



St Joseph's Catholic High School

Newsletter

Friday 17th February 2023



Sky Up Academy Studio

A fantastic photo from Thursday 16th February 2023 where our Year 10 Creative iMedia students had the opportunity to visit the Sky Up Academy Studio.

Head Teacher Message

Dear Parents and Carers,

Hope you are all safe and well.

My weekly message is in video format. Please do take a listen and let us know what you think, any feedback is welcome.

Please find below the link to our website to view my message:

<https://www.st-josephs.slough.sch.uk/assets/Documents/Letters/20230217-Newsletter-1.m4v>

St Joseph, pray for us

Mr Stapleton



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

Theme of the Week - LENT

In our Gospel Jesus is at the very beginning of his public ministry, and he is led into the desert to be tempted by the devil. The number 40 occurs many times in the bible, and symbolises both a time of test/trial (like the wandering of Israel in the desert for 40 years), and the time of a generation. In our gospel 40 means a lifetime. Jesus, just like us, was tempted throughout his life. **When one commits to following Jesus, he/she must expect temptations to come their way. What is a temptation?** Very often a temptation is the push to take something which is created by God as good for a specific purpose, and misuse it for personal advantage. Temptations traditionally come from the WORLD (i.e. the context where we live), the FLESH (i.e. our carnal nature), and the DEVIL (i.e. the realm of spiritual wickedness). In our Gospel the devil becomes ambassador of all three categories.

The word devil comes from the Greek verb *diabállo*, (διαβάλλω) which means 'to rend apart, to tear asunder'. The devil is the one who constantly works to separate people from God, and from their brothers and sisters. **Where there is unity God reigns, where there is division in families, school, work, church etc., the devil rules.** The essence of the demonic can also be described as **HATRED FOR THE CROSS intended as sacrifice, denial of the self.** He was the one who refused to serve God out of pride, and therefore hates passionately all instances of sacrifice for others, chiefly the sacrifice of Christ on the Cross. In fact he tempts Jesus with **THREE SHORTCUTS FROM THE CROSS.**

He begins with a **FIRST TEMPTATION** of the flesh, noticing that Jesus is hungry, and inviting him to look after himself and eat. **This temptation is basically to look primarily and solely to the satisfaction of human needs which are good in themselves, but that can be misused and become our goal in life. Satan says:** "You are human, you have needs! Satisfy them! Eat, love delicacies, and drink, you have sexual urges: with all of these – Satan says - don't limit yourself, forget about God's purpose, we know better nowadays. Just use these things to gratify yourself whenever and wherever you want!"

Jesus replies with a Bible quotation (Deuteronomy 8:3) saying that all material things are good in their context, but that human beings are made of body and soul, and that the true nourishment comes from the word of God, the **user manual** which allows us to live as fully developed humans rather than beasts who merely satisfy their urges.

The **SECOND TEMPTATION** is spiritual. The devil not only tempts Jesus to do something spectacular, something that would make people say 'wow' in order to gain followers, but, more sneakily, this temptation is an invitation to doubt God's goodness and promises. **Does God really love us? Does he care about our suffering, or is he an obstacle to our happiness so we might as well do our own thing?** Interesting here is the fact that the devil uses Scripture but twists it to serve his own purposes, just as he did in Genesis, when **he persuaded Adam and Eve that God was their competitor, and that he was preventing them from being fully realised, and they rejected God and died in their sins.** Unfortunately we see many instances today where the Bible is used by people who in fact promote behaviours and priorities which are utterly contrary to it. **Jesus dismisses this temptation again by using Scripture (Deuteronomy 6:16) correctly: God must not be tempted! He created us and loves us, but we are not to abuse that love, our liberty, and His patience.**

The **THIRD TEMPTATION** comes from the world. Satan says: **"Did God say that you must love and serve Him and one another? Don't do that, you'll be a loser. Instead be great, feared, admired! Try to always be on top by all the means you can, whether it's lying, cheating, violence, competition etc.** Do you want to be great, obeyed and admired? I will give you all the kingdoms of the world, money, influence, power, a great career, a big car...**but...you must forget about God, and adore me, making ME your master!"**

Lent

Weekly Reflections

26th February 2023

A reading from the Gospel of St Matthew (4:1-11)

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone

but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God' he said 'throw yourself down; for scripture says:

He will put you in his angels' charge,

and they will support you on their hands

in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God, and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

Prayer for the Week

God, our loving father, you hate nothing that you have made and always forgive our sins when we repent: give us the courage to look into ourselves, uproot what is evil, and start again the journey towards the light of Easter with renewed joy and enthusiasm. Through Jesus our Lord. Amen.

