



School and Social Distancing

As we have been made aware, upon our return to school there will be many changes that will take some time to get used to, including the importance of remaining social distanced.

While in areas where social distancing is difficult/cannot take place, we will also be required to wear masks to ensure the safety of ourselves and those around us.

This is not a requirement during class although they can certainly be worn if one chooses. Key Stage 3 pupils will have one classroom and teachers will be moving to them, meaning there will be no Key Stage 4 or 5 lessons taking place in the four story building.

Furthermore, certain year groups will only be allowed to use certain toilets. Changes such as these will affect the school dynamic that we are used to, but that's not to say that every effort isn't being made to ensure we feel safe and secure in our environment.

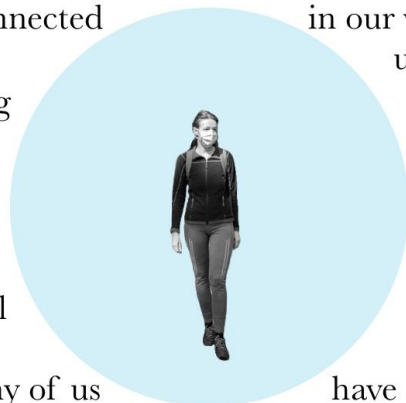
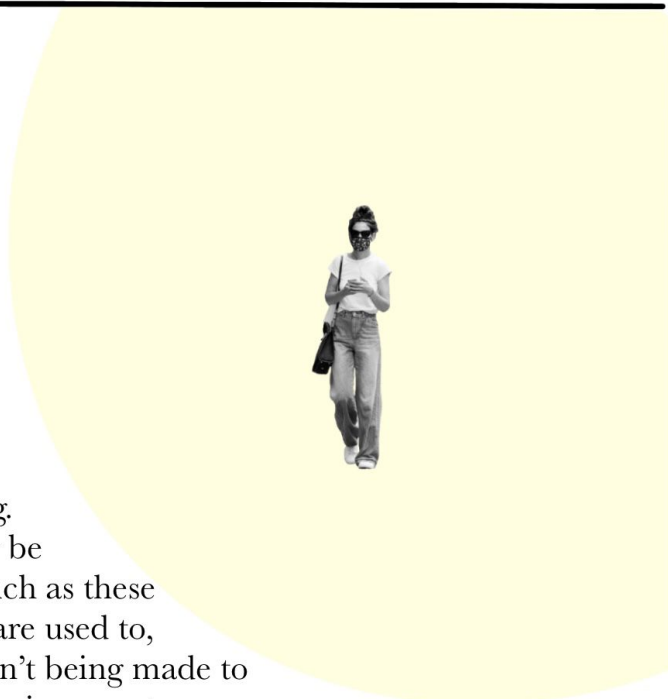
While this may feel like a strange and unusual time, it's important that we support each other emotionally and remain connected in our verbal communication and remind those around us of our support and care.

As well as this, gently reminding everyone and the functionality of the school is one of the best things we can do to make a difference. In the same way, slightly different offer and integrate into each of us have experienced the same situation in environments, therefore having wisdom that we can all our school lives.

Remember also that during the lockdown period, many of us have had some interesting experiences and have perhaps learnt new skills, obtained new hobbies and learnt new things. This can act as a great talking point and can encourage us to talk about things that we haven't perhaps had the opportunity to discuss.

Overall, while this new reality can feel like a daunting change, it's important to remember that we are all facing the very same obstacles and difficulties together, and now it is time for our Bishop Community to gather safely in the face of adversity and be exemplary of our virtues.

Don't forget to check BVS Twitter and other social medias for further updates on school rules and regulations.



BVS News

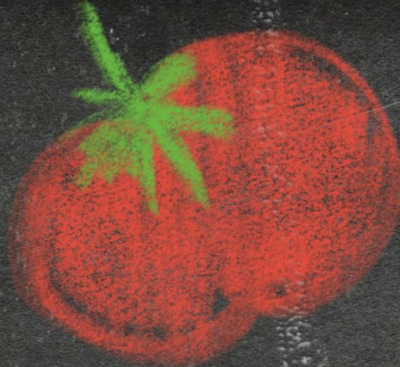
Justine's Success Story!



