



# Rockport Newsletter

The latest news and updates from Rockport School




## ACTION CALENDAR: HAPPIER JANUARY 2021




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi</b></p>				<p><b>1</b> Find three good things to look forward to this year</p>	<p><b>2</b> Make time today to do something kind for yourself</p>	<p><b>3</b> Do a kind act for someone else to help to brighten their day</p>
<p><b>4</b> Write a list of things you feel grateful for in life and why</p>	<p><b>5</b> Look for the good in others and notice their strengths</p>	<p><b>6</b> Take five minutes to sit still and just breathe</p>	<p><b>7</b> Learn something new and share it with others</p>	<p><b>8</b> Say positive things to the people you meet today</p>	<p><b>9</b> Get moving. Do something physically active (ideally outdoors)</p>	<p><b>10</b> Thank someone you're grateful to and tell them why</p>
<p><b>11</b> Switch off all your tech 2 hours before bedtime</p>	<p><b>12</b> Connect with someone near you - share a smile or chat</p>	<p><b>13</b> Be gentle with yourself when you make mistakes</p>	<p><b>14</b> Take a different route today and see what you notice</p>	<p><b>15</b> Eat healthy food which really nourishes you today</p>	<p><b>16</b> Get outside and notice five things that are beautiful</p>	<p><b>17</b> Contribute positively to a good cause or your community</p>
<p><b>18</b> Focus on what's good, even if today feels tough</p>	<p><b>19</b> Get back in contact with an old friend you miss</p>	<p><b>20</b> Go to bed in good time and give yourself time to recharge</p>	<p><b>21</b> Take a small step towards an important goal</p>	<p><b>22</b> Try out something new to get out of your comfort zone</p>	<p><b>23</b> Plan something fun and invite others to join you</p>	<p><b>24</b> Put away digital devices and focus on being in the moment</p>
<p><b>25</b> Decide to lift people up rather than put them down</p>	<p><b>26</b> Say hello to a neighbour and get to know them better</p>	<p><b>27</b> Challenge your negative thoughts and look for the upside</p>	<p><b>28</b> Ask other people about things they've enjoyed recently</p>	<p><b>29</b> Use one of your personal strengths in a new way</p>	<p><b>30</b> Count how many people you can smile at today</p>	<p><b>31</b> Write down your hopes or plans for the future</p>

ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Happier · Kinder · Together**

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

## Headmaster's Headlines

**The Salami Approach II :** If you've been watching the local news you will realise that that salami might just be about to get bigger. There has yet to be an announcement from the Department of Education extending school restrictions but the smart money seems to be on an extension of the current lockdown or a least some kind of phased return running up until 5 March. Whatever happens we will continue to provide the best education possible to our children and young people 'one slice at a time'.

**Skating Success:** Just as our boarding swimmers get up very early in the morning, R9 boarder **Adam Rajab** is also rising at silly-o'clock to head over the hill to Dundonald Ice Bowl and pull on his skates. While we mere mortals are still in bed and can only but dream of *The Bolero*, Adam is working hard on the ice doing the real thing. All that hard work has now been rewarded by two prestigious awards from the Dempsey Andrews Ice Skating Academy: *Academy Boy of the Year* and *Academy Star 2020*. Great stuff.

**George Vance**

**Headmaster**

# General News

## Mindfulness and Mental Health

The grey days of what feels like the longest month of the year can sometimes prove a challenge for even those of the sunniest dispositions! Recently we have been thinking about activities to improve mental health and wellbeing and have come up with an idea in which we are keen to involve everyone. The attached Action for Happiness January calendar page is the starting point of that idea. The concept is **Joyful January** and what we would like is for Rockport friends and families to get involved in identifying what makes you joyful every day. It may be having a cup of hot chocolate, playing with your puppy, jumping in puddles, completing a jigsaw, running 5K or simply reading a good book. Whatever your joyful moment might be, it's important to find time every day to take a few minutes to be kind to yourself.

We'd like to encourage you all (pupils, parents and staff) to take a photo or send a thought about what makes you joyful every day. The plan is that, at the end of the remaining two weeks of January, we will create a little montage of **Joyful in January** images/thoughts, which will hopefully help to uplift the spirits of those who are struggling throughout lockdown. Please send images or thoughts to [ethompson@rockportschool.com](mailto:ethompson@rockportschool.com) as Mrs Thompson has kindly agreed to create the weekly montage. I'm looking forward to seeing all your cheerful positive January images!

**Mrs Rhonda D. Palmer**  
Deputy Head

**ACTION CALENDAR: HAPPIER JANUARY 2021**

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY

**"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi**

1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day				
4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Use one of your personal strengths in a new way	30 Count how many people you can smile at today	31 Write down your hopes or plans for the future

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

**Happier · Kinder · Together**

## Joyful January!



I love spending time with Bilbo, Pippin & Merry. They make me smile ☺

**Mrs McCartney**



I am 'Joyful in January' because I can still cheer on the cricket team I represent in scoring, play against those teams I meet during their Summer schedule - they are now in the UAE playing against Afghanistan. #BackingGreen

**Miss McConaghy**



I love getting out into the fresh air! Headphones on and try not to sing out loud!

**Mrs Thompson**



This is my happy moment from this week! Lockdown birthdays aren't so bad!

**Mrs Hamill**

## **Sixth Form**

Many Thanks to Stephen Downey in Auntie Anne's, for taking the time to complete our online questionnaire relating to a franchise business. Stephen provided us with some great information which will help the class carry out a detailed piece of research and report for their controlled assessment task.

Well done to our Year 12's for continuing to work so well in class time on this over lockdown. The class were pleased to make contact with Auntie Anne's and we cannot wait to pay them a visit when they re-open again soon.



## **A Level Plans for R12**

It is never too soon to start to think about future plans for R12 and if our pupils would like to study towards their A Levels. On Tuesday I had the chance to speak with most the R12 class about their options and the many benefits of staying with us to study in sixth form.

In order to plan in advance for this, I have provided the R12 group with an online questionnaire and subject guide. Each pupil should have a chat with parents and think carefully about the subjects required for future careers too. Pupils should fill in the form attached on GC and submit. I hope to speak with all R12 pupils one-to-one about their subject choices in the coming weeks.

Many Thanks

**Heather McBride**

**Head of Sixth Form**

## Boarding

The boarders are being kept busy in their free time with lots of activities! From clay modelling, to baking and circuits, there's never a dull moment.



## Sport

### Congratulations

Well done to Adam Rajab, Year 9, who received two awards from his club, Dempsey Andrews Ice Skating Academy. Adam was awarded Academy Boy of the Year Award 2020 and Academy Star Award 2020.

Amazing!



## Cricket

Former Hollywood Cricket Club coach Mark Adair who coached the Rockport pupils two years ago is currently in Abu Dhabi, UAE with the Ireland Cricket squad playing in three ODI matches against Afghanistan so pupils can tune in to support him and the team. Those remaining matches are scheduled for Sun 24/01 - 06:00 and Tues 26/01- 06:00. These matches will be shown on Freesports (Sky 422).

#BackingGreen