



Newsletter

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Dear Families,

The week began with a buzz of excitement surrounding the launch of a 2026 trip to Borneo, Malaysia. Almost 40 families attended the launch event from across Year's 10-12. We have already had an excellent response with a number of our students immediately signing up.



Further enrichment opportunity was provided by the Royal Navy on Wednesday with selected Year 12 students invited to attend a STEM Workshop designed to broaden their practical understanding of Science, Technology, Engineering and Mathematics.

Thursday welcomed parents of students in Year 11 and 13 and the opportunity to discuss in depth their recent mock examination results for each subject before plotting next steps.

Elsewhere this week we welcomed Lead Teachers from across our Cyprus MOD Schools to whom I was able to showcase the journey of school improvement St John's School has been on over the past three years. The visit of our Lead Teachers provided opportunity for them to visit lessons, complementing additional work undertaken this week which saw a small number of colleagues working late into the night quality assuring student books and assessments. The purpose of this exercise was to evaluate student progress, the level of challenge and consistency around student feedback before giving us time to contemplate our next steps at furthering our educational offer.

Upcoming School Events

<u>Week Commencing 3rd February</u>		<u>Week 2</u>
All Week	Individual Year 11 student and parent meetings with either the HT or DHT	
Wednesday 5th February	Year 7 Midsummer Night's Dream Performance	
	Netball Tournament Year 7—13 @ SJS	
Thursday 6th February	SJS Coffee Morning 0800—1000 hrs	
	Bookings required via SJS.enquiries@modschoools.org	
<u>Week Commencing 10th February</u>		<u>Week 1</u>
Monday 10th February	Year 8 Parent Afternoon : 1430—1700 hrs	
Wednesday 12th February	School Governors Meeting @ 1000 hrs	
	Headteacher's Surgery : 0900—1000 hrs @ Akrotiri Hive	
Thursday 13th February	Key Stage 3 Valentines Disco @1800 hrs	
<u>Week Commencing 17th February</u>		
	Half Term	
All Week	School closed to students and staff	



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This week at St John's School



Students studying a range of Science, Technology, Engineering and Maths (STEM) courses at A-Level participated in a STEM workshop on Wednesday hosted by the Royal Navy. It was a great opportunity allowing students to code and programme a wide range of equipment including drones.





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This week at St John's School



Our Duke of Edinburgh students participated in a practice walk on Wednesday



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Year 8 Parents' Afternoon

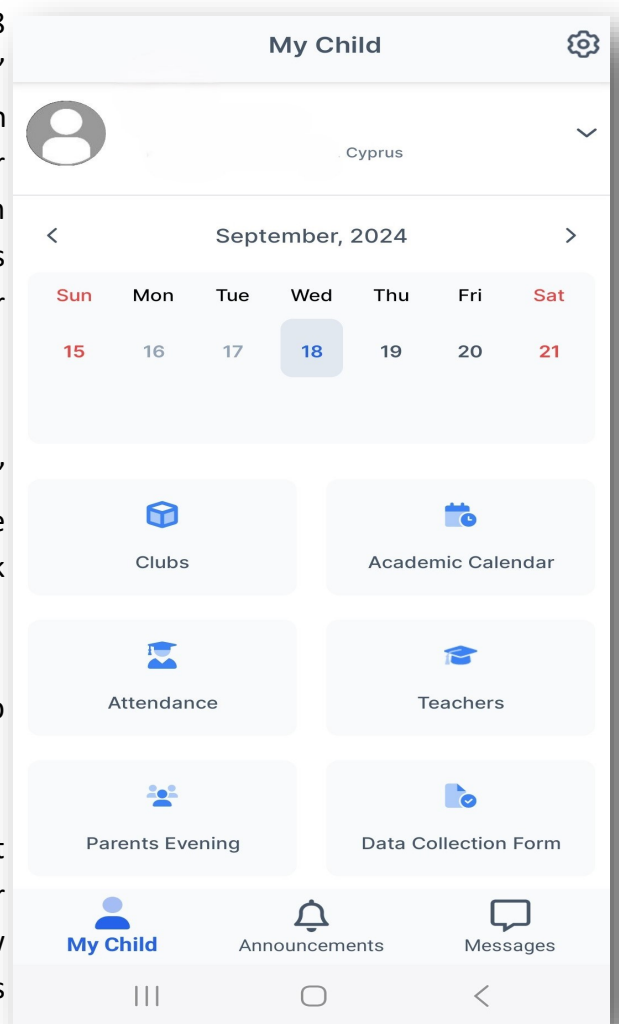
Monday 10th February 1430—1700 hrs

We look forward to welcoming parents of our Year 8 students into school for their upcoming Parents' Afternoon. The Parents' Afternoon will give you an opportunity, along with your child, to meet their teachers in a series of 1:1 meetings. During each meeting you will be able to reflect upon your child's progress since the start of this academic year across their curriculum.

Appointments must be made in advance of the Parents' Afternoon. Appointments can only be made through the My Child at School (MCAS) App. The appointment book will open on Monday 3rd February at midday.

