

Bishop Bulletin

A warm welcome awaits...!

Core Values

Hello Year 6, Mrs Toward the school Chaplain here. I am looking forward to welcoming you to school in September. I have been thinking about how you might be feeling about coming to a new school.

One way that I hope will help you to cope with your different feelings is to use the Bishop Stopford School's core values: Truth, Responsibility, Justice, Compassion and Faith.

Please be honest (truth) about how you are feeling, as we all need to take responsibility for ourselves, so don't be afraid to share them, as others will most likely be feeling just the same.

I am also going to ask you to think about justice, let us consider how we behave towards each other. If you feel that someone is being left out, being treated unfairly or not able to stand up for themselves, think about how you would feel if you were in their shoes and please help them.

Which leads onto us being compassionate, our fourth value. If you notice a student struggling, try to help by coming alongside them and being friendly. Remember to treat them, as you would like to be treated. "Love your neighbour as yourself."

The final core value is faith, so with God's help, I hope you will find coming to Bishop Stopford School a great experience and please remember that you are always welcome in the chapel, which is a safe place to talk, question, share your worries, be prayed for and know that you are welcome here whether you believe in God or not.

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Hi, I'm Mrs Glue and I am thrilled to be your Head of Year.

A little bit about me. I've worked at Bishop Stopford for five years and in that time, every child has known my name for a variety of reasons! I absolutely love my job. I really enjoy chatting to you guys and understanding what is going on in your world.

A little bit of trivia about me. I'm obsessed with fossils, Lego and theme parks. I own two tortoises and a Police dog called Major. Favourite subjects, English, Drama and Geography. I really wish I had paid more attention to Maths!

Summer challenge for you. I was on a TV gameshow earlier in the year. Let me know if you can guess which one!

September really is going to be an exciting time for us all. I cannot wait to finally meet you.



Faith | Justice | Truth | Responsibility | Compassion

7 Canterbury – Miss C Davies



Hi, I'm Miss Davis and I teach PE. I have always loved PE and sport, I especially love all the activities we teach at Bishop including my favourites of basketball, volleyball and softball. I enjoy teaching PE because we try lots of different activities all year, and build on teamwork and getting to know each other in your forms and houses.

I am absolutely Sausage Dog crazy, and finally have one called Schnitzel Von Krumm, named after my favourite childhood book Schnitzel Von Krumm with a very low tum.

I am looking forward to meeting you all in September, enjoy your summer break

7 Durham Mrs Pointer and Miss Darku

Our names are Miss Darku and Mrs Pointer. We are really excited about welcoming you to Bishop Stopford School.

7D! I am so excited about being your tutor. A little bit about me: I am an English teacher and absolutely love theatre trips, reading, films and chocolate. I have a gorgeous dog that I enjoy taking out for walks. I will be available in the English department if you have any problems at all. Mrs Pointer



My name is Miss Darku. A little about me: I was born in Ghana but I'm also an Italian as I lived there and speak Italian. I am a cover supervisor and I find every day unique because I meet more than 100 students from year 7 to 11 every day and find it really difficult keeping their names. I love cooking spicy food and sewing.



We can't wait to meet you all.

7 Ely Mr Holvey

I am Mr Holvey and I have been teaching for just over ten years. I am a science teacher specialising in biology and physics, where I teach both A level physics and biology.



Apart from science, I am a very keen sportsman. I love playing and watching sport and I am a huge rugby fan, supporting Northampton Saints. I am also enjoying cooking, baking and reading, especially trying new recipes and experimenting with new baking ideas. I am a proud Welshman who was born and raised in Northamptonshire and I have taught in a few schools in the county but I am very much

7 Gloucester Mr Redford

My name is Mr Redford and I have just joined at Bishop Stopford School in July as a member of the English department. I'm incredibly excited to get started and meeting you all properly!



As a brief introduction to myself, I teach English, I'm originally from Warrington but now live in Kettering. As a result of my hometown, I'm a big fan of Rugby League (a devout Warrington Wolves fan and will not hear of any slander!). I'm also a huge film buff, as well as being in the loop with all forms of modern music no matter the genre. I adore reading, and like to think I have my finger on the pulse of any novels that are creating buzz in the literary world at any given time

7 Peterborough – Mr Smith

Dear 7 Peterborough,

I am really looking forward to meeting all of you soon, and sorry that this hasn't been a 'normal' year in school for you. I am Mr Smith, and will be your form tutor at Bishop Stopford School next year. I teach Computer Science & iMedia and I am only slightly newer than you as I joined Bishop last year. Computer Science is great fun as we learn all about computer systems, coding, and even how to make your own app!

