



# St Joseph's Catholic High School Newsletter

Friday 20<sup>th</sup> June 2025



## National School Sports Week

This week, we proudly celebrated National School Sport Week, giving our students the chance to get active in exciting and unique ways beyond the traditional sports curriculum. Our focus was on alternative sports experiences, and the week was packed with memorable activities that inspired, challenged and educated our young athletes.

*Please see more information and photos on pages 7-9.*

## Headteacher Message

Dear Parents/Carers and Students,

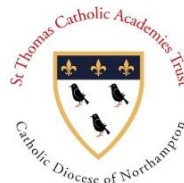
I hope you are all safe and well. Please click on the image below to be directed to this week's Head Teacher Message.



**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!"

## Corpus Christi

Weekly Reflections  
22<sup>nd</sup> June 2025  
12<sup>th</sup> week in Ordinary Time



### From the Gospel of Luke 9: 11b-17

At that time: Jesus spoke to the crowd of the kingdom of God and cured those who needed healing. Now the day began to wear away, and the Twelve came and said to him, 'Send the crowd away to go into the surrounding villages and countryside to find lodging and get provisions, for we are here in a desolate place.' But he said to them, 'You give them something to eat.' They said, 'We have no more than five loaves and two fish — unless we are to go and buy food for all these people.' For there were about five thousand men. And he said to his disciples, 'Make them sit down in groups of about fifty each.' And they did so, and made them all sit down. And taking the five loaves and the two fish, he looked up to heaven and said a blessing over them. Then he broke the loaves and gave them to the disciples to set before the crowd. And they all ate and were satisfied. And what was left over was picked up, twelve baskets of broken pieces.

### Prayer for the Week

Loving God,

Reminding us once more through your Body and Blood, the words we hear and the prayers we offer of all that you've done and will do. Help us in return to give our all to you in the name of Christ.

Amen

#### Day 1

How many people does Jesus feed?  
How many loaves and fish does he have to do this?  
How and when are we offered the chance to share this meal with God?

#### Day 2

How do the Apostles actions of taking the gifts provided by Jesus and offering it to others reflect the Church today?  
How can we be more grateful in what God provides us and then be more generous in sharing this with others?

#### Day 3

Jubilee year of Hope  
Pledge - please see the PPT

#### Catholic Social Teaching - Stewardship

"The Lord God took the man and put him in the garden of Eden to till it and keep it." Genesis 2:15. We are guardians of God's creation, living sustainably and enhancing the wellbeing of our planet. Caring for the earth is integral to our task of tackling the scandal of global poverty, vulnerability, inequality, injustice and exclusion. Stewardship is all about caring for the many gifts that God has given to us. These include our environment, our own talents and other resources. The late Pope Francis said "Humanity still has the ability to work together in building our common home" Laudato Si' 13 and "...the world we have received also belongs to those who will follow us." Laudato Si' 159.

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



## Theme of the Week – Corpus Christi

Sunday's gospel is probably one we are all familiar with, Jesus feeds the 5,000. This is not the first miracle Jesus performs but quite a grand one. There are 5,000 people and Jesus feeds them all from only 5 loaves and two fish. The disciples had just returned from being sent by Jesus where they were given power and authority from Him over diseases and demons, to preach and to heal everywhere. They did this but on their return a challenge was put in front of them of a crowd of hungry people and Jesus said **'You give them something to eat.'** Even though the disciples had been given the power to cast out demons, here they limited themselves in what they were able to do, simply saying **'We have no more than five loaves and two fish — unless we are to go and buy food for all these people.'** Quickly the disciples had forgotten what God had previously provided them but Jesus knew that God would provide all that they needed to sustain them. Every week at Mass we share a special meal together. We believe that, through the power of God, the bread and wine that we share at Communion becomes the body (Corpus Christi) and blood of Jesus, who gives himself to each of us in a very special way.

In the Gospel reading, the place they were was isolated, but close enough to be able to procure food from more populated areas should this be necessary. Jesus' actions over the food are in thanksgiving, and the actions of the apostles when they go out and feed the crowd is one of the abundance of provision God provides. This indicates that Jesus provides for his people through the Church. The feast on Sunday celebrates the living presence of Christ, which we know is in the gift of his body and blood in the Eucharist.