Please ensure you have registered to use the MCAS App in advance of Monday 3rd February.

Once registered, to make your appointments, please visit the Parents Evening tab via the MCAS homepage after midday on Monday 3rd February. You can then follow the prompts to make appointments for your child's teachers.



Having difficulties?

Should you encounter difficulties please email Mrs Twyford who will gladly support you in logging in for the first time and/or making an appointment. Mrs Twyford's email is Hayley.Twyford@MODSchools.org



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Enrichment Opportunities

Using the MCAS App you will now be able to find next term's extra curricular enrichment opportunities for students.

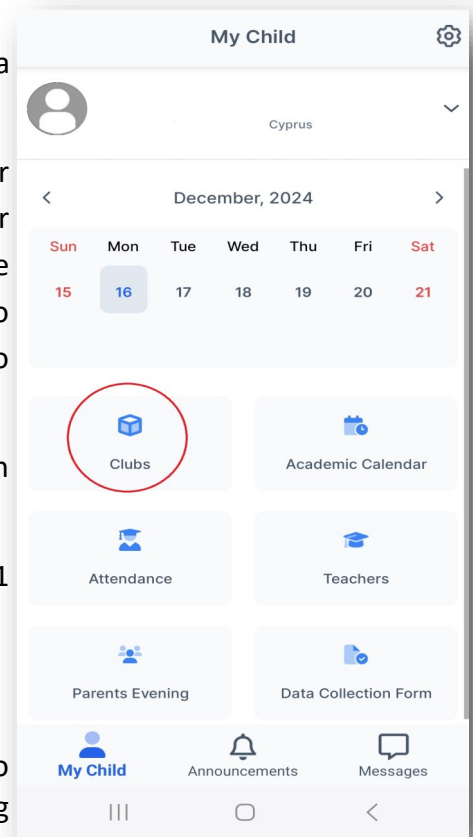
To attend an extra curricular activity, students must enrol onto their chosen activities. A register will be taken to confirm their attendance to each enrichment activity and a message (via the MCAS App) sent to parents to confirm their attendance or bring to your attention their absence should they have been expected to attend.

Students who have registered for the Bromcom Student Portal can also enrol themselves into any of the enrichment activities.

Further enrichment activities, particularly revision classes for Y11 and 13 will appear once mock examinations have been marked.

Having difficulties?

Should you encounter difficulties please email Mrs Twyford who will gladly support you in logging in for the first time and/or making an appointment. Mrs Twyford's email is Hayley.Twyford@MODSchools.org



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.



If you know you will be leaving us before the new academic year, please can you inform the School Office as soon as possible by completing a [Departure Form](#). 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@modschoools.org.



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£560 raised for Fisher House UK



On the last day of the autumn term our students hosted a Christmas Fayre, which was composed of a wide variety of stalls each designed to raise money for [Fisher House UK](#). Fisher House is part of the University Hospitals Birmingham (UHB) Charity, which works across four hospitals each providing care for all of the UK's military patients and veterans when they are injured or fall ill anywhere in the world.

Fisher House is an 18 bedroom home that serves to support the UK's military patients and their families, providing a free 'home away from home' where wounded troops can spend quality time away from the ward with family and friends, whilst still within walking distance of the hospital.

I am extremely proud to share that our students raised a total of £650 and I am grateful to the students and staff for their support of our Christmas Fayre and the money raised in support of this important charity.



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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Year 11 Individual Student Meetings

My PA, Mrs Penny Demetriou, has begun contacting parents of Year 11 students to arrange a meeting with myself or Deputy Head Teacher. Each meeting is to involve the student and their parents. The meetings can be undertaken in person or online and there is a limited availability for weekend appointments.

Each meeting will focus upon a holistic review of student progress following the publication of the mock exam results and subject specific feedback that was provided during this weeks Parent Afternoon. It is anticipated that the outcome of each meeting will facilitate the construction of revision timetables that will guide students and families over the coming three months leading up to the start of this summers exam series. We look forward to starting these meetings on Monday.

Key Stage 3 Valentine School Disco

Key Stage 3 students are being offered the opportunity to attend a Valentine's School Disco on Thursday 13 February 2025 between 1800 and 2000 hrs. The event will involve a disco, games and a tuck shop.

Students can be dropped at Episkopi Primary School car park but will need to be collected from the St John's School Hall at 2000 hrs promptly unless permission has been given through the QR code below for them to make their own way home.

The Disco will cost 2 Euro for attendance and will take place in the St John's School Hall. Students can bring money to buy snacks and drinks from the tuck shop and to take part in games.

In order to confirm attendance, parents must complete the permission form via the QR code below prior to the event. This form will close on 12 February 2025.

Valentine Disco 13th February 2025





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Metacognition

As we continue with our drive to improve the metacognitive skills of all our students, this week we are exploring how breaking tasks down into smaller chunks can help children succeed.

