



St Joseph's Catholic High School

Newsletter

Friday 10th May 2024



A huge good luck to
our amazing Year 11s
starting GCSE exams
this week

Head Teacher Message

Dear Parents and Carers,

Hope you are all safe and well. Link to the latest video is:

[Newsletter Headteacher Message 10 05 24 \(youtube.com\)](#)

Please like and subscribe to be made aware of all new and exciting St Josephs content.

St Joseph, pray for us.

Mr Stapleton



"The glory of God is a
human being fully alive!"

Theme of the Week – Keep Them

The mission of the Catholic Church is to evangelise and last Thursday, Ascension Thursday, we heard in the Gospel of Jesus telling the disciples to *'Go to every part of the world and tell everyone the Good News.'* In the Gospel on Sunday, we hear Jesus as the good friend. He wants to keep us with him, just as none of us want to lose a friend. Friendship with Jesus is being with him, and being sent in his name. Our mission as his followers, as were the Apostles 2000 years ago, is to go into the midst of the world to share His news. Jesus wants his love and message inserted into the centre of the world. In following Him in mission and love, we are ourselves sanctified.

The word "apostle" comes from the Greek for *'one who is sent out'* and is used of those who met the risen Lord. The Apostles shared what they had received with all those they baptized and they continued the work Jesus had started. We are the baptized of today and the same promises that Jesus made to the Apostles then belong to us now. You are literally preaching the good news to those around you when you answer the questions for the theme of the week sheet each day, when you talk about your faith, when you gather in assemblies, as a school community or at Church on Sunday. Jesus sends out his disciple to continue His work of bringing good news and this reminds us of the *'sending out'* which occurs at every Mass when the priest or deacon says *'Go and announce the Gospel of the Lord'*. Not all of us can go to the whole world, but all of us are called to bring the good news wherever we are in our daily lives. This call applies not only to people but also to all of creation. Jesus possesses the fullness of Godly life. This is what he leaves to us in his flesh and blood, the Eucharist. Prayer unites us to the sacrifice of Jesus who, all through his life, not just at Calvary, gave himself to us as teacher, healer, and protector - always as a loving friend. Jesus prays that the disciples be in communion with God and for their protection from the evil that surrounds them every day. Like ourselves, they are to find closeness with God and protection from harm even in the midst of the world.

The task that Jesus asks of us may not be easy. There will be some who rejoice in the message and others who will reject it. However, Jesus' presence with us will ensure that we can continue the work he started. What signs of hope accompany the work of the Church in the world today and the work that you are called to do?

Prayer helps and completes this daily sanctification, in our growing in closeness to Him. Jesus in the Gospel asks God to protect us, in prayer you are protected from God, ensure you go out and share the Good News!

Keep them

Weekly Reflections
12th May 2024



A reading from the Gospel of St John (17:11-19)

Jesus raised his eyes to heaven and said: 'Holy Father, keep those you have given me true to your name, so that they may be one like us. While I was with them, I kept those you had given me true to your name. I have watched over them and not one is lost except the one who chose to be lost, and this was to fulfil the scriptures. But now I am coming to you and while still in the world I say these things to share my joy with them to the full. I passed your word on to them, and the world hated them, because they belong to the world no more than I belong to the world. I am not asking you to remove them from the world, but to protect them from the evil one. They do not belong to the world any more than I belong to the world. Consecrate them in the truth; your word is truth. As you sent me into the world, I have sent them into the world, and for their sake I consecrate myself so that they too may be consecrated in truth.'

Day 1

Why does Jesus ask the disciples to go to every part of the world to preach the good news?

What is meant by the word sanctified and why do we achieve this by following Jesus in mission and love?

Day 2

How are we like the Apostles when we talk about the teaching of Jesus?
How does Jesus protect us?

Day 3

What signs of hope accompany the work of the Church in the world today and the work that you are called to do?

