



St Joseph's Catholic High School Newsletter

Friday 16th May 2025



District Athletics Meet

We are **incredibly proud** to share the outstanding achievements of our students who represented our school at the recent District Athletics Meet held at Hillingdon Athletics Centre on Monday 12th and Wednesday 14th May.

Please see more details on page 9.

Headteacher Message

Dear Parents/Carers and Students,

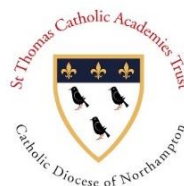
I hope you are all safe and well. Please click on the image below to be directed to this week's Head Teacher Message.



Please like and subscribe to be made aware of all new and exciting St Joseph's content.

St Joseph, pray for us.

Mr Stapleton



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

Glorify

Weekly Reflections
18th May 2025
5th Sunday of Easter



From the Gospel of John (13: 31-33a, 34-35)

When Judas had gone out from the upper room, Jesus said, 'Now is the Son of Man glorified, and God is glorified in him. If God is glorified in him, God will also glorify him in himself, and glorify him at once. Little children, yet a little while I am with you.

'A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.'

Prayer for the Week

Loving Father,

In giving us the commandment of Love, you allow us to be your disciples. Give us the opportunity to show acts and words of love to one another just as you continue to show your love in us.

Through Christ our Lord
Amen

Day 1

Why do you think the message of 'Love one another as I have loved you' is repeated again during the season of Easter so soon after we heard it during Holy Week?

Day 2

What does true love from us actually show?
Why is this so hard to show?

Day 3

How can you be more **loving** and **compassionate** to others so they can see God's unconditional Love through you?

Catholic Social Teaching - Peace

Today the world has a profound thirst for peace. In many countries, people are suffering due to wars which, though often forgotten, are always the cause of suffering and poverty." **Pope Francis, 20 September 2016**
Peace is not just the absence of war. It is part of God's nature, and a value we should all seek to live out in our daily lives.

"Inner peace is closely related to care for ecology and for the common good because, lived out authentically, it is reflected in a balanced lifestyle together with a capacity for wonder which takes us to a deeper understanding of life." **Pope Francis, Laudato Si', 225**

How this half term can you promote Peace in all that you do in St Joseph's and society?

Theme of the Week – Glorify

In Sunday's Gospel we hear again of the last supper, the last time Jesus is with all His disciples before His death. And Jesus gives them this new commandment; **'that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.'** And to hear this reading again on Sunday is quite fitting during this Easter season. We know Jesus was resurrected and appeared to the disciples, however we also know he will leave them again to ascend into heaven and all of this was to show the love God for us. To hear this again in the Gospel, Jesus is affirming to the disciples and to us, don't forget to love one another, this is so important to do.

People see Jesus in us and know that we are his followers when we love and care for others as he taught us to. The Gospel on Sunday comes from a section of John's Gospel known as the 'farewell discourse' delivered by Jesus just prior to his arrest, when Judas has already left to betray him. He had locked himself away with those who believe, and is giving them instructions on how they are to continue his mission after he is gone. Jesus is telling his disciples not just that they must love one another, but that they must love as he had loved. The love that Jesus showed was totally unconditional and self-giving, expressed in service and fulfilled by the ultimate sacrifice of his death on the cross. It is this love which reveals the total love of a God who is Love. And it is this love that is the true mark of Christian discipleship.

No society can survive without tolerance, yet Jesus is demanding more than this for the new community he has formed. There are times when to love is one of the most challenging things we are asked to do, especially when it is not deserved. Can you think of people who have displayed this selfless love? How would people be able to tell you are a follower of Christ even if you didn't say anything? Jesus went on to say that this was to glorify God. In what ways do you glorify God in your life? Perform some random acts of kindness and act with love towards all the people you encounter this week. How this week can you be **Loving and Compassionate** to others as the Lord has been to us?