Day 1

The number 40 occurs many times in the Bible and signifies a time of trial.

- Have you ever lived through a particularly testing time in your life?
- What was the outcome?

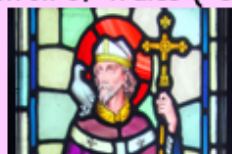
Day 2

The word 'devil' comes from the Greek verb *diabállo*, which means 'to divide' or 'to rend asunder'. The devil therefore is the father of division and delights when people are divided from God and one another in the family, at school, and in the wider society.

- Can you identify some of the 'diabolical' patterns of the world we live in?

Day 3

**St David, Bishop,
Patron of Wales (+589)**



St David was abbot and later Bishop of the diocese of Mynyw (today Menevia). He compiled a monastic rule and handbooks of Christian Penance. Through his monks he evangelised South Wales and founded monasteries in Brittany, Cornwall and Ireland

Day 4

All temptations are in fact attempts to avoid sacrifice and take a shortcut from self-denial.

- What is sacrifice for you and why is it important?

Day 5

People usually give up things for Lent (sweets, internet etc.), but perhaps it is more fruitful to **take up good things** instead.

- Any ideas of what you may take up?

LENT CALENDAR					
WEEK COMMENCING ON THE 26 th FEBRUARY 2023					
DAY	Monday 27/02	Tuesday 28/02	Wednesday 1/03	Thursday 2/03	Friday 3/03
Theme	In the image of God	Give up	See the good	A better world	Judging others
Activity	<p>Read Genesis 1:26-27 Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground." So God created mankind in his own image, in the image of God he created them; male and female he created them.</p>	<p>Help others by giving up something until Easter. If you save money by doing it you could donate it to our school charity Access to Shine</p>	<p>Make an effort to see at least one good thing in every person you meet today.</p>	<p>Imagine and then write or draw a world where people lived in harmony with God and each other.</p>	<p>Read Matthew 7:1 Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Are you in the habit of judging others?</p>

Lent 2023

Lenten Fundraising – ‘Access to Shine’ Project and Cafod – Syrian and Turkey earthquake appeal

After half term, we will be in the period of Lent. Not only do we mark this period traditionally by fasting and by other acts of penance. At St Joseph’s we also give this period to fundraising in as many ways as possible to help support those who are less fortunate. This year money raised through fundraising will be donated to our school charity, the ‘Access to Shine Project’ and also to Cafod to support with their current aid appeal for the recent devastating earthquakes in Turkey and Syria. Please see attached our charity poster with more information.

For students, we want them to take part in as many events as possible and try and raise £10 per person through fundraising. All students received a sponsorship form today to complete and any money raised can be given to the school office or can be paid on ParentPay for your child. A poster outlining ways to fundraise and some activities happening during lent can also be found attached. Please can parents/guardians during Lent continue to promote charity and really push your child to try and do all they can to raise as much money as possible.

Light Up Lent 23rd February – 2nd March

Give yourself the gift of time with god this lent by taking part in our Online Week of Accompanied Prayer. 23rd Feb-2nd March Encounter Jesus in a new way through the Scriptures and see your prayer come to life. To register please visit the Diocesan website [Northampton Diocese | Catholic Diocese of Northampton](#).

Flame 2023

We are excited to announce that the biggest Catholic youth event in the UK is returning to London, as CYMFED organise Flame 2023. The theme of Flame 2023– which is exactly 150 days before World Youth Day in Lisbon – takes the WYD Scripture ‘Mary arose and went in haste’ and crystallises it into the theme, ‘Rise Up!’ Rise up after the pandemic, Rise up as young Catholics, Rise up – as Mary did – for the surprising and beautiful adventure that is our Catholic faith. This will take place on Saturday 4th March. The trip is open to students in Year 9-13 but there is a limited number of tickets. Please see the letter attached to this newsletter for more information.

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 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.

SCHOOL CANTEEN – Cashless from 27th February 2023

Polite reminder to all parents/carers that St Josephs is going to be completely cashless after half term on Friday 27th February 2023.

In order to pay for your school meals your ParentPay account will need to be activated.

If you have not already set your ParentPay up please contact the school office who will issue your unique logins.



ParentPay

Current policy is that all school meals should be pre-paid. Any amount of money can be paid into meal accounts held in the cashless system, and money spent on food will be taken out of the system as and when school meals are purchased. School meal accounts can be credited through ParentPay.

Polite reminder that the school uses ParentPay for trips, equipment, uniform as well as the canteen.

