

Friday 19th March 2021



ST JOSEPH'S *NEWSLETTER*



From The Head Teacher

'Unlocking Belief in All'

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Theme of the Week – Real Life

Today we hear Jesus talk about his upcoming death; using the image of a dying grain of wheat, and how it can live in a different way after it has died or broken down.

Jesus is telling us that we need to be like the grain of wheat – not to physically die for others (although people have done this) but rather, to **put others and their needs first**, so to ‘die to ourselves’ in order to serve others. Jesus says that when we think of others before ourselves, we are like the grain of wheat that helps provide a rich harvest.

Jesus says: “Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life.”

This ‘love’ is not about living a life of happiness and joy; nor is this ‘hatred’ about living a life of misery or disappointment.

‘Loving’ our life means filling it up with ourselves; being so preoccupied with the world and feasting on contentment that we lose sight of God.

‘Hating’ our life is the complete opposite – finding life in the death and resurrection of Jesus; putting Jesus and His commands first and reaping the rewards.

So, let’s ask ourselves this week – are we loving life, or hating life?

It’s not easy handing everything over to God and letting our worldly selves go. But remember – ‘unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over’.

Will we remain as one grain, or **will we grow in God’s love for eternity?**

It is easy to get caught up in the stress of everyday life. However, we must remember that ultimately, this world is temporary. We cannot take our material possessions with us. We might even worry about money, but we can’t take it with us. We should only worry about is our character, and how we can love God. This will determine whether or not we have eternal life.

It is not too late to do this. The call of Lent is for a change of heart.

Which characteristics do you feel God wants you to embody?

It is Christ’s journey to death and resurrection that draws us to him. We are the fruits of that journey and within us is implanted its seed.

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Year 11 – 13 Centre Assessments

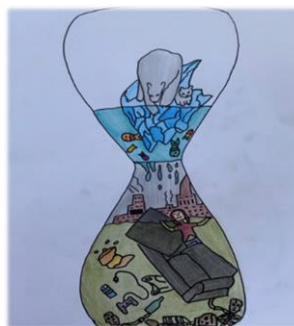
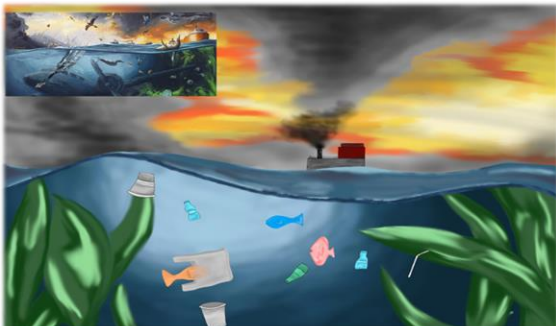
Reports for Year 11 and 13 Centre Assessments will be sent out to parents on Wednesday 31st March. This will indicate your child's progress in their Centre Assessments undertaken over the last three weeks.

Year 7 – 10 and Year 12 Reports

Reports for Year 7-10 and 12 will be sent out to parents after the Easter Holidays. Your child's teacher for each subject will be assessing their progress in lockdown from next week up until the Easter Holidays. This is so we can measure the progress they have made but also so we can plan for the summer term to ensure your child is fully prepared for the next year of their studies.

Geography News

Year 9 Geography students have unleashed their inner artists through representing climate change in a creative media of their choice. After gaining an insight into how climate change has been represented through art, such as Daniel Crawford's classical music and Michele Banks climate change wedding dress, students were encouraged to unleash their own creativity. A particular well done goes to Charlene for her incredible digital image, Alexandra for her beautiful drawing and Joy for a delightful poem. Well done to every student who put a large amount of effort into this during online learning- we were very proud of the quality of submissions we received.



The industries that release
The waste gases to unleash
And entwine to increase
Greenhouse gases should desist

Be fined for every fail
Penalty for all the trail
The traffic air inhaled
Should try to derail

We all can start with something
Big small tiny upcoming
Should start to collaborate
To do something before it's too late

Year 7 News

I am so proud of the way you have conducted yourselves both inside and outside the classroom. I have been especially proud of the way you have handled the Lateral Flow Testing, and the commitment you have shown to your lessons.

