



# St Joseph's Catholic High School Newsletter

Friday 14<sup>th</sup> March 2025



## Year 9 Netball

Last Wednesday, the Year 9 Netball Team participated in the Slough Borough Tournament, scoring a massive 55 goals in the pool stages. They beat Upton Court convincingly, 15-2, in the semi-finals to face their arch-nemesis, St Bernard's, in the final. The girls played brilliantly, unfortunately losing 10-4 in the final.

It was an excellent day, with some standout performances from **Joanna Balasa, Myah Halligan** and **Eilis Conlon**.

## Head Teacher Message

Dear Parents/Carers and Students,

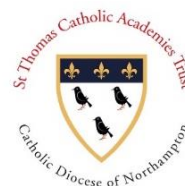
I hope you are all safe and well. Please click on the image below to be directed to this week's Head Teacher Message.



Please like and subscribe to be made aware of all new and exciting St Joseph's content.

St Joseph, pray for us.

Mr Stapleton



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

## Transfiguration

Weekly Reflections  
16<sup>th</sup> March 2025  
2<sup>nd</sup> Sunday of Lent



### From the Gospel of Luke (9: 28b-36)

At that time: Jesus took with him Peter and John and James and went up on the mountain to pray. And as he was praying, the appearance of his face was altered, and his clothing became dazzling white. And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was about to accomplish at Jerusalem. Now Peter and those who were with him were heavy with sleep, but when they became fully awake they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, 'Master, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah' — not knowing what he said. As he was saying these things, a cloud came and overshadowed them, and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, 'This is my Son, my Chosen One; listen to him!' And when the voice had spoken, Jesus was found alone. And they kept silent and told no one in those days anything of what they had seen.

### Prayer for the Week

Lord of All,  
Open our hearts and ears to you, and fill us with the peace that only you can  
give,  
Through Christ our Lord  
Amen

#### Day 1

Who was originally with Jesus when he went to pray?  
Who appears and what is said by God later in the Gospel?  
Why do you think the event of the Transfiguration is important to us as followers of Jesus?

#### Day 2

Why do you think the appearance of Moses and Elijah with Jesus is important?  
How can you be more **attentive** in listening to Jesus and **Discern** this in your actions?

#### Day 3

Each day three of each week in Lent will be given to pray three Stations of the Cross. This week please pray:  
Station 7: Jesus carries the Cross  
Station 8: Jesus is helped by Simon of Cyrene  
Station 9: Jesus meets the women of Jerusalem

#### Catholic Social Teaching - Solidarity

By coming together in hope as individuals, families, communities, organisations and nations, we can achieve transformative change for the common good. When we unite and make a stand for what we believe in, we can achieve remarkable things

"I prefer a Church which is bruised, hurting and dirty because it has been out on the streets, rather than a Church which is unhealthy from being confined and from clinging to its own security...while at our door people are starving and Jesus does not tire of saying to us: 'Give them something to eat' (Mark 6:37)." Pope Francis, *Evangelii Gaudium*,

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How this half term can you promote Solidarity in all that you do in St Joseph's and society?

## Theme of the Week – Transfiguration

The event described from the Gospel of Luke on Sunday is 'the Transfiguration'. And let's reflect on the beginning of the Gospel; **"Jesus took with him Peter and John and James and went up on the mountain to pray."** Just try to imagine this, this very humble, ordinary thing Jesus might do. And when we think about it, it's something ordinary we do, with our loved ones, whether at home, school or Church; we give time over to pray with our loved ones around us. Although the place it occurred is not mentioned in Scripture, it has long been associated with Mt Tabor in Galilee. And when we think of a mountain we may imagine this huge elevated piece of land that may have taken days to climb. But Mt Tabor isn't overly huge, actually sometimes it is called a large hill. However, this simple start of a story turns into something quite miraculous. The white robes and change of appearance in Jesus represented his glory and divinity, and this is what was being revealed to his most trusted disciples on this day. This is followed by the cloud both symbolises the presence of God, and also conceals it, thereby protecting the witnesses from the full force of God's glory.

