



Faith Friday 12th February

Learning Respect

Message from the Head

As we come to the end of a unique half term, we should all take a moment to reflect upon and celebrate what we have achieved. Staff have rapidly learnt and mastered a wealth of online learning platforms, delivering engaging and creative lessons to all our students; laptops and food parcels have been delivered to many of our pupils; our key worker children have been supported with their learning in school. We are all very proud of the commitment and resilience of our students who have been producing some excellent work and have embraced online learning. I thoroughly enjoy reading and seeing the pupil shout outs each week, their work inspires us all to keep going. At present, there has been no further government guidance on when pupils will return to school, but we should hopefully have an update on or before February 22nd.

I wish you all a restful half term break. Take care and stay safe,

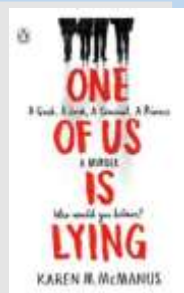
Mr Mitchell

- 4. Talk to a family member for 15 mins with problems with work itself no TV or radio or

This week's book recommendation:

Five students go to detention. Only four leave alive. Yale hopeful Bronwyn has never publicly broken a rule. Sports star Cooper only knows what he's doing in the baseball diamond. Bad body Nate is one misstep away from a life of crime. Prom queen Addy is holding together the cracks in her perfect life. And outsider Simon, creator of the notorious gossip app at Bayview High, won't ever talk about any of them again.

He dies 24 hours before he could post their deepest secrets online. Investigators conclude it's no accident. All of them are suspects. Everyone has secrets, right?



computer switched on

This Week in History

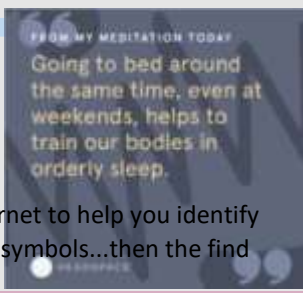
11/02/1990 – Nelson Mandela walked out of prison. The driving force behind ending apartheid, he became President and was world renowned for his desire for peace, democracy and freedom.

14/02/1929 – St Valentine's day massacre. A day on which love and affection are celebrated, there was none to be found on this day in America during the prohibition era. Organised crime had risen and competition for control between Al Capone and Bugs Moran in Chicago resulted in hundreds of murders, the most notable being the St Valentine's day massacre, when seven members of Bugs Moran's gang were killed. The Boom and Bust of America is one of the topics studied in year 9.

16/02/1923 – The sarcophagus of Tutankhamun was finally reached by archaeologists. The chamber in which it lay was entered for the first time in 3000 years! Tutankhamun was not distinguished as a pharaoh, however since his discovery his fame has exceeded all pharaohs and is arguably history's greatest archaeological discovery. The contents of the chamber now reside in a museum in Cairo, Egypt.

Give me 5!

1. Play a board game
2. Conduct star constellation finding! Use the internet to help you identify the plough, the big dipper, orion and the zodiac symbols...then the find them in your night sky!
3. Try a different type of exercise each day. 8.45 each day and to use [SupDo](#) some yoga, HITT workout, ballet port@stjosephs.uk.net for any techdancing, running, etc. nical issues and the [homestudy-](#)
5. Research a topic you are interested in or write a biography of an older family member



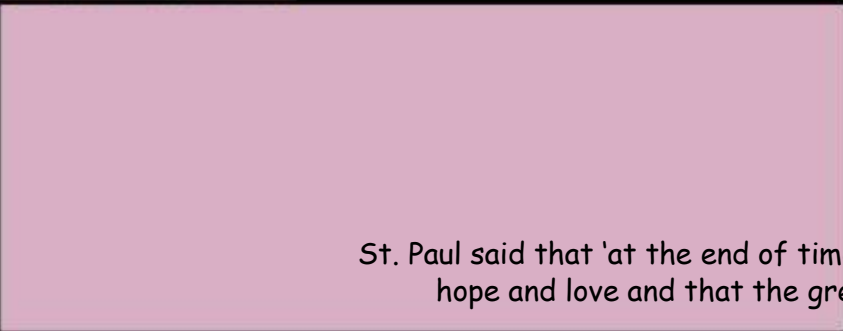
Remote Learning Support

Remember to check your emails by [port@stjosephs.uk.net](#) for any techdancing, nical issues and the [homestudy-help@stjosephs.uk.net](#) email for any

Headteacher and Mrs Lewis-Dale Deputy Headteacher. Also your child's Head of House as first point of contact.

