

Newsletter 22nd May 2026



Head Teachers Message

Dear Parents and Carers,

Hope you are all safe and well. Click [HERE](#) for this weeks Head Teacher Message.

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

St Joseph, pray for us.

Miss Riddles

36. Theme of the Week Sheet - 24th May 2026



Pentecost

Weekly Reflections
24th May 2026
Pentecost



From the Holy Gospel according to Matthew (21:1-11)

On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, 'Peace be with you.' When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I am sending you.' And when he had said this, he breathed on them and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.'

Prayer for the Week

Holy Spirit,

Open our minds to new horizons, new experiences and new ways of looking at life so we can bear rich fruit to your glory.

Move us as we pray

Amen

Reflection on the Gospel from Sunday:

Sunday is Pentecost Sunday and this is a special feast for the Church. It is called 'Pentecost' because it comes from the Greek 'pentekoste', which means fiftieth and it is celebrated fifty days after Easter and the Passover in the Jewish faith. For followers of Christ, Pentecost is the birthday of the Church as it's when the Apostles received the gift of the Holy Spirit to then go out and share the Gospels and the teachings of Jesus.

The conferring of the Holy Spirit was intimate between Jesus and the fearful Apostles as He breathed life back into them. The effect of this gentle action is nevertheless powerful. Filled with courage and fervour, the Apostles are to go out and continue Jesus' work of forgiveness, good news, and witness in the world. The Spirit will teach them new things, lead them deeper into the mystery of Jesus and help them to understand the things to come as they take up the challenges that lie ahead.

Coming to faith is a journey for most of us as we discover God's existence within the realities of our life experiences. This happens mainly through prayer and reflection. Just as the Apostles gathered to pray when they were anxious, it is important for us to gather within our faith community to share the highs and the lows of our journey.

When Jesus appeared and breathed the Holy Spirit into his friends, this experience was totally life changing. How do you use the Spiritual gifts you have been given in your identity to serve others? What fruits of the Spirit are manifested most in those closest to you?

Year 7 News

Hello all,

Just wanted to say I hope we all have a lovely May half-term. We will be back to school on Monday 1st of June. See you all then!

Have a lovely weekend!

Mr Cooper-Santos - Head of Year 7

Year 8 News

Year 8 have had another positive and successful week, with students continuing to demonstrate excellent effort and engagement across the school.

Today we celebrated **Multicultural Day**, which were a wonderful opportunity to recognise and celebrate the diversity within our school community. It was fantastic to see students getting involved, sharing different cultures, traditions, and experiences, and showing such respect and appreciation for one another.

I would like to wish all students and families a restful half term break. I also ask that Year 8s continue to stay on top of their homework during the break and ensure all work is completed to the best of their ability.

Have a lovely weekend!

Mrs Viegas - Head of Year 8

Year 9 News

As we reach the end of another successful half term, I would like to congratulate all students who won yesterday's Mufti Day prize. It was fantastic to see so many of you applying yourselves so positively and being recognised for your efforts. Multicultural Day was also a tremendous success. Thank you to everyone who dressed in traditional clothing, brought in food, and contributed to celebrating the diverse cultures and heritage within our school community.

Have a restful half term break, and we look forward to welcoming you back on 1st June, ready for a positive start to the new, and final half term.

Look after your loved ones

Mr Hunt – Head of Year 9

Year 10 News

Thank you to all parents and carers who attended the Exam Preparation Evening in preparation for Year 10 sitting their PPE1s after half term. Please use the revision techniques and guidance shared on the evening and support your child to revise consistently at home.

A strong reminder that attendance is paramount at this stage of the GCSE journey. This week, Year 10 attendance sits at 94.20%: this is below where we need it to be. Every missed day now creates learning gaps that are difficult to close, **so please prioritise attendance**, practise resilience, and get students into school whenever they are well enough to attend. Be

advised, we are expecting students to attend school even with small illnesses such as a cough, cold or headaches. These can be managed whilst at school very easily.

Behaviour has taken a significant dip this week. Positives have dropped to 85% and negatives have risen to 15%, with a sharp increase in Homework Xs (44 this week). We have also seen an increase in lateness, with 16 late-to-school incidents, largely linked to being late to line-up. **Please reinforce strong routines at home:** early nights, punctual mornings, calm equipment checks, and regular ClassCharts checks to ensure homework is completed on time and to a high standard. Above all, students must be making the right choices: being respectful, staying in the right place at the right time, and taking learning seriously. Currently, we are not seeing this consistently enough.

Uniform is important at St Joseph's, we have high standards which are not going to change. Lots of students have been challenged on uniform this week. Specifically girls skirts being too short and boys trousers not being worn correctly. **Please use half term to buy uniform that fits.** Girls skirts must be no shorter than knee length when being worn; if this is not the case then a bigger skirt must be purchased. Boys trousers must be worn around their waist, not their back sides; if this is not the case, then longer trousers must be purchased. I have given this message to the whole year group therefore, if uniform is incorrect after half term then X's will be issued immediately.

Thank you for your continued support.

Have a great half term break. God bless.

Mr Whiteside - Head of Year 10

Year 11 News

It has been another positive and productive week for Year 11, with yet more GCSE examinations successfully completed. With just three weeks remaining, we are now firmly in the final stretch, and I would like to commend all students for the calm, mature, and focused manner in which they have approached this demanding period. You have represented yourselves and the school exceptionally well, and I have been immensely proud of you all.

This Friday provided a wonderful opportunity to pause and celebrate our community during Multicultural Day. We then concluded the day with the Year 11 Leavers' Assembly; a truly enjoyable yet emotional occasion. It was a time to reflect on your journey through school, celebrate achievements, and recognise the friendships and memories that have been built along the way.

As we move into the half-term break, it is important that you continue to revise and prepare for your remaining exams. However, I would also strongly encourage you to take time to rest and recuperate.

Looking ahead to after half term, there will be a phased approach to study leave. Students will be permitted to leave the school site if they do not have an afternoon exam scheduled. Please see below the timetable of the phased approach.

Well done again; keep up the hard work!

