

Friday 12<sup>th</sup> March 2021



# ST JOSEPH'S *NEWSLETTER*



## From The Head Teacher

Dear Parents and Carers,

Thank you to all the parents of Year 7 who were in attendance for the Year 7 Parents' Evening last night, it was great to catch up with you, if only to say *hello* whilst passing through the on line portals. Thanks to you all for the support in giving consent for the Lateral Flow Testing programme which has run through the newly established hospital wing of the school over this week. The children flowed through so smoothly we've even managed to bring in an extra 3 years for their second test by Monday.

### **Monday**

In addition to Year 7 coming in for testing (details went out in last week's Newsletter) we're also able to bring in Year 12 for their 2<sup>nd</sup> test and Year 11 for their 3<sup>rd</sup> test. The schedule for Monday is now as follows:

***'Unlocking Belief in All'***

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Monday 15 <sup>th</sup> March	Group	Time
Test 2	Y11P & 12P	8.00am
	Y11V & 12V	9.00am
	Y11M & 12M	10.00am
	Y11T & 12T	11.00am
	Y11C & 12C	12.30pm
	Y12 St. J	1.30pm
	Y11J & 12J	2.30pm

**Tuesday** see the return of all students: Here's the plan.

- Year 7 & 8 to return to their normal playgrounds and we'll line them up at 8.30am, uniform check and then we'll bring them to their Form Rooms just as was the case at the beginning of the year.
- Years 9 to meet and line up in the quad at 8.30am ready to be met by their Form Tutors with a uniform check.
- Year 10 & 11 should line up in the Upper Playground at 8.30am ready to be met by their Form Tutors with a uniform check.
- Years 12 & 13 should go to their Form Rooms at 8.30am.

Please do help us re-establishing the routines by making sure the children are looking their normal pristine selves in their school uniform. I can only offer the very best of luck in removing mobile phones which are no doubt surgically attached to their hands!

#### Face Coverings in School

Unless exempt, it's now a requirement for children to wear face coverings in communal areas inside school, including classrooms. I understand this is going to be difficult for some and uncomfortable, most probably for all, but at least the Department of Education will review this at Easter – please can you ensure they have one with them at all times.

#### 2<sup>nd</sup> and 3<sup>rd</sup> Testing schedule: Tuesday onwards

We've been asked to ensure the children have been tested 3 times in total. We'll roll out a testing schedule for the school day over the next couple of weeks until this is completed. In school this will take the form of students being taken out of class to take their test and then returning to lessons straight afterwards. In the case of a positive case, the student will have to self-isolate for 10 days.

Essentially it's back to establishing the routines as quickly as possible. I've no doubt that 3 months out of school will have established a different routine and it'll take some time to re-adjust back to what will be a busy environment so we'll be looking out for those who might struggle and find the whole experience a little overwhelming. Please do tell the children to come to see one of us if they find themselves in this position.

St Joseph, pray for us.

Ciran Stapleton

***'Unlocking Belief in All'***

## **Theme of the Week – Real Love**

John 3:16 is arguably the most famous verse in the entire Bible:

“For God so loved the world”.

Today’s Gospel reading emphasises that God saves through love, rather than condemnation. Any image of God as fierce, judgmental and condemning is a false one set up by those with unhealed condemnation in their own hearts.

Love is measured by its gifts here. For those of us with children, I am sure that sacrificing one of them would be the hardest thing you could ever do (no matter how arduous home-schooling has been!). So this demonstrates how much we mean to God. He loved us so much that He gave His Only Son.

The word “whoever” is important here. It doesn’t matter what background we have. If we believe, we will have eternal life with God.

The saving God shows mercy to the faithful and unfaithful alike. He brings those who were dead because of sin back to life through Christ, who is the light of life to those who believe.

Think about light and darkness.

Think about the expression “I saw the light” and think of a time of darkness in your life. This might be, for example, grief, anger, addiction or illness.

**How and when did light enter your darkness?**

**Reflect on what God’s life-giving love does for us when we might be weak and sinful.**

Reflect on our joyful obligation in faith and hope to feed, clothe, shelter, and visit those in need.

