



ST JOSEPH'S *NEWSLETTER*



THERE WAS GREAT EXCITEMENT ON THIS CHILLY WINTERS DAY. THE STUDENTS IN SCHOOL FOR THEIR LESSONS ENJOYED A HOT CHOCOLATE AS A REWARD FOR ALL THEIR HARD WORK THIS WEEK

From The Head Teacher

Dear Parents and Carers,

I hope this email finds you well and in good spirits. We've 2 important pieces of feedback this week and a few pieces about up and coming events to share with you.

The Ofqual proposals for the Summer Exam series GCSE, A Levels, BTEC, Cambridge Nationals and the questionnaire.

Thank you for the responses to the questionnaire we sent out earlier in the week and the time taken to read through the 50+ questions involved. We'll be able to formulate a representative response to Ofqual based on the findings. I'll report back on the findings and attach the response in next week's Newsletter. In the meantime although there are some details that need looking at in finer details, there are some positive and welcomed pointers in the document – namely:

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1. Assessments for the children will be later in the year. This is good as it provides as much time as possible to maximize the time for teaching and learning, especially for students who have lost education due to self isolation.
2. The consultation recognises that assessments will be based on what *has been* taught – again good for students who have missed time in school.
3. Although professionally our bread and butter is assessment – it's good that, in this context, the Exam Boards will be providing guidance around the assessments so the new way is understood for all. That helps quality assure marking.
4. It's good that there is provision for a worst case scenario – unlike last year
5. And it's good that there is an appeal process (although that needs development from what's been suggested here). Last year there was a lot of bitterness in that students faced with an algorithm had no recourse to challenge the grades they were given.

The feedback has been very helpful in that you've provided a clear direction on the questions that Ofqual asked us to consider. Thank you for the time and effort in writing all the comments.

So in short, I'd ask you as parents and carers to reiterate the message coming out from us to the students that:

Students: Keep calm and focus on your work and work hard because:

1. *Everything you do now will positively influence your grade*
2. *The knowledge and understanding you acquire now will help you not just now but for the next stage of your education*
3. *The proposals give you ownership of what your final Grades will be (which didn't happen last year) and that's a good thing.*

As for some final thoughts, it's also worth thinking through that:

1. *The final Grades will not be Teacher Grades – they will be submitted to the Exam Boards but it is the Exam Boards that will be awarding you these Grades.*
2. *Remember – although this has been tough on everyone – we're on a journey and although this may feel like everything is at this moment now – it's not, and in the fullness of time we'll all see that this was just a passing moment. However, if you are struggling now – reach out and tell us.*

Teaching and Learning /Screen time questionnaire

I appreciate that we're sending lots of questionnaires to you at the moment. Please see this as perhaps our way of trying to collate as much feedback as we can to smooth out the children's experiences of being taught on line, how successful it is and what we need to do next. Thank you for the feedback. The feedback has been plentiful and we can act directly on what you've said. Please do read Mr Nicol's section below regarding the screen time lesson changes as a consequence of the feedback we received. If any child is experiencing difficulties working on line please do get in contact with us at the school on the phones and we'll do whatever we can to help.

Advance notice: Year 8 Parents' Evening (Feb 4th) and Careers, Information, Advice and Guidance Evening (CIAG)

Please do see Miss Araf's notice concerning not only the up and coming Year 8 Parents' Evening on 4th February but the Careers, Information, Advice and Guidance Evening (CIAG). This is always an important meeting for Year 8 parents and students who begin to start to choose their GCSE subjects to start at the beginning of Year 9. We do not know at this point when we will return to

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school but even if we do by the time of this evening, it's unlikely to be *face to face* on the school site. However, we will release all the information that you need on the date of the evening including videos (on the school YouTube account) of what you need to know about the subjects the students must take, what subjects they can choose from, how the option process works and how to complete the forms and when they need to be submitted to us. Also we'll post videos of the option subjects. These subject videos will be released to the students the week before so they can gain an insight for the choices ahead. I'm sure there'll be plenty of questions to ask the Heads of Departments via email in advance. We'll post further details of the process next week.

LAT flow testing in school

There's inevitably been another U turn in government policy regarding the position we laid out last week. The current (at the time of this Newsletter going out) position is as follows:

Should a member of staff or student test positively for Covid19, they will now be asked to self-isolate along with those who have been in close proximity. So *we will not ask staff or students* who were in close proximity to an infected individual to be serially tested each day over a 5 day period should an individual as we had been previously instructed.

