



Message from the Head

Well, here we are about to move beyond week 6 of the national lockdown. We should all take inspiration from some of the uplifting stories in the media. In particular, as we move towards VE day next week, we should salute the efforts of Captain Tom and his wonderful fundraising efforts - £32 million and counting for NHS charities – the Christian spirit lives on in all of us in our generosity to good causes. We also hit the press with our supply of face visors for local health workers – well done to Mrs Cobain and her team of helpers. Next week we move towards using Google classroom for our online learning – this should enable more two-way communication between you and your teachers. Remember to refer to the instructions on the 'Home Study Portal' and any enquiries to homestudyhelp@stjosephs.uk.net

Enjoy reading through the rest of the journal and stay safe. *Mr Mitchell*

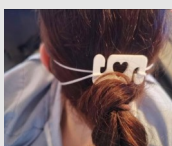
You are amazing!

There are so many members of our community doing amazing things in this challenging time. Our DT team continue to produce and distribute face visors. This week Ward 2 at STSF Trust began using our visors.



Mrs Morgan, who works in our office, has been using her newly learned sewing skills to make string bags for nurses working at both the RVI and Sunderland hospital. She began sewing a few years ago to help her daughter with her D of E and has been completely bitten by the Sewing Bee bug!

Mr Andy McDowell, father of one of our Year 7 pupils has been using his 3D printer to create face shields. To date he has made and donated over 1100 of them to various care homes, NHS staff and other key workers from as far north as Newbiggin and as far south as Teesside. It has been made possible to provide them free of charge thanks to the donations from members of the public. So far he has used a staggering 3 miles of plastic!



Ex-pupil (and brother to one of our Year 8 pupils) Josh Truman has been making clips to help make wearing face masks more comfortable. He intended to make and supply 1000, but has made over 10000 that have now been distributed nationwide.

Keeping up to date



This week we have reached our 1000 followers milestone on Facebook. Our page, @stjosephsca, is a great way to keep up to date with what is

happening both in school and for our home study work.

We also have an Instagram page, which at the time of writing, has 896 followers. This can be found by searching for St. Josephs Catholic Academy.



Instagram

We can also be found on Twitter by searching @St_JosephsCA. Our school website also contains lots of useful information and school policies <http://www.stjosephs.uk.net/>

SAFEGUARDING

Mrs. Hammill, Deputy Headteacher
Pastoral.

07535836082

hammillc@stjosephs.uk.net



Wellbeing

Self-care is crucial during a time of crisis and uncertainty. You need to look after yourself first, in order to be there for other people.

Self-care includes caring for your health (for example sleep, exercise and diet) and spending time on activities you enjoy. Being compassionate to yourself means you are in tune with your needs at that time. Try to be less negative and judgmental with yourself. Talk to yourself as if you were talking to someone you love.

Goals for this week – think of self-care activities and make a list. Examples may be:

- An exercise routine
- Listening to music which makes you feel better
- Cook something new
- Clean and tidy your room or work area
- Sign up for an online class
- Complete a mood journal identifying emotions
- Try a guided meditation or relaxation techniques

Remember to check both the wellbeing page and mental/emotional health section on the portal as these are updated daily. Websites such as [Mind](#) have excellent ideas for self-help.



'I am the true vine'

When Jesus had been crucified and was resurrected from the dead, his disciples were initially a bit like headless chickens. They didn't know what to do without Jesus. Having given their lives to follow him, suddenly they found themselves without the one man they had been guided by, taught by and loved by. Suddenly they had to find a 'new normal' when around them society was persecuting anyone who had been associated with Jesus. One of the last things Jesus said to his disciples was this 'I am the true vine, remain in me, and I in you and I will give you strength'. What Jesus meant in this statement was that even though he wouldn't always be there with them, he would always—like the roots of a plant, invisible to the eye but essential to their survival—be there spiritually nourishing them, supporting them and giving them strength.

We currently find ourselves adapting to a 'new normal'. Society has changed massively over the past 5 weeks, but remember that Jesus is the true vine. We are his fruit and if we believe, have faith and support one another then we will always be strengthened, united and guided by His unending love and mercy. We as a community are praying for each and every one of you. We are a fantastic Christian community with Christ's love at our centre and whilst we are not physically together, Christ is the vine strengthening us all in these times. God bless and stay safe.

Mr. Young.



KOOTH

This week students in school have had a Zoom meeting with Alex from Kooth. The session was designed around what support is available to young people through the free service, including one-to-one counselling, articles and forums as well as a fantastic opportunity to get involved and write about their own experiences for the Kooth magazine. It was a very informative session with a lot of good advice for supporting our mental health during these difficult times. If any student would like to make use of these free services you can visit <https://www.kooth.com/> or download the smartphone app from the appropriate app store.



In case you haven't heard of it, Kooth is a web-based confidential support service available to young people. It provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

Building confidence in girls

The Princes Trust have teamed up with L'Oréal to provide online resources designed to help build confidence in girls. Check out their website. <https://www.princes-trust.org.uk/help-for-young-people/tools-resources/building->



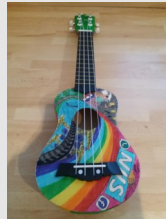
#homestudyheroes

Bridge Challenge

The aim of the game is to create a bridge that spans over a gap and support a weight. This can be a competition with sibling / adults or a group activity to work on together. You can use anything you have to hand... Lego, straws, toilet roll tubes, glue, sellotape, string or even sticks from the garden. The more creative the better. The winner is the design that holds the most weight before it breaks. Send your bridge photos to homestudyhelp@stjosephs.uk.net



Miss Cairns, from our science department recently built her own ukulele. She built this from a kit, and has decorated it to commemorate her experience of the Coronavirus (so far).



While we were out on our delivery rounds last week, one of our very kind parents left this note and treats taped to the door. Thank you so much!

Stationery packs and new work packs have been delivered this week.



Street Marathon

Mrs. Robson and her son Joshua (along with 26 others) ran a mile, which was four laps of their street, on what would have been London Marathon day. It was organised by Eleanor Blair who used to teach English at our school and we collected for the local food bank. It was a great atmosphere and we had people dressed as dinosaurs and cardboard robots! A safe but fun time was had by all!



Reading corner



It is 1939. In Nazi Germany, the country is holding its breath. Death has never been busier - and will become busier still.

By her brother's graveside, nine year old Liesel's life is changed forever when she picks up a single object, abandoned in the snow. It is The Gravedigger's Handbook, and this is her first act of book thievery.

In superbly crafted writing that burns with intensity, award-winning author Markus Zusak has given us one of the most enduring stories of our time.

'Unsettling, life-affirming, triumphant and tragic. This is a novel of breathtaking scope, masterfully told' - *Guardian*

VE Day Celebrations

Next Friday is a bank holiday to celebrate VE (Victory in Europe) Day - the 75th anniversary of the unconditional surrender of the German army. 75 years ago this sparked celebrations around the world. Miss McVay's neighbour posted some VE day bunting for her and her son to colour and decorate their house ready for next week.



Move to Google Classroom

From Monday the home study work is moving from the portal to Google Classroom. Use the correct code for your year group to join the initial 'class'. In this

Year Group	Code
7	o4q4vna
8	3pn2kfo
9	5etg6c6
10	odgyseg
12	nqcjzyv

class, you will then find further codes for each subject. Join a google classroom for every subject you study.

Useful emails:

Password reset - support@stjosephs.uk.net

Work enquiries - homestudyhelp@stjosephs.uk.net