Prayer for the Week

Loving God,

You call us all to the task of mission, to make known the Good News of Christ, to proclaim the Gospel to all we meet through words and deed. Continue to grant us your protection so that many will hear and respond.

Amen

Saint of the week – Julian of Norwich 13th May



Julian of Norwich, sometimes called Juliana was among the most remarkable saints in medieval England. Dame Julian, born during the Black Death, gained first-hand knowledge of the effects it caused to families and the loss of loved ones.

At 30, she experienced a series of intense visions of the Passion of Christ. Though she wrote about them at the time, twenty years later she described these episodes in much greater detail in Revelations of the Divine Love. Likely the first book written by a woman in English, it showed a remarkable knowledge of theology as well as exceptional psychological insight. Julian was

Learned and Wise

Water Bottles



A reminder with the hot weather making an appearance all students should be attending school with a refillable water bottle.

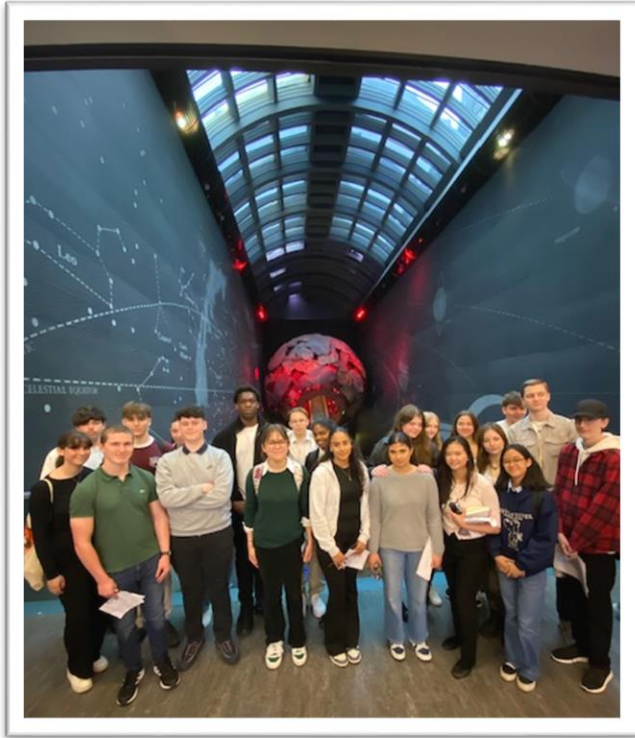
Year 9 Rounders

Rounder season is back! After a shaking first innings the Year 9 rounders team were able to finish victorious beating Langley Grammar School 10.5 to 7.5 rounders! Well done to Ava, Sam, Csenge, Sonia, Nikola, Natalia, Celine, Licia, Patrycja and Arina. **POM:** Natalia



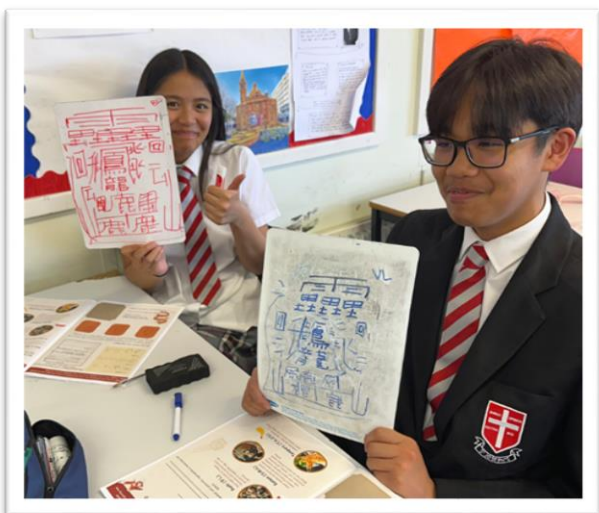
Sixth form Geographers

Today, the sixth form Geographers travelled into London to visit the Natural History Museum. Our greatest aim was to revise and learn our studies with real life examples. We have seen various samples of rocks and witnessed processes of weathering and erosion. We have seen early examples of seismometers. We have seen dried lava formations from Hawaii. We have seen a giant sequoia tree. We have even been in an earthquake simulation room and experienced what it was like during the Kobe earthquake and so much more! The Year 13s have been very active in their hazards and carbon cycles revision during this to support them in their final exam and have been attentive to their own learning. A great day was had by all and we want to congratulate the students on their hard work and how well we represented the school.



