




'Positive Vibes'

....8 ways you can spread them in school

Mr Withers – February

- 
1. Develop a **positive outlook**
 2. Take charge of your **learning**
 3. Take pride in your **appearance**
 4. Follow the **rules**
 5. Be **kind** to yourself and others
 6. Respect your **environment**
 7. Make positive **choices**
 8. Take **responsibility**

Creating Positivity

Here are **8 things** I thought we could all have a **renewed focus** on doing **daily** - to spread even more positive vibes to all corners of our lovely school

1. Develop a positive
Outlook





For many, the last couple of years have been a bit ‘**Doom & Gloom**’ – negative news; what we **can’t do**, rather than what we can.

Home/school time got blurred, **routines** changed, **rules** changed, we were **segregated and distanced**, stuff got **cancelled** and we were hidden behind **masks** for a time

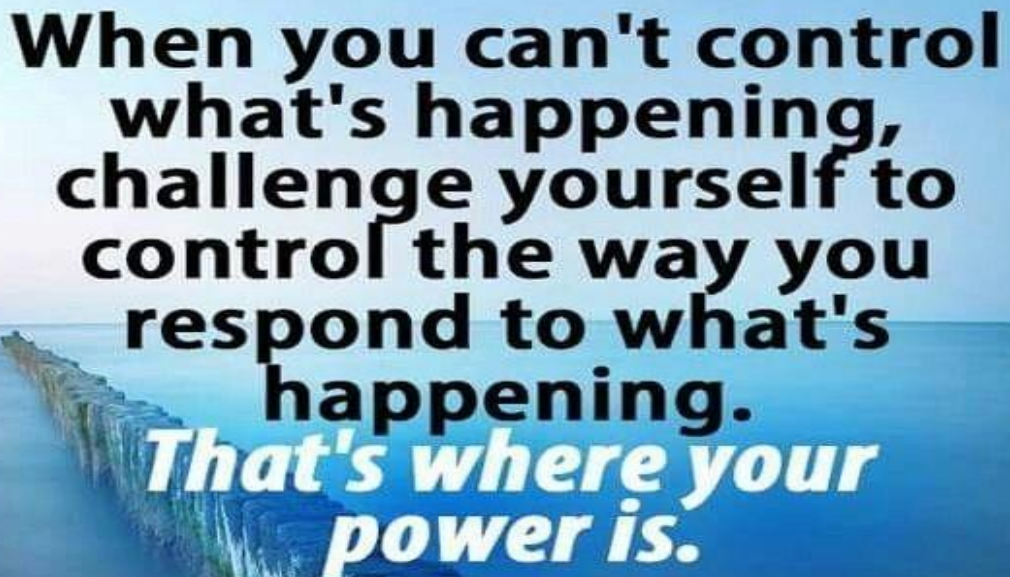
Yes, it was **unsettling, difficult** and for many, **stressful**
But it is now time to **move on!**

We mustn’t dwell on ‘**damage**’ caused by the pandemic – we will continue to address that over time,

But now is the time to look **forward** and resolve to come back even **stronger** and more **positive** than before



The time has come to press the **re-set button**
We need to re-establish **helpful and familiar routines and structures**
to create a feeling of '**getting back to normal**'
We **all** have our part to play – and so after the half-term **holiday** we will be **starting-over**



**When you can't control
what's happening,
challenge yourself to
control the way you
respond to what's
happening.
*That's where your
power is.***

It not **what** happens to us, but **how we deal with** it that shapes **who we become** and the **long-term outcomes** for all of us.

We need to **lick our wounds**, find the **support** we need and rise to the challenge

Look for '**silver linings**'...the sun is always behind the cloud!



Life isn't, and never will be, perfect.

'**Good stuff**' happens every day, we just need to train ourselves to **focus on it more** than the other 'stuff'

Be, and feel, **grateful** for the little things – the things that make you feel happy, secure and fulfilled

Always look to the **horizon** beyond the **rough waters**

– all storms will eventually pass

“The pandemic represents a rare but narrow window of opportunity to reflect, reimagine, and reset our world.”

Klaus Schwab

Founder and Executive Chairman, World Economic Forum



.....So, the Pandemic has made a bit of a **mess** of a lot things

But **what have learnt** from it?

Not taking simple things **for granted**;

The importance of **Friends, Family & Community**

The need for good **Personal hygiene**

The benefit of physical **human contact**

The true value of our **Key Workers**

A fuller appreciation of **nature**

Let's identify what we **were doing before**, that we should really **stop doing now**

....and what **we weren't doing before**, that we really now do need **to do more of**

Maintain a **positive** view of your future.....

