



Message from the Head

Welcome to the latest edition of our Journal as we come to the end of the eighth week of school closure. We are also coming to the end of what would have been the first week of the GCSE and A-Level exams for pupils in Year 11 and Year 13—how things have changed! The Government have recently made an announcement regarding school reopening, saying that from the 1st June they would ask secondary schools to offer some face-to-face support to supplement the remote education of Year 10 and Year 12 students. Again, let's wait and see how that develops. We would love to see some of you back in school but only when we are certain that it is safe to do so. Continue with your studies in the Google classroom for now. We also circulated a short video clip from the staff made especially for our students; if you didn't get the chance to see it check it out: <http://www.stjosephs.uk.net/stay-safe-message/>. Remember if you have any issues getting into the online classroom materials to refer to the instructions on the 'Home Study Portal' and any send any enquiries to homestudyhelp@stjosephs.uk.net. Enjoy reading through the rest of the journal and stay safe. *Mr Mitchell*

Reflection

When I think about what I love most about St. Joseph's, it is that it is a community filled with genuine Christian love! It is a place where students show care, kindness, compassion and love to one another. It is a place where teachers are there because they genuinely love their students and want the absolute best for them - both spiritually, academically and pastorally. It is a place filled with support, joy, fun, humour and genuine faith in each other. In the book of Hebrews, St. Paul instructs us 'to spur on one another to do good deeds and spread love'. So this week I want to set you a prayer challenge. This week for your prayer I want you to think of somebody in our school community who you maybe haven't spoken to or heard from in a while and I want you to send them a message of kindness, love, positivity and hope! Share some joy with them. Make them laugh. Pay them a compliment. Once you have done that, in the stillness of your own hearts, I ask you to say a little prayer for that person. Amen and God bless each and everyone of you! *Mr Young*

This week's top of the RE pops!



I am sure you have all been missing our class Masses and liturgies, so for you to do some musical praise worship at home type in the following link for everyone's absolute favourite musical hymn:

"My lighthouse"! This is the clip with lyrics so please sing and dance along at home and with your families!

This song reminds us that even in difficult times, we can always turn to our heavenly Father for support and help.

God bless.

<https://www.youtube.com/watch?v=hQVVgNv3Dss>

Top tips for self-care

- **Make time for everyday wellbeing.** It's the simple things that create habit changes; this could be going for a 10-minute walk after working or at lunchtime.
- **Eat well.** Have breakfast and try to take a lunchbreak every day, no matter how short.
- **Connect with people.** It is scientifically proven that spending time with others can increase our wellness.
- **Practice breathing activities.** Slow and steady breathing can regulate the heart rate and slow down the amount of stress hormones being produced.
- **Spiritual wellbeing:** take time out to meditate, connect with nature or even start journaling.
- **Physical wellbeing:** ensure you are getting enough sleep; this is vital!
- **Space:** the simple act of organising your workspace can help the mind feel a lot clearer and add green plants to your work environment.

SAFEGUARDING

Mrs. Hammill, Deputy Headteacher Pastoral.

07535836082

hammillc@stjosephs.uk.net



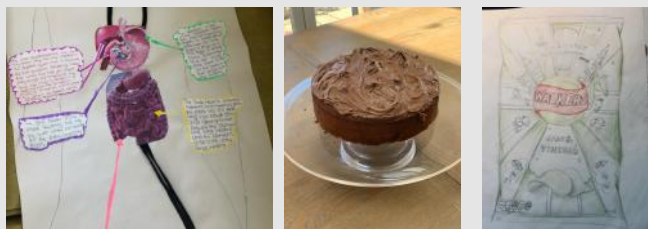
#homestudyheroes

What have you been up to?

