



St Joseph's Catholic High School

# Newsletter

Friday 5th May 2023



## Rowing Festival

A group of Year 9 students went to Dorney Lake for a Rowing Festival finishing 3<sup>rd</sup>. The students were able to take a Cornish gig out onto the lake and only got stuck in the weeds a couple of times!

## 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**

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

Link to our YouTube channel is: <https://www.youtube.com/@SloughStJosephs>

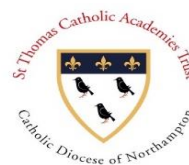
**Please find below the link to this weeks video to view my message:**

[St Josephs Newsletter - Head Teacher Message - 12 05 23 - YouTube](#)

Have a fantastic Easter Holiday everyone.

St Joseph, pray for us.

Mr Stapleton



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

## Theme of the Week – The Advocate

We continue to read from the so-called Farewell Discourse of Jesus, which occupies chapters 14 to 17 of the Gospel of John, and in which Jesus, after supper, prepares them for mission in prevision of his Ascension to the father. In these chapters the word LOVE appears 26 times, but in the text we read this week it is referred to Jesus himself for the first time: *If you love me, you will keep my commandments*. The Greek language has four words for love: *Philia*, as in Francophile, is the love between people who like each other's company. *Eros* is the love of lovers. *Storge* is the protective love of parents, and *Agape* is a love that is **self-forgetting and self-giving, a SACRIFICIAL LOVE**. Guess which one Jesus is talking about? That's right, **AGAPE**.

What are these commandments Jesus wants us to keep? The 10 commandments of Moses? During the Last Supper Jesus rose from the table, put on an apron and washed his disciples' feet. Then he told them: *I give you a new commandment, that you love one another as I have loved you!* The word **NEW** in the original Greek (καινήν) doesn't mean something which is added to something, but rather something which gives new meaning and replaces something old. Jesus gives the commandment of **LOVING ONE ANOTHER** as the fulfilment of all previous commandments. Does that mean that the 10 commandments are abrogated? **NO**, but it means that the real purpose of these is **LOVE OF GOD AND ONE ANOTHER**. Why did God give us commandments? Because he wants us to be happy and live to the fullest our humanity. In our society we often consider commandments something that deprives us of freedom, and we do this because we have a **wrong understanding of freedom**. True freedom is not doing what we want. Suppose you buy a car, the manufacturer will tell you that the tank should be filled with diesel, but you want to exercise your freedom and fill it with milk instead. What would happen? The car will break, and you won't get where you wanted to go. Or suppose you want to learn Spanish; you have to submit to the rules of the language if you want to be free to speak that language! **In the same way God gave us commandments as an instruction manual in order to make sure that we live lives which are contented, meaningful, purposeful and fully realised.** For Catholics, these commandments are those found in Scripture, and the moral/doctrinal teaching of the Church under the headship of the Pope. There are many people around today who say that they believe in and love Jesus, but then live lives in contradiction with his mandates, in greed, immorality, selfishness, lack of forgiveness etc. - **that simply fails the test of the Gospel!** On Thursday we will celebrate the Ascension of Jesus, when he returned to the Father. **We could say that Jesus left the physical presence of his disciples, so that he may be spiritually present with all people of the world.** The disciples were rather discouraged at the thought that He would leave them, but he reassured them saying that he would send another **ADVOCATE**.

An advocate (Latin *ad* = by, *vocatus* = called) is literally one who is 'called by' us, a defender, one who assists and speaks for people against an enemy or opponent (In many Latin languages this is the actual word for 'barrister', IT *Avvocato*, ES *Abogado*, FR, *Avocat* etc.). Jesus sends **ANOTHER DEFENDER** (He was the first one), but to defend us from what? Who are the enemies of humanity? The **WORLD**, the **FLESH**, and the **DEVIL**. The **WORLD** is the mentality of the masses, that temptation to do things just because everybody else is doing it, to be popular and to fear the judgment of others. The **FLESH** is every temptation that we have to make a god of our own bodies and the pleasures that we get from them (food, drink, sex, drugs etc.). The **DEVIL** is that personal spiritual being who is always trying to take us away from God and bring us towards self-destruction and destruction of one another because he simply hates everything that God loves.