Sometimes we may long for food and refuge and a place to belong. As Catholics, the Eucharist is the place that satisfies these needs on our life journey. We understand the Gospel, in the context of the Eucharist, as being the way throughout history in which Jesus feeds the people who hunger and thirst for real 'food' and real 'drink'. As you approach Jesus within our school, what kind of things do you hunger for, and how does Jesus satisfy these hungers? How can we be more **grateful** in what God provides us and then be more **generous** in sharing this with others? During this week be aware of your responsibility to feed others, within your family, friends and the community around you. Find a way to give practical help and support to someone in need.

### Pupil Nominations of the Week

<b>Year 7</b> <b>Ugo Ibekwe and Rosbel Joyson</b>
<b>Year 8</b> <b>Kacper Dera and Amelia Lipnicka</b>
<b>Year 9</b> <b>Dean De Guzman and Michalina Branska</b> , as voted for by the Year 9 Tutors.
<b>Year 10</b> <b>Celine Sidyk and Santiago Wilk Caballero</b> for receiving the most positive points this week.
<b>Year 12</b> <b>Filip Marczuk</b> for being <i>Faith-Filled and Hopeful</i> and <b>MJ Visitacion</b> for the most positive points and her commitment to the wider life of the school.

### Homework Superstar

<b>Year 9</b>	<b>Brianne Barrozo</b>
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### Year 7 News

A reminder that **Parents' Evening is less than 2 weeks away**, please make sure that all have signed up to it via ParentPay. Appointments can be made from 4:15pm, all the way through to 7pm. Students are still booking appointments with each teacher. The aim is that all students should see all of their teachers.

Have a lovely weekend.

*Mr Cooper-Santos – Head of Year 7*

### Year 8 News

Another fantastic week in Year 8. This week was National School Sports Week; it was great to see all of the Year 8 students taking part in the House Competitions in PE, rowing at Dorney Lake and VR Hado. I hope you had a great week celebrating sport at St Joseph's.

As always, equipment and homework are a large section of the negatives we have received this week. Let's be prepared and organised!

Have a great sunny weekend, look after your loved ones.

*Mr Hunt – Head of Year 8*

### Year 9 News

Students in Year 9 have had the opportunity this week to take part in Girls' Football with Brentford FC, rowing, and a fitness session and simulator with the British Horse Racing School. All of these opportunities were approached with enthusiasm and all students have enjoyed these external sessions.

Other students have taken part in Softball and Rounders Inter-Form competitions, gaining valuable points for their House as we enter the final term before the House Cup is decided.

I hope you enjoy the scorcher of a weekend and look forward to seeing you all on Monday.

*Miss McCormack – Head of Year 9*

### Year 10 News

I want to take a moment to **congratulate all of Year 10 on a fantastic first week of your PPEs**. Your focus, resilience and commitment to your studies have truly impressed us. It's clear that you've taken these assessments seriously and are already laying the groundwork for a successful Year 11.

As we look ahead, we encourage you to keep this positive momentum going. The habits you're building now - staying organised, revising regularly and seeking support when needed will serve you well as you continue your journey toward your final exams.

**Keep up the great work, Year 10.** One more week of exams to go!

Have a lovely weekend.

*Miss Joseph – Head of Year 10*

### Year 12 News

This week saw the beginning of the PPE exam period for Year 12. Students continue to attend lessons outside of exam times and when they do not have lessons or exams, they have been quietly focused on revision around the school.

Last week, our final few candidates for Head Boy and Head Girl made short speeches in front of all Staff about their suitability for the role. Speaking in front of a large group of adults, including all of their teachers, is no small feat, so **we are incredibly proud of the way that they rose to the challenge and spoke magnificently!** The final results for Head Boy and Head Girl, plus their Deputies, will be announced in the coming days.

*Miss Stevens – Head of Year 12*

### Music Department - End of Term Mass

If you are interested in participating in the choir or the musicians for Mass, please let Miss Ure know **by 27<sup>th</sup> June**.