The reference to Moses and Elijah links Jesus with two of the greatest people in Israel's history, both of whom had encounters with God on mountains. The meeting was a private experience for Jesus, as the disciples were asleep whilst it took place. Like Jesus, both these holy men lived lives for God and suffered rejection by their people. However, the voice from the cloud, the hidden presence of God, reveals Jesus' divine identity and encourages the disciples to listen to him. All that the Law (represented by Moses) and the Prophets (Elijah) stood for will be accomplished through the death and resurrection of Jesus.

This Second Sunday of Lent celebrates ways that God's divine presence is revealed. Sometimes, like Peter, we can misunderstand God's revelations. Sometimes we may see God through the actions and words of others but sometimes overlook or dismiss what we are seeing or hearing. We too may give time for prayer and contemplation like Jesus did, yet it is also not possible for us to remain forever on the mountain; we must come down and continue our journey like Jesus did. We leave the place of worship to start again on the road of everyday life with all its cares and concerns, but to carry with it the hope that is only possible through faith.

The 19<sup>th</sup> March is St Joseph's Day. The husband of Mary and Jesus' foster-father. The divine pregnancy of his betrothed was revealed in an angelic vision, Joseph was **Attentive** to the message given to him and **Discerning** in doing the right thing, accepting his future role of being a caring and nurturing father and raising Jesus and training Him as a carpenter. How are you able to be **Attentive** and **Discerning** like Joseph when he listened to the Angel that spoke to him? How important is it to have times of quiet contemplation in your journey? In what ways do you balance prayer and action in living your faith in everyday life?



### Pilgrimage to Rome – October 2025

As part of our celebration to mark the Jubilee Year of Hope, I am pleased to be able to offer your child the opportunity to take part in a Pilgrimage to Rome. This will take place from **Monday 20<sup>th</sup> October 2025 – Thursday 23<sup>rd</sup> October 2025**. This is open to all students who are currently in Year 7-12. *If any student wishes to go from Year 11, they must remain a student at this school in 6th form.* **There are only 40 spaces available on a first come first serve basis and a £200 deposit must be paid on ParentPay.** Please find attached a letter with all the details of the trip and please do not hesitate to contact Mr Gibbons ([j.gibbons@st-josephs.slough.sch.uk](mailto:j.gibbons@st-josephs.slough.sch.uk)) for more information.



### Pupil Nominations of the Week

<b>Year 7</b> <b>Shiloh Grande</b> and <b>Jacob Smiger</b> for excellent weeks!
<b>Year 8</b> <b>Jan Gadziala</b> and <b>Munachi Okafor</b>
<b>Year 9</b> Voted for by Form Tutors, based on the top 10 positive point students this week: <b>Brooke Harvey</b> and <b>Loikita Grace Mendonca de Jesus</b> .
<b>Year 10</b> <b>Csenge Bodor</b> and <b>Dorian Kubiak</b> for receiving the most positive points.
<b>Year 12</b> <b>Milan Iwanowski</b> for the most positive points on ClassCharts. <b>Ninah Bangalan</b> and <b>Nathaniel Basa</b> for making excellent progress in Product Design.
<b>Year 13</b> <b>Aswin Ranjan</b> and <b>Adam Marata</b> for successfully representing their Houses in the House Competitions.

### Homework Superstars

Year 7	<b>Oliwia Palusinska</b>
Year 8	<b>Alyssa Pereira</b>
Year 9	<b>Marly Kostandy</b>
Year 10	<b>Celine Sidyk</b>



#### Year 7 News

We had a lovely Press Up Mash Up competition on Friday, was lovely to see all the Year 7s competing in it. Students were able to select their Rewards Trips this week and have been told what the requirements are to get onto them. It was lovely to see the excitement!

Reports for the Spring Term should be out within the next two weeks. If you have not received it either by email or via the post, then please do let me know.

Have a lovely weekend.

*Mr Cooper-Santos – Head of Year 7*

#### Year 8 News

A huge well done to everyone who got involved in World Book Day by coming in fancy dress. This week, Year 8 earned **1,200+ positive points** with a **94% positive ratio**. The most positives were given for *Good Work* and for being *Learned and Wise*. The biggest cause of X's this week was equipment. Let's make sure

we're coming to school fully prepared. A simple way to do this is by packing your bag the night before. This week, there were only **9 HX** across the year. Well Done!