Free School Meals

There is complete anonymity for those receiving free school meals, the value of the free school meal will be automatically added to the pupils meal account each day and purchases will be deducted from the balance in the same way as those paying for school meals. If pupils are eligible for free school meals then you will not need to take any action as the entitlement will automatically be added to their meal accounts. Pupils can also add funds to their free school meal allowance should they wish to. Any unused free school meal allowance will not be carried forward to the next day.

Biometric System

We use a biometrics system for the school meals service at St Joseph's Catholic High School. This means that pupils are able to access by means of finger recognition. This system enables us to deliver a faster, more efficient service. Day-to-day your child will be able use their finger to access their school meal account at the till in the canteen.

If you are not yet registered, please contact the school office Please note parents have the option to opt out of biometric date system. For any who do not wish to use the option, it will still be possible to access school meals accounts through ParentPay.

Attendance Notice

Please can we remind parents that where possible, all appointments should be made outside of school hours to minimise disruption to your child's learning. However, if this is not possible, these will need a form of proof such as a named, dated & stamped appointment card or letter.



Please also remember to report any absences must be reported on ClassCharts. Any issues using this system please contact the school office.

Thank you in advance for your support.

Mrs McDowell Attendance & Welfare Officer

Word of the Week

'Ethic'

This is a (noun) meaning a set of moral principles that often relate to affirming a specified group, field or form of conduct or (adjective) relating to moral principles or the branch of knowledge dealing with these.

"Every human being is born with an innate ethic code."

Idiom of the Week

'Hot Potato'

Meaning: A sensitive situation or controversial issue that is difficult to handle and thus gets passed from one person to the next (like a potato that is too hot to hold).

Origin: The origin of the term "hot potato" comes from the mid-1800s. It is a derivative of the older saying, "to drop like a hot potato." The meaning of the two sayings is identical, and they both refer to abandoning someone or something quickly and unexpectedly. The term "hot potato" or "drop it like a hot potato" first appeared in print in 1824. It also became a popular game with kids where someone would pull a hot potato out of the pot and pass it around between friends. The player that dropped the hot potato or failed to catch it was the loser.

Example: "The teacher's question about misbehaviour is like a hot potato: Nobody wants to accept responsibility."

In Spanish: « Una papa caliente. »

In French: « Une patate chaude. »

Year 7 News

Well done to you all for another week albeit online. After half term we will be in Lent. There will be lots of fundraising activities going on in and around school. Can I encourage you to take part in as many as possible. World Book Day is 2nd March. There has been a letter sent home regarding this and the students will get a paper copy on their return, again can I ask you all to get involved with the day. In the meantime have a lovely half term and I will see you all when you get back.

Mrs Dunleavy – Head of Year 7

Year 8 News

Well done to all year 8's for some excellent ATL in lessons, extracurricular activities and great work in your electives. You have made some great progress this half term and I continue to be impressed with you all each week.

It has been a busy few days recently for year 8 and I am sure you are all looking forward to a well-deserved rest over half term. Enjoy your time resting next week and come back fully charged for next term.

Mrs Miller – Head of Year 8

Year 9 News

Dear Parents/Carers of Year 9,

We are delighted to be hosting Peer Productions theatre company at our school on Thursday 23rd March with a production of their play Masking, as part of our Health and Wellbeing programme at school.

Masking is a new play by Peer Productions' Artistic Director Nina Lemon designed to address the impact of modern life on teenagers' mental health.

The play covers the following topics:

- Understanding the impact of social media on mental health and self-image.
- Understanding Autism and how to support neurodivergent friends.
- Understanding how mental health issues can specifically affect people who are LGBTQ+.
- Understanding how school pressures and exam stress can lead to anxiety.
- Understanding how past trauma can affect people's mental health.
- Understanding how climate-anxiety can affect wellbeing.
- Understanding the impact of having a family member experiencing a mental health crisis.

Ultimately, the play asks young audiences to consider how they can build connections and find joy in this uncertain world as well as how they can know when they need to ask for help.

If you would like to discuss the production please contact Mrs Ossei-Brainoo on j.ossei-brainoo@st-josephs.slough.sch.uk.

Year 10 News

Notice for Y10 students: All Year 10 students will be taught at home, online through Microsoft Teams, after half term for the week of: 27th Feb until 3rd March 2023. This is to enable further work to be undertaken in the Tower Block to repair the damage caused by the rain and icy conditions.