We do not earn God’s love or mercy; it is a free gift. It is the fruits of faith. It is by grace that we are saved; not by anything we ourselves have done.

We have to be open to God’s work in our lives. Even though God’s love is always there ready and waiting for us, **we have a part to play.**

We say yes to opportunities to grow God’s love in our lives. This is God’s free gift.

**All we can do is accept or reject the love and forgiveness God offers.**

God doesn’t stop loving us if we fail or do wrong or live as if there is no God. God is always there, and He is constant.

## Year 11 – 13 Centre Assessments

Reports for Year 11 and 13 Centre Assessments will be sent out to parents on Wednesday 31<sup>st</sup> March. This will indicate your child's progress in their Centre Assessments undertaken over the last three weeks.

## Year 7 – 10 and Year 12 Reports

Reports for Year 7-10 and 12 will be sent out to parents after the Easter Holidays. Your child's teacher for each subject will be assessing their progress in lockdown from next week up until the Easter Holidays. This is so we can measure the progress they have made but also so we can plan for the summer term to ensure your child is fully prepared for the next year of their studies.

## Year 7 News

Well that is it, the last full week of online learning. Please ensure you know when to come in for your Lateral Flow test on Monday, you will need to know your mobile number, first line of your address and postcode. I am so looking forward to seeing all your faces. Please make sure you come in at your allocated slot in full uniform. School begins in earnest on Tuesday 16<sup>th</sup> March.

Monday 15 <sup>th</sup> March	Group	Time
	7C	8.30am
	7T	9.30am
	7V	10.30am
	7J	12.00pm
	7M	1.00pm
	7P	2.00pm

### Epraise

Top students	This week	Tutor groups
1.  Maksymilian Oleszak (7 Veronica) (752)	1.  Maksymilian Oleszak (7 Veronica) (111)	1. 7 Teresa (9316)
2.  Adriel Dias (7 Veronica) (668)	2.  Adriel Dias (7 Veronica) (89)	2. 7 Veronica (8271)
3.  Alexander Homot (7 Mark) (666)	3.  Rosa Jarrett (7 Veronica) (80)	3. 7 Peter (7874)
4.  Vince Lacsamana (7 Veronica) (652)	4.  Vince Lacsamana (7 Veronica) (66)	4. 7 Mark (7630)
5.  Nathan James (7 Teresa) (637)	5.  Sydelle Vaz (7 Veronica) (58)	5. 7 Jerome (6468)
6.  Rosa Jarrett (7 Veronica) (633)	6.  Dominik Maslach (7 Veronica) (33)	6. 7 Cecilia (6276)
7.  Oliver Bathke (7 Teresa) (567)	7.  Dove Ohol (7 Veronica) (25)	
8.  Darragh O'Connor (7 Teresa) (541)	8.  Arnas Pilka (7 Veronica) (18)	
9.  Yurand Kwiatkowski (7 Mark) (516)	9.  Wiktoria Rygielski (7 Cecilia) (15)	
10.  Nicola Drabik (7 Teresa) (509)	10.  Marcus Chodoruk (7 Veronica) (12)	

See you then.

Mrs Dunleavy

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## **Year 9 News**

It's official, only one more day of online learning before we have our wonderful students back at St Joseph's.

Year 9 you have done us proud with your fantastic maturity towards testing yesterday, well done to everyone who came in!

Online learning continues as normal on Monday, then we are back in school as normal on Tuesday. Students should arrive in full school uniform and be lined up in the quad for 8.30am.

Please ensure all students arrive at school with a mask, unless medically exempt.

Mr Robinson

## **Year 10 News**

Great to see you all on Wednesday for your first Lateral Flow test, the team administering the tests were very complimentary about how mature you all were and how polite so thank you and well done. Please make sure you complete all the work set for that day.

We return to school on Tuesday 16<sup>th</sup> March, normal social distancing applies when you are in school and on arrival make sure you wash your hands and put your masks on. We have no spare masks in school so please check you have a couple in your school bag.

