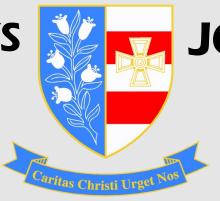
St. JOSEPH'S

Faith
Learning
Respect



JOURNAL

Friday 14th May

Message from the Head

Our year 11 and year 13 students have now almost all completed their final assessments and I would like to congratulate them all on their resilience, dedication and efforts for these. For all the traditional style examinations have not gone ahead, they have knuckled down and risen to the challenge of the classroom assessments. Let us all hope the sun is shining for them for their year group photographs on Monday. As we take the tentative steps out of lockdown, the pupils have enjoyed the extra curricular P.E. clubs at lunch times and after school and we hope to host a homework club shortly to further support students. It has been marvellous for some of our key stage 3 classes to be able to access the design and technology rooms, putting their classroom based learning into practice and using the tools and instruments. This week is mental health awareness week and I would encourage one and all to take time in the outdoors, enjoying the sunshine and fresh air, and to remind you of the wellbeing pages of support on our school website. Take care and stay safe, Mr Mitchell.

This week's book recommendation:

MAGGIE O'FARRELL THE AMNET A A New of the Plager

Hamnet by Magie O'Farrell

I have been reading a stunning book called Hamnet by Maggie O'Farrell. It won the Women's Prize for Fiction 2021 and tells the fictionalised story of Shakespeare's 11 year old son, Hamnet, who possibly died of the bubonic plague. Interestingly, Shakespeare's name isn't mentioned and we are told the story through the eyes of Hamnet's mother and Hamnet's twin sister. I loved the way O'Farrell weaved in the story of the flea, carrier of the plague, which boards a ship in Alexandria; the smallest things can wreak huge devastation in far off places. It is a heartbreaking, weepy story of love, families and grief. - By Mrs. Sanderson

May: The Month of Mary

Turning to our mother Mary

One of the brilliant things about faith is knowing that we have God, Jesus, our mother Mary and all the saints by our side to help us overcome challenges. To help us meditate on this amazing fact, why not enjoy this reflective cover of 'Let it Be' by Boyce Avenue to help us focus upon our relationship with the Virgin Mary.



https://www.youtube.com/watch? v=Butjn61Uet8

Quote for the Week:

"The fullness of joy is to behold God in everything".

- Sr. Julian of Norwich



SAFEGUARDING:

This Week in



9/5/1921 – Sophie Scholl was born. At age 21, she distributed leaflets urging Germans to resist Hitler's regime. She was spotted by the Gestapo, interrogated and executed. Students in year 9 have been learning about Anne Frank this week and there are many other examples of resistance to the Nazi regime. The Historian Dan Snow has done a podcast on Sophie Scholl and would be well worth a listen – look for him on twitter!

9/5/1941 – An extraordinarily brave salvage team boarded a sinking U-boat and seized a German Enigma machine. This was the first step towards breaking the German encryption system, a breakthrough credited with shortening the war by a number of years and saving countless lives. Such was the importance of preventing the Germans from realising an Enigma machine had been captured, Winston Churchill refrained from informing President Roosevelt, his closest ally, for months!

10/5/1869 – A final, ceremonial golden spike was hammered in, finally connecting the West Coast of America with the East Coast by rail. Now Western states, formerly only reachable through long dusty wagon rides, were easily accessible. The journey was slashed from months to days and boosted by the Gold Rush of 1849, led to a substantial upsurge in the Western population. The impact of this railway and the discovery of gold has been studied by year 8 students recently!

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.

St. Joe's Journal Ethos Reflection

The awesome Ascension



https://www.youtube.com/watch?v=UcFw8pLBSIo

This Thursday, Thursday 13th May, marks a really important day in our liturgical year. Thursday was the day we remember Jesus' ascension into heaven.

40 days after his death and resurrection Jesus goes to Bethany where he ascends into heaven in bodily form. For the past 40 days he has spent his time visiting his disciples, his family, his friends and reportedly over 500 different people around Jerusalem sharing with them the Good News that he has conquered death and that the shackles of sin are no more.

Ascension is an amazing event for us as a catholic community because it gives us hope that we too will one day share in the glory of eternal life. It gives us hope that this life is not the end and that we will all be reunited with God, Christ, our mother Mary and our families and friends after this life. Jesus not only promised his faithful this, but he physically showed them that this was possible on Ascension Thursday. To learn more about Ascension, please enjoy this short animation all about it.