As we have mentioned in your tutor time, the staff at St Joseph's are fundraising for Catholic charities by walking, running and cycling the distance from St Joseph's to Jerusalem by the end of Easter. Please follow this link <https://forms.office.com/Pages/ResponsePage.aspx?id=nRr-BijQTU2WCf5rTXAvSTA0TRiguFEi-ih7BgIxVxUNVpVTkhXWThNQ0QxVzFEQ0pNNE1QVzlyVS4u> to help us choose which charities we will fundraise for. The chosen charity will be shared with you in tutor time with more information on how you can get involved too! If you go on any walks, runs or rides this weekend, track your distance and let your Head of House know who can add the distance to our Strava calculator and help us get to Jerusalem!

Have a restful weekend, Mrs Dunleavy

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Year 8 News

Dear Year 8,

A fantastic return to school this week, I have been especially proud of the mature way you have handled the Lateral Flow Testing, and the commitment you have shown to your studies. On my learning walk I observed exceptional behaviour and critical thinking skills in your English lessons; learning all about light and lenses in Science and some fantastic scene sets were made for your Drama lessons.

As I have mentioned in your tutor time, the staff at St Joseph's are fundraising for Catholic charities by walking, running and cycling the distance from St Joseph's to Jerusalem by the end of Easter. Please follow this link <https://forms.office.com/Pages/ResponsePage.aspx?id=nRr-BijQTU2WCf5rTXAvSTAOTRigjuFEi-inh7BglxVxUNVpVTkhXWThNQ0QxVzFEQ0pNNE1QVzlyVS4u> to help us choose which charities we will fund-raise for. The chosen charity will be shared with you in tutor time with more information on how you can get involved too! If you go on any walks, runs or rides this weekend, track your distance and let your Head of House know who can add the distance to our Strava calculator and help us get to Jerusalem!

Have a great weekend,

Miss WD

Year 9 News

Welcome back to all our wonderful students! The first week has been terrific in terms of Year 9's attitude to lessons and in and around the school.

There will be an assessment for each subject before we break up for Easter, so do ensure your child is aware of when these will be.

If there are still any uniform concerns please do let me know.

Best regards,

Mr Robinson

Year 10 News

Wednesday after school sessions were well attended this week with over 30 students gaining access to some intervention work in order to help them prepare for the end of term assessments. Anyone is welcome, just drop Miss Cheston an email and state which subject you would like support in or just pop in to T3 or T4 for a quiet space to do your HW.

PE clubs for Year 10 start on Monday 22nd March- try and join at least one activity between now and the end of term. Summer sports will start after the Easter break.

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YEAR 10 PE CLUBS	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:45-8:15	Basketball – JCO		Gym – Y10		
After school 3-4:15	Trampolining – MJO Table Tennis – LRO	Football – AGO			Badminton – LRO

Miss Cheston

Year 11 News

Dear Year 11,

Well done for settling in well this week. It's been pleasing to see how positive people's attitudes have been since returning. We have a short amount of time of learning left, so it is vitally important that we maintain our high standards in all of our studies and activities around the school. Well done for those who attended their interventions this week; they are a great opportunity to boost your knowledge and demonstrate the ability to produce high quality work so please keep it up.

Leavers hoodies are available to be ordered, the link for these are attached and the deadline for these to be purchased is 1PM on Wednesday 14th April: <https://www.hoodiehut.co.uk/leavers-hoodies/sjchs21/>

As always, please remember that uniform standards need to be kept and masks need to be worn all times when inside.

Stay Safe, Stay Excellent.

Mr Oakley

Sixth Form News

Sutton Trust Apprenticeship Summer Schools Opens on MONDAY! - this is an exciting opportunity for our Year 12 students, applications for Sutton Trust Apprenticeship Summer Schools are opening on Monday 22nd March (these are different to the opportunity outline for universities as this focusses on those who wish to follow an apprenticeship route).

Students will gain an in depth understanding of degree apprenticeships, what they involve and whether a degree apprenticeship is the right choice for them. They will hear from current apprentices, experience networking opportunities, attend sessions hosted by employers and learn the different application processes employers use. Every student will receive a range of digital resources to support their future choices. It is also a chance to develop networking and digital skills whilst interacting with employers.

Please click here for more information on entry requirements: <https://www.suttontrust.com/our-programmes/apprenticeship-summer-school/>

Best wishes, Mr Clark

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Year 12

Welcome back everyone!! It has been great to have you all back in school this week. You have returned with such positivity and enthusiasm to learn. Thank you for your cooperation with testing on Monday and Friday.

Work experience 1:1 interviews will continue next week via teams. If you are unsure of your interview time, please check with your form tutor. I will send out a link to access the meeting the day before so please check your emails regularly.

