

Newsletter 13th February 2026



Head Teachers Message

Dear Parents and Carers,

Hope you are all safe and well. Link to the latest video is: [Head Teachers Message 13th February 2026](#)

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

St Joseph, pray for us.

Miss Riddles

Links from the Head Teacher Message:

Cornell Notes

Title - unit topic and possibly what these notes link to...	
30% Cues, important words, questions, comments	70% normal notes
Summary - to be filled out at a later time	

WHAT MAKES CORNELL NOTE-TAKING SO EFFECTIVE?

Active summarising To summarise a topic, learners need to have a certain level of understanding. This note-taking method prompts learners to get there.

Intentional notetaking Cornell notes encourage mindfulness and focus when taking notes. Students have to pull out key points and reflect on the material, instead of simply writing every little thing down. This is also a highly active form of note taking and helps learners develop the skills of prioritising and elimination.

Revision-ready notes When it comes time to revisit your notes, they are logically organised.

Stomach

What is the anatomy of the stomach?
 The stomach is a pear-shaped organ, about 11cm long, located in the upper abdomen. It is divided into two main parts: the **fundus** (upper part) and the **antrum** (lower part). The **pylorus** is the opening at the bottom of the stomach, which leads to the small intestine.

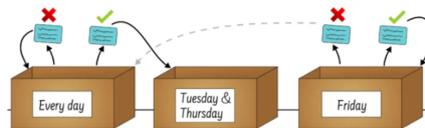
How does mechanical digestion occur in the stomach?
 The stomach has a thick muscular wall that contracts and relaxes to churn food. This process is called **peristalsis**. The stomach also produces **gastric juice**, which contains enzymes that break down food into smaller particles.

How does chemical digestion occur in the stomach?
 The stomach has a lining called the **gastric mucosa**, which secretes **gastric acid** (hydrochloric acid) and **enzymes** (such as pepsin) to break down food. The stomach also has a **pyloric sphincter** that controls the flow of food into the small intestine.

Summary: The stomach is made of **muscle layers** and an outer layer of **epithelium**. During **digestion**, the stomach churns the food and **gastric acid** and **enzymes** break down food into smaller particles.



Flash Cards: The Leitner Method



Fishbowl



23. Theme of the Week Sheet - 15th February 2026



The command of God

Weekly Reflections
 15th February 2026
 6th Sunday in Ordinary Time



From the Holy Gospel according to Matthew (1:18-24)

At that time: Jesus said to his disciples, 'I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

'You have heard that it was said to those of old, "You shall not murder; and whoever murders will be liable to judgement." But I say to you that everyone who is angry with his brother will be liable to judgement.

'You have heard that it was said, "You shall not commit adultery." But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

'Again you have heard that it was said to those of old, "You shall not swear falsely, but shall perform to the Lord what you have sworn." But I say to you: Do not take an oath at all. Let what you say be simply "Yes" or "No"; anything more than this comes from evil.'

Prayer for the Week

O God,

Renew in us the spiritual gifts of faith, hope and especially love.

Deepen our love for all we lead, teach and serve.

Strengthen our resolve to live fully human, holy lives.

Help us to give witness to the joy of a deeply virtuous life

We ask this through Christ, The Way, The Truth and The Life.

Amen

Reflection on the Gospel from Sunday:

In the Gospel on Sunday, Jesus examples true wisdom. Choosing to and exceeding the righteousness of the Scribes and Pharisees must be our goal and Jesus' wisdom shows us how to do this. The Scribes and Pharisees do all they can to serve the law (very important), but is what they do and say, morally right? This is true righteousness and you have to be wise to know this. Jesus is not saying the law is wrong. But Jesus brought the law to life so it could meet the needs of the people of his day. Jesus is saying that true wisdom, which comes to us through the Holy Spirit, will help us to see and to choose ways that best meet the needs of the people in our lives and not just ourselves. This is a very challenging way to live.

God's decision to give us free choice is very challenging because we can choose evil as well as good.

Jesus warns us not only to avoid the extremes of evil, like murder, but also to avoid the little steps, like anger, that can take us down the path in such a direction. It is really difficult to deal with the kind of feelings that can lead to wrong doing. But let us not forget that God is always with us. And if we listen to Him in prayer and in our hearts, and be guided by the Holy Spirit, we will also make the right decision and be truly righteous.

Lent is Coming!



