

Value for this half term: [Perseverance](#)

Theme for this week (31 Oct - 4 Nov 2022): [Persevering with the Truth](#)

Life Skills theme for the week: [We can persevere to overcome obstacles](#)

[“We rejoice in hope of the glory of God. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope” \(Romans 5:3-4\).](#)

At the end of the first half-term of the school year and the start of the second, perhaps it is an appropriate moment to take stock of what each of us - students, staff, parents and carers - has achieved over recent weeks. Overcoming problems large and small, we tend to hurtle from one task to another, ticking off items on our 'to do' lists without giving due consideration to the importance of reflection and rest.

We hope that all our students, staff and families have been able to enjoy the half-term break and find proper rest, the kind of rest that plays a really significant role in helping us to live 'life in all its fullness' (John 10:10). Without adequate relaxation and rejuvenation, we tend to be less likely to be patient, kind, self-controlled; when we are tired we lack strength and energy to live fulfilling lives and achieve our true potential.

Balancing rest and the busyness of everyday lives is a particular challenge for our Year 11 students at the moment; for them, two weeks of formal, internal exams (Exams 1) begin on Monday 31 October. As Mrs Rourke-Beasley said in an email to Year 11 students over the weekend: being well-rested; having a positive mindset; trying to remain calm; persevering in order to overcome obstacles big and small - and having the right equipment each day will help our Year 11s to do their best in each exam.

On the subject of being properly equipped for school, it is our expectation that all students will have a black pen, blue pen, pencil, eraser and ruler as an absolute minimum. It is sensible to keep these items in a pencil case, rather than having them loose in a school bag or blazer pocket. Please encourage all students to get organised; they should let form tutors know if they have a particular problem with their school stationery.

“Time to be slow”, by John O'Donohue

This is the time to be slow,

Lie low to the wall

Until the bitter weather passes.

Try, as best you can, not to let

The wire brush of doubt

Scrape from your heart

*All sense of yourself
And your hesitant light.*

*If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.*

This is one of the famous [Poems on the Underground](#); you can listen to it being read aloud [here](#).

A short prayer for the week ahead

*Dear Lord,
I thank you that your Word reminds me that you have given me the power to be brave and to control my thoughts.
Remind me to focus on what is good, true, noble, right, lovely, and admirable. Empower me to cast aside any thought that would want to cause me anxiety or fear.
I thank you for all the good gifts you have given me in my life. Help me to remember them rather than fixate on the things that trouble my mind.
I thank you that I can trust in you to lead me on your straight path. Direct each of my steps and grant me wisdom so I can move forward with peace.*

Amen

Useful links and ongoing notices:

- The [school website](#) is a useful source of information.
- Please visit the Harleston Sancroft Academy [Twitter feed](#) for news and updates.
- [Here](#) is a list of lunchtime and after-school clubs.

Please note, all clubs are FREE and students do not need to sign up - they can just turn up on the day. For any lunchtime sports clubs, students should put on their trainers (they won't change into full sports kit). For after-school sports clubs, students will need to be fully changed into their PE kit.

Key upcoming events:

Fri 4 Nov: Fireworks Display at Harleston Sancroft Academy, secondary phase