

St. JOSEPH'S

Faith
Learning
Respect



JOURNAL

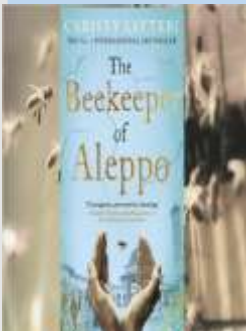
Thursday 1st
April

Message from the Head

As we are now coming to the end of the Spring term we look forward to celebrating the feast of Easter and two weeks off school. We are absolutely delighted with how all students have settled back into their school routines and continue to make good progress in their lessons. Many students have been completing key tasks in the past week and it is very pleasing to see their commitment to their learning. We held a one minute's silence on March 23rd as part of the national day of reflection on what was one full year since the first lockdown. It is important we also remember the dedication and commitment of our students and staff at this time with all of their endeavours. I would like to close my message today with a piece of recent educational research: by turning on the subtitles whilst watching TV it greatly assists reading skills and vocabulary. Perhaps something to try over the well-deserved Easter break.

Take care, Mr. Mitchell.

This week's book recommendation:



The Beekeeper of Aleppo by Christie Lefteri

What would you risk to ensure the safety of your family? The Beekeeper of Aleppo written by the amazing Christie Lefteri takes a fascinating look at the plight of real refugees fleeing war-torn Syria in their desperate and arduous journey to Britain. This book examines the risk, challenges and miraculous fortune needed to succeed in the journey and will truly take you on an emotional rollercoaster as you journey with the characters.

End of term Spirituality Day:

"Love conquers all"

At the end of every academic term we gather together as a community to celebrate a key part of our liturgical year through our 'spirituality day' programme. This week, as part of our Holy Week celebrations and our spiritual pilgrimage towards the cross, we are remembering and celebrating the phenomenal love that Christ showed for us by dying on the cross so that we too might share in eternal life. Students and staff are spending the day exploring the power of Christ's love through liturgies, reflections, games and faith-based fun activities to venture further down our own spiritual paths.



Quote for the Week:

"This is my commandment, that you love one another as I have loved you".

- Jesus



SAFEGUARDING:

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

This Week in



05/04/1955 – Today, Winston Churchill retired from being Prime Minister. A war hero, he had suffered two strokes in the previous few years and even had his notes doctored to mask the seriousness of his health issues in order to continue working!

14/04/1912 – The famous ship the Titanic sank below the waves in the early hours of this morning. Of the 2,200 passengers, only around 700 survived. One of these survivors became famous as the 'Unsinkable' Molly Brown. She raised \$10,000 for those who had lost their worldly possessions and used her fame to fight for women's rights.

17/04/1940 – On this day, a decree was passed by the Nazi government that stipulated soldiers were to receive daily tablets designed to increase their energy levels and make tiredness a thing of the past! The theory was without natural restraints such as fear, soldiers would fight better or at least more fiercely. The papers of Hitler's physician reveal that an extraordinary amount of Nazi high command, including Hitler himself, had astonishing levels of drug use – despite Hitler's constant referral to purity and immunity from normal human needs or desires!

St. Joe's Journal Ethos Reflection

What is 'good' about Good Friday?



One of the biggest questions I had about Good Friday growing up was how 'Good Friday' could be called good? After all, it was the very day that Jesus suffered the most brutal and torturous execution performed by the Roman Empire—how can that be good? But it is truly through the agony that Christ suffered on the cross that we realise the full goodness of that action. In the Sermon on the Mount Jesus taught his followers in a nutshell the idea that 'blessed are those who suffer' and to 'pick up your cross and follow me'.

Jesus outlines to all his followers the purpose of suffering and this is fully realised by the greatest act of love mankind has ever seen, namely giving up his own life as atonement for humanity's sin.

The term 'Good Friday' originally stemmed from the phrase 'God Friday' i.e. the day God humbled himself as our suffering servant and gave up his life so that we too might share in eternal life in God's heavenly Kingdom. As he taught in John 10:10 'I have come so that they may have life and live it to the full'.

So this Easter, whatever your socially-distant plans, remember the true meaning for this amazing season, the greatest gift is not the Easter Eggs we eat but the gift of eternal life that Jesus bought for us by taking the punishment for our sin.

