



St Joseph's Catholic High School

# Newsletter

Friday 6<sup>th</sup> September 2024



## Whole School Mass

Friday 6<sup>th</sup> September we had whole school mass with Fr. Pius welcoming everyone into the new academic year.

## Head Teacher Message

Dear Parents and Carers,

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

[Headteacher Message 6th September 2024  
\(youtube.com\)](#)

**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 – The Commandment of God

Welcome back to St Joseph's after your summer break. We hope you all had good, restful break where you have happy memories of spending time with loved ones and friends.

To all of year 7, year 12s who are joining us from another school and anyone else new to St Joseph's, welcome. Not only do we hope you too had a good break but we hope you are not worried about starting secondary school. Most things we worry about never happen, so don't spend your time worrying about the future, enjoy the present, make new friends, be proud of being part of our school community and 'Unlock Belief' in yourself and others around you.

In the Gospel on Sunday, Jesus is only interested in the stirring of our human hearts. He wants to know our personal issues that preoccupy us and influence our choices and behaviour. In the Gospel, the Pharisees are so concerned with the external laws/traditions around them (the idea of washing your hands before the meal) they forget the importance of themselves, their thoughts and actions. What people do should be based on what comes within (from their hearts). When our hearts are set on God they are freed from the multitude of human rules that tie us down that hinder a direct personal relationship with God and prevent us from proper action and worship. When we lose this, we sin and ultimately it is us who decide to do this.

The start of a new school year allows us to change our hearts. By putting aside the wrongs of the past and allowing us to make amends by living a more Christian life by following our hearts with Jesus at the centre of this. How can you be *Intentional and Prophetic?*

In private, set yourself a goal/target or even better still goals/targets by listening to your own hearts and affirm your belief in Christ.

## The Commandment of God

Weekly Reflections  
1<sup>st</sup> September 2024  
22<sup>nd</sup> Sunday in Ordinary



### From the Gospel of Mark (7:1-8, 14-15, 21 - 23)

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service,  
while their hearts are far from me.  
The worship they offer me is worthless,  
the doctrines they teach are only human regulations.

You put aside the commandment of God to cling to human traditions.' He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.'

### Prayer for the Week

Lord Jesus,  
Sometimes out of fear we listen to others around us rather than following our loving hearts. At the beginning of this new academic year, make us understand that it is only through listening to you within that we can achieve great things, and that it is only in each other's service that we can find true happiness. In your name we pray.  
Amen.

#### Day 1

Talk to the person next to you, what did you do during your holidays?  
Do you have worries for this year? If so what are they and are there any solutions for these?

#### Day 2

What are some 'human regulations' in today's world that you find difficult to conform to? Why? What might need to change in order to live the Christian life more fully (to be **intentional and prophetic**)? What might Jesus affirm in your own heart, and how might he challenge you to grow further?

## Careers Fair – More Businesses Needed Please



- St Joseph's will be hosting a ***Careers Fair*** on: **Friday 15<sup>th</sup> November 2024**
- The following will be in attendance: British Army, Ardale Brown Solicitors, Novanta Designs, Buckinghamshire New University, St Mary's University, PKPI Growth & Tax Advisors, Brunel University, Acacia Homecare, Peter Brash Dental Care, Cloud Hyperscalers, Ipic Ltd, Pro-Active Martial Arts, University of Cambridge, GSK, Royal Holloway, Mace Group, Together As One, VolkerFitzPatrick, Oury Clark, John Lewis, Optalis, Greene King & Thames Valley Police
- **If you have a contact that may be interested in being a part of this event – please email [r.dann@st-josephs.slough.sch.uk](mailto:r.dann@st-josephs.slough.sch.uk)**

*"Unlocking Belief in All"*

Dear Parents/Carers,

This academic year (Year 7-11) in our duty to fulfill our vision as a Catholic Community, Listening Community and Learning Community; as per our Relationship, Sex and Health Education (RSHE) Policy, the RSHE of our school will follow the Ten:Ten programme. The Ten:Ten programme seeks to nurture spiritual growth, personal development and social responsibility by sharing inspiring, creative content through a Catholic lens.

All parents are invited/ encouraged to log in using the details below to familiarise themselves with the content and have such necessary conversations at home to aid in the holistic education of their child.

Username: Parent

Password:stjosephs2024

Any questions please do get in contact.

Mrs Ossei-Brainoo

RSHE/PSHE Lead

[j.ossei-brainoo@st-josephs.slough.sch.uk](mailto:j.ossei-brainoo@st-josephs.slough.sch.uk)

*"Unlockina Belief in All"*



### Year 7 News

It has been a lovely start for our Year 7s they have done exceptionally well and it has been lovely to see so many happy and smiley faces this week.

Thank you to all of those who came to Welcome Evenings, the attendance was great and was lovely to meet you all. Please be aware for the few of you who did not attend it is important that you get access to your child's parent pay, Child's ClassCharts login and your own ClassCharts login. Please do this as soon as possible so that your child does not miss out on being able to do Homework and see all of the Positive Points that they are receiving. Have a lovely weekend all!