Lent begins 18th February 2026

Lent is almost here! A special season in the Catholic calendar that invites us to **pause, reflect,** and **grow**. For Catholics, Lent is a time for **prayer, fasting, and charity**. It is about preparing our hearts for Easter, thinking about how we live, and finding ways to care for others.

As Lent approaches, take a moment to think about what this season means to *you*. Lent is not just about giving something up — it is also about choosing to become a better version of yourself. It's a time to build good habits, show kindness, and strengthen your relationship with God and with others.

Our school will be marking Lent with a range of events and opportunities to get involved. Look out for charity projects, prayer reflections, assemblies, and community activities happening throughout the term.

Practical ways to get involved this Lent:

- Give up a habit that distracts you and replace it with something positive
- Commit to one daily act of kindness
- Join a school charity or fundraising event
- Spend 5 minutes a day in quiet reflection or prayer
- Support a friend who might be struggling
- Reduce screen time and invest in reading or helping at home

Lent is about **small choices that make a big difference**. Every action counts.

Let's walk through this season together as a school community.

Ms Ura

Year 7 News

We have now completed our first half term of the New Year, a massive well done to all the students who received an award at Rewards Assembly, we had over 35 awards given out, it was lovely to see!

I hope everyone has a lovely break, we will be back on Monday 23rd.

Have a good weekend!

Mr Cooper-Santos – Head of Year 7

Year 8 News

The Year 8s have had a fantastic week in school, with over **800 positive points** which is a wonderful reflection of their hard work, positive attitudes and commitment to our school values. A big congratulations to **Peter House**, who won the House Competition and triumphed in the Iron Arm Challenge, a brilliant achievement and very well deserved!

As we head into a well-deserved half term break, I hope everyone takes the time to rest and take care. Please also ensure that homework is completed and that you stay on top of your studies, so you return ready for another successful term.

Have a good Half-term.

Mrs Viegas - Head of Year 8



Year 9 News

It was a great atmosphere at our Rewards Assembly yesterday morning. Well done to all the students who received an award.

The GCSE Options window is now closed. If you have any questions or concerns about option choices, please get in touch with Mr Gibbons as soon as possible.

Over half term, please encourage students to stay on top of their homework and coursework so they return ready to go.

Look after your loved ones

Mr Hunt – Head of Year 9



Year 10 News

This week Year 10 achieved an 89% positive ratio, which is a good improvement on last week—thank you for your support. Our biggest concern remains homework, so please continue to check ClassCharts at home to ensure students are completing homework on time and to the expected standard.

We have also seen a slight rise in Xs for missing equipment. Over the half-term break, please use the time to restock anything that may be missing (pens, pencils, ruler, calculator, etc.) so students can return fully prepared for learning. Check your child's journal if you are unsure on what is needed.

A real positive to end the half term: Year 10 have earned 3,266 positive points this half term—excellent work. Next term, our goal is to push that even higher by keeping routines tight and standards consistent.

Rest well over the half-term break. God bless.

Mr Whiteside - Head of Year 10

Year 11 News

Well done, Year 11! You have finished the final week of term on a really positive note, and I am incredibly proud of the maturity and focus you have shown.

On Tuesday, we held our Rewards Assembly, where students were celebrated for their hard work, dedication, and consistent effort across all subjects. It was fantastic to see so many of you recognised for the high standards you continue to set.

A special congratulations goes to the Year 11 GCSE Drama group, who successfully completed their practical assessment on Wednesday. Your commitment, creativity, and resilience have truly paid off.

On Thursday, Mufti Day was awarded to all students who achieved 0 X's for uniform, homework, and punctuality.

As a reminder, the first week back after half term includes a very important event: **Year 11 Parents' Evening on Thursday 26th February**. It is essential that every student books appointments with all of their subject teachers. This evening is a key step in preparing for your final GCSE months, and your attendance and engagement are absolutely vital.

Enjoy a restful half term you've earned it!

Miss Joseph – Head of Year 11



Year 12 News

Firstly I would like to say a huge thank you to all of the students who supported the primary schools Cricket Festival. The organisers of the event have got in touch with the school and to say the feedback was glowing would be an understatement. The students were commended

for their 'professionalism, patience, and enthusiasm' and the organisers have said they would welcome them back to future events so well done!

Sixth Form parents evening is on **Thursday 5th March**. This is a really important evening as it gives you the opportunity to meet with your child's subject teachers to discuss their progress and any areas of development that they should be focused on. I am hoping that everyone will be able to make it on the evening, however if you are unable to attend then please do get in touch so that we can arrange a suitable time to meet.