The Trust Well-being Questionnaire

It's the season of questionnaires – please see attached a notice from the Strategic Executive Lead of the Trust, Joe Richardson. who is enquiring into how we might be able to pool the resources within the Trust to their best uses in supporting parents' and children's well-being. There's a link for parents and for the relative year group settings. I know he'd be grateful for your time in engaging with this.

And finally....

St Joseph, pray for us.

Ciran Stapleton

Questionnaire Feedback

Dear Parents and Guardians

Further to the recent survey requesting feedback on our current provision of online learning, along with taking on board comments from students and staff, we have reviewed our practice and are making a few changes which are explained here. Many thanks to you for the hundreds of responses which you took the time to complete.

The broad consensus is that under the current lockdown restrictions, which at the moment have no clear endpoint, spending 5 hours a day on screen is both unhealthy and unsustainable in the long term. We have explored a number of possibilities eg. a whole day off screen, alternative activities, the impact on curriculum time for subjects, how any split classes would be affected and several more. The fairest solution which addresses the issue of hours spent online by the students and staff at this stage is:

- 1. From Monday (25th January) we are reducing the online lesson length of all lessons to 45 minutes.**

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2. **The remaining 15 minutes is to be used entirely at the students' discretion and we will be making no requests for compulsory continuation of online/onscreen activities after 45 minutes.**
3. This change won't affect lesson start times, current break or lunch times or the timing of the school day in any way.
4. Inevitably some students will continue to work for longer towards the whole hour, but this should be off screen, eg. consolidating learning, creating revision resources etc.
5. Homework activities, in general terms, for KS4 and 5 students should be focused on preparing for Centre Assessments - and **could** be a focus of that remaining 15 minutes (more if you add the accumulated time over a week) but will be offline activities wherever possible. Clear guidance about homework tasks across all Year groups will continue to be provided for all students. You will be aware that some subjects use online platforms for homework but with the significant reduction in online lesson time we aim to reduce the overall impact of online fatigue.

In brief, our amazing pupils are really engaged, even more so than during Lockdown 1, and we all want the best outcomes for them by sustaining the momentum everyone has built up so positively this term under difficult conditions.

I would also like to reassure you that we will continue to review this situation as we progress and as more information on the lockdown situation emerges.

With best wishes

Al Nicol

From Joe Richardson

Dear Parents and Carers,

Schools across our Academy Trust are undertaking our first annual survey of stakeholders. In most normal years we would be asking about how schools are running and how satisfied you are with your child's education. As you know all too well, this is not a normal year, so we wish to focus more on your experience of Remote Learning, about your wellbeing and about the issues that may affect our families and students.

This is an important survey for your school and an important survey for our Trust. Once you have completed the survey yourself, please remind another parent that they need to do so.

There are links shown below. We would love to hear the student views through the link provided, so once you have completed the survey, please encourage your child(ren) to do the same.

For some younger children or children with specific learning needs, we would like to thank you for the help you will give them to complete the survey. Their views are really important and we appreciate the support you will provide to enable them to do so.

Please select the appropriate link below:

Parents & Carers	https://www.surveymonkey.co.uk/r/ZV7MGK7
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Dear Students,

Each year your school and the schools in our Academy Trust will undertake a survey of students to see how you feel about your learning. This year is an unusual year with lots of you doing your work at home or in school in much smaller class groups.

We want to know how you feel about your work and we want to know how you are feeling in general. It is OK to be really honest on the survey as it is anonymous so no one will know a response is from you. If you are feeling worried or sad at the moment, please remember [you can contact great people at Childline through this link.](#)

Thank you for completing the survey. **To start the survey you need to click on the link below:**

Joe Richardson

Strategic Executive Leader, St Thomas Catholic Academies Trust

Years 7-9	https://www.surveymonkey.co.uk/r/ZLQK59V
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Dear Students,

Schools across our Academy Trust are undertaking our first annual survey of stakeholders. In most normal years we would be asking about how schools are running and how satisfied you are with your child's education. As you know all too well, this is not a normal year, so we wish to focus more on your experience of Remote Learning, about your wellbeing and about the issues that may affect our families and students. We feel sure that students in Years 10 and 12 will have their views on how lockdown is impacting on their education too.