Interesting facts about me: I used to be a professional photographer, in my spare time I enjoy carpentry and I love cars.

Secondary school will be a big change for you. Sometimes you will make mistakes, but you will also accomplish great things. Don't be afraid to ask for help, be kind to your new friends, listen to what your teachers have to say, but most of all enjoy yourself.

See you soon,

7 Salisbury - Miss Cvancigerova

Hi. My name is Miss Cvancigerova and next year, I am going to be your form tutor, but I am also a French and Spanish teacher.



I look forward to meeting you all in September and I am sure we are going to have a great time together. Because I am not native English speaker, you can look forward to many funny moments in my lessons or in form time as I tend to mispronounce words in English quite often. What can I say? Learning a language is fun.

7 Winchester – Mr Lewis

Dear 7 Winchester.

I would like to introduce myself to you all. My name is Mr. Lewis and I will be your form tutor when you start Bishop Stopford. I hope that you are as excited as starting secondary school as I am about meeting and getting to know you all.



Being form tutor for Winchester is very special for me as I was a student at Bishop Stopford School many years ago and I was in this form.

I have taught at Bishop for 11 years and during this time, I have not only been a form tutor, but I have also been a Head of Year. This has given me a lot of information and experience about the school, so when you start please do not be afraid to ask me any questions, as I will likely know the answers to them.

In school, I teach Mathematics. This subject has always fascinated me due to the problem solving and logical element involved with it. When I am not at school, I am a keen gardener and enjoy growing my own vegetables in my vegetable garden. I am also a Ballroom and Latin Dancer – although due to Covid this has not been quite the same over the past year due to not being able to actually dance with partners – although I am very pleased to have started this again as restrictions have lifted.

I am sure that you each have your own interests and it would be really good to hear what they are before you start in September – why not email me on wlewis@bishopstopford.com and tell me a little bit about them and a little bit about yourself too. I very much look forward to reading things about you and meeting you properly in September.

Have a brilliant summer.

Mr. Lewis

7Y Miss Tierney

I am Miss Tierney and I teach Science.

I was a student at Bishop Stopford from Year 7 - 13 so I know exactly what it is like coming from a small primary school to Bishop Stopford.

An interesting fact about me is that I used to compete in singing competitions all around the country and have gone to California to sing where I performed in Disneyland and Universal Studios.

I am so looking forward to meeting you all!



Drama Department

We cannot wait to welcome you to Drama studies in Year 7. The activities below are a good range of activities and do let us know how you get on with them.



Mrs Fraser—Head of Drama

Mrs Fraser is passionate about Drama because it allows people to tell their story as well as learn about the world around them. She likes watching and learning about different theatrical styles, but is most impressed by Physical Theatre. Mrs Fraser has taught in Northampton for 20 years She has lots of ideas for all sorts of creative performances and projects that we can do together.

Who are we?

Mrs Bamford—Teacher of Drama

Mrs Bamford loves everything dramatic, but has a soft spot for musical theatre. She's originally American (hence the accent) and has been teaching here in England for the past 12 years. She is a sucker for Shakespeare, and always incredibly impressed by people with any artistic ability.



DRAMA 10 ACTIVITIES YOU CAN DO AT HOME

1. Tongue Twisters

HOW FAST CAN YOU SAY THESE TRICKY TONGUE TWISTERS?



"Betty Botter bought some butter"
"She sells seashells by the seashore"

"If a dog chews shoes,
whose shoes does he
choose?"

"Unique,
New York"

2. Write and Perform a Monologue

Write your own monologue- It could be funny or it could be serious. You could do it as a character or write your own thoughts and feelings down in a speech. Try some different styles and topics out. Focus on your vocal skills as you perform your monologues to your audience .



BONUS!

Put your design skills to the test and...
MAKE A SOCK PUPPET!



3. Lip Sync Battle

Put together a playlist of your favourite songs and mime along! You can film your lip syncs and challenge your friends. Don't forget to use overexaggerated facial expressions and movements!

4. Accent Challenge

Choose one of the tongue twisters from task 1 and perform it in different accents. Get your friends and family to guess what accent you are doing. French? Posh? Northern? Australian?



5. Charades

Put your mime skills to the test in a game of charades! You will need to use clear gestures and movements to recreate key moments of your favourite books, films of plays for your family to guess!