*Mr Hunt – Head of Year 8*

### **Year 9 News**

Another week down in our journey towards Easter. Rewards Trip options were sent out this week to enable students to select their choices for the End of Year Rewards Trips, including Theatre Trips, Theme Parks and Paintballing. Options Choices have now been finalised and students will be made aware of their Options over the next couple of weeks. Also, reports will be handed out today for students to bring home.

Hope you all have a great weekend.

*Miss McCormack – Head of Year 9*

### **Year 10 News**

Well done on another positive week. It was nice to see Year 10s competing in the Press Up Mash Up House Competition. Students were given the opportunity to pick their Rewards Trips this week; a gentle reminder that to be eligible for the trips, students will need over 95% attendance and an average of 3 or above for ATL.

Have a lovely weekend.

*Miss Joseph – Head of Year 10*

### **Year 12 & 13 News**

Year 12 have had a splendid week and it really shows in the amount of positive points they have earned. It is lovely to see so many of the students offering support to the younger years in a mentoring capacity. I know that those students really appreciate the time the Year 12s have given up to spend with them. Could I please just remind you that if your son or daughter is unable to come to school due to illness, we do need this to be reported by a parent/carer via ClassCharts.

Another great week for Year 13. Lots of the students have been studying hard inside and outside of lessons. All the students have now received a copy of their Summer Exams timetable. **Wednesday 14<sup>th</sup> May is the deadline for receiving offers from universities** and students should be choosing their firm and insurance choices based on the offers they have received. Once they have done this, they need to apply for student finance, if needed. It is important to apply for finance so that students receive their payments before the course starts. If your son or daughter needs any help with this, then please do encourage them to come and see me and I will support them with this.

I hope you have a lovely weekend.

*Mrs Finn – Head of Year 13*

## House Competition – Stare Down Match-Up: Who Blinked First? 🏆🔥

Last Friday, we saw the ultimate test of focus, willpower, and nerves of steel as students went head-to-head in the Stare Down Match-Up! With the support of on-lookers, competitors from each year group locked eyes in an intense battle—no blinking, no laughing, just pure determination!

The atmosphere was electric as students faced off, some lasting just seconds before cracking under the pressure, while others held their ground, even to tears, like true champions. The final moments of each round had the audience on edge — Who would blink?

After a series of face-offs, here are our Stare Down Champions for each year group:

- Year 7: **Delroy Karira** (Jerome)
- Year 8: **Munachi Okafor** (Peter)
- Year 9: **Joshua Saji** (Mark)
- Year 10: **Mikolaj Ignatowicz** (Mark)
- Year 11: **Teagan Daly** (Veronica)
- Year 12: **Vanessa Anane** (Mark)
- Year 13: **Adam Marata** (Jerome)

A **massive congratulations** to all our winners for their incredible focus and fierce competitive spirit! And, of course, **well done** to everyone who took part—you made this a thrilling event for all. 🏆👏

*#HouseSpirit #StareDownChampions #NoBlinkingAllowed*



### Current Standings

Standings	House	XH Comp 1	Poetry	Countdown	Christmas Card	Lip Sync	Synonym Smash	XH Comp 2	Rock Paper Scissors	Paper Plane Flying	Hook & Chase	Spaghetti Slurp	XL Comp 1	Minute Madness	Dance Off	Scavenger Hunt	Stare-Down	Positive Points	Total
1	Veronica	600	0	200	800	600	600	600	400	800	800	1000	1000	800	1000	1000	600	18574	29374
2	Peter	1000	800	1000	1000	100	1000	100	800	100	400	600	200	1000	100	600	400	19762	28962
3	Jerome	400	1000	800	600	800	400	800	100	400	1000	400	800	800	600	400	800	18669	28796
4	Mark	800	0	600	200	400	200	400	1000	200	400	200	600	600	1000	100	1000	18941	26641
5	Teresa	200	0	400	400	200	0	1000	600	1000	800	800	400	400	800	800	100	18561	26461
6	Cecilia	100	0	100	100	1000	800	200	200	600	100	100	100	100	200	200	200	17008	21108

### Sustainability Elective: Exploring Urban Nature and Solidarity

This week, students in the Sustainability Elective took part in a nature walk, discovering the rich biodiversity in our local urban area. Despite the urban surroundings, we found thriving plant and animal species, from wildflowers to nesting birds, highlighting the importance of protecting these green spaces.