Miss Joseph - Head of Year 11

Period	(Wk B) Mon 1st June		Tues 2nd June		Wed 3rd June		Thurs 4th June		Fri 5th June	
	Exam	Session	Exam	Session	Exam	Session	Exam	Session	Exam	Session
Breakfast 7.45 - 8.20		PE Intervention		Physics Intervention		Maths Intervention		History Intervention		English Intervention
1	PE Paper 2	Normal Lessons	Physics Paper 1	Normal Lessons	Maths Paper 2 Calculator 1h30	Normal Lessons	History	Normal Lessons	English Language Paper 2	Normal Lessons
2		Normal Lessons		Normal Lessons		Normal Lessons		Normal Lessons		Normal Lessons
Break										
3		Normal Lessons		Statistics Intervention		Geography/History Intervention		French Intervention		Music Intervention/ Science Intervention Y Band
LUNCH										
4		Physics Intervention (11Bs, 11CD)		Normal lessons		Normal Lessons (Eng/Science)		English Intervention (X Band)		Offsite Study
5		Physics Intervention (11Bs, 11BAr, 11BMu, 11Pa, SS)	Statistics	Normal lessons	Geography Paper 2	Offsite Study	French Writing	Normal lessons (Fd & Gg) or Offsite Study	Music	Offsite Study - Science X band online lesson

Year 12 News

Year 12 have had a fabulous half term and I am so proud of each and every one of them for the hard work and commitment to their studies.

The students have a big half term coming up with PPE exams beginning on the 15th June so it is important that they rest well over the holidays but also spend a little time looking over any feedback they have received from their subject teachers in preparation for this.

I look forward to seeing all students back in school on Monday 1st June.

I hope you all have a lovely half-term break,

Mrs Finn – Head of Year 12

Year 13 News

Year 13...what a privilege it has been from start to finish! I thoroughly enjoyed all of the celebrations with you and I hope that you did too. Thank you to everyone who helped in any way to make yesterday such a memorable day. There are so many of you who have been willing to play your part in the wider life of the school, really too many to thank all of you personally, but just know that we really appreciate each and every one of you and all that you have done. Please remember to pop into the Sixth Form office at some point and get an Exit Form from Mrs Higgins so we can begin the process of signing you off role. Thank

you to all of you and your parents for your support with the Yearbook - to date we have orders for 73 copies which will be delivered to school on 8th June.

Have a great weekend!

Miss Stevens – Head of Year 13

Students of the Week

Year 7: Alex Michalik & Leah Camoens for excellent half terms!

Year 8: Erish Pailan And Ethan Slessor for a fantastic week

Year 9: Kacper Dera & Molly Bywater

Year 10: Patryk Gwozdz Annbel Joyson

Year 11: Taia Butler and Krystian Cyran for an excellent week!

Year 12: Jason Sobotka for working hard in Geography and Esinam Deynoo for working hard in Business Studies

Year 13: All of the Student Leadership team for their amazing help and support over the past two years, but this week, specifically, Freda Lourenco and Milan Iwanowski for all of their help with the Leaver's video.

Homework Super Stars

<i>Manraj</i>	<i>Kumar</i>	<i>7 Cecilia</i>
<i>Noah</i>	<i>Greenidge</i>	<i>8 Cecilia</i>
<i>Jakub</i>	<i>Klima-Wilk</i>	<i>12 Peter</i>

Multicultural Day Celebration 2026

We are delighted to share the success of our Multicultural Day celebration at St Joseph's Catholic High School. The day was a wonderful opportunity for students and staff to come together to celebrate the rich diversity, cultures, languages, traditions, and identities within our school community.

Throughout the day, students participated in cultural presentations, performances, music, dance, food sharing, classroom discussions, and subject-based activities exploring identity and culture through the curriculum. It was inspiring to see students proudly sharing their heritage while learning from one another with respect, curiosity, and joy.

Our theme, “Together We Celebrate,” reminded us that diversity is one of our greatest strengths and that every member of our community is valued and respected. The atmosphere across the school reflected unity, inclusion, and shared celebration.

We would like to thank all parents and carers for your continued support, encouragement, cultural contributions, and generosity in helping make the day such a meaningful and memorable experience for our students.

Together, we continue to build a school community where everyone feels seen, valued, and proud of who they are.

Here are some photo highlights capturing the vibrant performances, delicious cuisines, and the beautiful unity of our diverse community:





GL Assessments - Core Progress, Reading and Spelling Tests

On the week commencing the 1st of June, students will be taking the GL Assessment testing for the summer term. These tests assess where are students are against the national curriculum in English, Maths and Science and age-related expectations for reading and spelling. Students will complete the following tests:

Year 7 - English, Maths, Reading and Spelling,

Year 8 - English, Maths, Reading and Spelling,

Year 9 - English, Maths, Science, Reading and Spelling,

Year 10 - Reading,

Year 12 - Reading.

Students will receive paper copies of the reports on completion and parents can request PDF copies via the office@st-josephs.slough.sch.uk email address.

The reports will have insight into students strengths, gaps in knowledge & skill and guidance on how to make improvements and in addition our staff will use them to adjust curriculum and adapt teaching.

Students will receive a personalised timetable with the timings of their test and access codes - please support them in sticking this in to their journal/writing it into their journal; in addition they can ask their tutor for this information.

Students will receive a Standard Age Score out of 141, with 100 being the national average and scores between 90 and 110 being within the average band.

If you have any questions regarding the testing, please contact me via g.stack-clark@st-josephs.slough.sch.uk

Students will complete testing in the following timetable.

Wk B	Monday 1st of June	Tuesday 2nd of June	Wednesday 3rd of June	Thursday 4th of June	Friday 5th of June
P1	7X English & Reading	8X English & Reading	Catch Up	9X English & Reading	7X Maths & Spelling
P2	(NGRT)	(NGRT)		(NGRT)	(NGST)
P4	7Y English & Reading	8Y English & Reading	9Y English & Reading	7Y Maths & Spelling	(NGST)
P5	(NGRT)	(NGRT)			
Wk A	Monday 8th of June	Tuesday 9th of June	Wednesday 10th of June	Thursday 11th of June	Friday 12th of June
P1	8X Maths & Spelling	9X Maths & Spelling	Catch Up	9X Science	Catch Up
P2	(NGST)	(NGST)			
P4	8Y Maths & Spelling	9Y Maths & Spelling	9Y Science	Catch Up	
P5	(NGST)	(NGST)			
Wk B	Monday 1st of June	Monday 2nd of June	Wednesday 3rd of June	Thursday 4th of June	Friday 5th of June
Reading 2 - CP1	10C	10M	10T	Catch Up	Catch Up
Reading 2 - CP2	10J	10P	10V		
Room change CP1	M1	M3	M7		
Room change CP2	M2	M4	M6		
Reading 2 - Form Room	Year 12 (on iPads)				

Year 7 & 8 District Athletics Round Up



A huge well done to all of the students who represented the school at last week's District Athletics competition. Every student demonstrated excellent determination, sportsmanship and school pride throughout the day.