SAFEGUARDING

Safeguarding Leads in school are: Mr M. Price Deputy



St. Paul said that 'at the end of time, only three things will remain: faith, hope and love and that the greatest of these things was love'.

Shrove Tuesday Lenten appreciation Masterchef challenge

Who do you love in your life? Who means the absolute world to you? Well this Sunday in our catholic calendar is the feast of St. Valentine, a Saint who not only performed miracles but stood up against the decree of Emperor Claudius II to ban the institution of marriage. Valentine knew that love was a divine gift from God and that marriage was sacred and he died for conducting secret marriages against the Emperor's command. To learn more about St. Valentine, enjoy this animated clip for more details. Whoever you love though, let them know this Sunday how much they mean to you.

[Animated history of Saint Valentine Subtitles - YouTube](#)



MasterChef

During half-term we also begin our Lenten journey. A time when we make personal sacrifices, we make extra time to reflect and pray and a time where we are encouraged to take part in social action. So next week we wish you a wonderful Shrove Tuesday (aka pancake day) and we wish you all the very best with your Lenten promises and the beginning

of your Lenten journeys. God bless.

the naughty foods in there like sweets, sugar, chocolate and making them all into one giant pancake ahead of 40 days of fasting. So on Tuesday 16th, if you are missing DT and feel like becoming the next Masterchef why not clear out all your cupboards of sweet-treats, make yourselves a lovely pancake and then reflect on what it is you are going to give up. Send any pics of your awesome creations to Mr. Young for our next edition on YoungA@stjosephs.uk.net

This week at home we have been doing a family compliments door on which we have written things that we love about members of our family.

This week, in the spirit of love and St. Valentine, your challenge is to create your own family appreciation door.

The word 'shrove' comes from the catholic word 'shrive' which meant to do penance. Traditionally Catholics around the world use this day to clear out their cupboards of all

Cut out hearts, write down compliments or things you love about your family members and share them with each other! Have fun and get creative!

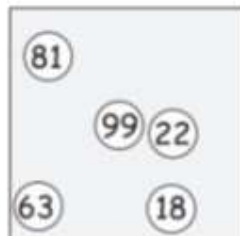
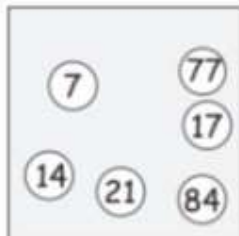


Puzzle Corner

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

Which one is different?

In each square, one number doesn't belong. Colour that number!



Last week's answer

6 + 8 = 14	20 - 12 = 8
7 + 9 = 16	25 - 12 = 13
13 + 17 = 30	45 - 24 = 21

Square Mania



Riddles to Entertain

Last week's answers are: 1. A deck of cards; 2. silence; 3. because 7 8 9; 4. forty; 5. tomorrow.

This week's riddles to tease your brain:

- what is greater than God; more evil than the devil; the poor have it; the rich need it; if you eat it, you die?
- Danielle works at a butcher's shop and wears size 7 shoes. She's 5 feet and 6 inches tall. What does she weigh?
- What grows when it eats and dies when it drinks?
- A prisoner has to choose which cell he's going to serve his sentence inside. The first cell is filled with fire and lava. The second cell is filled with angry lions, bears, and scorpions. The third cell is filled with lions that haven't eaten in years. Which cell should he choose?
- Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

Take a break from the world by Jenny Diamond

Take a break from the world
Close your eyes
Feel the lightest breeze
Brush
Over your face
Feel the grass
So fresh
It seems
Like water
Trickling
Through your hands feel
The water
Softly
Touching
Your skin
So gently it seems an
Angel's wing
Feel the sunlight
Feel its warm embrace
Like music
That needs not words
That needs no rhythm
For the wind you feel
The grass and the water
The warmth of the sun
They
Need no rhythm
For the rhythm of
Touch is
A melody
Caught
In the world. So
Take a break from seeing the
World;
Feel it

Mental Health Parent and Carer Peer Support Group

Our peer support group is safe space for those parents and carers who are supporting a child or young person struggling with emotional or mental health to be heard, supported and to share stories with others.