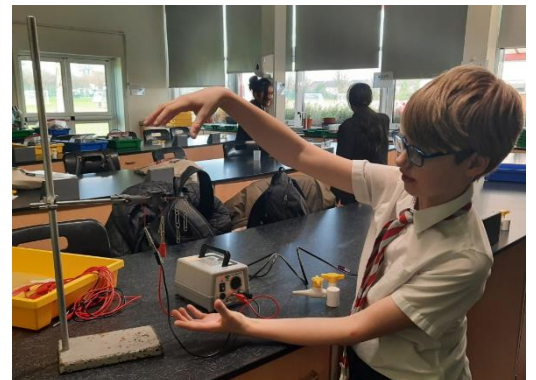
This connects to the *Catholic Social Teaching of solidarity*—recognising that caring for the environment also means caring for our communities. By preserving nature in our urban spaces, we help ensure that everyone can enjoy clean air, green areas, and a healthier world.

Our walk reminded us that nature is all around us, and even small actions can make a big difference!



### Science Club

Students made electromagnets with a simple coil of wire, iron nail and battery and investigated the strength of the electromagnet by increasing the number of turns of the coil and increasing the amount of current flowing through the wire.



### NFL Launch Event

Last Thursday, Year 9 and 10 girls attended the NFL Launch Event at Wimbledon Lawn Tennis Centre, representing the New York Jets. They were put through their paces with position-specific drills and combine events, such as the 30-yard dash and agility drills, with **Beryl Tiero** achieving some of the top results out of 280 girls. We now go into the competition looking to improve on last year's 6th place.





### KS4 Performance of 'Macbeth'

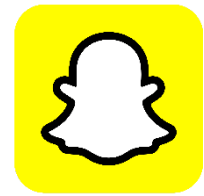
As part of our celebrations of World Book Day, Years 10 and 11 were fortunate enough to watch a performance of 'Macbeth'. Quantum Theatre were excellent as usual and produced a fast paced piece of theatre with dark and eerie lighting and shadow play for Banquo's ghost and Macbeth's coronation. The soundtrack, which ran under the entire show, heightened the emotion and drama and built the tension, menace and suspense. Year 10 thoroughly enjoyed this riveting version of the play and Year 11 stated that it was a great way to revise the pivotal moments and key quotations.



### Book Swap – Friday 7<sup>th</sup> March

Last Friday, St Joseph's held our first ever Book Swap. This was the final event in our week-long celebration of World Book Day. Pupils brought in their pre-loved books and were given vouchers in return. It was a fabulous event with over **300 books** to choose from. Students really enjoyed swapping their vouchers for a whole new set of reading material.





## Snapchat HQ Trip

This week, ten of our Sixth Form students had the exciting opportunity to pitch their business ideas at Snapchat HQ in Farringdon, London. The day was packed with networking, communication, and empathy-building—essential skills that will serve them well in the business world beyond Sixth Form.

Students put their oracy skills to the test, presenting their ideas with confidence and clarity while receiving valuable feedback from industry professionals. The experience not only sharpened their public speaking abilities but also gave them a real-world insight into the challenges and rewards of entrepreneurship.



## Festival of Authors – William Hussey, Thursday 13<sup>th</sup> March

Our students enjoyed an inspiring day with gothic and thriller author William Hussey.

William captivated the students with engaging presentations, aiming to spark excitement about reading and writing. His gothic workshop provided a thorough exploration of the genre, from its origins to its place in literature. After an insightful talk and a reading from his novel *Haunted*, students participated in the *Dracula vs Van Helsing* quiz.

Additionally, William hosted a *Horrible Histories*-style workshop, featuring a captivating reading from his *Witchfinder* series and an introduction to the life of a writer. Students then took part in an interactive 17th-century witch trial re-enactment, blending humour with educational insights into Civil War history. The session also drew connections to modern-day bullying, offering rich material for English and creative writing classes. The day ended with an engaging Q&A session.

It was a fantastic opportunity for our students to meet and learn from such an accomplished author.



