

Message from the Head

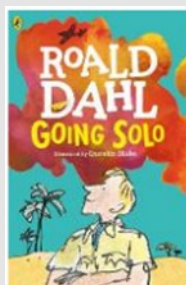
What a week it has been! School has been very strange this week with very few pupils and staff in the building. It's not the same place without 1000+ students and 100 staff creating a buzz. Hopefully we won't have to wait too long to be back together as a community. Whilst you are all at home it is important that you take care of yourselves and make yourselves useful. It is also important that you keep up with your learning in the best way possible. There are plenty of tasks for you to complete on the Home Study page of the website and now is as good a time as any to increase the amount of time you spend reading. You should also try to build in some regular exercise on a daily basis if possible. Enjoy reading through the journal and take care.

Mr Mitchell

This week's book recommendation: Going Solo

As a young man, Roald Dahl's adventures took him from London to East Africa, until WW2 began and he became an RAF pilot. You'll read stories of whizzing through the air in a Tiger Moth Plane, encounters with deadly green mambas and hungry lions, and the terrible crash that led him to storytelling.

Going Solo is exciting, enthralling and just like its prequel *Boy* - it's all TRUE..



Scientific Research - you can play your part

The rainfall rescue project is looking for volunteers to help them transcribe thousands of pieces of historic written rainfall data into computerised data so that it can be used in scientific analysis.

All you have to do is head to:

<https://www.zooniverse.org/projects/edh/rainfall-rescue>

You'll be shown scanned pages of data and have to input three small pieces of info. Don't worry, there's a tutorial! No need to register, although doing so will allow your contributions to be recognised in scientific papers!

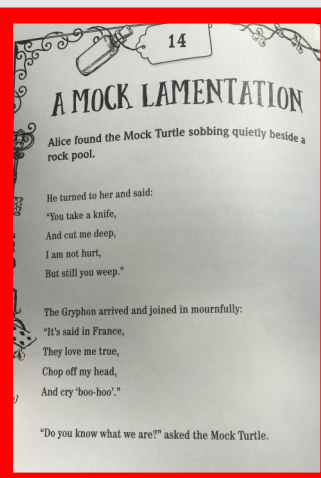
If this project has been completed, then check out other available projects on [zooniverse.org/projects](https://www.zooniverse.org/projects)

The parable of the Good Samaritan

Have a watch of this parable.

<https://www.youtube.com/watch?v=osfQg4yKtq8>

In this parable, Jesus teaches his followers that no matter who needs help in society, whether your best friend or a total stranger, we have a duty to help everyone in need. As a school community you all do this brilliantly but in these difficult times, try and be a Samaritan more than ever!



SAFEGUARDING

Safeguarding Lead in school is: Mrs Hammill,
Deputy Headteacher Pastoral: 0191 428 2700



Wellbeing

We are excited to announce the launch of our **WELLBEING** health initiative!

Here we will aim to share information, hints, tips and activities all aimed to support your mental health and wellbeing.

We all know to look after our physical health, but we should also be caring for our mental health.



As part of this initiative, we would like to invite students to try activities linked to **5 Ways to Wellbeing** each day.

By following 5 simple actions it has been shown that we can improve our wellbeing.

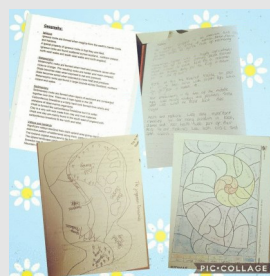
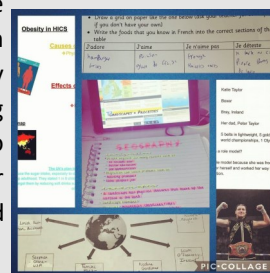
They are easy-to-remember and, as well as making you feel better in the moment, they can also help you build good mental health for the future.

We will be posting ideas and activities for you to try as well as useful web sites, video clips and advice which may be helpful - particularly over this time of school closure and social distancing/ isolation.

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed [Young Minds](#) have some great advice.

#HomeStudyHeroes

Over the last few days the Home Study Help Team have been overwhelmed with the quality and quantity of work appearing in their inbox. They would like to thank all of the parents for sharing their child's work and supporting home study working.

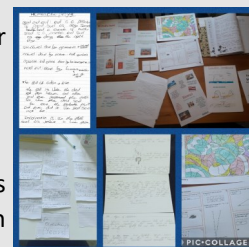


Our pupils are working very hard at home to produce top quality work which has been shared with their teachers. Well done to everyone - we are all very proud of you!

As a reminder, work can be written or typed, then photos of work or the electronic file sent to

homestudyhelp@stjosephs.uk.net

If you do not have internet access then work is to be returned when school reopens.



Reflection

St. Paul taught that 'love is patient and kind...love endures all things, love never ends'. This week has seen a lot of change in the world but it has been amazing to see the love students are putting into their work and to hear about the acts of kindness and love shared by students and families helping vulnerable and elderly neighbours. St. Joseph's is and always will be a community of Christian love! Thank you for all the love you share and continue in all that you do this week to BE the love of Christ to your families, your friends, your neighbours and each other. Amen.

God bless

Corona Cats



Mrs Renwick's family would like to introduce the newest and furriest members of their family. Lil and Izzy came to live with them on Sunday, after desperate pleas from a cat shelter during this uncertain time.

Mrs Renwick said "I have never owned a cat, and our house was a pet free zone, so I was rather scared at the thought of caring for and sourcing food for two extra mouths! However after some careful debate and persuasion from Mr Renwick I caved! Our children have relished the opportunity that it has given them to take greater responsibility for someone else. We have taken down the curtains and cat proofed the house, but I'm pleased to report no scratching at this point in time, although I have paid £5 for a pet cam app!!!!"

#20

This week we launched #stjosephs20, with 20:20 things to do at home. How many can you do before the next challenge is launched?