OUR GROUPS AIM TO:

- Give support to parents/carer to have their voice heard
- Share coping strategies
- Provide a relaxed informal group
- Have games/activities suggested by you and your peers
- Build friendships
- Be involved in advocating in change

DATE: Thursday 11th February 2021, 10:00-11:30 via Zoom.

LINK: www.evesthills.co.uk/mental-health-peer-support-group-tickets-13892340611

Any questions can be directed to Carer.Divine@southtyreside.gov.uk

THE JOURNEY TO WELLNESS
ALPHABET guide to WELLBEING!

A NXIETY IS A NORMAL HUMAN EMOTION. REMIND YOURSELF THAT IT WILL PASS & YOU ARE SAFE.	I NNER CRITIC. GET TO KNOW YOURS & LEARN TO KEEP IT IN CHECK WITH SELF-COMPASSION.	R EST! IT'S OKAY TO DO NOTHING SOMETIMES. PUT YOUR FEET UP, GRAB A CUPPA & READ A BOOK.
B REATHE! TAKE TIME EACH DAY TO CHECK IN WITH YOUR BREATH. TAKE LONG, SLOW BREATHS DEEP DOWN INTO YOUR BELLY.	J OURNAL. WRITE OUT YOUR FEELINGS, THOUGHTS, FEARS, GOALS & DREAMS TO HELP YOU PROCESS THEM.	S LEEP! IT'S SO IMPORTANT TO GET ENOUGH SLEEP EACH NIGHT. PRIORITIZE A SOOTHING WIND-DOWN ROUTINE BEFORE BED.
C ALMING. CALM & SOOTHE YOUR BODY & MIND WITH A CUP OF CHAMOMILE TEA.	K EEP CLEAR BOUNDARIES FOR YOURSELF & OTHERS. IT'S OKAY TO SAY 'NO'.	T ECHNOLOGY FREE TIME. SPEND TIME EACH DAY AWAY FROM YOUR SCREENS, ESPECIALLY BEFORE BED.
D ISTRACTION CAN BE A USEFUL TOOL TO SHIFT YOUR FOCUS AWAY FROM UNHELPFUL THOUGHTS & BEHAVIOURS.	L AUGH. FIND TIME FOR FUN. LET YOUR HAIR DOWN. KEEP IT LIGHT & FIND THE HUMOUR IN LIFE.	U NIQUE YOU ARE THE BEST AT BEING YOU. TRY NOT TO COMPARE YOURSELF WITH OTHERS.
E AT A BALANCED DIET, RICH IN ANTIOXIDANTS & EXERCISE OFTEN.	M INDFULNESS. OBSERVE YOUR THOUGHTS & EMOTIONS WITHOUT JUDGEMENT. BE PRESENT.	V ALERIAN CAN BE A GREAT NATURAL WAY TO HELP ANXIETY, STRESS & SLEEP.
F RENDS & FAMILY. SURROUND YOURSELF WITH SUPPORT & PRIORITISE HEALTHY CONNECTIONS & RELATIONSHIPS.	N AME YOUR EMOTIONS. ACKNOWLEDGE THEM WITHOUT JUDGEMENT.	W ATER. MAKE SURE YOU ARE DRINKING ENOUGH WATER EACH DAY - NOT JUST IN COFFEES!
G ROUND YOURSELF IN THE PRESENT MOMENT BY TUNING IN TO YOUR SENSES, YOUR BODY & YOUR BREATH.	O BSTACLES PROVIDE YOU A CHANCE TO LOOK FOR OPPORTUNITIES & OPTIONS FOR GROWTH.	X AMING YOUR UNHELPFUL THOUGHTS & CHALLENGE THEM. REMEMBER, NOT ALL THOUGHTS ARE TRUE!
H EALTHY HABITS CREATE POSITIVE DAILY RITUALS OF SELF-CARE.	P LAN & PRIORITIZE. KEEP LISTS OR SCHEDULES & DON'T OVERLOAD YOURSELF. BOOK IN DOWN TIME & SELF-CARE.	Y OGA. TUNE IN TO YOUR BODY, NOTICE WHERE YOU FEEL TENSION. HONOUR THIS MIND-BODY CONNECTION.
	Q UIET. GIVE YOUR MIND & SENSES A BREAK. TURN OFF & TUNE OUT.	Z ERO TOLERANCE FOR THINGS IN YOUR LIFE THAT DON'T HONOUR YOUR WORTHINESS.

