



St Joseph's Catholic High School

# Newsletter

Friday 26th May 2023



## Model COP Event

On Tuesday, Year 12 students visited Eton College to take part in their Model COP event. Further information inside the newsletter.

## 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:**

[\(5\) Headteacher Message 26th May 2023 - Weekly Newsletter - YouT](#)

St Joseph, pray for us.

Mr Stapleton



"The glory of God is a

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

## Theme of the week – The Most Holy Trinity

Preaching on the Holy Trinity has always been, and will always be, the bogeyman of preachers. This fears originates from the fact that most of them try to tackle this subject theologically. I am not saying that theology is not important, but rather that the greatness of our Christian faith and our life in God goes far beyond academic disputes and definitions. It is not by chance that the Church invites us to reflect on the nature of God after Pentecost, because it is only **with the help of the Holy Spirit that we, like the first disciples, are capable of reconsidering the life and experience of Jesus, and understand this God who reveals himself**. At the beginning they were just, like some of us today, charmed by his words and his deeds and his miracles. Only later they understood that he was much more than a rabbi, a prophet and even more than a Messiah. **It is only after the coming of the Holy Spirit that Christians start to reflect on God in the light of their experience, the words of Jesus, the Acts of the Apostles and the letters of Paul, and begin to understand God is a Trinity, that is A RELATIONSHIP.**

The assertion that God is Trinity has extraordinary consequences for us: God is not a solitary entity who is perfect in his being alone and aloof. Saying that God is Trinity means that **God himself is relationship, a family, a communion**. A relationship which works so well that from the outside we see ONE GOD. When two people love each other, we describe them as a couple, but **the couple is much more than the sum of two singles, just as family is much more than the sum of the people who compose it**. Take music as an example; when a choir sings different voices combine and produce one song, one harmony. **Such is our God the Trinity, a harmony.**

If then God is relationship, and if we are made in the image of God, **we have an in-print of this Trinitarian relational nature of God within ourselves**. This is why there is nothing that scares humanity more than loneliness. In our world, despite innumerable social media available, there is still great loneliness, a loneliness which many try to overcome through superficial relationships, alcohol, sex, money, and many other useless idols. We dread loneliness. **If God is Trinity, we do well to fear loneliness, because loneliness does not belong to us**, and yet the forces of evil in the world always try to convince us that we must think of ourselves first, and not bother too much about others. This sin of self-centredness is something which goes against our very nature, because we are made in the image of a God who is RELATIONSHIP, which means that the only way we can be fully human is through RELATIONSHIPS.

Selfishness is not only a sin, is the negation of our being. A life spent putting our ego at the centre of everything is not an opportunity...it is the greatest of diabolical temptations.

So, God the Trinity. What does this mean to us here today? To celebrate God the Trinity means that we are called to **share in this Trinity, to enter into this relationship**. It means making this relational project the purpose of our being school, of our being church, of our being couples, of our being family, of our being citizens. From the Trinity, **we also learn HOW to be in a relationship**. Father Son and Holy Spirit are not cofounded, they are not identical to one another, and each one of them has an identity, a role. Each person of the Trinity **acknowledges the diversity of the other** persons, whilst being at unity. May the Holy Spirit which has been abundantly poured on us at Pentecost help us to make ourselves and our relationships more and more modelled on that perfect relationship of communion, love and respect which God is in himself.

## The Most Holy Trinity

Weekly Reflections  
5<sup>th</sup> June 2023



### From the Gospel according to John (3:16-18)

Jesus said to Nicodemus:  
'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.

No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'

### Prayer for the Week

**Holy God, through your son Jesus you revealed to us that, with him and the Holy Spirit, you are a Trinity of loving relationship. Draw us deeper into this mystery, that we may ourselves establish and cultivate loving relationships with our brothers and sisters around us. Amen.**

#### Day 1

You probably heard many times that God is a Trinity, and this is a very complicated theological subject to tackle. Let us start from something very simple:

- What does the word TRINITY actually mean?
- What does it tell us about God?

#### Day 2

Human beings have many fears: death, illness, pain, but LONELINESS is perhaps the one we fear the most.

- Why do you think that's the case?
- What does this have to do with the fact that God is a Trinity?