Mr Cooper-Santos – Head of Year 7

### Year 10 News

A massive welcome back to Year 10; hope you have a good and relaxing summer. Now the hard work begins with GCSEs! Please continue with the positive behaviour you have demonstrated over the past 2 days and stay committed to your studies! Have a lovely weekend!

Miss Joseph – Head of Year 10

# JUNIOR LEARN TO ROW

**ETON EXCELSIOR**  
the rowing club for eton, slough & windsor

WITH JUNIOR HEAD COACH  
**JOHN COLLINS**  
DOUBLE GB OLYMPIAN



**13TH-15TH SEPTEMBER 2024**

**WHO:** Boys and Girls in Year 9+ (13-18 years)

**WHEN:** Friday 13th (18:00-20:00)  
Saturday 14th & Sunday 15th (13:00-17:00)

**WHERE:** Eton Excelsior Rowing Club,  
14 Maidenhead Road, Windsor SL4 5TY

**COST:** £150

**REGISTER NOW VIA THE QR CODE**

**WHAT TO EXPECT?**

- ✓ Team work
- ✓ Discipline
- ✓ Focus
- ✓ Strength & Fitness
- ✓ Fun!



For further information visit our website or email  
[www.etonexcelsiorrowingclub.org/juniors](http://www.etonexcelsiorrowingclub.org/juniors)  
[junior.membership@etonexcelsiorrowingclub.org](mailto:junior.membership@etonexcelsiorrowingclub.org)

# PE After School Clubs


	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Badminton and Basketball	Badminton and Basketball (GCSE students only)	Badminton and Basketball	Badminton and Basketball (GCSE students only)	Badminton and Basketball
Lunch 2	Badminton and Basketball	Badminton and Basketball	Badminton and Basketball	Badminton and Basketball	Badminton and Basketball
Afterschool	Year 7-9 Basketball JCO  Rugby Girls and Boys HMC/THU  Girls Football MJO	Netball- all year groups AAN MJO KBR  Year 7+8 boys Football FWA  Fitness JCO	Year 9-11 boys Football THU  Trampolining KBR		Year 10,11,12,13 Basketball CWH

**WEEKLY MENU**

## St Josephs Catholic High School - Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Keema with Peas & Rice	Chicken Tagine served with Couscous & Tzatziki	Student Choice	Minced Beef Enchilada	Oven Baked Fish served with Chips, Tartare Sauce & a Lemon Wedge
Cheese, Leek & Potato Pie with a Puff Pastry Lid	Spinach & Ricotta Lasagne	Quorn Tacos with Sour Cream & Cheese	Indonesian Style Vegetable Curry served with Rice	Curried Vegetable Pasty
Vegetables or Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad
Pasta with a Cheese & Ham Sauce	Pasta with a Cheese Sauce	Chinese Style Noodles with Beansprouts	Pasta with a Tomato Sauce	-
Iced Vanilla Sponge	Sticky Toffee Pudding served with Custard	Chocolate Brownie	White Chocolate Chip Flapjack	Carrot Cake

Sandwiches, Wraps & Burgers, Jacket Potatoes, Panini, Cold Desserts & Fruit



**HARRISON**  
food with thought

## Homework

“The importance of homework to educational achievement cannot be denied. If pupils receive appropriate homework and do it on a regular basis over a five-year period, they will, in effect, be receiving the equivalent of at least one additional year of full-time education” *‘Improving Secondary schools’*

**At St Joseph, we believe that homework is important to:**

- **Prepare for, consolidate and embed** work covered in lessons to support learning;
- **Encourage** responsibility for, and ownership of, learning through ‘flipped learning’ activities;
- Enhance study skills e.g. planning, time management and self-discipline;
- Broaden and extend the school curriculum;
- **Engage parental co-operation** and support;

**Tips to help support your child with homework:**

- Regularly check **Classcharts**, ask them to show you completed homework against ClassCharts assignment.
- Create a homework **schedule**: A schedule can help your child stay organized and keep track of what's due.
- Choose a homework **area**: Pick a dedicated place for homework and gather the necessary supplies.
- Limit **distractions**: Turn off electronics and put away cell phones to help your child focus.
- **Motivate** your child: Alternate motivators, such as "homework then computer" or "homework then a favorite video". Use positive words of encouragement when your child is working well

### Homework Expectation

Each subject gives specific guidance to students regarding homework expectations. Below are the minimum general homework expectations.

#### Key Stage 3

- Maths, English, Science, RE – once per week for 10 -30 mins
- History, Geography, MFL, History, Art, Computing, Music, Technology, Drama fortnightly 10-30min

#### Key Stage 4

- All subjects once per week for 30 mins

#### Key Stage 5 (Flipped Learning)

- Sixth Form students are required to match every hour of lesson time with an hour of independent study outside of the classroom.
- Flipped homework should form the basis of the tasks, enabling students to prepare for their next lessons and use their knowledge to develop deeper understanding and practice the associated skills.