Local Walk Photographs—remember to keep sending in your pictures to co-bainh@stjosephs.uk.net



If you are going for a walk over half term then here are some animals and plants to look out for. This is a really exciting time of year when Spring is arriving and lots of species are waking up! Why not take a photograph and send it into nature2020@stjosephs.uk.net?

Black headed gulls!

Look out for these in the fields all standing facing the wind so their feathers don't get ruffled. In the winter they come here from as far away as Poland or Russia. Some of them now have almost the complete chocolate colour hood of their summer plumage. They will soon be returning to their noisy nesting colonies which are found among sand dunes, salt marshes and inland lakes and ponds, like the quarry. Some may visit the school field.



Frozen ground!



Now that the ground is frozen again, blackbirds, song thrushes and robins are finding it hard to get the earthworms they feed on. A robin will come to a bird table, but the others prefer to feed on the ground. Bread, cheese or any scraps will help them so make sure you put anything out you can to help them.



Trees are starting to produce their first leaves!

The first few leaves are opening on elder trees. They have a fresh green colour which stands out against the grey stems.



On sycamore trees the pointed egg-shaped buds are growing plumper and are beginning to look green.



Tufts of green leaves are breaking out of the hawthorn twigs too.

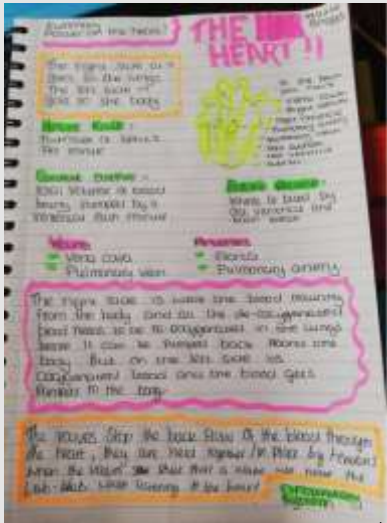
Blackbirds are singing!



Blackbirds are now singing at dawn and dusk as they start to settle down in their new territories. Even if it stays cold, the longer days bring the birds closer to breeding condition. The blackbirds may abandon their territories temporarily to find food when it is hard to come by, but they will return and sing for longer periods each day as spring progresses.



St. Joseph's Shout Outs!



Miss Bradbury is very impressed by Millie Briggs' revision on the heart



Sarah Gigi completes her workout at home

A V. informative public health poster on cholera by Ruby



Our year 7 Key Worker children have been making origami hearts



Some fantastic examples of year 7 Colour Theory Home Learning.



Joe McKenzie-Howorth keeping fit and active



FirstNews iHUB

ALL students in Y7-9 will have received an email from First News iHub with their unique username and password to access the interactive news and literacy platform. Students can read about events around the world as well as here in the UK! From footballers campaigning to change laws around racial abuse online to the 14-year old breaking the world record for the biggest Jenga tower, there is something to capture the attention of everyone.

Enjoy exploring the wide range of articles over the half term break and see how many gems you can earn by completing the puzzles and activities.

Mrs Miller

LAW AND POLITICS DEPARTMENT BULLETIN

MR. MATHER AND MRS. ROBSON WOULD LIKE TO SAY WELL DONE AND THANK YOU TO ALL SIXTH FORM STUDENTS OF LAW AND POLITICS. YOU HAVE WORKED BRILLIANTLY OVER THIS HALF TERM FROM HOME AND WE ARE EXTREMELY PROUD OF YOU, ESPECIALLY YEAR 13 STUDENTS WHO ARE CONTINUING TO PREPARE SUPERBLY FOR WHATEVER THEY FACE THIS YEAR!

TO ALL YEAR 7-11 STUDENTS, WATCH OUT FOR DETAILS OF COMPETITIONS AND MORE AFTER HALF TERM:

JW JUSTICE WEEK

COMING SOON!