A special congratulations goes to the students who achieved podium finishes in their events:

Year 7 Boys

- Von – **1st** Discus
- Afis – **1st** High Jump
- Ethan – **2nd** 600m
- Marcel – **2nd** Shot Put

Year 7 Girls

- Chetachi – **2nd** 1000m
- Frances – **2nd** Shot Put

Year 8 Boys

- Marcus – **1st** Shot Put
- Lorcan – **3rd** 800m
- Lorcan – **3rd** Javelin

Year 8 Girls

- Ella – **3rd** 100m
- Tianna – **2nd** 200m
- Lorena – **1st** 300m
- Eva – **3rd** 800m
- Violet – **1st** 1500m
- Zuzanna – **3rd** Shot Put
- Maja – **2nd** High Jump
- **2nd Place** Relay Team

Congratulations to everyone who took part and represented the school so positively, and you should all be very proud of your achievements.

Year 8 and Year 9 Football

We would like to congratulate the Year 8 and Year 9 students on their fantastic first-place victory in a wonderful football tournament organized by Brentford FC. The students thoroughly enjoyed in a positive and educational atmosphere, working together as a team to achieve victory. Well done!



Geography Club

Students took part in a lively debate on whether tourism is more beneficial or harmful to the economy of Egypt. Students explored how tourism can create jobs, increase income, and attract investment, while others argued that it can lead to pollution, overcrowding, and damage to important historical sites. Throughout the debate, students developed valuable skills including public speaking, teamwork, critical thinking, and the ability to build strong arguments using evidence. The session was engaging, informative, and a great opportunity for students to share their views confidently.

Sustainability Elective

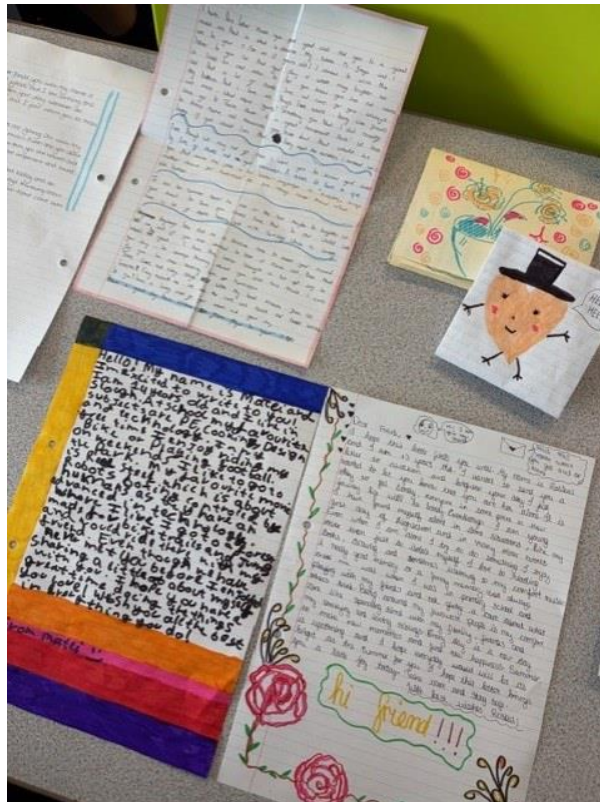
Students recently took part in a meaningful community initiative by writing letters to elderly residents in partnership with Sheffield Churches Council for Community Care. Through their thoughtful messages, students helped tackle loneliness and build connections across generations, showing compassion and care for some of the most vulnerable members of our community.

This project strongly reflects the Catholic values of dignity, solidarity and the common good. By reaching out to others with kindness and empathy, students lived out the Gospel call to “love your neighbour” and demonstrated how small acts of service can make a significant difference in people’s lives.

The initiative also links closely to the United Nations Sustainable Development Goals, particularly **Good Health and Well-being (Goal 3)** by supporting emotional wellbeing, **Reduced Inequalities (Goal 10)** by ensuring elderly people feel valued and included, and **Sustainable Cities and Communities (Goal 11)** by strengthening community relationships.

Students themselves gained a great deal from participating. Writing the letters encouraged empathy, communication skills and reflection on the importance of service to others. It also gave students the opportunity to recognise the impact they can have within the wider community, helping them grow as compassionate, responsible and active citizens.





Oracy-Speak with Confidence, Listen with Purpose



Students from 9C have delivered two wonderful *Cultural Hero* presentations this week, including Eric's presentation on Romania Football Coach Mircea Lucescu and Filip's presentation on British icon Sir David Attenborough.



1 - Mircea Lucescu by Eric Despa 9C



2 - Sir David Attenborough presentation by Filip Baginski 9C

Students have been doing their presentations on someone they admire and are inspired by. Well done to Zak in 8M for his really engaging presentation and creative delivery.

Ms Toro Sánchez



3 - 8M - Zak A.

MFL - Multicultural Day

Our students have researched about a country within their assigned continent. Year 7s have focused on America, Year 8s on Africa and Year 9s on Asia. Their presentations were absolutely professional and they demonstrated their creativity and IT skills.

Great work!