Japanese elective

In the Japanese elective this week we practiced writing the most difficult Kanji! Well done to all students displaying resilience and vibrancy in this elective



Move Now Festival

On Friday 3rd May several Year 7 students attended the Move Now Festival. As part of this opportunity they were able to try several new sports including archery, judo, blind football, dance, basketball and boccia. The event was led by Alistair Patrick-Heselton who has previously played football for QPR and he has represented team GB in the paralympic games. During the festival students were awarded medals for demonstrating the Olympic values. A special mention to Briendel who received a medal for inspiration, Elena for respect and Rosie for friendship. At the end students were able to leave through a tunnel just like the Olympics ceremony.



International Women’s Day Competition

Before the Easter break, the History Department held an International Women’s Day competition asking students to identify a significant woman of your choice and create a poster or presentation on her achievements and why they should be remembered. The winner of this year’s competition is Anna Wydrych-Kang (9C) with her presentation on Malala, and in a very close second place is Kamila Cebulska, with her poster on Rosa Parks. A big well done on your contributions ladies!

WHO IS MALALA YOUSAFZAI?

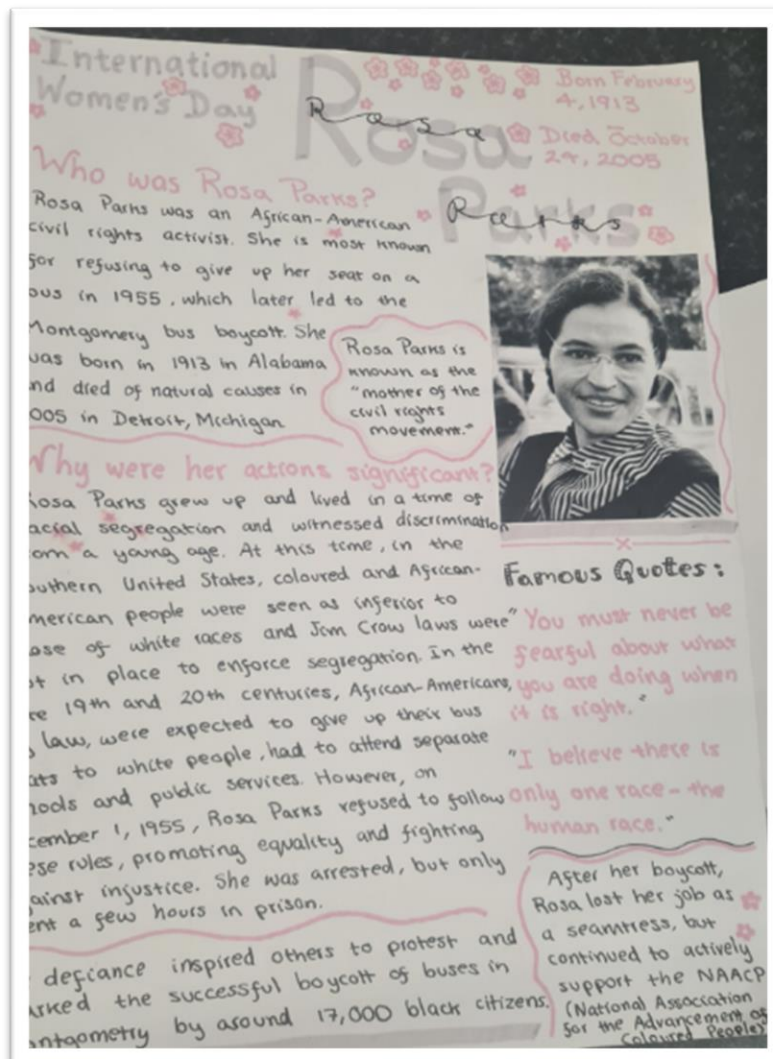
Malala Yousafzai is a Pakistani activist, who gained global attention for her advocacy for girls' education. Malala defied the Taliban's ban on girls attending school and spoke out about the importance of education for all children. Her efforts have earned her numerous awards, including the 2014 Nobel Peace Prize, Glamour Award for The Girl's Hero, Sakharov Prize and more.