Accept what is, let go of what was, and have faith in what will be.

There is no point in wishing things can be different. We cannot change the past. We can only accept the change and move forward.

'It-is-what-it-is', 'we-are-where-we-are' – sometimes not very helpful expressions, but it does kind of sum things up

We need to move on with **hope, determination and positivity**

Hey, we have **stop-the-clock days** and **Activities Week** to look forward to over the next term and a half!

Because **YOU** control it.....

The past is your
lesson. The present is
your gift. The future is
your motivation.



**IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.**

**IF NOT
YOU'LL FIND
AN EXCUSE**

We need to **learn from all our experiences** and resolve to make **our and others futures better**. We all find **excuses** sometimes – but it's time to be **honest** with ourselves and each other and set out to be the **best** we can be!

.....SO, **take control!**

Unsuccessful people
make decisions
based on their
current situation;
successful people
make decisions
based on where
they want to be.

The Five W's Of Life

Who you are is what makes you special. Do not change for anyone.

What lies ahead will always be a mystery. Do not be afraid to explore.

When life pushes you over, you push back harder.

Where there are choices to make, make the one you wont regret.

Why things happen will never be certain. Take it in stride and move forward.

Identify where you **want to be in the future** – end of this week, next month, next year, when I leave school....

Be **confident** in your journey but **Expect the unexpected**

Try to always view **difficulties as opportunities** – rather than just **obstacles**.

It really **IS** all about having a **positive mindset** and making wise **choices**

THE ONLY PERSON
YOU ARE
DESTINED
TO BECOME
IS THE PERSON YOU
DECIDE
TO BE
~ RALPH WALDO EMERSON ~



The key word here is **choice**
The ones **you** make every day – because these will
form your **habits** and will eventually shape your
character and your **destiny**

2. Take charge of your
learning



Be 'Ready to Learn'



Accept both
compliments and *criticism*.
It takes both sun and rain
for a flower to grow.



Classroom routines and **teacher feedback** are SO important to your **progress and growth** as a learner. Use **change-over** time appropriately – it's **movement** time, not **social** time

Line-up sensibly – quiet, straight lines – without having to be told

Come in quietly – lessons may well have already started around you

Complete the '**do-now task**' – in silence and immediately

Produce **Quality** work and get **involved** in the lesson.

Tidy away sensibly – packing up at the end of the lesson is not another **social** opportunity.

Stand behind chairs and wait to be dismissed.

Leave quietly & orderly – thinking about your next lesson and those around you

3. Take Pride in your
Appearance



Uniform & Appearance – our policy couldn't be clearer



Too much time is **wasted** dealing with appearance issues

Just **accept the rules** – we don't expect everyone to agree with them, but we do expect everyone to adhere to them

It is an **active choice** to decide to break them;

Short skirts. Jewellery. Jumpers not worn. Shirts not tucked in. PE Hoodies worn. Non-school coats.

Trainer-style shoes. White socks. Too much make-up. Nail varnish. Dyed-hair

Our **polite reminders and warning** are not bringing about the **desired changes**

So, from **next half term, detentions** will issued (without warning) for breaches of our uniform and appearance policy.

Consider this fair **warning!**

4. Follow the
Rules



Mobile Phones – simply not welcome in school



Mobile devices **MUST** be **switched-off whilst onsite**.
Either hand them into **reception** or **keep them in your bag**. *(we cannot accept responsibility for loss or damage)*
They must **NOT** be kept anywhere **on your person** (ie. pockets).



DON'T PLAY
THE VICTIM TO
CIRCUMSTANCES
YOU CREATED.

If phones are **seen or heard** (or there is **evidence of their use**), it will result in **confiscation & behaviour points** being awarded.

Parents will be phoned to **collect** the device from school.