Therefore please familiarise yourself with the expectations for online learning:

- Students need to be in their class team at the start of the lesson ready for the meeting. Once the meeting has started they need to join by clicking on “Join” in the class area.
- Once they have joined they will need to ensure they are muted and their camera is on.
- If students need to ask a question they can put their hand up by clicking on the icon the meeting chat or unmute themselves to ask at an appropriate point.
- Students are expected to complete all work set we will take a blended approach with some tasks set digitally and some completed in exercise books.
- Lessons will only last 45 minutes to allow students a screen break between lessons.
- Students will be expected to attend their tutor time in the morning and participate in reading during the afternoon.
- Normal classroom expectations still apply and students will be given X’s for any disruptive behaviour or lack of participation during online lessons.

Y11/Sixth form

[Apprenticeships Event for Parents/Carers and students](#)

[Please see the attached flyer for parents, carers and young adults 16+. The event focuses on](#) exploring apprenticeships, meeting employers, recruitment, Degree Apprenticeships and the opportunity to take part in a Q&A session as well as being introduced to local employment growth areas and local labour market information to guide career choices.

[You can register for this free event via Eventbrite here:](#)
<https://sloughapprenticeshiperevening.eventbrite.co.uk/>

[Application to St Joseph’s Sixth Form](#)

[We are really excited to say that the Sixth Form Application Opened on Monday the 30th of January and you can apply via our web page here:](#) <https://www.st-josephs.slough.sch.uk/sixth-form/joining-us/apply/>.

Sky Up Academy Studio Trip

On Thursday, the Year 10 Creative iMedia students visited the Sky Up Academy Studio.

It was a great learning experience that enabled them to partake in the day-to-day life of working as a media creator. The students had to create their movie trailer using the studio's edge-cutting digital technology. They had to use their creativity, and communication skills to then create their own movie trailers collaboratively. Each movie trailer created by them were amazing to watch.

The students were also given a VIP peek behind the scenes at Sky.



PE After school clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 1 Year 8,9,11		Badminton AAN	Badminton AAN	Badminton AAN	
Lunch 2 Year 7,10,12,13	Badminton and Basketball THU MJO	Badminton and Basketball THU MJO	Badminton and Basketball AAN	Badminton and Basketball AAN	Badminton and Basketball THU MJO
Afterschool	Volleyball/Badminton (beginning 13 th March) HMC JCO Kickboxing MJO American football THU	Netball AAN HMC	Basketball JCO Golf THU		Girls and boys Football @ Slough Town Football Club All year groups THU, EED, MJO Year 10,11,12,13 Basketball CWH

Drama News

Tickets are now on sale for Matilda via Parent Pay for parents, students and guests. Do not miss what is promising to be a great evening's entertainment.

ST JOSEPH'S PRODUCTIONS:

ROALD DAHL'S
Matilda
THE MUSICAL

PERFORMING ON THE 29TH, 30TH, 31ST MARCH 2023
7PM - 9PM
CHILD - £5.00
ADULT (18+) - £7.00

Please find a poster attached for an in-person talk at Eton College on Thursday 2nd March 2023, LAND USE FOR PLANET, PEOPLE & PROFIT, with Sir Charles Burrell and Peter Davies. This is free to attend and students can attend with their parents/carers. You must sign up at the link below and then attend the talk at Eton College.

Sign up form for students – <https://forms.office.com/e/Qw9Fum93SF>

Any questions, please ask Miss Boland.



ETON COLLEGE | KEYNES SOCIETY

Joint meeting with Environment Society

Please sign up with QR Code:



Peter Davies is a Partner & Head of Developed Markets Strategy at Lansdowne Partners.

FnLondon ranks Peter as 19th greatest hedge fund manager in the world, attributing an \$11.8 billion net gain since 2001.

Sir Charles Burrell is an English landowner, conservationist and founder of Knepp Wildland.

He won the People Environment Achievement award for Nature, and Innovative & Novel Project award in the UK river Prize in 2015.

Sir Charles Burrell and Peter Davies will be talking on:

“Land use for Planet, People, *and* Profit.”

Thursday 2nd March, 20:30, Election Hall

St. Josephs High Pi Day 2023

The St-Joseph's Maths Department presents Pi($\pi = 3.14 \dots$) Day which will be held on Tuesday, March 14th, 2023. It's the 3rd month and the 14th day (Kool, isn't it!). 😊

The day will be celebrated with a competition called "Memorizing Pi" or (Memorizing digits of π)

This means, on Tuesday March 14th 2023, students will come to M6 where they will get a chance to write-from memory as many digits of Pi(π) they can remember. We hope to have a winner for each **House**, **Year group** as well as an overall **St Joseph's Champion**.