6. FaceTime Duologues

Get together with a friend or family member who you have not seen for a while. Write a short script and rehearse it. Grab some costumes and you could even make a backdrop for your scene. FaceTime each other to perform your duologue. Make sure you both get into character by using clear facial expressions and gestures.



7. Research Playwrights

Find out about the lives and work of some of the greatest playwrights. William Shakespeare, Arthur Miller, Lucy Prebble Caryl Churchill, Sophocles...plus many more!



8. Drama Games

Gather the family round for some classic Drama games! Whether it is SPLAT! or Wink Murder, Mafia or Park Bench... there's loads of fun to be had with your favourite Drama Games!

9. Family Performances

Direct your family in your own performance. It could be your own interpretation of a play you know or you could pen your own. Find some costumes around the house and create a make-shift performance space in your house.



10. Watch a play (online)

WhatsOnStage.com have compiled a fantastic list of all the performances you can watch including The Wind In The Willows and Eugenius! Check out the list: <https://bit.ly/3b59uTw>



HORSE BOX
THEATRE COMPANY

CREATED BY JOE PLUMB

Welcome to the English Faculty!



MR SMITH

Mr Smith leads the English Faculty at Bishop Stopford. He loves teaching English, especially poetry, and loves to read! When he's not at work, he likes to spend time in the outdoors, either walking in the countryside or out on his bike, and he has recently taken up photography as a hobby. He looks forward to meeting you all!

Mrs Fletton is in charge of Expressive Arts and Design and Technologies as well as being an enthusiastic English teacher, but although she is busy she will always make time for you.

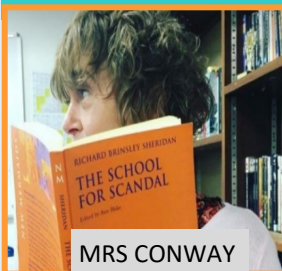
MRS FLETTON



Mrs Farrell is the person who sorts out all of the admin and keeps the department calm: the VIP in the office! She also co-ordinates Music Peri lessons. She enjoys gardening and listening to music and cannot wait for live concerts to start again!



MRS FARRELL



MRS CONWAY

Mrs Conway is really looking forward to welcoming you all and is always happy to help. She loves walking her dog in the park, reading & the Jason Bourne films (ssh, don't tell anyone!)



MR WAREHAM

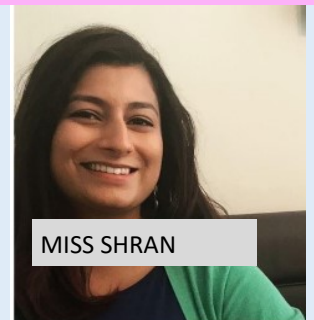
Mr Wareham's students often report him singing in the classroom – apparently, he takes requests! Well, learning should always be fun. Outside of school, he enjoys playing and watching sport.



MISS THURLBY

Miss Thurlby was once a student here herself! She loves reading, baking and going to the theatre to see Les Misérables.

Miss Shran enjoys baking, knitting, painting and is always reading history books. She is always happy to help and answer any questions you have!



MISS SHRAN



MRS POINTER

Mrs Pointer loves chocolate, singing, dancing and watching films...and sometimes does all of this in the Classroom!

She will always be available if you have any problems and will even bake cakes for you!

Mrs McGregor works in English and Inclusion so you'll see her around in lots of different places. She loves music, talking (a lot!) and visiting new places.



MRS MCGREGOR

Mrs Lane loves music, singing, traveling, cooking, writing, dogs, exercising and doing art and craft. Her idea of the perfect day is reading a wonderful book on a beautiful beach in the sunshine! She'll always have sweets if you are feeling sad!



MRS LANE



MRS BATES

Mrs Bates teaches English and is the SENDCo. She has been here a really long time and knows a lot about the school's history. She loves school trips and holidays.

Music Department

Welcome to the Music Department at Bishop Stopford School!

We are very much looking forward to meeting you in real life, but for now let us introduce ourselves!



Mrs Armstrong is the Head of Music



Mr Taylor



Mrs Williams



Mrs Wilson



We think you are very lucky as there are four music teachers in our school. This means that we can offer lots of music clubs and activities for you to enjoy plus we are all interested in different types music and play different instruments between us. Music is part of the Expressive Arts Faculty (along with Drama, Art and DT).

Don't forget to check out our page. Where you will find out all about the department and what we get up to. Follow the link to read more and to try some suggestions of music making for yourself!