Some of our 6th form pupils have been using the lockdown to learn new skills. Here's what they have been doing:

- ◆ Abi has been learning Spanish using the memrise website.
- ◆ I have volunteered online for the NHS, known as a volunteer NHS responder. My responsibilities can include going shopping for people who are vulnerable or otherwise unable to do so themselves. It also entails being able to give mental, emotional and social support to those struggling with lockdown. I have bought an online BSL full course - I had previously learned a small amount of sign language as I have a cousin who is deaf, however I am now learning more than just basic signs. *Kaitlin N*
- ◆ Due to Covid 19, I have been able to do extra shifts at Nexus as I am considered an essential worker. I work as a Customer Service Adviser for METRO. This means that during the lockdown I have helped numerous NHS and Supermarket staff get to work safely by ensuring people manage social distance guidance safely. *Ilana W*

Here are some examples of the fantastic work you have been sending in to us this week



DT Challenge

Logos are everywhere! A company will use a logo to advertise and prove ownership of a product or service. Can you name these logos?



Now it's your turn. Can you design a logo for St Josephs Catholic Academy in lockdown! Or maybe a logo for your familywhat might it include? Some of the best logos are bright with only a few colours and basic shapes.

Send your designs to us at homestudyhelp@stjosephs.uk.net

Online safety task

Read the Thinkuknow article on 'Posting pictures and videos' here – www.thinkuknow.co.uk/11_13/need-advice/posting-pictures-and-videos/.

Create an online safety campaign to help young people your age learn what they need to know about posting pictures and videos online. This could include one of the following: Create a catchy hashtag for social media (e.g. #GetPermissionToPost). Writing social media posts that your school could use to promote the campaign. Designing a poster that your school could post online or display on the walls when the school re-opens.

Film & Musical Challenge

Can you recreate a famous musical or film poster?

Perhaps you could go a step further and recreate your own trailer too? I'm sure some of you are very creative on TikTok!



COMPETITION

Spirited Arts Competition:

Design either a prayer, song, rap, piece of art, script, photograph on the following theme:

How can we follow Jesus' commandment to 'love thy neighbour' during this period of lockdown?

Prize for the winners upon school's return. All entries to [Mr. Young on YoungA@stjosephs.uk.net](mailto:YoungA@stjosephs.uk.net)

Deadline 31st May 2020.



A message for Y13 from Mrs Robson

I never thought that this would be the way I would say goodbye; in fact I think I've put off writing this because I was not admitting to myself that this was real. You have been an amazing year group to have worked with. I have seen you grow so much over the last year and half and witnessed the way you have tackled your A Levels with enthusiasm, determination and commitment. You have matured into lovely young people who think of others and the wider world. I have lots of fond memories of our time together and these have become even more precious to me in recent weeks. Walking in the rain was testing but triumphant given there was very little whinging! Lots of you had better weather when you were role models to others at Temple Park on Sports Day and we found out who the quiz champions were at our 'Big Quiz'. We raised money for charity, had university experiences where we dressed as mummies or played head banger. Had some positive experiences in the world of work which helped us set our sights on the future. The sweet shop has been brilliant- providing a much needed sugar hit for lots of students, as well as staff, and we will be able to make a substantial donation to charity with the funds raised. Most importantly the people who you have met in school do not need a set of exams to tell them how amazing you are, we already know that and so should you. You have shining, bright futures ahead of you. Grasp your opportunities with both hands and only look back with fondness not regret. I miss you all terribly and wish you every success in this rich tapestry of life. Take care of yourselves, lots of love, Mrs Robson



Miss Berry's Bird Watch

Miss Berry has had a camera installed in the bird box in her garden and she has been watching whilst the Great Tits have been building a nest,

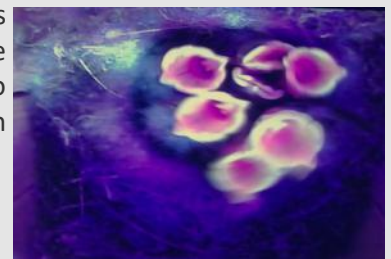


laying eggs and now they have hatched! They have 9 babies with mammy and daddy working tirelessly to feed them all day!

Amazing to watch!

She can now hear them tweeting from the box, and the babies have feathers and little spiky Mohawks! The mammy and daddy birds are working tirelessly all day to feed them - we have seen wasps, butterflies, spiders and a range of bugs and grubs!