Ms Toro Sánchez - Head of MFL



4 - Remy - 7C



5 - Eliza - 7C



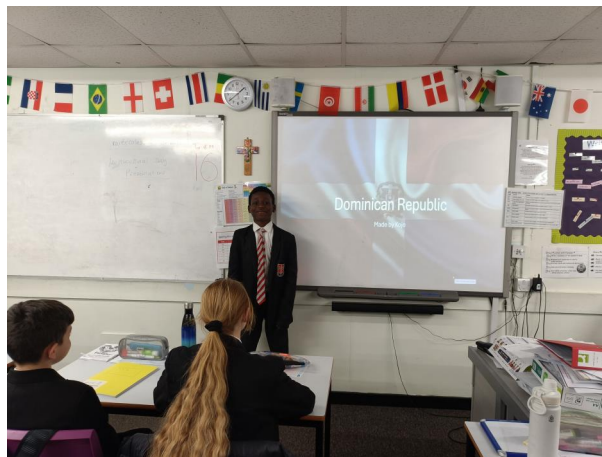
6 - Aarav - 7C



7 - Albert - 9M



8 - Daniel - 7C



9 - Kwadwo - 7C

The Lodge Gardening Elective!

Well, we have reached our final session of the first ever elective here in The Lodge and what a blast we have had!

Our students have been busy learning about our vegetables and the care we need to provide them! What superstars they have been!

For our final session, we did some more planting, a massive thank you to Mrs Bray who kindly donated some vegetables for us to plant! They have been planted in our troughs and cannot wait to see the progress!

We then to close this half term's elective off, held the Great Gardner's Award Ceremony!
Well done guys!

Have an amazing half term!

Mr Martin & Mrs Nicuale



10 - Great Gardner Awards





TVLP Model UN

St Joseph's was delighted to host a truly outstanding Model United Nations conference, welcoming pupils from a number of distinguished schools from the TVLP; including Eton College, St Mary's, Herschel Grammar School, and Holyport College. The event brought together passionate and thoughtful young delegates for a day of debate, diplomacy, and collaboration on some of the world's most pressing issues.

We were especially honoured to welcome two exceptional guest speakers: Sir Mark Lyall Grant, who shared insights from his remarkable 35-year diplomatic career, and Gavin Wilson, who spoke powerfully about leadership and global responsibility in the face of climate challenges.

Model UN provides an invaluable opportunity for young people to develop the skills that future members of society and global leaders will need: communication, critical thinking, negotiation, empathy, and international awareness. Events such as this inspire pupils to engage thoughtfully with the wider world and understand the importance of cooperation in addressing global challenges.

A huge thank you goes to all the staff, visiting schools, and supporters who helped make the conference such a success. Most importantly, congratulations to our fantastic pupils, whose enthusiasm, professionalism, and outstanding participation made the event such a memorable occasion.





Kinball

On Wednesday 20th May, Year 9 students visited Beechwood School for an exciting Kinball taster session and tournament. Students had a fantastic opportunity to learn and experience a new and unique sport alongside other schools from across Slough.

Kin-Ball, originally known as Omnikin, is a fast-paced three-team sport from Canada in which teams work together to stop a giant ball from touching the ground in order to score points. The game requires teamwork, communication, agility, and quick reactions, making it both challenging and enjoyable for all involved.

After taking part in the taster sessions and developing their skills, students competed in a tournament against other local schools. They performed exceptionally well throughout the competition and narrowly missed out on the top spot, finishing in a fantastic 2nd place — just one point away from the gold medal position.

All students thoroughly enjoyed the experience and would love to see a Kin-Ball league introduced across Slough in the future. Well done to everyone who took part for their enthusiasm, teamwork, and outstanding effort throughout the day!

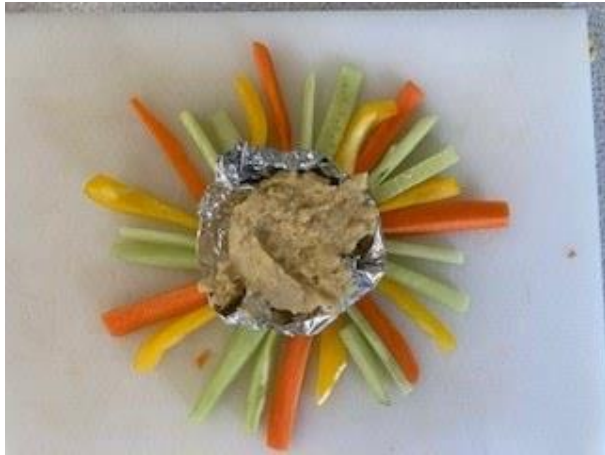
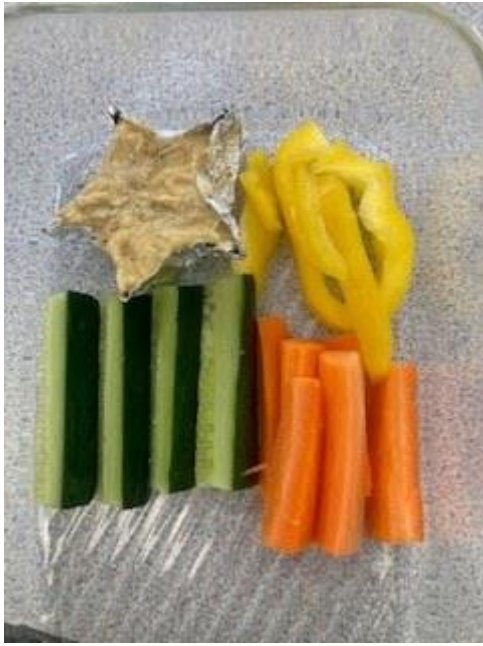


Design and Technology Department News

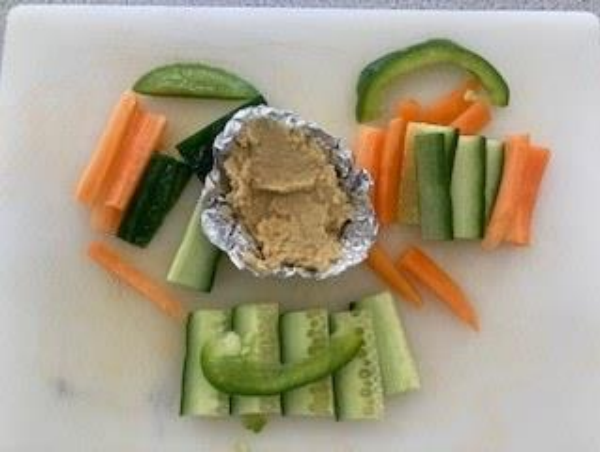
Year 7 Food

Did you know that 13th May was international Hummus Day? The word *hummus* itself simply means "chickpea" in Arabic!

