

Faith
Learning
Respect

Friday 5th
June
2020

Message from the Head

Welcome to the latest edition of our Journal. As we start the new half-term and come to the end of yet another week of closure, we can at last plan to welcome a few more of you back into school. We are hopeful that we will be able to offer some time in school for those of you in Year 10 and Year 12 from Monday June 15th. Whilst this will not be school as you remember it (with all the social distancing and extra hygiene measures that will be in place) it will be great to see some familiar faces nonetheless and staff are also looking forward to getting some time back in school. For the rest of you, it is business usual with the Google Classroom for now. The weather has taken a downturn of late, what better to do than stay on top of your school work and keep your mind active! At least we were treated to some lovely weather over half-term and May in general. Remember if you have any issues with the online classroom materials please 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*

Wellbeing

RED & GREEN thoughts

This week we are looking at reframing our thoughts for positive mental well-being.



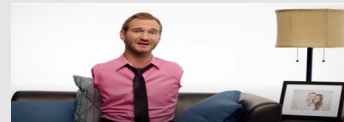
Red or negative thoughts can make us feel angry, sad or afraid and they can make it harder for us to respond the best way in certain situations.



Green or positive thoughts can make us feel safer and happier. They can help to promote care towards ourselves and others.

Challenge yourself this week to change your own thoughts. Every time you have a red or negative thought, think of a green or positive thought to balance it. This may seem hard at first but keep trying and it will get easier. Writing down these thoughts using red and green pens can give you an effective visual image of how you have managed to reframe them.

Reflection



Putting 'love in action':

Have a watch of amazing faith speaker Nic Vujicic and his reflection on love: <https://www.youtube.com/watch?v=tEE6Bdo13-g>

Nic's life has been moved by the power of God's love and his message is simple, we need to show love to all those whom we meet.



SAFEGUARDING

Mrs. Hammill, Deputy Headteacher Pastoral.
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Excellent examples of work

Your teachers have been very impressed with the work you have been doing as part of your home study.

Here are some examples from Art, English and Food Technology.



15 July 1995

VERONA TIMES

Family Fight causes DEATH on the streets of Verona

By Oliver Hammond

Good morning you're reading the Verona Times newspaper and we break down and explain some of the top stories in Verona. Today we're taking about the rivalry between the Capulets and Montagues. If you read these newspapers weekly or daily, you will be no stranger to the rivalry between these families: Tybalt Capulet, Benvolio Montague, Mercutio and Romeo Montague were the people involved in this fight. This fight took place on the streets of Verona yesterday.



The fight between the two...

Mercutio grabs his sword and battles with Tybalt with all the anger he has. Benvolio and Romeo stand back while both of them fight. This all ended when Tybalt's sword struck Mercutio. Tybalt was in shock and so was Romeo and Benvolio. Benvolio got Mercutio and carried him to the nearest home to get him checked out. Romeo sat stressed with anxiety watching Tybalt run into the distance. Romeo was angry. Mercutio did not pass away yesterday at 5.30. Romeo and his family found out about the news and Romeo wanted revenge on Tybalt.



The Verona Times...

Without Romeo's family knowing the truth of it, he got revenge on Tybalt. Romeo died in the centre of Verona hiding from the Prince. Romeo pulls out his sword in front of Tybalt. Romeo is angry and leaves Tybalt by walking closer to him. Tybalt didn't want to be killed so he swung out. Romeo and Tybalt battled it out until Romeo took one hit with his sword and slained Tybalt's death. He suddenly fell to the floor bleeding. Romeo is still out there waiting for the...

THE VERONA TIMES

15th July 1995

The Ultimate Betrayal

Earlier today, an unusual situation broke out by Mercutio's house between Romeo and Tybalt. This brawl all happened after Mercutio was killed by Tybalt and this is what frustrated Romeo.



The big fight

Check out last week's story:

The final fight in Verona says the Prince as he declared the new rule in which he had set after the recent fight between the two enemy families: Capulets and Montagues and Juliet Capulet? Is there, hatred in the air or is it pure love? What does Friar Lawrence have to do with this?

In next week's news report:

What is really happening between Romeo Montague and Juliet Capulet? Is there, hatred in the air or is it pure love? What does Friar Lawrence have to do with this?

By Eleanor Fraser

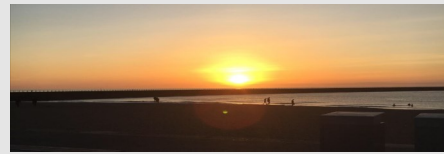
It all started when Benvolio and Mercutio were walking next to Mercutio's house for Romeo. Apparently Benvolio believed that it was a bad idea as if any Capulet sees them, it would end up with a fight. If it was by magic, Tybalt Capulet showed up in their path suggesting them to fight. As soon as they were going to fight, Romeo showed up and stopped them reminding them about the recent rule that a fight would lead to death.

Even though Romeo had warned them they both decided to fight this resulted into Mercutio being wounded which later resulted into his death. This is what antagonized Romeo into fighting his cousin. The fight resulted in Tybalt dead and Romeo fleeing from the city. Once the prince found out this, he banished Romeo from Verona.