Lessons will go back to one hour and we will be following the same break times as last term.

Can I remind you all to check you have a full pencil case and all the equipment you need as tutors will be doing equipment checks over the first few days.

If there is anything you need please send me a message.

### **Wednesday Intervention Sessions**

After school, every Wednesday, I will be running intervention for students who would benefit from some additional support. Subject teachers have given me some names of students who they would like to attend, letters will be posted today. You are also welcome to attend these sessions in order to have a quiet space to catch up on any missed work or to complete your HW. Thanks to those parents who have indicated that they would like a place for their son/daughter.

**End of term assessments:** these will take place before we break up for the Easter holidays and the scores from the last 3 assessments that have been completed this term will be averaged and graded. You will receive these grades after the Easter break. Make sure you ask your teachers for the revision topics so you are fully prepared for these final assessments. The grades given will be a good indication of how well you have done over lockdown.

See you next Tuesday.

Miss Cheston

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## **Year 11 News**

Dear Year 11,

It's been fantastic seeing all of your faces (in person) this week, and I cannot thank you enough for the way you have conducted yourselves. From the lateral flow testing to lining up and sitting your exams you have all been brilliant in your attitudes and your behaviour; I am very proud of you all!

It's been a very tough 3 weeks, but we have done it! We have finished our Centre Assessed Exams and I'm sure your hard work will be reflected in the results. You should be receiving the outcome of these the week before Easter so please do not ask your teachers for the results before then. When we return to slightly more normality next week we will be back in lessons closing gaps in your knowledge and doing everything we can to ensure we have enough evidence for all students.

**Interventions** will be starting again from TUESDAY 16th March, and I will email/message all students who will be involved in these sessions before then. They will run the same times as before, 3 until 3.45 for session 1, and 3.45 until 4.30 for session 2. The timetable will be sent to students over the weekend so please do check your student email for this. These sessions will be compulsory for students who are asked to go as it is a chance for them to make some progress in the subject to secure a higher grade!

On Monday, GCSE PE students have moderation. No hoodies are allowed and correct St Joseph's PE kit must be worn for moderation.

Finally, please can we ensure that our uniform is spot on from Tuesday please, this means 1 pair of earrings (not SEVEN in one ear like I've seen this week) and also make sure we have our blazers too. Please make sure we have correct footwear too!

Have a restful weekend, you deserve it!

Stay Safe and Stay Excellent!

Mr Oakley

## **Sixth Form News**

### **Year 12**

Well done, you have had a great week and hopefully this will be the last of online learning. I hope you are all excited about returning to school for some face to face teaching. From Tuesday you will be back in full time and will continue to follow your normal timetable. Please make sure you are in appropriate uniform. You must all have a blazer and there must be no trainers, cardigans, hoodies, extreme hair colours or excess jewellery. Please ensure you also bring all your equipment for each day; books, pencil case and iPad fully charged.

Thank you for your co-operation during the testing process. You will have your second test in school on Monday 15<sup>th</sup>. Please see the schedule below to make sure arrive at the correct time.

Monday 15 <sup>th</sup> March	Group	Time
Test 2	Y12 P	8.00am
	Y12 V	9.00 am
	Y12 M	10.00am
	Y12 T	11.00pm
	Y12 C	12.30pm
	Y12 St. J	1.30pm
	Y12 J	2.30pm

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Thank you to everyone who has returned their work experience applications on time, your 1:1 interviews will start next week.

Just a reminder that you need to log into Satchel 1 and you need to log into and start. This will allow you to set up a profile to receive further careers information and guidance.

We are really looking forward to seeing you.

Mrs Bray

### **Year 13**

The final week of online learning is finished!!! A huge thank you to all students that came in for a test on Monday and Tuesday and a massive congratulations for completing the Centre Assessment 2 exams over the last 3 weeks. The process of completing, returning and marking of grades has been very smooth so thank you all for your efforts in making this happen.

