

St Joseph's Journal

Faith
Learning
Respect



Message from the Head

Thank you to each and everyone of you for a fantastic start to the new academic year. We welcome our new year 7 who have collectively attained 16,540 credits! A fantastic achievement! We welcome our new year 12 students who have settled in marvellously to their new environment. And we welcome St. James' students who have been a wonderful addition to our school community at this present time. Not only have pupils been engaging in their curriculum subjects, they have participated in an array of clubs and extra-curricular activities. EPQ students have visited Newcastle University, two year 12 historians have visited Auschwitz with Mrs Roddie, key stage 4 students have journeyed to the Theatre to watch a production of Macbeth, a street Pastor from Newcastle has spoken with key stage 5 students on their role and mission whilst the school council have begun planning events for later in the year. Our sports teams have also been busy, with success in trampolining, football, cross country and table tennis.

As we begin the second half term, I hope we are all well rested following the break. Remember to take a moment to relish in the beauty of the changing in the season and to wrap up warm on your journey to and from school. Take care,

Mr Mitchell



Red for Respect

Mrs Whyte Tutor group's amazing mutual respect tutor board. All tutees' in her tutor group helped to make a red paper chain.

Red for Respect!





Pastoral Team Messages



As we bid farewell to the first half term of the academic year, it's opportune to reflect on the behaviour and attitudes that have shaped our school environment. Beyond the academic pursuits, a critical aspect of our students' growth lies in the realm of pastoral care — the collective effort to foster a supportive, respectful, and inclusive community.

One of the hallmarks of our school community is the pervasive atmosphere of respect. Students have consistently demonstrated a commendable regard for their peers, teachers, and school staff. This spirit of respect is not only confined to the classroom but extends to all corners of our school, creating a welcoming environment for all.

Small acts of kindness have been a beacon of positivity during the first term. From helping a fellow student with a challenging task in the classroom to offering a friendly smile to someone having a tough day, these actions may seem small but collectively contribute to the creation of a compassionate community. It is in these moments that the true essence of St Joseph's character shines.

The first half term has laid a strong foundation for a school community that values Faith, Learning, Attitude, Mutual Respect and Enrichment. By building on these foundations and embracing a collective responsibility for each other's well-being, we can continue to cultivate a positive and nurturing environment for all.

Mr McConway

Aidan House

Well year 7, what a fantastic start to your St Joseph's journey you have made. You have grown in independence and maturity in such a short time, showing your best selves to me and our school community. I look forward to getting to know you better in the coming year. Well done Aidan House and keep working hard.

Bede House

Bede Y7 students have settled well into school. They have shown themselves to be caring and showing empathy towards each other and are proving themselves to be excellent stewards of St Joseph's. We found them to be respectful and kind to all members of the school community and we are very proud of them. #FLAME

Cuthbert House

On a whole It has been a very positive start for the year 7 students and I am very proud of how the students in Cuthbert House have settled at St Joseph's. It was great seeing so many Buddies at the Year 6 Open Evening and it has been amazing to see so many students attending extra-curricular clubs and gaining so many credits through, faith, learning and attitude in and out of lessons. Let's hope this continues on the lead up to Christmas, well done, Mr Leask

Pastoral Team Messages

Dunstan House

A huge well done to Year 7 students in Dunstan House! You are all rising to the challenges of secondary school life and have already become well established members of our school community.

Already we have had wonderful contributions to reflection in tutor time and mass along with daily kindness showing faith in God, ourselves and others.

Dunstan House students have engaged in their learning with enthusiasm in the classroom and beyond making a very positive first impression on their new teaching staff who have shared a huge amount of praise and brightened my day.

Year 7 Dunstan students have achieved over 3000 positive behaviour entries so far this term this is a reflection of their positive attitude to learning and readiness to learn.

