



## Message from the Head

Another week has flown by already. Thank goodness the snow seems to have left us albeit only to be replaced by rain but we certainly have not let that dampen our spirits. Staff are experimenting with a range of teaching and learning platforms for assignments and live lessons with quizzes, interactive games and even virtual whiteboards being used to give students as wide a range of learning activities as possible. Additionally, I hope all our students are participating in their core PE active tasks as it is so important, not only for our physical wellbeing but also our mental wellbeing, to stay as active as we can. We are still awaiting further guidance from the DFE regarding examinations and assessments for our year 11 and year 13 students, hopefully we will know more before the half term break. I wish you all a wonderful weekend and hope you take the plunge and immerse yourself in next week's learning. Take care and stay safe,

Mr Mitchell

### This week's book recommendation:

#### **Divergent by Veronica Roth**

Sixteen year old Tris is forced to make a terrible choice. In a divided society where everyone must conform, Tris does not fit.

So she ventures out alone, determined to discover where she truly belongs. Shocked by her brutal new life, Tris can trust no one. And yet she is drawn to a boy who seems to both threaten and protect her. The hardest choice lies ahead.



### This Week in History

19/01/1915 – The first air raid of the First World War of Britain took place. Year 9 students have studied World War One and the impact the introduction new weapons, such as the tank, had on the war. Aerial bombardment changed the shape of war and year 9 students will be able to see this development and the importance of new technology through their study of World War Two later this year.

24/01/1900 – The British were badly defeated by the Boers at Spion Kop. While not memorable in itself, GCSE students have looked at the effect the Boer War had on public health in Britain in their medicine course. The recruitment of largely unfit soldiers led to the government commissioning a report on why people were so unhealthy. The battle also had present two people who would become famous that century – Winston Churchill working as a journalist and Mahatma Ghandi, working as a lawyer who helped to evacuate the wounded and won a medal for his bravery!

### 'Hope Is the thing with feathers' by Emily Dickinson

Hope' is the thing with feathers –  
That perches in the soul –  
And sings the tune without the words –  
And never stops – at all –

And sweetest – in the Gale – is heard –  
And sore must be the storm –  
That could abash the little Bird  
That kept so many warm –

I've heard it in the chilliest land –  
And on the strangest Sea –  
Yet – never – in Extremity,  
It asked a crumb – of me.

### Gratitude Therapy

Hey! Have you heard that phrase,  
**Gratitude Changes Everything?**

Studies show if you focus on  
3 things you are grateful for  
every day for 3 weeks,  
you will see a significant change in  
your level of.....

### Happiness



### 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-](#)

### 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



## Taking solace in isolation

In Thursday's Gospel reading this week there is a great story whereby Jesus has been working hard all week curing the sick, teaching the Good News and performing miracles so he retreats away to the shore of Lake Galilee to seek some peace and rest. As the crowds here where he is he asks his disciples to take him out to sea on a boat so that he can relax and seek some solitude.

What I love about this is that even the Son of God feels the need to make time for himself, his well-being and switch off from the world just for a little bit. Jesus shows us here that we all need time for ourselves, time to spiritually recharge and unwind and time to focus upon what is truly important in life.

We have all become so accustomed to being locked down since March last year but even in our locked down society, we pray this week that you do make time for yourselves, for your wellbeing and your health to relax, recharge, switch off and unwind. Amen.



## From football star to Catholic Priest - Vocation Spotlight!



Fr, Philip Mulryne used to be a footballer for the both Manchester United and Norwich City. Now he is a Catholic Priest. As part of our Vocation those people in your life you want to Spotlight this week, have a watch of how one pray changed from being a Football Celebrity to jog be those people and spend time a devout catholic priest.

## Prayer Keep Fit Challenge



This week, I challenge you spiritually to go for either a prayer jog or a prayer walk.

Get out (safely of course), go and enjoy the nature around you, enjoy some fresh air and as you do just hold in your mind he is a Catholic Priest. As part of our Vocation those people in your life you want to Spotlight this week, have a watch of how one pray changed from being a Football Celebrity to jog be those people and spend time a devout catholic priest.

holding them in your prayers.

Professional Footballer to Priesthood - Have fun, enjoy praying and God bless. Fr.  
Philip Mulryne OP - YouTube

## Give Me 5!

1. 9-12 year olds should drink 7 glass of water per day; 13+ should drink 8 -10. Challenge: can you drink the right amount of water each day next week?
2. Split your 1 hour of outdoor exercise into two halves: 30 mins before school and 30 mins after school.
3. Paint a rock and hide somewhere outdoors for someone to find.
4. Create a treasure hunt for a sibling, parent or guardian to complete.
5. Complete one piece of home learning in the garden or back yard (choose a non-rainy day!)



Each week you will find a new Numeracy puzzle!

The solutions will be provided in the next newsletter.

### How many am I?

Use the clues below to work out the number I am!