We return to school on Tuesday (16<sup>th</sup> March) with normal lessons and after-school intervention sessions for just over two weeks so it is vital that students are 100% focused from day one. There is very little teaching time left with only approximately 10 lessons left for each subject so it is essential that students maximise their productivity from these before the final set of Centre Assessment exams, which will begin on May 4<sup>th</sup>. This will be the final opportunity for Year 13 students to provide evidence for their Teacher Assessed Grades (final grades) that will be submitted on June 18<sup>th</sup> - it doesn't get more important than that!

I look forward to seeing you all on Tuesday.

Mr Matthews

## **Oxbridge Sessions**

Given the present climate hasn't allowed visits to universities, or for their admission staff to come to us, Oxford University are running zoom webinars for Year 10, 11 and 12 students. For Year 10 and 11, this will be a fantastic opportunity to find out more about the higher education process and how applications to university work. Students will also have the opportunity to ask questions to the admission staff directly. The session for Year 12 students will be focused on what super-curricular activities are and how students can use them to build up their skills and improve their personal statement.

- **Year 10 & 11:** Introduction to University and Oxbridge with Q&A, Thursday 18<sup>th</sup> March, 6-7pm: [https://zoom.us/webinar/register/WN\\_1Z259mjtRaaHC-xcKyszvA](https://zoom.us/webinar/register/WN_1Z259mjtRaaHC-xcKyszvA) (Parents, guardians, and teachers are welcome too though we ask them to leave questions to the students).  
Oxbridge admissions staff will be introducing some key ideas about Higher Education (degree education) and offering tips on how to research university and course options. We will outline life and learning at Oxford and Cambridge, breaking down some common myths. Current Oxbridge students will be chipping in with their experiences transitioning from school to university and overcoming any worries they had in Year 10 or 11.
- **Year 12:** Subject Exploration Webinar with Q&A, Friday 26<sup>th</sup> March, 6-7pm: [https://zoom.us/webinar/register/WN\\_M56CYQuvQ92EAQswjf09ag](https://zoom.us/webinar/register/WN_M56CYQuvQ92EAQswjf09ag) (Parents, guardians, and teachers are welcome too though we ask them to leave questions to the students).  
We hear of super-curricular research all the time – and that it can help students gain a fascination for a subject and bolster university applications. But what exactly is a super-curricular activity and how is it done? Find out more in this session by Oxbridge staff which covers where to find inspiration at home,

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at school, and, once pandemic restrictions are loosened, at museums, art galleries and elsewhere. We will also cover thinking critically and building up intellectual ideas and arguments.

Please **submit your interest** via the following links:

**Year 10 & 11:** Introduction to University and Oxbridge with Q&A, Thursday 18th March, 6-7pm, to express interest click the following link: <https://forms.office.com/Pages/ResponsePage.aspx?id=nRr-BijQTU2WCf5rTXAvSRiBf91E8ydFjjDy7Q9ytuJUN0JLR1Q2VUNDRVIPUjM4WkNPRkISQTRMSS4u>

**Year 12:** Subject Exploration Webinar with Q&A, Friday 26<sup>th</sup> March, 6-7pm, to express interest click the following link: <https://forms.office.com/Pages/ResponsePage.aspx?id=nRr-BijQTU2WCf5rTXAvSRiBf91E8ydFjjDy7Q9ytuJUQVY1MTAxUIBEUFhMQkIBQVBEMINOQjJKSi4u>

## Geography News

Year 10 have been working on some excellent river projects, showing the three courses of the river (upper/middle/lower) which demonstrates the great progress they have made during their lockdown studies. A particular well done to Ketziah Sudhagar for this outstanding effort in producing a model- which even showed the gradient changes in the land. For those students that are yet to complete theirs, please send these to Miss Boland once completed.

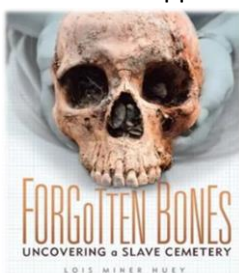


## History News

This week's recommendations...