The Holy Spirit, therefore, is sent to fortify us, give us the strength to be faithful to the mandates of Jesus, reassure us of his presence with us, and prepare us for battle against all the forces of evil that dehumanize us.

We pray particularly for those in our school who will receive the seal of the Holy Spirit during Confirmation in the coming weeks.

## THE ADVOCATE

Weekly Reflections  
14<sup>th</sup> May 2023



**From the Gospel according to John (14:15-21)**

Jesus said to his disciples:  
'If you love me you will keep my commandments.  
I shall ask the Father,  
and he will give you another Advocate  
to be with you for ever,  
that Spirit of truth  
whom the world can never receive  
since it neither sees nor knows him;  
but you know him,  
because he is with you, he is in you.  
I will not leave you orphans;  
I will come back to you.  
In a short time the world will no longer see me;  
but you will see me,  
because I live and you will live.  
On that day you will understand that I am in my  
Father  
and you in me and I in you.  
Anybody who receives my commandments and  
keeps them will be one who loves me;  
and anybody who loves me will be loved by my  
Father,  
and I shall love him and show myself to him.'

### Day 1

LOVE is one of the most occurring words in Scripture, and particularly in the New Testament.

- What do you think Jesus meant when he asked us to love him and one another?
- Do you think there are different kinds of Love? Give a few examples.

### Day 2

Jesus says that the proof that we love Him, is whether we keep his commandments or not.

- What is a **COMMANDMENT**?
- Do you think a commandment is a deprivation of individual **FREEDOM**?

### Prayer for the Week

Heavenly Father, send your Holy Spirit to defend us from what dehumanizes us, to enlighten our minds, and to strengthen us for your service and the service of one another. We ask this through Jesus your Son. Amen.

### Saint of the Week

**St Brendan the Navigator, Monk  
(c.489 - c.577)**



Brendan was an Irish Monk who studied under St Finnian. His nickname originated from the fact that he spent his entire life sailing to the remotest parts of North-West Europe to spread the Gospel and found monastic communities. Legend has it that he was part of an expedition of monks who sailed all the way to the Americas. He was

**Intentional & Prophetic**

### Day 3

Jesus promises that once he has gone back to the Father he would send the Holy Spirit to be our defender (this is the meaning of the word **ADVOCATE**).

- What do you think the Holy Spirit defends us from?

**Encounter**

Tomorrow, Saturday 12<sup>th</sup> May, a retreat day titled 'Encounter' will be held at St Andrews Church in Cippenham. Please find attached a poster with more information

**Faith Formation and training**

Northampton Diocese are holding Faith Formation and training opportunities and have a number of different events/courses taking place. Please find attached a poster with more information

**Teacher training**

If you are interested in becoming a teacher please find attached some information from Teach SouthEast regarding teacher training in primary and secondary schools.

**Support at St Joseph's**

At St Joseph's we are aware and understand that the current cost of living crisis causes worry and concern for many. As a Catholic School, we always have the well-being of our school community at the heart of everything we do and as a result, we want to help as best we can. We are putting together fortnightly food

parcels that will be delivered to families most in need in order to support them over the next few months.

A typical food parcel will contain the following:

Food items Cereal

Pasta

Soup

Rice

Tinned tomatoes/pasta sauce

Lentils, beans and pulses

Tinned meat

Tinned vegetables

Tea/coffee

Tinned fruit

Biscuits

UHT milk

Fruit juice

Non-food items Toiletries – deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, toothbrushes, tooth paste, hand wipes, hand sanitizer

Household items – laundry liquid detergent, laundry powder, washing up liquid

Feminine products – sanitary towels and tampons

In order to receive a food parcel each fortnight please can you email [office@st-josephs.slough.sch.uk](mailto:office@st-josephs.slough.sch.uk) where you will be invited to come into St Joseph's to discuss the needs of your family and the food parcel that will not only meet your family's dietary needs but also how we as a school can support further.