I am a three-digit number

I am an odd number

I am divisible by 5

Each of my digits is different

My digits add up to 8

The tens digit is smaller than the hundreds digit

I am less than 300

I have only one even digit

#### Last week's answers

12 to 15 (There are lots of ways of completing last weeks puzzle but here is one answer for each square)

1	8	3	8	4	1	7	3	4	6	1	8
8	12	7	3	12	7	6	14	2	2	12	4
8	4	2	2	8	8	1	2	8	7	8	2



## The Art Department

With Christmas behind us, and daylight slowly stretching, the art department are busy looking forward to spring flowers, the changing seasons and of course Easter. This year the Art department along with its Sixth Form artists from Year 12, have collaborated in creating 14 paintings that mark the stations of the cross.

This unique exhibition will be displayed across school, and used as works of art to tell the story of the Passion. In this pilgrimage for art lovers, viewers can witness the Stations weaving through our school building, and take time to reflect and pray.

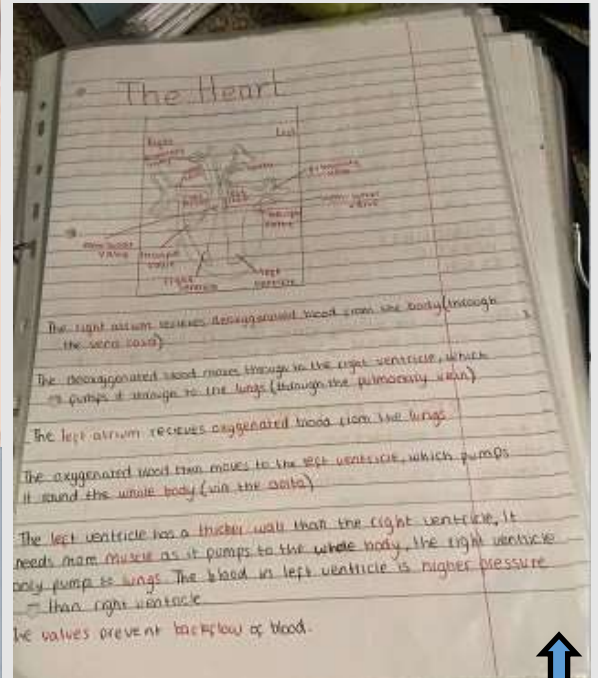
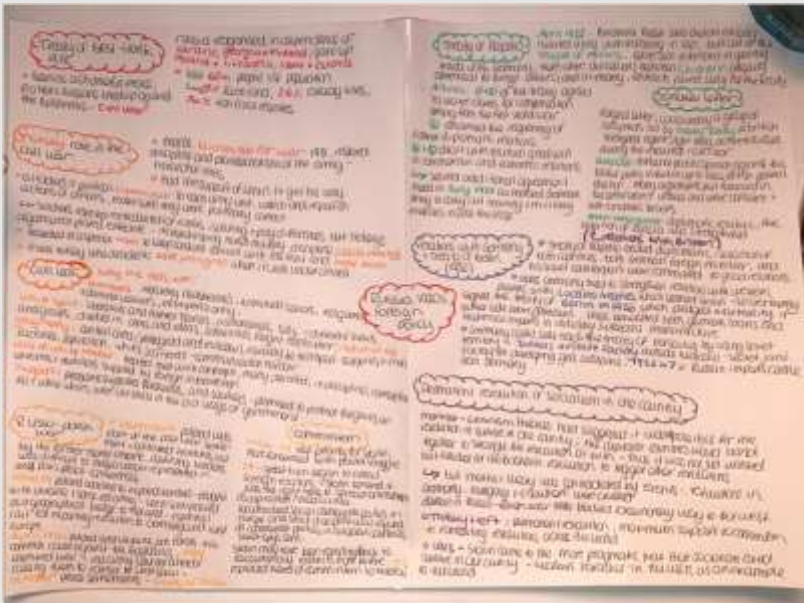
Mrs Crombie said, "The mix of colours, bright and vivid represented the emotions people would have been experiencing that day as the reality of what was really happening set in. When Jesus began to take up his cross, the heaviness of the cross and the reality would have been overwhelming, kind of like the colours in the painting's.

The students decided to leave the crucifix white, in contrast to its usual dark colours to represent its importance for us and all Christians. We look forward to returning to school soon to witness these accomplished and moving art pieces.



