



# DSTC NEWS



EVERYONE EXCELS IN ALL ENDEAVOURS

## AUTUMN 2020

INTRODUCTION BY MRS DAVIS

Welcome to our Autumn edition of the DSTC Newsletter.

It has been an anxious time for many of the school community this term as we have tried to deal with education in a COVID world. What I have been most pleased to see is a resilience and understanding of the value of education.

Students are responding well to the academic challenges both at school and during remote lessons/learning. Parents are ever more supportive and understanding of the issues we are all facing and how it affects life in all its parts.

It will not always be like this and we need to tread purposefully into the future together, working ever stronger as a team.



Mrs A Davis

## YMCA CHARITY HAMPERS

BY MR DIX

Due to our community work we have strong links with numerous groups and charities. One of these is the YMCA.

Together with the Dartford YMCA we arranged for 14 parents and students to receive a hamper.

YMCA Thames Gateway's Fundraising Manager, Emma Middleton said:

*"we have been providing support to vulnerable members of the community since the start of the pandemic and have seen a sharp rise in families needing our support, particularly in the last few days with 15 children being referred just this weekend!"*



# CAREER RELATED LEARNING AT DSTC

BY MRS SMITH

Despite the many challenges created by COVID19, DSTC are endeavouring to provide robust careers advice and information to students across the year groups.

On our recently relaunched website, we have included a wide range of Careers information, for students and their parents/carers, including a brand new 'Apprenticeship Information' page. Apprenticeships now offer a great opportunity to combine work with further and higher education.



Following the disruption at the end of the Summer term, it was vital that we provided independent careers advice for students going into Year 13. Students were placed in groups of 4, with like-minded career aspirations.

During September and October, group advice sessions were then delivered by CXK for all students, followed by individual sessions for those students requiring further guidance. These sessions were very well received by the students.



Being able to still provide this level of careers advice was a real success. It ensured our students leaving DSTC this academic year were not disadvantaged for their move in to the world of work.

Moving forward, this format will be used to ensure all our Year 11 and Year 12 students receive independent guidance over the coming academic year.

Due to the pandemic, careers and University fairs have become online 'virtual' events. Also, various organisations and companies have been running webinars or recording careers advice videos.

We have been putting the links to these fairs and events on Google Classroom for Year 11 and Post 16 students and will continue to do so.



We plan to ensure all students engage with employers and/or further education establishments over the coming months.

Our first event of this type took place on 16th October with Year 9 students. They had the opportunity to speak with Media and Tech Industry Leader - Justin Cooke. Justin is Chief Content and Partnerships Officer at "FutureLearn".



He has a strong media, marketing and technology background with a great track-record of scaling up digital businesses. Here is some of the feedback from students that took part:

*"I found it useful because it was motivating and definitely good for tips on how to become successful or follow your dreams."*

*"I found the meeting useful as I was able to open opportunities for myself in the future which originate around the jobs mentioned in the meeting."*

*"I think the virtual career talk was really helpful because we got to know about what he did when he was younger and his hobbies that got him to that point in his life."*

*"I thought that the careers talk was helpful because he didn't just explain what his job was, he also explained his path before there and how he got there"*

*"The experience was very intriguing, his story was very motivating."*



# YEAR 11 DANCE

BY MRS WRIGHT

Our Year 11 Dancers performed their dance repertoire pieces on Tuesday 9th December to a small, socially distanced audience of Year 11 students.

They performed flawless dances with high energy, confidence and sass!

The repertoire included 'Bad Guy', 'Stitches' and solo routines. We are very proud of all their hard work. Well done, you smashed it girls!



# SPORTS AT DSTC

BY MRS FLETCHER

With so many new ways of working, sport both inside and outside of school has been difficult to take part in.

At DSTC, we have been trying to find a new way of learning in PE and trying to get students involved at home more.

The Year 10 Sports Studies group have been partaking in numerous ethical and moral sport related debates in preparation for their exam in January. The debates have inspired some deeper thinking, controversial statements as well as encouraged the girls to extract information and justify their arguments in a persuasive way.