WHAT ARE HER ACHIEVEMENTS?

- Malala has won a variety of awards throughout her lifetime, ranging from Nobel Peace Prizes, to Goodreads Choice Awards Best Memoir & Autobiography. Some of Malala's most important awards are :
- o 2011 National Malala Peace Prize
 - o 2013 Ambassador of Conscience Award
 - o 2013 United Nations Prize in the Field of Human Rights
 - o 2013 Glamour Award for The Girl's Hero
 - o 2014 Asia Game Changer Award
 - o 2014 Youngest Nobel Peace Prize laureate
 - o 2015 Shorty Award for Teen Hero

After Malala's Taliban attack, the world saw the importance of education, especially for girls. This event made over 2 million people in Pakistan to sign a right to education petition, and the National Assembly ratified Pakistan's first right to Free and Compulsory Education Bill. Malala's courage and determination inspired many people to join the fight for equal access to education worldwide, which led to increased support and funding for education initiatives, as well as policy changes aimed at ensuring every child has the opportunity to learn. One policy change made to promote education and girls' rights was the Right to Education Act, which gave all children access to education.



Year 7 News

It has been a beautiful week weather wise and Year 7s have truly enjoyed it. Please ensure that all Homework is done on time and that Journals are signed ready for Thursday each week.

Have a lovely weekend in the sun!

Thank you

Mr Cooper-Santos – Head of year 7

Year 8 News

A short week for Year 8 this week with the extended weekend for Bank Holiday and the students seemed to come back rested and full of energy achieving over 75 positive points in a day. As we live in to the last 2 weeks before Half Term there is lots to look forward to with Multi Cultural Day and St Joseph's Got Talent. I hope you have a great weekend and enjoy the weather.

Miss McCormack – Head of Year 8

Year 9 News

Finally, we are getting the nice weather we have all been waiting for! Please can I remind students that jumpers are not to be worn without a blazer over the top. Advanced warning: Multicultural Day is on Friday 24th May, this will be a chance to dress up in clothes that represent your culture and to share that with others in school.

Have a lovely weekend and enjoy the weather 😊

Miss Joseph – Head of Year 9

Year 11 News

The GCSE exams have started this week and the students have already sat RE, Drama and Biology. The feedback has been really positive and the students have conducted themselves impeccably at the start of the exams. Please can I ask that these routines continue.

Next week the intervention sessions continue in the morning before their exam that day. There will be walking talking mocks and interventions after school.

Finally, we had our celebration assembly on Tuesday, it was such a special event with a liturgy speeches and a rap performed by Liam. Afterwards we all had shirt signing and a BBQ prepared by our very own Mr Gibbons.

Have a lovely weekend!

Mrs Dunleavy – Head of Year 11

Multi-Cultural Day

We are thrilled to announce that our school's annual Multi-Cultural Day celebration will be held on Friday, May 24, 2024! Please see more information attached to this week's newsletter.

We are asking for a £1 contribution on ParentPay towards mufti day.

Multi-Cultural Day

We are thrilled to announce that our school's annual Multi-Cultural Day celebration will be held on **Friday, May 24, 2024!**

About Multi-Cultural Day

Multi-Cultural Day provides a vibrant platform for students, teachers, and staff to come together in a festive environment to learn about, appreciate, and celebrate the myriad cultures that make up our school community.

Get Involved!