Some of the questions in the survey ask about how you feel. We are asking these questions because your mental health matters a great deal to us. I would like to remind you that if you are ever feeling low or worried, you only ever need contact a teacher or member of staff who you know will support you. They will make sure you get any help you may need.

I would like to wish you well with your studies. I have a daughter in Year 11 now and one who finished in Year 13 last year, so I do understand that what we do every day to support you matters a great deal. My recommendation to you is that you do every bit of work that you are set by your teachers and trust them to worry about how the exams and assessments will work. All of that is outside your control, you can only do what you are asked to do – good luck!

Thank you for completing the survey, it will really help and your views matter a great deal. **Please select the appropriate link below.**

Joe Richardson

Strategic Executive Leader, St Thomas Catholic Academies Trust

Years 10 & 11	https://www.surveymonkey.co.uk/r/653YPCY
Years 12 & 13	https://www.surveymonkey.co.uk/r/ZLV9B5P

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Theme of the Week – Follow Me

In this week's Gospel, the first words foreshadow Jesus' own fate. "After John had been handed over....". Jesus gives new direction to the lives of the disciples.

Mark, the writer, gives the impression that Peter and Andrew answered Jesus' call by leaving behind their livelihoods. They left behind a thriving and secure business to follow Jesus. James and John responded by severing family ties. By sacrificing financial security and family, the disciples demonstrated the costliness of discipleship.

God has an important message to send, and he chooses you to send it. You may never know how God uses you to relay that message. But it will happen. The disciples must have been afraid to change their way of life. Afraid of the unknown, and of the risks they were taking. Fear of the unknown can be a stumbling block to change in our lives.

Jesus asked them to follow him and become fishers of men. These men would help lead people back to God and teach others of God's great love for them.

Jesus calls us to follow him, too. When we are baptised into the Christian family, we are called to be followers of Christ. But Jesus also calls us to follow him every day. What does this look like in practice?

To follow Jesus, we do not usually have to leave home like the first disciples did! **By loving God and our neighbour**, we can follow Jesus every day by living as he taught us to. It is just a case of making time with God a priority.

This could involve minimising the time we spend watching Netflix, or scrolling through Instagram, in order to **say a prayer before bed**.

It could involve **exploring an online church**.

It is very simple to make the choice to follow Jesus. We just need to be prepared to sacrifice our reliance on worldly possessions.

Year 7 News

Well Year 7 another week of remote learning comes to an end and I have heard many good things about your online learning. Remember the lessons will be 45 minutes long as of next week so make sure you are doing some exercise between lessons even if it is just running up and down stairs or star jumps.

This week I am starting **Mrs Dunleavy's challenges**. There will be prizes for the best entries when we get back to school. This week I would like you to bake something. It can be either sweet or savoury. Take a picture and email it to me.



Epraise

Top students

1. 🟡 Alexander Homot (7 Mark) (641)
2. 🟠 Yurand Kwiatkowski (7 Mark) (469)
3. 🟠 Nathan James (7 Teresa) (449)
4. 🟠 Darragh O'Connor (7 Teresa) (416)
5. 🟠 Kieran Mugume (7 Mark) (412)
6. 🟠 Franciszek Hermanowski (7 Peter) (384)
7. 🟠 Esinam Deynoo (7 Peter) (383)
8. 🟠 Vince Lacsamana (7 Veronica) (374)
9. 🟠 Daniel Karczewski (7 Teresa) (370)
10. 🟠 Anthony Omale (7 Peter) (369)

Have a good weekend.

Mrs Dunleavy

Year 8 News

Dear Parent/Guardian,

There are a number of key events that will be coming up in Year 8 which will entail having important conversations with your child as well as their teachers.

Year 8 Parents' Evening (online on Microsoft Teams) – Thursday 4th February

Parents' Evening will take place online over Microsoft Teams, on the evening of Thursday 4th February. This Parents' Evening is one of the most important in a child's time at secondary school, as it gives you the opportunity to have some honest conversations with the teachers and will help you in choosing the subjects that are best for your child to pick at GCSE level. It is important to note that these conversations should be focused on your child's ability in the subject, their future potential, their enjoyment of the subject and any future career prospects the subject offers, rather than discussing the actual picking process.

Please leave discussions around how GCSEs are picked, and the pathway process to the CIAG Evening on Thursday 25th February. Please begin to email your child's teachers to book in the appointments for the Parents' Evening. Any queries please contact Miss Wellesley-Davies, Head of Year 8.