Pupil Nominations of the Week

<p>Year 7</p> <p>Victor Kyazze and Ella Sibanda for consistently demonstrating our Pupil Profile values.</p>
<p>Year 8</p> <p>Suela Zefi and Riley Henshall</p>
<p>Year 9</p> <p>Bruno Valek and Erin Ble, as voted for by Year 9 Form Tutors.</p>
<p>Year 10</p> <p>Mia Thornhill and Jared Fida for exceptional speeches in their English speaking assessment.</p>
<p>Year 12</p> <p>Oskar Luniewski for the most positive points on Classcharts and Isha Khan for a significant improvement in her attitude to learning and focus, particularly in Media Studies.</p>
<p>Year 13</p> <p>Mateusz Skowera and Mikhaella Mendoza for earning the most positive points this week.</p>

Year 7 News

A **massive well done to the Year 7 Athletics team** for a great day at District Athletics on Wednesday! They all did us extremely proud and demonstrated what it means to be a St Joseph's Student!

A reminder that we will break up for May Half-Term **next Friday at 3:15pm**.

Have a lovely Weekend!

Mr Cooper-Santos – Head of Year 7

Year 8 News

It has been another positive and eventful week for Year 8. It was particularly rewarding to see so many of our students participating in the House Competition today.

I would also like to extend our **congratulations to all the students who took part in the District Athletics Tournament** on Wednesday. A **special mention goes to Amelia O and David B**, who were crowned District Champions in their events.

However, we would like to remind all students and families about the importance of completing homework on time. On Monday, Year 8 recorded **30 homework Xs**, the highest number in a single day so far this year. We kindly ask for your continued support in ensuring that all homework is completed and submitted by the due date.

Mr Hunt – Head of Year 8

Year 9 News

The penultimate week of what has been a very short but busy half term, during which we have celebrated St Joseph's Day, taken part in District Athletics, and seen all Year 9 students finalise their GCSE choices for the next two years.

As a year group, there were many successes at District Athletics on Monday, with **Jenson Boggi winning the 200m**, the **girls' relay team winning their race**, and **Neve Cullen and Olly Kosiba both winning their events and setting new district records**.

Next half term, we have Rewards trips, Awards Evenings, and Sports Day to look forward to.

Hope you have a great weekend!

Miss McCormack – Head of Year 9

Year 10 News

It has been a jam-packed week for Year 10s! On Monday, we had the District Athletics Tournament where the **Year 10 girls finished 3rd out of 12 schools** and the **boys** echoed the same result – **also finishing 3rd**! This is an amazing achievement as the Year 10s narrowly lost 1st and 2nd position to St Bernard's and Langley Grammar. We also came away with **four district champions; well done to Sam (shot put), Natalia (javelin) and Tymon (1500m) and Noah (high jump)**.

It has been lovely to hear from the English department how well the Year 10s have done in the speaking assessment. The speeches that have been performed have been exceptional!

Finally, last Friday, some Year 10 girls, alongside Year 9, played in the Championship Day for the tag NFL tournament. Overall, **the girls finished in the top 10 out of 28 schools** and bettered their standings from last year; **well done to Ava, Licia, Sam, Mikah and Abby!**

Advanced warning: Year 10 PPE exams will begin the w/c 16th June – more information will be provided in due course.

Have a lovely weekend – one more week to go!

Miss Joseph – Head of Year 10

Year 12 News

This week, a number of examinations have begun for Year 12, particularly in BTEC subjects that are assessed on a modular basis and one-year courses such as Core Mathematics. The Sixth Form Study room is frequently busy with students revising hard in preparation for this! We held our third session on UCAS this Thursday, introducing students to the process of writing a personal statement. A number of students have been incredibly helpful and supportive to the wider school community in the past few days – **particular thanks goes to Emilia Pytel for helping to clean the BBQ, our wonderful student mentors and everyone involved in assisting with Year 10 Parents' Evening**.

Miss Stevens – Head of Year 12

Year 13 News

Year 13 have been excellent so far in the way they have conducted themselves for their examinations. Their punctuality and behaviour have been exceptional. On a sadder note, there has been a significant drop in attendance since the exams have started. I would just like to remind you that, as per the End of Term Arrangements Letter, dated 2nd May, all students should still be attending school full time until half-term. Subject teachers are working hard to prepare students for their exams and any students who are missing sessions will be missing some very important information. If your child is genuinely ill, then **this must be reported via ClassCharts by a parent/carer**. Unfortunately, any absences that are not reported will need to be recorded as unauthorised.