### To Read:

This week's book, *Forgotten Bones* by Lois Miner Huey, follows the discovery and excavation of a long-lost slave cemetery in Albany, New York, in 2005. Although this may seem a little gruesome, this should surely appeal to those interested in archaeology! This text has the added bonus of being available on the Sora App!



Watch  
Read  
Listen

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**To visit:**

This week, we're leaving Italy and travelling to Paris! Why not take a wander around the Louvre and explore masterpieces such as the Mona Lisa, Venus de Milo, and many more?! Visit the below link to access the many virtual tours available at the Louvre.

<https://www.louvre.fr/en/visites-en-ligne>

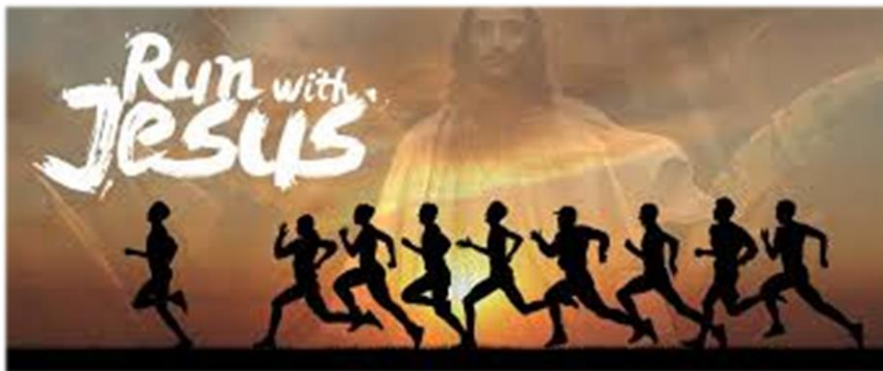
Please do continue to send in your book, film, podcast, and virtual tour recommendations, and we will share them in the Newsletter and through our Instagram page, @stjosephshistory.

**Recipe of the Week:**

Our Instagram followers asked, and we listened! Each week, the History Department will be uploading a recipe onto our Instagram page as well as a brief history of where the recipe came from. This week's recipe is a Saxon favourite – baked apples!

We would love to see our students' creations, so please do send on pictures to Ms. Weir by email or private Teams message, and we can share them in the Newsletter and on our Instagram page!

## **Mission to Jerusalem**



Jerusalem is 3,047 miles (or 4,904 kilometres) away. Can we reach it virtually by the end of the Easter holidays?!

Our aim is to either run, walk or cycle 3,047 miles (or 4,904 kilometres) by Sunday 18<sup>th</sup> April 2021. Mrs. Rolfe has set up a Strava page in order to track our progress live!

If you would like to participate, all you need to do is:

1. Download the 'Strava' app.
2. Create an account.
3. Click on the 'Clubs' tab.
4. Search for "St. Joseph's Challenge".
5. Then click 'request' to be accepted onto the page.

The link is here: <https://www.strava.com/clubs/st-joseph-s-fitness-challenge-826785>

You will also have an opportunity to clock up more miles in your P.E. lessons!

Miss. Wellesley-Davies has created a Microsoft Form in order to decide which two charities to raise money for. The options are:

Catholic Children's Society

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Mission to Thailand

Catholic Mental Health

CAFOD

Please follow the link in order to make your choice: <https://forms.office.com/Pages/ResponsePage.aspx?id=nRr-BijQTU2WCf5rTXAvSTA0TRigjuFEi-inh7BgIxVxUNVpVTkhXWThNQ0QxVzFEQ0pNNE1QVzlyVS4u>

For more information on each charity, please click on the attached PowerPoint.

If you have any queries regarding any of this, please feel free to speak to Ms. Buchanan.

A 'Just Giving' page will be shared once we have decided on our charities. Please share this with your family and friends. After such a turbulent year, our generosity means more than ever.

I hope you have a lovely weekend!

Mr. Ojakovoh

## **TVLP Berkshire Bake Off Competition Results**

Huge congratulations to Jessica Mann (11V), Karolina Woronowicz (8M), Gianina Alexandra Lica (8T), and Ellie Forsdick (12J) for their fantastic entries to the bakeoff competition. A special mention to Ellie whose cake was judged to be runner up in the competition.