### Free Bike Marking with Thames Valley Police – Monday 7<sup>th</sup> July 2025

On Monday 7<sup>th</sup> July, Thames Valley Police will be visiting the school to offer **free bike marking** in partnership with the [National Cycle Database](#) | [BikeRegister](#). This is a great opportunity to help protect your bike from theft.

To take part, students will need to bring their bikes to school and have parental permission to register their details (name, address, phone number, email) with BikeRegister. **Permission should be provided via ParentPay.**

To learn more about how bike marking works, watch this short video: [How it Works](#) | [BikeRegister](#)

### Slough Museum Event

ANTZ KIDZ ACTIVITY CENTRE  
sloughmuseum

Royal Astronomical Society

**SAVE THE DATE!**  
**28-31 JULY 2025**

**ANTZ KIDZ IN SPACE**  
WITH THE ROYAL ASTRONOMICAL SOCIETY

Prepare to blast off this summer exploring space at the Slough Museum with Antz Kidz and the Royal Astronomical Society. Spend a week learning about stars, planets, the electromagnetic spectrum, telescopes, space, and more!

Email [info@antzkidz.co.uk](mailto:info@antzkidz.co.uk)  
[www.antzkidz.co.uk](http://www.antzkidz.co.uk)  
•Insta: @AntzKidzActivityCentre

ANTZ KIDZ ACTIVITY CENTRE

Royal Astronomical Society

**SECONDARY SCHOOL STUDENTS**

**SCIENCE FAIR**

**28 - 31 JULY**

**FIND OUT LATEST SCIENCE DISCOVERIES & ACHIEVEMENT & MEET PEOPLE IN THE KNOW**

**OPEN FROM 2.30PM - 5.00PM**  
**SLOUGH MUSEUM, SL1 4PN**

**WHAT YOU'LL FIND:**  
REPRESENTATIVES AND SCIENTISTS FROM THE ROYAL ASTRONOMICAL SOCIETY

OPPORTUNITY TO DISCUSS CAREER PATHWAYS INTO SCIENCE AND ASTRONOMY

**4 DAY SCIENCE WORKSHOP WITH EXPERTS**

PRACTICAL TIPS & ADVICE TO DEVELOP YOUR INTEREST IN SCIENCE

**ENTRY FREE! AGE 13 UPWARDS**  
**BOOKINGS: ANTZ KIDZ - 07598 062569**

**FOR MORE INFO:**  
**CONTACT: [info@antzkidz.co.uk](mailto:info@antzkidz.co.uk)**  
**WEBSITE: [WWW.ANTZKIDZ.CO.UK](http://WWW.ANTZKIDZ.CO.UK)**

sloughmuseum



## National School Sports Week

This week, we proudly celebrated National School Sport Week, giving our students the chance to get active in exciting and unique ways beyond the traditional sports curriculum. Our focus was on alternative sports experiences, and the week was packed with memorable activities that inspired, challenged and educated our young athletes.

Highlights from the week included:

- **Rowing at Dorney Lake** – Students enjoyed the thrill of rowing on one of the UK's Olympic venues, experiencing teamwork, discipline and the physical demands of this water sport.
- **A Day at Ascot Races** – Students witnessed the grandeur of the Royal Procession and had the unique opportunity to observe live horse racing, meet the mascot scotty and try a VR horse race on a simulator.
- **Coaching from a Brentford FC Player** – A professional footballer visited to lead a training session, followed by an insightful Q&A where students discovered what life is like as an athlete. Discussions covered nutrition, training routines and pathways into a football career.
- **HADO – Virtual Reality Dodgeball** – Combining technology and fitness, HADO challenged students with a high-energy HIIT-style workout. This immersive game encouraged strategic thinking, movement and coordination in a fun, futuristic setting.
- **Visit from the British Racing School** – Students tested their skills on a **racing simulator** and took part in jockey training activities, gaining first-hand insight into the fitness and technique required in horse racing.

The variety of activities gave students the opportunity to explore new sports, learn from professionals and understand the diverse possibilities within the world of sport. It was an action-packed week that promoted physical activity, broadened horizons and most importantly, was full of fun and inspiration.