We encourage all parents to engage with their children about their own cultural stories and values as part of this celebration. It's a wonderful opportunity for you to contribute to your child's understanding and appreciation of their own heritage and that of their peers.

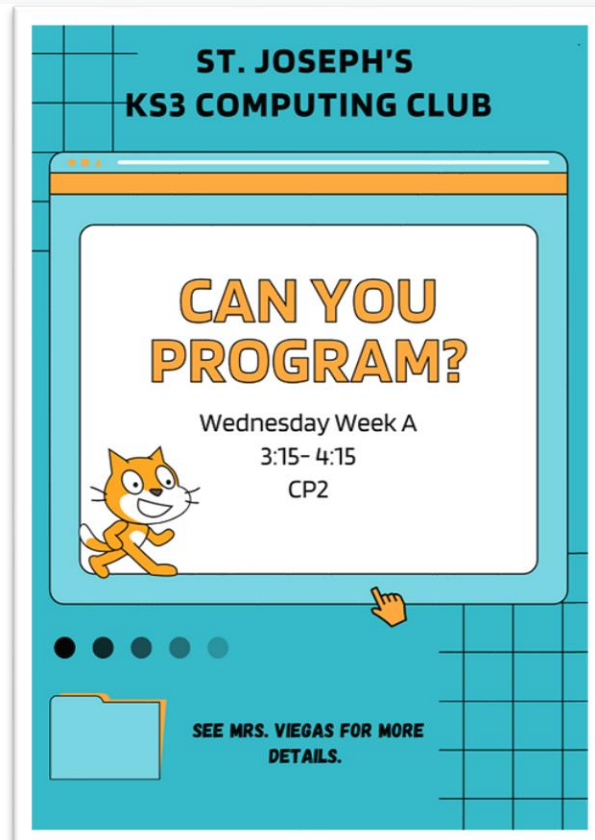
Participate in the Celebration

To make this event as interactive and inclusive as possible, we invite your children to take part in various activities. Please encourage them to sign up via the Microsoft Form link provided [HERE](#) or on **Classchart**. Whether it's performing a cultural dance, showcasing traditional attire, or participating in cultural quizzes, there's a way for every student to get involved!

This event is a fantastic way for our students to express themselves and learn more about the world in an engaging, respectful, and joyful way. We look forward to seeing a high level of participation and enthusiasm as we come together to celebrate our unique and wonderful community.

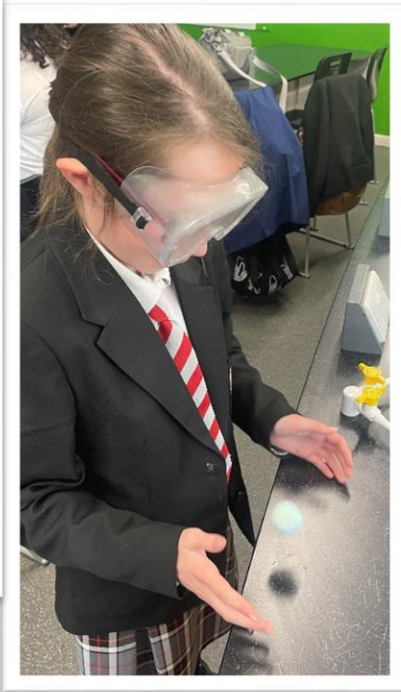
Thank you for your continued support and involvement in making our Multi-Cultural Day a memorable one.

Warm regards,
Ms Ura



Science Club

Our scientists investigating different chemical compositions to make the best bouncing ball.



Sound Waves

Currently year7 students are learning about Sound waves.

7P and 7C made musical instruments from household items and were presenting during the science lesson. What a lovely, creative bunch!!



Y7 Football Match Report

Year 7 boy's football team through to the District Final.

The Year 7 football team traveled to St Bernard's to play their Semifinal of the district cup. St Bernard's always a tough opposition and worthy opponents. With great football played from both sides, St Joseph's managed to secure a 4-0 Victory putting them through to the Final.