I hope you have a lovely weekend.

Mrs Finn – Head of Year 13



Absences

Dear Parents/Carers,

Please be aware that all medical absences from the last week of this half-term and the first week of the next half-term will be **unauthorised without medical evidence**. This is per our Attendance Policy. Please be aware that if your child is unwell in school, we will make a decision whether to send them home and this will be authorised.

If you have planned a holiday, please email office@st-josephs.slough.sch.uk with an explanation, including the dates of absence and proof of the travel documentation (both outbound and inbound). This **must be the original documentation** and not the boarding pass.

Having unauthorised absences will affect future Rewards trips and college/university applications.

Thank you as always for your support in the education of your child/ren.



Dear Parents and Carers,

We're excited to announce that our **Multicultural Day celebration** will take place on **Friday, 23rd May!** This is a wonderful opportunity for our school community to come together and celebrate the rich cultural backgrounds that make our school so vibrant.

We would love your **support in encouraging your child** to take part in one or more of the following ways:

- **Dress in traditional attire** to proudly represent your family's heritage
- **Join a cultural performance or activity** - singing, dancing, storytelling, or anything creative that celebrates identity
- **Share a dish:** Parents are warmly invited to contribute a favourite **traditional cuisine** to share with the school community.

Please remember:

- We are a **nut-free school**, so no dishes containing nuts, please
- Kindly **label any food** you bring with a list of ingredients for allergy awareness
- We ask for a **£1 donation via ParentPay** for Mufti Day, which will help support our school charity

Let's make this a colourful, joyful, and memorable day for everyone. We look forward to seeing the amazing ways our students and families choose to celebrate their culture!

Thank you for your continued support and involvement in making our Multi-Cultural Day a memorable one.

Warm regards,
Ms Ura

Please see the attached letter for more information.




St Joseph's Greatest Polyglot House Competition

The Modern Languages Department team wish to let you know how proud we are of the many enthusiastic, erudite and energetic students from all Houses and Year Groups, who participated in our cultural House Competition on Friday 9th May. Also, a **huge thank you to those who helped organise and run the event too** – we couldn't have done it without you: **Bruno Valek (Yr 9), Antoni Mielcarek (Yr 9), Dominic Szczepanek (Yr 10), Ugo Ibekwe (Yr 7), Nelio Da Costa Viegas (Yr 9), Ms Shaw, Mr Walsh and Miss Stone!**

Please do take the time to read our PowerPoint (attached) to test yourself and your polyglottal knowledge of culture and language – there is so much still to learn and appreciate in our beautiful and awe-inspiring world! There is an answer slide for every one of twelve challenging questions!

Congratulations to Peter House, who came 1st with 1000 well-deserved house points, and runner-up Veronica House.




St Joseph's Greatest Polyglot Results are in !!

CONGRATS TO OUR WINNERS, PETER HOUSE, AND ALL LEARNED & WISE HOUSE COMPETITORS!

THANKS TO OUR FUN, KIND & COMPASSIONATE PRESENTERS - BRUNO, ANTONI, DOMINIC, UGO and NELIO!

"Knowledge of languages is the doorway to wisdom" (Roger Bacon: 13th Century Franciscan Friar.) Ms Shaw + MFL.



PLACE	HOUSE POINTS	HOUSE
1 ST PLACE	PETER	1000
2 ND PLACE	VERONICA	800
3 RD PLACE	JEROME	600
4 TH PLACE	CECILIA	400
5 TH PLACE	MARK	200
6 TH PLACE	TERESA	100

We wish you in advance, a happy, healthy and harmonious half term!



"Unlocking Belief in All"

District Athletics Meet

We are incredibly proud to share the outstanding achievements of our students who represented our school at the recent District Athletics Meet held at Hillingdon Athletics Centre on Monday 12th and Wednesday 14th May.