**Well done to all students for taking part so enthusiastically – and a huge thank you to the PE department and visitors who made it all possible!**





More pictures below:







*"Unlocking Belief in All"*



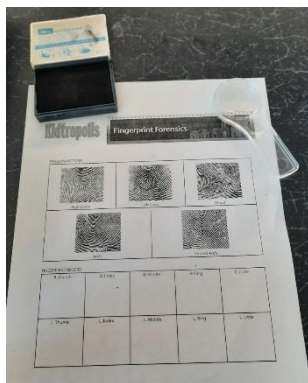
## House Competitions

Lots of fun was had during the 'I'm a Student Get Me Out Of Here!' House Competition last week.  
**Congratulations to Peter – the winning House!**



## Science Club

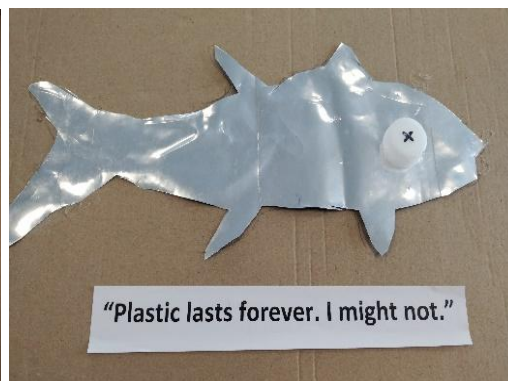
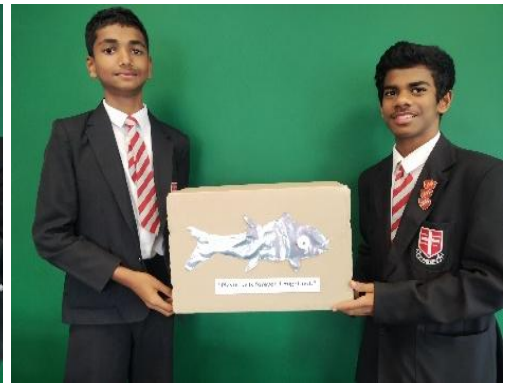
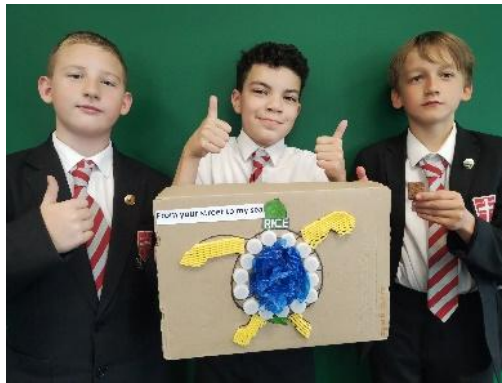
Students enjoyed learning the basics of forensic science – reading messages written by invisible ink, fingerprint analysis and investigating the modelling of chemical compounds using moly mods.

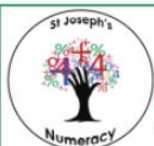




## Geography Club

Students showcased a collection of creative display items made from plastic waste and bottle caps. These art pieces highlight the urgent issue of ocean pollution and its devastating effects on marine ecosystems. Through their work, students drew attention to the harm caused to sea birds, fish and turtles – many of which suffer injury or death due to plastic ingestion or entanglement. The displays demonstrated how everyday waste can be thoughtfully repurposed to create something meaningful, while also encouraging greater care for our environment.





# #IcandoMaths

## Solution to last Week's Puzzler

- B** After giving away one sixth of the jam and then one thirteenth of the remaining jam, Jill was left with twelve thirteenths of five sixths of the original weight of jam. Now  $\frac{12}{13} \times \frac{5}{6} = \frac{60}{78} = \frac{10}{13}$ . So ten thirteenths of the original weight of jam was 1 kg. Hence Jill had 1.3 kg of jam in the jar at the start.