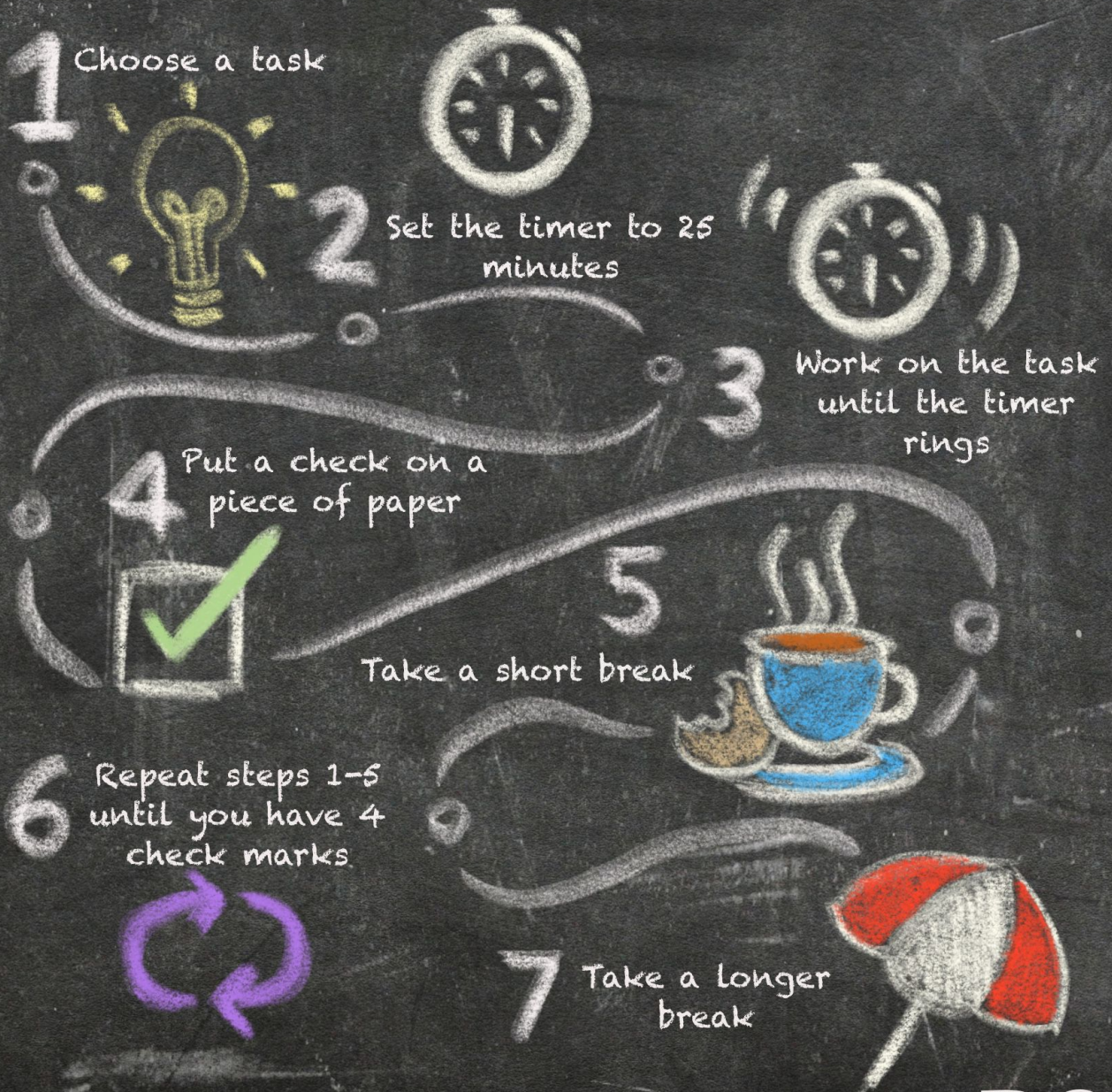
Swansea and Bishop Vaughan are proud to be behind the absolute star who is Justine. Year 8 student Justine Afante joined the Voice Kids 2020 and began with a show stopping performance of 'Never Enough' during the blind auditions with all four judges turning their chairs. With the help of Pixie Lott, from that point on Justine grew in confidence and excellence as she progressed through the competition with each performance. As noted by each of the judges, Justine's talent is extraordinary and she most definitely deserves every ounce of her success. We are so proud to have such hardworking, dedicated individuals like Justine in our Bishop Vaughan community and can only wait in excited anticipation for what wonderful things are in store for her. A huge congratulations and good luck for your undoubtedly successful future Justine!