### Year 8 News

**Evadné Vermeulen** plays for Maidenhead rugby club and they have won the girls u/14 league and also the Berkshire cup, she was appointed most valuable player in the last cup game and also scored a try. Please find attached link of the Maidenhead paper.

<https://www.maidenhead-advertiser.co.uk/gallery/rugby/185010/maidenhead-girls-u14s-raise-their-game-for-cup-final-with-reading.html>

Year 8 have had a really positive week in school so far and have settled back in the routines of having a full school week again.

Next week we are celebrating multi-cultural day and students are being encouraged to dress up in an outfit to celebrate their cultural heritage.

Below are some guidelines to ensure that this day is positive and educational for all students:

- Educate yourself on the cultures you plan to represent or celebrate. Research their history, traditions, and customs to avoid unintentional disrespect.
- Engage in respectful conversations with people from different cultures to gain a better understanding of their perspectives and experiences.
- Collaborate with individuals from the cultures you plan to celebrate to ensure that your representation is accurate and respectful.
- Celebrate the culture while honoring its roots and history.
- Focus on creating an inclusive environment that respects and values all cultures.

Mrs Miller- Head of Year 8

### Year 8 & Year 9 Students - Student Immunisation School Visit – 16<sup>th</sup> June 2023

We have upcoming visit from the student immunisation team on 16<sup>th</sup> June 2023 for Year 8 and Year 9 students.

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.

[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

[www.berkshirecommunityhealthservices.nhs.uk](http://www.berkshirecommunityhealthservices.nhs.uk)

### Year 12 Parents Evening – a date for the diary

We have moved the Year 12 Parents Evening to 8<sup>th</sup> of June. This will aim to prepare students for the upcoming PPEs, which will inform their UCAS predicted grades as well as providing essential feedback to steer their progress going into Year 13. We look forward to seeing you all there.

This will include **Year 12 EPQ teachers** and Tom will be in touch as to how this will work.

**Word of the Week****"Utilize"**

This is a verb that means "to make practical and effective use" of something or someone.

e.g. I utilized my cooking skills to prepare a delicious lasagne.

**Idiom of the Week****"Actions speak louder than words"**

This means that whatever someone actually does means more than what they say they will do.

e.g. Hearing someone say "I love you" can be a good feeling, but someone showing that they love you feels a lot better. This is because actions speak louder than words.

**PE News**

This week a group of 18 year 7 and 8 students took part in a badminton tournament at Herschal Grammar school. The students gained experience of competing against some great competitors. Our students took part fully in the competition including helping to score and record the results as well as ensuring players were on court when they were supposed to be. The standard was extremely high and our students participated well. The students thoroughly enjoyed themselves.

Those who took part were

Year 7- Annabel, Maya Vicki, Carmen, Olly, Dean, Alex and Daniel

Year 8 Laura, Mikah, Ava, Natalia, Emilia, Rosie, Abi, Lucas, Alex and Bleu.



Please see the below flyer. If any parents/carers know of anyone interested in teaching experience/internship to pass it on to them:

Are you thinking about a career in teaching?

Internship Programme

**XAVIER**  
TEACHING SCHOOL HUB

### Our Aim:

To help anyone interested in training to teach to explore how rewarding and challenging a career in teaching can be.

### The Programme:

- A three-week programme
- **Paid scheme:** secondary maths, physics, chemistry, modern foreign languages and computing undergraduates (£300p/w)
- **Unpaid scheme:** all other secondary subjects and primary teaching.
- Placements in Surrey, Sussex, Berkshire and Hampshire

*As part of the programme, interns will have the opportunity to get involved in all aspects of school life,*

*Including the following:*

- A bespoke centralised training programme;
- Working closely with a mentor in a placement school to observe and teach lessons;
- The chance to meet with NQTs and SCITT trainees;
- Fast-track interview for a SCITT place with us.