Wishing you an amazing Easter holiday. God bless you all.



National Day of Covid reflection



On Tuesday 23rd March, we held a day of reflection for everyone affected by the COVID pandemic this past year. Students and staff came together to reflect, mourn, remember and support each other.

Students and staff took part in a liturgy during registration, reflected on a silent montage during the silence, ended the day with collective worship and were invited to attend an outdoor service candle-lit service to remember all those who have lost their lives during the pandemic.



Students reflected brilliantly throughout the day and one member of SLT commented that 'you could hear a pin drop' during our silence which is testament to how respectful, reflective and passionate about faith our exceptional students are.



St. Joseph's Day Competition Winner

In the last edition we posted an exciting competition for students to build a model representing what St. Joseph meant to them as part of our annual St. Joseph's day celebrations.

We had a fantastic amount of entries and the winner of the coveted Easter Egg prize was this one by the amazing Alyssa McGurk in 7C2.

Alyssa showed outstanding symbolism, creativity and innovation. Very well done and a massive thank you to all our entrants this year. The standard was truly exceptional. Well done.

Pope John Paul II Award



On Friday 26th March, nine students in Year 13 received their coveted Pope John Paul II awards in a liturgy and awards ceremony ran by Mr. Mitchell and Chaplain Adam.

The ceremony was the culmination of over a year of hard work, dedication and selfless commitment to serving our parishes and wider-communities. The Pope John Paul II award requires students to get involved with parish ministry, social action and reflect upon the experience of taking part in the award through a reflective presentation.



The award winners were: Isabel Young (Gold Award), Connor Sinclair (Silver Award), Joseph Graham (Silver Award), Sam Chirackal (Silver Award), Charlotte Collinson (Bronze Award), Elliie-Mae Legge (Bronze Award), Matthew Martin (Bronze Award), Megan Stonehouse (Bronze Award) and Ryan McCulloch (Bronze Award).

They received their certificates from the diocese along with their Gold, Silver and Bronze medals in recognition for their herculean efforts.

Every student who took part has proven their amazing commitment to serving their communities and helping people in great need.

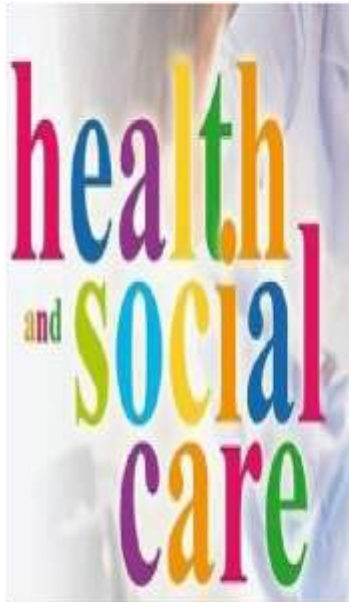
Some of the projects that our award winners were involved with included visiting local care home residents, supporting local cadet units, running First Holy Communion training for young people in the parish, supporting local food banks, volunteering teaching English and Maths at local feeder primary schools, litter picking at South Shields beaches, cleaning our local churches, reading at Mass, helping to run and support the diocesan EVENT, writing liturgical reflections for schools and the parishes amongst other things.

We are truly proud of all their efforts and these students have achieved a very prestigious award which will be a great addition to their CVs and UCAS forms for next year.



Welcome to our new regular feature called 'Subject Spotlight'.

In each edition teachers from different subjects will give you a snapshot of what it is like to study their subject at GCSE/A-Level in order to give you a flavour of what you pick for your options in Y9 and for Sixth Form. A big thank you to the fantastic Team Health and Social for this fortnight's contributions.



Why study Health and Social Care?



- ▶ We are living through a global pandemic - the role of healthcare, social care and early years services has never been more important.
- ▶ There are a huge range of jobs and careers in these sectors - something for everyone. Many are very well paid.
- ▶ The issues studied in H&SC affect us all - how we grow and develop, factors that affect our health and H&SC services that we may need across our life time.
- ▶ Supportive and experienced teachers who want to help you achieve the best grade you possibly can.
- ▶ As part of your studies we will help you develop many transferrable skills. For example communication skills, interpersonal skills, problem solving skills, research skills and target setting.
- ▶ Year 10 and 11 - BTEC Tech Award in H&SC. As part of this you will study how we grow and develop, factors that influence this and how we can be healthy - physically and mentally.
- ▶ Two options for H&SC at Sixth Form - either one or two of your option choices. Topics covered include development over the life stages, H&SC professions and settings and key care approaches and skills.
- ▶ Many of our students have gone on to successful careers in nursing, midwifery, early years roles and in social work.