A team of 60 enthusiastic and dedicated athletes from Years 7 to 10 competed in a range of track and field events, including sprints, long-distance races, relays, high jump, long jump, triple jump, shot put, javelin and discus. Their hard work, sportsmanship, and determination truly shone through.

The highlights of the day were:

Year 7 Girls	Year 7 Boys	Year 8 Girls	Year 8 Boys
Tianna Lescott 1 st in 600m	Lorcan daly 1 st in javelin and set a new district record	Amelia Odindo 1 st in long jump and 100m	David Bialek 1 st in Javelin and set a new district record.
Ella Sibanda 1 st in 75m	Marcus Slimakowski 1 st in shot put and set a new district record	The girls team came 5 th overall	
The girls team game 3 rd overall	The boys team came 3 rd overall		

Year 9 Girls	Year 9 Boys	Year 10 Girls	Year 10 Boys
Neve Cullen 1 st in 100m and set a new district record	Olly Kosiba 1 st in javelin and set a new district record	Samantha Albalate 1 st in shot put	Noah Devereux 1 st in high jump and set a new district record
The girls team came 3 rd overall	Jenson Boggi 1 st in 100m	Natalia Zaworska 1 st in discus	Tymon Zygmuntowicz 1 st in 1500m
	The boys team came 4 th overall	The girls team came 3 rd overall	The boys team came 3 rd overall.

The following students have qualified to represent the Slough team at the Berkshire schools athletics championships:



JG 100m **Neve Cullen**

IG Shot **Sam Albalate**

SG 100m **Mia Woodley**

SG 800 **Ana Passos**

JB 200m **Jenson Bohgi**

JB Javelin **Olly Kosiba**

IB High Jump **Noah Devereux**

IB 100m Hurdles **Alexander Baptista**



Beyond the medals, every student demonstrated resilience, teamwork, and school spirit. Whether they were competing, cheering from the sidelines, or helping with equipment, their positive attitude made us all proud.

Year 12 Hazards Learning at the Natural History Museum

On Friday 9th May, the Year 12 Geographers visited the Natural History Museum to stretch and consolidate the learning of their Hazards topic for their A-Level course. They completed tasks using the Volcanoes and Earthquakes exhibit, and learnt about forces that shape the Earth in other parts of the Red Zone. Of course, we couldn't miss the Dinosaur exhibit (the highlight for many), but we completed the visit with an interactive mixed-reality experience, which gave us a hopeful insight into what scientists think life on Earth could look like in 100 years' time!



Sustainability Elective Students Take Action for a Cleaner Community

As part of their ongoing commitment to care for creation, students in the Sustainability elective recently took part in a community litter pick in the local area. With bags in hand and a strong sense of purpose, the students spent an afternoon clearing litter from streets and public spaces, making a visible difference in their own neighbourhood.

This practical activity tied directly into their learning about sustainability in urban areas, where clean, safe environments are essential to the well-being of both people and planet. By taking action locally, the students helped promote a more sustainable and respectful approach to how we live in and care for our towns and cities.



Their efforts also reflected core principles of **Catholic Social Teaching**, particularly *stewardship of creation*, which reminds us of our responsibility to protect the Earth as a gift from God. Through their work, the students demonstrated *solidarity*, *participation*, and a commitment to the *common good*, showing how faith and action can work hand in hand to make a difference.

Japanese Elective Practice

In their elective lessons, our students have been practicing Japanese writing. They are improving their skills through fun exercises, making great progress and showing lots of enthusiasm for the language!



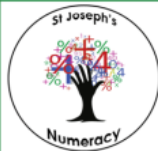
NFL Flag Football

Last Friday, the Girls' NFL Flag Football team competed in the Jets League Championships Finals Day at Chiswick RFC, where the top teams battled it out to see who would be crowned champion.

The team was placed in the hardest pool, alongside the previous winners (and eventual champions) Ealing Fields and Harris Academy. They progressed from the pool stages to play for the plate, **convincingly beating Villiers School by 40 points.**

The team finished 10th overall out of 28 teams, making them one of the top 10 Flag Football teams in London, an improvement on last year, with hopes of a top 5 finish next year.