### Why take part?

- To gain a true understanding of what a career in teaching involves;
- To receive high quality training from outstanding teachers in outstanding schools;
- To meet other interns in a similar position to you;
- To accelerate your interview process for our SCITT;
- To gain valuable and unique work experience for

Find out more: [k.middleweek@xaviercet.org.uk](mailto:k.middleweek@xaviercet.org.uk) Tel: 01932 578682 [Visit our website](#)

# PRESENTERS WANTED

We're looking for young people with special educational needs and/or disabilities who have an interest in being a TV presenter



And one young person who's competent in British Sign Language

We're working with Slough Borough Council to create a short film to demonstrate how SEND students are supported to engage in mainstream education. The video will be featured on the Family Information Services website and will be presented by local young people

If you would like to be involved please complete our online registration form with a parent/carer



Scan this code  
or [click here](#)  
to register



## Multi-Cultural Day! Theme: "Acknowledge Diversity"



- 19<sup>th</sup> May 2023
- Mufti Day. Students can wear cultural wear that they feel represents them or choose a culture to represent.
- Bring a £1 donation- proceeds to our school charity

Polite reminder it is Multicultural Day next week on 19th May. See attached poster with all relevant information.

Students can wear cultural wear that they feel represents them or choose a culture to represent. Please bring a £1 donation-proceeds to our school charity 'Access To Shine'.

Please can we ask you to make your contribution on ParentPay.

## MULTICULTURAL DAY PRESENTATION

**Friday 19<sup>th</sup> May 2023**

• *Get in the Spirit*

Bring artefacts symbols of your region or religion to share.

- *Cultural Dance, Poetry, Singing and Music*
- Sign up now! See Ms Ura or give your name to your form tutor
- ***Cultural Clothing Fashion Show***  
See Mr Ura with your ideas

• *Eat Up!*

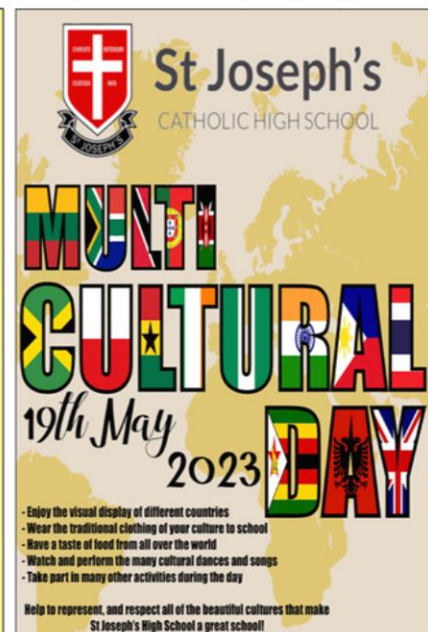
Bring sweet treats to share! Give your name to your form tutor and what you would like to bring

• *Game On!*

International Sports & Games - sign up with Mr Cooper- Santos

**Entries Are Now Open**

Until 5<sup>th</sup> May





# #IcandoMaths

## Solution to last Week's Puzzler

- B** The diagram shows that the hexagon may be divided into twelve congruent triangles, of which five are shaded. Let the area of each of these triangles be  $a \text{ cm}^2$ . Then  $5a = 20$ , so  $a = 4$ . Hence the area of the hexagon, in  $\text{cm}^2$ , is  $12a = 12 \times 4 = 48$ .



## Solution to the Break time Teaser:

- B** The required fraction is  $\frac{26}{206} = \frac{13}{103} \approx \frac{13}{104} = \frac{1}{8}$ .