## Fundraising – India Challenges Abroad

On **Friday 28<sup>th</sup> March 2025**, Mrs Burby and 5 students from St Joseph's in Year 12 (Oskar B, Freda L, Milena O, Emilia A, Purity) are visiting India and will be embarking on a Global Citizenship Programme to India. The students on this programme will be working with the **FutureSense Foundation** and its local teams to support rural, local communities.

FutureSense Foundation is a grassroots, international development charity that works in seven countries around the world, with the aim of supporting local communities to help them build a better future and ensure that no one is left behind. As part of this programme, students will get involved with a range of activities, working with local children supporting the FutureSense Foundation's Educational programmes, running workshops on STEM, conversational English or raising awareness on environmental issues.

The FutureSense Foundation programmes are guided by the United Nation's Goals for Sustainable Development and it's local in-country teams work around the year to understand the local issues and look for creative ways to address these. Each year, the charity delivers 15,000 workshops, reaching over 5,000 children and a further 3,000 adults in these rural communities with the aim of improving the quality of education, ensuring the health and wellbeing of the community members and looking to provide opportunities for improving livelihoods.

Students will have the opportunity to learn about some of the challenges faced in the world and be able to contribute directly to the effort to find a solution. With a large percentage of the global population still living in poverty and hunger without basic health, quality education or clean water and sanitation, it's now more important than ever for us all to come together as a global team and work together to find solutions. We are looking forward to the students on this programme returning as empowered Global Citizens.

As part of this initiative, we are also fundraising for the FutureSense Foundation to help the charity to not only continue the work it does, but also to grow its impact. As a small charity, they have a very small team in the UK and 90% of the money raised is used towards delivering its programmes overseas.

**Please do support our students and donate [here](#).**

Here are some examples of how your donations can help:

- £15 provides one month of free supplementary education for a student in Cambodia (includes supplies and a healthy snack, and clean drinking water)
- £50 enables an entire school to have access to clean drinking water for a month
- £100 will enables us plant 50 trees
- £200 enables the delivery of a series of 20 workshops covering one theme

**Thank you for your support!**





# #IcandoMaths

## Solution to last Week's Puzzler

E The line  $l$  is the perpendicular bisector of the line segment joining points  $(5, 3)$  and  $(1, -1)$ .  
 The midpoint of this line segment is  $\left(\frac{5+1}{2}, \frac{3+(-1)}{2}\right) = (3, 1)$ .  
 The gradient of the line segment is  $\frac{3 - (-1)}{5 - 1} = \frac{4}{4} = 1$ . Hence the gradient of  $l$  is  $-1$ .  
 Let the equation of  $l$  be  $y = -x + c$ . As  $l$  passes through the point  $(3, 1)$ ,  $1 = -3 + c$ . So  $c = 4$ .  
 Hence the equation of  $l$  is  $y = -x + 4$  or  $y = 4 - x$ .

## Solution to the Break-time Teaser:

D Let the mean of Aroon's five integers be  $m$ . Then the median is  $m + 2$  and the mode is  $m + 4$ .  
 Hence we can let the five integers in ascending order be  $x, y, m + 2, m + 4, m + 4$ , where  $x$  and  $y$  are to be determined. Since the mean of the integers is  $m$ , their sum is  $5m$ .  
 So  $x + y + 3m + 10 = 5m$ . Therefore  $x + y = 2m - 10$ . Now for the range of the integers to be as large as possible,  $x$  needs to be as small as possible. In turn, this means that  $y$  must be as large as possible. We know that  $y$  is an integer which is less than  $m + 2$ , so its maximum value is  $m + 1$ .  
 So the smallest possible value of  $x$  is  $2m - 10 - (m + 1) = m - 11$ .  
 Hence the largest possible value of the range of the integers is  $m + 4 - (m - 11) = 15$ .

## Puzzler of the week

We know that  $1 + 2 + 3 + 4 = 10$ . It is also true that  $1^3 + 2^3 + 3^3 + 4^3 = 10^n$  for some integer  $n$ .  
 What is this integer?

- A 1                      B 2                      C 3                      D 4                      E 5

## Break-time Teaser

What is 0.015% of 60 million?