Careers, Information, Advice and Guidance Evening – Thursday 25th February





CIAG Evening will be carried out online with presentations as well as important resources being shared on our website. This will inform you of the pathways process carried out at St Joseph's as well as information on the GCSE Curriculum we are very proud in delivering and how it fits into your child's future plans.

Miss Araf

The #SelfieChallenge for Year 8 is still open until Sunday 24th January so get creative and send your entries in to Miss WD! The next challenge is to get you all moving in the last week of January... YES, the last week! See the timetable below for all the lockdown challenges this term.

Have a fantastic weekend Year 8 - you make me prouder each week.

Miss WD

Year 8 Everest League Lockdown Challenges					
Week Commencing:	Challenge:	What do you do?	How does the tutor group win?	How does an individual win?	Submission:
11.01.2021	Great Year 8 Bake-Off 	Bake a cake – how creative can you be?	The most cakes baked by a tutor group	The cake with the most intriguing and inventive flavours	Send a photograph of your cake to Miss WD by Sunday 17 th Jan.
18.01.2021	Selfie! 	Draw/paint/create a self portrait.	The most self portraits drawn/painted/created by a tutor group	The individual with the most creative self portrait	Send a photograph of your artwork to Miss WD by Sunday 24 th Jan.
25.01.2021	One More Step. 	Get outside and get walking, track your steps using your health phone app or a pedometer	The tutor group with the highest step count that week, from walking, running, dancing, anything!	The individual with the highest step count that week.	Send a photograph of your step count from either your health app, or any pedometer device to Miss WD by Sunday 31 st Jan.
01.02.2021	Pasta-tech! 	Using any kind of dried pasta, build either your house, church or St Josephs.	The most architectural structures made out of pasta by a tutor group	The individual with the most detailed pasta structure	Send a photograph of your pasta building to Miss WD by Sunday 7 th Jan.
08.02.2021	RAKS. (Random Acts of Kindness)	Show someone a random act of kindness. Is it making your parent a cup of tea? Walking the dog? Helping your brother with their home learning? Doing the washing up?	The most RAKS by a tutor group	The individual with the most thoughtful and kind RAK.	Send a photograph of your RAK to Miss WD by Sunday 14 th Jan.

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Year 9 News

New timings of the day following the announcement of 45 minute lessons:

As you will have seen above, from Monday all live lessons will be 45 minutes rather than an hour.

This gives our students a chance to take a break from the screens and catch up with any work from the lesson if they need to.

The new timings of the school day for Year 9 are below. Note: this is the same for Year 8 and 10, but any siblings in Year 7, 11 or 6th form will be different.

Timings of the day

8:30 – 8:50 **Registration**

8:50 – 9:35 **Lesson 1**

10:10 – 10:55 **Lesson 2**

11:15 – 12:00 **Lesson 3**

12:55 – 13:40 **Lesson 4**

14:00 – 14:45 **Lesson 5**

It is vital that students are logged on promptly for these lessons and are present throughout them. Please let me know if you have any questions.

Mr Robinson

Year 10 News

Another good week of online learning, great attendance to lessons and even better engagement.

If you are having problems with your laptop/PC please let your tutor know, we may be able to help out.

If you miss any lessons and teachers mark you as absent Miss Cheston or the Office will be contacting you and your parents - so please let your teachers know if you are having technical problems and they will send you the work. A missed lesson with no genuine reason will be considered as truanting and this includes form time.

As you may be aware from next week all lessons will be 45 minutes long giving you some extra time away from your screens. Some of us are feeling guilty as we have been less active than usual, maybe eating a bit more so how about using some of this additional time to get up and be active. The advantages of doing something active are huge, reduced anxiety, reduced stress, increases oxygen to the brain so wakes the brain up making it more powerful, increased energy levels, the list goes on...