## Problem of the week

The numbers 5, 6, 7, 8, 9, 10 are to be placed, one in each of the circles in the diagram, so that the sum of the numbers in each pair of touching circles is a prime number. The number 5 is placed in the top circle.



Which number is placed in the shaded circle?

- A 6            B 7            C 8            D 9            E 10

## Break time Teaser:

Which of these is the sum of the cubes of two consecutive integers?

- A 4            B 9            C 16            D 25            E 36

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

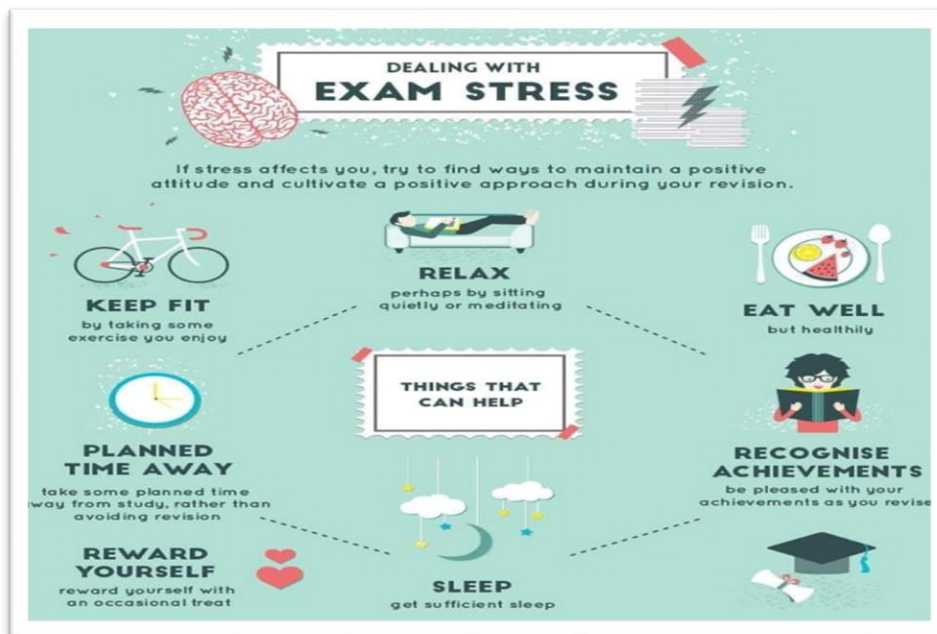
## This year's Mental Health Awareness Week is from 15th to 21st May 2023

Our focus as a school is Anxiety (Drawing attention to the Cost of Living Crisis and End of Year Exams)

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

As a school there are many ways we will like to help households who need a little help.



On Tuesday 30th May at 10:30am and Wednesday 31st May at 6:30pm

Jane Keyworth from FACE ([facefamilyadvice.co.uk](http://facefamilyadvice.co.uk))

is delivering a one hour

Cannabis Awareness talk

Followed by a half hour Q&A session

Live online

Book Now online £12 per person

For more information contact Mrs Ossei-Brainoo at [j\\_ossei-brainoo@st-josephs.slough.sch.uk](mailto:j_ossei-brainoo@st-josephs.slough.sch.uk) (Head of PSHE)

## Pupil Nominations of the Week

### YEAR 7

Sebastian N for great knowledge recall in French.  
Emilia S for outstanding attitude to learning.

### YEAR 8

Izabela T for positive approach in French  
Patrycja S for outstanding work in Spanish.  
Michal Kundys (8 Teresa)  
Iga Szustorowska (8 Mark)

### YEAR 9

Rowan M for fantastic participation in Spanish  
**Artur Borek** Deserves a shoutout for his excellent contributions in English reading Lord of The Flies

### YEAR 13

Belatriz Lamelo De Souza-Highest Positive Points  
Iyanu Sanni-Positive attitude to revision and after school study  
Angel Omale-Positive attitude to revision and after school study  
Olivia Quinn-Positive attitude to revision and after school study