The POMODORO Technique



Returning to school also means a change to the schedules we have become used to at home. This can mean feeling overwhelmed and perhaps becoming stressed unnecessarily. If you are finding trouble getting back into the frame of mind for work, try the Pomodoro technique below:



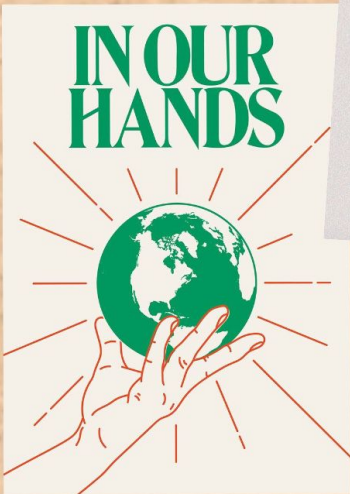


Positive Quotes and Affirmations Board



WORRYING DOES NOT
TAKE AWAY
TOMMOROW'S TROUBLES.

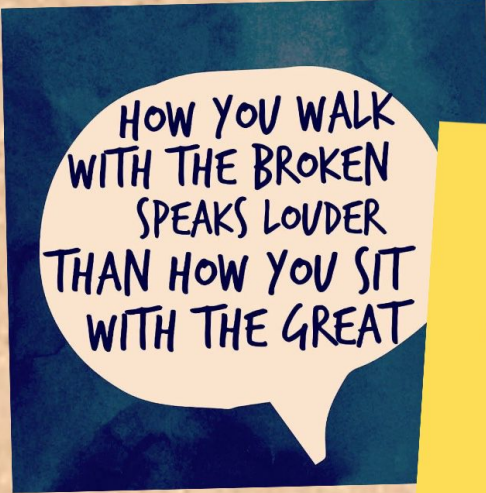
IT TAKES AWAY
TODAY'S PEACE.



THE WORDS
YOU SPEAK
BECOME
THE HOUSE
YOU LIVE IN

AUTHEN-
TICITY
IS
POWER

TEACH



DON'T
PANIC

DON'T COMPARE
YOUR LIFE TO
OTHERS. THERE'S
NO COMPARISON
BETWEEN THE
SUN AND THE
MOON, THEY SHINE
WHEN IT'S
THEIR TIME.

New Beginnings

Advice for Year 7 from Current Year 13s

Starting in a new school can be daunting, even without the changes we are experiencing as a result of the pandemic. Because of this, some current Year 13 pupils have offered a little advice on what they did/wish they had done when they first joined Bishop Vaughan and how it has impacted the rest of their school careers.

'At least 50% of my best friends now didn't go to my primary school, so I definitely suggest striking up a conversation with someone new. As for your studies, just give it your all and have fun with it!'

'Try your best not to procrastinate. If you do the work now you're doing your future self a favour.'

'DON'T PUT THINGS OFF, DO IT WHEN IT HAS BEEN SET AND GET IT OUT OF THE WAY.'

'Try to talk to new people and branch out from your current circle.'

'Have fun and enjoy it. Make friends and don't worry about anything - there's really no need.'