A video showing all the entries and the winner can be found here:

<https://www.youtube.com/watch?v=700tQg40WYI>



JESSICA MANN, ST JOSEPH'S CATHOLIC HIGH SCHOOL



KAROLINA WORONOWICZ, ST JOSEPH'S CATHOLIC HIGH SCHOOL

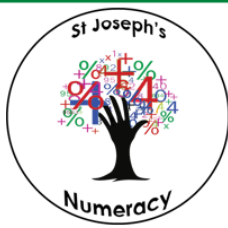


GIANINA ALEXANDRA LICA, ST JOSEPH'S CATHOLIC HIGH SCHOOL



ELLIE FORSDICK, ST JOSEPH'S CATHOLIC HIGH SCHOOL

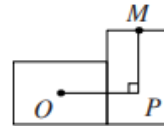
***'Unlocking Belief in All'***



# #IcandoMaths

## Solution to last Week's Puzzler

- B** Let  $P$  be a point inside one of the rectangles such that  $OP$  is parallel to the horizontal edges of the rectangles and  $MP$  is parallel to the vertical edges. Therefore  $\angle OPM$  is a right angle.



$$\text{Then } OP = \frac{1}{2} \times 14 + \frac{1}{2} \times 10 = 7 + 5 = 12.$$

$$\text{Also, } MP = 14 - \frac{1}{2} \times 10 = 14 - 5 = 9.$$

By Pythagoras' Theorem,  $OM^2 = OP^2 + MP^2 = 12^2 + 9^2 = 144 + 81 = 225$ .  
Therefore  $OM = \sqrt{225} = 15$ .

## Solution to the Break time Teaser:

**B**  $2021 - 2223 + 2425 = 2021 + 2425 - 2223 = 4446 - 2223 = 2223$ .

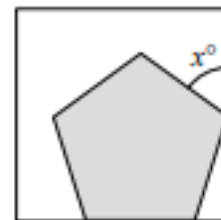
Well done and epraise awards to Rebecca Conlon (11C), Cameron Martin (10P) for correct answers to both the Challenge and the break time teaser.

## Problem of the week

The diagram shows a regular pentagon inside a square.

What is the value of  $x$ ?

- A 48    B 51    C 54    D 60    E 72



## Break time Teaser:

What is the value of  $1 - 0.2 + 0.03 - 0.004$ ?

- A 0.826    B 0.834    C 0.926    D 1.226    E 1.234

Send your answers to Mr Allinson. The first full complete answer will get epraise points and a prize.

# MFL News

Congratulations to all our Year 11 students who completed their Centre Assessments this week!

Well done to **Simone Gagliesi** who represented us last week in the TVLP Spelling Bee, your prize and certificate will be ready for when you return next week!

## Idiom of the week: **tomber dans les pommes**



Literally “falling in apples”, this expression means to faint.

Although its origin isn’t certain, it was first observed in 1889 and would derive from the old French “*pâmer*” meaning to swoon, which would have evolved into “*paumer*” then “*pommes*”.

Another theory is that the expression comes from classic French author Georges Sand when she wrote “*être dans les pommes cuites*” (to be in cooked apples!) to describe being extremely tired.

## Did you know?



Speaking of Georges Sand, her real name was Amantine Lucile Aurore Dupin and she was a French novelist, memoirist and journalist. She is recognised as one of the most notable writers of the European Romantic era.

She was born in 1804 and used the pen name “Georges Sand”.

She chose to wear male attire in public (and she did so without applying to the compulsory permit that was required by law since 1800), justifying them as being less expensive and far sturdier than the typical dress of a noblewoman at the time.

In addition to being comfortable, Sand's male attire enabled her to circulate more freely in Paris, and gave her increased access to venues from which women were often barred, even women of her social standing.

She was linked to **Frederic Chopin** (amongst others throughout her life) with whom she shared a 2-year relationship in 1838-1839.