LAW DEPARTMENT COMPETITION TIME!

CONGRATULATIONS TO OUR WINNERS!

JOSEPH GUY—7B2

ELEANOR FRASER—9C1

NIKOLE WALSH—9C2

THANK YOU TO EVERYONE WHO TOOK PART!



Hebburn Helps appeal: Thank you

On behalf of St. Joseph's community, we just wanted to say a massive thank you for all the amazing contributions sent in to support our local food bank Hebburn Helps. Over 550 tins, packets and items including baby products were collected to support those living in financial hardship in our local communities. Some of our Pope John Paul II students are pictured here with their tutor groups' collections for the Hebburn Helps appeal.

We are really grateful to have such an amazing community and for all your kind and generous donations. Thank you and God bless you all.

Poem of the week: Spring by Christina Rossetti

Frost-locked all the winter,
Seeds, and roots, and stones of fruits,
What shall make their sap ascend
That they may put forth shoots?
Tips of tender green,
Leaf, or blade, or sheath;
Telling of the hidden life
That breaks forth underneath,
Life nursed in its grave by Death.

Blows the thaw-wind pleasantly,
Drips the soaking rain,
By fits looks down the waking sun:
Young grass springs on the plain;
Young leaves clothe early hedgerow trees;
Seeds, and roots, and stones of fruits,
Swollen with sap put forth their shoots;
Curled-headed ferns sprout in the lane;
Birds sing and pair again.

There is no time like Spring,



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

5p Coins

In 1990 a new size 5p coin was minted.
The old size weighed 5.65g while the new size weighs 3.25g.
How much lighter will your pocket be if it contains
£5 worth of the new size coins instead of the old size?