God bless you all.

"Scubi Jew" - repairing the world one ocean at a time!



This week's good news religious story comes from Rabbi Rosenthal, founder of the Reform Jewish international group 'Scubi Jew'. Scubi Jew was formed in 2009 by a group of reform Jews who endeavour to repair underwater ecosystems, collect litter that has been dumped in the seas and ensure fish and coral populations thrive across the world fulfilling the Jewish call of Tikkun Olam—repairing the world. They now have chapters in most countries across the globe.

When we look at each religion in-depth we see that God calls each and everyone of us to do something to protect the environment and make this world a nicer, more greener place to live in. It doesn't matter what our creed, colour, race or religion is. We are all called to this amazing vocation. This weekend, think about ways that you and your family can make this planet a better more eco-friendly place in which to live.



stewardship

Competition time

Inspired by this amazing Jewish group of under-water divers, your competition this week is to come up with a project where you make a brilliant difference to nature and the environment in your local area.

Send us a picture and a reflection about what you have been up to in your local area and there will be a prize for the most creative and impactful projects undertaken. Good luck, have fun and enjoy making

a difference. Entries to:

YoungA@stjosephs.uk.net

Meet your staff spotlight

Over the past few editions we have been meeting some of the staff who work tirelessly hard to make St.

Joseph's Catholic Academy the amazing place that it truly is.

This week we meet Miss Islam, one of our RE teachers this year who has been observing the Islamic month of Ramadan.

What exactly is Ramadan?

Ramadan is the holiest month for Muslims. It remembers the Angel Jibril (Gabriel) revealing the Holy Qur'an to the prophet Muhammad (PBuH). As Muslims, we believe that in this month Allah locks away Satan so that we can enjoy Ramadan without being tempted. During the month of Ramadan, Muslims will pray, fast, read the Holy Qur'an, give to charity (the pillar called 'Zakat). Because we cannot eat during the hours of daily light, when Ramadan started we had to fast for 17 hours/day. As Ramadan ends fasting lasts 18 hours.





What is most challenging about Ramadan?

Lack of sleep can be tough. Getting up at 3am to pray and eat and balancing teaching, university assignments and staying focused on no food or drink is challenging. Also, I get very thirsty during the day especially when I have a full day of lessons.

What are the benefits of doing Ramadan?

Spiritually you feel closer to Allah. Also, Muslims believe that doing the pillar of Ramadan will lead us to heaven.

On Thursday you will be celebrating the festival of Eid, can you tell us a bit more about what this involves and how your family celebrates it please?

The day starts with a specific morning Eid Prayer, after this the family ted to have a massive feast of a breakfast together. We dress up in new outfits, wear the nicest Jewellery, and go out and see our family. For lunch once again, there is another feast that you eat with your extended family. we tend to exchange gifts during then. In the Evening I see my friends to end the night. So, in a nutshell, you eat enough Food on Eid to compensate for a month of fasting.



Alumni - where are they now?

'Where are they now' Passed Art Students



Alex Bushell at 6th form 2015/2016





I've certainly come a long way since school which I'm proud of ③ Thank you for always believing in me! I probably wouldn't have pursued art without the support from the art department at St.Joseph's. I did the foundation course at Sunderland Uni after my A levels which led to me going off to Arts University Bournemouth to study Illustration. I graduated last year and am now working with support from the Prince's Trust on setting up my own small business selling merchandise with my designs on as well as seeking either freelance illustration work/ a full time job in graphic design.

Here's my website:

http://www.alexbushellillustration.co.uk

And my instagram:

https://www.instagram.com/alexbushell_illustration/

Poem of the week: Human Family by Maya Angelou

I note the obvious differences In the human family. Some of us are serious, Some thrive on comedy.

Some declare their lives are lived
As true profundity,
And others claim they really live
The real reality.

The variety of our skin tones Can confuse, bemuse, delight, Brown and pink and beige and purple, Tan and blue and white.

I've sailed upon the seven seas And stopped in every land, I've seen the wonders of the world Not yet one common man.

We love and lose in China, We weep on England's moors, And laugh and moan in Guinea, And thrive on Spanish shores.

We seek success in Finland.