**Physical Geography - Student Photo competition from the Geographical Association:**

The theme of the competition is 'The power of physical geography'.

This year's competition challenges you to discover evidence of the power of physical geography. When out and about, capture it in a photograph, explain why, and how your example illustrates the power of physical geography in an accompanying title and caption (up to 250 words).

It is easy to think that 'big' or 'mighty' are the only expressions of the power of physical geography. But when you realise that power is the ability to create changes by exerting a force, then it is easy to recognise power operating at different scales of magnitude and time.

For example, it becomes possible to understand how weathering of 'solid' rock breaking down into fragments (and, depending on the process, these might be microscopic grains or massive boulders) is an illustration of the power of physical geography – the surface of the Earth is changed.

Good evidence of this sort of the power of physical geography can be found as easily in local or urban settings as in more grand and distant locations.

When you see a mighty mountain chain you are looking at the power of physical geography, but to demonstrate this you would need to find some evidence that illustrates how it was lifted up, e.g. crumpled, folded and stacked strata.

These are just two of many examples that you could discover to show the power of physical geography and explain how it shapes the character of the land and shifts waves, winds, and water in the oceans and atmosphere.

The photograph needs to be accompanied with its (precise) location, a title and a caption of up to 250 words that 'show and tell' the physical geography, describing the focus of your example and explaining how it shows the power of physical geography. The entry form has a template created for you to do this. The link for this is below.

Note: This is an external competition and more details can be found on their website: <https://geography.org.uk/get-connected/get-involved-1-student-activities/physical-geography-student-photo-competition/>



*“Aspiration, ambition and determination are deeply rooted within the school. A feeling of warmth and love permeates St Joseph’s”* Ofsted 2022

*“Pupils are happy and smiley and enjoy coming to school. They feel a sense of belonging”*

Ofsted 2022



## **St Joseph's Catholic High School**

The Directors of this successful, thriving, top performing and over-subscribed Catholic Academy invite prospective parents and pupils to our

# **OPEN EVENING**

**Thursday 19th September 2024**

**5.00pm – 8.00pm**

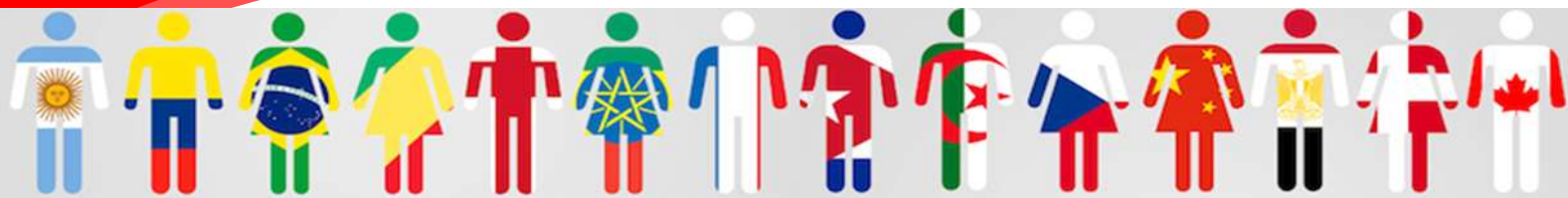
Shaggy Calf Lane, Slough, Berkshire SL2 5HW

The Headteacher, Mr Stapleton will address parents at 5.45pm and 6.45pm in the Main Hall. Tours available from 5.00pm, last tour at 7.00pm.

For more information or a tour during the school day please contact Miss Emily Stagg on 01753 524713 or email [e.stagg@st-josephs.slough.sch.uk](mailto:e.stagg@st-josephs.slough.sch.uk)

**[www.st-josephs.slough.sch.uk](http://www.st-josephs.slough.sch.uk)**





## EAL NEWS

### (English as an Additional Language)

### *Back to school tips*

We are excited to welcome all our students back and we hope this new school year will bring lots of learning and growth.

These are few tips to ensure your child is set up for a successful year.

- Please stay connected and collaborate with teachers; by staying informed, you can stay up to date on your child's linguistic and academic progress. Understanding what is going on in school will give you a better idea of how you can support your child at home. Coordination and partnership between the school and home helps children thrive and succeed. If language is an issue when communicating with your child's teachers, let the school know the language that you feel most comfortable with. I am always happy to help email [J.Ura@st-josephs.slough.sch.uk](mailto:J.Ura@st-josephs.slough.sch.uk)
- Supporting learning at home is vitally important to your child's view of education and achievement. Click here to read our [homework policy and time table](#)
- Reading for pleasure has been positively linked with an increase in the following literacy-related benefits for children:
  - Reading attainment, phonics and writing ability
  - It increases the learners' exposure to language.
  - It can consolidate previously learned language.

Please encourage your child to read for pleasure; your library is one of the most important resources in your community, and anyone can use it. You and your family will find books, videos, music, newspapers, computers, and much more for your child and you — for free! Click below to find information about [Slough Libraries](#)