Understanding Executive Function and Cognitive Load

Executive function skills are like the command centre of the brain, helping us plan, focus attention, and manage multiple tasks. However, for many children and teens, these skills are still developing. Tackling large, complex assignments can feel especially daunting, leading to frustration and anxiety. By dividing assignments into smaller steps, students can focus on one piece at a time, making the task feel much more achievable and reducing mental strain.

Why Breaking Down Tasks Works

Reduced Cognitive Load

Breaking complex tasks into smaller, manageable parts helps reduce the cognitive burden. Each small step is easier to remember and tackle, allowing your child to manage working memory more effectively.

Reduces Overwhelm and Anxiety

A large project can feel impossible to complete, causing anxiety and procrastination. When your child focuses on just one small step at a time, they avoid feeling overwhelmed by the magnitude of the assignment. This makes getting started much easier, which is often the hardest part of any big task.

Improves Focus and Concentration

By breaking down tasks, students can direct their full attention to the step at hand. This focused approach helps maintain concentration and improves the quality of their work. Rather than spreading their mental energy thin across multiple aspects of a project, they can zero in on one specific goal at a time.

Effective Strategies for Breaking Down Tasks

There are many ways to break down a large task, but here are three of the most effective strategies for helping your child manage their workload at home:

Backward Planning

Backward planning starts with the end goal in mind. Have your child think about what the finished project will look like and then work backward to determine all the steps required to get there.

For example, if your child has a history project due in two weeks, start by discussing what the completed project needs, like a written report, a visual aid, or a presentation.

From there, identify each component, such as researching, drafting, and editing. By breaking down the project into smaller, well-defined steps, your child can approach it systematically and avoid feeling overwhelmed.

Creating a Timeline

A timeline helps organize each step into a specific schedule. Once your child has broken down the project into smaller tasks, set a goal for when each part should be completed.

Allotting Extra Time

Always factor in a buffer. Life is full of surprises, and it's important for your child to have some flexibility in their timeline. Allotting extra time means that if something unexpected happens, like a particularly busy day or an unforeseen difficulty with a task, they won't be thrown off course.



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Children's Mental Health Week


Next week is Children's Mental Health Week. To support this year's campaign SSAFA have organised a series of events that will be taking place across BFC.



Have you got a question about your child's mental health?
Come and chat to the SSAFA Community Health Team for information and guidance. Coffee and cake too!



Tuesday 4th February
9:30am - 10:30am
Community Hub, Room 9, Episkopi





Have you got a question about your child's mental health?
Come and chat to the SSAFA Community Health Team for information and guidance. Coffee and cake too!

Thursday 6th February
9:30am - 11:30am
Chaplaincy Centre, Akrotiri

To support Children's Mental Health Week SSAFA have partnered with BFBS to offer a **free screening of Inside Out 2!**



FREE SCREENING
INSIDE OUT 2
KNOW YOURSELF, GROW YOURSELF

EPISKOPI
EPI CINEMA
09/02
10:00



CHECK THE WEBSITE FOR MORE INFORMATION
www.bfbs.com/children

In support of this campaign SSAFA community health will be sharing hints and tips on how to help your child recognise and manage their emotions, and who to contact if you are concerned about your child.
<https://www.ssafo.org.uk/get-help/ssafo-community-health-overseas/family-hub/>



FREE SCREENING
INSIDE OUT 2
KNOW YOURSELF, GROW YOURSELF

AKROTIRI
04/02
15:00



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St John's School Writers

This week, we are sharing another fine example of descriptive writing from Year 11.

Write a description of an old person as suggested by this image.



His face, an antique embraced by time. An antique that's true beauty was concealed beneath the blatancy of a brief stare that didn't care to occupy a meaningful thought.

"You look different." I speak to him, he doesn't reply.

"Your eyes look tired, your frame is lighter." I continue. The purpose of my statements unclear, a hint of accusation in my voice. He doesn't reply.

His eyes, like a window to his innermost soul, sever from mine and instead embrace an obvious rush of guilt.
What *could* he be thinking?

We sit here in a meaningless silence. My eyes are now out of my control and I find myself powerless to their determination to look at him. I begin to notice the discoloured patches of his skin dancing and changing like that of a fond childhood memory. His wrinkles run like rivers across his tired skin, His smile is torn. The pores on his ridged, broken, mended and then broken again nose are black with years of disregard and neglect, no one has looked after you, have they?

The beard caught my attention next, as though my mind and thoughts were a ball, and his features were children blamelessly filled with naivety, playing catch. Up and down, up and down, with gravity and urgency. The most prolific wrinkles stood out leading pathways down his cheeks. Those that are made from a thousand smiles and even more bouts of laughter. It is these where the ball of thought seems to stop, the children go home, it is just me and the consistent string of ideas that are everchanging.

His smile was contagious, or, if it was as I remember. His well maintained teeth like pearls concealed behind the repulsive oyster.

His eyes dart back, with the agility of a cat, with the softness of a kitten.

"Why *are* you here?"

Kat (Y11)