And born and die in Maine.
In minor ways we differ,
In major we're the same.
I note the obvious differences
Between each sort and type,
But we are more alike, my friends,

Than we are unalike.





Each week you will find a new Numeracy puzzle.

The solutions will be provided in the next newsletter.

Walk or Run?

When John walks to school and then runs home, it takes him

40 minutes.

When he runs both ways, it takes him 24 minutes.

He has one fixed speed whenever he walks,

and another fixed speed whenever he runs.

How long would it take him to walk both ways?

Last week's answer

Magic Error

13 + 15 = 28





St Joseph's Summer school. 26th-30th July. 9:00-3:00 Following from the government announcements about summer school we have decided to offer this opportunity to our new year 7 intake.

New students joining us in September will be offered a week of exciting activities led by specialist staff in drama, sport, arts and crafts, music, ethos and faith, Ukelele, STEM, first aid, orienteering, robotics, local trips, geography and much more.

This will be a really exciting week where students can experience their new school, make new friends and have great fun ahead of joining us in September. More details to follow in coming editions.



St. Joseph's Shout Outs!



St. Joseph's Shout Outs!





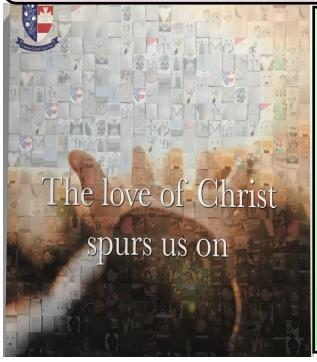




Y13 A Level Photography

Some recent outcomes from our talented Y13 Photographers exploring portraiture, landscapes and family histories.

This Easter, students in our fantastic art department have been creating this outstanding collage displaying our school's core mission statement and reflecting an awesome range of art work, symbolism and pictures that depict our students and staff living out their faith, love of Christ and beliefs in action. Thank you for all your amazing hard work and effort.



Riddles to entertain:

Last week's answers were: 1. clock 2. in the river bank 3. roosters don't lay eggs 4. when we add 9 o' clock to 5h ours more we get 2 o'clock 5. the wind

This week's riddles to tease your brain:

- 1. Alive without breath, As cold as death; Never thirsty, ever drinking, All in mail never clinking.
- 2. This thing all things devours; Birds, beasts, trees, flowers; Gnaws iron, bites steel; Grinds hard stones to meal; Slays king, ruins town, And beats mountain down
- 3. What did the triangle say to the circle?
- 4. What do the numbers 11 and 88 have in common?

 I get answered but never ask a question. What am I?

Subject Spotlight

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. This week's spotlight is on GCSE and A-Level Modern Foreign Languages.





Did you know that in our world there are 7,000 different languages you can study?

Did you know that studying a second language can not only improve your career prospects, but it can also improve your memory and cognitive ability, give you international friends for life and open up doors that you never even realised existed?

Studying Modern Foreign Languages here at St. Joseph's will truly transform your life.

We have a team of dedicated, charismatic and passionate subject specialists who have all spent time living and working in their specialist countries which means that they truly do bring not only the language to life but also enrich their students by educating them about French and Spanish culture.

Here at St. Joseph's we also offer our students the option to study Mandarin from Year 7 as well.

Learning a foreign language looks fantastic on your CV, universities and employers love the transferable skills that studying MFL equips their students with and employers value having employees who can communicate with overseas companies making them a prized worker in any company.

If you have any more questions about studying GCSE or A-Level MFL, please don't hesitate to get in touch with any of the MFL teachers in the department.

John Paul II Diocese

awards ceremony

In March we held an in-school awards ceremony for the fantastic students in our sixth form who took part in this years' John Paul II award co-ordinated by Chaplain Adam and our Headteacher Mr. Mitchell.

The Pope John Paul II award is a very prestigious award and requires students to be altruistic by giving up their time to serve their parishes, their community and their school. Students in our sixth form worked with dedication, commitment and enthusiasm to find new and innovative ways to serve others despite the challenges of the COVID-pandemic.



YOU'RE INVITED TO THE ONLINE

JOHN PAUL II AWARD CEREMONY

> MAY 16, 2021 / 3PM JOIN US ON THE YOUTH MINISTRY TEAM YOUTUBE CHANNEL

St. Joseph's have been running this award since its inception in the diocese of Hexham and Newcastle in 2015 and it is fantastic to see more and more students signing up and committing to this prestigious catholic award which will look amazing on their CVs and UCAS forms for the next stage in their career.