NFL Flag Football Tournament

The girls had their 2nd match of the tournament this week against joint top of the league Villiers school.

Unfortunately, after a hard-fought game Villiers came out victorious. The girls put up an amazing defensive line stopping Villiers from scoring any touchdowns. Next Tuesday will see the girls face Wexham School.





Next week is **Mental Health Awareness Week**, which is organised every year by the Mental Health Foundation in order to raise awareness of mental health issues, including anxiety.

Anxiety is something we all experience from time-to-time, and there are many reasons why someone might experience it. If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do. The more often and the longer we feel anxious, the more of a problem it can become.

Dealing with anxiety can be difficult, but there are some strategies we can use to help manage these feelings:

1. **Focus on your breathing**

If you're having anxious thoughts try focusing on your breathing, concentrating on the feeling of your body as you breathe in and out. It can help you control the thought. Try using the **4-7-8 breathing technique**. Close your mouth and quietly breath in through your nose, counting to four in your head. Hold your breath and count to seven. Breathe out through your mouth, making a whoosh sound while counting to eight. Repeat three more times, for a total of four breath cycles.

2. **Get moving**

Exercise is a good way of dealing with anxiety. Remember, activity doesn't have to be vigorous; try some gentle stretches, yoga, or seated exercises. Or just go for a walk and get out in the fresh air. Going for a run, swimming, or taking part in a fitness class can give you something else to think about. It needs a bit of concentration, so takes your mind of the anxious thoughts. Any amount of exercise will help.

3. **Keep a diary**

It's important that we don't try to ignore our worries. Taking the time to keep a record of what's happening in your life and how it's affecting you can help you understand what is triggering your feelings of anxiety. Knowing this can help you better prepare for and manage situations that may cause anxiety.

Sometimes it helps to give yourself a certain time of day to be your 'worry time'. It could be half an hour first thing in the morning for to sit with your worries and write them down in your diary. Some people find tearing up the piece of paper that they have written their worries on and/or throwing it away helpful. When that's out of the way, you can move on with the rest of your day. This can help you take control and stop anxiety getting in the way of what you want to do.

4. Challenge your thoughts

Anxiety can lead us to think about things over and over again. This is called 'rumination' and is not helpful. When you catch yourself ruminating, try to write down the thought and to challenge it. Is what you're worrying about likely to happen? Are you being realistic? Have you had similar thoughts which have not turned into reality? This can make it easier to challenge the thoughts and stop them from overwhelming you.

5. Spend time in nature

We know that spending time in nature has a positive impact on our mental health. It can help us feel calmer and less stressed. This can be as simple as growing some flowers in a window box or going for a walk in the woods. Any amount of time doing this is good for us, but to really get the benefit, try to spend a significant period of time – maybe an hour or longer – where you can really immerse yourself in your surroundings and enjoy the splendour of nature.

6. Connect with people and talk about how you feel

Anxiety can feel very lonely. Connecting with other people can help a lot. Spend time with friends or meet other people through activities such as volunteering, sport or social clubs, or peer support groups. If you're able to talk to people about how you feel, it can help to reduce your anxiety. Sometimes saying what's worrying you out loud can take away its power over you.

7. Try to get some quality sleep or rest

Resting and having a good night's sleep is difficult when your head is full of worries but there are some things that can help. If anxious thoughts keep you awake, write them down in your diary. If sleep is still not coming, get up and have a drink (nothing with caffeine!) and wait until you're feeling more tired before going back to bed. Keeping a note in your diary of your sleep patterns, what time you went to bed, what you ate, how often you woke up etc can help you work out a routine that will help you get better quality sleep.