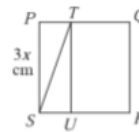
#IcandoMaths

Solution to last Week's Puzzler

E Let the capacity of the tank be x litres. Then $30 = \frac{5x}{6} - \frac{4x}{5} = \frac{25x - 24x}{30} = \frac{x}{30}$. So $x = 30 \times 30 = 900$.

Solution to the Break-time Teaser:

E Let square $PQRS$ have side $3x$ cm. Then, as $PT : TQ = 1 : 2$, $PT = x$ cm. Similarly, $US = x$ cm. In triangles PTS and UST , $PT = US$, $\angle PTS = \angle UST$ (alternate angles) and TS is common to both. So the triangles are congruent (SAS). Therefore $UT = PS = 3x$ cm and $\angle TUS = \angle SPT = 90^\circ$. Hence $PTUS$ is a rectangle, which has perimeter 40 cm. So $40 = 2(3x + x) = 8x$. Therefore $x = 5$ and the area of $PTUS$, in cm^2 , is $15 \times 5 = 75$.



Puzzler of the week

A Saxon silver penny, from the reign of Ethelbert II in the eighth century, was sold in 2014 for £78 000. A design on the coin depicts a circle surrounded by four equal arcs, each a quarter of a circle, as shown. The width of the design is 2 cm.

What is the radius of the small circle, in centimetres?

A $\frac{1}{2}$

B $2 - \sqrt{2}$

C $\frac{1}{2}\sqrt{2}$

D $5 - 3\sqrt{2}$

E $2\sqrt{2} - 2$



Break-Time Teaser

The sum of the areas of the squares on the sides of a right-angled isosceles triangle is 72 cm^2 . What is the area of the triangle?

A 6 cm^2

B 8 cm^2

C 9 cm^2

D 12 cm^2

E 18 cm^2

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

Free of charge

No rowing
experience
necessary



Give Rowing a Go

Marlow Rowing Club
Saturday, 31st May

Ideally Years 9-11, height over
170cm (f) and 180cm (m)

For more info, or to apply, email
ben.reed@britishrowing.org



Supporting Your Child Through Exam Pressure

Dear Parents/Carers,

As exams approach, it's natural for students to feel increased pressure. To help manage this, we're sharing a helpful poster from **Number22**, offering practical advice and tips for coping with exam stress. Please take a moment to review it with your child.

Together, we can ensure they feel supported during this challenging time.



number22

EXAM PRESSURE?

Are you:

- Looking for some help and support?
- Wanting to chat with a counsellor about something that is worrying you?

Why not make a one off telephone appointment with one of our trained counsellors

ACCESS A COUNSELLOR QUICKLY, NO LONG WAITING LISTS

To make your appointment visit our website

number22.org/support22

Once you make your appointment, one of our trained counsellors will call you.
All calls last 25 minutes

bacp | Accredited Service
collective mark


Menu and Competition – Harrison's Catering

<div>WEEKLY</div> <div>MENU</div> <div>St Joseph's Catholic High School - Week Two</div>				
Monday	Tuesday	Wednesday	Thursday	Friday
Chilli Beef Nachos with Sour Cream & Cheese	Chicken Korma served with Rice	Beef Pastitsio	Chicken Shawarma in a folded Naan with Harissa Yoghurt & Rainbow Slaw	Oven Baked Fish served with Chips & Tartare Sauce
Quorn & Vegetable Shepherds Pie with Sweet Potato Mash	Cheddar & Broccoli Quiche served with a New Potato Salad	Vegetable Spring Roll Served with Noodles	Red Lentil Bolognese served with Parmesan Cheese	Quorn Sausages with Sticky Onions
Vegetables & Freshly Prepared House Salad	Vegetables & Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad	Vegetables of Freshly Prepared House Salad	Baked Beans or Mushy Peas
Pesto Pasta Pot	Pasta with a Cheese Sauce	Pasta with Garlic & Parmesan	Teriyaki Noodle Pot	-
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	-
Iced Carrot Cake	Lemon & Lime Drizzle Cake	Rice Crispy Cake	Sticky Toffee Pudding served with Custard	Marble Cake

Available daily:

Sandwiches, Wraps & Baguettes, Panini, Jacket Potatoes, Cold Desserts & Fruit

Submissions must be submitted by **Friday 6th June 2025.**



DESIGN A BIRTHDAY CARD COMPETITION!