Just a reminder that PSHE is taking place during Wednesday and Thursday tutor time therefore you must be in school or logged into teams at 8:30 if you don't have a p1 lesson. This is compulsory.

Have a great week.

Mrs Bray

Year 13

A huge welcome back to Year 13 students! It has been brilliant to have all students finally back in school, it has been a real breath of fresh air and a welcome change. Thank you for your patience and compliance with the multiple rounds of testing, which has been executed perfectly- well done! I also want to take this opportunity to say a massive well done to the students for the very mature and professional attitude they have displayed since returning to school- a real credit to us all. Thank you.

It has been a hectic first week back with PSHE now taking place during form time on Wednesday and Thursdays, which will continue until the end of the year. If you are not in school for P1, you must log into PSHE on MS Teams. Also, a huge well done to a selection of students not applying to university who took part in the first part of a mock interview process with the Catenian Society on Wednesday, which by all accounts was very useful feedback on how to write and present a CV. Year 13 intervention resumed this week after a long break and again I would like to thank the students for attending and being so enthusiastic- attendance was very close to 100%.

Finally, advance warning that Jane Marshall and the Catenian Society will be running sessions with those students that did not apply to university on Wednesday and Friday next week and also that Easter revision sessions will be running in the holidays- final details TBC.

Have a great weekend.

Mr Matthews

Head of Year 13

Oxbridge Sessions

Given the present climate hasn't allowed visits to universities, or for their admission staff to come to us, Oxford University are running zoom webinars for Year 10, 11 and 12 students. For Year 10 and 11, this will be a fantastic opportunity to find out more about the higher education process and how applications to university work. Students will also have the opportunity to ask questions to the admission staff directly. The session for Year 12 students will be focused on what super-curricular activities are and how students can use them to build up their skills and improve their personal statement.

- **Year 10 & 11:** Introduction to University and Oxbridge with Q&A, Thursday 18th March, 6-7pm: https://zoom.us/webinar/register/WN_1Z259mjtRaaHC-xcKyszvA (Parents, guardians, and teachers are welcome too though we ask them to leave questions to the students). Oxbridge admissions staff will be introducing some key ideas about Higher Education (degree education) and offering tips on how

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to research university and course options. We will outline life and learning at Oxford and Cambridge, breaking down some common myths. Current Oxbridge students will be chipping in with their experiences transitioning from school to university and overcoming any worries they had in Year 10 or 11.

- **Year 12:** Subject Exploration Webinar with Q&A, Friday 26th March, 6-7pm: https://zoom.us/webinar/register/WN_M56CYQuvQ92EAQswjf09ag (Parents, guardians, and teachers are welcome too though we ask them to leave questions to the students). We hear of super-curricular research all the time – and that it can help students gain a fascination for a subject and bolster university applications. But what exactly is a super-curricular activity and how is it done? Find out more in this session by Oxbridge staff which covers where to find inspiration at home, at school, and, once pandemic restrictions are loosened, at museums, art galleries and elsewhere. We will also cover thinking critically and building up intellectual ideas and arguments.

Please submit your interest via the following links:

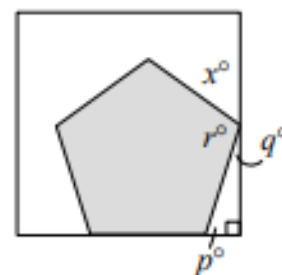
Year 10 & 11: Introduction to University and Oxbridge with Q&A, Thursday 18th March, 6-7pm, to express interest click the following link: <https://forms.office.com/Pages/ResponsePage.aspx?id=nRr-BijQTU2WCf5rTXAvSRiBf91E8ydFjjDy7Q9ytuJUN0JLR1Q2VUNDRVIPUjM4WkNPRkISQTRMSS4u>

Year 12: Subject Exploration Webinar with Q&A, Friday 26th March, 6-7pm, to express interest click the following link: <https://forms.office.com/Pages/ResponsePage.aspx?id=nRr-BijQTU2WCf5rTXAvSRiBf91E8ydFjjDy7Q9ytuJUQVY1MTaxUIBEUFhMQkIBQVBEMINOQjJKSi4u>



Solution to last Week's Puzzler

C The sum of the exterior angles of a convex polygon equals 360° . The angle marked p° is the exterior angle of a regular pentagon. So $p = 360 \div 5 = 72$. The angle sum of a triangle equals 180° , so $q = 180 - 90 - 72 = 18$. The angle marked r° is the interior angle of a regular pentagon, so $r = 180 - 72 = 108$. The angles marked q° , r° and x° lie along a straight line, so $x = 180 - (q + r) = 180 - (18 + 108) = 54$.