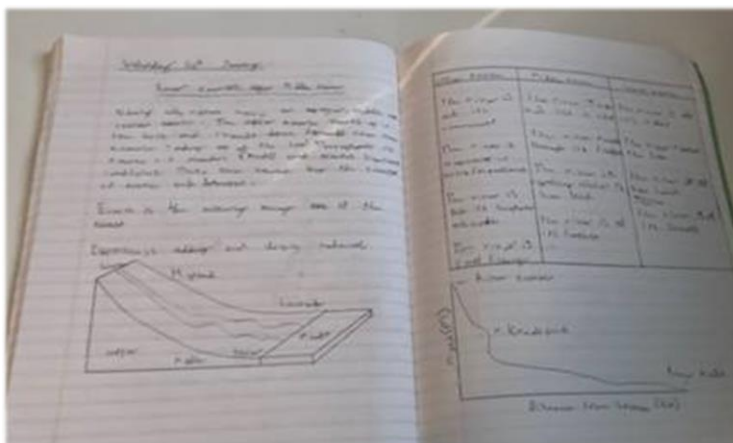
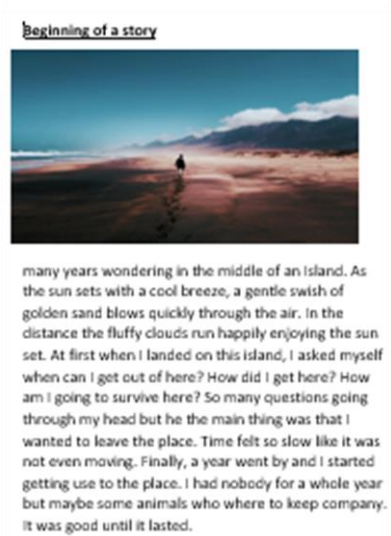
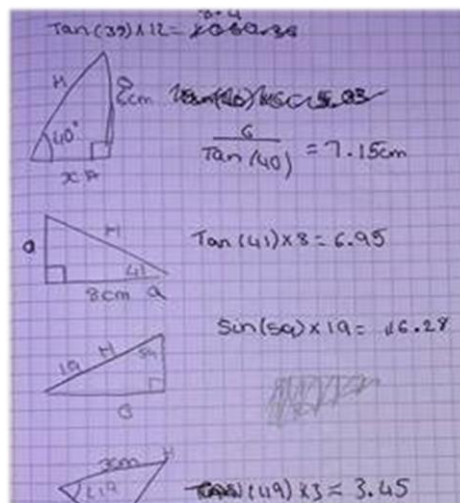
How about a short power walk round where you live or some of the exercises that PE have set you in the past, a jog using your strava app or a sit up work out. I enjoy doing Joe Wicks 15 minute HIIT workouts.

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Watch this, it's only 2 minutes. Exercise makes you happy <https://www.bbc.co.uk/news-round/52039778>



Some great work taking place in Science, Maths, English and Geography:



Miss Cheston

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Year 11 News

Dear Year 11,

Winston Churchill once said 'The optimist sees the opportunity in every difficulty' and this is something I am really resonating with. We are currently in a time of difficulty and uncertainty, particularly if not especially for people your age. It would be very easy for you to give up and get lazy and not engage with your work. However, the optimist here would see that in this situation the opportunity is to continue to work as you were, continue to engage in your lessons and go and get the best grade possible for you. It really pleases me to see that the vast majority are taking this opportunity with both hands so far, and if it continues whilst we are in lockdown and beyond, then your top grades will be signed, sealed and delivered come the summer!

Over the next week or so, you will all be having an interview from the VI form team. It's a good opportunity to discuss your options for next year, wherever that may be. In preparation, do have a look at the email Mr Clark sent and have an idea of what courses you'd like to study next year. If you have any questions regarding this, do not hesitate to get in touch.

As we approach week 4 of lockdown, I have a challenge for you all to try over the weekend. As we are in lockdown, I am missing valuable time to get photos of you all for your end of year assembly. So, to help me out can you please try to send me a photo of you doing some form of exercise (daily walk) over the weekend, ideally with a pleasant landscape! Feel free to make them amusing if you wish!

Have a wonderful weekend, take time away from your phones/laptops, get some fresh air.

Stay Safe, Stay Excellent!

Mr Oakley

Sixth Form News

Year 12

Another week of online learning has passed and many of you have not missed a single lesson. Well done to everyone with 100% attendance so far. You should all be extremely proud of how well you are coping in this lockdown despite the difficult situation. Please remember to follow your timetable and make sure you are logged in ready for each lesson. It is really important that you join tutor time if you have a period 1 lesson. You should also be present on Monday for assembly each week. Important information is shared and therefore it is compulsory that you attend to help you prepare for your future and give you opportunities to explore careers information and receive guidance.