I would like to wish you all a restful half-term,

Mrs Finn – Head of Year 12

Year 13 News

This week we began with a Results Assembly on Monday morning where students received their Target Grades and Currently Working At grades based on their recent mock examinations. Many students are now in the process of securing their firm and reserve choices for University through UCAS. If your son or daughter requires any further support with this we are here to help and advise.

There will be an opportunity to discuss their academic progress and future plans at our **Sixth Form Parents Evening** on **5th March**. Please put the date in your diaries and ensure that you attend so that we can have these important conversations.

We will be running some sessions for those who need it on revision skills as a few students still seem unsure.

We wish all the students a very well deserved break over Half Term and look forward to continuing the hard work with them all when they return.

Miss Stevens – Head of Year 13

Students of the Week

Year 7: Mhyles Labao & Kacper Trojanowski for excellent ends of the term!

Year 8: Lorena Quadros Popien & Oliwier Rolka for an excellent week!

Year 9: Aldrin Joseph & Yashona Rojas

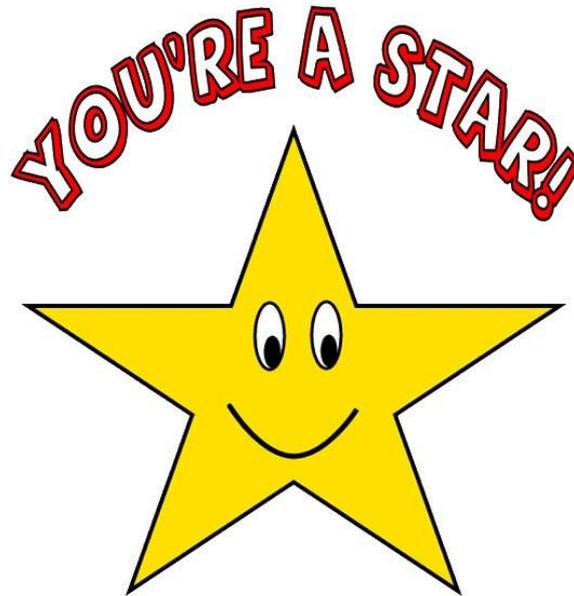
Year 10: Brianne Barrozo and Conor Woolley, both doing their absolute best in lessons.

Year 11: Altaire Ricalde and Ayan Daniel for receiving the most positive points this week

Year 12: Maisie Hayman for good work in Spanish and Darragh O'Connor for excellent work in maths

Year 13: Nicola Szuba for receiving an offer from Cambridge University and Radek Przerwa for excellent progress in his PPEs

Homework Superstars



Oliwia Dworak 7 Cecilia

Oliver Neves 8 Teresa

Yashona Rojas 9 Peter

Aleksander Chojdak 10 Veronica

Well done to our Homework superstars of the week!

House Competition

Yesterdays House Competition was Iron Arms where students competed to see how many push ups they could complete in a minute. The House that were victorious were Jerome. A special mention to Bruno who completed 77 push ups. Our House Competitions will continue after half term. In the meantime have a great break

Mrs Dunleavy





Science Museum Trip

ALL YEAR 7 STUDENTS

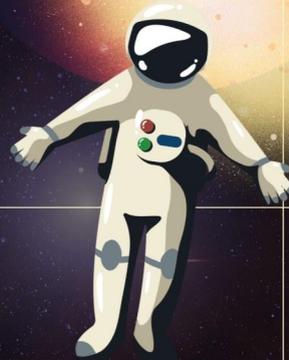
YOU ARE INVITED ON A
TRIP TO THE

SCIENCE MUSEUM

Dates:

April 21 & 22, 2026

Secure your place on
ParentPay
by Mar. 3, 2026



Exhibition Road
South Kensington
London SW7 2DD

St Joseph's Catholic High School Bikeability Level 3 Parent Letter

Bikeability Training

Dear Parent/Carers,

Great news! We will be coming to your school to do Bikeability training with your children in years 7-10. Although places are limited and priority will be given to older year groups.

Our training will take place on the following **March 9th**

Children who have successfully completed their cycle training to Bikeability Level 2 are now eligible to take on the third and final level (L3).