Last week's answer

Table Puzzle

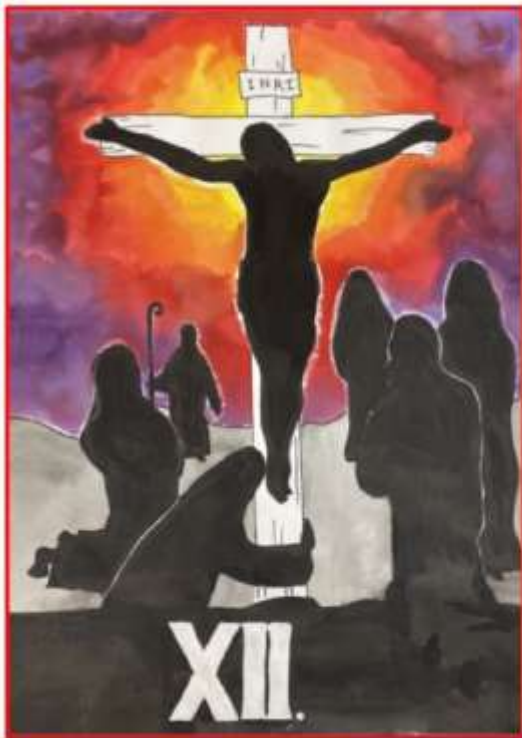
$$6+25+48+40+42=161$$



St Joseph's PE Extra Curricular Timetable: Summer Term

Week 1	Tuesday - Year 9	Wednesday - Year 8	Thursday - Year 7			
After school 3:00 - 4:00	<u>Handball</u> MUGA/Sports Hall Mr Burns	<u>Volleyball</u> Sports Hall Miss Berry	<u>Cricket</u> MUGA/Field Mr Burns	<u>Basketball</u> MUGA/Sports Hall Mr Rudd	<u>Basketball</u> MUGA/Sports Hall Mr Rudd	<u>Trampolineing</u> Sports Hall Mrs Lumb
		<u>Table Tennis</u> Main Hall Mr Leask	<u>Rounders</u> Field Mrs Lumb	<u>Girls football</u> Field Miss Berry		
Week 2	Tuesday - Year 9	Wednesday - Year 8	Thursday - Year 7			
After school 3:00 - 4:00	<u>Cricket</u> MUGA / Field Mr Burns	<u>Volleyball</u> Sports Hall Miss Berry	<u>Basketball</u> MUGA/Sports Hall Mr Rudd	<u>Table Tennis</u> Main Hall Mr Leask	<u>Football</u> Field Mr Burns	<u>Basketball</u> MUGA/Sports Hall Mr Rudd
		<u>Rounders</u> Field Mrs Lumb	<u>Trampolineing</u> Sports Hall Mrs Lumb	<u>Girls football</u> Field Miss Berry		
Active Lunch						
12:20 - 12:50	<u>Year 9 - Table Tennis</u> Main Hall Mr Burns	<u>Year 8 - Girls Futsal</u> Sports Hall Miss Berry	<u>Year 7 - Just Dance</u> Main Hall Mrs Lumb	<u>Ultimate Frisbee</u> Field Mr Rudd (WEEK 2 ONLY)		

St. Joseph's Shout Outs!



STATIONS OF THE
CROSS ART WORK
IN PROGRESS BY
THE ART
DEPARTMENT
STAFF AND
STUDENTS.



Happy Easter.



The **ART** Department have been impressed with year 10s GCSE artist this week.



FINELINER PEN AND WATER TECHNIQUES

STUDENTS HAVE USED WATER SOLUBLE FINELINERS TO SKETCH DIRECTLY IN PEN OR WORK INTO AN EXISTING PENCIL DRAWING. THEY HAVE BEEN LEARNING HOW TO USE WATER WASH TO LAY DOWN QUICK TONES AND SHADOW AREAS, AS WELL AS TO ERASE EXISTING INK LINES. THEY HAVE ALSO BEEN USING WAX AS RESIST AND A MASK TO PROCTOR WHITE AREAS OF THEIR WORK.



St. Joseph's Shout Outs!

The **ART** Department have been impressed with 9X1 artist this week.

Week of the 29th March 2021



Geordie Words **POP ART** style.

- **WHEY AYE MAN** - yes
- **A LUV YEE PET** - Love you talking to your partner and your dog!
- **CHEERS PET** - thanks
- **BELTA** - good
- **WOR LASS** - my girlfriend
- **WOR LAD** - my boyfriend
- **AM GAN HYEM** - pronounced 'yeat' - its gang home.
- **HOWAY MAN** - come on!
- **CLAMMING FOR ME BAIT** - hungry for my food!



TEEN SLANG	
CLAMP	to look at someone
COOL	to like something
CNG	to laugh
WHEE	to laugh
WHEY	to laugh
WHEEY	to laugh
WHEEYAY	to laugh
WHEEYAYAY	to laugh
WHEEYAYAYAY	to laugh
WHEEYAYAYAYAY	to laugh
WHEEYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAYAYAYAYAYAYAY	to laugh
WHEEYAYAYAYAYAYAYAYAYAYAYAYAYAY	to laugh



KS3 Geography Club



This week in KS3 Geography club with Miss Bushby students have been working phenomenally hard to design and create these amazing Guatemalan worry dolls . The students had a great time making them and were able to delve deeply into Guatemalan culture. Students have also explored the fascinating festival of the Mexican Catholic Day of the Dead making some absolutely awesome Day of the Dead skull masks.

"Meet the staff"

. In this column you will get to know some of our amazing teachers a little bit more. This week we thank Mrs. Sanderson, one of our fabulous members of Team English for sharing her journey to teaching and fascinating information about her life.



Name: Mrs. Sanderson

Department: English



Why did you want to become a teacher?

I think that an education is one of the most important things we can give to children as they grow up- it really can change lives. Learning new things opens doors, makes our lives more interesting and fun and allows us to fulfil our potential. My mum didn't have the same opportunities as me growing up and struggled greatly at school, but this meant she was determined to make sure her children worked hard at school and appreciate how important education was. This has stayed with me and is one of the main reasons I wanted to become a teacher. Also, English is a subject which I am passionate about so it is a joy to go into work every day and share great works of literature with students and teach them how to become better writers.