- A 900                      B 9000                      C 90000                      D 900000                      E 9000000

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

## Menu

WEEKLY MENU					St Josephs Catholic High School - Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday					
Spicy Beef Nacho's with Sour Cream & Cheese	Thai Green Chicken Curry served with Rice	Cottage Pie	Volcano Chicken Pasta	Oven Baked Fish served with Chips, Tartare Sauce & a Lemon Wedge					
Quorn Sausage served with Spring Onion Mash	Falafel with Pitta Bread, Salad & Tzatziki	Quorn Bolognese served with Pasta & Parmesan Cheese	Chickpea & Vegetable Fried Rice	Spinach, Tomato & Mozzarella Pizza with Red Onion					
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 Sauce	Pasta Arrabbiata	Red Pesto Pasta	Pasta with Tomato & Dill Sauce	-					
Iced Carrot Cake	Toffee Apple Crumble served with Custard	Caramel Cake	Chocolate Sponge served with Chocolate Sauce	Banana Cake					

Available daily:  
 Sandwiches, Wraps &  
 Baguettes, Panini, Jacket  
 Potatoes, Cold Desserts & Fruit



## EAL NEWS

### (English as an Additional Language)

Here are some educational apps, websites, and online resources that parents can use to reinforce language skills and support their child's learning at home:

1. Starfall (Website): [Click Here](#)

- Starfall focuses on phonics and early reading skills. It includes interactive games, songs, and stories to help children build a strong foundation in language and literacy.

2. Storyline Online (Website and App): [Click Here](#)

- Storyline Online features videos of famous actors reading children's books aloud. It helps enhance listening skills and promotes a love for storytelling.

3. Reading Eggs (App and Website): [Click Here](#)

- Reading Eggs is an online program that focuses on reading and literacy skills. It includes interactive games, lessons, and e-books to make learning to read enjoyable.

### Creating Opportunity to Talk

#### *Create a story together*

Take turns adding a sentence to build a story.

#### Why it helps:

This strengthens creativity and teaches your child how to build on the ideas of others in conversation.



## SCHOOL CLUBS



### Languages Department

Our KS3 students are thriving in our MFL club, which meets after school every alternate Tuesday (each Week A) from **3:30pm to 4:30pm** in **T5** with Ms Shaw. Our aim is to explore languages, cultural ideas and activities, have fun with friends, and forge new friendships – full of (jelly) beans of course!

Mr. Orval welcomes you to:

# STRINGS CLUB

bowed string instruments available

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TUESDAYS  
3:15-4PM  
XA room

Love music? Want to learn how to play in a string ensemble? Join Mr Orval on **Tuesdays at 3:15pm** in the **XA room**. Several instruments (violin, viola, cello) are available for new/aspiring members. Contact your music teacher for further details.

### D+T Club- KS3 DESIGNeers



If you love a challenge, enjoy solving problems and Designing and Making, consider joining our D&T team of DESIGNeers (designers and engineers). We would LOVE you to join us! Please see, or message **Mrs Stacey on Teams** and join us at **DESIGNeers Club** on a **Monday afterschool in A3**.

## Welcome to Geography Club

**Aims**

- 1) To appreciate nature and its resources.
- 2) To create awareness of the environmental problems and adopt various measures to protect the earth.

**Geography club meeting will be held every week after school on Friday, 3.30-4.00pm in T-15. Open to year 7 to year 11.**

In these sessions we will have geography quizzes, competitions (wealth out of waste, poster competition), paper bag making, creating landform models (volcano, coastal landforms, riverine landforms and glacial landforms) and planting herbs.

## Ham Radio Club

Most Fridays 15:15-16:15, at the top of the Tower Block,  
An interesting club for everyone.  
For any questions, please message Mr Allinson

**Radio Society of Great Britain**  
Advancing amateur radio since 1913

## YEAR 7 & YEAR 8 AFTERSCHOOL SCIENCE CLUB

WEDNESDAYS FROM 3:15PM TILL 4PM

Come along and see why Science is so cool!

Led by  
Mrs. Lionel

For more information please contact Mrs. Lionel

## 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  Year 7+8 boys Football FWA	Netball- all year groups AAN MJO KBR  Dance HST  Basketball year 10, 11, 12 and 13 JCO	Year 9-11 boys Football THU  Trampoline KBR		Fitness - all year groups