<https://bishopstopford.fireflycloud.net/parent-information/year-6-induction-2021/student-portal-/subjects--1/music>

You may be wondering what you might be doing in music lessons. ..

Well, we do lots of performing – in small groups, as a whole class and individually. We have lots of instruments for you to play such as keyboards, guitars, ukuleles, percussion and you already have the best instrument that you carry around with you - your voice! You will create and compose your own music and write about different types of music that you listen to – describing it and giving your opinion. Also, you will work with software such as Logic, Sibelius and Garageband. We have workshops such as African Drumming and Samba music which is great fun.



Ensembles and Music Clubs



There are lots of music ensembles and clubs to join (and this is a great way to make new friends too). Concert Band, Girls and Boys Choirs, Orchestra, Brass Band, Ukulele Magic to name a few.

Year 7 is the perfect time to start learning an instrument – and you'll be in good company as lots of students in the school do too.



We are very lucky to be supported as a department by Northamptonshire Music and performing Arts Trust who deliver teaching and support ensembles: Click below to visit their website and also to see what is available at your local Saturday Arts Centre, also run by NMPAT.

<https://www.nmpat.co.uk>

Welcome to Modern Foreign Languages

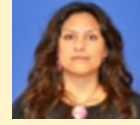
Bonjour, je m'appelle Madame Roberts et je suis française. I can't wait to meet you all.



Bonjour, je m'appelle Madame Rogers. I love travelling and am currently learning Polish.



¡Hola! I am Ms Ponce and I am from Argentina, the land of Lionel Messi.



"Hola! My name is Mrs Smith and I love cooking German and Spanish food.



Welcome to the Modern Foreign Languages Faculty. Here we are truly international, as half of our teachers originally come from other countries.

My name is Mrs Kaur and I am the MFL curriculum assistant. In my spare time I enjoy cooking and doing sudoku.



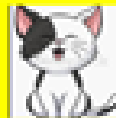
Hola, ¿qué tal? I am Mrs. Fry-Morales and I am American though I've lived in the US, Mexico, Japan, Spain and of course the UK.



How well do you know your languages?

1. "Kot" means cat in-

a. Polish b. French c. Danish



2. "Pomodoro" means tomato in-

a. Spanish b. Italian c. Russian



3. "Hund" means dog in-

a. Finnish b. Norwegian c. German



4. "Puella" means girl in-

a. Mandarin b. Arabic c. Latin



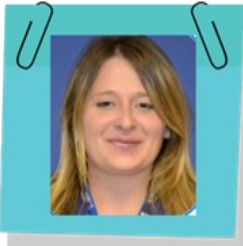
5. "Anteeksi" means sorry in-

a. Maori b. Finnish c. Mongolian



Answers- 1 a 2 b 3 c 4 c 5 b

Computing Department



Miss Page - I love teaching Computer Science, especially coding and cyber security. I am keen for every student to be confident and safe users of technology. Computer Science plays such a big part of our everyday lives now and new technology is so interesting. I enjoy making coding fun through games development and exploring robotics in new technology.



Mrs Williams - As a mathematician I am fascinated by the science of numbers and how they are used in almost everything we do. Computer Science adds creativity to the numbers. You can be the person who designs the games and web pages, the person who writes the code or both. In KS3 we look at both roles and have fun working out which type of Computer Scientist we are. We also learn about the computers we use and more about how to use them.

What is Computer Science?

Computer Science is all about learning about the technology that we use on a daily basis; creating amazing projects using code and investigating how technology works. If you have a keen interest in the latest gadgets, gaming, artificial intelligence, social media and the internet, then you will enjoy every lesson of Computer Science. We cannot wait to meet you all!

Computing Challenge!

Why not visit scratch.mit.edu and get started on some of the projects they have online. Simply click on create and follow the online tutorials!



Code and Play



Why not play computer games and learn how to code them at the same time! Microsoft are offering free licences to anyone for Minecraft education. Minecraft education is just like Minecraft but it also allows you to become the developer behind the game and code aspects of the game play yourself!**How to do this:**

Step 1 - Visit <https://education.minecraft.net/> and read more about how amazing it is!

Step 2 - When you are ready click on the "Get started" button.

Step 3 - Enter your school email address and go to the download page.

Step 4 - Select which version you need depending on your operating system (Windows or Mac)

Step 5 - Your download should start and you are then ready to start coding and playing Minecraft!

