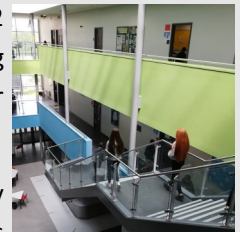




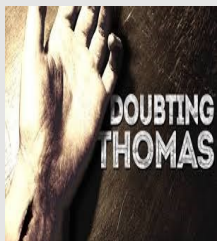
Message from the Head

Welcome to the latest edition of the Journal. I would like to say well done to our Year 10, Year 12 and Keyworker pupils who have been adhering to all of the social distancing guidelines during their time in school. They have adapted very quickly to the small classes, 2 metre rule and regular hand washing routines. We will be continuing with these measures until the end of term.

As you have most likely seen in the news we are expecting to be open to all students every day upon our return in September. This week the Department for Education (DfE) provided all schools with further guidance and I will be writing to all parents with updated information before the end of term. Enjoy reading through the rest of the journal and stay safe. *Mr Mitchell*



Reflection



Putting your faith and your trust in something you can't see can be a scary thing. In Friday's Gospel this week, we hear the story of Doubting Thomas who said 'unless I can see the scars in his hands and put my hand in the holes, I will not believe'.

At this Jesus revealed himself to Thomas and Thomas believed. Faith truly is a gift and something that will transform your life. Jesus said that if you 'have faith, you can move a mountain'. So this week my message to you is to be proud of your faith because with faith in your life you can overcome anything. God bless each and everyone of you. Amen.

Challenge: Ask your parent/carer to stand behind you. Ask them to put their hands out to catch you and, standing about a metre in front of them, close your eyes and carefully fall back into their arms. *How does it feel when you fall back? Scary? Nerve-wracking? Safe?*



#homestudyheroes



You never fail to amaze your teachers with the work you are producing. Abigail, in Y9, produced her own magazine for an English task. As you can see from the pictures above she has done a fantastic job.

Lucy from Y8 has been getting creative with her Art home study work. Fabulous!



SAFEGUARDING

Mrs Hammill, Deputy Headteacher Pastoral.

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Choosing your Sixth Form Prefect Team

The annual vote for the Sixth Form prefect team is taking place this week during the year 12 in school sessions. We have four really strong candidates - Rebecca Devine, Josh Mitchell, Megan Shiell and Isobel Young. This year they have been spared having to deliver the speech in front of their peers but have instead prepared video messages.

Regardless of the outcome, they will all play a significant role in representing the school and sixth form during their last year at St. Joseph's and will no doubt do an excellent job. Students and staff will cast their votes this week and we'll update you with the results next week. They're all so great - I can't choose! Mrs Kerr

DT Challenge

3D Marshmallow Construction

You will need lots of cocktail sticks and mini marshmallows, or bluetac rolled into balls. Using a stick as an edge and the marshmallow / bluetac as the corners (vertices), create as many 3D shapes as you can..... How many different ones did you get?



Next for a challenge, join as many small shapes together as you can to create a larger construction. Which shapes are the most secure? What do you need to do, to lower the risk of structure failure (falling down)?

Marshmallow Sculptures



Wellbeing

How can food affect mood?

Heard the saying 'you are what you eat'? Well actually there's a lot of truth in this. A healthy lifestyle is good for not just your body, but your mind and soul too.

Think about it- you may have heard people talk about how the body is linked with the mind, but actually, your brain is a part of your body! So, by looking after our bodies, we naturally look after our minds too.

Knowing what foods, we should and shouldn't be eating can be really confusing, especially when it feels like the advice changes regularly. However, evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel.

Improving your diet may help to:

- improve your mood
- give you more energy
- help you think more clearly.

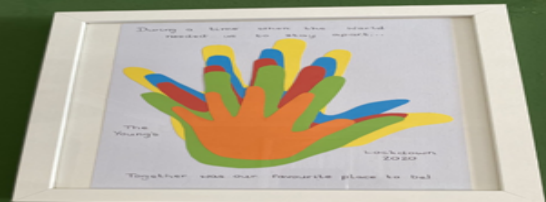


Get Creative Challenge

Family Faith Challenge:

Get each member of your family to draw round their hands, cut out the hand print, colour it in and create a family faith hand print picture by sticking them together smallest to biggest at the end. Once you have done this, you can use it as a way to remember to pray for each person in your household.

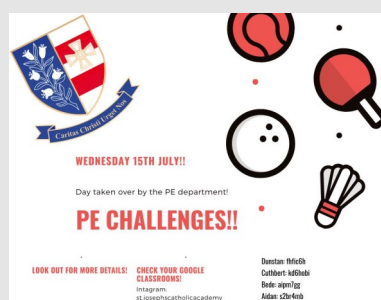
Send us a picture of your finished product: YoungA@stjosephs.uk.net



#STJ PE Takeover

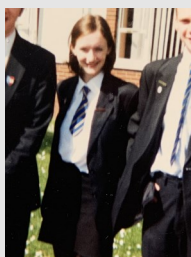
On 15th July it is PE Takeover day. Make sure you have joined your House Google classroom for your first challenge being posted at 10am.