Solution to the Break time Teaser:

$$\mathbf{A} \quad 1 - 0.2 + 0.03 - 0.004 = 0.8 + 0.026 = 0.826.$$

Well done and epraise awards to Rebecca Conlon (11C), Cameron Martin (10P), Emerald Cardozo (10V), Anna-belle Lysiak (8C), Nicola Szuba (8V) and Izan Iglesias Trepiana (8M) for correct answers to both the Challenge and the break time teaser.

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Problem of the week

What fraction of this diagram is shaded?

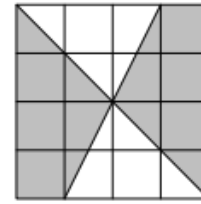
A $\frac{13}{32}$

B $\frac{1}{2}$

C $\frac{9}{16}$

D $\frac{5}{8}$

E $\frac{13}{16}$



Break time Teaser:

How many positive cubes less than 5000 end in the digit 5?

A 1

B 2

C 3

D 4

E 5

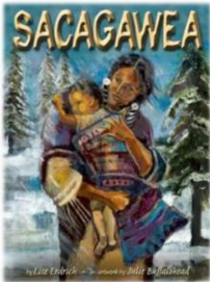
Send your answers to Mr Allinson. The first full complete answer will get epraise points and a prize.

History News

This week's recommendations...

To Read:

This week's book recommendation, *Sacagawea*, by Lise Erdrich, explores the myths and legends, as well as recounting well known facts about a remarkable woman's contribution to one of America's greatest journeys of exploration. This interesting read can be found through the Sora App.



To Watch:

This week's recommendation is for our older historians, from Year 11s onwards. Netflix's original documentary series "Amend" explores the 14th Amendment of the American Constitution and how different groups of people have fought for equal rights throughout the past one hundred years, and the impact that this has on the world today.



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Please do continue to send in your book, film, podcast, and virtual tour recommendations to Ms. Weir, and we will share them in the Newsletter and through our Instagram page, @stjosephshistory.

Recipe of the Week:

This week marked St. Patrick’s Day, and with it, the idea of many traditional Irish recipes. However, one recipe came out on top – the Irish stew! The origins of this recipes goes back to the 1800s. It was one of the most common food for the poor people of Ireland as the ingredients were cheap, and it fed in bulk. In most cases, cheap cuts of meat were used that needed to cook longer, but overall, they actually ended up adding more flavour, and the long cooking time, meant the meat was quite tender once served.

Everyone has their own personal recipe, but with the weather remaining quite cool this week, this will definitely heat you up!

Follow the below link to a quick and easy recipe:

<https://www.bbcgoodfood.com/recipes/irish-stew-0>

P.E News

1. You are still be required to come into school wearing your PE on the days that you have PE.

This MUST be your official St. Joseph’s PE kit – No Hoodies, leggings or Non-PE socks. You CAN wear black tracksuit bottoms.

2. Y7-10 – Girls group will be doing football until Easter. Boys groups will be rugby and Mixed groups will be handball. Please be prepared to be outside. You may want to bring a change of footwear for your sport or to avoid having muddy shoes for the remainder of the day.
3. Y11 will be options.
4. Extra-curricular clubs will be starting the week beginning 22nd March – **There has been an update to the Timetable please look at it carefully. Due to staggered endings of the day, all students are expected to wait outside of the PE building until the teacher for that club arrives.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:45-8:15	Basketball – Y9/10 JCO		Gym – Y10		
Lunch (Y11 only)		Table Tennis + Badminton Y11		Table Tennis + Badminton Y11	
After school 3-4:15	Trampoline – Y9/10 MJO Football – Y9 boys AGO Table Tennis – Year 9/10 LRO	Basketball – Y7/8 JCO Football – Year 7 BOYS THU Football Year 10 BOYS AGO Trampoline – Y7+8 KBR/AAN Table Tennis – Year 7/8 LRO	Badminton – Y7/8 KBR Football – Year 8 BOYS AGO	Girls football Y7-9 GIRLS	Badminton – Y9/10 LRO GYM – Y11