#### Saint of the Week

St Boniface (c.675 – 754)



Boniface was born to a prosperous family in Devon, England. He became a Benedictine monk and was ordained a priest in 705. Having chosen to become a missionary, he was part of the expeditions for the evangelization of Frisia (northern Netherlands), and Germany, hence his nickname "Apostle of the Germans". After having made thousands of converts and founded many monasteries, he was made Bishop of Hesse. At the age of 80 he retired and returned to Frisia, where he was killed with 50 companions by local pagans while he was preparing converts for Confirmation. He was

**FAITH-FILLED & HOPEFUL**

#### Day 3

Look at the relationship of the Father, Son and Holy Spirit.

- What does it teach us about the way we ought to live our relationships?

## Music Department News

### Extra-Curricular Music

Singing Club takes place on Thursdays 8am-8:20am

Music Club take place on Thursday Lunchtime for 7,8 &9

Instrumental Lessons: If you are interested in playing an instrument, but aren't sure where to begin, please speak to Miss Ure. Instruments available include, Guitar, Keyboard/piano, flute/woodwind, percussion.

### Performance Opportunities

A new of opportunities are starting to come forward for students who are interested in performing. These events are both in school and in Slough. If you are interested in performing please contact Miss Ure.

## Year 12 Eton Visit

On Tuesday, Year 12 students visited Eton College to take part in their Model COP event.

For nearly three decades the UN has been bringing together almost every country on earth for global climate summits – called COPs – which stands for ‘Conference of the Parties’. In that time climate change has gone from being a fringe issue to a global priority. In November 2021, the UK hosted the 26th annual summit – giving it the name COP26. With the UK as President, COP26 took place in Glasgow. In the run up to COP26 the UK worked with every nation to reach agreement on how to tackle climate change. Our students had the grand opportunity to each represent a different country and present those views to their peers which was outstanding to witness their commitment to environmental issues and research. I cannot express enough how immensely proud I am of the students who took part. Their dedication, hard work, and commitment to understanding and addressing global issues were truly remarkable. Witnessing their growth as individuals, their ability to collaborate with peers, and their passion for making a positive impact on the world fills my heart with immense joy. Their achievements at this event serve as a testament to their resilience, intelligence, and unwavering belief in the power of diplomacy. As a teacher, I and can confidently say that the future is in capable hands with these remarkable young leaders.



Dear Parents and Carers of Year 10,

We are delighted to be hosting Peer Productions Theatre Company at St Joseph's on Tuesday 13th June with a production of their play "Losing It", as part of our Relationship and Sex Education programme at school. Founded in 2006, Peer Productions is a pioneering arts charity specialising in peer education through theatre. Their plays are developed with and performed by DBS checked young actors (aged 18 to 24 years), and they use a mixture of humour and hard-hitting drama to educate young audiences about important social and health issues. This musical play has been supported by The Community Foundation Surrey and the High Sheriff Award, and tells the story of a group of 18 year-olds as they look back on their 7 years at secondary school. Developed in partnership with young people from a range of schools, this frank and inclusive, large scale 90-minute production addresses the questions young people really want answered.

The play includes stories which explore:

- Healthy/unhealthy relationships
- Same sex and difference sex relationships
- A transgender character
- Sexting
- Internet grooming and child sexual exploitation
- Internet pornography
- Consent and Rape
- Contraception and STIs

Please complete the on-line consent form on ParentPay for your son/daughter to attend the play. If you would like to discuss the production or withdraw your child from this session please contact Mrs Ossei-Brainoo on [j.ossei-brainoo@st-josephs.slough.sch.uk](mailto:j.ossei-brainoo@st-josephs.slough.sch.uk).

We very much look forward to Peer Productions' visit and hope that your son/daughter finds the play informative as well as entertaining.

Yours Sincerely,

Ms J Ossei-Brainoo

Head of PSHE

### **Year 7 News**

Well done to all who took part in athletics today, its great to see so many year 7's taking part. Can I remind you to ensure that black socks are worn and shoes are proper school shoes and skirts are of the appropriate length. I hope you all have a great half term

### **Year 8 News**

Year 8 have shown a massive improvement in their behaviour this week and I have been so impressed with how they have conducted themselves coming up towards the half term holiday.

There are a few students still wearing 'trainer style' shoes which are not allowed in our uniform policy and I have seen some tailored skirts. In order to avoid punishment please can I remind you all that shoes should be "black, polishable and low heeled." Skirts should be the pleated school skirt worn "2cm above or below the knee". If anyone has had outgrown their skirt and it no longer meets this requirement they will need to purchase a new one before we return next Monday.

I hope you all have a safe and relaxing holiday and look forward to seeing you all back in a week's time.