The diocese of Hexham and Newcastle will recognise our students achievements as part of the first 'virtual JPII awards ceremony' held on the Youth Ministry Team's YouTube Channel. Please log on on May 16th at 3pm to watch the service of recognition for our students and all of the students across our diocese who have worked tremendously hard to complete this award.

PE Extra-Curricular

A massive thank you to our fantastic PE department who have been offering all our students the opportunity to take part in a brilliant range of extra-curricular sporting activities including trampolining, cricket, basketball, football and much much more.

Here are a selection of highlights from some of the nightly clubs going on. Students in Y9 and Y10 taking part in the South Tyneside Leadership academy are also researching what type of extra-curricular activities our students would like to take part in so that our school can tailor its offer of clubs to the interests of our students. Watch this space for more details and please find the PE extra-curricular timetable below.









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	HandballVolleybaMUGA/Sports HallSports HaMr BurnsMiss Bern	I MUGA/Field MUGA/Sports Hall	MUGA/Sports Hall Mr Rudd Sports Hall Mrs Lumb Girls football Field
Week 2	Tuesday - Year 9	Wednesday - Year 8	Thursday - Year 7
After school 3:00 – 4:00	Cricket Volleybal MUGA / Field Sports Hal Mr Burns Miss Bern	MUGA/Sports Hall Main Hall	Field MUGA/Sports Hall
Active Lunch			
12:20 - 12:50	<u>Year 9 - Table Tennis</u> Main Hall Mr Burns	Year 8 - Girls Futsal Sports Hall Miss Berry	Year 7 - Just Dance Ultimate Frisbee Main Hall Field Mrs Lumb Mr Rudd (WFFK 2 ONLY)



This week as part of our Mental Health awareness week our wellbeing group have been working really hard to promote the importance of good mental health for both students and staff here at St. Joseph's.

Through assemblies, reflections, activities, challenges and clips students have been exploring different ways in which we can improve our own mental health, the power of positivity and have been engaged in different strategies for promoting mental health.

Staff and students have engaged in desk meditation, been encouraged to explore and embrace nature and do small acts of kindness such as buying others flowers to promote wellbeing and good mental health.

Thank you to the amazing Wellbeing team for all their efforts with this fantastic initiative.

BENEFITS OF NATURE TO MENTAL HEALTH

Discover how being with nature improves our mental health and reduces stress.



REDUCES ANXIETY

Our bodies release less cortisol and more natural endorphins, which promote happy thoughts and good feelings.



MORE FOCUSED

There is fresh air, and less noise pollution while being with nature.



IMPROVES CREATIVITY

Less stress and anxiousness makes our minds



CHANGE OF MOOD

Being with nature makes us more calm and balanced. There is less mood change triggers



ALLOW TO DISCONNECT

Distractions are reduced by forcing us to put down the phones and computers and to slow discer.



REDUCES BLOOD

The muscles are not tenned when relaxo Heart rate also normalises.

REFERENCES:

https://herve.stantord.edu/2015.06/20/https://enemainhoutth-04/051/ https://prodesgood.terksins.edu/etick/item-how, rature, makes, pro, binder, happier, mare, creative https://www.tubingh.happ.ch.unn.edu/enhanis-your-selffelinglen/mannen/makes-ad-us-hope film: nature-troubleng-an-hope-ad-us-hope-

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O2. Connect with nature using all of your senses

Mrs Cobain's top tip:

I like to appreciate the small things we see around us each day to make me smile:

03. Get out into nature

Mr Clark's top tip:

I love going for a walk along the beach. I love the fresh air and sea breeze, really helps me clear my head after a busy week!

04. Bring nature to you

Ms Foden's top tip:

Seeing and being around plants can help you feel calmer and more relaxed, decreasing levels of anxiety.

O5. Exercise in nature

Mrs Hardy's top tip:

Exercise is a great way to burn off energy, you never regret a workout and especially if there is a chance to get vitamin D too.

O6. Combine nature with creativity

Mrs McEwen's top top:

Being outside somewhere like Patterdale in the Lake District makes me forget the stresses of the day and put my worries in perspective.