their new school and that all the information required is prepared and ready to send across to them. This also includes children in Year 11. If you are unsure of exact dates, or currently do not have a school confirmed, please still complete the form as these details can be added at a later time.

If you have any queries regarding this, please do not hesitate to contact Mrs Parkinson on 00357 2596 3888 or alternatively you can email at Kate.Parkinson@modschools.org.

School
Leavers





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ARMED FORCES DAY

Recognising all those that serve or have served in HM Armed Forces

2024

FREE ENTRY!

TUNNEL BEACH WATERSPORTS CENTRE - MTW

Date

29 JUNE

(SATURDAY)

0900 - 1200 WATER SPORTS, GAMES & COMPETITIONS

1230 - 1530 BAND & DJ PHIL

Tina Tunnel Turner - That's the Wheel of Fortune

Volleyball Competition [REGISTER HERE FOR VOLLEYBALL COMP](#)

Chloe's Face Painting | Fun Games

Charities - ABF, SSAFA & RBL

Food Trucks | Beer, Bar & Cocktails

Music by: Blues Brothers Paphos



FREE COACH



Timings & pick up points TBC

EVENT ENTRY: All BFC pass holders and MOD 90 ID in the BFC community including LEC's, immediate family, Veterans & UK passport holders



For more info: Philip.Edwards369@mod.gov.uk



<http://tunnelbeachwatersportscentremtw.simplybook.it/>



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St John's School Writers

Year 7 have just finished studying the concept of metaphor and responding to unseen poetry. What follows is a wonderful poem which takes the central comparison of a dandelion and compares it to the life of a military child.

I'm a Dandelion,
Or so I've been told.
Military Children,
Young and old.

It doesn't have the glamour,
Like a Lily or Rose.
But it puts down its roots,
Wherever it goes.

As a dandelion child,
We move everywhere.
For some its quite often,
For me, it's been rare.

My friends come and go,
Every few years.
When they move on,
It leaves me in tears.

New homes, new schools,
It's scary for some.
Making new friends,
Needs help from your Mum.



Education's a challenge,
We all do our best.
With some missing topics,
We're put to the test.

We do all we can,
To try and succeed,
But support and friendship,
Is what we need.

It takes time to adapt,
To every move.
We show our resilience,
We've nothing to prove.

When asked how we feel,
I'll say it quite loud.
Our parents serve,
And it makes us proud.

So, am I a Dandelion?
It seems that way.
I'll overcome challenges,
Every day.

Ava W (Year 7)