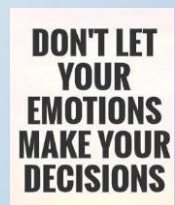
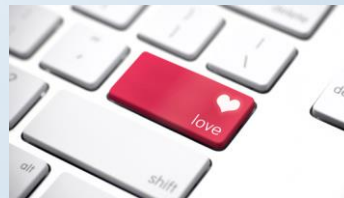
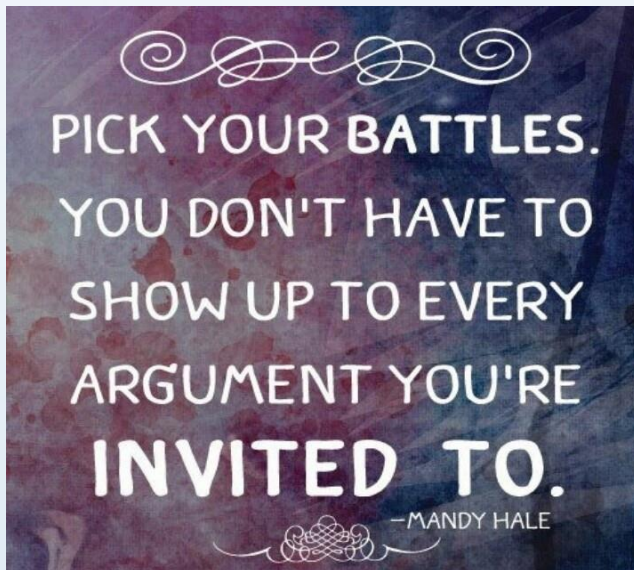
It will **not** be handed back to you at the end of the day

5. Be kind.....

To yourself & others



Social Media – spread only good vibes



We are dealing with too much **online nonsense** with folk **falling out** over **silly or hurtful** comments/posts outside of school which spills-over into school. Think before you get involved – **is it necessary?**

Signs Social Media Is Affecting Your Mental Health



Don't live your life on, or through, social media

It can easily take-over your life and ultimately make you **unhappy**

Work out who your **'Friends'** actually are!

toxic people
create chaos,
point fingers,
shift blame &
avoid taking
responsibility

The only
way to win with
a toxic person, is
not to play.

**SOMETIMES
IN LIFE YOU
HAVE TO
LEAVE
PEOPLE
BEHIND TO
MOVE ON.**

Stay close to people
who feel like sunshine

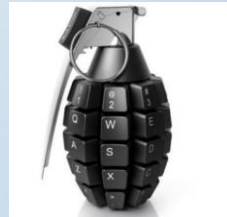


Don't engage in the unpleasant or negative
nonsense some people post.

Ignore it, or block them, put your phone away and
go and do something more **inspiring** with real life
family or friends!

Ignore online **negativity**.... but report **abuse**

"ONE DOESN'T HAVE TO
OPERATE WITH GREAT
MALICE TO DO GREAT
HARM.
THE ABSENCE OF EMPATHY
& UNDERSTANDING ARE
SUFFICIENT."
—
CHARLES M. BLOW



There are too many **keyboard warriors** out there. Just waiting for an opportunity to be negative about something or someone. **Ignore** them, because they are just fishing for a response.

Don't let their issues become yours.

Do Ensure you **report abuse and/or discrimination** through the usual channels.

Ways to Cope With Negative Comments Online



Be mindful about the platforms you use



Focus on connection



Find other hobbies



Avoid reading the mean comments



Limit screen time



Leave positive comments to others

When used **responsibly** there are many **positive** aspects to social media.

Help make it a positive place in which to spend **small amounts of time** by thinking REALLY carefully how you **engage** with it.

6. Respect your
Environment



On-site during school hours ONLY please

NOTICE

This is private property.

Antisocial behaviour is being targeted and all incidents will be reported to the police.



No smoking



No alcohol



No drugs



No littering



No loitering



We really do look forward to seeing you here in **school hours**, throughout the **working week**. However, please **stay off** the site **on evenings, weekends** and **holidays**.

There has been **vandalism** and reports of **antisocial behaviour** which we cannot accept. **Infra-red cameras** with **sound** and **motion detection** are now all around the site to help deter this type of behaviour and provide evidence to the Police, should it be necessary.

More camera's are being **installed over half term**. **Please stay away**

NO
MORE

ANTISOCIAL BEHAVIOUR
& CRIME



We've spent over **£200k renovating all the toilets and changing rooms** over the past few years.

Whilst they are nice to use – they are not where you should be **hanging out** or **eating your lunch!??**

People are; **Tagging (Graffiti)**, **kicking taps round (flooding)**. **Emptying soap**, **throwing soggy tissue paper about**. **Taking loo rolls out and dumping them in the loo**, **blocking plug-holes and toilets with food and rubbish**. **Urinating on the floor and into loo roll holders themselves!!!!!!**

Given the **time and money** being spent undoing the damage, **CCTV camera's** are now being considered.

DO NOT congregate in toilets

If you are caught damaging school property – you will **'named and shamed'**



The new 'trend'

It is **NOT** 'harmless water vapour' – it contains **ultra fine particles** and a **chemical** in the flavourings that has been linked to **lung disease and cancer**.

It contains **Volatile organic compounds**, heavy metals such **as nickel, tin and lead**.

It's too early to tell how **harmful the long term use** of these things might be – as they have not been around for long.

Many contain **nicotine**.