For the past fortnight Year 7 have been preparing their versions of Hummus and crudités. We have seen some very creative and beautiful platters. Well done year 7.





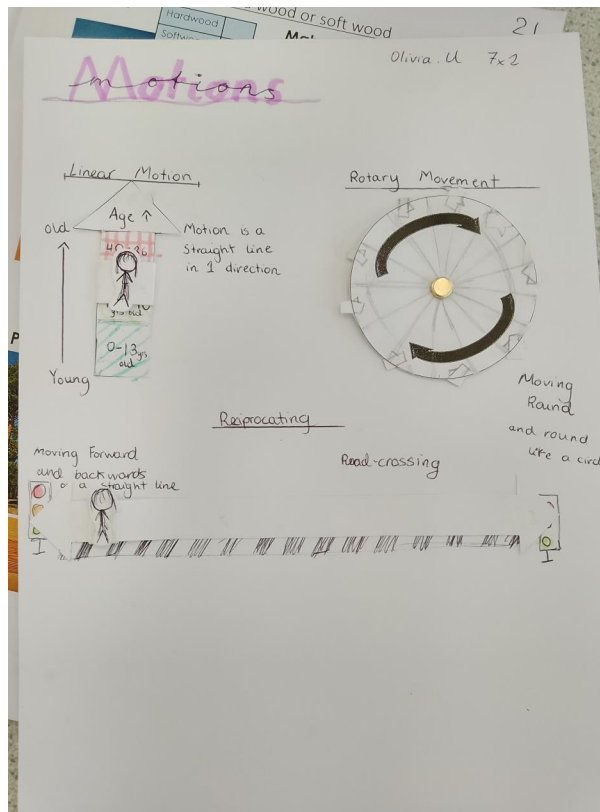


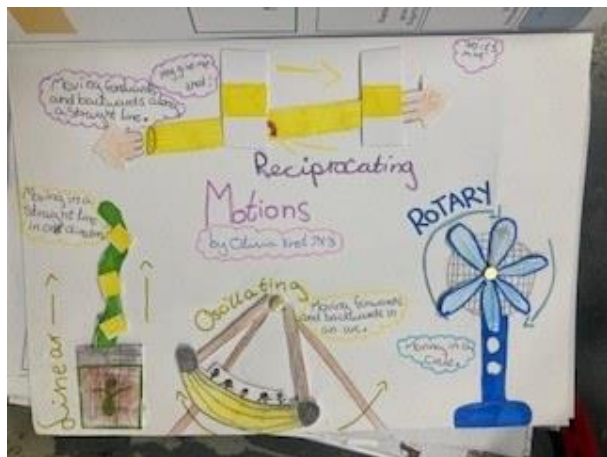
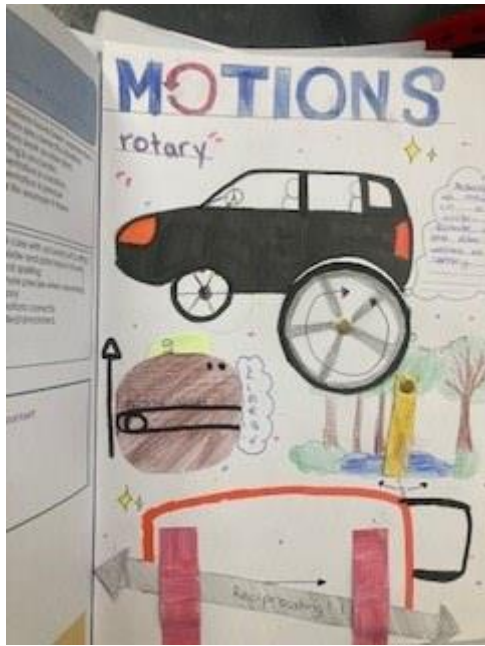


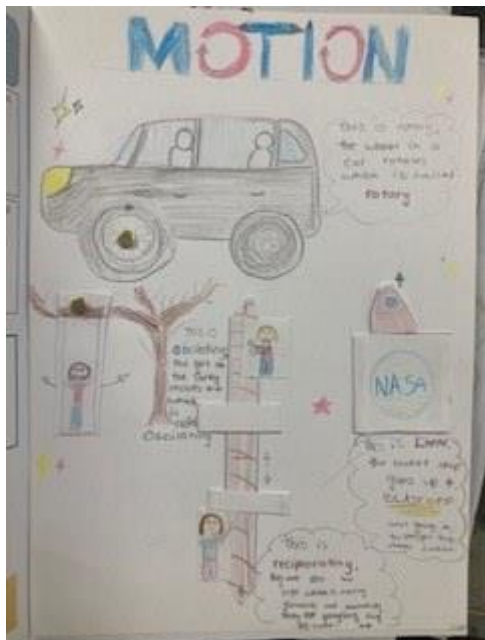


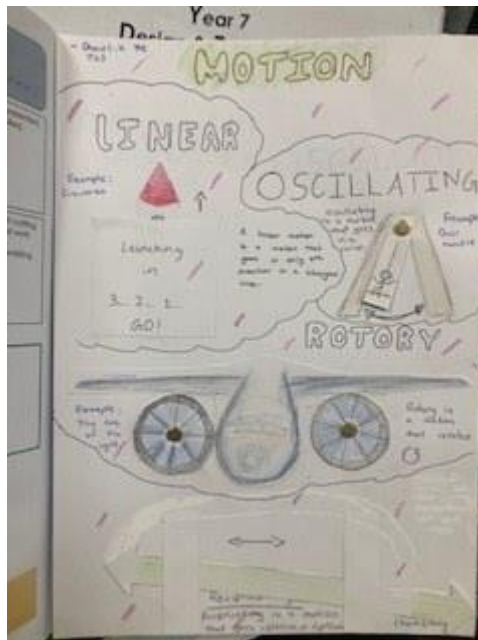
Year 7 D&T

Some really great work from year 7 who have been learning about motions. Their assessed task was to present and demonstrate their knowledge and understanding of the 4 motions in the form of an interactive poster. We share some that stood out to the DT team. Year 7s now start their 'roll with it' challenge.