The children have demonstrated mutual respect to staff, their peers and our local environment. Throughout the day I witness warm gestures of kindness, sharing and lovely manners – along with much appreciated apologies when things go a little wrong. In such a busy environment these small acts help maintain a pleasant and productive environment.

Year 7 have also extended their skills well beyond the classroom and a huge number of students have stepped out of their comfort zone and tried something new. Students have taken part in a vast range of extracurricular activities during lunchtimes, after school and many are planning ahead to attend extracurricular opportunities in the future, it looks like Dunstan House will be very well represented at the Youth Village Retreat!

Mr Rudd and I would like to encourage you all to continue to try your best, be kind and take every opportunity to learn and grow into the best version of yourself!

Elfleda House

A huge congratulations and warm welcome to the amazing year 7 students who are the first members of Elfleda House!

So far the students have illustrated they have adapted to secondary school life seamlessly and have over a total of 3000 credits to demonstrate this!

Elfleda House students were able to demonstrate their faith in line with St Joseph's Academy by working together as a House to create the first Elfleda House prayer that has been displayed, pride of place, on the house board for all to see.

The students have shown their positive attitude in the academy by building great relationships with the new tutors, as well as their new teachers, within the classroom and around the academy.

It has been a privilege to see so many Elfleda students join in with our wider school life by attending a range of our extra-curricular lunch time and after school clubs.

I am so proud of your hard work Elfleda House and it has been a privilege to be your Head of House and create a new House group with you all!

Keep up the amazing work

Mrs Visram

Health Corner

Vaping: The truth behind the smoke and mirrors.

Vaping is the act of inhaling and exhaling aerosol or vapour produced by an electronic device that heats up a liquid. The liquid usually contains nicotine, chemicals, and flavourings. Vaping may seem like an alternative to smoking, but it is not without risks.

Vaping is bad for your health

Vaping exposes your lungs to a variety of chemicals that can harm your mouth, gums, teeth, throat, lungs, heart, and blood vessels. Vaping can increase your risk of developing periodontal diseases, tooth decay, inflammation, oral cancer, stroke, coronary artery disease, depression, and obliterative bronchiolitis. Vaping can also irritate your gums and throat, stiffen and tighten your blood vessels, and limit the movement of oxygenated blood in your body.

Vaping is especially harmful for young people, whose brains are still developing. Nicotine can affect your brain development and impair your learning, memory, attention, and mood. It can also make you more likely to become addicted to other substances in the future. Some flavourings used in vaping liquids can also damage your brain cells and cause seizures.

What are students opinions on vaping?

The thoughts on vaping can change radically from student to student, but most people can generally agree on one thing: it is bad and you should not do it. Vaping underaged, could result in you losing your place at school. Underaged vaping could result in you losing your friends moreover you will be a disappointment to your parents.

If you want to quit smoking or vaping, there are safer and more effective ways to do so. You can talk to your doctor or school nurse about nicotine replacement therapies or counselling services that can help you. You can also join support groups or online communities that can motivate you and share tips with you. You can also find healthy hobbies or activities that can distract you from cravings and stress.

Remember: vaping is not cool; it is harmful. Don't let vaping ruin your health or your future.

Tristan McDowell Year 11

The scariest stories to sink your teeth into (if you'll pardon the pun) this October half term

- Mr. Johnson



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St Joe's Spooky Reads



KEY STAGE 3

The Taking of Jake Livingstone



As a psychic that sees the dead play out their final moments on a loop, and as one of the only Black students at a prep school full of bullies, life couldn't be more complicated for Jake Livingstone.

And just as things are looking up with the arrival of another student and a romance on the horizon, Jake begins to be haunted by a vengeful and powerful ghost.

This book will give you the chills from the first page to the last, and is a perfect spooky story to read not only this Halloween but also to celebrate Black History Month.

KEY STAGE 4

The Final Girl Support Group



Lynnette Tarkington survived a massacre twenty-two years ago, and it has defined every day of her life since. And she's not alone. For more than a decade she's been meeting with five other women in a support group for those who survived the unthinkable, putting their lives back together, piece by piece.