If you are experiencing any technical difficulties, please ask your parents to call the school office and email both myself and Mr Clark. All lessons should be recorded therefore you will be required to catch up on work missed. Your teachers will be able to support you with this. Also make sure you don't have any excess photos, videos or files on your iPad, delete these and remove from deleted section as this can slow it down.

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Massive congratulations, to everyone who has participated in an exam this week, you should be really proud of how hard you have worked during this challenging time. Stay focused and continue to be diligent in your studies.

Just a reminder that PSHE is on Thursday 28th January period 3.

Have a great week!

Mrs Bray

Year 13

How time flies! Half way through this half term already! A huge well done to all those who have been attending all their lessons and completing all work over the last 3 weeks. It is vital to continue working hard to finish off the curriculum in each subject as well as coursework in preparation for the awarding of grades in the summer especially as it looks like there may be mini exams in the summer. Please make sure that you are following your entire timetable (except PR) as we are still seeing a lot of students not attending form, assembly, PSHE and EPQ lessons. This will count against you when it comes to awarding final grades in the summer and also means that you are missing out on a lot of enrichment that will help you in life. A reminder that PSHE is Thursday period 3 next week.

A reminder that if you are experiencing issues with your internet or iPad to ask your parents to phone the school office and also please email me and your teachers to let us know so we can send work out to you. All lessons are recorded and accessible from MS Teams so there is no excuse.

A big reminder to those that have not yet submitted their UCAS applications and would like to do so that the deadline is 6 p.m. Friday 29th January. This is now very urgent and must be made a priority. Please email Mr Matthews for any support required.

Have a good weekend.

Mr Matthews

History News

The History Department has had some excellent work sent through to them over the past week from our historians. Just a small sample of this has been showcased on the History Instagram page - @st-josephshistory. Well done to all of our students for the motivation and resilience they've shown throughout their remote lessons. Keep up the great work!



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The History Department would like to promote sources to read, watch, and listen – all recommended by staff and students. With this in mind, we invite you to contact us with any book (fiction or non-fiction), film, documentary, podcasts, or places to virtually visit that they have found particularly interesting and links to history – it doesn't matter what topic! In addition, we ask that when sending on your recommendation, that you write a short review explaining why they recommend that source – without giving the plot away. A one-liner will do! The History Department will share this weekly through the Newsletter and Instagram.

Please send all recommendations through to Ms. Weir by email or private Teams message.

This week's recommendations are in relation to the Holocaust and World War II, and can be found below.

Holocaust Memorial Day:

Wednesday 27th January marks the 76th anniversary of The Holocaust. This was the persecution and mass murder of European Jews under the orders of the Nazi regime. This event resulted in the execution of approximately 6 million Jews in total, and millions of others. It is important for us to ensure that our students understand the atrocities carried out during the Holocaust, to empathise with the victims, and to learn from these events.

Should any of our students wish to find out more about the Holocaust through the use of fiction or non-fiction, please find below a brief list of recommendations. Some of our English and RE students may also find this list beneficial to further their understanding of events.

Books:

The Boy in the Striped Pyjamas – John Boyne

The Diary of a Young Girl – Anne Frank

The Tattooist of Auschwitz – Heather Morris

Films:

The Boy in the Striped Pajamas

Anne Frank – The Diary of a Young Girl

The Pianist (rating 13+)

Virtual Tours:

Auschwitz Extermination Camp https://www.youtube.com/watch?v=EOM_CxAKB_Y

Anne Frank's House <https://www.annefrank.org/en/anne-frank/secret-annex/>

Documentaries:

Should any of our students wish to investigate Nazi Germany or World War II further, please find below a short list of documentaries available on Netflix:

"Hitler's Circle of Evil"

"World War II in Colour"

"Anne Frank – Parallel Stories"

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Holocaust Memorial Day

Holocaust Memorial Day is on Wednesday 27th January. This was a frightening time in our history where millions of people were systematically persecuted and murdered because of their religion, ethnicity, political beliefs and sexual orientation. The Holocaust began with legalised social discrimination against specific groups, and involuntary hospitalisation, euthanasia, and forced sterilisation of those considered physically or mentally unfit for society. These practices escalated during the Second World War to include non-judicial incarceration, confiscation of property, forced labour, human experimentation and death through overwork, undernourishment, and execution through a variety of methods, with the genocide of different groups as the primary goal.