All Harrison Catering employees receive a birthday card, personally signed by our Chairman, Geoffrey Harrison.

We'd like you to design a birthday card which has a food theme, taking our values of healthy, home-cooked food, using fresh ingredients into consideration.

Applications are welcomed from children in the following age categories:

- 4-7 years old
- 8-11 years old
- 12-18 years old

****Prizes****

The winning pupil will receive an entry prize for a family of four to a UK theme park and copies of their winning design printed cards.

In addition, the winning school will receive a trophy, a smoothie bike for the day and nutrition education sessions for pupils, either in the classroom or during assembly.

**** Design Guidelines ****

The card can be created using digital media or on A4-size paper, with materials such as paint, crayons, pencils or collages.

**** How to Enter ****

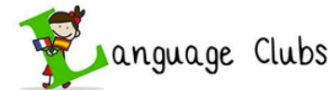
Please write the child's name, age and school on the back of the design, which must be submitted by Friday 6th June 2025.

Designs can be given to your Harrison Catering Manager Client Services or emailed to communications@harrisoncatering.co.uk. Alternatively, you can send them to:

Birthday Card Competition
c/o Communications Department
Harrison Catering Services, Oxford House, Oxford Road, Thame, OX9 2AH

Good luck!

WWW.HARRISONCATERING.CO.UK
INFO@HARRISONCATERING.CO.UK
[HARRISONCATERINGSERVICES](https://www.facebook.com/HARRISONCATERINGSERVICES)
[FOODWITHTHOUGHT](https://www.instagram.com/FOODWITHTHOUGHT)

SCHOOL CLUBS**Languages Department**

Our KS3 French and Spanish students have come back with a lamblike spring in their step, ready for a fun Summer of MFL club activities! We are currently working on a project to present to other students and staff. Come along **Tuesdays Week A at 3:30-4:30pm in T5 with Ms Shaw**. Our aim is to having lots of fun with languages, exploring cultural themes and enjoying existing and new friendships. We are *active, curious and compassionate*!



Love music? Want to learn how to play in a string ensemble? Join Mr Orval on **Tuesdays at 3:15pm** in the **XA room**. Several instruments (violin, viola, cello) are available for new/aspiring members. Contact your music teacher for further details.

Thursday at 8am – **Singing Club** / Friday Afterschool – **Band Jam**

Welcome to Geography Club

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 meeting will be held every week after school on Friday, 3.30-4.00pm in T-15. Open to year 7 to year 11.

In these sessions we will have geography quizzes, competitions (wealth out of waste, poster competition), paper bag making, creating landform models (volcano, coastal landforms, riverine landforms and glacial landforms) and planting herbs.

PE After School Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Badminton and Basketball	Badminton and Basketball (GCSE students only)	Badminton and Basketball	Badminton and Basketball (GCSE students only)	Badminton and Basketball
Lunch 2	Badminton and Basketball	Badminton and Basketball	Badminton and Basketball	Badminton and Basketball	Badminton and Basketball
Afterschool	Flag football HMC Tennis JCO Dance HST	Rounders KBR MJO AAN Cricket THU	Athletics JCO THU MJO KBR	Fixtures	

YEAR 7 & YEAR 8 AFTERSCHOOL SCIENCE CLUB

WEDNESDAYS FROM 3:15PM TILL 4PM

Come along and see why Science is so cool!

Led by Mrs. Lionel

**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

**St Joseph's Judo Club**

Official British Judo Club provider – joined with Windsor Judo Club.

Open for Grading and Competition.

Only for St Joseph's students and staff.

Location: Main Hall

Every Wednesday at 3:15-4:15pm with Mr A Romero.