That is until one of the women misses a meeting and Lynnette's worst fears are realized--someone knows about the group and is determined to take their lives apart again, piece by piece.

You'll be rooting for the Final Girls every step of the way!

KEY STAGE 5

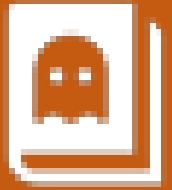
The Shining



Jack's new job at the Overlook Hotel is the perfect chance for a fresh start. As the caretaker of the old hotel, he'll have plenty of time to reconnect with his family and work on his writing. But as a harsh winter sets in, the only one to notice the strange and terrible forces gathering around the Overlook is his uniquely gifted son, Danny.

Stephen King famously didn't like director Stanley Kubrick's movie adaptation of his book, saying it lost the heart and soul of his original writing. See which version you prefer, and maybe you'll even dare to read the conclusion of Danny's story in the sequel, "Doctor Sleep".

The Boo(k) Review



THE YELLOW WALLPAPER

By Charlotte Perkins Gilman

The Yellow Wallpaper is a short story written way back in 1892, but its words are still as clear as ever and the fact that it is known as one of the greatest short horror stories of all time says a lot about its style and content.

Centering around the life of a young woman in her grand old temporary home, she is introduced as being unwell after the birth of her daughter, in what we now know as “postnatal depression”. Her physician husband has prescribed her “bed-rest”, and, confined to the same room day and night, we see her quickly begin to unravel.

At the center of this unraveling is the sickly yellow wallpaper which covers the walls of the room, with the woman’s diary entries becoming increasingly devoted to describing the patterns harsh shades and uneven curves

“There is a recurrent spot where the pattern lolls like a broken neck and two bulbous eyes stare at you upside-down. I get positively angry with the impertinence of it and the everlastingness.

Up and down and sideways they crawl, and those absurd, unblinking eyes are everywhere.

There are things in that paper that nobody knows but me, or ever will.”

The author masterfully makes use of the unreliable narrator perspective, describing how the young woman has been “imprisoned” by her husband and the way in which he, the room and the wallpaper changes as the woman’s state of mind deteriorates.

The author, Gilman, was an early and devoted feminist, and these ideas are prominent in her writing. Many interpret the story as a protest against the oppression of women both within the home and in institutions like hospitals. The story is inspired by her own experiences of this oppression, as, after the birth of her daughter and her own postnatal depression, she was prescribed a strict regiment that meant she was not allowed to read, write, paint, or even leave her bed. We’ve unarguably come a long way in mental health treatments and equality in society, and this story surely had an impact on these early developments at the time.

Whilst there are differing views and interpretations of the ending of this short story, it will certainly send a shiver up your spine and leave you fearfully finding faces in every pattern you see.

Sparx Reader

Sparx Reader

This year, we have been lucky enough to be chosen to be part of the Sparx Reader Pilot Programme. We have already seen fantastic progress with our year 7 cohort. It is very much like Sparx Maths; students earn points for completing regular reading.

What is Sparx Reader?

Sparx Reader is *a reading, comprehension and vocabulary programme that gets all young people reading* regularly to help improve their literacy. By using an online platform, we are able to effectively monitor and analyse students' progress to ensure they are effectively supported and sufficiently challenged by what they are reading. The programme itself works with students so they can access books tailored to their reading age.

Success Stories

7X1 are currently in the lead with having read an average of 44898 words since September!
Lucy Charlton of 7A2 is leading the way with total amount of words read – 87950!
Molly Hawksfield of 7B2 has spent a total of 17 hours reading!

Poetry

As part of the transition project that many of our feeder schools took part in, students were tasked with planning an ideal holiday. As part of this, individual students wrote a letter to Mrs Miller, persuading her to choose their company to holiday with. The two students selected for recognition -Saul Gallagher and Johnny Mole - had made a great attempt to use persuasion and showed a real talent for marketing! They joined us in the library to receive their prizes for their fantastic work.