Sand was the most popular writer (of any gender) in Europe by the age of 27, more popular than both Victor Hugo and Honoré de Balzac in England in the 1830s and 1840s, and she remained immensely popular as a writer throughout her lifetime and long after her death.

Below is an extract of Victor Hugo’s eulogy on her funeral:

*“In this country whose law is to complete the French Revolution and begin that of the equality of the sexes, being a part of the equality of men, a great woman was needed. It was necessary to prove that a woman could have all the manly gifts without losing any of her angelic qualities, be strong without ceasing to be tender... George Sand proved it.”*



## PE – Returning to School Notices

1. You will still be required to come into school wearing your PE kit on the days that you have PE. This **MUST** be your official St. Joseph's PE kit – No hoodies, leggings or non-PE socks. You **CAN** wear black tracksuit bottoms.
2. Y7-10 – Girls group will be doing football until Easter. Boys groups will be rugby and mixed groups will be handball. Please be prepared to be outside.
3. Y11 will be options.
4. Extra-curricular clubs will be starting the week beginning 22<sup>nd</sup> March.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:45-8:15	Basketball – Y9/10 JCO		Gym – Y10		
Lunch (Y11 only)		Table Tennis + Badminton Y11		Table Tennis + Badminton Y11	
After school 3-4:15	Trampolining – Y9/10 MJO Football – Y9 boys and Y10 mixed AGO Table Tennis – Year 9/10 THU	Basketball – Y7/8 JCO Rugby – All years THU Football – Year 7 BOYS AGO Trampolining – Y7 KBR/AAN Table Tennis – Year 7/8 LRO	Trampolining – Y8 KBR/MJO Badminton – Y7/8 AAN Football – Year 8 BOYS AGO	Girls football Y7-9 GIRLS	Badminton – Y9/10 LRO GYM – Y11

### PE @ Home

#### Challenges

1. **Physical Challenge #7 – The stick** – Click on the link below to watch the tutorial. Film your successful attempts and send it through <https://www.youtube.com/watch?v=kncujZdbMnE>.

2. Strava – We have created a St. Joseph's Fitness Challenge Strava group so you can track any walk, runs or rides that you do out of school. You will need to create your own Strava account first (you have to be 13) and then request to join the group through the link below:

<https://www.strava.com/clubs/st-joseph-s-fitness-challenge-826785>



#### St Joseph's Fitness Challenge

Slough, England, United Kingdom

St Joseph's PE department Fitness Challenge

#### Club Leaderboard

Compare your training with other Club members and stay motivated throughout the week.  
Request to join this club

#### Helpful Reminders

- Strava should be used with parental control and consent.
- Strava tracks location through GPS. If you wish to not show your location you will need to manually input the exercise each time.
  - You can also set your profiles to private so that the general public cannot see your activity.
- Strava is a FREE app, you only pay for a premium version. You **DO NOT** need the premium version to participate in the group.

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3. Workout of the Week (WOW) – Complete the workout and send your results to your PE teachers.



<u><b>Whole Body in a Hurry</b></u>	<u><b>Push Up to Plank</b></u>	<u><b>Heart-Rate Racer</b></u>
5 rounds for time: 20 push ups 20 sit ups 20 pull ups (if possible) 20 air squats 20 alternating lunges	10 rounds of: 10 push ups 45-second plank 10 push ups 45-second plank 60-second rest between rounds	5 rounds of: 30-second mountain climbers 30 tuck jumps 30 jumping jacks 10 burpees 60 seconds of rest between rounds

## **Pupil Nominations of the Week**

<b>Year 7</b> Oliwia Foksinska and Wiktoria Juszcak for both working really well in MFL.	<b>Year 8</b> Isabelle Pace and Kasey Woolley for outstanding contribution in Languages.
<b>Year 9</b> Patrycja Artemska, Felmica Souza and Tao Davis for excellent participation and work in Geography.	<b>Year 10</b> Ava Sharp for her positive approach to lockdown and school life in general.  Maclan Costa for achieving the highest average score for the boys in last half terms assessments.
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