# St. Joseph's Shout Outs!

Milli Blyth, year 13, completes a fabulous 'show what you know' on 1920s Russian Foreign Policy to compare it to Foreign Policy in the 1930s



Some fabulous biology work by Lucy McCall in year 11

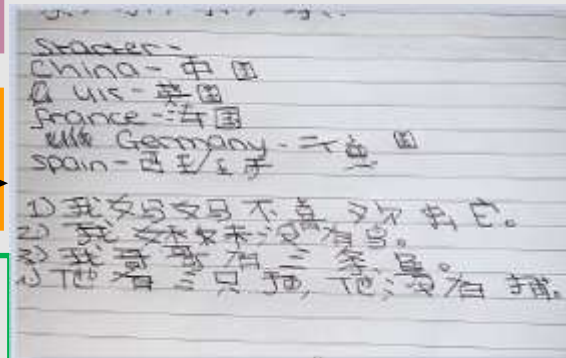


Some brilliant research by Lailah Lambert in 7D1

## Star of the Week!

Zara Wood in year 7 walked 7.11 miles this week—the furthest she has ever walked! Many thanks to mum for her support. Well done Zara!

Excellent Mandarin learning by Jessica Robinson Y9



Artist of the week: Tristan McDowell Year 8

## Riddles to Entertain!

Last week's answers are: 1. a conversation; 2. Your name; 3. A promise; 4. A coin; 5. ten

This week's riddles to tease your brain:

- Mrs. Brown has 5 daughters. Each of these daughters has a brother. How many children does Mrs. Brown have?
- I go all around the world but never leave the corner. What am I?
- You'll find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?
- What can go up a chimney down, but can't go down a chimney up?
- I can fill a room, but I take up no space. What am I?





Rosie Hall's fabulous Mandarin Work

Mrs Crombie has been very impressed with some of her Year 10 Artist sketchbook work. Pencil tonal studies of portraiture. Freya Black, Grace McManus, Grace Ford, & Anna Muir



Theory Task

Unfair Advantage? Or not?

1. What are your thoughts on athletes wearing prosthetics racing against able bodied athletes? Justify your answer.

Wearing prosthetics could make the athlete run faster as it requires less effort because the blades weigh less than limbs. This would then give the athlete an advantage. However some studies say that this is not correct and athletes need to work harder and use more energy than other athletes. Watching the video and reading information it is difficult to say if athletes who wear prosthetic do have an advantage. Each person is different and performance is different.

2. What other technology is in sport that may give performers an advantage?

Technology can be used to monitor performance of athletes to help identify strengths and weaknesses. It can be used to prevent injuries.

Athletes can use technology to improve performance and improve personal best times.

Technology in sport - heart rate monitors, smart watches - FIT BIT/APPLE, prozone, laser technology, interactive software, 4G pitches

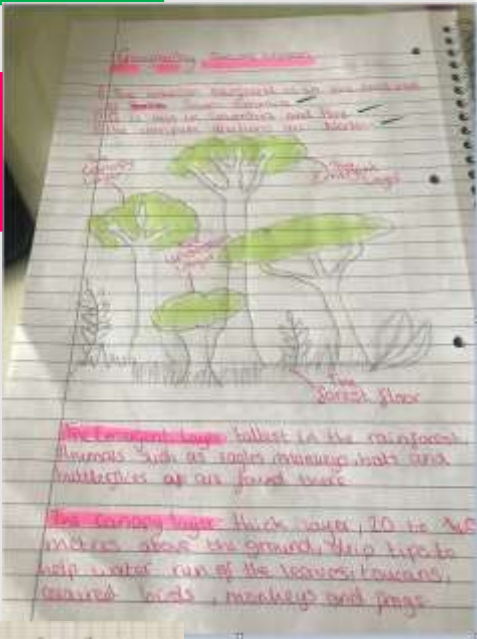
Officials can use technology for example - false starts, using microphones to communicate with others, using playback, ball tracking

3. How could we adapt other sports to allow disabled athletes to participate?



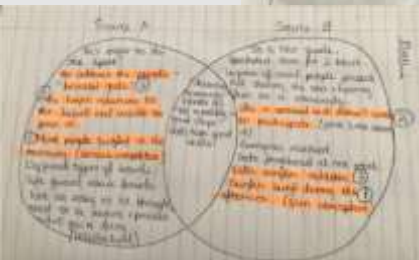
Millie Hall has been busy practicing her volleyball (and IT) skills

Harry Butters' Theory Work for Sports Studies



Molly Greaves' fantastic Tropical Rainforest diagram

Elanna Rojas complete a detailed plan for English Language



A fantastic poetry analysis from Samuel Charlton in year 8

The narrator comes across as lonely and depressed. I can infer this from when the poem says "I wanted him, a mate" suggesting he has no one in life. The phrase "wanted him" makes the narrator sound desperate and that they have felt lonely and depressed for quite some time.

The narrator sounds like he needs a friend who he can't argue or have fights with when he uses the line "he looked magnificent, a tall white mute." This suggests that the narrator is looking for someone who doesn't talk meaning they can't argue back. The narrator also calls the snowman magnificent which is again linking back to the narrator being lonely and looking for someone to love.

The line "boredom. Mostly I'm so bored I could eat myself" shows that the narrator is sad and has no one as you wouldn't be that bored if you had people there for you. This could be a reason to steal the snowman as he could then have someone to talk to and therefore be less bored every day.