CORE RE Year 13s meet

Newcastle Street Pastor Paul Waugh



On Monday 16th October 2023 students in CORE RE in Year 13 had the opportunity to meet Paul Waugh who is a Newcastle Street Pastor.

Paul works as part of a multi-denominational team who minister on the streets of Newcastle to party goers. He explored his vocation, his role on nights out and showed students the resources he carries like flip flops, sweets, space blankets and a Bible.

Students asked thought-provoking questions and enjoyed his faith stories from nights out helping people in Newcastle and also his time working in Africa with the Missionary Aviation Service bringing aid to those in great need in Africa.

We are very grateful for the selfless support of the Newcastle Street Pastors and grateful for their time and care for our students.

This month in History:

This year's Black History Month focus is 'Saluting our sisters'. This gives us the opportunity to celebrate the invaluable contributions black women have made on society and history. They have played a vital role in literature, music, fashion, sport, business, politics and academia. Here are three examples of influential black women in history!



Dr Funmi Olpade

Born in 1957, Olpade is an oncologist and expert in her field. She has made significant contributions to the genetic understandings of breast cancer. Her research has been used to adopt an effective way to treat breast cancer in African and African-American individuals.

Stella Dadzie

Born in 1952, Dadzie is best known for her role in the UK's Black Women's Movement and her book "The Heart of the Race: Black Women's lives in Britain". She is an educationalist who fought for an inclusive curriculum.

Chi Onwurah

Born in 1965, she is a Labour party politician and an MP for Newcastle Upon Tyne Central. Before parliament, she was active in the anti-Apartheid movement. She graduated as an engineer and is now the Shadow Minister for Science, Research and Innovation.

"There are two things I've got a right to, and these are, Death or Liberty — one or the other I mean to have. No one will take me back alive; I shall fight for my liberty, and when the time has come for me to go, the Lord will let them kill me."

- Harriet Tubman




Sports Corner

A great start to the year for St Joseph's PE department. We yet again, have an extensive extra-curricular programme which features a variety of different sports and activities. This allows students to work on a variety of skills to allow them to develop within sport and in life.


St Joseph's PE Extra Curricular Timetable

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Early Lunch 12:15-1	Just Dance Miss Cragg Activity Studio		Y7 & 8 Netball Miss Dalby Sports Hall	Y7 & 8 Girl's Futsal Miss Berry Sports Hall Hibernia Club Mr Burns Activity Studio	
Late Lunch 1:15-1		Y9 & 10 Dodgeball Miss Dalby Sports Hall Table Tennis Mr Burns Main Hall			
After school 3:00-4:00	Unfortunately there are no clubs due to staff meetings	Trampoline Club All years - Competition area only until October half term Miss Dalby / Miss Berry Sports Hall Badminton Mr Burns Sports Hall (Starting in October)	Dance Club/ Dance Leaders Miss Cragg Activity Studio Netball Club (KS3) Miss Dalby Sports Hall Table Tennis Mr Burns Main Hall	Basketball Mr Budd Sports Hall Football fixtures will not have a specific evening and may change	