Sunrise

During half-term my children decided they wanted to see the sunrise. I knew this would mean an early start but decided we would get up. I checked what time the sun was due to come up and it was 4.40am. However, my son set his alarm for 2.00am so I was awake from then until I got them up at 3.30am! We got ready and drove to Roker beach and arrived there about 4.20am. The carpark was already busy when we got there and some people were fully equipped with tripods for their cameras just to watch the sun come up. Unfortunately, I only had the camera on my phone. One family arrived in their wetsuits and went for a swim in the sea as the sun came up; crazy! Just before 4.40am the sun started to appear on the horizon and it went from being windy and cold to windy but warm. Never thought I'd be up so early to watch a sunrise...but it was worth it. Mrs Coyles



Ethos Reflection: The Greatest Commandments

I often hear students or parents say things to me like 'I am not very religious' or 'I don't really know how to be Christian'. Many people believe that to be Christian is complicated, difficult or challenging. But actually to be Christian is simple.

It means to be willing to show Christ's love to all those you meet and show love to God.

This week in the Gospels, Jesus is asked by one of the most important Jewish priests of the day 'Lord, which is the greatest commandment?' and Jesus replied with a very clear statement. He said: 'Love God with all your heart and you must love your neighbour as yourself. There is no greater commandment than these'.

So this week, I pray that in all we do we show love to each other, to our neighbours, to God and to all those we meet. Help us to BE Christ's love in our thoughts and actions and to do all we can to bring joy and light into each other's lives this week.

Love in Action
Challenge Time

This week your mission is to find a way to 'put love in action'. Find a way to show someone how much you love them—a family member, friend, neighbour, priest, stranger!

Let us know how you got on with this challenge and email Mr. Young with how you have lived out Christ's message to 'love your neighbour' as yourself. YoungA@stjosephs.uk.net

Keyworker Children

Those who have been in school this week have been very creative. They have been making woolen top soaps and brightening up the yard with chalk drawings.



Saved the ducks!

This Monday was the best Monday ever. Evan, my mam and I saved a mamma duck and 12 ducklings. I have been babysitting them and protecting them from the 4 cats next door.

Ruby Reay, Y8



Social distance

Ilana, one of our Y13 pupils has been working shifts for Nexus, on the metros.

During one of her quiet shifts she snapped these fantastic photos.



DT Project: Food

No Bake Biscuits

175g Digestive or plain biscuits, 100g dried fruit, 50g chocolate, 2 tablespoons golden syrup and 75g butter or cooking margarine.



Lightly grease a foil dish or shallow tin. Crush biscuits then place into a mixing bowl. Add the dried fruit and stir. Break the chocolate into pieces and place in saucepan. Add syrup and butter to pan and melt slowly – stir with a wooden spoon. Mix liquid into biscuit crumbs and fruit. Press mixture into foil dish, score surface and leave to set. Cut into squares to eat! Enjoy. (Ask for an adult to help with the melting and always wash your hand before and after.)

PE Notices for Y9 & 10

CALLING ALL YEAR 9 STUDENTS: You have the option to participate in the Sports Leadership Award next year during your Core PE lessons. This qualification is optional and will lead to you coming out of Core PE at the end of Year 10 with a nationally recognised Sports Leadership qualification. There are a great deal of students across Year 9 who we believe would be excellent sports leaders. For more information and how to apply, please visit and sign into the Year 9 Core PE Home Study google classroom page (code: e25hamh) and watch the video set by Miss Berry titled Sports Leaders application process. If you decide that this is something you would be interested in then please complete the application form. **Deadline for applications is Friday 12th June.** Thanks, Mr Burns.

CALLING ALL YEAR 10 STUDENTS: You are required to pick a Core PE pathway for your PE lessons next academic year. In Year 11 you will be given some choice in what your Core PE lessons look like. You will pick a pathway which offers a range of activities for you to follow. Chose carefully as we do not have the facilities to change your options come September. We will make every effort to give you your first choice, which is dependent on the number of students who also pick the same pathway. For more information and how to pick your pathway please visit and sign into the Year 11 PE pathways options google classroom page (code: 572elbj) and read the instruction set by Miss Berry. **Deadline for completion is Friday 12th June.** Thanks, Mr Burns.

Digital Safety during Covid-19

The impact of COVID-19 means that most of us will be at home for an extended period and are likely to be spending increasing amounts of time online.

Useful websites



- ⇒ <https://educateagainsthate.com/parents/>
- ⇒ <https://www.itai.info/staying-safe-online/>
- ⇒ <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- ⇒ <https://parentzone.org.uk/parent-info>
- ⇒ <https://www.thinkuknow.co.uk/>
- ⇒ <https://www.childnet.com/parents-and-carers>
- ⇒ <https://parentinfo.org/>
- ⇒ <https://www.nspcc.org.uk/keeping-children-safe/online-safety>
- ⇒ <https://www.childline.org.uk/>
- ⇒ <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources#mental-wellbeing>

What can I do?

- * New apps or technology—review & adjust privacy settings
- * Filter what your child can access using Internet controls.
- * Use the guidance from UK Safer Internet to set up filters. <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>



Is my child being exploited online?

Online exploitation is hard to recognise and while some traits are similar to typical teenage behaviours they could be indicators. Look out for:

- ◆ Exploring new or unusual websites
- ◆ Joining new secret groups while in isolation
- ◆ Speaking with new friends online in secret
- ◆ A strong desire to seek new meaning, identity or purpose.
- ◆ Viewing or sharing films linked to religious, political or racial hate
- ◆ Becoming increasingly argumentative and refusing to listen to reason.

What should I do?

- ◇ If you are worried someone is being radicalized ring **101** for advice from the police.
- ◇ If you think someone is in immediate danger or you hear something terror-related, trust your instinct and ring **999** or Anti-Terrorist Hotline on **0800 789 321**
- ◇ Anyone worried for the safety or wellbeing of a child or young person can contact South Tyneside ISIT (Integrated Safeguarding and Information Team) on **0191 4245010** or Out of Hours on **01914562093**.