



Rockport Newsletter

The latest news and updates from Rockport School



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

TUESDAY

2 Notice five things that are beautiful in the world outside

WEDNESDAY

3 Start today by appreciating your body and that you're alive

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

FRIDAY

5 Take three calm breaths at regular intervals during your day

SATURDAY

6 Bring to mind people you care about and send love to them

SUNDAY

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

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Headmaster's Headlines

Old Rockportians: Some eagle-eyed ORs have noticed that the writer of new BBC drama series *Bloodlands* is Old Rockportian **Chris Brandon**.

Chris also mentions his time at the school in several recent interviews. I was further interested to discover last week that PGA Tour caddie to Rory McIlroy **Harry Diamond**, is an also Old Rockportian.



Student Success: Current Rockportians also continue to shine. Well done to our boarding skater **Adam Rajab** (R9) who recently came first in his category in the first ever worldwide off-ice skate spin, spiral and jump competition. Congratulations as well to **Luke Brannigan** (R11) who has been selected as goalkeeper for the Down GAA Mourne Academy emerging talent squad. Luke also plays in goal for Holywood Football Club and his Father has no doubt reminded him that Spurs and Northern Ireland legend Pat Jennings still attributes much of his success in professional football to his early participation in both codes. No pressure, Luke!

To Dare to Dream: Just as it was hard to get our heads around the lockdown last March (and even then we thought that it might only be for two weeks), so it is difficult this time for us to believe that all this might come to an end soon and that the next return to school might be a permanent one. The news this week that all the Early Years children (except R4) as well as R12 and Sixth Form can return in March is welcome, but is still nevertheless frustrating as a full return to school seems so tantalisingly close. We have of course explored all possible options open to us, including exploiting our independent status and small class sizes to plead for special circumstances; but also understand completely why any policy regarding the reopening of schools should be a universal one. Perhaps the most positive news coming out of this is that the return dates will be flexible and driven by data – data which will be reviewed regularly and that things may change for the better as we go forward. In the meantime, we hold our nerve and carry on.

George Vance
Headmaster

General News

Year 10 GCSE Options Forms

Thank you to those students who have already returned their GCSE Choices for September 2021. A reminder that the deadline for this is Friday, 5th March. Please email completed forms to rpalmer@rockportschool.com

Mindfulness in March

It is very fitting that the Action for Happiness calendar page for March (attached) focuses on Mindfulness and ties in well with our renewed focus on ensuring that we are looking after the mental health and wellbeing of our young people (and ourselves!) For further advice on mindfulness activities for young people, I have found the following site quite useful:

<https://www.mindful.org/mindfulness-for-kids/>

Please feel free to share any images or tips of you or your children completing mindfulness tasks this month to ethompson@rockportschool.com

Mrs Rhonda D. Palmer
Deputy Head



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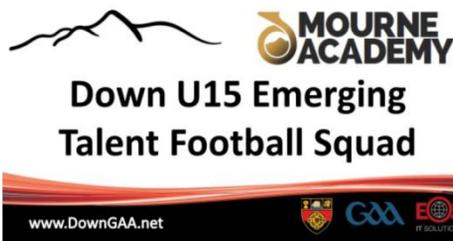
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Pupil Achievements

A huge well done to Luke Brannigan (R11) who has been selected as goalkeeper for the Down GAA Mourne Academy emerging talent squad.

Luke plays in goal for both Hollywood FC youth soccer team and Saint Pauls GAA club in Hollywood and is one of only two players selected from the St Pauls club to form part of the Down GAA underage squad. Luke has continued to train daily during lockdown and this commitment and dedication has now been rewarded.

Amazing!



 office skating • Follow

 office skating 1st Place 🏆 Category 4 - Junieur

@adamr6700
Congratulations!! 🎉 #ssjcompetition
#OfficeSkating
@iceskatingacademydundonald
@inlinefigureskating @fskatingworld

#figureskating #iceskating
#figureskater #skating #iceskater
#yuzuruhanyu #evgeniamedvedeva
#alinazagitova #figureskate #olympics
#iceskate #teamtutberidze #edea
#skate #sport #adultsskatetoo
#edeaskates #skater #ice
#patinageartistique #patinajeartistico
#usfigureskating #isu

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10,436 views

FEBRUARY 12

Also congratulations to Adam Rajab (R9).

Adam recently won his category in the first ever worldwide off-ice skate spin, spiral and jump competition 2021. His video entry clocked up an impressive 10,000+ views on Instagram!

Sixth Form

Business Seminars

On Tuesday we launched our first virtual Business Seminar as part of our enrichment for Sixth Form, providing links with industries. The events provide an opportunity for our students to hear from various representatives about their role and how they achieved their desired career path. This week we heard from Philip Bain from Shredbank. Philip provided lots of information about his various businesses, the skills he has acquired and ideas on how to make yourself stand out from the crowd.

"I found the seminar so useful and very beneficial as I'm interested in starting a film production company someday".

Ethan Harlen , Year 14

Over the next few weeks we will hear from Stephen Downey, Owner, Auntie Anne's Belfast & Bangor, Emma Derby, HR Director, Vodafone, Bryn Cunningham, Head of Operations, Ulster Rugby and Stephen Orr, Vice President and Director General, Spirit AeroSystems. We really appreciate the time our guests are giving up to speak with our Sixth Form students. We know it's not the same opportunity as meeting in person, but believe it's useful to enhance these types of skills.

The pupils enjoyed the first in the series and are looking forward to hearing from each of the other representatives over the next few weeks.

Heather McBride
Head of Sixth Form



ShredBank