



St Joseph's Catholic High School

Newsletter

Friday 9th June 2023



County Championships

On Tuesday a group of 6 students took part in the secondary schools' county championships. The students took part in a variety of events including basketball and skittles.

Head Teacher Message

Dear Parents and Carers,

Hope you are all safe and well.

My weekly video messages can be watched on our new YouTube channel @SloughStJosephs

This week video link is:

<https://www.youtube.com/watch?v=bAAudSGLDHc&feature=youtu.be>

Please like and subscribe to be made aware of exciting St Josephs content.

To watch past instalments the link to our YouTube channel is:

<https://www.youtube.com/@SloughStJosephs>

St Joseph, pray for us.

Mr Stapleton



"The glory of God is a human being fully alive!"

A reminder to all years to please bring a water bottle to school now the warmer weather is approaching.

Year 11 Student Leavers

Any unwanted girls skirts of reasonable quality please can we ask you to donate to the school office, Much appreciated.

Theme of the Week – Corpus Christi

The Feast of Corpus Christi that we celebrated on Sunday originated in the 13th century, when a group of women led by Julian of Liege gathered regularly to adore Jesus in the Eucharistic bread. Since the time of the apostles, the church always believed that Christ was truly present in the bread and wine consecrated by the priest during the Eucharist. Nevertheless, in the middle Ages, this belief was brought to such an extreme that it often trespassed into superstition. Just before the Reformation, it was custom for most people not to receive the Eucharist on Sunday, because, in order to obtain the graces they needed, it was sufficient for them to look at the host when the priest lifted it during Mass. During the Reformation of the 16th century, the Protestant reformers attacked these excesses, but ended up throwing away the baby with the bath water, and introducing an understanding of Holy Communion as a mere symbol. The Catholic Church reacted (the Counter-Reformation) by putting even more emphasis on the real presence of Jesus, and establishing a series of Eucharistic devotions, many of which are still among us: Eucharistic processions and Benediction, the Forty Hours, etc. When I was growing up it was common to hear older people referring to Jesus as the *Divine Prisoner* of the tabernacle, lonely and in need of somebody to keep him company. Now, all these things are good and, most of all, spring from a sincere desire to acknowledge and treasure the gift of Himself that Jesus made to us during the Last Supper. On the other hand, centuries of add-ons may put us at risk of failing to grasp the real nature of the Eucharist. Let us go back to the words of Jesus in our gospel.

He says something rather shocking: *I am the living bread come down from heaven*. Every Jew who heard this would immediately think of the Torah, the Law of Moses, which in the Old Testament is often compared to bread, something to meditate upon constantly, to 'eat' and assimilate. Jesus is practically saying that **HIS WORD IS THE TRUE NOURISHMENT FROM HEAVEN**, and that all those who keep his words, meditate on them and metaphorically eat them, will partake of the life of God. The second statement of Jesus is even more shocking: *The bread that I shall give is my flesh...unless you eat my flesh and drink my blood you will not have life in you...for my flesh is real food and my blood is real drink*. When we hear the word 'flesh' we think of the fleshy/muscular parts of a body as opposed to bones, nerves, etc., but in a biblical context 'flesh' means **THE HUMAN PERSON IN ITS FRAGILITY**. The blood for Jews was sacred as it was understood to be the very **LIFE** of animals and people (In Leviticus 17:11 we read: *For the life of the flesh is in the blood*). This is why the Law prohibited its consumption and prescribed that the blood not used for sacrifices should be poured reverently on the ground and covered. So, when Jesus says that his **flesh** is the bread and his **blood** is the wine, he is practically describing **HIS WHOLE LIFE AND STORY**. **Jesus invited each one of us to receive his body, blood, soul and divinity in order that we may make our own fragile life ONE WITH HIS.**

The Eucharist is practically speaking a **MARRIAGE CEREMONY** between Christ and the faithful. During a wedding, man and woman take each other's hand and pronounce vows, declaring solemnly that they want to unite their life to their husband/wife, in a common project, in a common life where two become one flesh. In the same way, every time we go to Mass, after we have meditated on the words of Scripture, we approach the altar and Jesus tells us: *Here is my body and blood, here is my story, my project, my life spent for you. Would you like to be part of it?* We should only receive Holy Communion if the answer to that question is **YES, Lord, I accept what you have done for me, and I feed on you so that despite the fragility of my human life, I may be partaker of your divine life, a life that never ends.**

Corpus Christi

Weekly Reflections
11th June 2023



From the Gospel of John (6:51-58)

Jesus said to the crowd:

'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you.

Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him.

As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me.

This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

Prayer for the Week

Lord Jesus, in the Eucharist you have left us a memorial of your Passion; move us to treasure the sacred mysteries of your Body and Blood, that we may always experience in ourselves and in our communities the fruits of your saving sacrifice. Amen.

Saint of the Week

St Antony of Padua (1195-1231)



Anthony was born of a noble family in Portugal. He initially pursued a vocation among the Augustinian canons. He was an extraordinary preacher. When the bodies of two fellow canons were brought back from northern Africa, where they had been killed for their faith, he felt a call to emulate them and set sail for Morocco. During the journey he fell seriously ill and was forced to sail back home, but his ship was blown to Sicily, where he was look after by the Franciscan friars. He joined the newly born Franciscan order, and was sent by St Francis himself to preach against heresy in France and northern Italy. He spent the last years of his life in Padua, where he became famous as a preacher and peacemaker. We learn from his life that God's plan for us is not always what we think, and we must remain open to be directed in new directions. He was:

ATTENTIVE & DISCERNING

Day 1

The Latin words CORPUS CHRISTI mean THE BODY OF CHRIST.

- What do Catholics celebrate on this day?
- What does the Catholic Church teach about the Eucharist?

Day 2

In the Gospel Jesus says that his flesh is real food, his blood real drink, and that everyone who eats his body and drinks his blood will have eternal life.

- What do you think that means?



Day 3

If you are a Christian, please share your personal relationship with the Eucharist: What does it mean to you? How do you live it in your life? Help people in your form who are not Catholics or Christians to understand more about this great gift.

The Word of the Week is:**"Widespread".**

This is an adjective that "means found or distributed over a large area or number of people.

"e.g. Nurses received widespread support for their worker's strike."

The Idiom of the Week is:**"First world Problems".**

This expression describes trivial or minor issues faced by individuals in economically developed or affluent societies. It originated as a way to highlight the relative unimportance of these concerns in comparison to the significant challenges faced by people in less privileged parts of the world.

Reading and Progress Tests – week commencing the 19th June

Students in KS3 will have their next round of reading and core progress tests (for English, Maths and Science) on the week commencing the 19th of June.

As with the autumn series, parents will receive a detailed report as to how the students have achieved on this test, the progress made since the last test and areas of strength and for development. This will be posted to you.

PE NEWS

On Tuesday a group of 6 students took part in the secondary schools' county championships. The students took part in a variety of events including basketball and skittles. Although the students came 5th overall, they showed great teamwork, determination and were so encouraging to each other. The organiser of the event said that they were the most enthusiastic team on the day! A huge well done to Angelo, Jude, Luca, Oliver, Stefan and Matthew.



PE NEWS

“The Year 9 5-a-side Football attended a TVLP 5-a-side football tournament at Power league. They had a fantastic afternoon playing great football.

The team showed great resilience and good fight but unfortunately it was a unfruitful event. The team worked hard in the bright sun and played good football. Player of the Tournament – Gabbi”

**Year 7 News**

A good first week back from half term for the Year 7s! It is their last half term as Year 7s and they have nearly completed their first Year at St Joseph's, how quickly time flies! A massive well done to our Pupils of the Week this week for integrating our two new students into the school. Another big well done to the 9 Year 7 students who participated in the Quad Kids Event on Wednesday, a really amazing job!

Let's finish the year strongly!

Mr Cooper-Santos – Deputy Head of Year 7

Year 8 News

It was lovely to see all Year 8s back in school this week after what was hopefully a restful and relaxing half term break.

They have made a really positive start back. Year 8 have been particularly enjoying the use of the field again this week and have made the most of the warm weather.

Mrs Miller – Head of Year 8

Year 8 - Student Immunisation School Visit – 16th June 2023

We have upcoming visit from the student immunisation team on 16th June 2023 for Year 8.

Please find as a separate attachment to the newsletter two different parent/carer letters regarding the upcoming HPV vaccinations and details on how to access our electronic consent form system.

Please note the consent form system, for your school, will close to parents/carers 24 working hours (at 09:00am) prior to the school immunisation session.

If you do not wish for their child to be vaccinated, please complete a consent form as a non-consent pupil.

Year 10 News - Y10 Relationship and Sex Education musical-Losing It

Next Tuesday 13 June, we are delighted to be hosting Peer Productions Theatre Company at our school with a production of their musical *Losing it*, as part of our Relationship and Sex Education programme at school. Before Half Term, letters were sent asking for your consent (via Parent Pay) to allow pupils to view the musical, in the School Hall on 13/06/2023. This play is part of the school's Relationship and Sex Education programme.