You will learn more advanced skills, including how to: **Use the best riding position** for any situation **/Ride alongside** other cyclists **/Ride on more complex roads**. This might include busier roads, more complicated junctions or faster roads with speed limits above 30mph/**Negotiate more complex roads**. For example, junctions controlled by traffic lights, multi-lane roads or cycle lanes/**Respond confidently** when a situation changes. For example, when a vehicle pulls out in front of you.

Whether you're planning to cycle to school, ride alone to a club or explore with your family, Level 3 is the answer. It will set you up for a life of freedom on wheels!

The course is free. Places are limited.

If you would like your child to take part, click on this link or scan the QR code:

<https://consent.bikeability.org.uk/doi-van-dress>



Kind regards,

BeSpoke CI

Geography Club



What Makes a Successful Geographer?

Geography Club members last week explored an important and inspiring question: **What makes a successful geographer?** The session encouraged everyone to think carefully about the knowledge, skills and personal qualities needed to truly understand our world. Students then designed their own version of a successful geographer

Sustainability Elective



Spreading Kindness Through Letters: A Step Toward Social Sustainability

This term, our students have been taking part in a special project: writing letters to elderly members of the community. What may seem like a simple act of putting pen to paper is, in fact, a powerful example of social sustainability—caring for the well-being and dignity of all people, especially those who may feel isolated or forgotten.

Many older people experience loneliness, particularly if they live alone or in residential care. By writing thoughtful, cheerful letters, our students are helping to build connections across generations. These small acts of kindness can brighten someone's day, spark memories, and remind them that they are valued members of our community.

This project also reflects the principles of Catholic Social Teaching. It puts into action the call to respect the dignity of every person, to show solidarity with those who may feel on the margins, and to promote the common good. Through these letters, students are living out their faith by showing compassion, empathy, and service to others.

We are proud of the care and creativity our students have shown, and we look forward to continuing projects that strengthen our community and put our values into action.

Design and Technology News

Year 12 came to the end of their 'succulents' project having designed and prototyped holders for identified clients. They are already underway with their next 'teardown' unit and are analysing and researching a commercial product.









D+T Club.

Love and light!..... These words and sentiments were on the cards this week in Makelt Monday. Our Designers finished off their lights and spread some love to those dear to them.













Make It Elective.





D+T Stars of the term

Well done to the Design and Technology stars this term.

Year 7: Justyna Brzezinska, Izabela Kociolak

Year 8: Kate Leo, Lucja Majewska

Year 9: Victoria Podoba, Molly Bywater

10 food: Vaiva Liutkeviciute, Sophia Umbao

10 D+T: Antoni Mielcarek, Jude Martin

11 Food: Declan Fagan, Matilde Santoro

11 D+T: Oliver Kroliczek, Maksymilian Wedrzyk

12+13: Ann Kavalakkat, Shreya Sookrah, Oliwia Mroz, Ninah Bangalan

Thank you for your efforts in lessons and positive attitudes to your Learning. Keep up the good work.

Dates

- 24th February- Yr 7 basketball vs St B (H)
- 25th February- 12/13 Basketball vs Windsor Boys (H)

- 26th February- Panathlon
- 26th February- Yr 8 netball tournament

Congratulations to Ana who has been selected to represent Berkshire in the ESAA National Schools Cross Country Championships. Best of luck!!

- 13th February - End of term at 3:15pm
- 23rd February - New term begins
- 26th February - Year 11 Parents Evening

EAL



EAL NEWS (English as an Additional Language)

Creating Opportunity to Talk Family Debates

Dear Parents,

As we enter the half-term break, I want to take this opportunity to **thank you** for your ongoing support in helping your child develop their English language skills. One of the most effective ways to support their learning is by **creating opportunities for conversation at home**. Engaging in family debates can be a fun and interactive way to build their confidence and enhance their oracy skills.

Here are four engaging debate topics to try with your child:

- **Is it better to read books or watch movies?**
- **Is it better to have many friends or a few close friends?**
- **Should children have more or less screen time?**
- **Should pets be allowed in schools?**

Encouraging your child to express their thoughts, justify their opinions, and **listen actively** will help them develop essential **communication skills**. Keep the debates light-hearted and **enjoyable**, and **praise their efforts in using English!**

Thank you for your continued support, and I hope you have a wonderful half-term break.