St Joseph's PE Extra Curricular Timetable

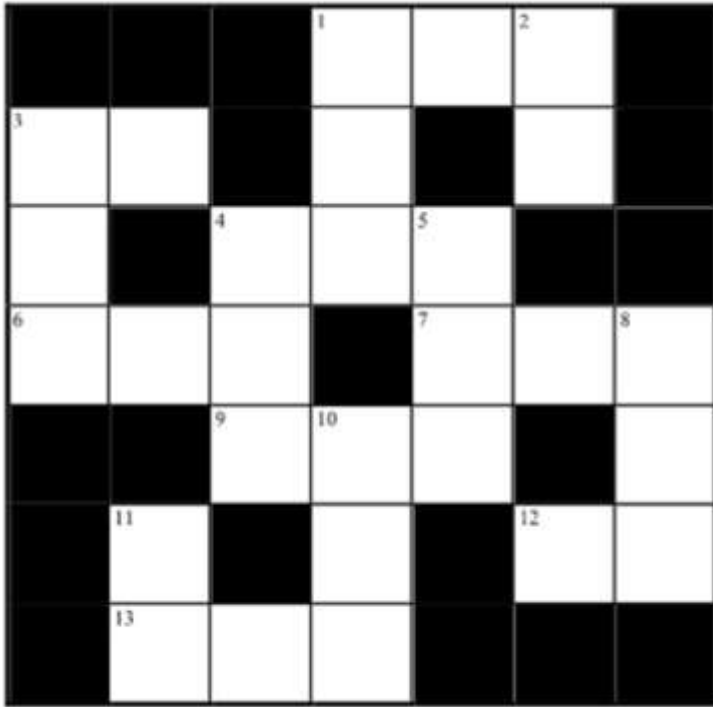
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Early Lunch 12:15-1		Handball Mr Burns Sports Hall	Just Dance Miss Cragg Activity Studio Y7 & 8 Netball Miss Dalby Sports Hall	Y7 & 8 Girl's Futsal Miss Berry Sports Hall Hibernia Club Mr Burns Activity Studio	
Late Lunch 1:15-2	Sixth Form Volleyball Miss Berry Sports Hall	Y9 & 10 Dodgeball Miss Dalby Sports Hall			Table Tennis Mr Budd Sports Hall
After school 3:00-4:00	Unfortunately there are no clubs due to staff meetings	Trampoline Club All years - Competition area only until October half term Miss Dalby / Miss Berry Sports Hall Badminton Mr Burns Sports Hall (Starting in October)	Dance Club/ Dance Leaders Miss Cragg Activity Studio Netball Club (KS3) Miss Dalby Sports Hall Table Tennis Mr Burns Main Hall	Basketball Mr Budd Sports Hall Football fixtures will not have a specific evening and may change	



We have also started our leadership programmes for the year. There is an extensive leadership programme within St Joseph's where students can apply to be South Tyneside Sports Leaders in Year 9, Level 1 Sports Leaders in Year 10 and Higher sports leaders in Year 12 and 13.

School Sport has also started with lots of opportunities for all year groups. We have led and took part in a Golfway Festival at Temple Park, competed in our U13 boys table tennis tournament. Started our CVL competitions for Y7, 8 and 9 girls' football, as well as all boys football league and cup fixtures and have competed at the South Tyneside trampoline competition. Students who have represented the school have done so in the right spirit and thoroughly enjoyed the experience.

Puzzle Corner



Across

1. 13 across times two
3. Two times 11 down
4. 4 down minus one
6. 4 across plus forty
7. 6 across minus 187
9. Seconds in eight minutes
12. 48 plus 36
13. 9 across minus one

Down

1. 1 across minus fifty-five
2. Months in seven years
3. 5 down plus sixty-eight
4. 10 down plus twenty-five
5. Seconds in six minutes
8. 7 across minus sixty-two
10. 1 across minus 149
11. Months in two years



S	C	A	R	Y	N	P	U	P
U	O	O	C	A	N	D	B	U
N	H	R	S	A	C	A	S	M
B	T	N	A	T	T	A	A	P
L	R	W	O	N	U	Y	N	K
O	E	N	W	O	G	M	D	I
H	A	L	L	O	W	E	E	N
K	T	R	I	C	K	S	C	N
P	I	N	B	L	A	C	K	E

- | | | | |
|-----------|-------|---------|---------|
| Orange | Bat | Pumpkin | Scary |
| Cat | Black | Treat | Costume |
| Halloween | Owl | Candy | Trick |