### **Year 11 News**

With the end of year approaching – any unwanted skirts please return to school office – second hand supply

## **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)



## Design and Technology Department

### Key Stage 3.

Year 7 are coming to the end of their awards unit of work, and we look forward to sharing their final products with you after half term.

Year 8 have learnt about some of the properties of plastics, they have manufactured 3D formers to make plastic moulds, and cast soap bars which promote a charity of their choice.



### Year 10 Design and Technology.



Year 10 have been working on Culturally inspired accessories which they will research design and model, in period 6 we were recapping polymer forming processes, which resulted in some colourful soap bars, hopefully they worked as soap rather than face paint.....we must link with maths and do some work on ratios before trying this again!

### Food Prep and nutrition KS3 Favourite recipes.

As usual the aromas coming from the food room have been mouth watering. Key stage 3 pupils have had homework to complete a reflection sheet and sensory analysis for each dish they have cooked, All classes have also been set some assessment quizzes to test the knowledge they have learned. Please find below a couple of our favourite recipes from this half term from year 9 and 7, in case none made it home the first time round.

## Chicken Fajitas: Tex-Mex cultural street food

**Learned:** To know and demonstrate a wide range of skills (slicing, dicing, frying, wrapping)

**Wise:** To be able to demonstrate good time management and hygiene skills when handling chicken and vegetables.



Aprons on.  
Hair up  
Hands washed

**Equipment**  
frying pan  
Wooden spoon  
Teaspoon  
Chopping board  
Sharp knife

### Ingredients

#### Brought To School

1 Chicken Breast (Chopped into thin slices at home)  
1 Pepper of Choice  
1 Red Onion  
2 Medium Tomatoes  
2 Tortilla Wraps

#### From School

1 clove of garlic (crushed)  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp cumin  
 $\frac{1}{2}$  tsp paprika  
Oil to Fry  
1 tbsp. lemon juice

### Method

1. Take a small non stick frying pan and add 1 tbsp. of oil and place on a medium heat. Fry your chicken for 4-5 minutes.
2. While chicken is frying chop your pepper and  $\frac{1}{2}$  your onion into thin slices on a chopping board. Crush your garlic and place on the board next to the vegetables.
3. Once the chicken has changed colour from pink to white, add the vegetables and cook for a further 4-5 minutes.
4. Add the spices and salt and stir in well. Cook for a further 5 minutes then set aside until needed
5. Dice the tomato and remaining red onion and place in a bowl with salt, pepper and the lemon juice.
6. Place some of the chicken and vegetables into the middle of your tortilla wrap, add the tomato salsa, roll up and enjoy.

## Vanilla Cheesecake

**Learned:** To know and understand that we can **denature** (change the physical properties) ingredients to better suit dish requirements.

**Wise:** To demonstrate skills of weighing, crushing, whisking, mixing and portioning, and denature cream.....

Wash hands,  
Put Aprons on  
hair up.

**Get out equipment:**  
1 small foil tin container  
1 large bowl  
1 small bowl  
1 whisk  
1 rolling pin  
1 sandwich bag

**Ingredients for 2 containers:**  
4 biscuits (digestives or hobnabs)  
30g butter  
75ml double cream  
75g cream cheese  
50g icing sugar  
 $\frac{1}{2}$  tsp vanilla

1. Crush the biscuits in a small bowl using the end of a rolling pin, try and get this as fine as possible with as few chunks as possible.
2. Place the biscuit mix into the base of your container.
3. (Melt the butter in the small bowl) pour the melted butter over your biscuit base, gently mix to combine, and then press into the bottom of your container with the back of a spoon. Wash this bowl as you will need it again.
4. Whisk the double cream in a large bowl until thickened but still light and airy
5. Weigh 50g icing sugar in the small bowl add the cream cheese and vanilla and mix well with a wooden spoon until light and airy.
6. Add the cream cheese mixture to the whipped cream and gently combine, making sure you keep it as light as possible.
7. Spoon the cream cheese mixture onto your biscuit base, you could now decorate the cheesecake with fruit, sauces or even nuts and chocolate.
8. Wash up, dry up, put away..... ensure you leave the kitchen as you found it.



## Year 11 and 13.

NEAs are done and dusted.....The push is now on Revision. You ALL have revision guides, PLEASE use them.

## DT Makelt elective

We LOVE summer! Well done to the fabulous MAKE IT elective pupils. We have loved having you this half term and hope you have enjoyed some of the .



## D&T Stars



**Anthony Omale**- for always 'Anthony-ing' up his food dishes (although this week we were not all so grateful for his addition of Chillies) and **Benedito Quadros** for sharing his superior soldering skills (picked up at electronic elective) and helping his peers.

