



## Message from the Head

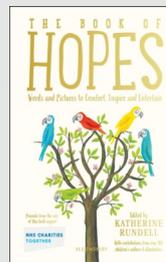
What a couple of weeks we have had. We initially thought that we would just have a slight delay to the spring term of one week for most pupils with y11 and 13 in from this week. Now we are looking at a full 1/2 term of remote learning as part of a national drive to reduce the C-19 infection rates. The summer exams for GCSE and A level have been cancelled and we are preparing to role out large scale COVID testing for those that want to participate at school—not what any of us expected as we broke up for the Christmas holiday. That being said, your teachers have been very busy planning lessons and work for you on-line via the Google classroom. I would like to encourage all of you to participate in everything that is presented for you to keep yourself in shape mentally and physically. With the vaccine being rolled out, we will get back to normal before too long and I will look forward to seeing you all in school at the end of this lockdown. Take care—stay safe.

Mr Mitchell

### This week's book recommendation:

#### **The Book Of Hopes by Katherine Rundell**

In difficult times, what children really need is hope. This collection, packed with short stories, poems and pictures from the very best children's authors and illustrators, aims to provide just that. Within its pages you'll find animal friends from insects to elephants, high-flying grandmas, a homesick sprite, the tooth fairy, and even extra-terrestrial life. There are 133 contributions from authors and illustrators, including Anthony Horowitz, Axel Scheffler, Michael Morpurgo and Jacqueline Wilson.



### This Week in History

04/01/1853 – Solomon Northup was granted freedom after more than a decade as a slave. A story extremely well told in the film '12 years a slave' based on Northup's own memoir.

06/01/1066 – Saw the burial of Edward the Confessor and the coronation of Harold Godwinson as king, kickstarting a year of turmoil and conflict

The turn of the New Year has seen the government begin to roll out the second vaccine against coronavirus. GCSE students will be well placed to explain the importance of Edward Jenner in the development of the first vaccine against smallpox.

### An excerpt from To Bless The Space Between Us by John

*This is the time to be slow,  
Lie low to the wall  
Until the bitter weather passes.*

*Try, as best you can, not to let  
The wire brush of doubt  
Scrape from your heart  
All sense of yourself  
And your hesitant light.*

*If you remain generous,  
Time will come good;  
And you will find your feet  
Again on fresh pastures of promise,  
Where the air will be kind  
And blushed with beginning.*

MINDFUL MOMENTS

Brilliant things  
happen in calm  
minds. Be calm.  
You're brilliant.

HEADSPACE

#### Remote Learning Support

Remember to check your emails by 8.45 each day and to use [Support@stjosephs.uk.net](mailto:Support@stjosephs.uk.net) for any technical issues and the [homestudy-help@stjosephs.uk.net](mailto:homestudy-help@stjosephs.uk.net) email for any problems with work itself

### SAFEGUARDING

Safeguarding Leads in school are: Mr Mark Price Deputy Headteacher and Mrs Lewis-Dale Deputy Headteacher. Also your child's Head of House as first point of contact.

# St. Joe's Journal Ethos Reflection

## Happy Epiphany!



Happy New Year everyone! I hope you have all had a happy, holy and relaxing Christmas time. Have you made any New Years resolutions? I have, this year I have decided to really REALLY challenge myself by giving up all bread and all crisps for an entire year and cut down my coffee drinking to 1 coffee a day...let's just say its going to be a massive challenge for me as I am a total bread and coffee addict! When Jesus said 'man cannot live by bread alone' I used to take that as a personal challenge!

So why are New Year's resolutions so important? Well this week in our Catholic Calendar we celebrate the Epiphany. On the 6th January we remember the arrival of the three Magi (wise men) who had travelled across the dessert for 12 days to pay their respects to the new born king and give him three gifts; gold, frankincense and myrrh—admittedly, not your usual baby shower gifts, but three gifts that reflect how special, how amazing and how life-changing this new born baby, literally God incarnate, would be for our world.

When we make a New Year's resolution as Christians it is a way of us giving a gift to God. We are pledging to make a positive change in our lives, a change that hopefully will make us more happy, more spiritual and more selfless people. Every religion around the world uses times of fasting to help us reflect upon the deepness and quality of our relationship with God, so for those of you persevering with your resolutions; good luck, God bless and I pray that during this time you grow closer to God. Amen.

## Epiphany Explored



Epiphany is the culmination of our Advent story. In countries like Spain, children do not receive Christmas presents until the 6th January to represent Jesus receiving the gifts of the 3 Magi (wise men). Have a watch of this part of our Advent journey.

