

ST. JOSEPH'S

Faith
Learning
Respect



JOURNAL

Friday 24th
April

Message from the Head

Welcome back to the new term - the Virtual Summer term as it stands. I hope you and your family well and in good spirits despite the challenges we face in this period of national lockdown. School continues to be a much quieter place but the staff and students who are coming in are enjoying a mix of activities. There is plenty of newly updated schoolwork posted onto the website for you all to be getting on with on the 'Home Study Portal' and hopefully you are managing to navigate your way through this. We will soon be making the switch to Google Classroom (full details to be found on the website also).

Enjoy reading through the rest of the journal and stay safe.

Mr Mitchell

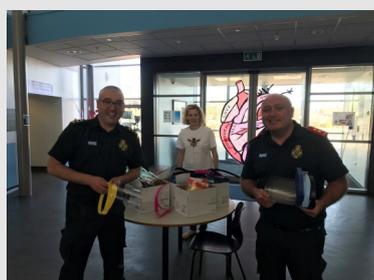


PPE Production

School continues to be open for the children of keyworkers. During this time, Mrs Cobain, along with Mr Leask and Mr Clark, began using the materials in school to make PPE for key workers. So far the face masks have been given to pharmacy workers as well as ambulance crews. We are extremely proud of the hard work Mrs Cobain and the team have put in to utilising their skills in this new and challenging situation.



We are also thankful to Mrs Taylor—now working at Farringdon Community Academy—who kindly donated polypropylene sheets to help with the construction of the PPE face masks.



Support

This week we have packed and delivered food parcels to some of our families. Thank you to the team involved.



Through South Tyneside Council there are numerous avenues of support available. They can all be found on the South Tyneside Council website. Here are some of the important contacts:



Support Hub for most at risk - 0191 424 7575

Social Care and Health: 0191 456 2093

Hebburn Helps 01914899707

Wellbeing support for young people: ChildLine
0800 11 11 www.childline.org.uk

SAFEGUARDING

Mrs Hammill, Deputy Headteacher
Pastoral.

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Reflection

Happy St. George's Day!

On Thursday we celebrated St. George's Day, the patron saint of England. St. George was a Turkish Christian Roman Soldier who was known for standing up against unjust authority. When he was in the Roman Army, the emperor of the day ordered all Christians to denounce their belief in Christ and make a sacrifice to the pagan Gods. George publicly refused and ordered the soldiers in his platoon who were Christian to do the same - for his act of incredible faith he was beheaded. Today, George is known for slaying a dragon which is a metaphor for the Roman Emperor and authorities. In these challenging times we all find ourselves in today, we need to stand up for what is right and so many of you are doing incredible acts of kindness to help those in need. So many people are donating and supporting local food banks and charities, people are creating protective gear for our NHS and care workers and you are all looking out for elderly, vulnerable and isolated members of our families and communities.



Keep up the incredible work and we pray that you and your families all stay safe, well and nourished in God's love and mercy. Amen.

If ... SJCA style

If we can keep our heads while staring at the same four walls,
 If we can stay inside even when the sunshine calls.
 If we can venture out only when it's needed
 And make sure the Social Distance rules are heeded.
 Or if we can give some help around our neighbourhood
 Taking to those in isolation, essential goods
 If we can clap to thank our heroes who risk their lives at all costs
 But spare a thought for all the families and say a prayer for those they've lost.
 If we can keep our children amused for hours,
 playing games and building Lego towers
 If they can let their hopes shine out of windows
 With brightly coloured images of rainbows
 If we can keep the faith and encourage others
 Our mothers, sisters, fathers, brothers,
 to keep in touch while we're apart
 and hold each other's love within our hearts
 If we can keep on providing a safe haven for all those children of workers who are key,
 And keep on posting our resources to enable all our pupils' home study.
 If we can do all this and more and hold on until this ends
 Then we can be truly proud.
 Take care, Stay safe, Be strong, my friends.

SEND & Wellbeing update

There is a new SEND Parent's toolkit which is available on BBC Bitesize - <https://www.bbc.co.uk/bitesize/articles/zh9v382> containing resources, activities and support to help you and your family during lockdown.

Below are the links to two useful websites which provide advice and suggestions around promoting structure during the lockdown.

<https://www.headspace.com/headspace-meditation-app>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

The poster attached includes information regarding some Kooth Live Forums.