The Holocaust saw the murder of six million Jews and millions of others by the Nazis and their collaborators during World War II. It is estimated that the total number of murdered during the Holocaust at 17 million: 6 million Jews and 11 million others. It is vitally important that we join together to educate our students about the Holocaust, Nazi Persecution and more recent genocides. It is an opportunity for us, as a school community, to take steps to build a better future.

Therefore, on Friday 29th January 2021 we are inviting our Year 7, 8 and 9 students to take part in activities during form time and Period 1 to mark this important date. The activities, developed by Ms Weir, will explore the Holocaust and what it was like to live in occupied Europe during the Second World War. All Year 7, 8 and 9 students will then attend a presentation on Teams where they will meet and hear from Liz Kessler who is the author of 'When the World was Ours'. The presentation will take place from 9:00am – 9:30am. Kessler's novel is set in Vienna, 1936 and is inspired by the true story of Kessler's father's escape from Nazi-occupied Europe. When the talk is finished the students will be required to complete a post session task, designed by Ms Butler, that they are required to submit to their form tutor. The text was only published on the 21st January and we hope to secure electronic copies for our students to read in form time.

PE @ Home

Challenges

1. Physical Challenge #2 – Equilibrium – Click on the link below to watch the tutorial. Film your successful attempts and send through to your PE teachers

<https://www.youtube.com/watch?v=M154Ua-CwBk>

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 progress with other Club members and stay motivated throughout the week.
[Request to join this club](#)

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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 profile's to private so that the general public cannot see your activity**
3. **Workout of the Week (WOW) – Complete the workout and send your results to your PE teachers.**

WOW 3 - Body Burner

1 Symmetrical Sequence of:

- **50 air squats**
- **10 burpees**
- **40 sit ups**
- **10 burpees**
- **30 walking lunges**
- **10 burpees**
- **20 push ups**
- **10 burpees**
- **10 pull ups**
- **10 burpees**
- **20 push ups**
- **10 burpees**
- **30 walking lunges**
- **10 burpees**
- **40 sit ups**
- **10 burpees**
- **50 air squats**



(No space for pull ups? Skip 'em out or replace with tuck jumps)

Time how long it takes you to complete the WHOLE sequence including breaks and send it through – Good Luck!

Geography News

The Geography Department were contacted by Clare Matheson, a coordinator of the Thames Valley Learning Partnership (TVLP) asking for students to write an article about environmental changes that students could make. These could have included ideas such as switching energy providers, buying second hand clothes, reducing single use plastic such as plastic bottles, sourcing books from a local library or charity shop, or even switching bank accounts away from those that fund factory farming and palm oil plantations. The possibilities were endless, and as usual, our students rose to the challenge! Leah Walls (Year 9) and Amelka Zak (Year 8) wrote some spectacular articles which have made the TVLP magazine which will be launched in February. In this they will receive a special mention, and some prizes from Miss Boland when we return! These students have shown great creativity and initiative in these articles and demonstrated excellent

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Friday 22nd January 2021

writing skills. We, as a department, are very proud with these efforts shown. Very well done Leah and Amelka!

Environmental changes students can make.

“There is no question climate change is happening. The only arguable point is what part humans are playing in it.”- Sir David Attenborough

Young people are least responsible for the current environmental issues in our world today, yet we will have to bear the greatest burden of its impact. Without action now environmental change will increase the inequalities we face. Everyone must act now to safeguard future generations. At local level small gestures can make a big difference. To help the environment you do not need to do much, but if many people do small things it will make a big difference. Students can improve the environment by making more of an effort in their everyday lives.

For example, students can make a difference by buying a reusable water bottle instead of a plastic one. It is estimated that in England alone, 35.8 million plastic bottles are thrown away every day and only 19.8 million are recycled. To further reduce the amount of plastic in your home simply buy loose fruit and veg instead of the packaged variety. Another great way to reduce the amount of plastic is to buy reusable shopping bags.

The fashion industry produces some of the largest amount of waste annually. In 2020 studies showed that on average each British person threw away 3.1kgs of textiles every year, this may not sound like much but there are over 66.5 million people living in Britain. In order to reduce this number, it would help if you donated your unwanted clothes to charity shops otherwise, they will find their way into landfill.