[The Story of Christmas \(Jesus and the Wise Men\) - YouTube](#)



## Spirituality Day

On Friday 18th December we gathered together for our termly Spirituality Day, a day filled with prayer, reflection, carols, videos, quizzes, games and faith based fun. Thank you to everyone for fully embracing the spirit of the day and reflecting upon what Christmas truly means. We look forward to our next Lenten Spirituality Day at the end of this academic term. God bless.

## Give Me 5!

Have a go at the challenges below and email a photograph to HomeStudyHelps—could you be next week's winner?

1. Watch the clouds for 5 peaceful minutes—how many shapes can you make?
2. Take an empty jam jar or see through cup and make a mini-garden using soil, pebbles, grass and leaves from outside.
3. How many different types of trees are in your street? Make a tree diary and note how they change as this season.
4. Go on a bug hunt!
5. Leave any bread crusts for the birds outside.

## Core PE—y7, 8, 9

Each week there will be a practical (and theory) task set to be completed during the normal PE lesson times. We would like pupils to take a photo of themselves completing these practical challenges and then upload them on to the google classroom page. The best ones will then be printed in the St Joseph's Journal each week.

Good luck and happy snapping!



## The Art Department

*Painting, drawing, making and baking.... The art department are busy being creative, finding their inner calm during these testing times.*

Art and the process of creating things, is widely recognised as a helpful way to boost wellbeing and happiness. So, with this in mind, our artist teachers Mrs Crombie, Mr McCaffery and Mrs Renwick have been busy creating beautiful things to channel their energy, whilst testing ideas for creative outcomes during homeschool.

Mrs Crombie said, "Although we can't access specialist materials such as clay and printing inks at home, we can be inventive with the materials we use. I have really enjoyed testing method for using instant coffee as a stain. Experimenting with a variety of coffee concentrates to produce a range of tones."



Meanwhile, Mr McCaffery and Mrs Renwick have been collaborating on some text based lino prints. Mrs Renwick said, "Working with a family member or friend to complete an art piece is really fun."



Mr McCaffery has produced the text based Lino print and Mrs Renwick has added an illustration. "Even though we are in our own homes, we can send each other drawings and ideas, and collaborate creatively," she said.

The Art Department all agree that a small amount of creativity is good for us all. Especially our emotional well-being.

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS

REMINA FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER

HELP TIDY UP

TELL SOMEONE A JOKE

BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/SISTER/CLASSMATE

GIVE 3 COMPLIMENTS TODAY

MAKE A CARD OR GIFT FOR SOMEONE

ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY

BEING KIND TO MYSELF

WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!)

LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY

TRY OUT A MINDFULNESS ACTIVITY

GIVE YOURSELF 3 COMPLIMENTS

EAT SOME OF YOUR FAVOURITE FOOD

SPEND SOME TIME ON YOUR FAVOURITE HOBBY

PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY

(TRY ONE OF OURS!)

Seven Days Of Kindness

# Puzzle Corner

Can you solve the Numeracy puzzle?

Each week you will find a new Numeracy puzzle.  
The solutions will be provided in the next newsletter.

## Mathematical anagrams.

An anagram is a word or phrase made up of the letters of another word.

These are all made up from maths words.

Can you work them out?

ANGEL

RENUMB

CAR

DOD

CAGEDON

TRAIN LEG



## Home Working Tips!

Set yourself working hours and stick to them as it's very easy to have your emails/computer on/open all the time and never actually giving yourself a break from work.

Don't look/respond to emails in bed (just before you go to sleep or as soon as you wake up)

Make sure you go outside once a day for some fresh air.

## Riddles to entertain

Below are some fun riddles to challenge you with this week. Answers will be in next week's edition.

1. *I have no doors but I have keys, I have no rooms but I do have a space, you can enter but you can never leave. What am I?*
2. *What gets wetter and wetter the more it dries?*
3. *What lives in winter, dies in summer, and grows with its roots upward?*
4. *What is it that you cannot hold even ten minutes, even though it is lighter than a feather?*

## Focus on MATHS

### What's new?

Many of you will be asked to use Hegarty Maths by your teachers. They are all going to talk you through how to get the best out of this fabulous new online system.

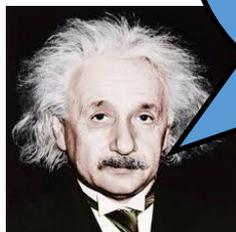


No matter which year you are in, you will always be asked to learn key facts and formula to help you in

maths, and other subjects. Here is a little rhyme to help you remember the difference between the 3 averages and range.

Hey diddle diddle,  
the **MEDIAN**'s the middle;  
you add and divide for the **MEAN**.  
The **MODE** is the one  
that appears the most,  
and the **RANGE** is the  
difference between.

Quiz question—*which famous mathematician was born on Christmas Day?*



# WOW!

“Eleven plus two” is an anagram of “twelve plus one” which is pretty fitting as the answer to both is 13.