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PE @ Home

Challenges

1. **Physical Challenge #8 – One leg stand up** – Click on the link below to watch the tutorial. Film your successful attempts and send it through <https://www.youtube.com/watch?v=YBJpUYIYUrM>
2. Strava – We have created a St. Joseph's Fitness Challenge Strava group so you can track any walk, runs or rides that you do out of school. You will need to create your own Strava account first (you have to be 13) and then request to join the group through the link below: <https://www.strava.com/clubs/st-joseph-s-fitness-challenge-826785>



St Joseph's Fitness Challenge

Slough, England, United Kingdom

St Joseph's PE department Fitness Challenge

Club Leaderboard

Complete your training with other Club members and stay motivated throughout the week.
Request to join this club

Helpful Reminders

- Strava should be used with parental control and consent.
 - Strava tracks location through GPS. If you wish to not show your location you will need to manually input the exercise each time.
 - You can also set your profile's to private so that the general public cannot see your activity
 - Strava is a FREE app, you only pay for a premium version. You DO NOT need the premium version to participate in the group.
3. Workout of the Week (WOW) – Complete the workout and send your results to your PE teachers.



<p>Plank Gains One long sequence of: 15-second plank 15-second rest 30-second plank 30-second rest 45-second plank 45-second rest 60-second plank 60-second rest Max effort plank 60-second rest Max effort plank</p> <p><small>(Repeat the sequence if you can handle more!)</small></p>	<p>Pull, Push, Rest, Repeat</p> <p>10 rounds of: 10 pull ups 10 push ups 10-second rest</p>	<p>Quick and Explosive</p> <p>5 rounds for time: 10 vertical jumps (jump as high as you can, land, repeat) 10 push ups (with handclap in-between if able)</p> <p>You daily WOD is more than possible wherever you are!</p>
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Design and Technology Department



Welcome back!!!

It has been FANTASTIC to see pupils back in the food room and workshops. Although not quite back to normal, 'Normaller' has been great! Well done to 7T who at 41 seconds hold a new annual record for register taking!



Year 11 practical day – Monday 22nd March

We are fortunate to be able to offer Year 11 students practical sessions on Monday. Everything completed in these sessions will be taken into account when deciding upon NEA grades. Make it count!

Food Preparation and Nutrition

Students will be working on their trial dishes in preparation for their practical exam after Easter. Please come prepared and ready to work hard and fast!

Design and Technology

Students must come with all the work they have already done, ready to model and develop their designs.

DT CHALLENGE

A reminder that updates and examples of great work are regularly posted on our Instagram.

Send us your best!

Do you have a favourite product or design? Nominate it for our design wall by sending a picture and a short explanation for your nomination. We hope to showcase some of St Joseph's favourites soon.



#Whatizzit- What is it?

Can you identify the main motion demonstrated in this image.....send your answer to a member of the DT team.

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D&T Stars of the week 🌟 🔄

Well done **Jessie Walton-Barrett** for your absolutely AMAZING work throughout lockdown.

7 Teresa- your enthusiasm, effort and engagement in your first lesson back was an absolute joy 😊 Thank you.

Pupil Nominations of the Week

<p style="text-align: center;">Year 7</p> <p>Diya Mahi for settling in at St Joseph's so well.</p> <p>Harry Oguike-Ibenana for a great first week back in school.</p>	<p style="text-align: center;">Year 8</p> <p>Liam Barrett, Paige Lomas, Filip Kaczmarek, Ethan Fernandes and Jayden Bruintjies for all working really hard in Music and were excellent at using higher thinking skills and communication skills.</p>
<p style="text-align: center;">Year 9</p> <p>Julia Czarna for consistent hard work in Maths.</p> <p>Mikolaj Sycz for excellent work in Drama.</p>	<p style="text-align: center;">Year 10</p> <p>Natalia Malczewska for an amazing Business Studies presentation.</p> <p>Finley Hogg for excellent quality of work in lockdown and participation in class once back in Geography.</p>
<p style="text-align: center;">Year 11</p> <p>Callum Hill and Alan Streker for having excellent attitudes towards all their studies.</p>	
<p style="text-align: center;">Year 13</p> <p>Phil Arko for achieving a distinction in his Vocational Business exam in January and Uzma Iqbal for achieving a Distinction in both her Health and Social Care exams in January.</p>	<p style="text-align: center;">Year 12</p> <p>Stewart Arthur for being accepted onto the OMS Scheme.</p> <p>Emma Kadiri for hard work in Product Design.</p>