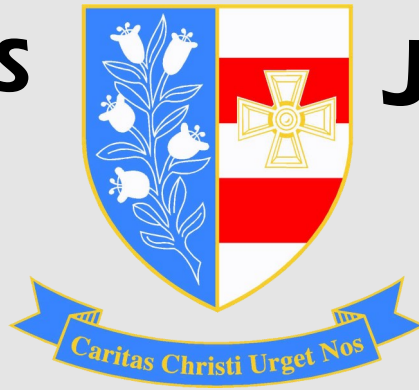


ST. JOSEPH'S



JOURNAL

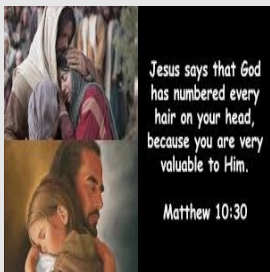
Faith
Learning
Respect

Friday 19th
June
2020

Message from the Head

Welcome to the latest edition of our Journal. This week school has been a little busier, with the return of our Year 10 and 12 bubbles. On Monday the Year 10 pupils in Aidan house were a little wary entering the building but they quickly got into the swing of things and sang lots of 'happy birthday' songs in their heads while washing their hands. We are sure they went home and spread the message that time had passed really quickly and it was great to be back, as we have been delighted to welcome many others from Year 10 throughout the rest of this week. For those of you still working from home, your teachers have been sharing with me that they are really impressed by the work you are producing. Keep working hard, be active and stay safe. If you have any issues with the home study work please email homestudyhelp@stjosephs.uk.net. Enjoy reading the rest of the Journal. Take care, Mr Mitchell.

Reflection



Jesus says that God has numbered every hair on your head, because you are very valuable to Him.
Matthew 10:30

In this week's Gospel Jesus tells his disciples that God "knows every single hair on your head" and he values you just as you are. Any ideas how many hairs you have on your head? Roughly 150,000—possibly more due to lockdown shutting down hairdressers and barber shops.

What Jesus is telling us this week is that God has made each and everyone of us absolutely perfect and exactly how we are meant to be. Even the things we don't like about ourselves, God absolutely adores about us. So my message this week is to be proud of who you are because it is exactly how God wants you to be. Stay safe, be proud of yourself and God bless you and your families. Amen.

Stay healthy and pray!



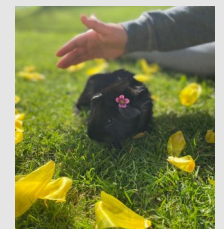
Prayer Tip for the week!

One of the blessings of lockdown has been being able to enjoy our local surroundings more. So this week, why don't you try going on a 'prayer jog'. It could be a mile, 2 miles or even 5 miles. As you are jogging free your mind from your usual thoughts and bring to mind those people in your life, community and the world you want God to pray for.



Awesome Art

The art department have been hugely impressed with the standard of work they have been sent this week. We are sure you will agree they are fabulous!



SAFEGUARDING

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Wellbeing: Acceptance

Do you accept yourself?

It might sound like an odd question; after all, what does it even mean to accept yourself and don't we all accept who we are as a regular part of living our day-to-day lives?

As it turns out, self-acceptance is not an automatic or default state of mind. Many of us have trouble accepting ourselves exactly as we are.

Self-acceptance is defined as "an individual's acceptance of all of his/her attributes, positive or negative." It also includes body acceptance. Without self-acceptance, our psychological well-being can suffer.

Some of us are tall, others shorter. Some make people laugh, others are good listeners. There are those good at maths, others great cooks or artists. Some of us share our time with family members, others live very differently.

Be proud of who you are. Recognise and accept what you are not good at, but focus on what you can do well.

Self-acceptance builds resilience and increases confidence, it helps develop the wisdom to change those things about yourself that need changing and the calmness to accept those things that you cannot change. Celebrate your successes

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else.

Why not create a self-acceptance board or page? Copy and paste personality traits, skills and attributes you like about yourself along with some quotes or statements that encourage or motivate you to love you more.



Safety measures

Over the next few days you will see us sharing videos on our social media pages which have come from the Government which highlight the measures we are taking in school to ensure that students and staff are kept safe.



- Read 'Live streaming' Thinkuknow article – www.thinkuknow.co.uk/11_13/need-advice/livestreaming.
- Use the information in the article to write three tweets aimed at young people. The tweets should contain key information about staying safe on a live stream. They should also include:
 - ⇒ A maximum of 280 characters – this is the limit set up by Twitter and includes letters, numbers and spaces.
 - ⇒ A link to the Thinkuknow article so that young people can find out more.
 - ⇒ Supportive information that does not blame or scare young people.
- For example, the following tweet has been written using information from the 'Things to think about' section of the article: Some people use live streaming to record crimes or behaviour that could be upsetting to other people. If you see a live video that upsets you, speak to an adult you trust. Find out more about safe live streaming here - thinkuknow.co.uk/11_13/need-advice/live-streaming (268 characters).
- If you're able to, help a friend learn more about live streaming by sending them the tweets you've written.

Prayer writing challenge:

This week, your challenge is to write your own prayer for something or someone you would like us as a community to pray for.

Please submit your prayers to YoungA@stjosephs.uk.net and we will feature a selection in next week's St. Joseph's Journal.

God bless