Make it Elective

This week marked the end of this rotation of electives. What a lovely group we have been blessed with! The group developed their CAD and making skills and this week completed their trinket boxes. Well done Make it group!



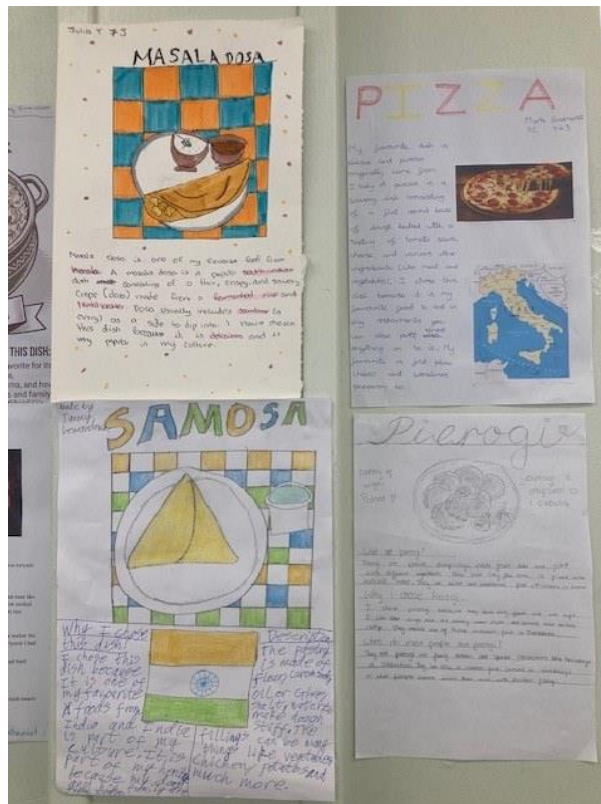
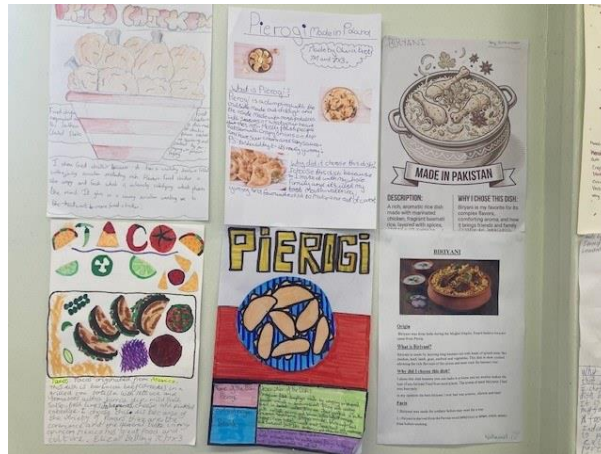




Multicultural dishes.

Year 7 were tasked with creating a poster of a dish from a specific culture. We have begun to put the homework submissions up in the food room; and are excited to see this display evolving. One of my personal favourite dishes - Pierogi, was well represented, but there will always be a debate as to which variety are actually the best!





D&T Stars of the week

Year 7: Olivia Ungureanu for being Active and curious, Learned and Wise, and working at incredible pace to complete a really good piece of work.- Well done Olivia.

Year 13: Nathaniel, Ninah, Oliwia, Rophe and Warrick. Our Product Designers of 2026. We have so enjoyed being part of your journey and wish you all the very best in your exams and futures.

Dates for the diary

Upcoming PE dates;

Tuesday 2nd June- TVLP sports day

Tuesday 2nd June- Year 10 rounders tournament

Wednesday 3rd June- QUAD kids

Thursday 11th June- Yr 8 rounders vs Herschel (A)

Gems Team

As we approach the summer holidays, we wanted to remind you about the **free virtual workshops and courses** available through GEMS to support families of children and young people with autism and/or ADHD.

These sessions are designed to help parents and carers gain practical strategies, build confidence, and connect with others in a supportive environment. Your child does not need to have a diagnosis for you to attend, the workshops are also open to families whose child is waiting for assessment or where autism and/or ADHD has been diagnosed.

Upcoming sessions before the summer holidays include topics such as:

- **Sleep – Autism & ADHD** – Tuesday 9 June, 7–9pm
- **ADHD Course** – Wednesdays 10, 17 and 24 June, 7–9pm
- **Sensory Processing** – Tuesday 16 June, 7–9pm
- **AuDHD** – Tuesday 30 June, 7–9pm
- **Interoception** – Tuesday 30 June, 7–9pm
- **Barriers to School: Can't go, not won't go** – Wednesday 1 July, 10am–12noon
- **Empowering Calm** – Wednesday 8 July, 10am–12noon