If you are **caught vaping** you will spend **2 days in isolation**.

If caught a **second time**, you will lose a day of your **holiday** – during which you will be given **health education** lessons and community service.

Bus behaviour

examine
what you
tolerate



SOMETIMES
THE HARDEST
THING AND THE
RIGHT THING
ARE THE SAME.

"Maturity comes
when you stop
making excuses and
start making
changes."



KEEP
CALM
AND
STAY IN
YOUR SEAT

Your Journey to and from school should be **calm** and relatively **relaxing**

Recently, there have been too many complaints about **anti-social behaviour**.

Please think of others by NOT – **shouting, playing music through speakers, throwing things, moving about the bus.**

Yr 7 & 8 need to be sitting on the **bottom deck**

Yr 10 & 11 need to be sitting on the **lower deck.**

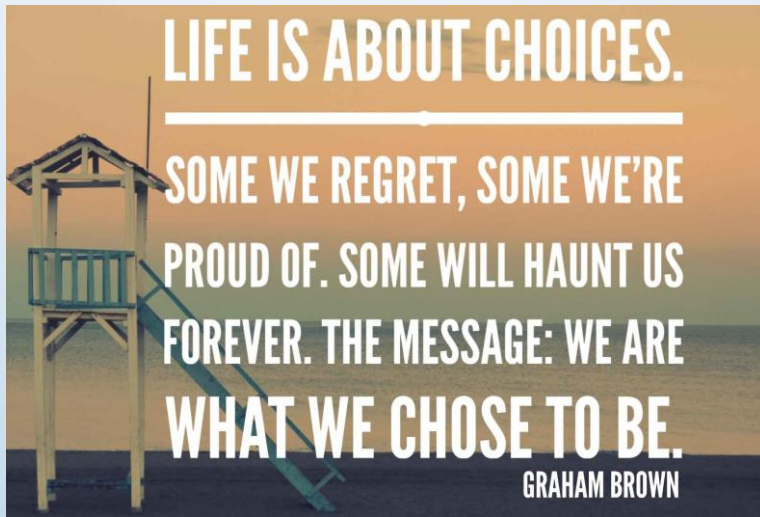
Yr 9 & VI Form can choose

Prefects and VI form do regularly report behaviour – some of you have already been spoken to as a result.

You risk being **banned from the bus** if you continue to be anti-social.

7. Make positive
Choices





It's OK to make mistakes – it's how most of us learn
But it's not OK to keep **repeating them**.
'We are what we constantly do'.

Everything you do is based on the choices you make. It's not your parents, your past relationships, your job, the economy, the weather, an argument, or your age that is to blame. You and only you are responsible for every decision and choice you make, period

ONLY **you** are **responsible for the choices** you make. If you get it wrong, don't try **wriggle-out of it** and **blame other people or circumstance**. You need to start to **TAKE RESPONSIBILITY**.....

8. Take
Responsibility



People who blame others for their failures never overcome them. They simply move from problem to problem. To reach your potential, you must continually improve yourself, and you can't do that if you don't take responsibility for your actions and learn from your mistakes.

John C. Maxwell

BLAMING LANGUAGE

"YOU MAKE ME ANGRY."

"IT'S YOUR FAULT."

"THEY EXPECT TOO MUCH."

"I CAN'T DO THAT."

RESPONSIBLE LANGUAGE

"I FEEL ANGRY RIGHT NOW."

"I CONTRIBUTED TO THIS."

"MY BOUNDARIES CAN BE MORE CLEAR."

"I'M CHOOSING NOT TO."

'Own' your issues. Don't blame others
Be **honest with yourself** and stop making **excuses.**

☾
**THERE ARE 3 SOLUTIONS
TO EVERY PROBLEM:**

**ACCEPT IT,
CHANGE IT,
LEAVE IT.**

**IF YOU CAN'T ACCEPT IT,
CHANGE IT.**

**IF YOU CAN'T CHANGE IT,
LEAVE IT.**

**MATURITY
DOESN'T MEAN
AGE. IT MEANS
SENSIVITY,
MANNERS
AND HOW YOU
REACT.**

We need to **start afresh** after half term.

To **reset things** with a fresh, positive mindset – ready for the second half of the school year.

To **accept things** more and be ready to move-on

To acknowledge that **rules apply to everyone**

To have more **empathy** for others and to use more appropriate language

For a **small minority**, it is now time you stood up straight, **stop believing the world is against you** and appreciate all that you have compared with those very much less fortunate than you.

Have a great **holiday**. **Recharge your batteries** and lets all come back with the **a positive, can-do attitude** ☺