Best regards

Ms Uca

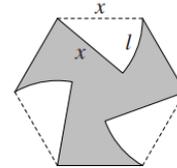


I Can do Maths

Solution to last Week's Puzzler

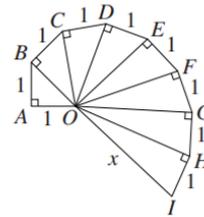


- D** Let the length of the side of the hexagon be x mm and the length of the arc of each sector be l mm. Then the radius of each sector is also x mm. Therefore $2x + l = 18$.
The perimeter, in mm, of the shape formed when the three sectors are removed from the hexagon is $6x + 3l = 3(2x + l) = 3 \times 18 = 54$.



Solution to the Break-time Teaser:

- D** By Pythagoras' Theorem, $OB^2 = OA^2 + AB^2 = 1^2 + 1^2 = 1 + 1 = 2$. Similarly, $OC^2 = OB^2 + BC^2 = 2 + 1 = 3$ and $OD^2 = OC^2 + CD^2 = 3 + 1 = 4$. Continuing in the same way, we see that $OE^2 = 5$, $OF^2 = 6$, $OG^2 = 7$, $OH^2 = 8$, $OI^2 = 9$.
So the length of the line segment marked x is $\sqrt{9} = 3$.

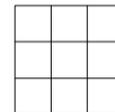


Puzzler of the week

To draw a 3 by 3 square grid you need 8 straight lines, as shown.

How many straight lines do you need to draw a n by n square grid?

- A $n + 5$ B $3n - 1$ C $n^2 - 1$ D $4(n - 1)$ E $2(n + 1)$



Break-Time Teaser

The sum of the lengths of the three sides of a right-angled triangle is 16 cm. The sum of the squares of the lengths of the three sides of the triangle is 98 cm^2 .

What is the area, in cm^2 , of the triangle?

- A 8 B 10 C 12 D 14 E 16

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

You Are Not Alone Drop-in



You Are Not Alone Drop-in

Every 1st Tuesday of the month - 7.00pm - 8.30pm

A free monthly online drop-in for parents & carers

The **You Are Not Alone** community is a friendly and safe space run by Erik & Sally Wagter where you can come and learn about autism & PDA, ask questions, connect with like-minded people or simply listen and learn from other people's conversations.



In this community we talk about all sorts of things such as:

- helping your child regulate their emotions & feelings (meltdowns etc)
- understanding autism and PDA
- navigating school and EHCPs
- Supporting your child with friendships
- understanding and managing challenging behaviour
- managing sensory needs
- developing a positive relationship with your child (family dynamics)
- exploring EOTAS or home education
- looking after your wellbeing
- and so much more



Here's what parents have said:

*'My husband Jamie was saying that in the last few sessions, he has learned **so much more about autism and PDA** than he has over the past year - Jo (parent)*

*'Thank you so much for the group this evening. I can't tell you how grateful I feel and I **really do feel less alone** and more validated. My hope is back' - Louise (parent)*

You can request the **Zoom link** on our website

<https://youarenotalone.community> or you can send an email to

team@youarenotalone.community



Menu: To see the dinner choices and price list please click [HERE](#)

WEEKLY MENU				
St Josephs Catholic High School - Week Three				
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Lasagne	Pork Sausages served with Mashed Potatoes & Gravy	Volcano Chicken Pasta	Cottage Pie	Battered Fish served with Chips & a Lemon Wedge
Quorn & Vegetable Enchilada	Black Bean & Sweetcorn Nachos served with Sour Cream & Cheese	Quorn Meatball & Tomato Pasta Bake	Vegetable Korma served with Rice	Spinach, Tomato & Red Onion Pizza
Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad
Red Pesto Pasta	Hoi Sin Vegetable Noodles	Pasta Bolognese	Ham & Sweetcorn Pasta	-
Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	-
Syrup Sponge with Custard	Chocolate Brownie	Blueberry Muffins	Toffee Apple Crumble with Custard	Salted Caramel Banana Cake

Baps/Buns, Sandwiches, Burgers & Wraps.
 Assorted Cold Desserts & Fruit Pots.
 Salad Bar.

HARRISON
food with thought

Clubs

DESIGNeers- DT club - Monday afterschool 3.20-4.15



Make it Monday!