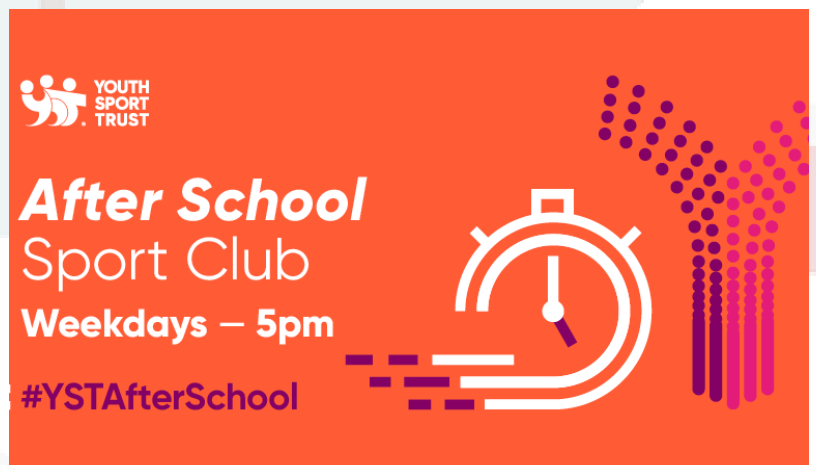
They have considered a number of ethical debates to do with Covid testing, doping bans, and hosting the Olympics.



With after school sports clubs being currently unavailable, we have been accessing a brilliant new resource for students to stay fit outside of school.

Students have been accessing the Youth Sport Trust for their "After School Sports Club", led virtually by Athlete Mentors:

*"The Youth Sport Trust's After School Sport Club is about much more than physical fitness. It will help children develop physical literacy and confidence to try lots of new sports, helping all children find a sport for them."*  
(YST)



# DARTFORD FOODBANK

BY MR DIX

We have had a long-standing relationship with the Dartford Foodbank.

Once again, DSTC parents and students were amazingly generous with our annual Foodbank collection.

It took 4 people and 3 crammed cars to fit everything in! Your donations will make a huge difference to many Dartford residents.



## MACMILLAN "WORLD'S BIGGEST COFFEE MORNING"

BY MR DIX

As part of the Macmillan 'World's Biggest Coffee Morning' the Year 7, 8 and 9 all put on their aprons and started baking.

We had a huge amount of delicious cakes and bakes. After a busy day of selling and eating we made £250 to donate. Great work!

**MACMILLAN**  
**CANCER SUPPORT**



# HOW TO ENSURE YOU HAVE A RELAXING, REJUVENATING AND MINDFUL CHRISTMAS.

BY MRS AVCU

This year has been a year like no other so self-care has become even more important. Whether you celebrate Christmas or not, everything seems to be busier and noisier at this time of year!

This can cause stress and anxiety levels to rise.

This article is aimed to give you some ideas and tips on how you can ensure you stay centered, relaxed and take time to reflect on what's important to you.

Mindfulness is not just about meditation, nor do you have to be an expert, in order to fully benefit from it.

Mindfulness is for everyone.

It is all about engaging our 'observational self' for the purposes of self-care, self-development and to help manage uncomfortable thoughts and emotions.

Rather than react, or get stressed about events or people, or our own thoughts and emotions – from a mindful perspective we can observe our thoughts and emotions as just 'interesting' and let them go.

It is important to try not to react or get caught up in them – this is emotionally draining. Instead try these self talk strategies:

"That's interesting – I'm starting to get stressed"

"That's interesting – I'm starting to react"

"That's interesting – I'm starting to get angry"

"That's interesting – I feel sad"



Then thinking:

*what can I do to ensure I do not stay stuck in these emotions? Some people find taking slow deep breaths helps, or walking away for some space, listening to music, watching a movie, reading a book, going for a jog or run.*



**Do what makes you feel happy and relaxed.**

Being aware of them and letting them go – or at least trying to get some distance from them can be very helpful in getting through what can be a tense or distressing time.

Be kind to yourself.

Have a wonderful Christmas.