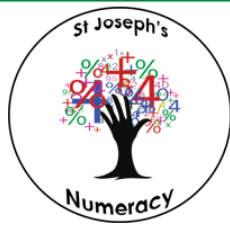
Every student uses revision guides and textbooks but what do you do with them when you do not need them anymore? Do you throw them away? If you do, it would be more environmentally friendly if you donated them to charity or passed them onto younger students.

Other simple but effective measures you could employ includes switching off lights, closing doors to keep in heat, turning off computers and other electrical devices to save energy. Whenever possible we should endeavour to walk or cycle thus reducing pollution and the resulting exercise would be more beneficial to our state of health.

These ideas may seem very insignificant but as stated at the beginning small gestures carried out by many people can eventually make a big difference.

Educating the youth of today about current environmental issues is necessary to prepare for the future as we will be growing up in an era where we will be responsible for developing solutions. As Sir David Attenborough said “ There is no question that climate change is happening,” everyone needs to play their part in making the world a better place.

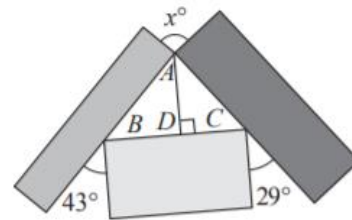
Leah Walls



#IcandoMaths

Solution to last Week's Puzzler

- A** As shown in the diagram, the perpendicular from A to BC meets BC at D . Because AD is parallel to two sides of the lower rectangle, $\angle BAD = 43^\circ$ and $\angle DAC = 29^\circ$ (corresponding angles in both cases). The angles at point A sum to 360° , so $43 + 29 + 90 + x + 90 = 360$ and hence $x = 108$.



Solution to the Break time Teaser:

- B** When one third of the circle is shaded, the angle at the centre of the shaded sector is $360^\circ \div 3 = 120^\circ$. In diagram A, the sector angle is 90° . In diagram C, the sector angle is $90^\circ + 90^\circ \div 2 = 135^\circ$. So the correct diagram has a sector angle greater than that shown in A, but smaller than that shown in C. The only such sector angle is that in B.

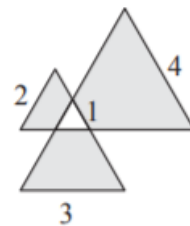
Well done and epraise awards to Nicola Szuba (8V), Ana Passos (8M), Annabelle Lysiak (8C) and Piotr Basinski (8T) for correct answers to both the Challenge and the break time teaser.

Problem of the week

The diagram shows four equilateral triangles with sides of lengths 1, 2, 3 and 4. The area of the shaded region is equal to n times the area of the unshaded triangle of side-length 1.

What is the value of n ?

- A 8 B 11 C 18 D 23 E 26



Break time Teaser:

Which of the following is *not* the sum of two primes?

- A 5 B 7 C 9 D 11 E 13

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

Drama News

DUNLEAVY'S RE-ENACTMENT CHALLENGE!

Rules are:

- Recreate a scene from a movie and take a **photograph** of it.
- Scenes must **NOT** be violent in nature.
- You may use costume, props, your dog, your chicken, whatever you like!
- If you can get some of your family involved, great!
- Be as creative and imaginative as you can!
- You **MUST** put the original image side by side to your creation for comparison.
- **Deadline for submissions to be emailed to me is Friday 29th January.**
- **Email** your creations to s.dunleavy@st-josephs.slough.sch.uk.
- The winner will receive a **£10 Amazon voucher**.
- The runner up will receive a **£5 Amazon voucher**.

Some examples:



Now over to you... GO!!!

Pupil Nominations of the Week

Year 7

Jessica Sobala for excellent work and Harry Oguike-Ibenana for his enthusiasm in lessons.

Year 8

Daniel Rossiter for excellence in English and Amelka Zak for writing an excellent article on sustainability for the TVLP.

Year 9

Phoebe Byrne for being helpful in P.E. and helping peers access work.

Martyna Krzesaj for exceptional performance in her PE assessment.

Year 10

India Jackson and Rhys Wilder for the amazing work they are doing across all their subjects despite having to help out at home with younger siblings.

Year 11

Oliwia Stawicka for her excellent work in Science.

Nathan Fernandez for his excellent attitude towards History.

Year 12

Noor Shehzad and Joe Allotey for excellent work and contributions in Sociology.

Year 13

Carla Taylor for an excellent UCAS application resulting in 3 offers already and Chloe Ayisi-Asiedu for an excellent attitude to learning despite some very frustrating technical issues!