## DT social media



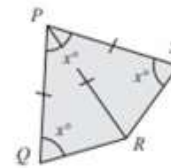
We try to post updates and points of interest on our Instagram page we also share some of the great work being done by our DT pupils....



# #IcandoMaths

## Solution to last Week's Puzzler

- D** As  $PQ = PR$ ,  $\angle PRQ = \angle PQR = x^\circ$ . Also, as  $PR = PS$ ,  $\angle PRS = \angle PSR = x^\circ$ . Therefore,  $\angle QRS = (2x)^\circ$ . The sum of the interior angles of quadrilateral  $PQRS$  is  $360^\circ$ . Therefore  $x + x + 2x + x = 360$ , so  $5x = 360$ . Hence  $x = 72$ .



## Solution to the Break time Teaser:

- E** We are given that  $\frac{3}{10} < \frac{n}{20} < \frac{2}{5}$ . Therefore  $\frac{6}{20} < \frac{n}{20} < \frac{8}{20}$ . So, as  $n$  is an integer,  $n = 7$ .

## Problem of the week

The diagram shows a regular pentagon and an irregular quadrilateral.

What is the sum of the three marked angles?

- A  $72^\circ$       B  $90^\circ$       C  $108^\circ$       D  $126^\circ$       E  $144^\circ$



## Break time Teaser:

What is the difference between 25% of £37 and 25% of £17?

- A £4.25      B £5      C £6      D £7.50      E £9.25

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

### The Word of the Week is

The Word of the Week for next Monday is "**Widespread**". This is an **adjective** that means: found or distributed over a large area or number of people.

e.g. Black Panther saw widespread approval when it was released in theatres in 2018.

### The Idiom of the Week is

The Idiom of the Week is "**First World Problems**". This is a saying that usually responds to a relatively [trivial](#) or minor problem or [frustration](#) ([implying](#) a contrast with serious problems such as those that may be experienced in the developing world).

## Elective News

Wrapping up for the half term – a huge well done to the brave adventurers of the *Dungeons and dragons* elective, battling monsters while armed with their literacy, numeracy and teamwork!

Special mention goes to:

- James for solid effort with his literacy and numeracy.
- Inma for her oracy and rousing speeches.
- Oliver, Michal, and Luca for their creativity and strategy.



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



### 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](#)



The advertisement features a photograph of a young girl with dark hair in a ponytail, wearing a light pink shirt, hugging a brown teddy bear. In the background, a person in a grey NHS uniform is partially visible. The NHS logo is in the top right corner. A purple speech bubble contains the text: "Is your child struggling? NHS services are here for you. Scan the QR code below or visit our website to find help and support." Below this is a search bar with the URL "frimley-healthiertogether.nhs.uk" and a magnifying glass icon. A QR code is located in the bottom right corner. At the bottom left, there is a logo for "Healthier Together" with the tagline "Work with us to support your child's health and happiness".

**Is your child struggling?**

NHS services are here for you.

Scan the QR code below or visit our website to find help and support.

[frimley-healthiertogether.nhs.uk](https://frimley-healthiertogether.nhs.uk)

**Healthier Together**  
Work with us to support your child's health and happiness.

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

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

### Year7

I nominate Matas Overall in year 7 for excellent work in English

### Year8

Anna Wydrych-Kang, Mikah Aungon, Dominic Szczepanek for being the most consistent at sending their recordings of French speaking homework throughout the term.

Michal Kundys (8 Teresa)  
Patrycja Szczepanska (8 Peter)

### Year9

Oliwia Foksinska for consistent high level of work in French lessons.

Milosz Chrzanowski in year 9 for great progress in English

VINCE LACSAMANA from 9V my tutor group who is kind, respectful & helpful, setting a role model example!

### Year10

Most Positive points

Grace Hall O'Rourke

Annabella Nersadja

Wiktoria Trzos

Solomon Ketter

### Year 10

Jessica Kaszubska for her resilience and great progress in French, demonstrated by the quality of her latest writing task.

### Year 12

Daniela San Juan De Leon – 12 Peter

Julia Kolmetz – 12 Jerome

Zuzanna Slomczewska – 12 Jerome

Daisy Loft – 12 Jerome

Madisyn Woodley – 12 Peter

Reason: Enthusiasm shown for the text studied this term in media; your engagement and contributions in class discussions have been delightful. Well done!

AI Patrick Pereira for his excellent efforts in Physics.