The play provides a developmental appropriate framework for pupils to reflect on real topics that affect their age group

Please contact Mrs Ossei-Brainoo on j.ossei-brainoo@st-josephs.slough.sch.uk if you have any enquires/concerns

Health and Wellbeing-Period Product scheme

Dear Parents and Carers,

As part of the school's Health and Wellbeing programme, the government has provided free period products to all learners who need them in our school. Accordingly similar to earlier this year, this week and next week all girls from Years 7-13 will be given these free products. Pupils have the option to opt out from it.

The scheme aims to address scenarios such as where pupils

- have forgotten their products
- cannot afford products
- have come on their period unexpectedly

By making these essential personal hygiene products easily accessible, it will reduce any stigma associated with periods.

This is all in the hope of removing such barriers to learning.



EAL NEWS

(English as an Additional Language)

Do You Know?

There are several language apps available that can be useful for English as an Additional Language (EAL) students. These apps typically offer a variety of features to improve language skills, including vocabulary building, grammar practice, listening comprehension, and speaking exercises. Here are a few popular language apps that EAL students might find helpful:

1. **Duolingo:** Duolingo is a widely-used language-learning app that offers courses in various languages, including English. It covers vocabulary, grammar, listening, and speaking exercises through interactive lessons and quizzes.
2. **Rosetta Stone:** Rosetta Stone is a well-known language-learning program that provides immersive language courses. It focuses on developing all language skills, including speaking, listening, reading, and writing.
3. **Babbel:** Babbel offers interactive language courses designed for practical, real-life conversations. It includes vocabulary exercises, dialogues, and pronunciation practice.
4. **FluentU:** FluentU is a language-learning platform that uses authentic videos, such as movie trailers, music videos, and news clips, to help improve language skills. It provides interactive subtitles, flashcards, and quizzes to enhance learning.
5. **HelloTalk:** HelloTalk is a language-exchange app that connects language learners with native speakers. EAL students can practice their English skills by chatting with native English speakers and receive corrections and feedback on their language usage.





#IcandoMaths

Solution to last Week's Puzzler

- C The exterior angle of a regular pentagon is $\frac{360^\circ}{5} = 72^\circ$.
 Therefore the interior angle of a regular pentagon, in degrees, is $180 - 72 = 108$. The angles at a point sum to 360° , so the reflex angle in the irregular quadrilateral, in degrees, is $360 - 108 = 252$. Finally the interior angles of a quadrilateral sum to 360° , so the sum of the marked angles, in degrees, is $360 - 252 = 108$.
 (Note that the sum of the three marked angles equals the interior angle of the pentagon.)

Solution to the Break time Teaser:

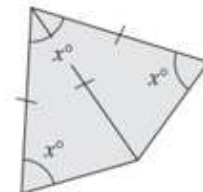
- B The required difference is 25% of $(£37 - £17) = 25\%$ of £20.
 Hence the difference between 25% of £37 and 25% of £17 is £5.

Problem of the week

A kite is made by joining two congruent isosceles triangles, as shown.

What is the value of x ?

- A 36 B 54 C 60 D 72 E 80



Break time Teaser:

As a decimal, what is the value of $\frac{1}{9} + \frac{1}{11}$?

- A 0.10 B 0.20 C 0.2020 D 0.202020 E 0.2̇0

Send your answers to Mr Allinson. Complete answers will get positive points on Class Charts.

Pupil Nominations of the Week

Year7

Bianca Lacsamana and Joshua Saji for helping our two new Year 7 Students around the school and doing an amazing job at integrating them into the St Joseph's Family.

Kuba Telezinsky, Mikolaj Marciniak and Julian Wojciechowski for their excellent attitude to learning throughout the whole year and Eoin Brennan for PROUD.

Year8

For receiving most positive points

Michal Kundys (8 Teresa)

Licia Triumph (8 Cecilia)

Year9

DOMINIK MASLACH for: achieving the highest tally of positive points to date in our form, his punctuality, respectfulness and helpfulness in reading time generally.

Year10

Most Positive points

Zuzanna Cieslak

Gabriela Wielgus

Ionel Badea

Jack Wynne

Julia Pytel (10 Peter) and Karolina Strycharczuk (10 Peter) for excellent homework.

Year 12

Steven Anamanya and Chrystian Teleglow for earning the most positive points this week.