8. Try to eat a healthy diet

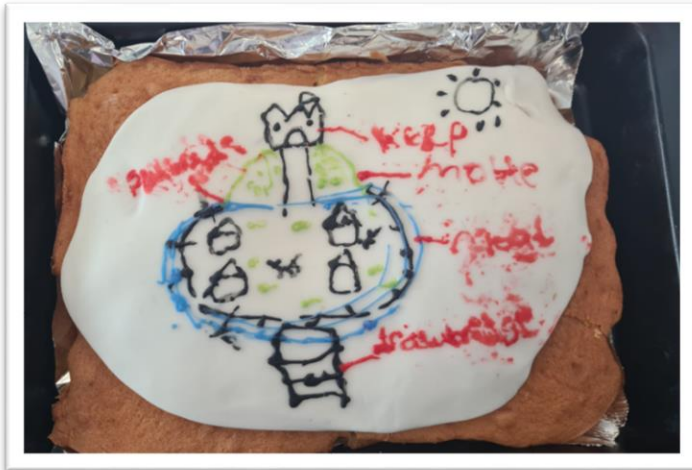
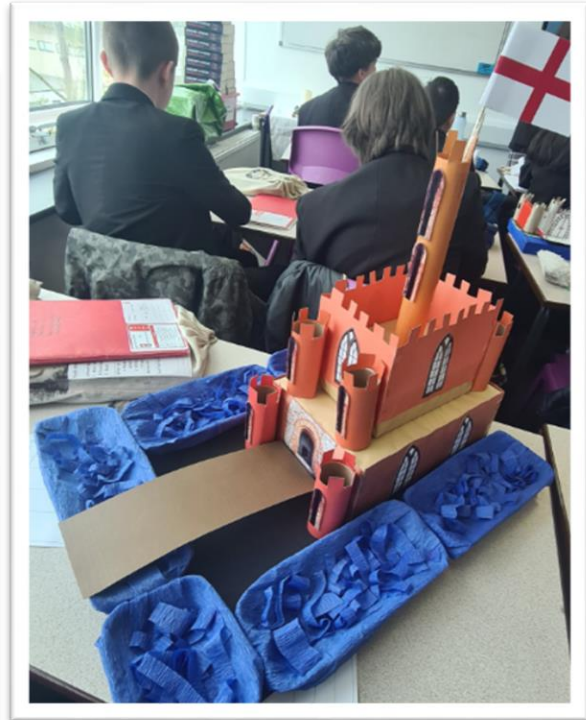
For many of us, feeling anxious might cause us to reach for sugary snacks, junk food or alcohol. It's important that we don't turn to unhealthy foods or drinks as a way to cope, as they will do more damage in the longer term. Eating healthy food regularly helps us to regulate our blood sugar and gives us the energy we need to live well. Remember caffeine in coffee, tea and fizzy drinks can affect your mood and cause sleep problems so it's best to have these in moderation and not too close to bedtime

These strategies have been summarised from the Mental Health Foundation article "What can we do to cope with feelings of anxiety?" To view the full article, use the following link:

[What can we do to cope with feelings of anxiety? | Mental Health Foundation](#)

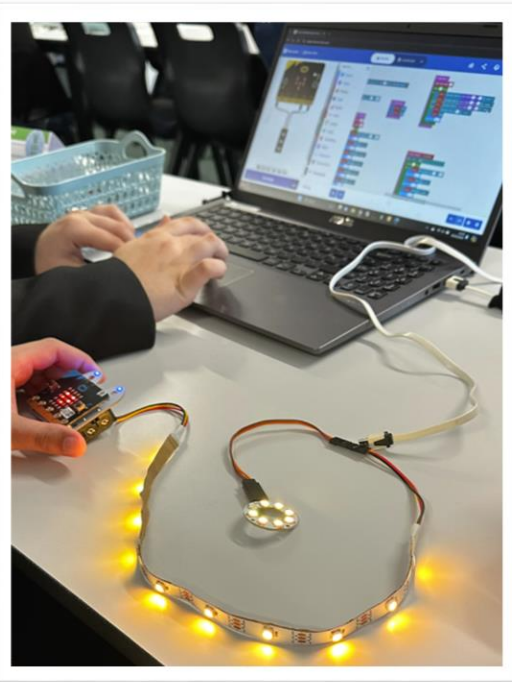
Year 7 Castles

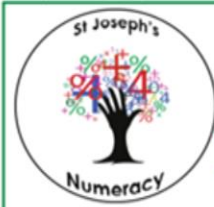
Below is just a sample of 7C's brilliant work making castles – well done everyone!