What do you love most about your job?

I love that I get to share great stories and ideas with students and challenge them to get better and better in their reading and writing. I also love that I get to keep on learning from our amazing students; it is a privilege to read the fabulous ideas, stories and poems that our students create.



What are your hobbies?

Reading, of course, and if there is time, attempting to grow things in my allotment or swimming in the sea. Music is another passion of mine so listening to music whenever possible and playing the piano.





Can you tell us a fun fact about yourself?

I once played John Lennon's piano before I realised that I wasn't meant to touch it.

Festivals around the world

As we celebrate the greatest week in our liturgical year, other religions around the world are currently marking important festivals of their own.

Passover: The Jewish faith are currently celebrating their ancestors being freed from slavery in Egypt. To learn more, have a listen to this awesome Jewish world-renowned Acapellaband Six13 to learn more about the festival of Passover.



<https://www.youtube.com/watch?v=qervY5HSzqM>

Ramadan: On Monday 12th April, our brothers and sisters in the Islamic faith will begin the month of Ramadan. A month where they fast between sunrise and sunset. We wish everyone taking part the best of luck and we are holding you all in our prayers.

Riddles to Entertain

Last week's answers are: 1. a phone 2. it was daytime. 3. grow older 4.float ; 5. mirror

This week's riddles to tease your brain:

1. What kind of room has no doors or windows, or walls?
2. Who makes it, has no need of it. Who buys it, has no use for it.
Who uses it can neither see nor feel it. What is it?
3. What weighs more: a pound of gold or a pound of feathers?
4. You can drop me from the tallest building and I'll be fine, but if you drop me in water I die. What



Health and Wellbeing tips

Daily self-care for everyday maintenance

MindWell

Add some spice to your life. **Volunteering** to help others, **learning something new** or **getting creative** can all give you a great boost to your wellbeing.



Plan some social time to meet up with family or friends to chat or do an activity you enjoy. Join a club or group and meet new people with a shared interest.



Have a digital detox - turn off your mobile or device for an hour before bed and schedule in some regular time out from digital. Build up to a whole day if you can.



Take 15 minutes each day to do something just for you that doesn't use a screen, such as reading, gardening or sitting in a café.



Try **relaxation techniques**, **mindfulness** or yoga to help your body and mind unwind. Find what works for you.

Be **more active** - it's great for both your mental and physical health. Find activities you enjoy like swimming, cycling or join a walking group.



Move more during the day, especially when you're sitting for long hours at a desk - walk to the copier, take the stairs or cycle to work.



Go for a **walk outside**: taking a brisk 10 minute walk every day has lots of health benefits.



Try to drink no more than **2 cups of coffee or 4 cups of tea a day** and don't drink caffeine after 6pm - have decaff, herbal teas or water instead.

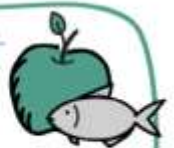


Create a **nightly bedtime routine** to help you wind down and get ready for **sleep**.



Drink 6-8 glasses or other non-sugar added fluids.

Cook a **tasty and healthy** meal for yourself. Cut back on processed foods and sugar by comparing food labels.



Dates for your



Key dates for your diaries

- Thursday 1st April—Maundy Thursday Spirituality Day and end of term.
- Friday 2nd April—Good Friday
- Sunday 4th April—Easter Sunday
- Monday 19th April—New Term begins.
- Monday 19th April—Beginning of the Y10/12 assessment period.

Closing prayer:

Lord,

Bless all the members of our school and parish communities; our students, parents, staff, clergy and parishioners.

Keep them safe and enveloped in your love, grace and mercy.

May we take time to rest and relax this Easter and return energised and invigorated for the new term ahead.

Amen and God bless.



Could you be one of our new student journalists?



Are you interested in a career in journalism or media?

Do you enjoy creative writing, reporting or photography?

Would you like to make an amazing difference to your school?

If this sounds like you, volunteer to become one of our new team of talented student journalists.

We are looking for student reporters to report on all the amazing and exciting events going on at St. Joseph's. If you want to make a difference, have your work published and do something that looks amazing on your CV then watch out for more details after Easter or see Mr. Young for further details.