Today mammy is spending time widening the nest so that there is room for them all!

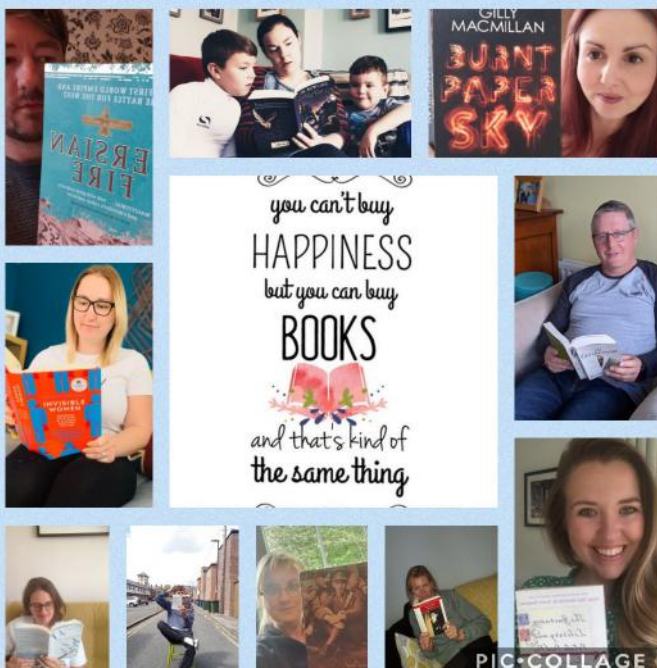


Home to school transport

Reminder to all parents that receive support from South Tyneside LEA with school transport. Applications to renew Home to School Transport arrangements for the next academic year are now open. The direct link to the online application can be found [here](http://www.southtyneside.gov.uk/schooltransport) www.southtyneside.gov.uk/schooltransport Please complete your application by **30th May 2020**. Any applications received after this date means there is no guarantee that transport will be in place for the start of the new school year.

All pupils who use Home to School transport must re-apply each year. If you have any questions please check the website to see if the information you need is [there](https://www.southtyneside.gov.uk/article/36432/Help-with-school-and-college-transport) <https://www.southtyneside.gov.uk/article/36432/Help-with-school-and-college-transport>

If you require further information please contact the Transport Team on either 0191 424 2789 or Transport.Team@southtyneside.gov.uk



Wellbeing



kooth
Mental Health Awareness Week 2020
18th May - 24th May

kooth
5 STEPS TO WELLBEING

This year's Mental Health Awareness week theme is "Kindness". This is a week where we can celebrate acts of kindness we have experienced during this difficult time and appreciate how kindness strengthens relationships and is the foundation of our mental health.

Mental health is part of our overall health. It's about how we feel, think, and behave; how we cope with the ups and downs of everyday life; how we feel about ourselves and our life; how we see ourselves and our future; how stress affects us; how we deal with negative things that happen in our life; our self-esteem or confidence.

It's ok to have bad days. It's natural, and on these difficult days Kooth.com is here to help!

Try these 5 activities today!

- 1 SIGN UP ONLINE
- 2 EXPLORE
- 3 GET CREATIVE
- 4 GOALS
- 5 BE KIND

We know that this is a scary time, there is a lot of uncertainty, but Kooth has your back! Through Kooth you can access free, safe, anonymous, online wellbeing support. You can talk to a counsellor 365 days a year from the comfort of your own home via text (on Monday's to Friday our counsellors are available from 12:00 noon - 10:00pm and on weekends 9:00am-10:00pm). Alternatively, if you don't feel ready to talk to a counsellor, you can read and contribute to articles and forums on the website. We also have lots of factual information on Corona Virus.

To sign-up today, go to www.Kooth.com then...