Girls into Computing Event!

Our year 9's and 8's attended a computing event "Girls into Computing" which was held at Langey Grammar School. The aim of this event was to captivate the world of coding and creativity through the use of NeoPixel LEDs , combined with the versatile Micro:bit minicomputer. During this event they were able to witness the magic as their code transformed into various vibrant light display. After getting to grips with the NeoPixel LEDs, students discovered the magic of interactive inputs, exploring how movement and radio-control can be used to trigger and manipulate their LED creations. With just a wave of a hand, students were able to set off a dazzling display.





#IcandoMaths

Solution to last Week's Puzzler

- C The perimeter of each rectangle is $2 \times (3 + 1) \text{ cm} = 8 \text{ cm}$.
The total perimeter, in cm, of the separate rectangles is therefore $100 \times 8 = 800$. When two rectangles are placed together at a "join" in the pattern, there is an overlap of length 1 cm and the total perimeter is reduced by 2 cm. In the complete pattern there are 99 joins and hence its perimeter, in cm, is $800 - 99 \times 2 = 800 - 198 = 602$.

Solution to the Break-time Teaser:

- D Let June have x sweets. Then May has $\frac{3x}{4}$ sweets. Also, April has $\frac{2}{3} \times \frac{3x}{4}$, that is $\frac{x}{2}$, sweets.
Therefore $x + \frac{3x}{4} + \frac{x}{2} = 90$. So $\frac{9x}{4} = 90$. Hence $x = \frac{4}{9} \times 90 = 40$.

Puzzler of the week

A tetrahedron is a solid figure which has four faces, all of which are triangles.

What is the product of the number of edges and the number of vertices of the tetrahedron?

- A 8 B 10 C 12 D 18 E 24



Break-time Teaser

There are 120 different ways of arranging the letters, U, K, M, I and C. All of these arrangements are listed in dictionary order, starting with CIKMU. Which position in the list does UKIMC occupy?

- A 110 th B 112 th C 114 th D 116 th E 118 th

Send your answers to Mr Allinson. Complete answers will get positive points on Class Charts.

Pupil Nominations of the Week

Year 7

Tomasz Dobinski and Antoinette Forsdick for receiving the most positive points this week

Year 8

Amber Nunes and Coco ájanos for the most positive points this week.
Beryl Tiero, Amelia Gibbas, Vanessa Buda, Marion Mwangi and Loikita Graca Mendonca de Jesus for taking part in the NFL International.

Year 9

Santiago Wilk Caballero and Arina Pavlovskaja for receiving the most positive points this week

Year 10

Loris Gumbs and Oliwia Polaczyk Borek

Year 11

A huge well done to all of year 11s! GCSE commenced this week and all are doing incredibly well

Year 12

12 Mark for their enthusiastic participation in the Faith walk last week, as well as Ricky Aman and Saskia Adams for the most positive points on Classcharts.



ST JOSEPH'S CATHOLIC HIGH SCHOOL
Shaggy Calf Lane, Slough, SL2 5HW

Required ASAP

LEARNING SUPPORT ASSISTANT

32.5 hours per week, term time + 5 days insets/holidays

8.15am to 3.15pm Monday to Friday

STCAT L2 point 4 £18,228 actual salary

The suitable candidates:

- Must have GCSE equivalent in English and Maths at grade C or above.
- Be prepared to work with groups and individual pupils.
- May have an interest in progressing to teacher training.

An application pack can be downloaded from the school website

www.st-josephs.slough.sch.uk

Only applications submitted on the school's application form will be considered.

01753 524713

e-mail: o.mcateer@st-josephs.slough.sch.uk

An equal opportunities employer