If you love a challenge; enjoy solving problems and Designing and Making; consider joining our D&T team!
Please see or message **Mrs Stacey on Teams**
Join us in **A3** for DT Club on **Monday afterschool. 3.20-4.15.**

This week we are planning a bit of CAD/CAM



Ham Radio Club



Most Fridays 15:15-16:15, at the top of the Tower Block.
An interesting club for everyone.
For any questions, please message Mr Allinson



Radio Society of Great Britain
Advancing amateur radio since 1913

**KEY STAGE 3
AFTERSCHOOL
SCIENCE CLUB**

WEDNESDAYS FROM 3:15PM TILL 4PM

Come along and see why
Science is so cool!

Led by
Mrs. Lionel and Mrs.Hameed

For more information please
contact Mrs. Lionel

Welcome to Geography Club

The first Geography Club meeting will be held on Friday, 3rd October 2025 in T-15 at 3:20 - 4:00 p.m.

Aims

- 1) To appreciate nature and its resources.
- 2) To create awareness of the environmental problems and adopt various measures to protect the earth.

Geography club meetings will be held every week after school on Fridays, 3.20-4.00pm. Open to year 7 to year 9.

In these sessions we will have geography quizzes, competitions (Wealth out of Waste, poster competition), paper bag making, creating coastal landform models and planting herbs.

HASTA LUEGO!

LANGUAGE CLUB

A bientôt

Hola, Bonjour, Cześć to all you keen Year 7 & 8 linguists. Join us Tuesdays 3.20p.m to 4.40 p.m in T5 with Ms Shaw. Get a boost for your extra-curricular house points? Try out something different & have fun with friends! Tasty treats (!) to keep you full of beans after school. You can also: have a chance to lead a club session - help run a MFL assembly - play competitive language games - make a language project for display or open day - AND even get yourself in the goldfish bowl if it's deemed outstanding. *Challenge! How many ways can you say "See you soon" in our array of beautiful worldwide languages? Is there someone you know who can pronounce these greetings?*

ESPERANDO VOCE

Do zobaczenia wróćcie!

HANGANG SA MUL!

St Josephs Dance Club

Starting Monday 12th January in the Assembly Hall

Move. Groove. Repeat.
Dance Club — Mondays after school
Fun routines • New skills
No experience needed!

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Badminton and Basketball	GCSE Students Badminton	Badminton and Table tennis	Badminton and Basketball	Basketball and Volleyball
Lunch 2	Badminton and Basketball	GCSE Students Badminton	Badminton and Table tennis	Badminton and Basketball	Basketball and Volleyball
Afterschool	Netball Year 7-13 AAN and MJO Football Year 7-13 boys FWA and THU Volleyball/ Badminton Year 7-13 JRO Fitness KBR Year 7-13 Dance Year 7-13 HST	Basketball Year 7-13 JCO Fitness Year 7-13 THU	Fitness KBR Year 7-13 Badminton Year 7-13 AAN Girls Football Year 7-13 MJO		

Term Dates

School Year 2026- 2027

Autumn Term	
Inset Day	Tuesday 1 st September 2026
Year 7 + 12	Wednesday 2 nd September 2026
Whole school returns	Thursday 3 rd September 2026
Inset Day	Friday 18 th September 2026
Half Term	Monday 19 th October 2026 to Friday 30 th October 2026
Term Ends	Friday 18 th December 2026 (12:30pm finish)
Spring Term	
Term Begins	Monday 4 th January 2027
Half Term	Monday 15 th February 2027 to Friday 19 th February 2027
Term End	Thursday 25 th March 2027 (12:30pm finish)
Summer Term	
Term Begins	Monday 12 th April 2027
Half Term	Monday 31 st May 2027 to Friday 4 th June 2027
Term Ends	Friday 16 th July 2027 (12:30pm finish)

Term Dates

School Year 2025 - 2026

Autumn Term

Inset Day Monday 1st September 2025

Inset Day Tuesday 2nd September 2025

Year 7 + 12 Wednesday 3rd September 2025

Whole school returns Thursday 4th September 2025

Inset Day Friday 19th September 2025

Half Term Monday 20th October 2025 to Friday 31st October 2025

Term Ends Friday 19th December 2025 (12:30pm finish)

Spring Term

Term Begins Monday 5th January 2026

Half Term Monday 16th February 2026 to Friday 20th February 2026

Term Ends Friday 27th March 2026 (12:30pm finish)

Summer Term

Inset Day Monday 13th April 2026

Term Begins Tuesday 14th April 2026

Half Term Monday 25th May 2026 to Friday 29th May 2026

Term Ends Friday 17th July 2026 (12:30pm finish)