Get your warm up plans from the first weeks of #homestudy at the ready!



St Joseph's Alumni—Jennifer Bartram

Jennifer Bartram has just celebrated her 10th anniversary working for BBC weather - you may have seen her presenting the weather from her balcony during lockdown on Look North. Jennifer came to St Joseph's from St James' Primary School. She stayed with us for the full 7 years, gaining all of her GCSEs and A-levels. We asked Jennifer a few questions and here are her answers:



What subjects did you study at St. Joseph's (GCSE and A level)?

At GCSE, apart from all of the core subjects like English, Maths and the Science subjects, I took French, German and History, as well as Food Technology, RE and IT. I then carried on the languages and History at A Level – and really loved my choices.

Do you remember any specific teachers who may have left a lasting impression on you?

My language teachers at GCSE and A Level were so inspiring. They were Miss Booth, Mrs Espinoza and Mrs Crowdy and they were so passionate about their subjects – the lessons were always fun. I also had a wonderful history teacher called Miss Shepherd who really ignited a love of history in me which I still have today.

Reporting the weather is a fantastic profession - how did you get into it?

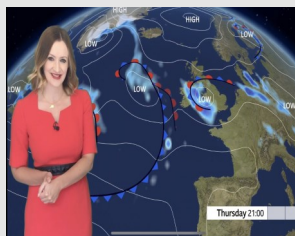
It's such a fun job. I had worked as a radio and TV producer at the BBC for several years before I got the opportunity to move to the BBC Weather Centre for a while for a behind-the-scenes role. I didn't know that much about weather when I started, but learned a lot on the job, then eventually got the chance to present it myself!

Do you have any tips for anyone wanting to get into media?

The 'media' is a very broad industry, so it's helpful to think about what it is that you feel really passionate about: do you want to work in TV, radio, or perhaps write for newspapers or magazines? Practising is really important: you can learn lots of basic skills like recording and editing by just using your phone. If you want to be a presenter, the more you practice, the better you'll get. It's a tough industry, but really fun to work in.

During lockdown, how have you found having to work from home?

It's been a challenge. Usually, you have the luxury of proper studios, lighting and a team of directors, camera operators and producers to help you, but we had to adapt very quickly and find new ways of doing the same thing. I've now got a green screen set up in my bedroom and have been doing live broadcasts from my balcony using two phones: one on a tripod for the live video link, and the other hidden in my back pocket so that I can hear the director and the programme through my headphones. It's been really rewarding, but I'm looking forward to getting back into the studio – I miss my friends and colleagues!



Have you learned any new skills / how have you managed to avoid boredom?

I've been growing vegetables for the first time. At the start of lockdown, I planted half a tomato in a tin can, and now I've got fifteen huge tomato plants on my balcony, so that's been fun. I've also been baking a lot. I think I've done every meringue recipe going – it's good to know my Food Tech GCSE hasn't gone to waste!

What has made you smile during lockdown?

Seeing communities really coming together and supporting one another has been so heart-warming. So much of this year has been a bit scary and very uncertain, but there are so many people doing great things, it's brilliant. Thank you Jennifer for taking the time to share your story with us.

Online Safety from

Online gaming

Read the 'Gaming' Thinkuknow article – www.thinkuknow.co.uk/11_13/needadvice/gaming.

- Choose three different games that you or other people your age play online - these can be games on a website, app or games console. Research the games and write down what you think a young person your age should know about them. For example:
 - ⇒ Can people you don't know start talking to you?
 - ⇒ What are the different ways that you can communicate with other people? (e.g. instant messengers, voice chat, video chat, or live stream)
 - ⇒ Are there extra items that can be paid for inside the game? (e.g. skins, loot boxes, items or lives).
- Pick one of the games you have researched, and use your list of features to write down some of the risks that young people could encounter on this game.
- Use our 'Gaming' article to write down what a young person can do if they're worried about the way someone is talking to them in this game. Talk to your parent or carer about what you've learnt from your research.



Online Family Worship Night Live!!!

On behalf of Fr. Adrian, Deacon Kevin, Chaplain Adam and myself I just wanted to say a massive thank you for everyone who joined us for Sunday's online family worship night live. It was fantastic to journey with you all in faith. Please keep logging onto both the St. Josephs & St. Bede's Churches Jarrow Facebook page and St. Bede's Partnership Youth Page on Facebook for more worship nights coming soon. God bless.