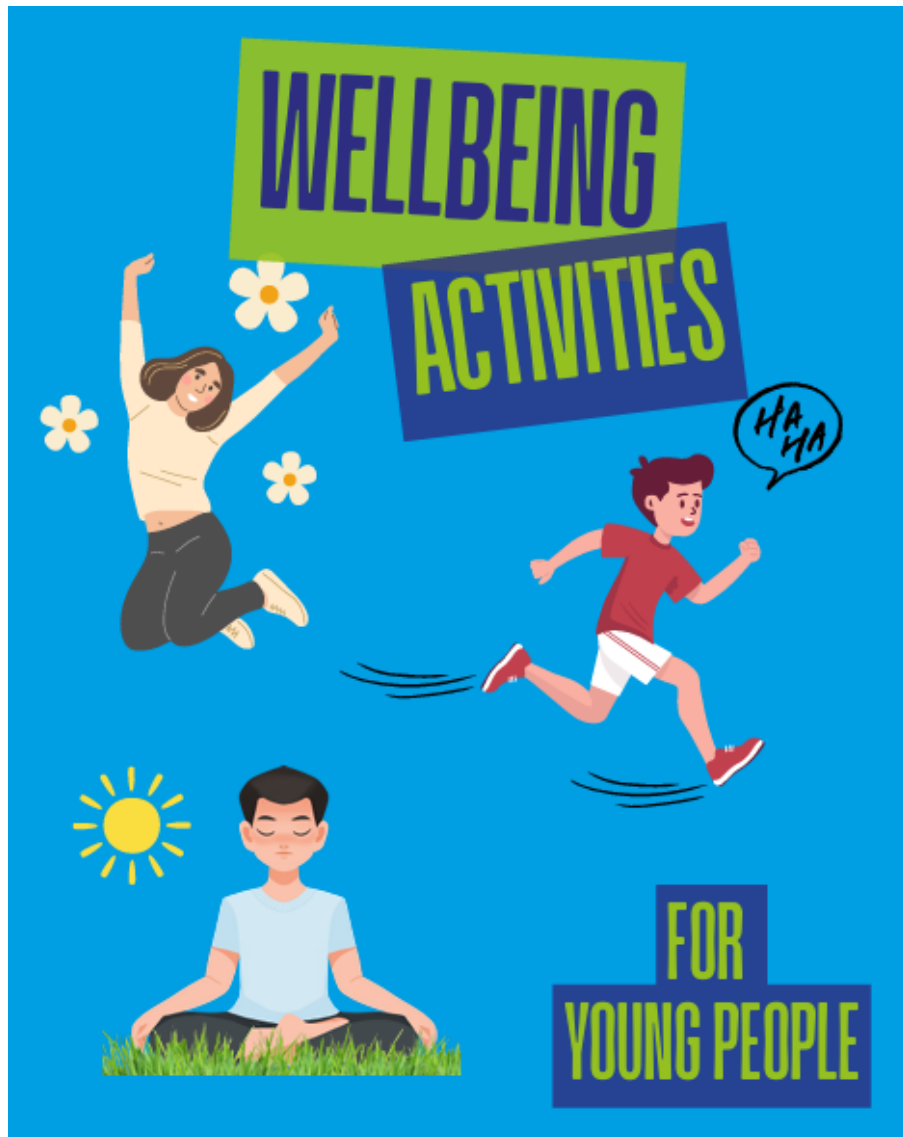
Places are limited, and some sessions are already fully booked, so we encourage you to visit the GEMS workshops page and book as soon as possible.

Book your place here:

<https://www.gems4health.com/workshops/>

These workshops are available for families who live in, or whose GP is based in, East Berkshire, including Slough, Windsor, Maidenhead and Bracknell.

Wellbeing Activities from the Mulberry Bush



HOW TO BEST USE THIS DOCUMENT

Tick off as many of the activities listed as you can

Repeat your favourite activities

Include your friends as much as possible -
encourage each other to keep trying new things

For recurring activities - try to maintain them as
frequently as possible

Keep pages in obvious places like on your fridge, on
a noticeboard, on your bedroom door

Remember to keep track so you know how many
different things you have achieved

This resource is brought to you by:

www.mulberrybush.org.uk



ACTIVITIES TO DO ON YOUR OWN

- Keep a gratitude journal and write down three good things each day
- Try deep breathing exercises to relax and refocus
- Listen to your favourite music and have a mini dance party
- Spend time outside in nature and observe the sounds around you
- Draw, paint, or colour to express your feelings creatively



- Try yoga or gentle stretching exercises
- Read a book or listen to an audiobook
- Write a letter to your future self about your dreams and goals
- Practice positive self-talk in the mirror
- Try a new hobby like knitting, origami, or photography

- Make a vision board of things that make you happy
- Meditate for five minutes using a guided meditation app or video
- Cook or bake a simple recipe and enjoy your creation
- Do a puzzle, crossword, or Sudoku to relax your mind
- Keep a "positivity jar" where you write happy moments and read them later



ACTIVITIES TO DO WITH FAMILY

- Go on a nature walk
- Cook a meal together
- Have a 'tech-free' family night
- Plan a picnic
- Create a family time capsule



- Start a weekly 'check-in'
- Learn a new skill together
- Have a movie night
- Make a scrapbook
- Go stargazing

- Practice mindfulness together through a guided meditation
- Do a random act of kindness as a family, like baking for a neighbour
- Share old family photos and tell stories about your childhood
- Volunteer together at a local charity or community event
- Write and send letters to family members who live far away



ACTIVITIES TO DO WITH FRIENDS

- Plan a themed dress-up day and take fun pictures
- Create a "kindness challenge" and see who can complete the most acts of kindness
- Have a DIY spa day with face masks and relaxation music
- Make friendship bracelets and exchange them
- Try a fun physical activity like trampoline jumping or bike riding



- Have a picnic and bring homemade snacks
- Create a group playlist of uplifting songs and have a mini dance party
- Set up a small play or talent show and perform for each other
- Try a collaborative art project, like a large painting or mural
- Write and send positive notes to each other for motivation

- Have a "no-tech" day and spend time outside
- Work on a puzzle together and see how fast you can complete it
- Organise a scavenger hunt in your street or a park
- Bake cookies together and share them with others
- Learn a new sport or game together, like badminton or frisbee



ACTIVITIES TO DO AT SCHOOL

- Start a class gratitude wall where students can post positive messages
- Learn a relaxation technique, like progressive muscle relaxation
- Create a classroom playlist with everyone's favourite feel-good songs
- Practice mindful breathing exercises as a group
- Organise a "random acts of kindness" day in school

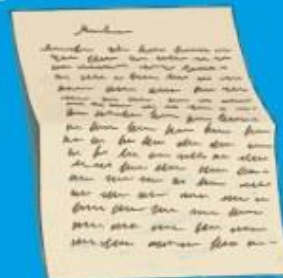
I am Grateful For

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____



- Read and discuss inspiring stories about resilience and courage
- Set up a "calm corner" in the classroom where students can relax when needed
- Have a weekly "positive shoutout" session to recognise kindness and achievements
- Try an outdoor learning session to change the environment
- Start a classroom journaling project where students write about their emotions

- Do a creative storytelling session where everyone adds a part to the story
- Encourage students to write letters of appreciation to someone in school
- Teach students how to set small, achievable goals for their wellbeing
- Have a group discussion about emotions and healthy coping strategies
- Play teamwork-based games that promote connection and fun



PHYSICAL ACTIVITIES TO TRY

- Try skipping rope for 10 minutes to boost energy
- Play a sport that you enjoy, like football or basketball
- Have a daily "stretch break" to ease tension in your body
- Learn a simple dance routine and perform it
- Walk or cycle instead of taking a bus or car when possible