1. Check on the **Sign Up** button. It's located in the centre of the homepage of the Kooth website.

2. Click on the gender you identify with (you).

3. If you have the requirement for the website you will see the 'Sign Up' button.

4. Complete the registration form and click on the 'Sign Up' button.

5. Once you have signed up you will receive a confirmation email from Kooth.

Bring Kooth really helped to feel like a weight has been lifted off my shoulders. Many, 17



kooth
Your online mental wellbeing community

Mental Health Awareness Week 2020
18th May - 24th May

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Sign up for free at Kooth.com

GET CREATIVE 3

Ever wondered what an Ed Sheeran's "Shape of you", or Stormzy's "Vossi Bop" would look like if it were a picture? Why not find out? Take part in the Kooth Draw a Song challenge today!

log on ANONYMOUSLY through any device! Mobile, laptop and tablet!

What does "Anonymous" mean? It means that we won't ask for your name, email address, house address or any other personal information when you sign up; we want you to feel completely comfortable when you use Kooth.

GOALS 4

Goals give you direction and destination, they help you clarify what is important in your life. Take some time to reflect on what you want to achieve this week, this month, and this year and set your goals on Kooth today!

BE KIND 5

Try our Kooth Kindness challenge! We want you to do one nice thing for someone. It can also be yourself! It can be anything, but here are some ideas:

- 1) Offer to do the shopping.
- 2) Pay a few compliments.
- 3) Smile more often.
- 4) Express your gratitude.
- 5) Send a sad friend a funny video.

“Try to be a rainbow in someone else's cloud”
Maya Angelou

When you need to talk to someone who will understand you, when you are looking for advice to help a friend or family member, kooth.com is here for you.

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Don't forget to say... Thank you!

From Mrs Phippen

Ingredients

A teacup (200ml) of black coffee
3oz (75gm) margarine
3oz (75gm) dark brown sugar
1 tablespoon of golden syrup
8oz (225gm) plain flour
1oz (25gm) cocoa
1 teaspoon bicarbonate of soda
4oz (100gm) chocolate chopped
3 tablespoons of milk
½ teaspoon of vanilla essence.

Method


1. Heat oven to 180°C / Gas 4.
2. Butter and base line a 500gm loaf tin.
3. Put coffee, margarine, sugar and syrup in a pan and heat slowly to boil. Boil for 5 minutes then leave to cool.
4. Sift flour, cocoa and bicarb into a bowl.
5. Add boiled ingredients, chopped chocolate, milk and vanilla.
6. Mix all ingredients together then spoon into a prepared tin.
7. Cook for 20mins then lower heat to 170 °C or Gas 3 and cook for a further 30 mins until the cake has risen and a skewer emerges cleanly from the centre.
8. Cool slightly in the tin and turn onto a wire rack.

Boiled Chocolate Cake

A recipe from 1941

To celebrate VE Day I tried baking this cake; the recipe was sent to me by the WL. I have never made a cake without eggs before and it turned out to be one of the nicest chocolate cakes I have ever made. I would recommend giving it a go.

Mrs Phippen



LAUNCH of the 'Project of Hope'

Last week the Art Department announced our forthcoming collaboration with artist Greg McGee as an opportunity to work together and to be creative at this uncertain time. An animation by McGee has been created especially for our school to promote the project and explain what it's all about. We will be launching 'The Project of Hope' on the art google classroom pages this Friday 15th May, we are super excited.

"Forget 'Art Club' with Grayson Perry, 'The project of Hope' will be the exhibition of 2020," said Mrs Renwick. "This is a time to be creative with how we engage as a school community. We know our students are an innovative bunch, and now is the time to embrace our ability to create, draw, and use colour and submit your entry to this fantastic new art project."

The aim of the project is to create art pieces which celebrate the strength of our school community and the new academy trust. The series of montages will be made up in individual schools and an exhibition in our locality from all participating schools, with schools' mottos and values visually intertwined at a school level and a trust level. Locations for the exhibition of the art work will include city centre art spaces in Durham, Sunderland, South Tyneside and York. Office space used by the academy trust will be perfect to display these large scale, aspirational compositions.

"This is an excellent opportunity for our school community to unite and create innovative artwork together," said Mrs Crombie.