## Solution to the Break-time Teaser:

- A** Let the lengths, in cm, of the sides of the right-angled triangle be  $p, q$  and  $r$ , where  $r$  is the length of the hypotenuse. The area of the right-angled triangle is  $\frac{1}{2}pq$ . We are told that  $p + q + r = 16$  and  $p^2 + q^2 + r^2 = 98$ . By Pythagoras' Theorem,  $p^2 + q^2 = r^2$  so  $2r^2 = 98$ . Hence  $r = 7$ . Therefore  $p + q = 16 - 7 = 9$ . So  $(p + q)^2 - (p^2 + q^2) = 9^2 - 49 = 81 - 49 = 32$ . Hence  $p^2 + 2pq + q^2 - p^2 - q^2 = 32$ , so  $pq = 16$ . Therefore the area of the right-angled triangle is  $\frac{1}{2}pq = \frac{1}{2} \times 16 = 8$ .

## Puzzler of the week

The diagram shows a square, its two diagonals and two line segments, each of which connects two midpoints of sides of the square.



What fraction of the area of the square is shaded?

- A  $\frac{1}{8}$       B  $\frac{1}{10}$       C  $\frac{1}{12}$       D  $\frac{1}{16}$       E  $\frac{1}{24}$

## Break-Time Teaser

The mean of  $p$  and  $q$  is 13; the mean of  $q$  and  $r$  is 16; the mean of  $r$  and  $p$  is 7. What is the mean of  $p, q$  and  $r$ ?

- A 12      B 13      C 14      D 15      E 16

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

## Menu

WEEKLY

**MENU**

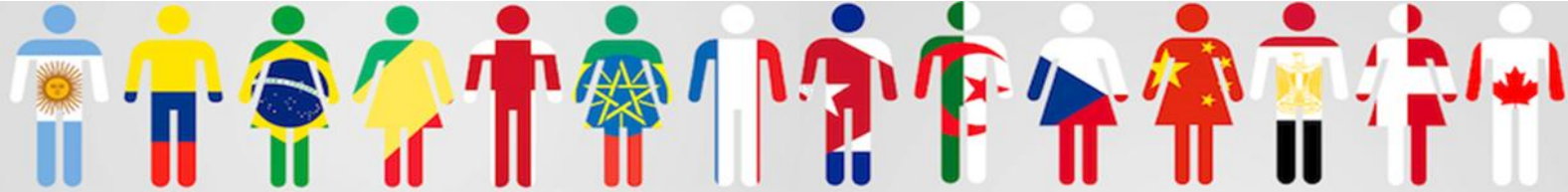
St Joseph's Catholic High School - Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Korean Fried Chicken Burger	Beef Bolognese with Pasta & Parmesan Cheese	Pork Sausages served with Mashed Potatoes	Chicken Enchilada	Oven Baked Fish served with Chips & Tartare Sauce
Sweet Potato & Chickpea Tagine served with Couscous	Quorn Enchilada	Vegetable & Edamame Bean Noodle Stir-Fry	Vegetable Tikka Masala served with Rice & a Poppadom	Bombay Potato Frittata
Vegetables or Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad	Vegetables or Freshly Prepared House Salad	Baked Beans or Mushy Peas
Tomato & Basil Pasta Pot	Red Pesto Pasta Pot	Tuna Pasta Pot	Pasta with a Tomato & Chilli Sauce	-
Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	-
Chocolate Brownie	Fruit Crumble served with Custard	Iced Vanilla Sponge	Dorset Apple Cake	Salted Caramel Banana Bread

Available daily:

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





## EAL NEWS

### (English as an Additional Languages)

#### *Did You Know?*

Research shows that at the age of 11, a parent is as important as a teacher in a child's education. When parents are involved in their child's education, children do better on a wide range of measures. These positive effects include:

- Better behaviour
- More confidence and greater self-esteem
- More enthusiasm about learning
- Better results etc.

***"It's what parents do rather than who they are that counts."***

*Professor Charles Desforges, University of Exeter*

Talk to your children about what they are doing in subjects, in their first language. If they do not understand, encourage them to use:

- A dictionary
- [Google Translate](https://www.google.com/translate)

In fact, John Hattie's seminal 2008 study, *Visible Learning: A Synthesis of Over 800 Meta-Analyses Relating to Achievement*, found that "the effect of parental engagement over a student's school career is equivalent to adding two or three years to that student's education".

#### *Free Online Resources*

Useful Internet website for English exercises for all levels:

<https://agendaweb.org/>