- Try a fun challenge, like holding a plank for 30 seconds
- Drink more water and stay hydrated throughout the day
- Make a smoothie with your favourite fruits and veggies
- Create an obstacle course at home or outside
- Try a workout video on YouTube or Vimeo - do alone or as part of a group

ACTIVITIES FOR EMOTIONAL WELLBEING

- Talk to someone you trust when feeling down
- Write a letter of encouragement to yourself
- Start a "happiness jar" where you write good things that happen each day
- Watch a funny movie or show to boost your mood
- Keep a dream journal and reflect on your thoughts



- Learn about different emotions and how to manage them
- Make a worry doll or stress-relief craft
- Think of three things you love about yourself
- Create a "positivity poster" with encouraging words
- Practice saying "no" when you need to set boundaries

Help St Joseph's win £1000 for books



To celebrate the 2026 [National Year of Reading](#), we're giving away even more prizes. Each week until 24th June, we'll pick a flash winner to receive a **£100 National Book Tokens gift card for their school and £25 for themselves** – that's seven more chances to win!

[Please click HERE for the entry page.](#)

I Can do Maths



Solution to last Week's Puzzler

- A Pythagoras' Theorem shows that $PR = \sqrt{3^2 + 4^2} = 5$. So the perimeter of triangle PQR is 12. Since the triangles are similar and $PR : PQ = 5 : 3$ we see that the perimeter of triangle PRS is 20. Hence the perimeter of $PQRS$ is $12 + 20 - 2 \times PR = 32 - 10 = 22$.

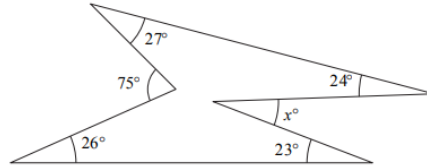
Solution to the Break-time Teaser:

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 $x = 30 \times 30 = 900$.

Puzzler of the week

In the diagram, what is the value of x ?

A 23 B 24 C 25 D 26 E 27



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.

Menu

WEEKLY MENU				
St Joseph's Catholic High School - Week One				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tikka Masala served with Coriander Rice	Cottage Pie	Korean Style Chicken Burger	Beef Bolognese served with Penne Pasta	Battered Fish served with Chips
Quorn Enchilada	Black Bean Tacos served with a Sweetcorn Salsa	Cheese & Chive Quiche	Spicy Persian Style Potato Wellington	Vegetable Spring Roll served with Sweet Chilli Sauce & Chips
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
Pasta with a Tomato & Basil Sauce	Pasta with Garlic & Parmesan	Pasta with a Tomato Sauce	Teriyaki Noodle Pot	-
Jacket Potato with assorted fillings	Jacket Potato with assorted fillings	Jacket Potato with assorted fillings	Jacket Potato with assorted fillings	-
Chocolate Chip Cookie	Lemon & Lime Drizzle Cake	Iced Vanilla Sponge	Apple Crumble with Custard	Rice Crispy Cake

Baguettes, Sandwiches, Bagels & Wraps, Salad Bar, Assorted Cold Desserts & Fruit Pots

HARRISON food with thought

Clubs

DESIGNeers- DT club - Monday afterschool 3.20-4.15



KS3 D&T CLUB

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



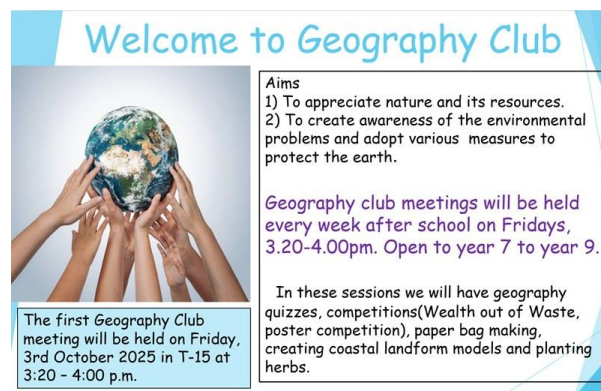
**KEY STAGE 3
 AFTERSCHOOL
 SCIENCE CLUB**

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

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.

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

WELCOME TO OUR AMAZING K53 MFL CLUB (SUMMER TERM)
 Reaching out to all you empathetic and enthusiastic languages lovers:
 Get ready to join us after school WEEK 8 TUESDAY 15.20 in Room T5 (arrange to travel home safely 16.30). Have fun with your friendship group & also make fantastic new acquaintances! Join us for much fun & many snacks - bring your own, but must be nut free).
 You can also take charge of a club session like a "mini mentor" role; just Teams your Powerpoint and let Ms Shaw know beforehand so I can print out any student resources.
 Gain extra-curricular points, prizes or even a Goldfish Bowl nomination! We play languages games, music videos & competitions! We make projects, displays & assemblies! **SEE YOU SOON**

HOW TO SAY FRIEND IN DIFFERENT LANGUAGES

- friend
- 朋友 (péngyǒu)
- kalyan
- ami (m) / amie (f)
- 友達 (tomodachi)
- 친구 (chingoo)
- apya (shoog, m) / noapya (podrooga, f)
- amigo (m) / amiga (f)
- Friend (m) / Freundin (f)
- amigo (m) / amica (f)
- amigo (m) / amiga (f)

Ms Shaw
 *To foster curiosity about different cultures.
 *To allow communication with people in another language.
 *To increase cultural and linguistic understanding and cross-curricular links between students.

Hello Pals!

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

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)

School Year 2026 - 2027

Autumn Term

Inset Day Tuesday 1st September 2026

Year 7 + 12 Wednesday 2nd September 2026

Whole school returns Thursday 3rd September 2026

Half Term Monday 19th October 2026 to Friday 30th October 2026

Term Ends Friday 18th December 2026 (12:30pm finish)

Spring Term

Term Begins Monday 4th January 2027

Half Term Monday 15th February 2027 to Friday 19th February 2027

Term End Thursday 25th March 2027 (12:30pm finish)

Summer Term

Term Begins Monday 12th April 2027

Half Term Monday 31st May 2027 to Friday 4th June 2027

Term Ends Friday 16th July 2027 (12:30pm finish)