Here's a [link](#) to get you started!

Pi Web Sites

Pi continues to be a fascination of many people around the world. If you are interested in learning more, there are many web sites devoted to the number Pi. There are sites that offer thousands, millions, or billions of digits, pi clubs, pi music, people who calculate digits, people who memorize digits, Pi experiments and more. Check this [Yahoo page](#) for a complete listing.

Memorization of pi

He holds the current unofficial [world record](#) (100,000 digits) in 16 hours, starting at 9 a.m. (16:28 GMT) on October 3, 2006. He equaled his previous record of 83,500 digits by nightfall and then continued until stopping with digit number 100,000 at 1:28 a.m. on October 4, 2006. The event was filmed in a public hall in [Kisarazu](#), east of [Tokyo](#), where he had five-minute breaks every two hours to eat [onigiri](#) to keep up his energy levels. Even his trips to the toilet were filmed to prove that the exercise was legitimate.

His previous world record of 83,431 was performed from July 1, 2005, to July 2, 2005.

On [Pi Day](#), 2015, he claimed to be able to recite 111,701 digits.^[1]

Despite Haraguchi's efforts and detailed documentation, the [Guinness World Records](#) have not yet accepted any of his records set.

Haraguchi views the memorization of pi as "the religion of the universe",^[2] and as an expression of his lifelong quest for eternal truth

A Brief History of Pi

Ancient civilizations knew that there was a fixed ratio of circumference to diameter that was approximately equal to three. The Greeks refined the process and Archimedes is credited with the first theoretical calculation of Pi.

In 1761 Lambert proved that Pi was irrational, that is, that it can't be written as a ratio of integer numbers.

How many digits are there? Does it ever end?

Because Pi is known to be an irrational number it means that the digits never end or repeat in any known way. But calculating the digits of Pi has proven to be a fascination for mathematicians throughout history. Some spent their lives calculating the digits of Pi, but until computers, less than 1,000 digits had been calculated. In 1949, a computer calculated 2,000 digits and the race was on. Millions of digits have been calculated, with the record held (as of September 1999) by a supercomputer at the University of Tokyo that calculated 206,158,430,000 digits.

Pupil Nominations of the Week

YEAR 7

Miah Halligan and **Chloe Webster** for their work ethos.

Grzegorz Nowak (7V), Julian Kosmala (7V), Bartosz Dera (7V), Matas Overall (7V), Maya Biskupiak-Shah (7P), Kacper Smigielski (7P) Jude Martin (7P), Alexey Popovic (7P), Marciniak (7P), Antoni Mielcarek (7M), Nicole Piwko (7M), Daniel Kalfas (7T), Vaiva Liutkeviciute (7T) for their outstanding contribution in Computing this term.

YEAR 8

Oliver Kroliczek (8 Teresa) and **Rosie McGrory** (8 Cecilia) for achieving the most positive points in the year this week.

Patrick Lopes (8J) for receiving the highest positive points in his form.

Yara Teixeira (8 Teresa) and Zuzanna Makar (8 Teresa) For showing excellent attitudes this week. Michal Kundys (8T), Oliver Kroliczek (8T), Afonso Jose Reis Gomes (8T), Mikah Aungon (8M), Jakub Ogonek (8M), Antoni Tobjaszewski (8M), Emma Powell (8P), Oliver Stacey (8P), Vanessa Masna (8P), Jayona George (8P), Csenge Bodor (8V), Paulina Konopka (8V), Mateusz Stroczyński (8V) and Maksymilian Wedrzyk (8V) for their excellent progress in Computing this term.

YEAR 9

Gracie O'Hara for a superb week.

Vince Lacsamana (9V), Nathan James (9T), Luca Mays (9T), Jakub Kilma-Wilk (9P), Oliwier Wojciechowski (9P), Maryanne Rojas (9P), Nadia Ankiewicz-Heetun(9M), and Albie Galloway (9M) for their consistent hard work and effort in Computing this term.

YEAR 10

Daniel Rossiter, Farrelle Frater, Jose Osei-Agyarko, Paige Lomas

Arthur Pantlin in Year 10 for his excellent work in creative writing in English this week.

Christian Piscopo-Evans for his amazing progress in French.

Well done to all the Creative iMedia students who visited the Sky Up Academy Studio. You were amazing and you truly represented our school well.

YEAR 11

Year 11 Creative iMedia students for their fantastic effort in completing their coursework this term.

YEAR 12

Sheryl Fernandes for great work in Geography and **Bobby Kadiri** for great work in PSHE, they have also earned the most positive points this week.

YEAR 13