LGfL DigiSafe To Keep Primary Kids Safe Online During School Closure

Children are bound to spend lots more time on devices during school closure. DON'T FEEL BAD ABOUT IT - lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story or Skyping Grandma. Use the Children's Commissioner's Digital Five A Day* to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? Internet Matters has hundreds of guides to parental controls.

Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced - they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for Common Sense Media or NSPCC's NetAware. And why not download the BBC Own It app?

Don't try to hide the news about coronavirus

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch Newsround together and talk about how they feel - there is guidance from Childline to help you.

Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, THAT'S A LIE!

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting-igf.me, including ones to tell your kids about (they might not want to talk to you in the first instance).



You can find anything above by just googling it, or follow us @LGfLDigiSafe on Twitter or Facebook where we regularly share these resources

Shakespeare Poem by Mrs McEwen

We have seen better days.
This blessed plot, this earth, this realm, this England
Where the infectious pestilence reigns,
Hath sealed up her doors.

The whining schoolboy no longer creeps like snail unwillingly to school;
Parents learn that children
Had rather see the swords, and hear a drum, than look upon their school-master
And those that do teach young babes
Do it with gentle means and easy tasks.
They say, 'Make use of time, let not advantage slip!
And yet, within a month
The cry is, 'Hell is empty and all the devils are here!
How sharper than a serpent's tooth it is to have a thankless child!'

Star-crossed lovers sigh like furnace,
Social distancing hath stopped
The course of true love running smooth.
But love is not love
Which alters when it alteration finds.

The old folk, time's doting chronicles,
Lay aside life-harming heaviness and entertain a cheerful disposition.
Grandsire Captain Tom shows to all that
Action is eloquence;
That we know what we are but not what we may be.

For all
The time is out of joint.
Tomorrow, and tomorrow, and tomorrow,
Creeps in this petty pace from day to day,
But pleasure and action make the hours seem short –
Pray, and sing, and tell old tales, and laugh
Good wine is a good familiar creature if it be well used!

So sigh no more;
But screw your courage to the sticking place
And we'll not fail.
Make not your thoughts your prisons;
There is nothing either good or bad only thinking makes it so.]

This virus
Is ripe for shaking, and the powers above
Put on their instruments. Receive what cheer you may:
The night is long that never finds the day.

#homestudyheroes

DT project 2: A new £100 note and £1-pound coin!

You have been asked by The Royal Mint to create a new design for the newest £1-pound coin and the first ever plastic £100 note. In the past the UK have decorated their notes with symbols that represent our country and the different places within the British Isles. Roses, leeks, thistles, clovers, bridges and famous people from history have all been used. Why not have a closer look at the loose change in your house?

Try incorporating your history and geography skills and design a new currency for the UK. Make it colourful and add all the things that are important to you and the country you live in!



Take a picture of your drawing or maybe do it digitally on a drawing package and send it to us at homestudyhelp@stjosephs.uk.net



Here are some pictures of the work being undertaken over the past few weeks:



Careers

We have added extra careers research links on the school website. These should help you research future jobs, courses and prepare you for the future. You may want to look at these even if you are not in Year 11 or 13 as they will give you some ideas on what your perfect career may be.

Some of the research links include:

- TED talks linked to A Levels and BTEC courses
- Virtual University tours
- Apprenticeship information sites
- Careers search sites

Links can be found....

<http://www.stjosephs.uk.net/sixth-form/progression/> or <http://www.stjosephs.uk.net/school-life/careers-programme/career-research-links/>

Home Study – Top Tips from Mrs Ritchie

	<p>Create a schedule each day: Don't worry if you cannot stick to your school timetable. This is just a recommendation to help you get organised.</p>
	<p>Work out when you will be able to do the work: You may only have IT access at a certain time of day, and you may be sharing devices. If this is the case, do your work when you can.</p>
	<p>When you have finished your work: It is likely you may finish the work set quickly – that is fine! Working from home is a different routine. Just try to complete the work to the best of your ability. If you finish your work early or want more work, complete an activity where you review or practise prior or new learning, for example go back over your work and make flashcards of key words and definitions, make a graphic organiser or do some self-quizzing. Alternatively, do wider learning around your subject (e.g. reading or watch a film or documentary).</p>
	<p>Do one more thing: later in the day, go and sit with a family member with your schedule for the day. Get them to ask you questions about your work for each subject to make you think about and remember what you learnt. You are more likely to get the work into your long-term memory this way and by saying it out loud. If you cannot remember, go back over the work and write it on a revision card to prompt you for next time.</p>