



Pastoral Newsletter

Issue
07
November
2018

THIS TERM'S DATES

5 November 2018 -
Anti-Bullying Week

26 November 2018 -
Rewards Week

Anti-Bullying Week : 5 November

The Collegiate's Anti-bullying Council did themselves proud last week producing a wide range of activities for their peers to participate in during Anti-bullying week. We saw a range of projects across the site; our Peer Leaders, Anti-bullying Council members and Pastoral Prefects worked with King's Magna students promoting acts of kindness towards each other. We also had a form time story writing competition in order to address the impact bullying can have and the positive impact we can make ourselves by being kind.

Rewards Week : 26 November

This year's Rewards Week will commence Monday 26 November. Throughout the academic year we encourage students to reach their potential by highlighting their positive achievements and individual successes in various ways.

The rewards are as follows:

Wednesday 28 November:

Cupcakes served at break time in the Atrium and Undercroft.

Thursday 29 November:

Bacon sandwiches (and vegetarian alternative) served at breaktime in the Atrium and Undercroft.

Friday 30 November:

The chosen *Fakeaway* option, voted for by the students, served at lunchtime in the Atrium and Undercroft.

The way students earn their level of reward is shown below. Most students will be able to access one level and make the most of the opportunity to celebrate their success.

Detentions	Reward	Reward	Reward
0-1	Cupcake	Bacon Sandwich	<i>Fakeaway</i>
2	Cupcake	Bacon Sandwich	
3	Cupcake		
4 or more			

News In Brief

Pastoral Website

<http://qestudent.org/pastoralcare/>

Staff login: qeteacher / teaching

Student login: student / student13

Thrive form sessions

Throughout the term the pastoral team will be offering Thrive@QE taster sessions to individual form groups. This is a great way for students and staff to get an insight into what Thrive@QE offers, and how the different sessions are run. Mindfulness, Exam Stress, Goal Setting and Positive Thinking are just a few of the many different sessions that are available for students to attend. For more information, please come and speak to a member of the pastoral team.

THRIVE@QE

If you have any suggestions for what you would like to see as part of THRIVE@QE, or would like to help out then please come and speak to The Pastoral Team or let your Form Tutor know.

THRIVE@QE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before school			Meditation in the reflection room 8.05-8.20am	Meditation in the reflection room 8.05-8.20am	Meditation in the reflection room 8.05-8.20am		
Form time		THRIVE@CH 8.30-9am	THRIVE@CH 8.30-9am			Tea & talk 9-5pm	
Break time							
Lunch time	Study skills & exam stress 1.30-2.30pm	Kitchen garden 1-2pm	Meditation in the reflection room 1.30-1.50pm	Wellbeing & the web 1.30-2.30pm	Teambuilding 1.30-2.30pm		Tea & talk 9-5pm
	Feeling good about you 1.30-2.30pm	Happiness is... 1.30-2pm	Tea & talk 1.15-1.45pm	Chapter House Yoga 1.30-2.05pm			
	Meditation in the reflection room 2.15-2.30pm	International support 1.30-2.30pm	Mindfulness & relaxation techniques 1.05-1.45pm	Faith perspective 1-2pm	New to QE support 1.30-2.30pm		
	Up for discussion 1-2pm	Meditation in the reflection room 1.15-1.30pm	Girl talk 1-2pm			K.I.T Club 2.30-3.30pm	
After school	Conduct yourself correctly 4-5pm	Motivational goal setting 4-5pm	Food for thought 4-5pm			THRIVE@CH 4-5pm	

Five ways to wellbeing | Five ways to THRIVE@QE

Peer Mentors

Congratulations to all those who applied and succeeded for the position of Peer Mentor. The new Year 12 Peer mentor training starts on Tuesday 13 November and will be held once a week through out the year.

Chicken Competition

The votes have been counted and the 3 winning names for the resident hens are:

Cluck Norris

Big Bird

Piri Piri