Welcome to the Art and Design and Technology

Art Department



I'm Mrs Baker and I have been a teacher at Bishop Stopford for 20 years! I am a form tutor for a yr11 class and my favourite subject is Art (obviously).

I have always drawn, painted and made stuff for as long as I can remember and I find art really relaxing and it helps me to focus.



I'm Mrs Johnson, one of the Art teachers you may have at Bishop. I love teaching Art, it's so creative and imaginative.

I have been teaching at the School for quite a long time! 20 years and have enjoyed being part of this lovely School.



Hello I am Laura, I am the Expressive Arts Curriculum Assistant. It is a long title but it means that I help out in subjects like Drama, Music and Art, but you will usually find me in the Art rooms.

Art Quiz:

- 1) The Tate is an network of four art museums; two are based in London, where are the other two English locations?
- 2) Who created the work of art known as 'Campbell's Soup Cans'?
- 3) Which British artist created the *Angel of the North*?
- 4) What is art made from shapes called?

THE
"earth"
WITHOUT
"art"
IS
JUST
"eh."

Design and Technology Department



Hello there, my name is Mr Sidgwick and I am the head of the D&T department here at Bishop Stopford School. Every student in years 7, 8 & 9 at Bishop has D&T lessons and you will get to learn about, design and make a wide range of exciting things. You will be working with a lot of different materials and equipment from plastic to fabric and food processors to drills and we cannot wait to get started.



Mrs Miles



Mrs Reed



Miss Harrington



Miss Ashton



Mr Coxon

Quiz: Can you identify these everyday products from the close up photos below?



ANSWERS: A – Potato masher, B – Watering can, C – iPhone, D – Xbox controller, E – Bath mat
(Answers: 1. Liverpool, St Ives 2. Andy Warhol 3. Antony Gormley 4. Abstract Art)

LOOK AFTER YOURSELF

WELLBEING



Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.



Bubble breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid.

Slowly and gently blow bubbles into the room.

Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)



Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.



www.partnershipforchildren.org.uk



Jump Back July




RESILIENCE CALENDAR: JUMP BACK JULY 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>We can't control what happens to us, but we can choose how we respond</p>			<p>1 Be willing to ask for help when you need it today (and always)</p>	<p>2 Make a list of things that you're looking forward to</p>	<p>3 Adopt a growth mindset. Change "I can't!" into "I can't... yet"</p>	<p>4 Find an action you can take to overcome a problem or worry</p>
<p>5 Avoid saying "must" or "should" to yourself today</p>	<p>6 Put a problem in perspective and see the bigger picture</p>	<p>7 Shift your mood by doing something you really enjoy</p>	<p>8 Get the basics right: eat well, exercise and go to bed on time</p>	<p>9 Help someone in need and notice how that gives you a boost too</p>	<p>10 Don't be so hard on yourself. It's ok not to be ok</p>	<p>11 Reach out to someone you trust and share your feelings with them</p>
<p>12 When things go wrong, be compassionate to yourself</p>	<p>13 Challenge negative thoughts. Find an alternative interpretation</p>	<p>14 Set yourself an achievable goal and make it happen</p>	<p>15 Go for a walk to clear your head when you feel overwhelmed</p>	<p>16 When things get tough, say to yourself "this too shall pass"</p>	<p>17 Write your worries down and save them for a specific 'worry time'</p>	<p>18 Let go of the small stuff and focus on the things that matter</p>
<p>19 Notice something positive to come out of a difficult situation</p>	<p>20 Ask yourself: What's the best thing that can happen?</p>	<p>21 If you can't change it, change the way you think about it</p>	<p>22 Make a list of 3 things that you can feel hopeful about</p>	<p>23 Remember that all feelings and situations pass in time</p>	<p>24 Choose to see something good about what has gone wrong</p>	<p>25 Notice when you are feeling judgemental and be kind instead</p>
<p>26 Get back in touch with a supportive friend and have a chat</p>	<p>27 Write down 3 things you're grateful for (even if today was hard)</p>	<p>28 Catch yourself over-reacting and take a deep breath</p>	<p>29 Think about what you can learn from a recent challenge</p>	<p>30 Ask for help from a loved one or colleague. Be specific</p>	<p>31 Remember that you are not alone. We all struggle at times</p>	

ACTION FOR HAPPINESS







actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Daily actions to look after ourselves and each other as we face this global crisis together

Have a wonderful summer!



• STAY SAFE • BE KIND •



• STAY SAFE • BE KIND •